



AAS Sofia

## Weekly Newsletter

Volume 17, Issue 18  
Jan. 6, 2011

### Upcoming Events

Jan 10 & 12 - Co-curricular Session 2, Week 2

Jan 13 - K-2 Assembly

Jan 13 - PTO Ski-Swap & Sale, 2-4 PM in the Cafeteria

Jan 17 & 19 - Co-curricular Session 2, Week 3

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[www.aas-sofia.org](http://www.aas-sofia.org)

## From the Director's Desk

Уважаеми родители и приятели на ААУ / Dear Anglo-American School Community,

### Честита Нова Година!

#### The First Week Back

Clapping, singing, wondering, talking, sharing, questioning – it is always a special time of enthusiasm when school resumes after a break. Though the weather is a little dreary today, the metaphorical sunshine of students (both young and older) easily overcomes grey skies. If you ever need to smile just come by the school at the start of the day and soak in the energy of AAS students getting ready for the school day.

#### Partnership and Communication

Partnerships are important in fostering the best learning environment possible. A good partnership requires effective communication. It is very important that the information that we have about your children is kept current and updated. This helps the school share your child's progress, keep you up to date on school events and creates a greater sense of community. Our AAS website, [www.aas-sofia.org](http://www.aas-sofia.org) is a great source of information about our school, as is our weekly newsletter. Please do take the time to review these resources. The electronic age provides many avenues to communicate, but face to face time is still very important. Sports tournaments, performances, activities, parent meetings and much more, all provide great opportunities to come to AAS. I look forward to seeing you at school in the coming months.

#### New Year's Resolutions

We are nearing the end of the first week of January. By this time many of us have come to terms with our hopes and dreams from the New Year – a New Year resolution or if you will a New Year goal. While pondering a New Year goal, (which in my case consists of pondering my new found stomach girth) I am also working to incorporate Carl Jung's wisdoms of, "Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens."

Wishing you all the best in 2012, in partnership,

Jim Urquhart  
Director  
Anglo-American School of Sofia  
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Welcome back after the December break. I trust you all had a wonderful time with your families. It was so nice to see all those eager faces on the first morning back and the seamless way that many have settled back into their routines. Today we had an impromptu assembly to welcome some new students and talk over safety guidelines for winter play. We have lots of children bringing sleds along to school and we welcome this. Please be aware that the bigger metal and wooden sleds are not appropriate for our currently limited space. Could you also ensure that names are on the sleds and snow clothing as it makes it easier to find the owners.

As I have stated before, our policy here at AAS is that all children go outdoors during breaks in order to get much needed fresh air. It is imperative that children, particularly our younger ones, are prepared with waterproof and warm clothing. This includes clearly named gloves, hats, boots, coats and snowpants. Children will also benefit from having home lessons in how to put it all on independently.

I trust that the weekend snow is something you welcome, whether it be an excuse to snuggle up inside with a great book or to get out and hit those slopes. I personally plan on both...if I can drag myself out of bed that is.

Jim Anderson  
Elementary Principal



Dear AAS Community,

We have worked and supported the Vratza orphanage for the last three years. The AAS Middle School has visited and hosted the children from Vratza in the past. In prior years, the teachers assigned a Vratza child to a middle school student. At Christmas this year, the AAS Eighth Grade arranged for a student to give a gift to a child at the orphanage. To make the Vratza orphanage child feel cared about and more special, each AAS Middle School student was given the responsibility to shop for one particular child.

In the past the Middle School students have visited the orphanage.

Unfortunately, this year cases of hepatitis prohibited us from visiting. The orphanage is under quarantine until mid January.

Many thanks to the AAS community for your generosity while participating in this event. We hope that this tradition continues for many years.

Signed,

AAS Grade 8 class 2011-12

### **A Thank you Note from Tabitha Foundation: The AAS contact for the Vratza Orphanage**

*The following is an excerpt from an email to Mrs. Holloway concerning the Christmas presents*

"To our regret the institution is still under quarantine and they just got a new case and will be closed for 40 days more. It means that the children cannot travel and visitors are not allowed and they all feel miserable. Vratza Home organized a Christmas party for the kids on 23 and 24 December when the presents from AAS were given. The children were absolutely fascinated by the Christmas presents that were sent by the AAS students. The kids were really excited by what the presents contained and were very happy that AAS did not forget them on the eve of the holy days. The presents this year meant much more to the children because they were under quarantine and could not go out or receive visitors and friends. So the whole excitement was focused on the gifts you sent them. They are really grateful to you and their friends from AAS.

On behalf of the children and personnel in Vratza Home many thanks to AAS for the presents and your good will, wishing you a healthy and happy 2012!

