



Parent Seminar

I want to thank the many parents who attended our first parent seminar last Thursday. The topic, "Safeguarding Children at KAS" was well received and we received a lot of positive feedback. The slide show presentation will be posted on our website for parents to access.

October 26th at 8:15 in the KAS Library following the elementary morning assembly. The topic will be "Community Survey Results / Accreditation"

Annual General Meeting – Parent Conferences

Elementary and Early Childhood grades will be dismissed at 12 noon on Wednesday, October 11th for parent conferences beginning at 12:30. Parents of elementary students should have received a sign up link from your child's teacher by email. If you have not received this link, please contact your child's teacher. Grade 6-12 conferences will start at 5:00 pm. All conferences will end at 7:00 pm.

At 7:00 pm we ask parents to come to the Quad area for our Annual General Meeting. Parents will be voting for 4 candidates

follow below.

Parent Contact Numbers

We want parents to know that we want to communicate well with you and in order to do that we need you to provide us with up-to-date email addresses and phone contact numbers. If you have changed either since the end of the last school year, please contact our office with any new numbers. Thank you.

Dr. Mario Kamal Saad Samaan

Steve Alexander
KAS Superintendent

I would like to share some information from the presentation that I will be giving at the AISA Conference in Kenya with you, our KAS community members. I believe you may find it interesting and informative and possibly helpful as teachers and parents.

There is a growing body of evidence, supported by research in the biological, medical, psychological and neurophysiological sciences that show the association between school-based physical activity, including physical education, and academic performance, including indicators of cognitive skills and attitudes, academic behaviors (e.g., concentration, attentiveness, and time on task), and academic achievement (e.g., grade point average and test scores).

CDC. The association between school-based physical activity, including physical education, and academic performance. Atlanta, GA: US Department of Health and Human Services; 2010. Available at http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf. Accessed July 1, 2011.

From a physical education perspective, I am elated to know that what, and how, I've been teaching is being researched and has been shown to have effective academic and behavioral transferable value for my students as they move from my gymnasium to classrooms throughout school and into the greater outside community.

and solve problems by manipulating their bodies. From the infant who learns how to turn over, crawl, grasp and eventually stand to the elementary school child who can perform running, jumping throwing and catching motions efficiently, all humans use movement to learn and thereby control their world.

Dr. Christopher Rampacek