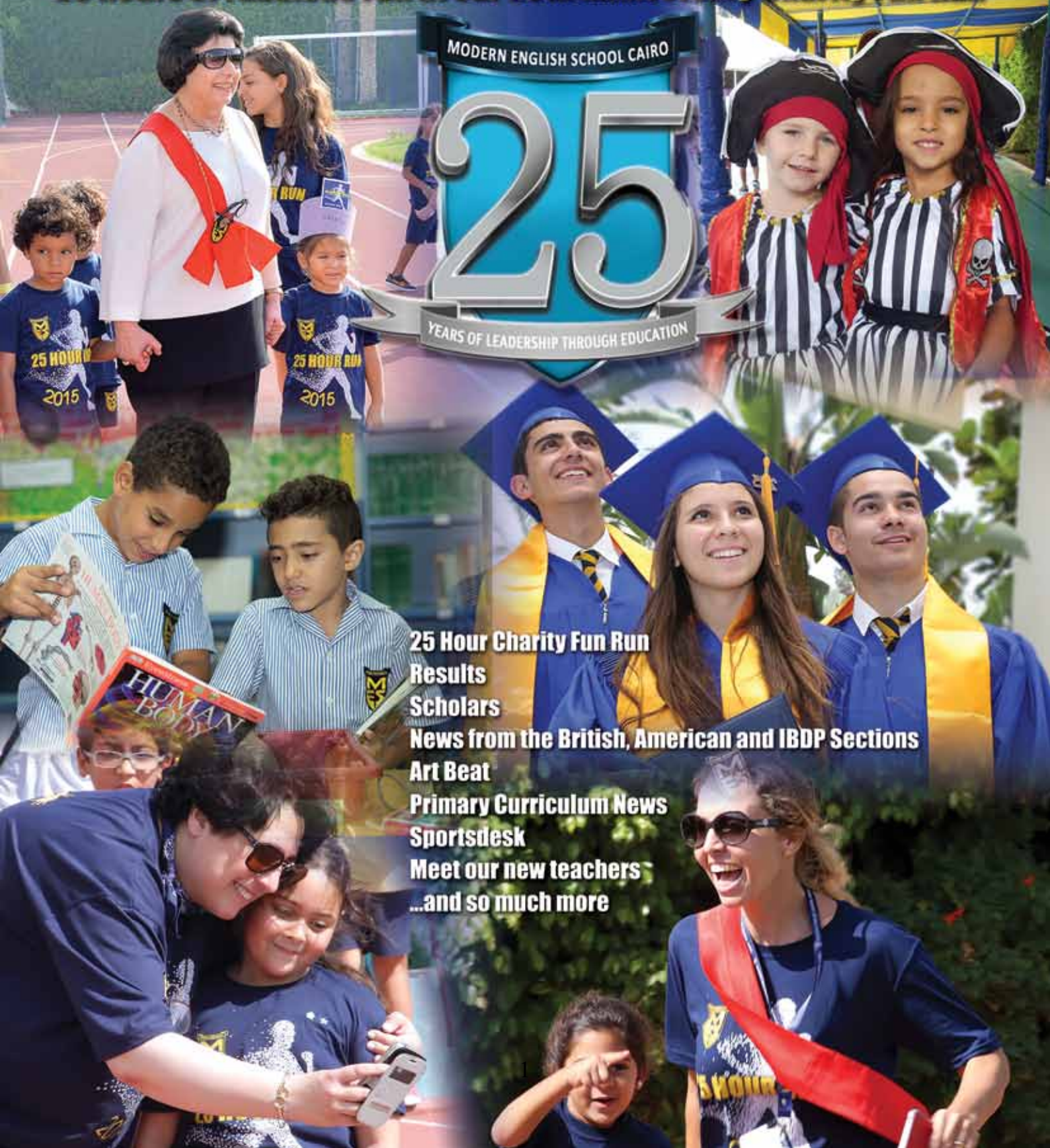


# MESSENGER

**25 Hours of Fabulous Fun at our 25th Anniversary Charity Fun Run**



**25 Hour Charity Fun Run**

**Results  
Scholars**

**News from the British, American and IBDP Sections**

**Art Beat**

**Primary Curriculum News**

**Sportsdesk**

**Meet our new teachers**

**...and so much more**



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# MES CAIRO GRADUATION CEREMONY

## A FABULOUS SEND-OFF FOR THE CLASS OF 2015

As we proudly watched the MES Cairo Class of 2015 on their Graduation stage, we knew that these, a fine example of a maturing and great generation, would one day turn their desires into reality and would each play their part in making the world a better place.

On 16<sup>th</sup> June 2015, our smart cohort were given a send-off to remember in a Graduation Ceremony that took place in the MES Cairo purpose-built outdoor arena on the school field. As the school continues to grow, our Graduation arena gets bigger and better each year, so too does the number of guests and the quality of entertainment prepared especially for Graduation by Mr Jonathan Todd and Mr Daniel Tomlin.

As the guests arrived they were treated to welcoming musical items by talented students' enrolled in MES Cairo's individual instrument Programme. To signal the start of the formal ceremony, the dramatic entrance of the MES Cairo Flag Corps is always thrilling, and this year was no exception. The large swirling flags created a formidable sight, an emotive tribute to their school and country.

A warm introductory welcome speech was given by Peter Godfrey (Member of Board of Directors) and this was followed by the Graduation Class of 2015 entering the arena in a Processional March, accompanied by Copland's Fanfare for the Common Man. The High School Choir then led the guests, teachers and Graduating Class of 2015 in a stirring rendition of the National Anthem of the Arab Republic of Egypt. A beautiful Quran Reading was given by Mariam El Shebli, creating an atmosphere of peace and hope.

The High School Choir then echoed the sentiments of the Class of 2015 when they showed their impassioned appreciation for their school in a stirring rendition of the MES Cairo School Song, 'To MES Be True' (by Ghada Dajani and Daniel Tomlin). They were then joined by the Staff and Alumni Choirs to sing the Swahili Blessing, 'Baba Yetu', in Swahili.

This was followed by the highly anticipated speech given annually by the chairman of the MES Cairo Board, Mrs Sawsan L Dajani.

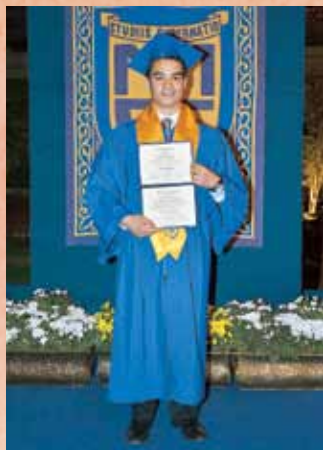
Mrs Dajani gave the Class of 2015 five precious gems of advice to help them achieve success in their futures. The first was: 'Read. Read A Lot', as reading increases our wisdom and helps us to avoid life mistakes. She also advised the Class of 2015 to, 'Wake up early! Starting your day early gifts you the luxury of time to take for yourself. It also allows you to think quietly and reflectively. Everything seems fresh and possible.' The third was to encourage them to, 'minimise distraction, because when you are focused on a task you need to fully focus on it. Your email, WhatsApp, Instagram, Twitter and Facebook can wait.' Mrs Dajani encouraged the Graduates to be charitable in a variety of ways. 'Donate... Be generous with yourself, your time and, when you can, with your money. It is imperative that you give back to your community and even to those in your family, or family of friends, who need you. Many times, your time and the pleasure of your company is enough. Please, don't throw money at a problem...give of yourself...there are many ways to help. Make it a life habit to be giving and teach it to your children, when you have them.' Finally, Mrs Dajani encouraged 'deliberate practice and hard work. Remember that person you saw who had lost all that weight? He spent an hour everyday swimming or walking or at the gym. He worked hard to change his eating habits

and to have a healthy, balanced diet.' Mrs Dajani's main message to her graduates was that nothing good happens without effort and that all great achievements can only happen with hard work and dedication.

Mrs Dajani then introduced the Graduation Guest Speaker, Mr Tarek Nour. Mr Nour received his early education at the Jesuit School in Egypt and then proceeded to major in Business Studies at Cairo University. He continued his studies further in film-directing both in the United Kingdom and in the US. Mr Nour started his career as a computer programmer in Al Ahram in 1970 and soon after expanded his talents into radio and advertising. Mr Nour, an excellent example of a talent person who has achieved success through hard work and perseverance, gave a delightful speech in which he encouraged the students to take an open-minded approach to the world and







to always make the best of all the opportunities, they are presented with. He stressed that the Class of 2015 has been very privileged to attend MES Cairo and this was underlined further when the High School Choir followed his speech with a moving version of the popular song, 'Time of Our Lives'.

Each year, the graduating students are represented in a speech given by the Scholarship students. This year, Mohy Abou-Alam (D, IBDP Section), Mahira Aly (G12, American Section) and Nader Raafat (Y12, British Section) all spoke with impressive levels of wisdom and confidence that was way beyond their years.

The MES Cairo Graduation Ceremony would not be the same without a special appearance by our guest performer and long-time friend of MES Cairo, Rula Zaki, who treated us to a preview performance of her new song, 'Aswat Baladna', an atmospheric tribute to the much-loved, traditional street sounds and sights familiar to all who live in Egypt.



The High School Choir once again moved the audience with a harmonic arrangement of the classic popular song 'Stairway to Heaven' (Led Zeppelin).

Graduating students, Hana Seif El Nasr, Nada Rizk, Mariam Maged and Amr Emara gave an outstanding performance of 'Stand By Me' - symbolising the bond that the Class of 2015 have formed throughout their years at MES Cairo and will continue to form beyond in the wider world.

Ms Ghada Dajani (Managing Director), then led the Senior Leadership Team and our esteemed guest speaker, Tarek Nour, by announcing each Graduate as they walked proudly across the Graduation stage to receive their High School Diploma and Leaving Certificates. Mrs Dajani, Mr Nour, Mr Godfrey, Mr Kirby, Ms Singleton and Ms Ballard congratulated each Graduate warmly as they walked proudly across the Graduation stage.



Mr Godfrey then closed the ceremony by bidding a fond farewell to the Class of 2015. He invited the students to switch the position of their graduation caps, and, as a symbol of their liberation from formal school life and release their caps by sending them soaring up high into the night air. Each one of our students knows very well that such moments are real and electrifying rather than virtual and electronic and can never be captured 'online'. MES Cairo graduates they have a wide and realistic understanding of the world, due to the excellent, balanced education they have received. They certainly have the talents and skills needed to fulfil their main desire, which is to improve our world.

They take with them strength in the knowledge that they started to improve it many years ago.



**Congratulations, MES Cairo Class of 2015!**





# MES CAIRO GRADUATES ARE TRAVELLING THE GLOBE!

## Class of 2015 - Universities Attended by MES Cairo Graduates from the British, IBDP and American Sections

### Australia

Australian National University

### Canada

McGill University

Brock

Queen's University

### Egypt

AAST

Ain Shams University

American University in Cairo

British University in Egypt

FUE

German University in Cairo

MISR International University

(MIU)

MSA

October 6th

### Germany

University of Hohenheim

### Greece

American University of Athens

### UAE

American University of Dubai

American University of Sharjah

### USA

Arizona

Berkeley

Boston

Fisher College, Boston

George Washington University

New Stanford Business School

Santa Monica College

University of Buffalo

### United Kingdom

Bath University

Bristol University

Brunel University

Central Saint Martin's London

Chichester University

City University London

Derby University

Hertfordshire University

Imperial College London

King's College London

Kingston

Leeds University

London School of Economics

London South Bank

Loughborough University

Manchester University

Newcastle University

Nottingham University

Oxford University

Queen Mary University

Reading University

Royal Holloway University of London

Sheffield University

St Andrew's

Sussex University

Westminster University

## The University Question... How do we know we are getting it right?

**Look** at any University student profile and you will know that the students from MES Cairo fit the bill. Oxford says for Art they want analytical skills, so what does Nour Jaouda do? She uses Art to analyse the economics of Egyptian life. London School of Economics says they only want the very best academics, so what does Malak Maurice do? She gets three A\*s. Oxford says for Medicine they want medical internships so what does Nader Raafat do? He gets two, one in Cairo and one in the UK and obviously excels in both! Imperial says they want independent thinking in Aeronautical Engineering, what does Marwan El Hosseiney Mousa do? He has a plan to take us to the moon and researches new materials that make this cheaper and faster! Leeds wants resilience so what does Ramy Awad do? He works to get into Medicine until he succeeds!



What we know now is that the 'My Graduate Profile' is the way to show Universities worldwide that MES Cairo students are educated to be the sort of learners that will be able, not only to gain university places, but to excel once they are at university, because they manage their own learning both in and out of the classroom. We are teaching our students to know how to learn and to take ownership of this for themselves, which is what university life requires. It is because our students are taught to be risk takers with their ambitions and their learning that they are able to gain the sort of future that they and their parents want. Even if the first term at an international university requires resilience, we have equipped them to persevere and become global citizens who will show the world what Egypt can do.

Good luck Class of 2015, we know you will make us proud!

**Ms S Clingan – Assistant Headteacher, Years Ten to Twelve, British Section**



# Britain's Getting Talent - From MES Cairo

**THERE** is no doubt Britain remains a world leader in Higher Education with some of the most renowned universities and the excellent quality of degrees they offer. Needless to say, the entry requirements are rigorous for even the brightest applicants. Not only are the academic credentials needed extremely demanding but so also is the learner profile and maturity levels of the individuals who are successful in gaining places.

This autumn, thirty-seven Modern English School graduates will take up their places to read for degrees at prestigious institutions including, University of Bath, University of Manchester, University of Leeds, University of Nottingham, Queen Mary University, Royal Holloway University, University of Sheffield, University of Sussex and Saint Martin's University of Arts London. This has been made possible partly by the best A-level performances on record at the school. MES Cairo Year 12 students achieved a collective fifty A\* and A grades. Even more impressive is the record of individuals such as the independent Marwan El-Hosseiney Mousa, whose three A-level A\* grades in Economics, Mathematics and Physics earned him a place at Imperial College London to study Aeronautical Engineering. He was



equally matched by the reflective Malak Maurice who also achieved three A\* A-level grades in English Literature, History and Psychology and is heading for a course in International Relations at the world famous London School of Economics.

The journey to great heights begins early at MES Cairo in the Primary school where students begin to communicate fluently in the English language and develop excellent interpersonal skills. By the time students enter Key Stage 3 in Secondary school they are well aware of the profile of a successful high school graduate and transfer smoothly into an accelerated programme of IGCSE courses in Year 9.

Taking final IGCSE examinations a year early is no obstacle to Year 10 students, as the 2015 cohort proved recently with an eleven per cent higher A\*/A grade success rate than their UK counterparts. The incredibly confident and inspired quartet of Amina El Ghazali Ahmed, Nader Soliman, Moataz Hamed and Salma Wafa all attained seven A\* grades at IGCSE. This early demonstration of their abilities means their distant university ambitions are clearly well on target.

In Year 11, students completing the first half of their A-level courses also had a success rate which compares very favourably with the UK. Nour El-Tahhan, Mina Atta, Hussein Rizkana and Farah Rizek are a resourceful and flexible group of young learners and all banked an impressive three AS-level A grades each. Salma Farouk and Ahmed Leithy led by example and went even better with both achieving four AS-level A grades, ensuring their Autumn applications for next year's courses will sit very high on the pile at any university admissions department.

There is no doubt the MES Cairo Graduate Profile is an excellent foundation for success at most competitive universities across the globe. University of Oxford has a reputation for being one of the world's top educational institutions. Amazingly Year 12 student, Nour Jaouda's will be one of Oxford's newest undergraduates. With an inspiring art portfolio and A\* result in A-level Art & Design, Nour also successfully overcame one of the most challenging application processes in the world to be accepted onto Oxford's degree course for Fine Art. Joining her amongst those famous ancient spires will be the MES Cairo Year 12 Scholarship Student for 2014-15, Nader Raafat, who after achieving A\* in A-level Biology, A\* in A-level Chemistry and A\* in A-level Mathematics will be commencing a course in Medicine at Oxford University. A course ranked 'Best in the World for Medicine' according to the Times Higher Education Rankings for the last four years.

MES Cairo is extremely proud of its students' magnificent achievements and is confident it can continue to supply, for years to come, the best universities in the United Kingdom with some of the amazing talents from the young men and young women in Egypt.

**Mr S Perry – Deputy Headteacher, British Section**



# MES Cairo Top Performers

## Year 10 Eight IGCSEs

AMINA ALAA EL DIN EL GHAZALY AHMED	Y10G
NADER RAJAB SOLIMAN	Y10B
MOATAZ MAGDY HAMED	Y10R
SALMA SAMIR WAFa	Y10G
HAYA SAYED ELZAYAT	Y10Y
MOHAMED KHALED SAYED	Y10R
ZEYAD OSAMA MOHAMED HUSSEIN	Y10G
MOHAMED MOUSTAFA ELKHATIEB	Y10Y
SALMA HANY ELSHAMY	Y10G
SEIF NAGY TOMA	Y10R

## Year 11 Four AS-levels

AHMED LEITHY LEITHY	Y11R
SALMA SHERIF FAROUK	Y11G
FARAH ABDELSALAM ABDEL RAZEK	Y11R
HUSSEIN HAZIM RIZKANA	Y11B
MAROOSH AHMAD	Y11B
AYA WASEEM WAHDAN	Y11B
MALAK HASSAN DAHROUG	Y11B
TAREQ AYMAN ELTANTAWY	Y11G

## Year 12 Three A-levels

MALAK FOUAD MAURICE	Y12R
MARWAN AHMED MOUSA	Y12B
NADER NABIL RAAFAT	Y12R
MOHAMED AYMAN HAMDOUN	Y12B
YOUSSEF MOHAMED GAAFAR	Y12B
ABDEL-RAHMAN AKRAM TURKY	Y12R
NOUR SAMI JAOUDA	Y12B



Hussein Rizkana



Nader Soliman



Marwan El Hosseiny



Salma Farouk



Mina Atta



Moataz Hamed



Nader Raafat



Nour El-Tahhan



Amina El Ghazali Ahmed



Ahmed Leithy



Salma Wafa



Malak Maurice



Nour Jaouda



Farah Abdel Razak



# SALMA Farouk (Y12G) British Section Scholarship Winner 2015-2016



**Salma** embodies the Graduate Profile and was a clear choice for the British Section scholar. Academically she is outstanding, most recently gaining four 'A' grades at AS Level.

The MES Cairo vision for all students to have academic success and develop through extra-curricular and sporting activities is proven through Salma as she excels in everything she does. Her outstanding involvement in school life and beyond is celebrated, in part, by being a member of the Honor Society, where she fully participates in charity work.

It is easy to find evidence in her daily life for all the qualities that we aim to develop in our students. As an articulate communicator she was so good that she was invited to attend two MUN conferences and became Chairperson, leading her committee with confidence to achieve a final resolution. She actively wants to make a difference and does this

through 'Adopt a School' and 'Outreach', which help her make a difference not just now, through physical refurbishment of our adopted school, but in the future through the education and tutoring that she offers to orphans.

Salma has excellent interpersonal skills and has been a strong Selket House representative on the Student Council, which has allowed her to encourage others to intelligently express their views and to have an appreciation of individuals' rights and responsibilities. Salma is the ideal person to do this as she is outspoken, but able to take a flexible approach to make things happen.

An outstanding Student Mentor, she shows empathy with Year Seven students as they make the transition from Primary to Secondary and shows them how to solve problems, through modelling respect for herself and for others. Equally, in Community Service she works to help develop independent learning skills in the students who benefit from her support. Her personal integrity makes her a strong role model and there can be no doubt that younger students try to emulate her strengths.

She is at her very best when on the sporting field and a natural leader who inspires her team to achieve. Salma began by being part of the Junior Varsity Volleyball team and then moved on to play for the Varsity Football and Basketball teams with equal passion. She is excited by success, but shows resilience when this is required and encourages others to reflect on the team performance to achieve greater future success.

I have no doubt that Salma's future will be bright and believe that she will continue to develop her role as an MES Cairo scholar by leading others to success as an outstanding, holistic and caring person. We are very proud of her as an excellent example of the best that MES Cairo can produce.

**Ms S Clingan - Assistant Headteacher - Years Ten to Twelve, British Section**



Y2 Blue



Y4 Blue



Y5 Blue



Y6 Blue



Y8 Blue



Y9 Green



Y11 Green



Y12 Green







# International Baccalaureate Diploma Programme Results 2015



**We** are proud to announce excellent IB Diploma Programme results for MES Cairo's IBDP Class of 2015. The Class of 2015 upheld the MES Cairo tradition of outstanding IBDP results when they earned an average point score of 34 points, which is 4 points above the 2015 global average!



Out of a possible total of 45 points, MES Cairo's average point score was 34 points, which is 4.12 points above the global average of 29.88 points.

**Mohy Abu Alam (IBDP Class of 2015)**, our IBDP Scholarship winner for academic year 2014-2015, scored a phenomenal 41 points out of a possible 45 points. To fully understand what a great achievement this is, it is important to be aware there are 1.3 million students enrolled on the Diploma Programme around the world, and only 1.5 % of those students achieved 41 points. Mohy is now studying Electronic Engineering and Imperial College London. He is a fine example of all that is possible when you combine the qualities of our MES Cairo Graduate Profile and commit to your ambitions.



Mohy Abu Alam



Salma Amer

**Salma Amer (IBDP Class of 2015)** scored 39 out of 45 points. Only 2.5 % of students all over the world achieved 39 points! Salma is now studying Medicine at the University of Saint Andrews Scotland.

**Ramy Awad (IBDP Class of 2015)** scored 38/45 points. Only 3.2 % of students - out of a total of 1.3 million students worldwide - achieve 38 points! Ramy will soon be studying Medicine at Leeds University in the UK.



Ramy Awad

We would like to congratulate the whole of the Class of 2015 for these excellent results. They have taken places at more of the world's most prestigious universities this academic year, including the University of Manchester in the UK and McGill University in Canada.



We wish them every success in their future endeavours and look forward to seeing them shape phenomenal lives in their very bright futures.

**Congratulations to MES  
Cairo's IBDP Class of  
2015!**

**Ms S Sheehan – Assistant  
Head, IBDP Coordinator**



# INTERNATIONAL BACCALAUREATE (IBDP) SECTION SCHOLARSHIP WINNER 2015-2016 NOUR BAHAA (DP12R)



**Nour** has been a student at MES Cairo since the tender age of three when she was enrolled into the MES Cairo Nursery class.

Nour has always shone academically as she is an extremely committed student who believes that hard work and focus is the key to achieving good grades. Her IGCSE results were outstanding, where she achieved six A\* grades and two A grades. She deservedly earned the Cambridge Outstanding Learner Award for coming top in Cairo in IGCSE Economics and also won an award for achieving second place across eight IGCSE subjects throughout the whole of Egypt!

In her role as a student Mentor for younger students this year, Nour encourages them to always give of their best, believing that: *'without real effort, nothing is truly gained'*. A fantastic role model for the younger students, she has won several Awards at the Secondary Awards ceremonies over the years. Most recently in DP11 she won the Excellence Award for DP Mathematics and the Sustained Effort award for Business Management. She started out her Senior DP12 year winning the greatest award there can be when she gained the grand accolade of Modern English School Cairo Scholar.

Her rich contribution to the school community and to society as a whole were certainly taken into account when the Senior Leadership Team were considering the criteria for the Scholarship Award. Nour was instrumental in initiating the MES Cairo Outreach ASA and is currently the project's student leader. The Outreach group visits the children in a selected orphanage to teach them literacy and numeracy and the children are regularly invited into school to practise their sporting and artistic skills, twice a week after school.

Other service activities that Nour has engaged in include teaching Primary students how to make desserts in a Primary ASA last year and helping out with the Young Engineers ASA when they were making DT products to sell for charity. Earlier in her Secondary years, Nour was a member of the National Junior Honor Society (NJHS) and was promoted to be a current a member of the National Honor Society (NHS). As part of this membership, Nour successfully organised and led a social event for the Middle School ISAC tournament last year.

An excellent example to all young women in Egypt, Nour delivered a TED talk last year to Y/G/DP Eleven and Twelve students entitled: 'Why women in Egypt should participate in more sports'. Nour started fencing at the age of nine and ever since she has been training for three hours, four times per week. She has competed in many local and national competitions and earned several



FS2 Yellow



Y1 Yellow



Y2 Yellow



Y3 Yellow



Y4 Yellow



Y5 Yellow



Y6 Yellow



Y7 Yellow



Y8 Yellow



Y9 Red



Y10 Red



DP11 Red



medals, including a Gold and two Silvers in the Under-15 Egyptian Cup, a Bronze medal in the Senior Egyptian Cup and a Silver medal in the Under-17 Egyptian Cup. In 2014, Nour represented Egypt at the Junior Arab Championships in Jordan and earned two Gold medals in the individual team foil events. Always willing to share her skills and expertise, Nour also finds the time to coach the beginners at Maadi Club. When asked why she gives up her time to do this she replied, *'Skills and knowledge are no good unless they are shared and I believe it is my social duty to use my fencing skills to contribute to my society and to serve others who are interested in fencing, a sport which I am very passionate about'*.

Nour's interest in Sports is multi-faceted as she likes to challenge herself in new activities whenever possible. She has been swimming competitively for the Maadi club since the age of three and has been a member of our school team in the past. Again, wanting to share her skills with other learners, she dedicated after school hours to coach the children from the Outreach orphanage in swimming last academic year. In DP11 Nour was a key member of the track and field school team and ran a half marathon after participating in weekly runs with Cairo Runners.

In order to further prepare for her university degree, Nour interned for Dcode Economic & Financial Consulting last summer to find out more about how economics is applied in real life. She is currently applying to study PPE (Philosophy, Politics and Economics) at various top ten universities in the UK.

Her career ambition is not surprising; she aims to build a career helping others by working in the field of human development. A great ambassador for her country, she also hopes to represent Egypt in more international fencing competitions, and is determined to one day represent Egypt at the Olympics.

It is wonderful that Nour manages to succeed in such a wide variety of endeavours, and you may wonder how she manages to do all of this whilst meeting academic deadlines and preparing for her IBDP assessments and examinations. Nour's response to the question: 'How do you manage it all?' was clear. *'I chose to study on the IBDP because I truly believe in its mission and I have a tremendous amount of respect for the programme, which ensures that students participate in Creative, Active and Service events in order to succeed. I see my activities as part of who I am as a whole learner and not as something 'extra' to be done half-heartedly. The importance the IBDP places on CAS is a key to what defines my whole being as a student and as a young internationally-minded Egyptian woman who is keen to make a positive difference to my country and to the world.'*

Congratulations to Nour on all of her impressive achievements. We are proud that she is representing the IBDP section as our Scholar this year.

