

MESSENGER

MES CAIRO STUDENTS DISCOVER EGYPT'S TREASURES



British Council / CIE Awards

WIRED News

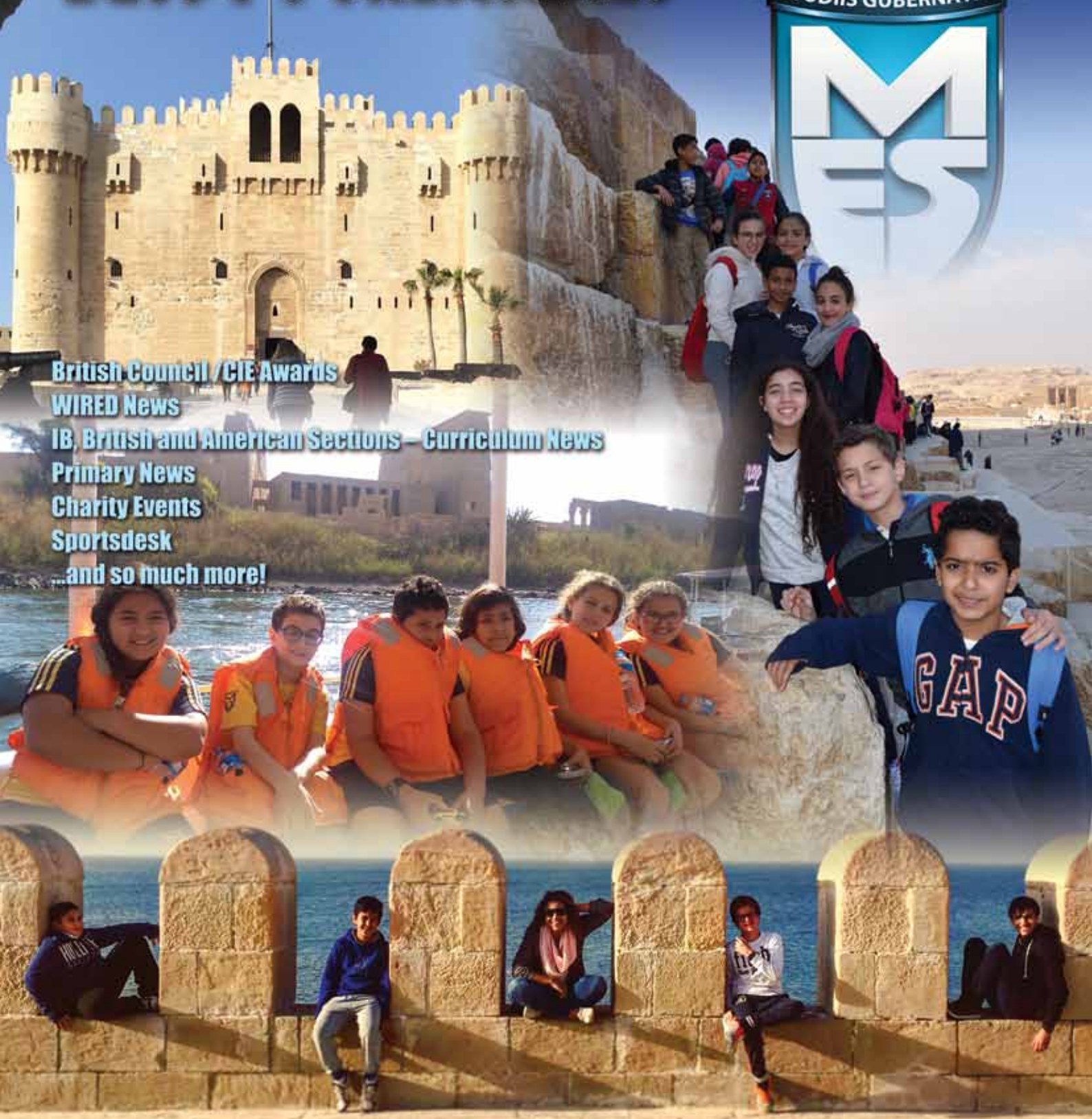
IB, British and American Sections – Curriculum News

Primary News

Charity Events

Sportsdesk

...and so much more!