We all hope for further cooperation with AAS in 2012 for the wellbeing of the less fortunate!

Regards,

Albena, Tabitha Foundation"



**CO-CURRICULAR ACTIVITIES**

Our co-curricular activities started this week. They occur every Tuesday and Thursday and will finish February 9. Thank you to all parents for your flexibility and feedback with our schedule of activities.

For the last session of co-curricular activities (April 17 – May 31) all co-curricular activities will be chosen **ELECTRONICALLY**. This will help save paper and streamline the choosing process.

**BASKETBALL**

The AAS Basketball season has begun. We have a very full schedule of practices and game throughout the season. Please look at the schedules below.

**HS GIRLS - AAS Open tournament - Feb. 10 and 11 and the CEESA tournament March 8 - 11 in Belgrade.**

Coaches are Ms. MacDonald and Mr. Pindur

<b>Dec. 1</b> 3 - 4:30	<b>Dec. 6</b> 4:30 - 6:00	<b>Dec. 8</b> 4:30 - 6:00	<b>Dec. 13</b> 4:30 - 6:00	<b>Jan. 3</b> 4 - 5:30
<b>Jan. 5</b> 4 - 5:30	<b>Jan. 10</b> 4 - 5:30	<b>Jan. 11</b> GAME @ ACS	<b>Jan. 12</b> 4 - 5:30	<b>Jan. 17</b> 4 - 5:30
<b>Jan. 18</b> GAME @ AAS	<b>Jan. 19</b> 4 - 5:30	<b>Jan. 24</b> 4 - 5:30	<b>Jan. 25</b> GAME @ ACS	<b>Jan. 26</b> 4 - 5:30
<b>Jan. 31</b> 4 - 5:30	<b>Feb. 2</b> 4 - 5:30	<b>Feb. 7</b> 4 - 5:30	<b>Feb. 8</b> GAME @ AAS	<b>Feb. 14</b> 4:30 - 6:00
<b>Feb. 15</b> GAME @ ACS	<b>Feb. 16</b> 4:30 - 6:00	<b>Feb. 28</b> 4:30 - 6:00	<b>Feb. 29</b> GAME @ AAS	<b>March 7</b> 3 - 4:30

**HS BOYS - CEESA tournament March 8 - 11 in Riga and ACS Open tournament March 23 and 24.**

Coaches are Mr. Brecht and Mr. Swann

<b>Dec. 2</b> 3 - 4:30	<b>Dec. 7</b> 4:30 - 6:00	<b>Dec. 9</b> 4:30 - 6:00	<b>Dec. 14</b> 4:30 - 6:00	<b>Jan. 4</b> 4:30 - 6:00	<b>Jan. 6</b> 4:30 - 6:00
<b>Jan. 9</b> 4:30 - 6:00	<b>Jan. 11</b> GAME @ AAS	<b>Jan. 13</b> 4:30 - 6:00	<b>Jan. 16</b> 4:30 - 6:00	<b>Jan. 18</b> GAME @ ACS	<b>Jan. 20</b> 4:30 - 6:00
<b>Jan. 23</b> 4:30 - 6:00	<b>Jan. 25</b> GAME @ AAS	<b>Jan. 27</b> 4:30 - 6:00	<b>Jan. 30</b> 4:30 - 6:00	<b>Feb. 1</b> 3 - 4:30	<b>Feb. 3</b> 4:30 - 6:00
<b>Feb. 6</b> 4:30 - 6:00	<b>Feb. 8</b> GAME @ ACS	<b>Feb. 13</b> 4:30 - 6:00	<b>Feb. 15</b> GAME @ AAS	<b>Feb. 17</b> 4:30 - 6:00	<b>Feb. 27</b> 4:30 - 6:00
<b>Feb. 29</b> GAME @ ACS	<b>March 6</b> 3 - 4:30	<b>March 14</b> 3 - 4:30	<b>March 16</b> 3 - 4:30	<b>March 21</b> 3 - 4:30	<b>Mar. 23-24</b> ACS OPEN



## Sports and Activities cont.

[Home](#)

**AAS**  
**Weekly**

Our Middle School teams will begin their practices the week of December 5<sup>th</sup>. Please see the schedules below:

