

College Night at KAS

# Letter from the Business Manager, Mona Hassan 

Dear Parents,

Welcome back!
I hope you all had a good break.
September was a difficult month in Sudan and naturally, the school has been impacted by the recent events. Having said that, I would like to acknowledge that the past three weeks were a testament to how collaborative efforts between the school body and students' families turned a possible chaotic situation in to an easy-going transition. For this, I would like to thank all parents who helped us through this difficult time. Having to evacuate the school wasn't a simple task. The physical evacuation was the easy part but the emotional one wasn't ...
"Mind over matter." Here at KAS, we ensured the security and safety of our precious students, faculty and administrative staff but we are equally keen on keeping up the moral and positive spirit.

We are on the right track and endeavoring to maintain the momentum of studies, while ensuring that we don't compromise high school students' tight schedules. In this regard, we have capitalized on our virtual school system. This, I must admit, has come in handy.

The extended holiday has recharged everyone's batteries and all of us are back full of passion and enthusiasm for work. Please rest assured that KAS family is working round the clock to make up for all the lost time.

Our PE department is excitedly working on organizing the first inter-house "Basketball Tournament" on Tuesday the 29th of October. Our Counselor is busy preparing for the "College Night" on Wednesday the 30th of October. Elementary teachers are getting the students excited about Halloween and making preparations for Thursday the 31st of October. In addition, our Community Service Club Students have decided to hold a "High School Halloween Dance" on Thursday the 31 st . Last but not least,everyone is working on preparations for the "Parent - Teacher Conferences" on Wednesday the 30th of October.

The amount of energy the school is witnessing these days has created a very positive vibe around KAS, proving to everyone that in spite of the fact that we all love holidays, we have definitely missed school!

Have a great weekend,
Mona

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

Dear Parents,

Parent-Teacher conferences are essential for your student's success. These conferences are a time to further develop parent- school relationships that will lead to the dynamic partnerships necessary to ensure the educational success of each student.

At Khartoum American School, Parent-Teacher Conferences are usually held during the day and students have no classes on that day. During the school year, we schedule two Parent-Teacher Conferences, one for each semester. We have decided that we will make both Parent-Teacher Conferences evening events this year, after a regular school day for students. By doing so, we will be making up for some of the lost school days.

This first semester, Parent-Teacher Conferences have been moved from Wednesday, October 23rd to Wednesday, October 30th from 5-8 pm. Early Childhood and Elementary have scheduled conferences. Parents will receive a letter soon indicating scheduled appointments with each student's parents.

The Middle school and high school conferences will be held on a "drop in" basis where parents will be free to drop in and meet with the teachers in their classrooms.

College night for Grade 11 and 12 parents and their students will be held on the same day from $5-6 \mathrm{pm}$. The parents will then have time to meet with their student's teachers from 6-8pm.

To support our students academically in and out of school, administrators, teachers, and families need to have a shared understanding of their children's learning and work as partners to meet their academic and social - emotional needs. Research has shown that parental involvement is the most important factor in a student's success in school.

We are looking forward to seeing you all on Parent Teachers Conference Day.

## Dear Parents,

We are happy to announce the first PTA Bake Sale which will be held on Thursday, October 31st during the lunch time (11:31-12:30 pm). The PTA is 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 students. You can simply send your homemade treats with your child the day of the Bake Sale. The treats may be dropped off at the kiosk. Suggestions: brownies, cookies, pancakes, cakes, cupcakes, donuts, etc.


We all have problems and obstacles in our lives, and no matter what anyone tells you, it doesn't get easier. The only thing that changes is how we are aware of them and how we approach them. There are tricks that you can use to organize every part of your life both financial and personal. It is a very simple trick. Here we go.

## 1. Be honest with yourself.



The first step to an easy and stress-free state of mind is for you to be honest with yourself. This important, simple fact can have a great impact on your self-esteem and confidence level; thus affecting every relationship you have with people. If you cannot be honest with yourself, there is no way you can be honest with others. As I was told once, "honesty is the best tool, lies will only create more lies to cover up the old ones."
2. Write everything that comes to mind. Keeping track of everything we should do or are going to spend money on is a great tool. It serves as a reminder of what tasks need to be done or items that need to be bought, and is a great time management skill. This skill is useful in all aspects of our lives, from
schoolwork to our daily spending. Simply get a note pad and record things as soon as you think of them.

## 3. Wants and Needs.

Now all the hard work is done. The next thing you need to do is simple. Grab a chair and sit down. Now that you have your list ready we are going to separate them into two categories: Wants and Needs


Honesty is key:
Wants: Things you would like, but can do without.
Needs: Things you must have, such as food.
Put each item in the appropriate category

## 4. Prioritize

We always start with the essentials. Our needs take prior ity over our wants.

## College Night

Great news! College Night has finally been rescheduled! Due to the recent school cancellations and civil unrest here in Sudan, we felt it necessary to postpone College Night to a day and time that was convenient, and safe, for all 11th and 12th grade students and their parents to attend. Therefore, we would like to re-invite you to attend this one-hour session next Wednesday, October 30th from 5-6pm in the high school ESL room to learn more about the process of preparing for and applying to colleges and universities around the globe. College Night is being held during the first hour of parent-teacher conferences, making it easy for parents and students to meet with teachers after the session regarding their child's current performance in his/her classes.
Don't miss this important event, especially seniors, who have deadlines that are fast approaching. Arrive on time to enjoy some complementary snacks and refreshments. Hope to see you all there!