CONTENTS

British Council Awards	3
Senior Trip to New York	5
Wired at MES Cairo	6
International Baccalaureate Diploma Programme News	8
Outreach 2016	14
HRCF	15
Key Stage Three Update	16
English Matters	17
Year Seven at the Necropolis	18
Year Eight enjoy Industry Day	20
Year Seven Maths	21
International Mathematics Competition – Beijing, China	22
Technology Department News	24
Grade Nine IT	26
Grade Nine Global Studies Students visit Islamic Cairo	28
Week Without Walls	30
American Section Students of the Month	32
Charlotte's Web	34
Art Beat	36
Primary Art News	45
Primary Parent Workshop	46
Foundation Stage One – Down on the Farm and Going to the Moon	47
Foundation Stage Two – Mad about Mini-beasts	48
Year One Lands on the Moon	49
Year Two Visit to the Wadi Environmental Sciences Centre	50
Primary Science Week	51
Year Three Production	53
Year Four Explores the Roman Empire	54
Year Five Star Wars Day and Film Club	55
Year Five Nile Cruise	56
Year Six Production	58
Key Stage Two - Inter-House General Knowledge Quiz	60
Primary Sportsdesk	61
Primary ASAs Update and MES Soccer Academy	64
Primary Pioneers	65
Secondary ASAs	66
International Award	67
Secondary Sportsdesk	69
Model United Nations (MUN)	76
Secondary House News	78
Have a Heart Social	79
Seasonal Concert and British Embassy Carol Concert	80
Secondary Learning Development Department News	82
MES Achievers	85
Diane Lewis' Memorial Service	86
New Babies and MESsenger Takes a Vacation	87

MES CAIRO STUDENTS RECOGNISED BY CAMBRIDGE INTERNATIONAL EXAMINATIONS AND THE BRITISH COUNCIL FOR BEING THE VERY BEST OF THE BEST!

MES Cairo is the school that Cares, Challenges and Inspires!

On 16th February 2016, the British Council, Egypt in association with their partner, Cambridge International Examinations, released the names of the nation's Outstanding Cambridge Learner Award winners. As has become the annual tradition, MES Cairo stole the headline, with our British Section students having achieved significantly more awards than any other school in Egypt: an impressive 18 of 61 Award categories.

Whilst it is the students themselves who are most deserving of praise for their significant achievements, the adults in their lives deserve recognition also! Parents are to be congratulated on their children's success as their substantial effort and support has been rewarded. Teachers have played an enormous part in facilitating their success also; not only those who had the pleasure of teaching our award winners last year, but those who have shaped their educational journey over time.

The whole of the MES Cairo family can take pride in the accolades referenced below, as well as the reality that each student listed is shaping up to be a remarkable young person even beyond their academic pursuits.

CONGRATULATIONS TO OUR HIGHEST ACHIEVERS ON THEIR NATIONWIDE RECOGNITION!

Top in Egypt Subject Awards

- Nader Raafat – A Level Biology and A Level Chemistry (now studying Medicine at University of Oxford, UK; our MES Scholarship winner of 2014/15)
- Nader Soliman – IGCSE First Language English and IGCSE Geography (currently Y11)
- Hayah Elzayat – IGCSE English Literature (currently Y11)

High Achievement in Subject Awards

- Nour Jauda – A Level Art and Design (now studying Fine Art at University of Oxford UK; our MES Scholarship winner of 2014/15)
- Malak Maurice – A Level History and A Level English (now studying International Relations at London School of Economics, UK)
- Malak Dahroug – AS Level Art and Design (currently Y12)
- Farah Abdel Razek – AS Level Economics (currently Y12)
- Abdelrahman Abdelkhalik – IGCSE Design and Technology (currently Y11)

Whilst individual subject awards denote a remarkable achievement in each case, the awards that truly reflect the quality of a school, in our opinion, are the 'Best Across' awards. These give credit to students who are consistent in their performance in exams across multiple subject areas:

Best Across Multiple Subjects

- Nader Raafat – First Place in Cairo in 3xA Levels (now studying Medicine at University of Oxford, UK; our MES Scholarship winner of 2014/15)
- Salma Farouk – First place in Egypt and Cairo 4xAS Levels (currently in Y12; our MES Scholarship winner of 2015/16)
- Ahmed Leithy – Second Place in Cairo in 4xAS Level (currently in Y12)
- Nour El-Tahhan – Second Place in Cairo in 3xAS Level (currently in Y12)
- Salma Wafa – First place in Egypt and Cairo 7xIGCSEs (currently in Y11)



Abdelrahman
Abdelkhalik



Ahmed Leithy



Amina Elghazali



Farah Abdel Razek



Hayah Elzayat



Malak Maurice



Nader Raafat



Nader Soliman



Nour El-Tahhan



Nour Jauda



Salma Farouk



Salma Wafa

- Nader Soliman – Second place in Cairo 7x1GCSEs (currently in Y11)
- Amina Elghazali – Third place in Cairo 7x1GCSEs (currently in Y11)

MALAK MAURICE (Class of 2015) – TOP A LEVEL PSYCHOLOGY SCORE IN THE WHOLE WIDE WORLD!