**Ms S Sheehan – Assistant Head, IBDP Coordinator**







# American Section Results 2015

**The** AP results for the 2014-2015 school year were, once again, impressive. The students at MES Cairo have surpassed the Egyptian and Global average for students that earned a 3 or better (out of 5) on the AP exams. MES Cairo students had 69% percent average, the Egyptian average was 63% and the Global average was 61%.

MES Cairo offered 13 AP subjects during the school year. 52 students were enrolled in these courses and registered to take a total of 84 AP exams at the end of the year. The AP courses offered this year were: Chemistry, Biology, Micro and Macro Economics, Physics 1, Calculus, Statistics, Art History, Studio Art, World History, Comparative Governments and Politics, English Language & Composition, English Literature and Composition.

In addition to high scores, MES Cairo had 8 students who were recognised internationally for their performance on their AP examinations earning the titles of AP Scholar, AP Scholar with Honors, and AP Scholar with Distinction.

AP Scholar is granted to students who receive scores of 3 or higher on three or more AP exams:

- **Rana Zaki (G12B)**
- **Shams Arafa (G12G)**
- **Aliaa El Far (G12G)**
- **Miriam George (G12Y)**
- **Zade Sadek (G12R)**

AP Scholar with Honor is granted to students who receive an average score of at least 3.5 on all AP exams taken, and scores of 3 or higher on four or more exams:

- **Nardeen Massoud (G12G)**

AP Scholar with Distinction is granted to students who receive an average score on at least 3.5 on all AP exams taken, and scores of 3 or higher on five or more of these exams:

- **Mariam Habib (G12R)**
- **Mahira Aly (G12Y)**

The American Section graduates have matriculated to some of the top schools in the UK and the United States. Some of the UK universities that our graduates are attending are: Royal Holloway the University of London, University of Bath, University of Nottingham, University of Reading, Kingston University, University of Sheffield, University of Art London, and the City University of London. Universities in the United States that American Section students are attending this fall include: University of California – Berkley, George Washington University, The State University of New York at Buffalo, Santa Monica College, University of Arizona and Fisher College.

*\*The student's classes apply to the academic year 2014-2015*

**Mr D Tomlin – Dean of Students, Grades Eleven and Twelve**  
**and Ms D Ballard – Principal, American Section**



Miriam George (G12Y)



Aliaa El Far (G12G)



Mariam Habib (G12R)



Nardeen Massoud (G12G)



Shams Arafa (G12G)



Zade Sadek (G12R)



Rana Zaki (G12B)



Mahira Aly (G12Y)



# AMERICAN SECTION SCHOLARSHIP WINNER 2015-2016

## CAROL BOTROS (G12B)

It is with great pleasure that the American Section announces Carol Botros as the MES Cairo Scholarship winner for 2015-2016. Carol has been a model MES Cairo student since Nursery (Foundation Stage One) and has continued through to Grade Twelve in the MES Cairo family.



Reception



Y2 Red



Y4 Red



Carol is active in Model United Nations and participated in the St. Petersburg, Russia MUN conference. She has had an interest in art since Grade Seven, has chosen art as her elective for several years, and has had her artwork displayed for the MES Cairo Art Show. Carol also participated with the Art class in completing the murals at the car gate. She is involved in service work outside of school for a local orphanage packaging school supplies and essentials for students.

Her academic performance is one to be admired by all of her peers. She has received Excellence Awards in Math, Science, English, Arabic and Art. Carol was inducted into the National Junior Honor Society in Grade Eight and then into the National Honor Society in Grade Ten. Her recent SAT results and her outstanding scores in AP courses will help her in her applications to good art schools in the UK. Carol acknowledges that without the support of her family and friends, she would never have been able to be as successful in both her academic and extra-curricular life.

In addition to all of her achievements and being nominated for Student of the Month, Carol is a wonderful person. Her level of maturity is unmatched as well as her ability to find the best in others. She is well respected by her peers and her teachers and is definitely a student to watch as her future unfolds.

**Mr D Tomlin – Dean of Students,  
Grades Eleven and Twelve**



Y6 Red



G8 Yellow



G10 Yellow



G11 Yellow







# MES Cairo's 25<sup>th</sup> Anniversary 25 Hour Charity Fun Run!



The Modern English School Cairo Fun Run has become a regular feature of the school calendar. The event represents the school's commitment to working with the wider community and this year the aim was to raise money to help the Ana el Masry Foundation build a new culinary school in order to provide young Egyptians with more vocational opportunities. The event traditionally lasts for twenty-four hours and involves the constant movement of a red sash around the school's sports track. This year, however, we decided to extend the event by one hour making it a twenty-five hour Fun Run. Why twenty-five hours you may ask instead of twenty-four? Well, this year the MES Cairo community celebrates its 25<sup>th</sup> anniversary and what a fitting way to mark the occasion. This is a community founded on the clarity of vision and the

desire to make a difference of Mrs Sawzan Dajani and Mr Nabeel Dajani, as they laid the foundation of what has become one of the most respected educational institutions in Cairo.

However, it is far more than that. For thousands of people from different generations and walks of life, it represents a place of true belonging; a belonging born of relationships not only to one another but to a place of shared responsibilities and benefits. What they cherish is not necessarily what they have acquired as much as what they have made and whom they have made it with. The '25 Hour Fun Run' very much reflected the strength of character of our community

The Fun Run began at 8.30 am on Tuesday 20<sup>th</sup> October and as in previous years, Mrs Dajani wearing the red sash and accompanied by the youngest children in the school completed the first lap. From that point on every student from Foundation Stage One to Year/Grade/DP Twelve at one point or another ran, walked, skipped, jumped their way around the track and they were joined by teachers, administrative staff, support staff, parents, grandparents and alumni. For over a day, the track became a hive of activity and a focal point for the school. One of the many highlights of the event involved staff walking and running en masse, wearing an item of clothing representing their home country and reminding us of the diversity that enriches our community. Some staff used the opportunity to walk and talk in order to catch up with colleagues who they wouldn't normally see during the course of a busy day and talked their way around the track.







During the evening, it was the turn of the school's sports teams to ensure that the sash never stopped moving forward. They displayed their athleticism and sense of camaraderie, not to mention their competitive spirit, as they challenged teachers to one race after another. Parents, too, organised their own races and proved the old adage that 'you really are only as old as you feel'. The atmosphere was simply fantastic! At midnight the school's Senior Leadership Team led by Ms Ghada Dajani completed several laps of the track before handing over to the committed volunteers who spent the night on campus in order to ensure that the red



sash continues to go around the track.

Mrs Sawsan Dajani, Mrs Marie Louis (representing the Ana el Masry Foundation) and Mr Peter Godfrey accompanied by twelve students from Foundation Stage One and twelve students from Year/Grade/DP Twelve completed the final lap of the event, bringing the MES Cairo '25 Hour Fun' to an end at 9.30am on Wednesday 21<sup>st</sup> October. Then the celebrations began as all the students and teachers were treated to a spectacular singing and dancing performance by some of the children from Ana el Masry. For my part, I will always remember the warmth of the occasion and am grateful to MES Cairo for making me feel that I belong.

**Mr K El Metaal – Deputy Headteacher, British and American Sections**

### MESsages of support from the MES Cairo family in Egypt and around the world. Here are just a few of them!

Mr Erbach's Mum:

Conor Class of 2013:

Caity Hainsworth:

(MES Cairo 1998-2003 & 2006-2010)

Mr Marel:

Teresa & Natasha Nissan:

Ms Celine:

Opa en oma:

Ms Boswell:

Ms Sheehan:

Watch from the U.S. Go MES. Go Dave Erbach

Go MES Cairo. I am watching you from Wales, UK!

Go MES Cairo! And shout-out to my lovely Dad, Andrew Hainsworth on the field all night!

Come on MES Cairo! If 1 lap is 320 meters, how many meters will you run when have finished 8 laps?

Well done everyone. Such a good cause. Go for it xxx

Go, Yumi and Etienne! Be proud of your school and this amazing event for a wonderful cause!

Watching from Thailand. Grant, Suus and Neil... go for it!

Go, Lily, Go! Great running...

GO, GO, GO, MES CAIRO!





## MES Cairo's IBDP Students get to the heart of the matter CAS Trip to Aswan – October 2015

**MES Cairo's** International Baccalaureate Diploma Programme (IBDP) students have been inspired by Egypt's brilliant past and hopeful present. They are now filled with optimism and great plans for its future...

Early in October, the IBDP students enjoyed highly rewarding and enriching experiences on their Creativity, Activity, Service (CAS) trip to Aswan. The experiences incorporated several aspects of the curriculum, emphasising the concurrency of learning in the Diploma Programme. As well as discovering much about the culture and traditions of an area that many of them had never visited before, the students discovered more about Egypt's fascinating history and developed their scientific knowledge and understanding. They engaged in team planning and reflection and in a variety of cultural and creative activities throughout each day.

Their first excursion was to the Nubian museum; a beautiful and serene museum built in 1997 which houses many treasures. On their second outing, they marvelled at the enormity and intricate structural mechanics of the Unfinished Obelisk. After attending a presentation about the geographical features of the Nile, they enjoyed a thrilling sail through the fast flowing arteries of the beautifully unpolluted waters of the area, and gasped in awe as they approached the magnificent Temple of Philae. In the shaded courtyard of the temple, they re-enacted the past with great panache when they performed dramatic improvisations of the story of the goddess Isis.



The students were able to expand their knowledge across the three Sciences when they were given an educational guided tour of the Sir Magdi Yacoub Heart Centre. They felt honoured to be given the opportunity to interview three prominent heart surgeons and felt a great deal of pride in this inspirational charity project, which provides free treatment for heart diseases (mostly for children) and relies on donations. Interestingly, the hospital uses state-of-the-art technology and runs mostly on funds received within Egypt itself - not relying on donations from abroad. The students focused again on the Sciences and on politics and culture when they visited the High Dam and found out about its multiple functions and its history.

The IBDP students all agreed that the most rewarding feature of their experience was also the most physically and psychologically challenging. On the third day of the visit, they sailed deep into the Nubian cataracts to reach an impoverished village where they planned to carry out their Service work. Residents of the village rely on tourists to buy their handmade wares in order to make a living, so there is real suffering in the area due to the recent decline in tourism. Using materials bought with funds they had previously raised through charitable events, the IB students keenly got work on the renovation of two local widows' homes.

The challenging conditions and intense heat did not hinder the IBDP students. Strong leadership and teamwork skills were displayed as they planned and designed, painted and decorated, and prepared the plumbing for the installation of bathrooms and roof tops for each of the homes that were improved. The widows and children gave their own ideas for the decorations and colours and our creative students stayed true to traditional Nubian artistic styles. By sunset, there were smiles all round, even for the houses themselves, as they glowed with a new internal optimism and a bright and cheerful facade.

### From the heart...

'Aswan was, truly, an experience of a lifetime. I got to visit places of great importance which helped my understanding of ancient Egyptian history and the greatness of our ancestors. I felt inspired by the devotion, success and determination of notable modern Egyptians like Sir Magdi Yacoub and all those who work for the foundation. As part of our Service project, we felt humbled by the surroundings and

the resilience of the people and gained a great deal of satisfaction from contributing so much to the restoration of the houses. We now have plans to continue helping people in this village.'

**Sousana Hakim (DP12)**

'On this trip we enjoyed many diverse activities. I was able to learn more about my country's history and culture and also appreciate what I have. The visit to Magdy Yacoub's heart foundation gave me hope, because it showed me that people who





care do still exist. The trip added a lot to my knowledge and made me a more experienced person. Now I am looking forward to future challenges with great enthusiasm because I know that I can help to make a difference.' **Habiba El Dissouky (DP11)**

'Aswan was a very enriching and enlightening experience. It was a great opportunity for us all to get to know each other and bond. Not only did we have a great time, but we also saw beautiful parts of Egypt that we had never seen before. The highlight of this trip for me was the time we spent renovating the houses of Azeeza and Masreyya in the Nubian village. This particular activity made me grow in ways that I never before could have imagined. It made me feel connected to a part of Egypt I had never explored before, and expanded my awareness of different cultures and ethical perspectives. Moreover I learned new skills such as building roof tops and painting walls. The experience reminded me of how proud I am to be part of such a beautiful country like Egypt. As a global citizen, I now feel that I have so much more to contribute and have a strong desire to build on my experiences and share them with the world.' **Sarah El Taweel (DP11)**



'The Aswan trip activities were not only educational but also extremely good fun. Visiting the Aswan Heart Centre left most of us very emotional because of the purpose behind this foundation. Watching the children wave at us through the windows was heart breaking but also very motivational. The renovation of the Nubian house was exceptionally rewarding and seeing the smiles we brought to the faces of the villagers due to our service was an irreplaceable moment that will be impossible to forget. I miss every second we spent on this trip.' **Mahum Shaikh (DP12)**



'This trip helped us grow closer together and gave time for us all in DP11 and D to bond. DP11 learned how to use the managebac software and to record and reflect upon our CAS activities effectively. We became more culturally aware and discovered the beauty of Aswan, making us want to help the people of Aswan and to conserve the beauty of the river Nile in any way possible.' **Yola Elwy (DP11)**

Mr Bullough, Mr Macaulay, Ms McTigue and Ms Sheehan, the IBDP teachers who accompanied the students to Aswan are extremely proud of these young people and of their achievements.

**Ms S Sheehan - Assistant Head, IBDP Coordinator**







## IBDP Debut – Making Music the MES Cairo Way!

**Our** goal is to continually adapt the HRCF Programme to meet the needs of our different student groups; with this in mind it was with great interest that I had the first discussion with Ms Sheehan (our new IBDP Coordinator) about the needs of our IBDP students.



It has always been a bit of a challenge for them to meet the Creativity requirements of the Creativity, Activity, Service (CAS) element of the Diploma, so this year we are trying to incorporate something into the HRCF Programme to clock up some of those Creativity hours. Ms Sheehan being an established member of the Staff Choir meant it could only be one thing: yes, all of DP11 and 12 were going to be making their choral debut during Period Four on the 30<sup>th</sup> September 2015.

I don't think excited was the word I would have used to describe their initial reaction to the news, if anything the word dread would have come to mind. I don't think many of the students had really sung before, other than the usual in the privacy of their own bedroom and so they were understandably nervous about the whole thing.

The bell went, the lesson was on, and all of our Diploma students were assembled in Mr Tomlin's music room ready to begin. Now, Mr Tomlin is a musical force to be reckoned with and even though I only popped in to get some photographs and observe how the students were coping for a short while, I ended up joining in as well! I might add, not just by Mr Tomlin, but by some of my DP12 students. My only experience of singing prior to this was my own debut with the Staff Choir at last year's Graduation and the flashmob the staff did of 'One Day More' from Les Miserables before the students returned. I could empathise completely with the students – I found the experience enjoyable but terrifying – being in a classroom instead of on a stage definitely had some advantages.

So we set to it – what better way to start than with the Egyptian National Anthem. I must admit, the pronunciation of the 3, 5 and 7 numbers thrown into a word completely flummoxed me! I am still not certain I got it, but I gave it a go. Mr Tomlin worked up quite a sweat, working his magic on the still nervous students. They started all together, just where they had sat when they entered the room. Their homeroom teachers were with them every step of the way, literally! Mr Bullough was placed in the Bass section of the boys and Ms Creak, Ms McTigue, Ms Sheehan and myself were in the Soprano section (this came as a bit of a shock to me as Mr Tomlin had me in the alto section of the staff choir). I can safely say we all learned something that Wednesday afternoon – I now know what a 'head voice' is, as does everybody who attended; we all also know how to 'sing like a man'!

Mr Todd popped in from time to time, but due to his own commitments he wasn't able to stay for long on each visit, however he made some encouraging gestures and facial expressions – which I know means we were on the right track.

The students had all relaxed by the end of their 'singing lesson' and there were smiles all round. The majority said they had enjoyed it and learnt something new, and they would be happy to develop their experience and have more singing lessons.

We recorded the final two versions of the anthem and when Mr Tomlin and myself were back in the office I played them for him. He was very impressed with what the students had achieved in a very, very short space of time.

Well, perhaps we'll let all concerned catch their breath and relax for a little longer before putting them back into the pressure cooker that is a condensed one hour lesson of vocal challenges.

Then again, perhaps not! The formal debut for the DP Choir was to sing the Egyptian National Anthem at an assembly for our younger students. You could see the nerves, the tension was palpable - however, the DP students pulled it off with aplomb and were rewarded with a thunderous round of applause from the audience. Well done DP11 and 12! Here are some of their thoughts on the experience.

"Personally it was a very interesting experience, at first I was a little uncomfortable singing but it felt better being in a group and as we began learning how to sing properly and sounded better. I was amazed with the result, the discomfort returned when we were told we'd







be performing on stage but with the support of the group and our teachers it was honestly a real confidence boost and I would most definitely like to continue with it for the experience. It's fun and is helping us all with our confidence, not to mention our singing skills". **Kenzy McKay (DP11)**

"The journey between hating and loving the singing was extraordinary, it has helped me a lot to believe that anything is possible." **Abdullah Kilaney (DP12)**

"Never in a million years did DP12 expect to participate in choir. We are glad we did, it has grouped DP11 and 12 together, making it a special activity just for us." **Yasmine El Shaer and Iman Saleh (DP12)**

"I've always loved singing in front of a crowd and doing it with my IB family just makes it a million times better." **Hamzah Abdel-Majid (DP12)**

"During my experience of IB Choir, I learnt that the key to reaching the maximum output is to collaboratively work with others. This process taught me how to overcome my weaknesses by channeling strengths from my classmates as a whole". **Farah Gouda (DP12)**

"IB choir helps me push boundaries. Singing in front of a room filled with people, although intimidating is an excellent experience that is increasing my confidence levels."

**Mahum Asif (DP12)**

"Singing in front of an audience as part of a choir is something I never imagined doing before.

Surprisingly, I really enjoy the sessions and I really look forward to them. Great CAS experiences always push us out of our comfort zones, making us do things we never imagined we could do." **Nour Bahaa (DP12)**

**Ms M Ingham – HRCF Coordinator**

## 10 Out of 10 for the IB Diploma Programme at MES Cairo

It is a very special year for our IB Diploma Programme at MES Cairo as it is our tenth year, and one which will culminate in what we are sure will be a very positive 2nd 5-year evaluation by the International Baccalaureate Organisation (IBO). Our results continue to be significantly above the world averages and we are extremely proud of the quality of the Diploma Programme that we offer here at MES Cairo. Several of our DP12 students have already been offered places at top twenty universities in the UK. The future looks bright for all of our Seniors, and we wish them all the very best of luck in their remaining applications to universities in the UK, USA, Canada and Egypt.

The students have had an exciting, busy term filled with rich learning experiences across the subject disciplines and have enjoyed developing their thinking skills in Theory of Knowledge classes. DP12 students have been finalising their 4000 word Extended Essays while DP11 are starting to learn all about this crucial element of the Diploma. Each DP student has been building up his or her CAS portfolio based on a wide variety of Creativity, Activity and Service experiences. We hope you enjoyed reading about the IBDP's fantastic journey to Aswan and about the new creative challenge they so boldly undertook with the launch of the IBDP Choir. The IB Organisation's Mission Statement clearly emphasises the aim of educating young people to be the world's future leaders and peacemakers and we hope you got a chance to hear our DP students in their performance of the apt, well-known peace canon, *Dona Nobis Pacem* (Give us Peace) at the MES Cairo Seasonal Concert. I would like to take this opportunity to thank Mr Tomlin, on behalf of the IB Section, for working so effectively with the DP Choir.

We would like to thank all those who attended our recent Open Day in November. We welcomed parents of children as young as four years old, and enjoyed giving our visitors an insight into the IB Diploma Programme and what exactly it means to be an IBDP student. We will be telling you more about our Open Day and sharing the photos in our DP News section of the next MESsenger.

The MES Cairo Diploma Programme is growing and we are currently considering applications from highly enthusiastic students in Year and Grade Ten.

Joining the IBDP is to join a prestigious community of lifelong learners, both students and teachers. Being an IBDP student is a lifestyle, and our students and teachers enjoy the community spirit that this lifestyle engenders. IB Diploma Programme alumni around the world report that the IB has profound, long-lasting effects on their lives. It is an exciting pathway and one which requires much commitment, for as IB students all know, hard work brings about the very best rewards.

We wish the MES Cairo family a restful and peaceful holiday.

**Ms S Sheehan – Assistant Head, IBDP Coordinator**



Creative learning in History



Business Management is clearly a lot of fun!



DP11 enjoying a Science lesson



DP12 English - Beckett seminar with a special visit from Theatre specialist, Mr Todd



# IBDP, BRITISH AND AMERICAN SECTION SENIOR MENTORS MAKE A GREAT START!

said it last year, and I will say it again this year, the selection process was once more a mammoth task due to the quality of the applicants; and I do know that there were some very disappointed students once again.

However, the ones who were selected have made an absolutely fantastic start. Ms Clingan and myself had discussed including the 'GROW' coaching training which we had both done with Ms Jodrell as part of our own CPD sessions and we both felt that it's inclusion in the induction programme for our incoming mentors would be a great benefit to them. An extremely useful tool which would act as a base for our mentors to build upon and would really set them on the right path to be effective mentors to their students.



Despite the demands of having to get Key Stage One ready, she was very keen to support and share her expertise and dedicated a large block of time in order to make this a hugely successful induction. One of our alumni, Nader Raafat (Class of 2015), also volunteered to come in and share his experiences with the incoming mentors, and as usual he went above and beyond the call of duty. However, his fifteen minutes did turn into about fifty, so my own contribution had to be cut short by a considerable amount!

I feel that the induction this year was a great success, and the students certainly seemed to enjoy it – and I am certain that the enjoyment factor was increased by Ms Jodrell's supply of goodies on each table!

So far we've had some very positive feedback from the Home Room Teachers who have been allocated their mentors throughout Year and Grade Seven and Eight. Teachers are duly impressed with the maturity of their allocated mentors and their willingness to step up and take responsibility for aspects of homeroom. Words like 'fantastic', 'wonderful' and 'brilliant' abound in the feedback I have received and the teachers are truly grateful for all of the assistance provided by their mentors.

As I am writing this article, some of our mentors have been supporting Ms Downey's TOTAL visit to Islamic Cairo with Year Seven and she has already said the mentors have been 'great'. A quick chat with some of the mentors who attended confirmed how much they enjoyed it themselves. Therefore, they

have provided excellent support and been building those support networks with our younger students and at the same time enjoying themselves. This is despite the fact that they know they will have to catch up with any missed schoolwork in their own time.

The programme will change over the course of this year, in order to address the needs of some of our younger students and this will be yet another challenge I am confident that the mentors will rise to.

Here's to another great year of mentoring at MES Cairo.

**Ms M Ingham – HRCF Coordinator**





## Year Seven ToTAL Learning 'Me and My Community'



As day four of Term One got underway at MES Cairo, the new Year Seven intake had already started their new ToTAL project, 'Me and My Community'.

Having made their way excitedly to the Secondary Yard, they got into their groups of five to take part in a Scavenger Hunt. Equipped with pictures of the Secondary buildings and an iPad, they went off to locate where the pictures were taken. Their instructions were then to take a 'selfie' beside each location. This was a great way to explore their new community in the Secondary school!

### Year Seven Students write about First Day Nerves!

This is my first year in Secondary. It has been a tough start with tests and quizzes but I am sure that I will get used to it eventually. I am very excited about Secondary and the fact that we have a different teacher for every subject. I am looking forward to this year of education here at MES Cairo. I have been at MES Cairo since Foundation Stage One and it has been lovely. I wish you all good luck! **Ahmed Badawy (Y7Y)**

Being at MES Cairo means the world to me. MES Cairo is my second home after of, course my country. MES Cairo has a lot of amazing features, one of which is teaching us to be responsible and this is one of my targets for this year. MES Cairo always helps you to be a better person each year. **Jana Nabil (Y7Y)**



Hello, I am the Year Seven Red Homeroom Class Representative. So far in Year Seven it has been like a rollercoaster with many ups and downs. But I like it especially that we have so much more freedom than we did in Primary. Yes it is very hard having all the tests and homework at the same time but know I'll make it through it. I'm finding it very easy getting to classes on time but some people aren't and the lockers are life savers when it comes to taking most of the weight of your shoulders (literally). The most important thing that Secondary has taught me is not to wait for people on the stairs but to just keep moving. Whatever you do, don't stop trying!

**Fady El-Mairy (Y7R)**

Hello! My name is Alia and I am the Year Seven Homeroom Class Representative. This is my first year in Secondary and it has been a tough start. I am slowly getting used to the new systems in Secondary but I am still having some problems with getting to class on time. I also find it hard having three lessons

in a row, something we weren't used to doing in Primary.

A great thing though is getting my locker. They are so useful and come in handy as Secondary bags can get far too heavy. So far I am very happy and satisfied with Secondary, except for all of the homework and tests which is something that will take some getting used to. However, Secondary is a great experience. I am glad I got lots of votes for Class Representative, I hope I can achieve what my classmates are expecting. Thank you all so much.

**Alia Radwan (Y7R)**

**Ms C Downey – Assisant Headteacher, Years Seven to Nine, British Section**







## Year Six Transition to Year Seven... and so the journey begins!

Last June, Year Six students, some understandably apprehensive and others beyond excited, took the very long **one minute walk** over to their prospective new school... MES Cairo Secondary School.

You would think, given that it is one and the same school and on the same premises as their beloved Primary school, and that they go into the Secondary area on a daily basis to get to the buses, have a peripatetic music lesson, be a Pioneer or join the iPad ASA that this would be an easy step to take but how wrong could you be!

This is a huge day for all of our Year Six students and I am sure that all of our older Secondary Students can remember their first steps into the 'Big School'.

Miss Annie and the Year Six Team would have been extremely proud to see their students finding their way around the classrooms, working in different groups and generally experiencing life as a Secondary school student.

The students experienced a full day of lessons including Humanities, Design Technology, HRCF and Drama. They had break time with their friends, got lost several times around the different floors in different buildings and met new teachers.

They have certainly all made an exceptional start to their six year journey in Secondary school!