### **MS GIRLS - CEESA Tournament March 1 - 4 in Sofia.**

Coaches are Ms. Nations and Mrs. Urquhart

<b>Dec. 6</b> 3 - 4:30	<b>Dec. 8</b> 3 - 4:30	<b>Dec. 13</b> 3 - 4:30	<b>Jan. 3</b> 3 - 4:00	<b>Jan. 5</b> 2 - 4:00	<b>Jan. 10</b> 3 - 4:00
<b>Jan. 12</b> 2 - 4:00	<b>Jan. 17</b> 3 - 4:00	<b>Jan. 19</b> 2 - 4:00	<b>Jan. 24</b> 3 - 4:00	<b>Jan. 26</b> 2 - 4:00	<b>Jan. 31</b> 3 - 4:00
<b>Feb. 2</b> 2 - 4:00	<b>Feb. 7</b> 3 - 4:00	<b>Feb. 9</b> 2 - 4:00	<b>Feb. 14</b> 3 - 4:30	<b>Feb. 16</b> 3 - 4:30	<b>Feb. 28</b> 3 - 4:30

### **MS BOYS - CEESA Tournament March 1 - 4 in Kiev.**

Coaches are Mr. Brecht and Mr. Stephenson

<b>Dec. 7</b> 3 - 4:30	<b>Dec. 9</b> 3 - 4:30	<b>Dec. 14</b> 3 - 4:30	<b>Jan. 4</b> 3 - 4:30	<b>Jan. 6</b> 3 - 4:30	<b>Jan. 9</b> 3 - 4:30
<b>Jan. 13</b> 3 - 4:30	<b>Jan. 16</b> 3 - 4:30	<b>Jan. 20</b> 3 - 4:30	<b>Jan. 23</b> 3 - 4:30	<b>Jan. 27</b> 3 - 4:30	<b>Jan. 30</b> 3 - 4:30
<b>Feb. 3</b> 3 - 4:30	<b>Feb. 6</b> 3 - 4:30	<b>Feb. 9</b> 4 - 5:30	<b>Feb. 13</b> 3 - 4:30	<b>Feb. 17</b> 3 - 4:30	<b>Feb. 27</b> 3 - 4:30

### **MS CHOIR**

Our MS Choir season is also getting ready to begin in December. Anyone who is interested in participating in Choir needs to follow the schedule of practices below:

### **CEESA competition - Warsaw, Poland from February 8 - 12**

Coaches are Ms. Vassileva and Ms. Theofilova

<b>Dec. 2</b> 3 - 4:30	<b>Dec. 7</b> 3 - 4:30	<b>Dec. 9</b> 3 - 4:30	<b>Dec. 14</b> 3 - 4:30	<b>Jan. 4</b> 3 - 4:30	<b>Jan. 6</b> 3 - 4:30	<b>Jan. 11</b> 3 - 4:30
<b>Jan. 13</b> 3 - 4:30	<b>Jan. 18</b> 3 - 4:30	<b>Jan. 20</b> 3 - 4:30	<b>Jan. 25</b> 3 - 4:30	<b>Jan. 27</b> 3 - 4:30	<b>Feb. 1</b> 3 - 4:30	<b>Feb. 3</b> 3 - 4:30



## SKI WEEK

In February all students will be participating in the annual AAS SKI WEEK. Many members of our community are already starting to make plans for this event, so I just wanted to pass along some important information to help.

### Frequently Asked Questions

#### **What is Ski Week and why are we doing it?**

Ski Week is a school wide program that brings together multi-grade groups of students to learn the life-long sport of skiing or snowboarding. It is a way to take learning outside the school walls and promote the enjoyment of activity and healthy living. Skiing is also an important part of life in Bulgaria and affords the students an opportunity to understand more about their home and host country. Our mission statement refers to life-long learning and skiing is indeed a life-long endeavor that may provide students with a skill that they may appreciate for many years to come. Ski week is part of the AAS PE curriculum for all students up to Grade 10 and students are encouraged to reflect on the development of their skills and attitudes toward the sport toward the sport.

#### **When and where does Ski Week happen?**

Ski week is February 20 – 24, 2012 as per the published AAS Calendar. We will be traveling close to one hour to Borovets and the RILA HOTEL will serve as home base for all students to gather in the morning and meet instructors, have lunch and to meet up before heading home. Students arrive at school at the normal time in the morning and will leave the ski hill around 2:30 each day. They should arrive home around 3:30-4:00.

#### **Do all students get 5 days to ski or snowboard?**

Elementary and Middle School students will participate in all 5 days at Borovets Grade 9 to 12 students will participate for the last 3 days at a different location.

#### **What if my child doesn't want to ski or snowboard?**

We have a program called OUTDOOR PURSUITS that your child can participate in instead of skiing or snowboarding. This program also involves life-time pursuits and includes other winter activities like ice skating, snow shoeing, making snow/ice creations like snowmen or igloos and sledding down hills.

#### **Do Preschool students participate?**

Preschool students do participate in Ski Week, but their program is modified to suit their skills and physical capabilities. The preschool teacher is developing their schedule and will be in contact with preschool parents.

#### **Who can ski and who can snowboard?**

All students can ski if they choose to, but only students from Grade 5 and higher have the choice to snowboard.