At the time these results were published, our graduate of 2015, Malak Maurice was being recognised as 'Top in the World' for her performance in Edexcel A Level Psychology last June. Her family, Mrs Rainford (HOD Humanities) and Ms Clingan (Assistant Head), collected the award on her behalf at a prestigious ceremony hosted by the British Ambassador. Malak was unable to attend due to her university commitments in London (LSE), where she is studying International Relations.

University Success – MES Cairo students continue to impress UK University Admissions Officers

It is hardly surprising that MES Cairo graduates are being offered places at top universities in the UK, including Oxford and the London School of Economics. Our current Senior students are being offered even more places at top universities in the UK and the list is growing!

2013-14 UK - offers & those taken up	2014-2015 UK – offers & those taken up	2015-2016 UK places – offers so far!
68 offers	147 offers	Applicants so far: 47 Undergraduate + 9 Foundation (both numbers will increase by June deadline). Offers so far: 113 Undergrad + 4 Foundation
City University Exeter Exeter Herriot Watt Imperial College London Aston Kings College London Manchester Nottingham Southampton Surrey Sussex	Brunel Derby Kings College London Leeds London School of Economics London South Bank Loughborough Manchester Newcastle Chichester Nottingham Oxford Royal Holloway London Sussex University of Arts London West England Westminster	Anglia Ruskin Bath Birmingham Brighton Bristol Brunel Cardiff Durham East Anglia Edinburgh Exeter Imperial College London Kingston Lancaster Leeds Leicester London School of Economics Loughborough Portsmouth Queen Mary, London Queens Belfast Greenwich Reading Royal Holloway London Sheffield Southampton St. Andrews Surrey Sussex Kings College London University College London University of Central Lancashire University of East London University of Roehampton Warwick Westminster

Congratulations, MES Cairo!

Mrs Nicola Singleton – Secondary Principal, British and IBDP Sections

MES@NYC!

Senior Trip to the 'Big Apple'



The MES Cairo Class of 2016 Senior Trip to New York City included many cultural, culinary, and sight-seeing experiences as well as plenty of retail therapy! From Broadway to the Brooklyn Bridge, Macy's to the MoMA, the 'Big Apple' did not disappoint. Each and every one of us felt thrilled by all that the city has to offer. Staff and students were introduced to a whirlwind tour of NYC including the sights and sounds of Times Square, Little Italy, China Town, Rockefeller Centre, Grand Central Station, the Statue of Liberty, Ellis Island, and even an evening visit to the top of the Empire State Building. Each day promised a new adventure of exploration and delights! It was an experience that will be remembered for a lifetime! Very quickly it became evident that MES Cairo loves NYC!

**Ms C Flake – Global Studies Teacher,
American Section**

This is what some of the MES Cairo Seniors had to say about their trip to New York:

- My favourite part during the Senior Trip was when we visited the Metropolitan Museum of Art.
- The most exciting part of our Senior Trip is when we all went up the Empire State Building and saw all of New York lit up from above
- We got to explore a lot of New York. We took a tour through China Town and Little Italy. It was amazing to be able to explore such neighbourhoods. It was like we had taken a fast flight straight to China!
- The best part of the trip was all of the new experiences. I really enjoyed the tour on Ellis Island and the Statue of Liberty
- The most exciting part of the trip was when we visited the MoMA (Museum of Modern Art)



WIRED at MES Cairo

Welcome back to the WIRED corner. During the months that followed our last article, we have been very busy delving into interactive technologies to make our learning spaces more engaging for the students we teach. Keep in mind, it is not the amount of technology, but how it can be blended into the learning environment to improve student engagement and learning. You will see that using both traditional teaching methodologies with more innovative approaches creates a dynamic blended classroom for students.



During the WIRED meeting for January 2016, we looked at what it means to curate resources versus collect resources. We used a curation tool called BlendSpace among many others to examine what it actually means to curate resources and why this is a powerful tool in the learning environment.

First, we can just examine the learning process. The *thinking level* is vastly different when collecting items as your main consideration, adding it to a grouping and merely **classifying**. Whereas when you curate a resource you are looking for underlying themes and ideas and how to best carry out a message which requires critical thinking skills such as **synthesis and evaluation**. The *process* when collecting is sometimes random and you add merely because it fits the classification, giving very little thought into the quality of that resource. When you are curating that same resource you read, **evaluate, interpret, and synthesize** to ensure it fits your theme and context. Overall, your choices are **purposeful** and requires the use of constant inquiry. Another important variable is the intended *audience*. When collecting, often the collection is not shared. When you curate you not only have to select, but you also consider the audience you are preparing it for. This requires a person to make decisions about the **arrangement**, how to **annotate** the resources, where and how to publish them so they can be used in a **collaborative** manner. By making the works collaborative the audience can be involved and invested in the curated resources, offer comments and be a true participant.