**Ms C Downey – Assistant Headteacher,  
Years Seven to Nine, British Section**



## MES CAIRO TAKE FIRST PLACE IN THE CAIRO INTERNATIONAL SCHOOLS MATHEMATICS CHALLENGE



On Saturday 6<sup>th</sup> June 2015, six young MES Cairo mathematicians – Yasseen El Adl (Y7G), Ziad Saleh (Y7G) and Nour Zaki (Y7Y) of Year Seven, along with Alia El Shabrawy (Y8Y), Youssef Moustafa (Y8B) and Omar El Fiky (Y8G) of Year Eight – travelled to the British International School, Cairo, to represent MES Cairo in the first Cairo Interschool Mathematics Challenge.

Our MES Cairo team competed against teams from seven other Cairo international schools over three events.

The first event of the day was the team relay. In groups of three, students answered up to thirty challenging questions. This event had an extra dimension in that one member of the team had to run around a relay course to collect the questions and hand them in when they were completed.

The second event was the individual round. Students worked individually to answer twenty-five questions, many of which well and truly tested our students' mathematical ability and had them applying their knowledge to some very tricky problems.

In the third event, competitors were put into teams with students from other schools for a fun treasure hunt. Although the scores for the treasure hunt did not contribute to the main competition, we are pleased to report that the winning treasure hunt teams included MES Cairo students.

At 2.00 pm, all the competing students gathered in the theatre to hear the results. Third place and second place were announced, with no mention of MES Cairo. But then, finally, first place was announced, and we were delighted to hear that MES Cairo took first place in the competition.

We would like to take this opportunity to thank the British International School Cairo for their hospitality and for putting on an extremely well-organised event, and to acknowledge that our MES Cairo students were excellent ambassadors for our school.

Any student who is interested in representing MES Cairo in any future Mathematics events should sign up to the 'Mathematical Challenge' After School Activity (ASA).

**Mr Sean Rayner - Head of Mathematics Department, British Section**





# YEAR EIGHT MATHS ARE COOKING WITH GAS!

In Term Three, Year Eight Maths students completed a project encompassing what they had learnt in their proportions topic and calculations with decimals alongside other topics in Mathematics. They were required to apply their Mathematical knowledge and use the attributes of the Graduate Profile to complete a final project. The project involved Year Eight Red and Year Eight Yellow working in teams to recalculate ingredients of a given recipe to serve a higher number of servings. Thirty portions were made. The students were given the option of the following three dishes; spaghetti bolognese, steak and rice and meatballs with mashed potatoes. They worked in teams and each team assigned a manager, assistant manager, time keeper and financial adviser.

After rewriting the recipe with the correct measurements and units for their chosen meal the Year Eight students went to the kitchen to cook their meal.

Each member of the team was assigned to a station and came together to cook the food within the allocated time. They served their meals on plates and offered them to the workers around the school.

**Mira Emad (Y8Y)** and **Adham Anwar (Y8Y)** enjoyed the experience so much that they reflected on it by writing a poem in honour of the day!

*This day passed so fast,  
but we enjoyed it at last,  
in the kitchen with Miss Elrify,  
we made spaghetti that was beefy,  
and cooked meatballs shaped like  
footballs.  
We found it difficult to peel the potatoes,  
it was easier to cut the tomatoes,  
we were so very organised  
that the teacher was surprised.  
We prepared plates for the workers  
and they liked it more than burgers,  
It was a blast  
But now we remember it as the past,  
It was hard,  
but we got past,  
but c'mon, we're Yellow class.*

**Ms Amira Elrify**  
Mathematics Department,  
Secondary British Section





# English Matters

## AN AUTHOR'S REPLY



In Year Seven Orange British Section English lessons, we regularly visit the Learning Media Centre. During this time, students work on their reading and literacy skills. As part of an Independent Reading Project, Mrs Cole set the students the task to write a letter to an author of a book that they had enjoyed. Bonus points were available to students if they could prove that they really did send the letter by researching the author's website and using the email or send a message function.

A few weeks later, Youssef El Refaie (Y7O), excitedly returned to class explaining that he had emailed the author of the popular children's novel *Aquila* and that he had written back to Youssef! The author is a prize winning British children's author and writer for television called

Andrew Norriss. In the UK, Mr Norriss is well known for writing a successful BBC sitcom called *The Brittas Empire* and in 1997, he won the Whitbread Children's Book Award for writing *Aquila*, which was later turned into a television series. He has also written many other popular children's books. Some students at MES Cairo in Year Seven read *Aquila* in English classes as a group text.

We couldn't believe it when Youssef told us that such an important and well known writer had taken the time to reply to his letter! Youssef had asked Mr Norriss about the inspiration for his book, his favourite colour and pastime as well as asking him what was the first thing that he had written. Mr Norriss replied that he had been inspired by a comic he had read as a teenager, that his favourite colour was blue, that he liked watching cycling on television and the first thing that he wrote that he was paid for was a television comedy!

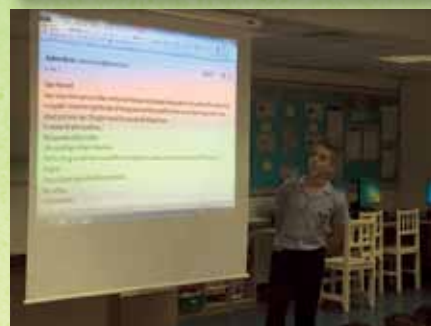
Mrs Cole was so impressed that she then wrote to Mr Norriss expressing thanks for bringing so much excitement to her English class by replying to Youssef's email. To our surprise, Mr Norriss replied saying to Mrs Cole, "It is always a pleasure to hear from someone who has taken the trouble to read one of my books and, like most writers, I find it fun to reply." He also commented that he impressed with the fluency of Youssef's letter, which is high praise from such a famous author!

A few days later, Mrs Cole was surprised to see that Mr Norriss's wife had started to follow her teacher Twitter account and that she had tweeted extracts of Mrs Cole's email to her followers. She also tweeted a well done to Youssef as he had taken the initiative to write to an author. She said in her Tweet, "Delighted to get your letter. That Andrew's books and letter have inspired children in Cairo is amazing. Well done Youssef!"

Inspired by this story of how an author could write back to one of our students, Mr Cole (Year Five teacher), invited Youssef, along with Ms Downey (Assistant Head, Key Stage Three), to come to the Primary to speak to all of the Year Five students about his experience. Year Five were writing their own letters to authors in class, and were inspired to know that an author may write back in real life!

**Well done Youssef for being pro-active, articulate and reflective!**

**Ms J Cole – Secondary English Teacher, British Section**





## Humanities Department News

by Ms S Dixon – Humanities Department, British Section

# Year Seven Humanities ToTAL Learning in Islamic Cairo

**Our** Year Seven Geographers and Historians are completing a Humanities, 'Me and My Community' project. This is an opportunity for them to learn more about and celebrate the History and Geography of our community, Cairo.



Our Year Seven students have made a fantastic start to the year. To help them make progress this term they have begun building the foundations of the skills to enable them to become not only effective and engaged learners but also independent. Students have used a range of key Historical skills such as using sources, making inferences, annotating evidence and chronology. In their Geography lessons they have been describing and explaining geographical features, mapping and using geographical evidence to support writing.

Students taking an active role in their own learning is something that is proven to not only enhance students' learning experiences but also allow them to retain information that they learn. Throughout this term, our students are completing an independent investigation about Cairo. Nour Barsi (Y7R) wrote the following account about his trip to Islamic Cairo.

*The ancient, oversized, robust wall stood like a mighty soldier. As I walk I am startled by the change from the dirty streets to the cleanliness of Islamic Cairo. The green trees above the fresh green grass gave me the impression that I was entering an enchanted park of greenery. Passing by, I see the young children enjoying themselves by kicking around a multi-coloured football. The smell of the frying shawerma sandwiches enhances the air as the hungry people wait patiently for their scrumptious sandwiches. The decrepit buildings with their bizarre wooden windows stand there like ancient statues in a museum.*

*My feelings changed towards Islamic Cairo as I entered the filthy side streets from the clean main streets, the aroma of polluted air contaminated the area. The ground was full of donkey droppings and a vast range of rubbish. Turning left I see the contrasting colours of black and white as the voluminous size of the maroon truck stood out like a bright light in a dark forest.*

*Coming into the cool, pure air from the hot, humid air, I am greeted with a row of Islamic calligraphy and the bronze, cyan and mint colours of the six pointed stars in the pulchritudinous geometric pattern. Soon, I register that the layers of dust make the place look somewhat pure or clean. I see the extravagant wooden door with a big arc on the top.*

*As I walk out I realise that schools have finished for the day and it is more lively. The noise is deafening while everybody is walking purposefully to do their tasks. **Nour Barsi (Y7R)***

For students to demonstrate their skills and knowledge gained this term they are completing an extensive piece of course work, including primary and secondary sources, evidence collection, analysing evidence and data and exploring the History and Geography of their own community.



## YEAR EIGHT GEOGRAPHICAL ENQUIRY

**Our** Year Eight Geographers have been immersed in an extremely topical geographical investigation over the first half term of the academic year. Our students have been taking an extremely active role in their own learning whilst investigating the on-going refugee crisis in the Mediterranean Sea.

As students became familiar with the events that took place over the summer, they began to consider what questions they would like to investigate further. This allowed students to take their own enquiry in the direction that they chose where they were able to take ownership of their own learning. Students consider what some of the causes and effect of the crisis were as well as what can be done to try and resolve this international issue.

Students in Year Eight have worked independently and were extremely resilient during the completion of this project. Our students have not only gained a huge amount of knowledge about this important topic, but have also acquired some essential skills that will enable them to succeed all aspects of the school curriculum in Key Stages Four and Five.





MES Cairo is committed to ensuring quality professional development for its teachers



## BRITISH SECTION IN-SERVICE TRAINING

**MES Cairo** British Section teachers have been enthusiastically engaged over the course of their In-Service Days on 14<sup>th</sup> and 15<sup>th</sup> October 2015. As well as continuing important development work within departments, many have also attended useful and interesting workshops that will bring the best out of MES Cairo students in future lessons. On day one, new staff to the school this academic year were introduced to the enhanced presentation features of the school's electronic whiteboards and also how to make them really interactive for classroom learners. Following this, a 'touch base' session was held for staff involved in the Key Stage Three Thematic approach to Teaching and Learning (ToTAL), where cross-curricular themed activities were highlighted for the exciting programme ahead this academic year. The second day commenced with a detailed look at learning culture at MES Cairo. Over two parts the needs of MES Cairo students as learners were discussed and highlighted. Following this there were some very effective hands on techniques demonstrated by experienced staff including active, collaborative and spaced learning.

Utilising the experience and expertise we have on staff, to continue the professional development through sharing of best practice and brilliant ideas, was a fantastic success over the two days. It left us all feeling very positive, refreshed and basically eager to get back into our classrooms. We were simply buzzing with excitement for the return of students on Sunday.

**Mr S Perry – Deputy Headteacher, British Section**





## Wired American Section Teachers Embrace New Technologies

# ENGAGING THE NEXT GENERATION

It cannot be denied that we are deep into the 21<sup>st</sup> Century and our lives are steeped in a digital environment. Our students that we serve have grown up surrounded by rich digital content and it has altered the way they think and the way they want to learn. As a result, MES Cairo American Section teachers looked at how they can design engaging learning experiences for our students. Ron Wright from the Schlechty Centre in Louisville, Kentucky, led the two-day professional development entitled 'Educating the Next Generation' which focused on the idea of student engagement and reflecting on the type of work designed for students.

Engagement results when students are attentive, persistent, and committed. Students are attentive and committed because they find value and meaning in the work and learn what they are expected to learn. Students see the connection between the real world and what they are learning in each classroom makes for authentic learning.

Designing learning experiences that are valued by students means that the teacher understands the children that they teach; generalised or universal tools that are available readily do not allow for the individualised learning experiences. The focus on student engagement requires teachers to be designers of learning experiences catered to those students and their interests so that high levels of learning takes place. School then becomes a platform for learning instead of a platform for teaching where not only is information taught, but multiple opportunities to learn are also created.

Our teachers had the opportunity to explore the connection between the motivational theory of learning and how that relates to cultivating meaningful and interactive digital resources. The teachers experimented with and learned about how to use augmented reality, educational gaming, resource curation, and other online blended learning tools. Each teacher was able to build authentic learning experiences to be used in the classroom and collaborated with one another about the latest digital tools and their relationship to engagement.



Teachers expanded their knowledge of how to harness the intrinsic motivation and enthusiasm for knowledge of MES students by researching and developing our understanding of the *Design Qualities* approach to lesson creation. The sharing of ideas and expertise was a truly "MES Cairo family" experience and we are all eager to put our heightened awareness of the cutting edge techniques into practice.

**Mrs D Ballard – Secondary Principal,  
American Section**





# Keep Calm, and Be a Superhero!

**This** year's Year Six transition into MES Cairo's Secondary American Section went with a BANG! Quite literally! Students were invited to attend a tantalizing taster to life in Middle School, experiencing Secondary life as superheroes. The activities targeted certain aspects of the MES Cairo graduate profile, our teachers felt the students succeeded in demonstrating many if not all of these skills:

**Confidence, reflection, creativity, problem-solving and relating well to others.**

They also showed tremendous respect and were able to recognise their personal strengths. The students' first day began with a top secret briefing in the theatre from Special Agent Williams (otherwise known as Ms Claire Williams)! The students were given information about the missions they would attempt to accomplish over the course of the upcoming transition days.

Their mission, should they choose to accept:

1. To foil graffiti gangsters who were plotting to paint the White House green.
2. To stop pirates from dumping their waste into Lake Tahoe.
3. To apprehend two villains planning to steal 'Starry Night' by Vincent Van Gogh from the Museum of Modern Art, New York.
4. To capture a mad scientist who had stolen a killer whale from SeaWorld, Orlando to guard his underwater lab.
5. To take an alien warlord prisoner who was planning to carve his face onto Mount Rushmore with a laser beam from space.

Our Year Six superheroes then set about creating their persona over the three days, including what they look like, the gadgets they use, their strengths and weaknesses and of course their arch-nemesis. This included designing and making their own badges using the laser cutting machine in the secondary Design and Technology labs. Students were able to experiment with various chemicals to give their gadgets extra pizzazz in the Science labs. They even took part in a superhero photo shoot conducted completely in French!

The incoming Grade Seven superheroes were certainly up for the epic challenge ahead. Over the course of the three transition days, they had gathered a wealth of knowledge and new experiences to stand them in great stead for September. Not only had they learned how to make marvelous masks, pin-point the locations of their missions on maps, create comic strips and solve confusing calculations, but our intrepid heroes were also able to get their bearings, meet student mentors and ask all their pressing questions to their new Grade Seven teachers.

At the final assembly, MES Cairo's Whole School Principal, Mr Kirby welcomed caped-crusaders, Ms Dodie Ballard (American Section Principal), Mr David McKoski (American Section Vice-Principal) and Ms Kasandra Battioni (Middle School Dean of Students) on stage, to award these outstanding students with certificates for the following categories:

Compelling Creativity, nominated by the Visual Arts teachers, was awarded to:

- Salma El Hadidy (Y6R) and Mariam Nosseir (Y6G)





- Mariam Gindie (Y6Y) and Farah Moamen (Y6B)
- Mariam Zidat (Y6O) and Kenda Chamssi (Y6R)

These fearless superheroes, kitted out in their award winning badges and masks, were actually interviewed by Mr Kirby on stage!

When interviewing Mariam Zidat (Y6O), a.k.a. Red Velvet, Mr Kirby asked, "How would you defend yourself from imminent attack?"

"I would use my secret weapon, a lipstick laser! The beam reaches all the way to the end of the theatre!"

Impressive Investigations, nominated by the Science teachers, was awarded to:

- Nour Mounib (Y6R)
- Mariam Gindie (Y6Y)
- Kenda Chamssi (Y6R)

Excellent Expression, nominated by the English teachers, was awarded to:

- Mariam Gindie (Y6Y)
- Amir Aziz (Y6V)
- Lili Sultan (Y6V)

Remarkable Reasoning, nominated by the Math teachers, was awarded to:

- Omar Helmy (Y6V)
- Jaida el Labadidi (Y6O)
- Magdi Shukri (Y6V)

The feedback from the students was excellent and everyone involved agreed the transition was a very positive start to the academic year ahead.

Students were especially enthusiastic about Science and reflected that any fears and worries about Middle School had quickly turned to excitement and anticipation. Parents who attended the orientation also expressed how interesting and useful their afternoon had been and felt very reassured after all their questions had been answered. The Middle School teaching team is delighted to welcome such a talented and enthusiastic group of students into their classrooms next year. Whatever challenges lie ahead in the next two years, we would like the students to always remember... "We must never outgrow our inner superhero!" and to make the most of every opportunity that comes their way.

**Mrs C Williams - Middle School ESL teacher, American Section**





# Grade Seven

## Back-to-School Night

**On** 4<sup>th</sup> October, MES Cairo Middle School teachers and administrators were thrilled to welcome parents to Grade Seven Back-to-School Night. The afternoon presented a valuable opportunity to begin building critical relationships and for parents to learn important information about their child's school experience. Having successfully completed their time in Primary School, students now face new systems, new routines, new teachers and new challenges. It was with this in mind that all Grade Seven parents were invited to come "Back to School".

After brief introductions, the Middle School Dean of Students, Kasandra Battioni and a dynamic team of Grade Seven teachers offered important information and resources about many topics including student timetables, assessment, grading and ways of communicating with their child's teachers.

Following this informational session in the theatre, Grade Seven parents were issued with a timetable of their child's classes. Parents rotated through each classroom where core teachers gave a short presentation outlining course content, assessment techniques and the general aims of their courses. Tables were arranged in the Secondary atrium where teachers of exploratory classes presented the same information to parents.

Feedback from parents and teachers was extremely positive. "This experience gave me the opportunity to actually see the world my child inhabits every day and meet the people who make a difference in his life", remarked one parent. The Grade Seven team of teachers is confident that, together with parents, we will help make the most of students' individual strengths and talents, leading them to new levels of self-discovery, academic achievement and personal development.

### Welcome Back to School!

**Mrs K Battioni - Dean of Students,  
Grades Seven and Eight**





# Grade Nine Parents go 'Back to School'



**The** transition stages of a child's education can be daunting for both the students and their parents. The move from Middle School to High School is no less a concern than the 'big' move from Primary to Secondary. This is why MES Cairo now hosts an annual 'Back to School' event for parents of students just beginning their High School journey in Grade Nine.

An outline of the entire American High School experience was given at 3pm on Wednesday 30<sup>th</sup> September to the parents who had assembled in the school theatre. The importance of continual effort and learning was highlighted with an example of a Grade Twelve transcript. This is the document that universities and colleges look at when students apply for places on their courses. The Grade Nine parents could see very clearly that even grades awarded in Grade Nine are considered at college level.

After the presentation of the process of gaining an American High School Diploma, the parents set off to the Secondary buildings to experience a timetable not dissimilar to their

children's daily experience. The lessons, however, lasted only ten minutes and were a chance for each of the teachers to outline their courses, discuss study methods and for the parents to put faces to names. The ringing bells kept everyone on time to their lessons and a lot of valuable information was shared.

Parents expressed their gratitude and appreciation for the event as they left with smiles on their faces, secure in the knowledge that everyone is working as a team to get the best out of our Grade Nine students as they begin the road to success.

**Mr J Todd - Dean of Students, Grades Nine and Ten**



Mr D McKoski, Mr J Todd, Ms N Saleh, Mr K El Metaal and Ms D Ballard welcome Grade Nine parents "Back to School"



## AMERICAN SECTION OCTOBER 2015 STUDENTS OF THE MONTH



Nour Darrag

### Nour Darrag (G7B)

Nour is always punctual and on task. He is always positive and eager to learn and does everything asked of him. Nour is truly a great student to have in class.

### Malak El-Dessouki (G8B)

Malak exemplifies many MES Cairo Graduate Profile attributes. She is dedicated, organised and always prepared. She is responsible, takes initiative and is incredibly involved in the Middle School life at MES Cairo. She is a great role model for her peers.

### Maian Torky (G9Y)

Maian was one of only two students to receive a perfect score on our first major assessment in Global Studies. She has yet to miss a single lesson or homework assignment. She has taken a leadership role in our current group project and finally, she is almost always fully engaged in the lesson. Her insights and contributions make her an asset to the group.

### Nour Rizk (G10Y)

Nour is active and engaged in class on a daily basis. She embodies the MES Cairo Graduate Profile and does it with a smile. Nour has shown time and again that she is interested in her own learning, as well as helping her classmates. In doing so she sets a great example for struggling students.

### Malak Arafa (G11Y)

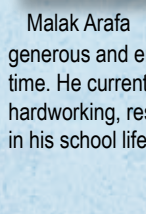
Malak is prompt to class and ready to participate every day. She comes to class with a positive attitude to challenge herself daily. She has shown remarkable dedication and perseverance, doesn't make excuses and goes above and beyond to succeed.

### Daniel Benyamin (G12R)

Daniel is helpful, considerate and self-motivated. He is not only responsible in getting his work in on time, but also in ensuring the standard is excellent. He then gives up his own time to support his peers (and happily so). He is generous and encouraging. He understands key concepts quickly and has really developed his photoshop skills in a short period of time. He currently has 100% on all grades. He has eventually stopped reminding me of the three yellow slips I gave him last year! A hardworking, respectful and persistent young man. His consistent motivation and drive are an example for others. He has a great balance in his school life, performing well in both academics and athletics.



Maian Torky



Malak Arafa



October Students of the Month



Malak El Dessouki



Nour Rizk



Daniel Benyamin



# Introducing the World Languages Department

**Who we are... / Qui sommes-nous? / ¿Quiénes somos? / من نحن؟**

**Why do we teach languages?**

**Why do we teach languages? / Pourquoi enseigner les langues? / Por qué enseñar lenguas?**

**لماذا ندرس اللغات؟**

## **Ms Gonzalez**

Hola! My name is Rosy Gonzalez, I am from Spain but I have been teaching and living around the globe for the past eleven years. I have taught in the US, UK, India and Egypt. I am currently living in Cairo and I have been teaching at MES Cairo for the past five years in the American, British and IB sections. I am also an IB examiner for the Written Assignment and Paper Two (Spanish ab Initio). I love teaching languages because I think that knowing another language and culture provides you the unique opportunity of seeing yourself and your own culture from an outside perspective. There are aspects of your language, your self, your life, and your own culture that you accept as absolute and universal or that you have never even considered until you experience a culture and people who do things in a much different way than you're used to. Contact with other languages and cultures gives you the unique opportunity to step outside your familiar scope of existence and view your culture's customs, traditions, and norms as well as your own value system through the eyes of others. Intercultural experiences have a huge influence on shaping your identity, strengthening your self-awareness, and giving you a full appreciation of your life situation. These things can happen only with knowledge of cultures and languages other than your own.

## **Mr Barajas**

I love teaching language because it allows students to experience the world from a whole new perspective. Students can create links between other cultures and their own. Teaching Spanish allows me to entice students to become familiar with other cultures, customs, and allows them to gain a greater appreciation for cultures all over the world. In learning a new language students develop self-confidence and improve decision making skills. By educating, I am able to learn from the students, as they learn from me, and together we are able to grow together to become more caring and giving global citizens. And, above all, it's fun!

## **Mr Gibault**

Bonjour tout le monde! My name is Frederic Gibault. I have been teaching at MES Cairo for the past five years and thoroughly enjoying it! I teach French, Spanish and TOK in the Middle and High Schools and in the IB DP Section. I love my job because I feel learning languages can truly bring something amazing to young people. It is a great way to go beyond the limits of your own universe and open your mind to the world! Nowadays, everyone has to learn English therefore learning another language like French or Spanish is a great way to stand out from the crowd...

## **Ms Koene**

I can proudly say that I am a Latina! I have two nationalities: Panamanian (because of my father) and Costa Rican (because of my mother). I grew up in Panama but I travelled to Costa Rica frequently to visit my family as a child. Once I finished my University studies in Panama I moved to Costa Rica for work. My first language is Spanish but I knew that learning English would help me professionally; so I took classes at the University and outside of school to become proficient. I have always been interested in traveling around the world to learn about different cultures and languages. Personally, I feel the more I am exposed to different cultures the more I can expand my way of thinking about life. Everyone should try and learn a new language because it allows one to truly become infused in the country and culture. Challenging yourself to learn a new language will provide you with more opportunities to grow intellectually, professionally and interpersonally. My current challenge is to learn Egyptian Arabic!

## **Ms El Abd**

I am Mrs Marianne E Abd, I have been teaching French at MES Cairo



**Top Row** (left to right) Ms Gonzalez, Ms El Abd, Mr Gibault, Mr Ahmed, Mr El Ashary, Ms Hassan, Ms Ba  
**Bottom Row** (left to right) Ms Koene, Mr El Shahaat, Mr Barajas, Ms Abdel Basset



since 2005 and I am really proud of being one of MES Cairo staff members. A career in teaching languages offers the opportunity to have a great impact on pupils' long-term success. The ability to use another language effectively is a skill that can enhance their chances of employment, opportunities to travel, or applications for further education. You can see your pupils learn a completely new way of communicating, building their skills to be able to hold a conversation and write an essay in a new language. You may even pass on a new passion and interest that will stay with them forever.

### Mr El Shahaat

There is no better way to share your love of the language than by teaching others. Even after nineteen years, I absolutely love teaching languages. It is a joy to help others recognise the value of knowing other languages and cultures. My favourite part is when students are excited to share how they have used the language outside the classroom. Teaching languages is the most creative career that I can imagine. I learn something new every day from interacting with students. I love sharing my love of language with my students. Several of them have been able to use their learned language skills in their jobs and their travel. It's really fun to interact with young people and help them to learn. I chose to teach because *I knew* I could make a difference in a student's life, seeing students learn to express themselves in a new language, building on that skill, seeing other people learning to speak and understand a world language gives me a unique perspective on the incredibly creative abilities that our minds possess.



### Ms Ba

When people ask me "Where are you from?" I always say hmmm well, I am a third-culture adult! Since childhood, I have always been immersed in a multilingual environment. And I think two factors have determined and predestined me to become a language teacher. Firstly, many languages were spoken at home. My parents whom are originally from different countries in West Africa both speak at least four languages. Secondly, as a child I grew up both in the suburbs of Paris and London where the cultural dimension was off limits... I remember going to my African, Spanish, Portuguese, Moroccan, Algerian, West-Indian friend's house, where parents would only speak their native languages, even to me! It was

so fun! Not only had I inherited from my cultures but also from theirs. So I guess, living in a pluralistic society has had a huge impact on me as it has emphasised my passion for languages. I can speak three languages and strongly hope that during my stay in Egypt, I will be able to speak both Egyptian and Classical Arabic: Fos'ha! I know I might seem very optimistic but I am competing against my husband who speaks five languages!