#### **How will my child be transported to and from the ski hill?**

All students will be picked up with their regular bus in the morning and then will travel to school. HS students will be dropped off at AAS, Mon-Wed and then the bus will continue up to Borovets (about an hour journey). At end of the day the kids will get on their regular bus and will be taken home directly.

#### **Who will supervise my child while they are skiing?**

All AAS teachers will be accompanying students to the hill. Not everyone is able to ski or snowboard, so teachers will be assigned to help students in various ways. Your child will never be left unattended and we have ski / snowboard instructors from Borovets as well to help students. Students will be in groups of 6-10 to maximize skill development.

#### **What equipment will my child need?**

All students, whether skiing/snowboarding or participating in Outdoor Pursuits will need to have warm ski jacket, snow pants, hats, gloves and snow boots. Dressing in layers is a good idea to help retain body heat, so you might also want to get long underwear for your child. Goggles and helmets are mandatory for all skiers and snowboarders students. It is also a good idea for children who will be sledding down hills at a fast pace. Your child can either bring personal ski/snowboard equipment to the hill or you can rent equipment from the people at BOROSPORT (the company located at the ski hill).

### **Who will be instructing my child to ski/snowboard?**

Whether your child is a beginner or more advanced, the certified and experienced instructors from BOROSPORT will be teaching your child to improve their skills. All instructors speak English and will be able to communicate to your child so that they will know what to do to improve.

### **What will my child eat when they are on the ski hill?**

All students need to bring a lunch from home. There will be microwaves for heating food and hot tea and water will be provided. Students will not be allowed to purchase items from any restaurants or shops during the ski day. This helps us to keep all students together and safe.

### **What will the cost of the program be?**

Prices have not been confirmed yet with BOROSPORT, but if your child rents equipment the cost will be no more than 330 leva. If you have your own equipment it will cost no more than 260 leva. If your child participates in the Outdoor Pursuits program it will cost no more than 200 leva. The school is finalizing negotiations with the ski providers. The confirmed costs of the program will be confirmed by the beginning of January.

### **What happens in the case of emergencies?**

Our school nurse will be on site everyday of ski week. She has contacts with the medical facilities located in Borovets and they are ready to handle minor and major injuries. They speak English and are always ready to see our students in case of problems.

Our school has insurance to cover injuries.

### **Does my child have to participate?**

Ski-Week is an integral part of our school program that offers enhanced educational experiences for all students. We also hold a parent information session so parents may learn more about the trips. Ski Week is an important part of the school program and all students are required to participate in some way. The school kindly requests that you inform the school by January 21, should the very rare case arise that your child will not participate in ski-week. Since ski-week is inherent to the school's program, students not attending ski-week are considered absent from school.

### **Since my child / children will be going to Borovets by bus each day could they instead stay with their parents at a hotel in Borovets during ski-week?**

Yes, students are welcome to stay with parents in Borovets should parents want to stay there during ski-week. If this is the case we kindly ask that you inform the school [by February 1](#) should your child be staying in Borovets with you rather than going by bus.

### **What are the behavioral expectations on the trips?**

Ski-week is considered a regular week of school. The expectations as outlined in the Handbook continue to apply. It is important to note that students are not only ski-week participants but also are representatives of the school.



Shelley Wowchuk  
Athletic Director/Activities Coordinator  
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The Anglo-American School of Sofia

# Information

January 4, 2012



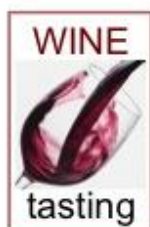
## PTO Meeting

When: Monday January 9, 10-12AM  
Where: In the Administration Conference Room.



## Ski Swap & Sale

When: Friday January 13, 2-4PM  
Where: In the Cafeteria  
Bring in your old stuff, sell it, swap it or give it away!  
The PTO Store will also be selling fleeces on the day.



## Wine tasting

When: Saturday, January 21, 7PM  
Where: Radisson Blu  
Welcome to a cosy evening with friends, food and wine.  
Tickets are 30 BGN each and will be available from next week. Hurry up getting your tickets, this promises to be a great adults only evening!

Your PTO



Get all your PTO info on facebook, AAS Sofia PTO

facebook: AAS Sofia PTO e-mail: [pto@aas-sofia.org](mailto:pto@aas-sofia.org)

### Important contact information:

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**Note:** To contact a member of staff by telephone, please call the reception number. Staff emails are available from our website: [www.aas-sofia.org/contact](http://www.aas-sofia.org/contact).

Please visit our website on [www.aas-sofia.org](http://www.aas-sofia.org) to find the latest information about our school.



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Grade 1A and B  
sharing their  
healthy snack  
with parents and  
friends

