Spring Bake Sale
Wednesday, March 20, 2013 from 7:00 pm at KAS

Wednesday, March 20, 2013, from 11:30 am to 12:30 pm at KAS

## Letter from the Superintendent Greg Hughes

## Dear Parents,

Yesterday, Parent/Teacher and Student/Led Conferences were extremely well received by almost everybody who attended. It was gratifying to hear that so many parents have wonderful feedback regarding how well the school is functioning and how happy their children are attending KAS. Obviously when you have excellent teachers, great students and supportive parents the end result is inevitable, but I thank everyone who made such positive comments.

As you are aware the school is an extremely busy one and the activity does not stop there. Our musical production is in its last days of preparation. The staff and students have been working extremely hard to make this year's production one of best ones ever and I am sure that Mrs. Lanario and the cast will come through yet again with a show that we can all be proud of.

On a more social note, can I remind everyone that the BBQ by the pool will take place this Friday from 3.00 pm onwards. Of course parents can come earlier or later if they wish, but we have a special treat in that the canteen will begin its first stage of operations with drinks and pastries being on sale. In the weeks to come this service will be extended to include snacks such as hamburgers and other light meals.

As always I hope that you have a wonderful weekend and I hope to see as many of you as possible poolside on Friday.


## Letter from the Middle and High School Principal Susan Boutros

It was great to see so many of you yesterday for the Parent-teacher conferences. Parent-teacher conferences are an important component of ongoing home-school communication and family involvement in students' education.

I am confident that the parent-teacher conferences have helped you understand the areas your student is excelling in and have given you specific ideas of how to improve upon your student's performance in school.

I hope that the parent-teacher conferences have also helped build a lasting bond between you, as parents, and the teachers to increase the likelihood of academic success for the students.

Please remember that if you need to see the teachers, you do not need to wait for Parent-teacher conferences to do so. Please feel free to call the school to arrange an appointment.

Have a great weekend!



# - Center Corner 

Stress: If it's here to stay...then what can we do?

## Stress:

That tangled ball you feel in the pit of your stomach. Stress is the way your body responds to any demand or challenge...and is a part of everyday life. Stress can be anything that threatens us, challenges us, scares us, worries us, and /or thrills us. It can be real or imagined, healthy or unhealthy. Stress is highly subjective and differs from one person to the next. Some stress in our lives is necessary to feel alert and energized and helps us to perform better.

However, too much stress interferes with our abilities to do normal tasks and over time, can cause a variety of health problems. Did you know that just by showing a positive outlook, you can reduce stress? By setting an example for your kids, they will learn to appreciate the positives in life and become more hopeful and optimistic.

Learning to manage stress can - believe it or not - be fun for both you and your child. Try a few of these activities:

1. Deep breathing is one of the best ways to lower stress. When you breathe deeply it sends a message to your brain to calm down and relax. Visit the "stress lessons" web page to watch a short video on deep breathing (link at the end of this story). It's a tool you and your child can use anytime, anywhere.
2. Invite your child to create a family Worry Box. Decorate and personalize it together. Encourage your child to write down their worries and fears and place them in the box anytime they're feeling stressed. Just reviewing their concerns, talking about them and showing support helps children process anxiety and stress in a healthy way.
3. Get active: Physical activity is great way for your child to manage stress. Encourage them to play sports, swim, dance or anything else that gets them moving.
4. Hug it out: Show your children that you love them with words, hugs, kisses. Play and laugh together.
5. Laugh and have fun: A good sense of humour can help your child feel better because laugher actually causes physical changes in our bodies that help to relieve stress.

Created by: Suzanne Witt-Foley of the Trillium Lakelands District School Board

The article above is a combination of excerpts taken directly from a publication called "Mental Health Minute", out of Ontario, Canada.



Mariam-KG, Serene-G1, Yann-G2, Hannya-G3, Mustajab-G4, Arsema-G5, Sakuntala-G7, Wang-G8.

## Elementary School Math problem:

Kindergarten: Skip count from $0-10$ ?
Grade 1: Draw a hexagon. Divide it into six EQUAL parts. Shade $2 / 6$ of the hexagon.
Grade 2: There are 17 students in G1, 12 in G2 and 17 in G4. How many students are in these three classes? Show your work, remember to carry.
Grade 3: What is the difference between $21 \times 4$ and $21 \times 6$ ?
Grade 4: Put these numbers in order from smallest to largest: $0.99,0.27,1.8,2.01$.
Grade 5: Write 3 equivalent fractions for $2 / 8$.

## Middle School Math problem:

What is the ratio of the number of multiples of 4 between $1-49$ to the number of multiples of 5 between 1-49?

## High School Math problem:

Find the area between the curves $y=2 x$ and $y=x^{2}-4 x$
Solutions from the last week: Kindergarten: 5 cents ; Grade 1: 2, 4, 3; Grade 2: 31; Grade 3: $\$ 2.50$ each; Grade 4: 0.78 and 78/100; Grade 5: $1 / 2,0.5$, $50 \% \quad 3 / 4,0.75,75 \% \quad 2 / 3,0.67,67 \%$; Middle School: 27; High School: $4 \mathrm{x}(4 \mathrm{x}+3)$;

| High School | Middle School | Elementary School |
| :---: | :---: | :---: |



COUDPDOWM
We're facing our last quarter and although the end of the school year is only a couple of months away, we are aware of all the work that must be done to continue motivating our students. So before we count down, let's keep up with our effort and go for our swim season to improve our students' physical conditions. The swim season will start after the spring break, so make sure your children bring their bathing suit to school for P.E.
It's been a fascinating quarter. The end of the U15 and U18 soccer league, the U12 soccer league, the volleyball tournament, and the beginning of the swim season.

## WOW!



Is that too much?? No it's not! Students ask for more! It's an incredibly athletic year, and this is just the beginning. The U19 girls have won both the soccer and the volleyball leagues. The U12 girls soccer team, composed mostly of students who played soccer for the first time, have won the league unbeaten!

## ๗uRR Y!



The High School students have created a fitness club with Mr. Ali and Mr. Khalid on Sundays and Wednesdays. The elementary students are demanding a professional soccer and volleyball training and we are looking forward to starting that off and not stopping. Nothing feels better than motivating the students and having the will to learn meet with the will to teach. Perfect Synergy! Is KAS going athletic this year?

## Y邑S WE RRED



## Bake Sale



The PTA and the Creative Environments Class are happy to announce the Bake Sale, which will be held on Wednesday, March 20, during lunchtime (11:30-12:30pm).
We are inviting you to make a contribution in the form of a cake or another culinary sweet specialty so as to make this special day a sweet success for our children. You can simply send your homemade treats with your children the day of the Bake Sale. The treats may be dropped off at the kiosk.
Suggestions: Brownies, cookies, pancakes, cakes, cupcakes, donuts, etc.
All proceeds will go to the Creative Environment Class project.

## What is the Creative Environments Class?

The Creative Environments Class is a group of students who will be redesigning the rocky area in front of the Library and Kindergarten room, which we have been calling Stone
Garden. Currently the area does not have a real purpose and we would like to make it into a place that builds community and sparks creativity in all who interact with it.

With kind Regards,
The PTA \& Creative Environment Class

Design and Photos by Ms. Dusica | Please email kas@krtams.org to receive a digital copy of Enews.