### Mr Hassan

Learning about the French language and culture is one of my greatest passions. And I believe that there is no better way to share your love of the language than by teaching others. I love teaching French by helping students discover new life-changing possibilities through language, learning, and travel, as I had. Teaching French is giving me the opportunity to work one-on-one with students from different cultures, developing learning about different ways of life.

### Ms Abdel Basset

My Name is Noha Abdel Basset. I am Egyptian and I have a small family, my husband, my twins and myself. We are a francophone family. We love French and that is the reason that I work as a French Teacher. My daily goal is to prepare a fun French lessons for my students to guide them in their way of learning a third language and to help them enjoy the privilege of speaking in French.

### Mr El Shary

I love teaching Arabic language because it is a way to communicate between communities. As a teacher I am able to present my language to other nationalities and I am proud of that. My aim is to make my foreign students deal with their new language and perform very well in all of the skills in a short time.

### Mr Ahmed

When I started teaching Arabic as a Foreign Language I felt I had finally found what I was looking for and decided to devote my life to the teaching of this beautiful language following the saying "Learn Arabic and teach it". There were always opportunities to work in another fields, but my first love has always been teaching. I am a people person. I am happy in and belong in the classroom. Certainly, my studies have contributed to my vision and approach in my interactions with my students. I've learned a great deal, and continue to learn, from my students, my colleagues and other teachers developing better skills and renewing my methods. I am deeply connected to my work and there's never been a dull moment in my busy schedule.

### Ms L Ba – Head of World Languages Department





## Seniors enjoy Dinner on the Nile!

**I**t was Thursday night on 22 October 2015 and the Class of 2016 were ready to share their memories of MES Cairo on the aptly named Le Pacha 1901- 'Nostalgie'. Students and staff enjoyed a social night on the sumptuous Nile boat relaxing in each other's company over delicious and tastefully presented food that graced the plate and tickled the palate. The sharing of a meal, always feels like family time and this was the atmosphere as the oldest of our students shared memories with their teachers before they move on to graduation and adulthood.

Even though the change to a new venue was greeted with excitement, the importance of tradition was not overlooked. The Class of 2016 were clearly honoured to be following in the footsteps of their predecessors as they began the exciting series of events that are all a part of their final year at MES Cairo. The selfie (with friends!) was ever present as those precious moments were recorded to mark the moment. It is easy to imagine moments of nostalgia beginning with the photos and ending with a phone call that will ensure everyone stays friends for a long time to come.

All too quickly the years have flown and our students are walking on the road to independence. We are proud to know that our graduating class leaves with a strong sense of individuality and friendships that will last for life.

**Ms Sarah Clingan – Assistant Headteacher, Years Ten to Twelve, British Section**



## Halloween Social – Wednesday 28th October 2015 Year and Grade Seven



**This** year's Grade and Year Seven Halloween Social was an outstanding success.

Over one hundred Year and Grade Seven students came along in the most amazing fancy dress costumes from ghosts, ghouls and skeletons to witches and goblins, vampires and grim reapers along with many lost souls with axes or knives protruding from various limbs!

There were over twenty Senior students who all did a fantastic job of organising the whole event. Not only did they create a wonderful atmosphere, they also kept the dancing alive until the very last minute – in fact we crammed in an extra fifteen

minutes of dancing as no one wanted to go home! Their leadership skills were phenomenal.

The DJ's did a great job of selecting the music and Sherif Hatem Zikry (G12R) most certainly has a future behind the microphone as an MC. Mohaned Hazem El Sharabasy (G12G) kept the party alive with his Saturday Night Fever dance moves whilst other Year and Grade Twelve students organised food, party games and just joined in the fun.



Our Year and Grade Seven students had a great time and really appreciated the efforts that the Seniors' made in making this a thoroughly enjoyable night.

**We are looking forward to the next social event!**

**Mrs C Downey – Assistant Headteacher, Years Seven to Nine, British Section**





## Welcome Back MES Cairo Artists

The Visual Arts Department hopes you had a restful and fun and productive summer holiday and welcomes you back to an exciting new school year. We are very pleased to have Ms Dianne Green join our team alongside Mr B Myers, Ms L Hedges, Ms L Afifi and myself. She will be working across both the American and British sections and has excellent 3D specialisms. This year we will be introducing a number of new and exciting activities such as 'Artist of the Month' and 'The Big Draw'. We hope you will be able to come and join us and share your artistic skills.

Ms K Tapsell – HOD Visual Arts



Hello, my name is Dianne Green and I'm very happy to be working with all the creative students at MES Cairo! I hope you enjoy my work pictured here. I specialise in sculpture and ceramics and will be teaching ceramics this year. I also love to teach drawing and painting and have many great ideas planned for my classes. I am looking forward to utilising the kiln and the printing press. Please feel free to come and talk to me about my work if you are interested.



Thank you to Ms Lamia, as already this year has been very busy for her. Organising the Visual Arts Department, accompanying school trips and painting the Primary library doors. Amazingly, she also performed a creative miracle by turning Ms Olivia Walker into Mr J Cole for his new Head of House role.







Feras Baghafar (G7B)

# Art Beat

## Key Stage Three and Middle School

### Grade Seven & Year Seven

Year and Grade Seven started the year with an exciting trip to Islamic Cairo where they were looking at the interesting architecture and patterns found in the local buildings. Using the work they completed on the trip they have developed a collection of pattern drawings in the form of tiles, that together form one Islamic inspired design. Within this work they have gained an understanding of the formal elements of art, drawing and colour theory. These skills will continue to build as we progress through the year in Art classes.

Ms L Hedges – Art Teacher



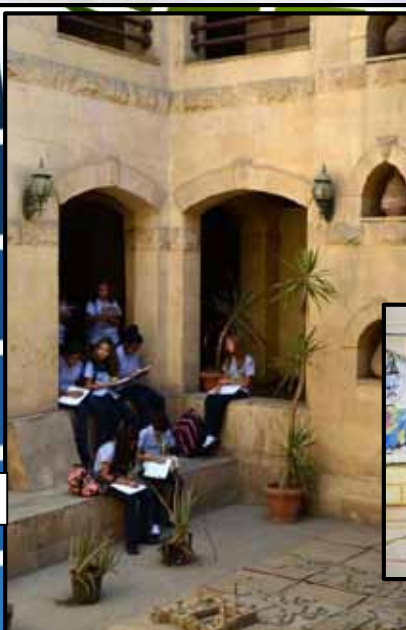
Feras Baghafar (G7B)



Feras Baghafar (G7B)



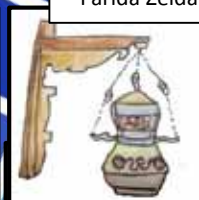
Miriam Zidat (G7G)



Farida Zeidan(Y7G)



Maya Eman (G7G)





### Year Nine IGCSE Photography

Year Nine have started there IGCSE course looking at natural and artificial light, photographed inside and outside, in black and white and in colour. This will help them understands the properties of light and how it can affect their photography work. All students have performed excellently from the beginning of the course and are impressive in their motivation and excitement for their photography work.

Ms K Tapsell – HOD Visual Arts

Farida Naser (Y9B)



Farida Naser (Y9B)



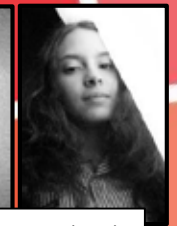
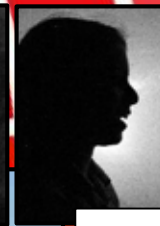
Mariam Ramadan (Y9Y)



Sama Genea (Y9B)



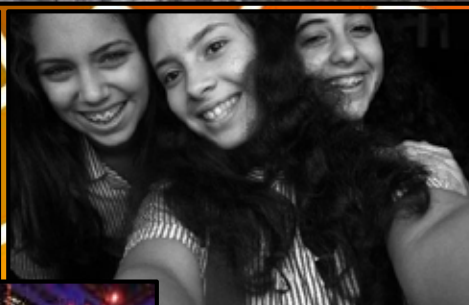
Sama Genea (Y9B)



Mariam Ramadan (Y9Y)



Farida Naser (Y9B)



Sama Genea (Y9B)



Sama Genea (Y9B)



Mariam Ramadan (Y9Y)



Farida Naser (Y9B)





### Year Ten IGCSE Photography

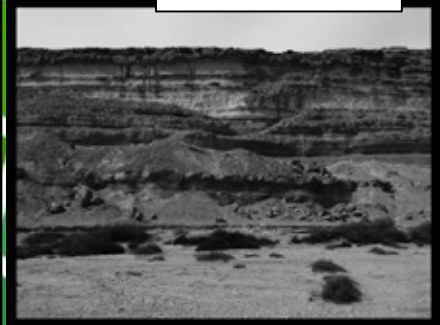
Year Ten IGCSE Photography students are busy preparing their Component 2 Critical and Historical Study for their final exam. Each student is working on an individually chosen theme and here we show landscape photography, long exposure photography (catching light trails of cars) and documentary photography (recording city life).

Ms K Tapsell – HOD Visual Arts

Abdelaziz Said (Y9R)



Sherif Soliman (Y9G)



Ezzeldeen El-Maghraby (Y10R)

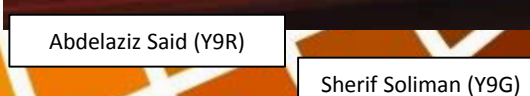


Abdelaziz Said (Y9R)

Ezzeldeen El-Maghraby (Y10R)



Abdelaziz Said (Y9R)



Sherif Soliman (Y9G)



Ezzeldeen El-Maghraby (Y10R)





### Pre-AP

This year our Pre-AP Art class with Grade Eleven students is off to a great start. Their first project of the year is featured here. Students explored the concept of attraction vs. repulsion while investigating applications of symmetry and asymmetry in their compositions. This is a talented group of students, so keep a lookout for their upcoming works.

Ms D Green – Art Teacher



Rozan Saber (G11B)



Rozan Saber (G11B)



Karim Kersh (G11R)



Amira Badawy (G11B)



Salma Megahed (G11R)



Brigitte Khozam (G11G)



Hana Moamen (G11G)





## AP Studio Art

AP Design students started the school year at full speed, with the very first day being a critique of summer homework. The demands of AP Art are severe, but proportionately rewarding. This year there are six studious and capable girls taking AP Design, and each is excited about the challenge! Moving at the rate of a fifteen-hour artwork every two weeks, plus other tasks, they will get to see their skills and behaviour mature very quickly. They have just finished their studies of a broad range of artistic tools, and have now begun the final stage in which they must create a series of work demonstrating the depth of their artistic knowledge.

**Mr B Myers – Art and Photography Teacher**

Menatallah Sharaawy (G12G)



Sherien Shatta (G12G)



Mahinar Galal (G12B)



Laila Kouta (G12R)



Randa Khalil (G12R)



Jumana Safty (G12Y)

## Art III

Art III students began the year by studying one of the simplest, yet endlessly interesting elements of art – line. They started by exploring the many ways in which line can be used to break up a picture plane, and then created small compositions in which it played a central role. After line, they began a study of shapes. Students worked to solve the problem of how to arrange shapes into a composition that effectively articulates a concept, such as “balance”, “tension”, or “dominance”. Now we are working on a project whereby we learn about tone and composition, while developing our skills using charcoal as a drawing medium.

**Mr B Myers – Art and Photography Teacher**

Farida Badie (G11Y)



Laila Kouta (G12R)



Kareem Sandouby (G12B)



Catherine Shahid (G12G)

Farida Ghozzi (G12B)





# Art Beat

## Key Stage Four and five

### INTERNATIONAL BACCALAUREATE (IBDP) Visual Art

After a busy summer researching and writing their Critical Studies in Art the students were glad to be back in the classroom working practically. This term the students are working on self-directed questions and developing a range of work looking at different Egyptian artist. As part of their work students needed to meet there chosen artist which has been a very interesting experience for them. They have had the opportunity to interview the artist and look at their work first hand.

Ms L Hedges – Art Teacher

Sarah Taweel (DP11R)



Sarah Labib (DP12Y)



Habiba Dessouky (DP11Y)



Sarah Taweel (DP11R)

Zubaydah Jibrilu (DP12R)



Zubaydah Jibrilu (DP12R)



Sarah Taweel (DP11R)



### A2 Art Coursework Preparation

Year Twelve students, Malak Dahroug (Y12B) and Nour El Tahaan (Y12B) have both chosen to focus on the genre of Portraiture for their A2 coursework. This will be a very exciting final year, where they both experiment with a wide range of mediums as well as focus on subject matter and composition. It is the time in their A Level learning where they really get to finesse their skills and develop their own styles. Already they have produced some beautiful studies, exploring new techniques, such as painting with bleach on paper painted with ink, mixed media and oil painting. The subjects the students have chosen are compelling and they are looking forward to extending their practical skills on texture and tone and colour next term.

Ms K Tapsell – HOD Visual Arts

Malak Dahroug (Y12B)



Nour El-Tahaan (Y12B)



Malak Dahroug (Y12B)



Nour El-Tahaan (Y12B)



Malak Dahroug (Y12B)





### Digital Video Media

Grade Twelve Digital Video Media students have some seriously famous friends! It's amazing who you can hang out with once you have learnt some Photoshop skills.

Ms K Tapsell – HOD Visual Arts

Mohaned El-Sharabasy (G12G)



Ali Hegazy (G12R)



Menna El-Ghamrawy (G12R)



Moustafa El Badri (G12Y)



Daniel Benyamin (G12R)



Omar Attia (G12Y)



Sara Gamaledin (G12Y)



Rahaf Suliman (G12Y)



Daniel Benyamin (G12R)



Moustafa El Badri (G12Y)



Omar Abdelfattah (G12G)



Omar Addas (G12R)





### American Photography

It has been an exciting start to Photography as students have been performing many experiments to learn about the properties of light. We have just concluded our work in the darkroom, where several students have developed quality images. Recently, we have transitioned into digital photography, where we will spend the rest of the year learning camera controls, as well as shooting and composition techniques. Keep your eye out for Photography on the walls; there is some exceptional talent in the Art Department this year!

**Mr B Myers – Art and Photography Teacher**



Marianne Apikian (G12B)



Jomana Ela (G12R)



Omar Fattah (G12G)



Randa Khalil (G12G)



Mahinar Galal (G12B)



Marianne Apikian (G12B)



Laila Kouta (G12R)



Mohamed Gamra (G12G)



Randa Khalil (G12G)



## A Sneak Peek at this Year's Year/Grade Seven and Eight Performance of Charlotte's Web



**The** Year/Grade Seven and Eight students, directed by Mr James Colley will be performing Charlotte's Web on 8<sup>th</sup> and 9<sup>th</sup> of December 2015.

The novel "Charlotte's Web" by E B White was a childhood favourite of Mr Colley's and 'one of those stories that sticks with you', he told me. It is no surprise, therefore, that he should choose a play adaptation of this story to direct and bring to life on stage, here at MES Cairo.

In case you are not familiar with it, "Charlotte's Web" is the story about a young farm pig, Wilbur, and his farm animal friends who are attempting to keep him out of the slaughterhouse. Charlotte, a spider and friend of Wilbur's, devises a plan involving weaving words out of her spider webs to try to help save him...

Mr Colley has been in charge of the Year/Grade Seven and Eight play for the past two years and it is clear that he enjoys directing the younger students. He spoke to me about the impact of the younger students learning what it means to be on a team as well as building their confidence and discipline.

"I believe the benefits of equipping our Year/Grade Seven and Eight students with the experience of how hard work can pay off and how to think critically about doing things is vital to the growth that takes place here. It is within the theatre that they learn good habits that they take on everywhere else, within the Drama Department, as well as later on in life."

The learning experience of participating in Charlotte's Web was multi-dimensional for the Year/Grade Seven and Eight students; they shared with me the variety of things they were able to take away from their experiences ranging from 'getting to know strangers' and growing to understand the meaning of empathy to 'learning about the characteristics and movements of animals'.

Every student I asked about whether they would participate in a Year/Grade Seven and Eight play again responded with a passionate 'yes'.

'Their ability to take bigger risks as younger students and not being afraid to be silly', as Mr Colley put it, was demonstrated in the rehearsal I attended and is what I believe will bring a level of honesty to the performance. I agree with Mr Colley in his belief that 'it's amazing what they're capable of'.

**Mai Hindawi (Y12R) – MESsenger Club Journalist**





# STAFF FLASH MOB SING 'ONE DAY MORE'



**One** evening in August a video emerged on social media of a group of teachers in America getting their school year off to an incredible start with a performance of the stirring song from Les Miserables, "One Day More". Watching the video were some MES Cairo staff members who all got in touch with Ms Ghada Dajani and suggested that, given the MES Cairo family's love of the Performing Arts, we should also welcome everyone back with the same song. The idea was to rehearse the piece secretly in time for the day before students returned.

So it was that an intrepid band of MES Cairo staff, returning and new, found the time to stage a "flash-mob" for a staff meeting on 6<sup>th</sup> September. The meeting took place with instructions on all of the arrangements for welcoming the student body back for another dynamic year at MES Cairo. As Ms Ghada concluded the presentation some music began playing. Confusion over what was happening rippled through the assembled staff. Had somebody forgotten to turn off their phone? Had somebody hit the wrong button on the lighting box computer? Suddenly Ms Ghada belted out the opening line to One Day More, swiftly followed by Mr Tomlin picking up the tune. One by one, members of staff rose from

their seats, microphones in hand, and marched proudly towards the stage. Harmonies began and the new, school-relevant lyrics rang out across the theatre. Gradually, the other staff realised that this had been planned and waited eagerly for who would be the next to join in.

The crescendo of the song, with all the participants marching on stage, was met with delighted applause from the audience. For those returning it was a reminder of how special MES Cairo is and for those freshly landed in Cairo it was a stunning introduction to the true "family" atmosphere of our wonderful school.

**Mr J Todd – American Section, Dean of Students Grades Nine and Ten**



## Shrek is Headed to MES Cairo!

**In** 2001 the movie-going world was delighted by the animated film "Shrek", telling the story of a misunderstood ogre and his journey to acceptance. The movie was so popular that Dreamworks commissioned a stage musical based on the first movie. The musical opened on Broadway in 2008 and has toured all over the world. The tongue-in-cheek nature of the movie, with its gentle lampooning of fairy tale movies, was transferred to the stage show in the form of jokes about Broadway musicals. Currently on tour in the UK, Shrek the Musical continues to delight audiences both old and young.

MES Cairo is proud to announce that our very own production of the show will be arriving in the school theatre in April 2016. The cast has been announced after rounds of very hotly contested auditions and the first rehearsals have taken place. Excitement is high as we begin the process of creating Shrek's swamp, the city of Duloc and the full size, flying Dragon. Keep an eye out for details on securing tickets for what promises to be another milestone in the impressive history of MES Cairo productions.

**Mr J Todd - Director**







## REMEMBRANCE SERVICE – SUNDAY 8<sup>TH</sup> NOVEMBER 2015

MES Cairo received an invitation from the British Consulate inviting students from Commonwealth countries to attend the Remembrance Service at the Commonwealth War Graves Commission Cemetery in Heliopolis. On Sunday 8<sup>th</sup> November 2015 a group of staff along with Primary and Secondary Section students, looking very smart indeed, proudly represented MES

Cairo at the Remembrance Service. Our students were reflective and respectful as they slowly walked along row upon row of Armed Forces graves, from many countries, who fought and died in Egypt in the Second World War. The students asked questions about the number of graves and nationalities, eventually understanding that many Armed Forces members had been sent to hospitals here in Egypt and this is where their lives came to an end.

The cemetery is home to 1,742 Commonwealth casualties of the Second World War. There are also 83 war graves of other nationalities – a true reflection of the international nature of modern conflict.



A member of the Administration Team from the Consulate asked if some of our students could be given the responsibility of handing out the Order of Service to guests as they arrived at the cemetery. This involved meeting a number of senior dignitaries including the ambassadors and military representatives of a number of countries. As we neared 11.00am, the students and staff gathered to reverently make their way to the Memorial Cross of Sacrifice to take their places for the start of the Remembrance Service.

Reverend Chris Chorlton from All Saints' Cathedral in Cairo and Captain Simon Brand, Royal Navy and British Defence Attaché came over to welcome our students as they arrived at the Memorial. Reverend Chris Chorlton, who conducted the Service, reminded our students of the particular importance of former enemies coming together in peace, as well as asking our students what they could do to improve themselves as individuals in order to promote a more peaceful world.

The Remembrance Service itself was poignant, as over twenty military and civilian representatives from around the world solemnly approached the Memorial and laid remembrance wreaths at its base. This was followed by two Egyptian military buglers playing 'The Last Post' to mark the beginning of a two-minute silence.

Throughout the entire service, our students behaved impeccably, listening carefully and always being polite and respectful to all those they met.



The New Zealand Ambassador even took the time to telephone Mrs Singleton, Secondary Principal for British and IBDP Sections to congratulate our students on their representation. He said, "I have never seen a group of young people conduct themselves with such maturity and focus."

**Ms C Boswell – Publications Officer**



*"Let us not forget"*

*"They shall not grow old, as we that are left grow old,  
Age shall not weary them nor the years condemn,  
At the going down of the sun and in the morning,  
We shall remember them"*





# FS1 IS ALL ABOUT ME!



To enable the children in Foundation Stage One to get to know themselves and each other our topic has been based around the theme 'All About Me'. This topic provides the children with plenty of opportunities to learn how to think about others, notice their thoughts and feelings, and how to communicate with one another. The children have been learning about the rules and routines for their class and the high expectations we have of each other.

The class teachers have been busy providing lots of activities that will help the children celebrate their individuality and learn about likenesses and differences. Our topic work has helped to build those important beginning of the year skills and a sense of family in the classroom. It also helps children to realise that every person is unique and special; every child's thoughts and ideas are important and no one person is more or less important than another!

Here are just a few examples of the kind of activities the children have been doing - finger, hand and foot printing, creating self-portraits and drawings of their families using different media, finding out about their five senses, learning new songs linked to the theme, sharing stories to support their understanding and lots of role play activities to enable the children's awareness of the people in their environment that help them.







Ms Christine and Ms Erini have done a fantastic job in the pod over the last few weeks. They created a wonderful 'Builders Yard' and a 'Fire Station' to engage the children's imagination and provide them with the opportunity to act out different occupations. Mourad Kirolos (FS1V) enjoyed being a 'builder' and 'fixing' the wall! He knew how to use the drill and did a great job! Meanwhile Selim El Husseiny (FS1V) really enjoyed being a fire fighter and putting out the fire!

At the end of the topic we had some very special visitors in school. The children had the chance to see a real fire engine; they listened carefully as the fire fighter explained his job and the children had the chance to try on a helmet! The children then watched the Police Dogs perform. Our last visitor was Captain Ahmed Zaki from the Public

Administration for the Passage of Cairo; he came into school with several other Police Officers, two of which arrived on Police motorcycles! Captain Ahmed talked to the children about his work; he told the children which number to call if they needed the Police to help them. He explained to the children how they can help the Police by putting their rubbish in the bin, by being kind and helpful and by always wearing their seat belts when they are travelling in a car or on a bus.

To celebrate the learning we have been doing, all the children came to school dressed as a 'person who helps us!' All the children looked fantastic and they all had a very exciting last day of half term! A big thank you to all of the teaching staff and our special visitors for making our first half term fantastic!

**Ms J Khalil - Foundation Stage One Violet**



## FS1 FAMILY WEEK

**Parents** were invited into school for Foundation Stage One family week. Mums read stories in the library to their children. They shared rhymes, traditional tales, poems and non-fiction books. The children love to read and we do hope that families spend time reading stories to their children every day.





The Mums' workshops addressed some pastoral issues and child development. Deputy Head of Key Stage One, Ms Claire McAslan led a workshop looking at different scenarios and situations which the Mums debated on and came up with solutions. The topic themes were: diet, sleep, behaviour management, rewards and praise and routines and balanced time with technology such as iPads.



Assistant Head of EYFS, Ms Vikki Esplin led a workshop on practical activities for play and educational development in the home and Ms Sarah MacDonald, FS1R teacher, worked her magic supporting the workshop with examples of sensory and imaginative play.

The Dads had the opportunity to play games in the outdoor learning yard. They enjoyed building with blocks, batting balls to play tennis, painting, gardening, building sandcastles, singing songs and buying food in the role-play supermarket.

We know that Dads enjoy playing and exploring. They participated in workshops led by Ms Vikki Esplin and Ms Claire McAslan that looked at the important role Dads play home. We covered themes of attachment, child development, quality special time and hands-on learning at home.



The aim of the workshops was to encourage opportunities for play between children and their fathers at home.

**Ms Vikki Esplin – Assistant Head, Primary Key Stage One**





# PIRATES INVADE THE FS2 POD

## 'AHOY THERE ME HEARTIES!'



The children in Foundation Stage Two arrived back at school after the Eid holiday and couldn't believe it when they were asked to quickly go to the swimming pool, as two pirates had been spotted. When they arrived they found that there really were pirates by the side of the pool!

Captain Joe needed help from the children in FS2. He was having terrible trouble with another Pirate. Pirate Jordan who was not following the Golden Rules and he needed help from the children. Pirate Jordan was behaving in a terrible way. The children couldn't believe it! He was pushing, shouting out, not listening and treating school property in a disrespectful way. The children had to remind him that to be a good pirate he must follow the Golden Rules but still... he didn't listen!

The children tried to remind Pirate Jordan about what the Golden Rules were but still he didn't listen. Finally, Captain Joe was given no choice but to make Pirate Jordan walk the plank! This is what happens to Pirates that cannot follow the very important Golden Rules. He asked for a helper from FS2 and they helped to make sure that Pirate Jordan walked the plank.

The children left the swimming pool area feeling very excited about their new topic and very excited to have seen some real life pirates! They have enjoyed learning about Pirates this term and it has been lovely to see them settling into their new classroom routines and to be engaged and enthusiastic in their learning. The Pirates topic is delivered through the seven areas of learning within the Early Years Curriculum. They have listened and retold stories, learned pirate songs, practised counting using pirate treasure and played

in the Pirate ship in the FS2 Pod. These are just some of the wonderful activities that the children have been able to participate in throughout this topic. We finished this half term with our Dress Up Day when the children came to school dressed up as Pirates and took part in more fun and exciting pirate-based activities.

**Ms L Kiernan – Foundation Stage Two Year Leader**





# YEAR ONE HAVING FUN WITH THEIR BOOK PROJECT!



**Year** One had a great start to the year, with our incredibly fun book project where the children read a variety of books and engaged in numerous activities linked to the stories. "Where the Wild things Are," "Beeju", "The Day the Crayons Quit" and "Chrysanthemum" were a few of the great stories the children experienced. The classrooms and pod were busy with activities ranging from den building to melting wax crayons and growing flowers. The children already had a love of stories and this clearly came through as they listened to the stories and engaged in discussions. There were some emotional discussions focused on feelings, as the children considered poor Chrysanthemum's feelings when she was made fun of by her class mates, and there were giggles and laughter when poor Peach Crayon lost his wrapping and had to hide in the crayon box! The final book of our project was the incredible story "Ahmed's Secret", about a young Egyptian boy who has a secret. The book takes you through the streets of Cairo, as you follow Ahmed on one of his typical days until he goes home at the end of a long day of work to share his secret with his parents. If you have never read this book, Year One

recommends it and will be happy to share the secret. Just ask one of the children! This book lead us beautifully into our new topic "Hello, I'm New Here" and we celebrated both the end of the Book Project and the beginning of the new topic with a fantastic Oriental Breakfast. The Year One playground was transformed into a busy Cairo street, full of food stands with the aroma of fresh Egyptian food in the air. The teachers were stunned by the incredible platters sent in by the parents; foul, tameya, koshary, salads, kofta and vine leaves, were just some of the delicious dishes sent in. Alongside basboosa and konafa there were desserts we had never seen before! And who can forget the wonderful costumes that walked into school that morning! It was a fantastic celebration and everyone thoroughly enjoyed it. The children used their best manners and showed the school, that they may be young but they know how to be sensible and respect each other.

Following the Eid break we smoothly transitioned into our new topic "Hello, I'm New Here". The children enjoyed using maps to find different countries around the globe and read stories from different cultures including "We're Sailing Down the Nile" and "The Story of Rama and Sita". The children were encouraged to ask questions about the different cultures and make comparisons and similarities between the other cultures and their own. Year One have started to use the exciting 'Talk4Writing' strategy for story-telling and the children are becoming very proficient at telling a story using actions and then translating this into a written story!

Keep your eyes open because Year One is now speedily getting into our new topic "Superhero City" and the children are revving their engines and transforming into Superheroes! We are looking forward to seeing what powers emerge and how the children will use them!

**Ms D Abu Hassan – Year One Team Leader**





# CHINA IN THE HANDS OF YEAR TWO!



**Year** Two's China topic got off to a lively start with our impact day on Monday 5th October 2015. Colourful Kimonos, Flamboyant dragons, chopsticks, moustaches and flowers were just some of things to be seen in the Year Two pod as all the children came to school dressed as Chinese characters. We had beautiful oriental ladies, Chinese fishermen and grand emperors. Egypt was also represented as we had some Pharaohs and Egyptian queens in our classes. All the teachers were very impressed with the effort that the children put into their outfits!

We had a morning of Chinese themed fun and games. This gave us an introduction to the culture we will be learning about this term, as well as a chance to visit all the other Year Two classrooms and work with new teachers.



For our Art activity, Miss Hanna showed us some different Chinese characters and practised painting them with ink. We learned that there are different symbols to represent certain words. After that we made and decorated our own wooden frames for the paintings with Ms. Judith. Chinese children don't learn to read and write using the same alphabet that we know, so we learned about Chinese calligraphy with Miss Helen and she showed us how to write our names in Chinese letters. We developed our Chinese reading further with Miss Maureen as we had to crack the code to understand secret Chinese messages. It was quite tricky, but we used our thinking skills and managed to figure it out. Of

course, no day of Chinese fun would be complete without Karate, so Miss Dean took us into the pod and showed us some Martial arts moves.

Year Two worked really hard that day, and produced some really interesting pieces of artwork and writing. Overall the activities were an interesting taster into what we would be learning this term. We couldn't wait to find out more about China!

**Ms Judith Hamilton – Year Two Green**





## YEAR THREE HAVE A VERY 'FUNNY' EXPERIENCE

Year Three has had an extremely action-packed first half term filled with exciting learning!



**Our** 'Funny Bones' topic got off to a mysterious start with a visit from a strange looking character called Mr Bones. Mr Bones set us weekly challenges that we had to investigate. We began by finding out what is a healthy balanced diet is. Did you know that our human bodies are like machines and they need fuel to work? How well we eat affects how well our bodies work and how long we live, especially as we are young and all still growing and developing.

Our next challenge was all about teeth. Do you know how many teeth you have? We didn't but we were lucky enough to have a

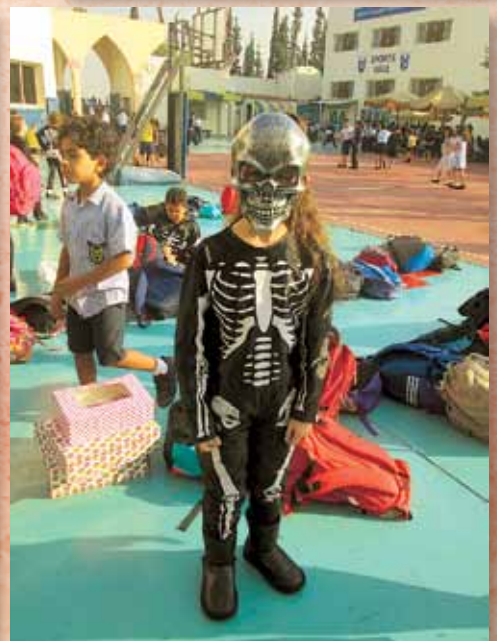
visit from a dentist. The dentist visited all of our classrooms and showed us how to clean our teeth and gave us top tips for looking after them. Then we even became real life scientists and investigated how different liquids erode our teeth so that we could advise Mr Bones what he should and shouldn't drink. I don't think Mr Bones will be drinking 'coke' every day anymore!

And finally Mr Bones challenged us to see if we could find out the names of all of the bones in his skeleton and find out where they were. This was a tricky task as he had a total of 206 bones. However did you realise that we as humans are actually bone with 270 bones and this decreases as we reach adulthood! This is because some bones fuse together. We also learnt how our muscles and joints work. We know that we have ball and socket joints as well as hinge joints. Do you know how many ball and sockets joint you have?

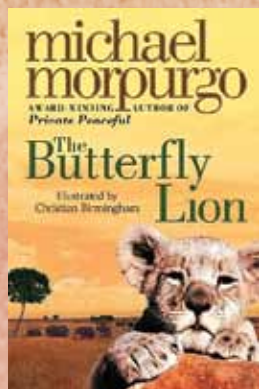
As you can tell we learnt so much in our Funny Bones topic! We decided to end the topic with a skeleton themed Funny Bones Fiesta. This was a great success we all enjoyed dressing up in our spooky funny bones costumes and even some of the teachers dressed up! We paraded around the pod for a fashion show, showing off our costumes and creations, as you can see from the pictures some of us were unrecognizable! Our class teachers also gave us some funny activities to do. Classes learnt the song Dem bones and read the story of 'The Ship of Bones'.

We are looking forward to our next topic Mysterious Caves. Watch this space for more exciting news about our learning!

**Ms Amy Clarke – Deputy Headteacher, Key Stage Two**







## YEAR FOUR NEWS

# VIOLET READERS INSPIRED BY 'THE BUTTERFLY LION'

**Year** Four students started off the academic year by exploring the text 'The Butterfly Lion' by Michael Morpurgo. The story follows the lives of the two main characters, Bertie and Millie. Throughout the book, the reader's mind is transported from the stunning velds of South Africa to England's rolling luscious green hills and also the cold, damp trenches of France during World War I.

Michael Morpurgo's book evokes a range of emotions and the children were given opportunities to discuss how they felt whilst finding out about various events in the story. Bertie and Millie spent many happy hours together year after year, however the time they spent apart was often a portrayal of loneliness and despair.

The students in Year Four Violet reenacted the story for their Class Assembly and whilst working as a team, they managed to transfix the audience and take them on a journey around the world as well as through specific periods in history. The performance started off by honouring three soldiers who had received The Victoria Cross for their bravery whilst fighting in Egypt during the First World War namely Karan Bahadur Rana, John Craig and Harold Whitfield. The audience was then, through drama and music, given an opportunity to experience life through Bertie's eyes from his childhood in South Africa to his last years with Millie. The students did an amazing job and they will remember the story for many years to come.

**Scan the QR code to go straight to the video of the assembly!**



Whilst exploring this gripping book, the children were given opportunities to create silhouette pictures, find out about geographical features of South Africa and history associated with the lives of civilians and soldiers during the early years of the twentieth century.

The white lion, who was Bertie's friend and pet, spent many years entertaining audiences in a circus until life brought him and Bertie together again. The exit day for our book project was a Circus day. The children were able to experience six activities ranging from mime to juggling. They had a fantastic time and the pod was filled with fun, frivolity and laughter. If you have not yet read 'The Butterfly Lion' by Michael Morpurgo, the students in Year Four fully recommend it as it is an amazing, informative read.

## LAUNCHING THE NEW TOPIC 'IT'S A DISASTER, GET ME OUT OF HERE!'

On Sunday 8<sup>th</sup> November, the pupils in Year Four were totally lost for words when Rescue Worker Barry and Nurse Pearl, who had recently been involved in the clean-up operation of Typhoon Koppu in the Philippines, popped in to launch the start of our new topic, 'It's a disaster, get me out of here!'



After sharing some of their own experiences and stories about the precarious and heroic work that they, and other people like them, do all over the world, they went on to answer some thought-provoking questions about the vocation of a rescue worker.

During English lessons this term, Year Four students have developed their writing skills through analysing and identifying the features of newspaper reports based on the real life events of various natural disasters. They have also learned about the effects of natural disasters on habitats with a specific focus on describing the key aspects of physical geography relating to mountains, volcanoes and earthquakes.

**Ms P Wright – Year Four Violet and  
Mr P Downey – Year Four Blue**





# YEAR FIVE TRAVELS BACK IN TIME WITH DR WHO AND LORD IMPERIOUS!



The brilliant Year Five students performed their concert to parents on 29<sup>th</sup> October 2015. The beginning of the concert saw the main character, Dr Who, played by Jana Shahin (Y5B) talking to Lord Imperious, played by Annas Omer (Y5O), cleverly appearing on screen as though he was on a spaceship from another planet, who wants to destroy Earth. The good doctor convinces him to wait until each of the classes has sung a song from their decade and a good news story or clever invention has been explained. This tied in nicely with the Year Five topic of 'Talking About My Generation' – a study of the decades starting from the 1940s.

All of the classes joined together in the first song, an original piece of music written by the expert Mr Kyle Cullen, Primary Music teacher. For the 1950s, Year Five Violet sang 'Rock Around the Clock' – the first ever number one record in the United Kingdom which got the proceedings off to a rocking good start. For the 1960s Year Five Orange performed the Beatles number 'Twist and Shout', followed by Year Five Green singing a disco classic from the 1970s; 'Celebration'. Just Can't

Get Enough from the 1980s followed by Year Five Blue; 1990s hit – 'Alright' by Year Five Red; and finally the Coldplay hit 'Clocks' sung by Year Five Yellow rounded off the individual class performances. The standard of the singing was excellent, with all the children taking part and showing great focus. They had to! The future of Earth was at stake! The music teachers did a great job preparing the songs for the classes to sing. Of course Lord Imperious changed his mind after such great music and inspiring stories of human endeavour – but he will be back - hopefully not for another few thousand years – thank goodness!

**Mr G Lavelle – Year Five Team Leader**



## Year Five and Six Film Club

*"Dark times lie ahead of us, and there will be a time when we must choose between what is easy and what is right." Albus Dumbledore, Harry Potter and the Philosopher's Stone*

There is an excitement in the air for all film buffs around the world and not just because of the release of the new Star Wars movie. In Years Five and Six, ten talented students have been selected for a special, all-year film project in which they will create their own movie.

The brainchild of Year Five Team Leader and film guru, Mr Lavelle, ably assisted by Ms Deena (Year One Team Leader), Mr Mulligan (Computing) and Mr Cole (Year Five Violet Teacher) the students will aim to create, script and film their own short movies by the end of the year.

So what has happened so far? Firstly, the students watched some short films and they learnt that you don't have to spend millions of dollars or have many exotic locations in order to make a great video that has an impact on the viewer.

The pupils were then asked to pitch their ideas to the teachers just like a real film-maker. The children's concepts were so fantastic including the completely useless superhero Book Man, which had everyone in stitches, that it was agreed that two movies would be made incorporating all ideas. Dividing into two groups, one team will attempt to film a scary movie whilst the other group will try to put together a humorous short.

The children have now begun to write and storyboard their scripts and will begin shooting very soon.

Watch this space for more news in the next edition of the Messenger and remember:

*"The force is strong in you" Yoda from Star Wars*

**Mr S Cole – Year Five Violet**





# YEAR FIVE STEP BACK IN TIME!



If you had been walking through the Year Five Pod on 27<sup>th</sup> September this year, you may have been rubbing your eyes in disbelief. You may have thought that you had stepped back in time, but not just one time period, a whole range of decades from the 1940s to the 1990s. All the students were sporting costumes from their favourite era, whether it was the dapper suits of 1940s Egypt, beautiful 1950s dresses, hippie clothes from the 'swinging 60s', 1970s pop stars attire, disco gear

from the 80s or wide-shouldered outfits of the 90s. Apart from being lots of fun, this was great preparation for our 'Talking About My Generation' topic, where we studied life and changes through the decades.

Year Five Blue offered some feedback on the costumes – Philopateer Shenouda (Y5B) said that he thought the best costume had been Seleem Tamara's (Y5V) as he was dressed as Elvis. Malak Fikry (Y5B) loved wearing her 1950s dress as it was flared, but then clinched in at the waist. Adam Abuellail (Y5B) was a person from the 1980s, but he said it was fun seeing costumes from all the different decades. Soher Shahin (Y5B) dressed as a 1980s popstar and she wishes they could dress up in different costumes every day! What a fantastic experience for Year Five and a great start to our topic.

**Ms J Lawrence – Year Five Blue Teacher**



## YEAR FIVE SUMMER FETE

With the sun shining down on the Key Stage Two yard, Year Five students were busy prepping, organising and creating an amazing atmosphere for the rest of the Primary school to experience. As the first excited students ran out, the music started blaring and the screeches of excitement could be heard throughout Primary!

The brief was very simple. As part of our topic work on 'Changing Times', each class in Year Five was given a different decade to be inspired

by and create a different stall from. Pupils thrived on this and fashioned some brilliant stalls. Table tennis, penalty shootout, NASA space launches and soap carving were only some of the ideas that students were motivated by to create some amazing stalls.

Some of the stand out stalls were Year Five Red's Ten Pin Bowling stall, which always had a huge queue of children waiting to knock down the pins. Another was Year Five Green's 'Temple of Doom', based on the Indiana Jones movie, which gave children a taste of what it was like to be in the shoes of the famous intrepid explorer. Another popular stall was Year Five Yellow's smoothie stall, which created all kinds of tasty and refreshing beverages.

A fantastic morning was had by everyone involved. The staff and students all deserve a huge 'well done' for all of their efforts and we are looking forward to next year's summer fete already!

**Mr G Lavelle – Year Five Team Leader**





# IT'S ALL GREEK IN YEAR SIX

**During** the first half term, Year Six has been learning about the Ancient Greek era beginning their topic with a Spartan vs. Athenian activity.

The Spartans were a fierce group of people, trained in the art of war and fighting techniques. They were strong and tough. On 'Spartan' day, the children were marched to the field by their suddenly fearsome teachers aka the Spartan Army Generals, where they learnt various army formations and a Spartan chant.

'We are Spartans, we are strong, we like fighting all day long,

Spartans always try and try, we won't stop until we die.'

They spent many minutes perfecting these formations before performing them in front of the Year group. The teachers, (I mean the Spartan General's!), were very impressed with the effort the children put into this task.

The following day, Year Six had a taste of the Athenian life. The Athenian people were typically well-educated and enjoyed many hobbies like theatre and art. The children worked collaboratively to perform a short play based on the Greek myth, Theseus and the Minotaur. Each class chose one performance to share with the year group and everyone was most impressed with the talent demonstrated.



We made many cross-curricular links throughout this topic. In English, the children learnt about Ancient Greek mythology, analysed characters, studied plot lines and then wrote their own version of a Greek myth. In History, the children looked at various aspects of Ancient Greek life including the first Olympics, the differences between Athens and Sparta and their beliefs. They have analysed a range of sources, discussing their reliability, to help them learn more about the Ancient Greek era.



To mark the end of the 'It's all Greek to me!' topic, Year Six became an Ancient Greek Agora, which was a traditional marketplace. In teams, the children decided on their own market stall that would have been popular during the Ancient Greek era. Some of the stalls included: 'War Supplies', where customers could buy any weaponry they might need for war; 'Oracle available', where customers could go if they wanted an Oracle to read their fortune! The children made Greek food at home and served their peers. Others decided to organise a traditional slave auction. They worked together successfully, with most of the items for sale being created at home for homework. The children dressed up in traditional Greek costumes and created posters in-keeping with the time period, including some Ancient Greek lettering.



This was an extremely successful topic with many of the children commenting on how much they enjoyed learning about life in Ancient Greece.

**Ms A Kirby – Year Six Team Leader**







## Key Stage Two News

# VIVE LA FRANCE!

## Key Stage Two French Day

### French

Day which took place towards the end of the Summer Term was very eventful; full of French-themed activities which the children enjoyed. All students got a chance to visit the yard where they were able to paint in the style of a French artist, play French word games and even take a photograph in front of the Eiffel Tower with their teachers or friends!

Lots of the games were designed to encourage children to practise the language they had been learning. However, one particularly popular game was played with two children wearing blindfolds, while feeding each other crème caramel desserts. Luckily aprons were available for everyone who took part.

Whilst all of these activities were going on, there were also long queues for those who were eager to taste a French crepe – definitely the highlight of the day for some!

The classroom activities differed for each Year Group and the whole of Key Stage Two managed to produce some excellent work by the end of the event.

The Year Three students were learning about the love locks that can be found on Pont des Arts – a famous Parisian bridge. With some help from their teachers they managed to create their own gold and silver locks which they could take home to their parents.

Year Four enjoyed designing their own French postcards by drawing some lovely Parisian tourist attractions on the front and then writing a French message on the back.

Year Five had a messy time sticking recycled boxes and bottles together in order to create their own structures that resembled famous French attractions. By the end of the day there were lots of lovely Eiffel towers to be seen around the Year Five pod.

Year Six were given the challenge of doing some Art work in the style of famous French artists such as Monet and Cezanne. The art work was divided into six pieces and different groups in each class focused on recreating a specific part. The Primary Art teacher was very proud of what they had produced!

**Ms T Carydias – Primary French Teacher**





## What's going on in Primary PE?



In Foundation Stage PE the children have been completing an adventure and exploring block. In this block children are required to travel over, under and on climbing equipment. We have been working specifically on our balancing skills by moving slowly and carefully over the gymnastics equipment.

In Year One we have been focusing on gymnastics. The children have demonstrated a range of skills on the floor and the equipment. The PE teachers have been impressed with the already learned skills of the children. Some children have shown that they can perform handstands, headstands and cartwheels before they were taught how to do them in PE!



In Year Two we have become dance obsessed! The children have been displaying fantastic levels of creativity. Children have created starting poses, focused on group timing, began to learn to count the music and experimented with different themes! See if you can guess the theme from the photos!

In Years Three to Six we have been preparing for the Inter-House games! In Year Three the children will compete in bench ball, Year Four will play football, Year Five will play netball and Year Six tag rugby. The pupils have been

practising furiously in the knowledge their house needs them to be at the best of their ability. All results of the Inter House games will be posted in the next edition of the MESsenger!

In addition to this, we currently have around 200 children involved in PE after school clubs. These clubs include swimming, football, basketball, netball and athletics. In the coming weeks and months we plan to have as many fixtures and tournaments as possible to give the children as many opportunities as possible to play in competitive fixtures.

**Mr J Currie – Head of Primary PE**



## MES CAIRO COUGARS FOOTBALL SEASON OFF TO A FLYING START!

On Monday 16<sup>th</sup> November 2015 the MES Cairo Cougars Primary team played their first competitive game of the season against Cairo English School (CES). Travelling to another school to play your first game can be daunting but the boys were in high spirits and itching to get onto the pitch.

The game was very competitive from the off, with both teams attacking with speed and showing some great quality football. It was CES who broke the deadlock though, midway through the first half, with a great strike that flew into the top corner. Moments later some defensive heroics were required as Youssef Al Fakahany (Y6O) was forced into a goal line clearance after some neat play by the CES forwards. This proved to be a turning point as MES Cairo then went on to attack and tie the game with a wonderful team goal, finished off by Mourad El Zaher (Y5Y).



After the half time break, MES Cairo continued where they left off, putting pressure on the CES defence and their efforts soon paid off as Samer Abdelrahman (Y6Y) scored a tap in to put MES Cairo in the lead. Playing with confidence, MES Cairo did well to control play from then on, spreading play to the flanks and putting in some great crosses. Omar Badawy (Y5Y) then scored the goal of the day, after a spectacular run into the CES box, capping off a fine individual performance!

**The game ended 3-1 to the MES Cougars, a great start to the football season. Well done, boys!**

**Mr H Gad – Primary PE Teacher**





# MES CAIRO COUGARS SWIM INTO 2<sup>ND</sup> PLACE

**On** the morning of Saturday 10<sup>th</sup> October, twenty-five eager MES Cairo Cougars arrived at BISC in 6<sup>th</sup> October City to compete in the first swim gala of this academic year. The squad competed in individual and team relay races in three different age categories, Under-9, Under-11 and Under-13. For a number of students in the

Under-9 age group, this was their first competitive school swimming gala!

Another seven schools from Cairo were also competing, aiming to collect as many points for their school as possible. The swimming pool was a long course pool, 50m in length. The swimmers performing in the front crawl, breaststroke, backstroke and butterfly races had to swim one full 50m length in their races. The Individual

Medley race required our Under-11 and Under-13 swimmers to swim 200m each, performing all four strokes.

All of the MES Cairo Cougar swimmers displayed confidence, resilience and a positive attitude as they competed in their events, cheered each other on and also congratulated their opponents.

The gala finished with the most exciting races – the team relays. The Cougar swimmers did very well, finishing in 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in many of the relay races! The swimmers completed the gala feeling very proud of their team and individual achievements.

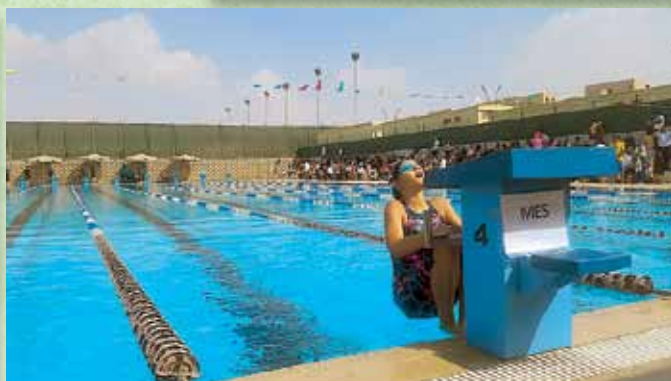
The final result of the gala – MES Cairo Cougar Swim Team finished in 2<sup>nd</sup> place overall!

**Well done to all students involved.**

Under-9	Under-11	Under-13
Mazen Nabil (Y3O)	Hamza Ali (Y4O)	Youssef Shokry (Y7R)
Hazem Abou El Fadl (Y3O)	Kareem Wahby (Y5Y)	Amr Bahaa (Y7Y)
Reda Mohamed (Y3G)	Abdallah Mohamed (Y6B)	Abdelrahman Gemeiye (G7G)
Abdullah Gemeiye (Y3V)	Omar Bassem (Y6B)	Zeinedin El-Helw (G8B)
Yassin Abdelsamad (Y4B)	Nour Sarhan (Y5G)	Yassin El Antably (Y6O)
Haya Addas (Y3B)	Kenzy Kouchouk (Y5G)	Nadia El Zaher (G8R)
Hana Aglan (Y4B)	Malak Ramadan (Y5Y)	Jomana Helal (G8B)
Yasmine Abdelnasser (Y4O)	Judie El Sharkawy (Y5Y)	Yasmin Halawa (Y8R)
		Laila Haikal (Y7Y)

Thank you to all of the MES Cairo Cougar swim coaches and to the family and friends who came along to support the gala.

**Ms O Walker and Mr J Currie - Competitive Swim Squad Coaches**





## ATHLETIC MENTOR PROGRAMME 2015-2016

**At** Modern English School Cairo we have some of the best athletes around. Last year we began this programme to allow some of our senior athletes to share some of their knowledge and skills with our younger athletes. They took on the role of assistant to our current coaches of the Cougar Teams. This year the process developed, we put our Senior athletes through a tough selection process where they had to apply for the job role and prove their certification. After this process we hand-picked nineteen superb Senior athletes from Year/Grade/DP Eleven and Twelve to help support our Cougar teams. Some of our more senior members are taking charge of our younger teams, with staff coaches as an assistant to them. Our athletic mentors are involved with middle school and junior varsity in the Secondary school, and also with Years Four, Five and Six in the Primary school. They are coaching a variety of sports including Football, Basketball, Netball, Swimming, and Volleyball. This programme gives our senior athletic mentors a great opportunity for our young athletes to be coached by some of their role models in school, of which inspires them all the more. I want to take this opportunity to thank the Athletic mentors for their great work so far, and hope it continues, filled with team success throughout the year.

**Mr J O'Connor – Secondary Physical Education**



## BISC RUGBY TOURNAMENT

**The** Junior Varsity Rugby team arrived at BISC, eighteen men strong. They had participated in three training sessions previous to the tournament and were up against some well-organised teams. This did not bother the players at all! In their first match they played the hosts BISC in a 40-minute game. In the first half BISC showed their good organisation and ran in a couple of tries. However, our MES Cairo boys did not drop their heads, they kept going and were far more competitive in the second half.

With the confidence from their second half performance, they then played El Alsson in the second and final game. MES Cairo played with a lot of great organisation and passion both in defence and attack. The team was focused and many players were contributing with huge tackles and making lots of yards with strong running. By keeping possession with good rucking technique we were able to gain territory and our hard work payed off with Basil Abdel-a'al (G11R) crashing over, with help from his team mates, to score a very well-deserved try.

The coaching team was incredibly proud of the way the boys played and of how they kept trying hard throughout both games. With continued effort on the training pitch we will definitely improve and develop as a team. Well done and keep up the effort!

This year the rugby squad has been honoured to have extra training support from Alumni and MES Cairo Rugby Pioneers: Yahia Houta (Class of 2012) and Mostafa El Masry (Class of 2014). They have both been incredibly useful to the team, they are very knowledgeable about the sport and are able to communicate the coaching strategies to the students effectively and efficiently. Together with their help the coaches are positive that the rugby team will go from strength to strength.

These MESConian rugby players are great role models for the younger boys and we hope to invite them to many more training sessions in the future.

**Robert Mackenzie, Simon Williams, James Carter and Steve Morris**  
**Rugby Team Coaches**





# **VARSITY BOYS QUENCH SEVEN YEAR THIRST WITH A WIN FOR THE MES CAIRO COLIGARS!**

**On** Friday 23<sup>rd</sup> October 2015, Choueifat School hosted the CISSA Varsity Boys Football Tournament. The boys went into the tournament confident but a little frustrated as they had dominated many friendlies but had not seen a win in any of the four matches leading up to the tournament.

The tournament consisted of a 'round robin' set up, with the top four teams progressing to the semi-finals and then the winners from each semi facing each other in the final.

Despite having the majority of possession and chances on goal, MES Cairo only managed to win 2, draw 1 and lose 1 game. This meant they scraped through to the semi-finals, where they had to face tournament favourites, AISE.

AISE surprised MES Cairo at the start, coming out strong from the whistle and scoring a fairly early goal. However, our tired MES boys dug deep and showed great character to fight their way back to win the game 2-1 in dramatic fashion!

So we were through to the finals and had to face tournament hosts Choueifat, who we had lost to in the round robin 3-2. After a nervous and tired start from both teams, it was Choueifat that broke the deadlock, startling us with a goal against the run of play. After a long, exhausting day in the blistering sun, this set back was not enough to put our boys out as they managed to find extraordinary spirit to pull the match back to a draw. The final whistle then blew and it was onto golden goal. Both teams were completely exhausted after putting their blood, sweat and tears into getting this far (literally in Sherif Zikry's case (G12R)), so neither team had the energy to break the opposition therefore the game went to penalties. The MES Cairo players were nervous as we had missed three of our last five penalties and we had already lost our first-choice keepers, so Basil Abdel-a'al (G11R) stepped up in theatrical fashion and MES Cairo soon became victorious, winning 4-3 against all odds!

The Player of the Tournament award went to the youngest player on the team, Omar Hegazy (G10B), who terrified the opposition with extraordinary skill, blistering pace and inspiring maturity for such a young man! I would also like to make special mentions of Seif Gaffar (G11G) for his remarkable hat-trick, Mohie Khalil (G11Y) and Marwan Aboelela (G12Y) for their tireless determination and strength, Yousif Alharbi (G12B) who's incomparable football knowledge and positioning changed our whole team and of course Amir Riad (G11B), our courageous Captain who led the MES Cairo Varsity Boys team to their first CISSA Tournament win in over seven years!

**Mr C Carroll – Secondary Physical Education**





## VARSITY GIRLS COME A CLOSE SECOND AT THE CISSA TOURNAMENT



# MES Cairo

Varsity Girls team played the following day where they faced AISE, HIA, NCBIS and ISC-C at Choueifat School.

MES played their first game of the tournament against HIA, Hana Mattar (DP11R) and Randa Khalil (G12G) were on target with three goals having won the game comfortably 3-1.

NCBIS were up next, again MES Cairo dug deep to come away with a 2-1 win. Hana Mattar (DP11R) with a sensational corner, found Randa Khalil (G12G) in space to slot the first goal in. Randa

Khalil (G12G) went on to get her second goal with an exceptional strike to the bottom corner. It was a tough match which saw our outstanding defenders working hard and making sure we didn't concede too many goals. Sarah El Taweel (DP11R) and Hanin El Shorbagy (Y11B) were as solid as ever, ensuring MES Cairo came away with their second win of the tournament.

MES Cairo went on to beat ISC-C to secure their position in the final. A sensational game from Salma Farouk (Y12G) in defence saw MES Cairo come away with a vital 1-0 win but most important of all a clean sheet. Randa Khalil (G12G) again came to the rescue with another outstanding goal set up by Hana Mattar (DP11R) in from the left.

MES Cairo met up again with ISC-C in the final, a tough, hard fought game with both teams exhausted. MES Cairo came close a couple of times through Randa Khalil (G12G) and Rosan Saber (G11B) but it was ISC-C who broke the deadlock with a top corner finish. MES Cairo were unlucky not to go and win the tournament with other teams commenting on how well they played and how dangerous we were on the counter. The team had been admirable throughout the day and a special mention to Zeina Sakkejha (G10Y), Sarah El Taweel (DP11R), Salma Farouk (Y12G), Laila Said (Y12Y) and Hana Mattar (DP11R) for excellent performances throughout the day. Randa Khalil (G12G), however, was unquestionably player of the tournament!

So both teams have made MES Cairo extremely proud and have now set a high standard for the rest of the school to aspire to. I would also like to take this opportunity to show my gratitude to all the coaches who have selflessly dedicated their time and expertise to the teams. These include Mr S Perry, Mr T Rosser, Merna Youssef (IBDP Class of 2015), Amir Rafiek (American Class of 2011) and Youssef Rafla.

**Mr T Rosser – Secondary ICT/Design Technology and Team Coach**





## International Award Update

### WINDY WADI WALK

To kick off the International Award at MES Cairo this year we had 42 Bronze participants – our biggest group ever! The students put their minds and bodies to the test during two tough days of hiking, cooking and camping.

Day One saw us meeting early at school before bussing to the Wadi Degla Visitors' Centre to begin our first day of hiking. Armed with their heavy rucksacks, students set off along the north Wadi cliff accompanied by staff who were on hand to give them gentle words of encouragement when required.

Our students were embarking on a grueling 14K hike that included clambering down one side of the Wadi before clambering up the other to head back in the direction of the Visitors' Centre. On the way we had rucksack straps break, water shortages and, of course, a timely sandstorm at 3pm. I am sure we have all witnessed a sandstorm from the comfort of our balconies, as we dash inside for cover, but this experience reminded us to spare a thought for those caught in the desert with no shelter.

Despite the obstacles, the students stuck together and pulled each other through, making it back to the Visitors' Centre by 3.30pm. The MES Cairo school bus had never looked so good! The value of Mr Eng and Mr Sheldon's encouraging words cannot be underestimated as they pushed (sometimes literally) our students up the Wadi. Even seasoned Wadi pros, Ms Downey and Mr Erbach, realised the scale of the undertaking and commented on how fantastic our group of MES Cairo Bronze Award candidates did.

Back on the school field, the tents were going up (in stages) and the Primary kitchen was being utilised en masse. By 8pm the tears of despair had been replaced by beaming smiles of achievement as the students reflected on the challenge they had conquered. The students even had time for games of basketball and football under the dramatic floodlights. Ms Singleton popped in to deliver a much needed calorie injection for staff in the form of big bars of chocolate and commented on how proud she was of the students and just how much they had gained through their experience.

After a night under the stars, it was back to the Wadi. Day Two was more about reflecting and target setting so there was no huge gruelling hike. Having said that, there was enough time to explore some caves and clamber up some as previously unconquered cliffs.

We could not be prouder of our new group of Bronze participants. The strength of character and camaraderie is amongst the best we have witnessed and all the more pleasing that this was from students only one month into their International Award journey. The students will be completing their assessment expedition in the Wadi in late January.

For more information about International Award (students, staff and parents) please contact Mr Macaulay or Ms McTigue.

**Mr E Macaulay and Ms K McTigue - International Award Coordinators**







# PRIMARY PIONEERS UPDATE

**Firstly,** I would like to extend a warm welcome to all the new Pioneers in Years Five and Six. I have already been really impressed with their enthusiasm for the programme this year with all Pioneers showing great initiative and dedication. Attendance is good and they are always very well presented in their new Pioneer uniforms.



Secondly, I would like to welcome back the returning Year Six Pioneers who graduated from the Year Five part of the programme last year. They all had an excellent year last year and I am really looking forward to seeing how they have grown and matured over the summer.

With new, more challenging and exciting badges on the horizon, I am sure all the Pioneers will exceed my expectations and their own. There are many chances for them to build on the skills they have already developed in school which will contribute to each Pioneer's Modern English School Graduate Profile and the International Award.

We now have four groups in the Pioneers: Crocodiles, Cobras, Jackals and Hippos. Each group has twenty passionate Pioneers all dedicated to the programme with each group working towards a Gold in each of the five badges over the course of the year.

The first set of badges to be undertaken are; The Active Individual (Years Five and Six), The Life-saver and The Entrepreneur.

## The Active Individual (Year Five)

This badge is made of many different, fun and challenging activities that are designed to extend logical thinking, reasoning and problem solving skills. In addition, the Pioneers will develop their spatial awareness and motor skills. Some of the activities include building an obstacle course and competing in two teams to complete the obstacle courses in the quickest time and a web challenge where each team has to get through a wacky web with the help of their team and without touching it.

## The Active Individual (Year Six)

We are very fortunate to be able to work with a professional for this badge. A trained martial arts instructor has been working with the Pioneers to develop their levels of fitness and extend their knowledge of the martial arts. The Pioneers have learnt blocking techniques and defensive stances to protect themselves should they need to.

## The Life-Saver (Year Five)

Learning to swim in a hot country like Egypt is an essential skill as many use swimming to cool down from the burning summer sun! However, our Year Five Pioneers have been taking these skills one step further and have been learning how to save lives! They have built on their swimming skills by learning to swim for extended periods of time whilst conserving energy and swimming with normal clothes as the weight of these can tire swimmers out.

## The Entrepreneur (Year Six)

The final badge currently being undertaken is the Entrepreneur. The Pioneers have discussed different methods to earn money to fund the Pioneer programme. They have designed and presented their ideas and will continue the badge throughout the year.

It has been an excellent start to the year and I am really proud of all the Pioneers. Keep up all the great work everyone!

**Miss J Godber**  
Primary Pioneers Coordinator







# Secondary Pioneers

## WADI DEGLA EXPLORATION



**Have** you ever hiked for over twelve kilometres? Have you ever scrambled down canyon walls, ducked into secret caves or stood atop timeless rock formations? For many members of the Secondary Pioneer Programme, the answer to these questions is now, 'yes!'

Early on the morning of Saturday 10 October 2015, 68 students and 9 members of staff gathered at MES Cairo for the annual Wadi Degla Exploration Hike led by the Secondary Pioneer Programme. A diverse crowd of students ranging from Year/Grade Seven through to Year/Grade Twelve prepared themselves for the daunting path ahead. For many, this would be their first time hiking at length. For others, this was hardly their first experience with the sun scorched Wadi Degla. "I knew to wear cool clothes and I brought extra water,"

said Grade Nine student, Ibrahim El-Nemr (G9B). "I brought three bottles just for myself." Once assembled, novices and experts alike boarded the bus for the short drive to the Visitor's Centre in Katameya.

The beautiful morning sun warmed the Pioneer's faces as they caught their first glimpse of the yawning, desolate chasm that is Wadi Degla. The journey started with a heart stopping descent to the canyon floor. "I enjoyed climbing down into the canyon," said Pioneer Programme graduate, Ali Abou El-Ela (G9G), "It was the hardest part, but exciting." Now with two feet safely on the sun scorched surface, the students looked ahead towards the pair of vast cliffs guiding towards Maadi.

Spirits were high as the trek began. Group pictures, selfies, and scavenger hunts helped pass the time as the sun rose towards the peak of noon. The value of water skyrocketed in the heat of the afternoon, but the Pioneers were ready. Teamwork and determination became as critical to the Pioneer's success as the supplies that they carried. "I was impressed with how the students helped each other out," shared Grade Seven teacher, Ms Sahar Kahn. "I saw students share food and water, and some of the older students helped the young ones with their bags."

Finally, with almost five hours of hiking under their belts, the trees and buildings of Maadi appeared on the horizon. The prospect of finishing inspired the students with a burst of energy. Many of our Pioneers dug deep to finish their adventure on a run! With tired legs and happy hearts, we all collapsed in the more than welcome shade.

Nine proud MES Cairo staff members watched 68 successful students board their busses towards home. We are happy to report that this first Secondary Event was a total success. It was no small feat for each student to conquer such an extreme physical challenge, but with a bit of teamwork and positivity all were sent home smiling.

**Mr D Erbach – Secondary Pioneer Programme Coordinator**





## Secondary House News

# STAFF AMAZING RACE AND STUDENT EXTRAVAGANZA

By Ms O Walker – Secondary House Coordinator



The Secondary House Competition 2015-2016 has had an exciting and busy start! The four new Heads of House were introduced at the House Assembly that took place in June 2015. Ms El Rify (Amun), Mr DeJohn (Edjo), Mr O'Connor (Kheper) and Ms Lacey (Selket) all took part in a variety of comical performances on stage in order to prepare them for the upcoming year of tough competition!

As House tradition goes, the initial House event was completed in the first week of September, before the students had returned to school. All Secondary staff met in the theatre with their new Heads of House to find out what the highly anticipated 'New Cairo Staff Amazing Race' entailed.

This year, each House had to complete a variety of tasks in MES Cairo and the

surrounding area. To collect points, photographic evidence of all of the completed challenges had to be provided. Staff ran around the school searching for a picture of the MES Cairo Cougar Mascot, others raided the drama cupboard for a dress-up costume and some brave staff even performed a gymnastics handstand in the swimming pool to collect extra points! In the New Cairo area, staff had to take group selfies outside various hotels, restaurants and golf clubs.

It was a flurry of activity and competitive spirit as each House raced to finish the challenges in the set one hour and thirty minutes and to gather in their House teams at the finish line. There was one more surprise challenge ahead...to name as many staff from the MES Cairo family as possible, in Primary and Secondary!

The final scores were counted and each House was anxious to hear the results. Well done to Ms El Rify and her Amun team for finishing in first place! Kheper staff finished in second, Edjo in third place and last but not least, Selket in fourth place. Well done to all staff and House teams for starting this year's House competition with a blast!

## Student Extravaganza

It was now up to the Heads of House and their respective student teams to win as many points as possible and change the current standings. The annual Student House Extravaganza took place on the field on Thursday 17<sup>th</sup> September. All new students to MES Cairo, and the new Year/Grade Seven cohort were welcomed to their House in the House assemblies prior to the Extravaganza. The House Extravaganza is an exciting event in the MES Cairo calendar; all Secondary staff and students compete together on the field in a range of physical and mental challenges in an attempt to be crowned as House Extravaganza Champions.

This year saw the introduction of fourteen new stations! Students had to crawl through an assault course, circle a Hula Hoop, collect marbles in a bucket, match up countries with their capital cities, name famous logos and identify as many of their teachers as possible from obscure photographs. Our inspiring Senior Mentors and Senior Athletic Mentors led all stations. The mentors proved to be excellent leaders, counting and recording scores and organising the House teams.

Before the scores were announced, the Heads of House took part in a final challenge. They were led thirty metres down the running track by a Senior Mentor from their House. Mr O'Connor, Ms Lacey, Ms El Rify and Mr DeJohn had to pick up as many sports bibs as possible and put them on, all while blindfolded! Well done to Ms Lacey and Kareem El Sandouby (G12B) from Selket for crossing the finish line with all of the yellow bibs first.

Well done to all students, staff and Senior/Athletic Mentors involved. The final scores were as follows:

First Place – Kheper	Second Place - Selket
Third Place – Edjo	Fourth Place - Amun





# MEET THE NEW HEADS OF HOUSE!



## Amun House

The ram has been a long held symbol of determination, action, initiative, and leadership. These are the qualities that my fellow Amunians possess. Amun achieved first place in the Staff Extravaganza and we will continue to succeed and beat the odds in getting to the top of the leader board. Students showed a positive upbeat attitude during the House Extravaganza and held their head up high throughout the extravaganza. Amunians showed exceptional contribution and team work during the house competition 'Keepy-Up' challenge. Well done to the Amunians who took part in the 25 Hour Run and achieved the highest scores for their team; David Shenouda (Y11Y), Farida El Shabrawy (Y8B) and Ismail Rizkana (Y9R). Thank you Amunians for your enthusiasm and your great team work. Let's work together in lifting Amun to the highest levels! Keep it up and keep going strong!

**Ms A El Rify – Amun Head of House**

## Edjo House

Another year; another chance to attain honour for the House of Edjo! Like fierce cobras we stand tall, fatally striking when our prey is mesmerised into a trance. Though the staff mounted a valiant effort in our Staff House Extravaganza, Edjo finished in third place. In the Student House Extravaganza, Edjo House showed dominance in *Hungry, Hungry Hippos* and *Head's Up*. Through a mix of focus and physical dexterity, students were ferocious in their scramble, and they were brilliant in their recall of famous people and sites. However, it was not enough to claim victory, and we left with another third place finish. It was in the 'Keepy-Uppy' Challenge during a break-time competition where Edjo first tasted victory in the field of competition. Mohie Khalil (G11Y) and Mohamad Osman (G11G) were particularly inspiring in their ability to juggle a football nonstop. The first place finish in the 'Keepy-Uppy' Challenge elevated Edjo to second place overall; just within striking distance. Edjo is also seeing the development of young talent in the form of Omar Rashed (Y8B) who posted the fastest time in the 'Speed Walk'. Edjo knows we cannot rest on our laurels, and I see that Edjo House's hunger for glory is insatiable. Our new Grade/Year Seven students are providing a youthful vigour while our new faculty members are bringing experience and wisdom. Such a combination makes Edjo House on the Edj-O' Glory!

**Mr S DeJohn – Edjo Head of House**



## Kheper House

The pressure was on from the start to keep the Kheper champions at the top. The end event was the initial pass over from the previous head of house, Olivia Walker, to the new head of house, Joseph O'Connor. The year ended with Kheper on top! The first event being the staff extravaganza, at which we were a close second! We gained our first place victory after the Student Extravaganza! By which the Kheper Klan stormed to victory with a huge performance. We gained valuable points in the other house events such as the 'keepy-up' challenge and winner of the Fun Run events! This will be a great year if we keep it up - look out for other events that are coming up. Be sure to congratulate your new Student Council Representatives and chat to them if you want to see a difference around school. Let's go Kheper, let's go!

**Mr J O'Connor – Kheper Head of House**



## Selket House

Well done team Selket, you have made a great start to this year's house competitions. The year kicked off with second place in the house extravaganza. The event was full of team spirit and enthusiasm from all the students, and should have been a win, we were 'robbed' by Kheper at the last minute. We again gained second place in the 'Keepy-Uppy' challenge from the involvement and hard work of our house members. The next event was the student council elections, thank you and well done to all those who created videos and put themselves forward to represent our house, great work Selket. A massive well done to our new House Council members. Support your house and become winners this year.

**Ms L Lacey – Selket Head of House**







## 'Keepy-Up' Challenge

The first House event to take place during Wednesday second break this term was the 'Keepy-Up' Challenge. The Heads of House were eager to claim the title, and were supporting their House teams by cheering on the students and providing lots of motivation! Students won points for their House by keeping a football up using their feet, knees, head, shoulders and chest while staying inside a small marked area. Senior Mentors and Senior Athletic Mentors awarded 1 point for every successful 'Keepy-Up' performed. Once the ball dropped, the next student ran into the marked area and carried on. The final results - Edjo won their first House Challenge! Congratulations to Mr DeJohn and his Edjo team. Selket finished in second place, Kheper in third and Amun in fourth place. More House Events coming soon!



## Charity Fun Run 2015

During the 25 Hour Charity Fun Run 2015 all students had the opportunity to participate in a range of house challenges while running or walking the track, and supporting the Ana El Masry Charity. Students earned House points by attempting to set the record for the fastest 300 metre lap, fastest 5K, fastest speed walk, fastest lap while dribbling a football, and fastest 4 x 75 metre Team Relay. Well done to Selket students who participated in the most house challenges! Four House coloured boxes were outside for the 25 hours to raise as much money as possible for Ana El Masry.

Well done to Kheper who raised the highest sum of money, also winning the Fun Run House Challenge overall! Selket finished in second place, Edjo in third and Amun in fourth. The records and times are posted on the House Boards.

## House and Student Council

This year, the election process for the Student Council took place on Moodle, our Secondary Online learning platform. Candidates standing for election had to create an election video and post it on Moodle. The voting polls were then open for three days! All students were encouraged to log into Moodle and vote for the candidate they would like to represent their House. Once students had voted, they 'inked their pinky' and stamped their fingerprints onto large posters in the yard at break times. The 'Ink Your Pinky' posters are up on the main House display board. Well done to all students for participating in the Student Council Elections 2015.



# MES CAIRO STUDENT COUNCIL 2015-2016

### AMUN

Jana Ahmed Nabil (Y7Y)  
Nour Walid Zaki (Y8Y)  
Hussein Hesham Gad (Y9G)  
Alia Yasser El Abassiry (G10G)  
Adel Adel El Bendary (Y11G)

### SELKET

Mariam Suhail Zidat (G7G)  
Kenzi Sherif Waguih (Y8Y)  
Zeina Khaled Badawy (G9G)  
& Hussein Kansoh (G9R)  
(equal number of votes)  
Yassien Ashour (G11G)  
Sherief Hatem Zikry (G12R)

### KHEPER

Hager Walid Sabek (Y7Y)  
Sarah Walid Sabek (Y8R)  
Ziad Sherif Ayoub (Y9R)  
Salma Samir Wafa (Y11G)  
Sara Mohamed Matar G12G)

### EDJO

Seif Eldin Moataz Farouq (Y7B)  
Nour Eldeen Eladly (Y8G)  
Youssef Khaled Saba (G9R)  
Malak Alaa Arafa (G11Y)





# SECONDARY LEARNING DEVELOPMENT DEPARTMENT NEWS

**The** MES Cairo Secondary Learning Development Department supports the academic achievement and pastoral care of students in both the British and American Sections. Our team assists with MES Cairo's aims to create independent learners as well as helping our students to achieve the attributes of the aspirational Graduate Profile. Here are some ways that the Secondary Learning Development Department has been supporting aspects of the Graduate Profile this term...

## **'Communicate fluently in the English Language'**

Across the British and American Sections, the Secondary Learning Development Department assists students in core subjects including English lessons so that they can become increasingly proficient and confident English communicators and access our challenging school curriculum. We help students to use dictionaries effectively as well as giving context clues to students when learning new vocabulary. We help to improve their writing by teaching planning and proofreading skills and the use of graphic organisers. We also try to develop students' abilities with spelling by demonstrating strategies such as using mnemonics.

When students enter Year/Grade Seven, we provide an English as a Second Language Class to students identified as needing some extra English language input. This helps students to develop, hone and improve their verbal and written literacy skills and confidence. We also have a range of useful free resources to promote literacy on our 'Learning Hub' Moodle page that students can access from home. We continually update this so that materials are relevant and beneficial.

Reading is extremely important and clearly linked to academic success and we often will listen to students read or help them choose a book to read from the Learning Media Centre. Suggested reading lists are also available on our Moodle page. Beginning a daily reading habit of at least fifteen minutes a day can have a big impact on student's vocabulary, comprehension and overall literacy.

## **'Relate well to others'**

Working closely with Assistant Heads and Deans, as well as Homeroom Teachers, we frequently help students in their interactions with other students. This includes mentoring them on how to cope with friendship issues and problems they may face around school. We teach empathy through supportive dialogue and use coaching techniques to help students find positive solutions.

In class, we will support teachers in the leading of positive group work and encourage students to work together collaboratively. We frequently give personalised feedback to students and advocate for them to attempt to answer questions in class, to actively participate in group work and to get involved in After School Activities (ASA). Attending an ASA can help to build self-esteem, encourages team work and allows students to relate to others in a variety of situations.

## **'Independent'**

We help nurture our students to become more independent by showing them how to improve their own organisational skills. From organising their school bag to filling out their subject timetable and homework planner correctly, we encourage students to becoming increasingly self-reliant. Our aim is for students to be able to plan their learning; setting goals and then regularly reflecting on their own progress. We promote this kind of independence also via our departmental Moodle pages with lots of useful resources on target setting and independent research that students can access and use at home. Another aspect of our work is helping students to learn the skill of prioritising. One example of this is when we work with a student to help them create a revision timetable so that they can manage their time effectively. A member of our department is also part of the Whole School Development Objective One Committee, which works towards creating whole school approaches to developing independence in our students as they move from the Foundation Stage to Year/Grade Twelve. The Learning Development Department uses these whole school approaches to foster independence in students at every available opportunity.

## **'Creative'**

This term, two members of our department launched a Gifted and Talented After School Activity called Odyssey of the Mind. The goal of the club is to encourage our participants to creatively problem solve and design a project of their choice which can then be shared with others. As well as our Learning Hub Moodle page, we also have 'Aiming High: Gifted and Talented Resources' which is for our students enrolled in the Gifted and Talented Programme in Year/Grades Seven, Eight and Nine.

## **'Resilient and Confident'**

We regularly work with students to promote their self-esteem and confidence. We frequently praise and reward progress made, whether that be verbal praise and acknowledgement or a written positive note home in the planner. When a student finds something difficult, we help them to break down larger tasks into smaller achievable goals and help them to see when they have been successful. We aim to motivate and encourage students not to give up and to be resilient when they are being challenged. We also have members of our team who attend and help run the Homework Club After School Activity so that our students can seek guidance with their work.





### **'Recognise Personal Strengths and Passions and Reflective'**

Through the Individual Education Plan (IEP) process, we celebrate the strengths and successes of the students and help them to create future targets that always move them in the direction of achieving more and becoming their best. We work closely with departments to help create action plans of support for students needing extra input in order to be successful. The IEP allows students to be reflective, helping them to understand their own strengths and weaknesses and how to move forward.

### **'Visionary'**

We try to inspire our students to improve their academic and social skills so that they can think about their future academic studies and career. We help them to make choices that recognise their strengths. As a department, we are proud of the achievements of our students who go on to be successful members of the wider community. Part of being visionary is being up to date and current in the best teaching methods for our students. In order to create 21<sup>st</sup> Century Learners, as a department we have two representatives who regularly attend the school WIRED technology training and we disseminate this knowledge with the rest of the team, other teaching colleagues and with our students. We are currently investigating the power of the iPads to make lesson content more accessible to students, as well as exploring ways to engage and motivate our learners through games and augmented reality.

Becoming an inspirational MES Cairo Graduate is a journey of dedication, resilience, hard work and lifelong learning. Here in the Secondary Learning Development Department, we celebrate the success of all our students for their efforts and achievements, especially when they triumph over any hurdles they have faced!

**Ms J Cole - Secondary Learning Development Department Coordinator, British Section**

## **GIFTED AND TALENTED NEWS**

**The** MES Cairo Gifted and Talented Programme started in Term 1 with students in Year/Grades Eight and Nine being invited to re-enrol for the academic year 2015-16. New students in Year/Grade Seven who are eligible will be invited by the end of Term One to join for Terms Two and Three. All students in our Gifted and Talented Programme receive a termly newsletter called 'Aspire', have access to a dedicated 'Aiming High: Gifted and Talented Extension and Resources' Moodle page and are expected to attend a minimum of one After School Activity of their choice.

Our Aiming High Moodle page is regularly updated and contains useful tips, advice and links that encourage our students to become independent and enquiring learners. Recent additions to the page this term include top advice on how to create fantastic presentations in class as well as links to some great free resources that help you to learn new languages! Students can also find information about some excellent 'Eduapps' for the iPad, iPhone or iPod Touch.

The After School Activities programme is an excellent opportunity for our talented students to expand their skills in creative ways that interest them. This term, three clubs which are only for our Gifted and Talented Programme were offered; Mathematics Challenge, Odyssey of the Mind and Global Perspectives for Year and Grade Nine Students.

The Mathematics Challenge with Mr Rayner and Mr Eng is based on the UK Mathematical Challenge. Students are given questions that require straight forward mathematical knowledge, but the complexity is in how to apply it. Students work in small groups and teams to apply mathematics to unfamiliar situations and decide how best to solve them. The club is made fun and engaging by including competitions and relay races.

Odyssey of the Mind with Ms Cole and Ms Kolesnikova is a club where students are able to engage in challenging projects that they have planned and created, allowing them to unleash their creativity and tap into their imagination. Students have the freedom to choose a project that interests them and they are mentored in how to go about seeing it into fruition.

Global Perspectives is a special opportunity for invited students in Years/Grades Nine and Ten led by Mr Rainford, Mr Guiney and Ms Singleton. It is designed to complement provision for our students who have proven academic talent, a committed work ethic, and an evident interest in the world around them. It is a new IGCSE course offered by Cambridge International Examinations. For







British Section students in Years Nine and Ten this After School Activity will the opportunity of an additional qualification beyond their eight timetabled subjects; for US Section students also this ASA offers the opportunity to complement the American High School Diploma with another internationally recognised IGCSE qualification. Global Perspectives serves as excellent preparation for further study in both sections, and is particularly relevant for students contemplating the IB Diploma Programme for Years Eleven and Twelve. It helps to develop students' critical thinking abilities, research techniques, language competencies and other skills which are integral to students' success in other subjects, as well as in their own lives. Participants engage in independent learning: undertaking the completion of research,

projects, essays and group work tasks in their own time, beyond the contact time scheduled in the ASA programme.

Well done to all our students enrolled in the Gifted and Talented Programme who have embraced these opportunities and are making the most of their time here at MES Cairo!

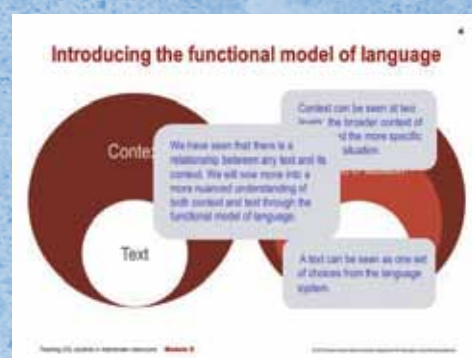
**Ms J Cole - Secondary Learning Development Department, British Section**



## Teaching English as a Second Language

### Modern

English School Cairo has been investing in its teachers' pedagogical knowledge about students whose second language is English. A world-renowned, teacher development course, 'Teaching ESL students in Mainstream Classrooms' sets about removing the barriers that second-language learners might have in accessing their curriculum. Led by Primary Assistant Headteacher, Maureen Glancy, six teachers undertook and passed the Masters level course during the 2014-15 academic year. Not a school to rest on its laurels, this year, twenty-four more teachers from across all areas of the Primary School will be attending the course too.



The programme is divided into nine modules. Important foci include:

- The importance of oral language in the build-up to writing
- Choosing accessible texts for students from different cultural and linguistic backgrounds
- Helping students to develop their knowledge about language constructions
- How to assess different types of written texts

Participants on the course learnt that language always occurs in, or is shaped by, two broad contexts: the cultural context (genre) and the context of the situation (field, tenor and mode). In other words, ESL students must, learn the cultural aspects of language as well as the patterns of a particular scenario. The 'field' refers to what the text/language is about or where it is set; the 'tenor' is the nature of the relationship between participants; and the mode is concerned with whether the language is spoken or written.

Tying in to Modern English School Cairo's commitment to its School Development Plan, the course aims to promote whole-school approaches to addressing the learning needs of ESL students; furthermore, to develop collaborative relationships between all teachers by having a shared understanding of how to support ESL students; lastly, for teachers to reflect critically on their practices and adopt ESL learner-friendly classroom strategies in order to enhance pupils' language development.

**Mr S Cole – Year Five Violet**







## Primary ASAs

**What** a busy term so far! We are experiencing an impressive first term with the After School Activities so far. All teachers I have spoken to are delighted with the participation and dedication of our students. Students are really enjoying themselves while learning totally new subjects!

This term we are able to offer a wide range of activities; Badminton, Drawing, Spanish and iPad Skills. All Year groups are able to enjoy and experience sports activities and arts. We are lucky enough to



have the Shams Academy offering different activities as well for our students.

In Term Two our ASAs will even be more diverse and fun! Together, students and teachers are constantly working on improving and updating our programme. Look out for some really exciting new ASAs next term!

**Mr A Tromp – Primary ASA Coordinator**



## SECONDARY ASAS ARE UP AND RUNNING!



**From** Perennial Ping Pong to Quintessential Quilting and Lego Robotics to Stage Production Superstars, it has been a busy beginning to the ASAs at MES Cairo after a long summer break. Mr Erbach's Pioneers have been busy collecting a range of badges from the variety of ASAs on offer whilst Ms Flakes' NJHS and NHS students have been filling their log books with fantastic experiences.

### So What Is Secondary Up to?

Students are getting creative with Ms Tapsall and her Art Team in the *Stage Production Superstars* ASA and we will all get to see the fruits of their labour on display at the Middle School and Secondary productions this year. Speaking of productions, Ms Hanlon and her *Community Dance Company* ASA

participants will be taking to a stage near you soon to show you some moves you may want to borrow for your upcoming Christmas Ball. The *Quintessential Quilters* have been busy with Ms Ingham stitching and patching together their panels producing wonderful quilts – if anyone has a lonely looking sofa at home you know who to contact!

Our Creative construction ASAs are proving to be extremely popular, with many students hoping to be added to the groups in Term Two. Mr Higgs' *Lego Robotics* ASA is producing some excellent results, so good that the group have the opportunity to compete with schools all over Egypt to see who has designed the best robot. In addition, our new Head of Design and Technology, Ms Taha, has wasted no time in trying to tackle traffic jams on the ring road by introducing the *Formula One in Schools* ASA. Along with Mr Doyle, this merry band of budding engineers may be found racing past the school buses on the ring road.

Whilst the Cougars are training hard, many students are also getting active in our range of alternative physical challenges offered by the ASA programme. Mr Gibson and Mr Norman have been putting students through their paces with the *Insanity* workout – it definitely deserves its title. Mr Van der Marel has put his Gazelle-like physique to the test by joining track stalwarts, Ms Statz and Ms Castleberry, in the *Cougar Road Runners* ASA. Students can be found pacing the tarmac in preparation for a 5K run. Another new addition to the ASA programme is the *Life Long Fitness* ASAs. This is a great opportunity for students to explore alternative fitness for a healthy lifestyle by participating in Capoeira and Yoga – ask Mr Koene for more details.

Special mention must be made for one of our most popular ASAs, *Female Fitness*. Ms Barakat, Ms Taqi and Ms El Masarany have been packing the primary dance studio every week with eager fitness fanatics.

Our *Outreach in Egypt* ASA has proved very popular this term and the students have been working hard designing two programmes to be delivered to the orphans at the Dar El Youseff. With the visits underway, our team of student teachers travel to the orphanage and deliver lessons on a variety of subjects every Sunday. On Tuesdays, the orphans visit MES Cairo and participate in sport and art activities. The students are doing a great job to grow the service education programme here at MES Cairo.

If you're reading this and thinking you are missing out – then get involved yourself! Term Two ASAs will start at the end of January, and we want to see every student in Secondary either participating in a Cougars sports team or an ASA. Term Two looks like it will be bigger and better.

**Mr E Macaulay – Secondary ASA and CAS Coordinator**





# 'Adopt a School' Update

## MES Cairo Returns to Katameya Primary School



**On** Thursday 1<sup>st</sup> October twenty students from MES Cairo made their annual visit to distribute backpacks filled with school supplies to the 2000 students at Katameya Primary School. This year's participants included members of the National Honor Society, the Junior National Honor Society, and the school's scholarship winners from the American, British, and IBDP Secondary sections.

Making a difference, leading by example, and recognising personal strengths and passions were just a few of the attributes of the MES Cairo Graduate Profile we demonstrated on our recent visit to Katameya Primary School.

The visit to MES Cairo 'Adopt a School' offered us a chance to reach out and provide support to individuals in their community and at the same time reflect upon our experience. We visited primary classrooms and distributed the backpacks filled with notebooks, colouring books, pens, pencils, pencil cases, sharpeners and other brightly coloured school supplies. Smiles and shouts of excitement were common throughout each classroom as we emptied the contents of our backpacks onto the Katameya Primary students' desks.

Our visit went beyond distributing school supplies

as the experience offered us the opportunity to experience a different school environment, reflect upon our own education, and think about how our personal strengths and passions can be used towards the betterment of our community. For several students, amongst us, this was our second visit to Katameya Primary and offered us the chance to reconnect with familiar faces.

Upon returning to MES Cairo, Ms Ghada Dajani gathered all of the students and informed us that she would be holding a competition. We were asked to submit an account of our experience on the trip that morning (no less than three paragraphs) with the winning entry published on the school website and in the next issue of the Messenger magazine along with a prize in the form of a 500LE voucher from Virgin presented to the winning student by Ms Ghada Dajani.

Enjoy reading the winning entry, written by **Malak Arafa (G11Y)**

### Visiting Katameya School – A Student's Perspective!

As MES Cairo students, we are fully aware of how blessed and privileged we are to be able to learn in an environment that fosters our creative and all of our abilities. Our colourful school displays, stellar laboratory and sports facilities and an unparalleled fine arts programme are all things that MES Cairo is proud to have. Believe it or not, the vast majority of Egyptian kids can only dream of such luxuries. This became evident to the group of NHS/NJHS students who visited the local Katameya School on 1<sup>st</sup> October 2015. Being aware of the blessings that we have come to take for granted is wonderful but how can we, the MES Cairo family, make a positive difference to our community?







A feeling of excitement and anticipation filled the buses as we travelled to Katameya Primary. As this was my second time visiting the school, I thought I knew what to expect. Little did I know that this experience would differ greatly from my first. Being able to visit a second time gave me the opportunity to reflect and see the obvious impact that MES Cairo contributions have had. After my first visit at the beginning of last year, my perspective on my life completely changed, allowing me to become a more appreciative person. The minute you enter the school, radiant walls painted by MES Cairo students greet you. Walking across the newly renovated tiles that cover the yard, we made our way to the classrooms to give the children bags filled with brand new school supplies. The classrooms were visibly more colourful and their old wooden

tables that last year were covered in splinters had been switched for smooth, shiny desks. I was even thrilled to see several familiar faces smiling back at me.

The pure ecstasy that filled their eyes once they saw their gifts is one of those sights that you have to see in order to believe. Some of the children told us that they still had the bags they were given last year. We all noticed that all the children wanted the bag with the Egyptian flag on it. True patriots in the making! Jumping up and down in glee, they yelled "SHOKRAN!" (Thank you). I wanted to thank *them* for showing up to school, taking their education seriously and teaching me more about my community than I ever thought possible. I also want to thank the entire MES Cairo family for bringing such joy into these children's lives. Through your support of Adopt-A-School, you have been able to make a difference in Egypt.

After we had distributed the bags to all the classrooms, we made our way to the buses. A multitude of discussions erupted with several ideas evolving about what else could be done to help. I am honoured and grateful to have been able to go on this enlightening trip. It has once again reminded me how blessed we are. All children are entitled to a good education. It is, however, a birth right that many Egyptian children are deprived of. It is our duty, as Egypt's educated youth, to ensure that everyone has access to a secure and motivational learning environment.

**Malak Arafa (G11Y)**

Many thanks to Ms Ghada Dajani, MES Cairo's Managing Director, for organising this annual event that provides students the experience of giving back to their community. We also thank the students and staff of Katameya Primary School for their hospitality and we are already looking forward to the next visit.

**Mr D McKoski – Vice Principal, American Section**





# WELCOME!

## MEET OUR NEW MES CAIRO TEACHERS

### Mr Daniel Guiney – Secondary History

I have taught History in England for eleven years and Singapore for a further three years. I have been an examiner for eight years for IB, AS and IGCSE courses. I come from Norfolk in England, the same county, as the great archaeologist Howard Carter, and I hope like he did in 1923 to discover “wonderful things” here in Egypt. Having met Year Seven Yellow, my own pastoral treasures, this already appears to have come true. Who says History doesn’t repeat itself? I love the past and am very proud to have recently guided a team of Historians through to the semi-finals of the inaugural International History Bowl in Hong Kong. I enjoy challenging my students to use ICT in order to think differently and I love outdoor learning. I have led educational visits to many places including Russia, Germany, France and Sri Lanka in order to help students gain a better grounding in the History curriculum. Outside of school I regularly contribute to the journal ‘Teaching History’ and I am learning Tagalog. I have completed one marathon and enjoy cooking south-east Asian food. I dream that one day Aston Villa FC may once again lift the European Cup as they did in 1982!



### Ms Caitlin Mackenzie - Secondary Physical Education

Hello, my name is Caitlin Mackenzie and I am very excited to be here teaching in Cairo. I am teaching across both British and American Sections in Secondary PE. I was born in Fife in Scotland and I grew up in a little village called Falkland which has its own Palace! I studied at Stirling University where I graduated in Physical Education, Education and Sports Studies. Whilst at University, I taught PE in Zambia for two months. I have been teaching for four years across all of Scotland including Dundee, Fife, Glasgow and the capital, Edinburgh. My main sporting interests are Trampolining and Netball. I am a former Under 18 World Trampolining champion and competed for Great Britain and Scotland. In Netball I played for the Under 15, 17 and 19 Scotland Netball team. This summer I got married to Mr Robert Mackenzie, Secondary Science teacher. This is a picture of us on a trampoline on our wedding day! I love to travel and during the holidays I am looking forward to exploring Egypt as well as Cairo.

### Mr Robert Mackenzie – Secondary Science

Hi my name is Robert Mackenzie and I feel privileged to be part of the MES Cairo family. I am teaching Science in both the British and IBDP Sections. I was born in Dundee and grew up in a small town in Fife close to St. Andrews (the home of Golf). I studied and graduated in Biology with Education at Stirling University. My first teaching placement was at Madras College in St. Andrews and my next post was in Scotland’s capital, Edinburgh. I have a real passion for all science as I believe it allows people to develop an understanding of the world around them and also critically evaluate all types of information. My other interest is Rugby and I have greatly enjoyed coaching the MES Cairo students in this wonderful sport. I am also very interested in travelling, which I share with my wife, Mrs Mackenzie. We got married in the summer on a beautiful sunny day in Scotland. We both look forward to working at MES Cairo and exploring Egypt.



### Mr Sam Robertson – Key Stage Two Deputy Headteacher

Hello! My name is Sam Robertson and I am absolutely delighted to have joined the Primary team at MES Cairo as Key Stage Two Deputy Headteacher. So, a little about me... Despite growing up amongst the beautiful valleys of South Wales, I always had my sights set a little further afield, and extended trips to Pakistan and Fiji during my teenage years gave me a thirst for overseas exploration that lives with me still. After school, having been dissuaded by my parents from a life playing in a rock’n’roll band, I went to Cambridge University to read Natural Sciences. I have always been passionate about working with children so, after my degree, I completed a PGCE in Primary Teaching also at Cambridge. Since then, my teaching career has taken me from England to Cambodia to Kenya and back again, adventuring across Asia and Africa along the way, and working in UK state and independent schools as well as a variety of British international schools abroad. I’m thrilled to be here at MES Cairo and in Egypt, and look forward to making a positive impact in school and exploring as much as possible of my new home!



### Mr Chris Carroll - Secondary Physical Education

Hello there! My name is Chris Carroll and I'm from Essex, England. Since graduating from the University of Chichester, I have had a gap year travelling South America, one year teaching in China, two years teaching in Kuwait and now here I am in Egypt. So far I have had an amazing experience working, travelling and living in this wonderful country. Both the staff and the students at Modern English School have made me feel extremely welcome and have helped me settle in very nicely. I have had a wonderful experience working as a PE teacher here and have particularly enjoyed coaching the Varsity Football teams. I am looking forward to seeing what Junior Varsity has to offer! I have also been lucky enough to have Y8G as my homeroom!



### Mr Phil Lawrence – Secondary English

Hello everyone. My name is Phil Lawrence, and I am the new British Section Head of English. Before moving here, I was Head of English at an independent school in East Anglia in the UK for about ten years. In fact, I have been teaching English in the independent sector in England for twenty years or so - before which I worked overseas in Brunei, Botswana, Japan and Hong Kong. It is good to be abroad again, especially in a city with a warm climate, a rich history and such friendly and welcoming people. I did my first degree and PGCE at York University, taking a Masters in Literature later on. I read widely in literature and classical history. My favourite writers are too numerous to mention, but I often go back to Graham Greene – partly because, perhaps, I used to teach at Berkhamsted, his old school. I also have a particular interest in theatre, especially the plays of Shakespeare, Ibsen and Chekhov, and enjoy writing comedy scripts for school productions. In Egypt I hope to visit a lot of historical sites with my wife, Jane Lawrence, who teaches in Year Five.



### Mr David Smoult – Primary Learning Development Department (LDD)

While I have been to Cairo before, this feels like a new place to me. I travelled here about ten years ago as part of a tour and saw only a glimpse of the well-known warm Egyptian hospitality. Now I live here, I definitely feel welcome. People have been so kind. Originally I come from Australia, having worked in the 'Outback' for a few years before moving to England. In Egypt I enjoy nothing better than talking to people, using as best I can, my limited knowledge of Arabic. Thankfully, staff and students at MES Cairo have provided brief lessons enabling me to go to any Café in Cairo and order a chai with mint in Arabic. A keen musician, I love recording music in my spare time. I am also a willing participant in all things concerning football and sport. I have met lots of staff and students who share my interests and as a result, feel very much at home.



### Ms Dianne Green – Secondary Art

Hello, my name is Dianne Green, but a lot of people in the United States spell my name Dyan. I have come to MES Cairo from San Antonio, Texas. I began teaching Art in 2003. In addition to working as an art teacher I have had an active career as an artist in Texas. Nearly all of my work is in the areas of sculpture and ceramics. I also love to travel. I have been to eighteen countries and can't wait to explore more of the world. Last year I visited Morocco, Spain, France, Algeria, Tunisia, Italy and now Egypt. I am looking forward to working with all of the creative kids at MES Cairo!

### Mr Georgios Gerakakis – Secondary Science

Hello, my name is Georgios Gerakakis, also known as Mr G to the people that cannot say my name properly, which is virtually everybody! I teach Chemistry and Physics in the British and the IB Sections. I am originally from Athens, Greece but I have lived in the UK for ten years which is where I studied Biochemistry and did my PGCE. I have worked many years in the Pharmaceutical and Medical Diagnostics Industry before moving into teaching. Between Pharma and teaching I have travelled extensively from the jungles of Borneo to the Atacama Desert and I have enjoyed doing volunteer work for the protection of the environment. After living in London for the past five years I decided to move to another cosmopolitan city, Cairo, with much nicer weather and the same great vibe. So far I am loving both MES Cairo and the city.



### Ms Kelsey Bull – Secondary English

I am so excited to be teaching at MES Cairo! Teaching and education are my greatest passions, and I feel honoured to be working with students to develop global understanding in order to contribute to the world in which we live. I have taught in Tennessee, USA and in Ghana, West Africa, and enjoy travelling throughout the world! There are so many places to go, see, and learn! I am looking forward to a great year teaching the incredible, vibrant students at MES Cairo!





### Ms Tracey Goodman – Primary Key Stage One

My family and I come from the South West of the UK. We are very close and I am the youngest of three children. We all work in education!

Having trained as a nurse I first got the travel bug in 1990 when I worked in Israel but had to leave due to the Gulf War. I realised that I wanted to continue travelling and decided to take A Levels and do a degree in teaching. I finished my BEd Hons degree at Kingston University, UK, in 1996. Since then I have taught in the UK, Tanzania, Lagos, Doha, Abuja. During this time I have been head of department for five years. I have taught in various year groups throughout Primary but have settled into Early Years. When I am home I work as Educational Advisor in Devon tourist attractions, often looking after the animals at the sites. I am single but have always found company with dogs in whatever country I

live in. Marley, my dog from Nigeria, will be joining me and my little pup Finn in January. My outside school experiences lay in humanitarian aid in Yugoslavia, Zambia and Hungary. My mother says that I am on a constant 'Gap Year.' In my spare time I have gained diplomas in Animal Welfare and Psychology, Primate Conservation and Professional Pet Sitting. As you can imagine the saying 'Never work with animals or children' does not apply to me! Early Years children surprise me every day with their 'wow' moments and their zest for life.

### Ms Jane Lawrence – Primary Key Stage Two

Hello everyone. My name is Jane Lawrence and I have started teaching in Year Five at MES Cairo this year. Before coming here, I was Director of Studies and a classroom teacher at an independent preparatory school in East Anglia in the UK for over ten years. In fact, I have been back in the UK seeing our children through school and university for quite a long time! Before then, my husband and I lived and worked abroad in Brunei, Botswana and Japan. It is great to be on our travels again, especially in such an interesting and stimulating city. I did my first degree in Biology and then a PGCE in Secondary Science, but re-trained for Primary when the children were young. Outside the classroom I love travel, gardening and hiking in the great outdoors. We have travelled widely in South East Asia, Europe, Central America and the US during the summer holidays from the UK, and I am looking forward to exploring this corner of the world. I also enjoy reading, in particular world literature.



### Ms Kimberly Odekirk – Primary Art

Although new to the Primary Art Department at MES Cairo, I am not a stranger to teaching or Egypt. With graduate teaching credentials from California and Washington, I have taught Art in Los Angeles, San Diego, Seattle, Belize, and locally at Cairo American College. My travels and passion for art have led to a keen interest in painting and I exhibit annually. I am a timid "foodie" and an interior designer, and have loved riding my horse, 'Magic' in the great Sahara Desert. I

have taught art to over 3,500 children in my career and I couldn't wait to get started here at MES Cairo.



### Ms Kelly Rijnaarts – Secondary English

Kia Ora! My name is Kelly Rijnaarts and I'm looking forward to my first year of teaching English in the Secondary British Section at MES Cairo. Although I have a Kiwi accent, I was born in the Netherlands. My family immigrated

to New Zealand when I was still very young and that is where I studied and gained my Bachelor of Arts Degree and Teaching Diploma at Victoria University.



### Ms Maria Bajkowski – Primary Music

Hi, my name is Maria Bajkowski and I am teaching Primary Music at MES Cairo. I grew up in the north of England and first got my travelling bug when I did a year in Finland as a part of my degree. After my degree I did my teaching practice in Secondary Religious Studies in Manchester, and then went on to teach RE for two years in Liverpool. For the past five years I worked in the Bahamas. It was there that I began to teach Primary school Music and became very involved with the music community on the island. I am really enjoying working at MES Cairo. Egypt is a great country to live in and there is always lots to do and lots to see.

### Mr Tyler Shelden – Secondary Maths

It's great to join the Mathematics team here at MES Cairo and I look forward to a year of critical and creative thinking! As an Oregonian, I'm passionate about exploring and protecting the natural environment. This means climbing mountains, spelunking caves, and cleaning up rubbish in the outdoors. As for languages, if you have any questions about Chinese or Japanese, come and ask me! I have spent hours studying Chinese and Japanese characters, cultural proverbs, and pronunciation. I have also enjoyed tutoring, running After-School clubs and teaching since my High School days. I later earned my undergraduate degree from University of Oregon (Go Ducks!), a Master's in Education from Portland State University, and a Masters in Public Administration from Tsinghua University in Beijing, China. During and in between these years I worked and studied in England, Japan, Colombia and China. It has been a great first few months at MES Cairo and I'm looking forward to a year full of great math challenges, constructive classroom conversations and awesome student projects. Go, Cougars!





### Mr Kyle Cullen – Primary Music

Hi, my name is Kyle Cullen and this is my first year teaching Primary music at MES Cairo. I'm very excited to be here this year and I was amazed with the support and resources for music when I arrived. I moved here from Canada and I have to say that I really enjoy the history and weather of Egypt since it so different from our cold Canadian winters. It's also nice being able to go for a walk and not have to worry about seeing a bear! I graduated from the University of Toronto, Canada and following my graduation I moved to Berlin, Germany where I operated my own music business. I have been fortunate enough to perform in Canada, the United States, Italy, England, Denmark, the Netherlands and Germany and I'm looking forward to touring either Europe or Japan this summer. If you ever need to find me when I am not teaching, I'm usually practising on the school's pianos preparing for one of the upcoming concerts, so feel free to drop by!



### Mr Ray Williams – Key Stage Two

Hello, my name is Ray Williams and Cairo is not my first venture into the Arabic speaking world. I have spent five years in Dubai and five years in Kuwait working in International schools. I met my wife in Kuwait and we got married there, which means we have a marriage certificate written in Arabic! I spent the last ten years teaching in Cyprus, so it was only a short flight to Cairo. Prior to this we were living in a cottage in the far west of Ireland, in County Kerry. There I became involved in a craft guild which enabled artists and craftspeople to find a retail outlet for their work. I have always had an interest in creativity, from the literary and visual arts to the technological, and hope to inspire the same in the children I teach. I try to keep in mind that the children I come into contact with will be entering a different world to the one we currently know and some of the jobs they will be doing have not even been thought of yet. Some people say I was around when Elvis was King, but as you can see I was also around when Victoria was Queen!



### Ms Shelby Fowler – Secondary Social Studies

My name is Shelby Fowler and I have joined the MES Cairo staff as a Seventh and Eighth Grade Social Studies teacher in the American Section. I come to MES Cairo on my first long term teaching job abroad from Tampa, Florida, USA where I taught Sixth Grade Ancient Civilisations. My experience teaching is at an all Boys' Preparatory Academy in Tampa, FL where I was lucky enough to have some incredible mentors to show me the ropes and help me develop my style. Always up for an adventure, I took full advantage of having my summers free and most recently I have travelled to Paris, Turkey and Ghana. Turkey and Ghana both provided short term teaching opportunities for me to see what it was like to live and work abroad. Needless to say I fell in love with this and actively began pursuing international teaching jobs. I was lucky enough to find a home here at MES Cairo and can't wait to explore Egypt and many other destinations I have yet to check off my list.



### Ms Sarah Cole – Secondary English

Hello all, my name is Sarah Cole and I'm pleased to be joining the American Section English Department at MES Cairo this year. I am originally from Washington State in the Pacific Northwest (not to be confused with the nation's capital), home of the original Starbucks coffee house and a plethora of hiking boot-laden, raincoat-sporting coffee snobs. I received my degree in English from the University of Washington in Seattle. Shortly thereafter, I moved to Miami, Florida where I taught Secondary English for three years. Although I miss Florida's sunny beaches, I am excited to be here in Cairo surrounded by a sea of warm faces.

### Ms Sally Elsaadany – Secondary English

Hi, I'm Sally Elsaadany and I currently teach English in the American Section. I like to think of myself as a hot-pot of cultures, coming from a diverse background, but that doesn't stop me from calling Egypt my second home – well I have been here for seven years! I'm originally from London; born, raised, and educated and nothing can keep me from going back home to experience the cold and hopefully snowy - although let's be honest, mostly rainy, Christmas season. I attended Queen Mary and Kings College, University of London to study for my BA in English, after which I took a gap year to travel around Africa, working with Non-Profit Organisations before going back to study for an MA in Critical Media and Cultural Studies at the School of Oriental and African Studies (SOAS), University of London. Following this, I studied for a third time to get my teaching certification, which is what lands me right here! I'm enjoying my time at MES Cairo so far and I'm looking forward to seeing what more it has to offer. It's great to witness such passionate, creative, and interested students in action, so thank you for making the transition easy.







### Mr Matthew Link – Key Stage Two

What a privilege it is to live and work in Egypt, one of the most extraordinary and influential countries in the world! I remember learning all about pyramids and the Pharaohs when I was in primary school, and now here I am just moments away from the real pyramids! I am very excited to be here teaching Year Three at MES Cairo and I am looking forward to a fantastic year. I come from London, England, but I have been very fortunate to live and teach in four continents around the world. I used to live in Washington DC, in the United States, and most recently, I lived in Bogota, Colombia, where I did my best to learn Spanish. Now, I shall have to learn Arabic instead! I can't wait to experience life in Cairo, to see more of Egypt, the Middle East and Africa, and to get started with a brand new class in Year Three. What a wonderful opportunity!

### Ms Cynthia Webb – Secondary English

Hi, my name is Cynthia Webb and I grew up in Florida, USA and spent the last thirty years or so in New York. I have practiced law, ran a small publishing company, and raised three children, among various other ventures, but I am now in the thrall of education. My most recent degree is a MEd from Teachers College, Columbia University. I am very happy to be part of the MES Cairo community!



### Mr Alan Doyle – Secondary Science

Hi, my name is Alan Doyle and I am teaching Physics in the British Section Science Department. It is obvious that MES Cairo is a very well-run school with excellent teachers and some extremely talented students. I have received wonderful support and advice from both the administration staff and my teaching colleagues. This has enabled my family and I to settle quickly into life in Cairo and we are very pleased with our experience so far. My son, Anthony is currently enjoying life in Year One and has already benefited from excellent teaching by making good progress in reading and Mathematics and my other son James will join Foundation Stage One in September. We have so far explored most of Cairo and spent a wonderful week in Hurghada. We are looking forward to experiencing the rest of Egypt in the future.

### Ms Katherine Ruddy – Primary Key Stage Two

Hi everyone, my name is Katherine Ruddy and I am currently teaching Year Three Blue. Before coming to Cairo, I was teaching in Qatar for five years which was lots of fun and prior to Qatar I taught in Cairo for four years and loved it so much I have returned! I am originally from Essex and have taught in London for six years which was great. I have travelled to many countries including France, Italy, Spain, America, Greece, Ireland, Lebanon, Jordan and the Emirates. I am really looking forward to being in Egypt again and rediscovering all my favourite things to do.



### Ms Kalimah Fergus – Secondary Science

Hello everyone! My name is Kalimah Fergus Ayele and I am so happy to be part of the MES Cairo team. I am originally from Brooklyn, New York. I received my B.S. in Chemistry from Stanford University (so I am also a west-coast gal) and my M.A. from Teacher's College, Columbia University. My teaching career started when I served as a Peace Corps Volunteer in Tanzania and I have been teaching Chemistry for almost eighteen years since. Before joining the MES Cairo American Section Science Department, I taught in Southern Africa (Johannesburg and Lesotho) so it's a wonderful change to explore this part of the African continent. I am here with my husband, Abel. Our two children who are thrilled to be studying in the Primary Section.

### Mr Tom Rosser – Secondary Information Communication Technology

Hello, my name is Tom Rosser and I am teaching Information Communication Technology in the British Section. I am originally from Wales, UK and studied ICT and New Media at the University of Leeds, UK. This will be my seventh year as a teacher having working at schools in the UK, Qatar, Vietnam and China before starting here at MES Cairo. So far I have enjoyed my time here in Cairo, joining up with the Cairo Rugby Team, playing rugby most weekends and trying some amazing local cuisines. My first impressions of MES Cairo are that it is a great school and the students are fantastic. I look forward to continuing developing the ICT Department and getting to know you better as the year progresses.





### Stacey Gilmore – Secondary Music

My name is Stacey Gilmore. I am thrilled to be teaching music at MES Cairo as my first experience teaching internationally. I have taught music for eleven years in the United States and am finally fulfilling a dream of living and teaching abroad. I grew up in Wisconsin, and have lived the last eight years in Colorado. I have always enjoyed traveling and outdoor activities like hiking and camping. I stay active by playing roller derby. I skated the past six years with the Rocky Mountain Rollergirls, and now am a member of the 'Cairollers', Egypt's only team. When I'm not teaching or skating, I enjoy creating things (sewing, knitting, etc.) and I enjoy playing music. My main instrument is the flute, however you can often see me with a bass or a guitar in-hand. I moved here with my husband, Martin Gilmore who is teaching guitar in the Peripatetic Music Programme. We love the energy of Cairo and look forward to enjoying all that Egypt's history and desert has to offer!

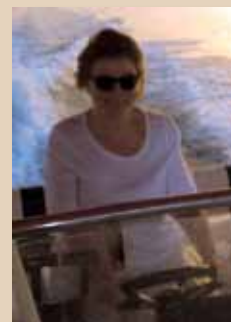


### Mr Taheer Kasmani – Secondary Maths

Hello, my name is Taheer Kasmani. I am a Key Stage Three, Four and IBDP Mathematics teacher. This is my first time in Cairo and I am having a great time at MES Cairo so far. The students are friendly, respectful and really want to learn. Prior to Cairo I lived and taught in Kuwait for six years. I was born and raised in London, England and have also lived and taught in Birmingham, England. I was lucky to travel often during my time in Kuwait. I have been to Greece, Qatar, Turkey, Oman, Emirates, Jordan and Saudi Arabia. Both my wife and I are looking forward to travelling all over Egypt and sampling the delights that this country has to offer. I am really looking forward to the year ahead and I hope that we all have a great and successful year.

### Ms Patty Mathews – Secondary Librarian

Hi All, I'm Patty Mathews, Secondary Librarian Media Specialist. Before coming to MES Cairo I was a Reference Librarian at Valencia College in Orlando, Florida USA, very near to Disney World and Mickey Mouse. This is my second time living overseas, having been the Head Librarian at Higher Colleges of Technology in Fujairah, United Arab Emirates. I earned my Masters in Library and Information Science while also pursuing my teaching certification from the State of Florida while also working full time. I was a Librarian Media Specialist at Walker Middle School and Poinciana High School in central Florida. My hobbies include reading, of course, travelling and crossword puzzles. I brought around 275 books with me to Cairo (on my Kindle). I have lived in many states in the USA including Alabama, Florida, Maryland and Virginia but I think my time in Cairo will, by far, be the most exciting. I never thought I would have the opportunity of teaching in Cairo and am thrilled to be here!



### Ms Nina Williams – Primary Key Stage Two

Hello! My name is Nina Williams and I am very excited to join you here at MES Cairo... I have been teaching Key Stage Two for the past ten years and I am looking forward to sharing some of my ideas, as well as learning from the very welcoming team here in Cairo. My family and I have spent the last two years enjoying the hustle and bustle of Bangkok, Thailand. Whilst we were there we had lots of crazy adventures from scooting around in tuk-tuks to bathing elephants. We are now looking forward to making many more lasting memories here in Egypt! I have come to Egypt with my husband, Simon, who is a TLA in Year Four and my daughter, Phoebe, who is in Foundation Stage Two. They are both settling in to life here really well and are loving their new roles! As a family, we are huge 'foodies' and love eating out and cooking. So, if you have any tips on nice places to try local food please let me know!

### Ms Sahar Khan – Secondary Maths

Hello! My name is Sahar Khan and I am an Algebra 1, Statistics and AP Statistics teacher at MES Cairo in the American Section. This is my first year here and I am absolutely loving the students, the school and the city! Prior to this, I have taught in Canada for eight years and in Dubai, UAE for two years. My educational background is in Chemical Engineering, but my passion lies with teaching. Besides work, I love to read and travel and am very excited to discover Cairo, other cities in Egypt and the Middle East! I am looking forward to a great year ahead.





### Mr Andrew Koene – Secondary Physical Education

I am from Green Bay, Wisconsin and have been teaching internationally for four years. I have grown a passion for teaching internationally because I have the pleasure to work with and develop relationships with extremely influential people whose main concern is student learning. Another reason why I love teaching internationally is the opportunity to travel and be infused within different cultures. I decided to come to Egypt for the opportunity to learn about a new culture and continue growing as a professional. During my free time I enjoy exercising, participating in sports and outdoor activities. I am extremely passionate about teaching students about lifelong fitness and outdoor education. Some of my favourite outdoor activities are hiking, surfing, and mountain biking. I am expecting that Egypt will provide me with a few adventures!



### Ms Claire Harris – Primary Key Stage Two

Hello! My name is Claire Harris and I am the Year Three Red teacher. Before teaching I worked in retail and hospitality management but soon realised that I wanted to become a Primary Teacher. I went on to gain my PGCE from Strathclyde University in Glasgow and haven't looked back since. This is my sixth year teaching and I have worked both internationally in Thailand for the past three years, and previously to that, back home in Scotland.

### Mr Matthew Ingham – Primary Learning Development Department (LDD)

My name is Matthew Ingham and I have been a teacher since 2001. I have enjoyed a very varied career, teaching all ages and stages of children, which has led me to a passion for understanding and supporting children through a wide range of teaching styles. I joined MES Cairo in the Learning Development Department and I am about to embark upon a Master's degree from Nottingham University to develop both my teaching skills and the experiences of my pupils. I have joined MES Cairo from Kuala Lumpur, where I was teaching at Garden International School and I have come with quite an extended family. There is my wife Carrie, who teaches Secondary English and our two children Amelia, Year Four and Alice, Year One. We have also brought our two German Spitz Mittel dogs with us, Betty and Badger. I am really enjoying my time in Egypt, it is an inspiring country to live in and I am looking forward to the many adventures this amazing country will bring to us as a family, both inside and outside the classroom.



### Ms Bianca Luna - Secondary Science

Hello, my name is Bianca Luna and I have joined MES Cairo to teach Biology and Science in the American Section. I was born in Mexico and lived half of my life in the US where I became a teacher. I originally studied Microbiology and some French, and became an international teacher when I moved to Spain to teach High School Science in a place with the best weather all year round. Last year I was in Malaysia, an amazing place with one of the oldest rainforests on the planet and with the richest biodiversity as well. Egypt has been incredibly welcoming, in general people are gentle and the history as I could only imagine, is very rich. As I get to know my students, I am discovering a new culture while I teach them Science. I love travelling to and discovering new countries, eating and collecting handcrafts made by locals to support their communities. I am looking forward to a very good school year here at MES Cairo!

### Ms Claire McAslan – Primary Deputy Headteacher, Key Stage One

Having grown up in Glasgow, I moved to the small town of St. Andrews on the east coast of Scotland for university. I read Art-History and Medieval History and spent my time learning the organ, nannying and playing hockey with future royalty! I took a gap year to work in a children's Nursery and travelled to Port Elizabeth in South Africa where I coached sport and taught in the township schools before heading to Cambridge University where I completed my PGCE. After this, I moved to London and have spent the past nine years teaching and leading in inner-city schools across the capital from Hounslow to Hackney, most recently working for an Academy group to open a new school. I am really excited to have joined the MES Cairo family and have thoroughly enjoyed my first few months. I have been made to feel very welcome by everyone, including the children and I look forward to a fantastic year ahead.







### **Ms Carrie Ingham – Secondary English**

My name is Carrie Ingham, and I am delighted to be teaching in the English Department, British Section, at MES Cairo. My particular passions include reading, of course, and also writing fiction and non-fiction, theatre, music and yoga. I have joined the MES Cairo family with my husband, Matt Ingham, who is working in the Learning Development Department in Year Four, and our two daughters, who are in Year Four and Year One. Most recently we lived in Kuala Lumpur, Malaysia for two years after having taught for many years in the UK. We fully appreciate the amazing opportunities for new experiences and travel that living overseas can bring.

### **Ms Laliya Ba – Secondary World Languages**

Bonjour! I am Laliya Ba and teaching French and Spanish and leading the Secondary Modern Languages Department. I have been teaching French for almost ten years, including five years in Senegal at the International School of Dakar, and before that in the UK and France. I have worked with various ages and levels of French learners ranging from beginner to Francophone students and from Early Years to IB DP French A. I enjoy teaching pronunciation, grammar, and listening and speaking. I enjoy travelling and experimenting in the kitchen but when I am not teaching my favourite way to spend free time is to be with my husband and my three children, Diana, Zeytoun and Ousmane.



### **Ms Rowena Hanlon – Secondary Performing Arts**

My name is Rowena Hanlon and I am very happy that I joined the Secondary Performing Arts Department here at MES Cairo this year. Already my students have performed devised work and one group is busily preparing to share a scripted piece. I have an ambition to develop dance here at MES Cairo too as this is my first subject and I come with a wealth of professional experience to share with the students. Practise for the school musical is underway with ASA "Tapaganza" and we have a collaborative contemporary and African dance company also. I have found the community here at MES Cairo in relation to leadership, colleagues and parents to be very supportive; I travelled here with my son Michael who is enrolled in Year Three, and he has settled in very quickly too. We look forward to experiencing Egypt through art, music, food and travel and are particularly looking forward to being awed and amazed by the ancient sites and artifacts which are so easily accessible. We come from Manchester, UK originally but have spent the last two years in Bogota, Colombia; I taught in China prior to that. We have lots of time to get to know each other because Michael and I plan to stick around for a while as our first impressions have been so positive!

### **Ms Susan Scott – Secondary English**

This is my first year teaching at MES Cairo teaching Seventh Grade English and Ninth Grade English One. My international teaching career began in China many, many years ago and I last lived in London teaching and enjoying travelling around Europe. I first travelled to Egypt in 1984 and fell in love with the people, the climate, the culture and the history and am thrilled to be living here now. When I'm not at school, I enjoy reading about Egypt, keeping up with the latest teen fiction, and poetry. I am passionate about yoga, Zumba, and working out at the gym, and my secret desire is to learn to belly dance! I am curious about Egyptian cinema and will be taking Arabic lessons soon. I'm grateful to have the opportunity to travel throughout Egypt during holidays and long weekends. My MES Cairo colleagues, the administration, and especially the students have made me feel welcome and part of a warm, caring community that values teaching and learning. My plan this year is to teach as hard as I can and to learn as much as possible!



### **Mr Brendon Shilley – Primary Key Stage Two**

This is my first time on the continent of Africa. It's been an amazing start to my new life teaching abroad and living in Cairo. I am feeling very welcomed by all the MES Cairo staff who have helped to get me settled in. It has given me a great opportunity to experience a new culture and really get involved in the Egyptian way of life whilst adding to my love of travelling, having taught previously in China and travelled around South America. I completed my PGCE at the University of London and studied Physical Education at the University of Chichester. When I am not in the classroom you will find me riding my bike, having previously cycled around The Netherlands, or even in the Sports Hall helping to coach basketball as part of my After School Activity.



# MES Cairo Welcomes Back Returning Teachers!

## Mr David Talbot – Primary Key Stage Two

I first arrived at MES way back in the dim and distant past of December 1990. After five very happy years, we left to go to Qatar and thence to Kuwait for twenty years. It is a very exciting and thought-provoking time. MES Cairo is celebrating its 25th Anniversary, which we are extremely proud to be a part of. MES Cairo is obviously a very different place to the one we left in 1995. Instead of a villa beside a very busy flyover in Sarai El Kobba with smallish classrooms, the school now stands in magnificent grounds with superb resources and many more children and staff, and, just to remind me of my age, some of the children we were involved with are now teachers at the school! One thing has remained the same though, and that is the drive and attention to detail of Mrs Dajani and Mr Godfrey. It is thanks to them that I first met Linda, my wife, in Kuwait in 1987. It is fitting that having started our international teaching careers with Mrs Dajani that we return to the MES Cairo fold to finish them.



## Mrs Linda Talbot – Secondary English

Well, they say that if you drink the waters of the Nile you will return. So here I am, pleased to be back in the MES Cairo family after 20 years working in Qatar and Kuwait. The constant heartbeat here at MES Cairo is Mrs Dajani, Ghada and Mr Godfrey whose vision was to ensure MES Cairo became a leading school and it is wonderful to see this vision accomplished. Like the waters of the Nile, MES Cairo and the Dajani family have the ability to lure staff back to the school shores. Teaching once again in the English department with like-minded colleagues and keen students is a delight and I look forward getting to know the students better over the coming year. I have always loved travelling and look forward to re-exploring Cairo, snorkelling in the Red Sea and visiting archaeological sites. I am also keen to spend time browsing in Cairo's bookshops and reading more Egyptian literature. I also enjoy sailing, snow-sports and golf, when it's not raining! I am sure that the year ahead will be a fruitful one both in and out of the classroom.



## Mrs Jane Hainsworth – Primary Learning Development Department (LDD)

Well, here I am again. This is my third time working at Modern English School, Cairo. I am now in my tenth year of teaching here and, although many of my old friends are no longer here, the school remains a friendly, lively and interesting place at which to work. I love the opportunities Egypt has to offer, whether it be exploring all the hidden jewels of Cairo, snorkelling in Dahab or relaxing on my balcony with a good book or the Archers omnibus. This time I am back in Cairo without my children who are now at University. For those of you that know our family, Michael is studying at Leeds and Caitlin is at Edinburgh. Michael recently bumped into a fellow MES Cairo student and is planning to join the Egyptian Society there. Now I am back at MES Cairo I can't wait to see the productions for real as I have only been able to read about them while I have been away. You might have realised by now I really am happy to be back! There's only one thing I don't like and that is bumping into cheerful thirty somethings when I'm at City Stars, who say "Miss Jane, you used to teach me." Where has the time gone since I first started in 1998?



## Ms Sandra Caswell – Secondary Social Studies

Hello, I am returning to MES Cairo after a twelve year absence. I'm joining the Social Studies Department, in the well-established American Section, as an Economics teacher. After I left MES Cairo in 2003, I returned to the United States to re-join my son and to further my studies. Itching to return to international teaching, I left Texas to teach in Ecuador for one year before moving on to work in Hong Kong. I worked in Hong Kong for the next seven years, travelling throughout the region on either business, pleasure or accompanying students on the school's annual adventure programme. While I loved living in Asia, I have always felt compelled to return to Cairo. It's amazing how many people I knew twelve years ago who are still working at MES Cairo, making my transition back to the school so comfortable. I'm looking forward to a wonderful year!



## Ms Jill Mitchell – Key Stage Two

I first came to live in Egypt in September 1993. Although I worked in Maadi British School for my first two years here, I decided to move to MES Cairo in September 1995 and joined the school on its old site in Heliopolis. I have many very happy memories of working there. In 2000, I helped to set up the present school; at the time it was in the middle of the desert and we even had to hold Parent's Evenings in the daytime because there was no street lighting! In 2004, my husband and I decided to return to the United Kingdom and we settled in London. Last October, completely out of the blue, my husband was asked if he would consider coming back to work in Cairo; it was a total surprise but we had to make a decision very quickly. It wasn't a difficult decision to make as we both had very happy memories of living in Egypt and we also have a holiday home in El Gouna which we visit whenever we can. Consequently, I contacted Mr and Mrs Godfrey, asking if I could return to MES Cairo and here I am!



## Ms Dot Sinson – Primary (Supply)

This isn't my first time here at MES Cairo! Previously, I worked here from 2007-2013. When I was leaving, Mrs Dajani very correctly said I'd be back and that if I returned she would employ me again so, I took her at her word and here I am! I was born in Great Britain but didn't stay there for long. My father served in The Royal Air Force and so, as a family, we had the wonderful opportunity of living in many different places. After leaving school, I had a great variety of jobs including working in the motor industry, shop supervisor, life guard, lorry driver and serving as an officer in The Royal Artillery in the British Army. I started teaching at the age of 32, my first school being a large junior school in Middlesbrough, England where I taught in Key Stage Two. After that, I taught in a special needs school before coming here to MES Cairo. In my spare time I like riding my motorbikes, cooking, socialising and gardening.





# MR MULLIGAN'S 'MARATHON MARATHON' AND HOW HE RAN TO GET THERE...



I started running a couple of years ago when my wife, Miss Celine, noticed that my face seemed to be getting quite large and moon-like. At first I was terrible at running and I puffed about like a leaky steam engine, but soon I improved and found that I was enjoying being outside, having time to think and enjoying a slightly smaller face.

As my face deflated and my legs got stronger I ran further until it seemed that maybe a 20k run would be possible. With four other teachers from MES Cairo, I entered the Pharaonic Race and we laughed and perspired our way from Fayoum to Sakkara. We ran 20k each to complete the 100k course. Then we did it again, but in chunks of 25k. We then ran the Cairo Runners half-marathon and we survived, so why not a full marathon?

I knew the story of the original marathon because I like to read. My favourite novelist, Haruki Murakami, also likes to run and had written a short book about running. In it, he describes his first marathon distance run, in Greece. The name 'Marathon' comes from the legend of Pheidippides, a Greek messenger. The legend states that he was sent from the battlefield

of Marathon to Athens to announce that the Persians had been defeated in the Battle of Marathon (in which he had just fought), which took place in August or September, 490 BC. It is said that he ran the entire distance without stopping and burst into the assembly, exclaiming "we have won", before collapsing and dying. The distance, and the name, stuck.

I ran all over New Cairo like oil in a frying pan with my trusty running partner, Adel Khalifa. We ran quickly and slowly, short and long distances. We annoyed our friends and families by talking about it. We got quicker and stronger and then we got on a plane to Athens. There were 16,000 runners attempting the 42.195 kilometres from Marathon to Athens on 8<sup>th</sup> November. Adel and I left the Marathon starting line just after 9am, dots in the huge crowd, excited and adrenalinised. The kilometres whipped by as we passed through villages, water stations and the massed shouts of "Bravo!" from the Greek spectators. We were hoping to finish in under four hours and realised we were doing ok when 21k arrived in 1hr and 41mins.

The route is hilly and demanding but after 32k the time was still looking good and the hills eased off, phew! This last 10k was the most scenic, passing through the outskirts and into the heart of ancient Athens. It was also well sound-tracked, with noisy crowds, troops of drummers and music belting from roadside speakers. I could feel the distance now, runners were pulling up and dropping out, my muscles were burning, but I knew I wasn't going to stop. I was not going to walk a single step of the distance.

Unsure of my time as I rounded the final bend, I saw the beautiful Panathinaiko Stadium, my calves were burning and my legs simply refused to accelerate. Then I spotted the finish line, complete with enormous timer ticking away, and suddenly I was sprinting the last few hundred meters and, just as suddenly, it was all over. I had finished the Athens marathon, and I had not died.

The final time was 3.34.27, much quicker than I had hoped. My calves hurt a worrying amount for about half an hour, then I walked back to my hotel for a shower and some lunch. Wondering how much more quickly I could have run, wondering about the next one...



**Mr D Mulligan – Primary Information Technology**

## THE MES CAIRO FAMILY CELEBRATES NEW BIRTHS!

May and Muntadher Taqi (Secondary Head of Department for Business) became parents just short of 7.00am UK time on Thursday 30<sup>th</sup> April 2015.

They are the very proud parents of little Amalee Muntadher Taqi.



Sadhbh McLaughlin



Sadhbh McLaughlin

Ben Higgs (Secondary Design and Technology Department) and his wife had a baby girl over the summer, Miriam Ruth Higgs, born on 14<sup>th</sup> August 2015.



Amalee Taqi



Miriam Higgs

Exciting news for Mr Brian McLaughlin and his wife, Miss Ciara Kearney, as they celebrated the birth of their daughter, Sadhbh McLaughlin on Saturday 3<sup>rd</sup> October 2015. Baby Sadhbh weighed 8lb 13oz.



# MESMERISED





# MESMERISED



## MESsenger 51 Team

Ms C Boswell, Ms S Sheehan, Mr P T Godfrey, Ms G Dajani, Mr T Dajani, Mai Hindawi (Y12R), Ms R Sharkawy, Ms O Mawla  
With special thanks to Elham Tadros at Glow Printing.



# Modern English School Cairo



*Modern English School Cairo is a learning community which provides a high quality education for children from Foundation Stage One to university entrance level, serving the needs of Egyptian and international families in Cairo. Our broad education is based upon the British Curriculum in Primary. In Secondary, we offer a choice between a British Curriculum, an American Curriculum and the International Baccalaureate Diploma Programme. Arabic and Religious Studies are taught throughout the school.*

## Our Mission

**Leadership through Education: Caring, Challenging, Inspiring**

### We believe in:

- recognising the value of each individual and his/her relationship with others;
- promoting international understanding and responsible citizenship in a multicultural context, reflecting the best of Arab, Western and other world cultures;
- providing a supportive, inspiring environment which encourages learners to aim high and achieve their aspirations;
- creating opportunities for all to develop confidence, responsibility and integrity.

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Council of International Schools (CIS)  
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by Ministry of Education, Egypt  
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