The power of students as curators is multi-faceted. Students construct their own knowledge and are able to hone their skill in information literacy. Teachers are permitted to be designers of the learning scenario where all of this deep learning and thinking can take place.

The instructor provides the essential question and provides a wide variety of tools so the students can be successful, but students take leadership and craft a unique blending of resources. Take a look at some of the tools that can be used to curate resources such as BlendSpace, ScoopIt, Kuratur, LliveBinders, and ThingLink to name a few.



Following our January meeting, the teachers got together in a Google-style Hack session on 28th and 29th February 2016. During that time they discussed and blogged about the amazing ways they have designed meaningful learning experiences for their students using a variety of curation tools.

Ms Bull, American Section Secondary Teacher, wrote "My focus right now is to utilise BlendSpace with *The Great Gatsby*. I am going to introduce the tool through a "Gallery Walk" style lesson using Blend Space, and then students will become curators through the creation of their own BlendSpace."

Ms Dean, Primary Year Two Teacher stated, "This is my third BlendSpace lesson with Year Two. This BlendSpace is much bigger, looking at the seven new, Modern, Natural and Ancient Wonders of the World. It is set-up by topic, but links used are arranged by ability groups, so students have flexibility of their learning, choosing from a variety of links embedded in BlendSpace, to complete their collaborative learning."

Mr Cole, a Year Five Primary Teacher, is excited about the possibilities of using the idea of curation in class. Sam stated, "I like the idea of the students curating their own BlendSpace. In Year Five, we are about to embark on a study of two contrasting geographical locations and I would like the students to create a project on BlendSpace. They could even create their own Edpuzzle videos. I'm now going to start curating my own page to show as an example to my class."

A common theme throughout all of the teachers' posts about how the students have engaged in the work is that it lends itself to the opportunity to explore, discover, and an opportunity to be creative. I look forward to hearing about what the students think about this new learning tool. In the meantime, visit all the exciting news coming from our WIRED teachers @ <https://wiredatmes.wordpress.com>. Next month, we will be working on examining game-based learning design and the use of augmented reality.

Ms D Ballard – Secondary Principal, American Section



WIRED at MES Cairo

Like-minded teachers from Primary and Secondary, British and American Sections, regularly gather together to receive training on new technologies and how we can use them in the classroom as part of the MES Cairo WIRED teachers group and then we share and disseminate our experiences with our departments and teams, as well as sharing through staff briefings, INSET and via our WordPress blog.

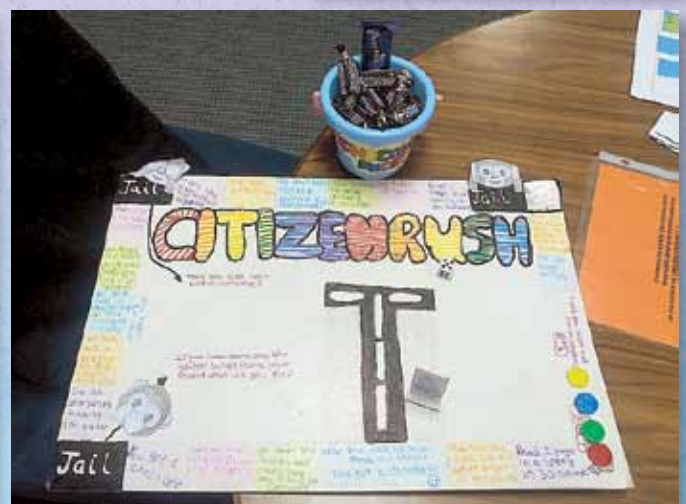
In our recent training at the end of January, amongst a packed agenda of exciting items, we discussed the benefits of PLNs and reviewed the SAMR model and how to move forward and beyond what is possible, through the use of technology.

A PLN is a Personal Learning Network. Many of our teachers are already part of these networks; having educational professional Twitter accounts used to connect personally with colleagues, other teachers and educational professionals around the world. Other such networks include Pinterest, Edmodo and YouTube. The benefits are numerous. Teachers can continually learn from each other by sharing ideas and resources, engaging in professional debates and dialogues as well, tapping in to the expertise of others. The network allows us to participate and share varied global perspectives on teaching strategies, educational issues, and technologies. Even just a regular brief scroll on Twitter following fellow educators can leave you inspired and motivated with new ideas to trial in class. As a global network you can share the very best of what you have and you can seek advice and problem solve collectively, by posing questions and following others.

As part of WIRED we are asked to critically think about the large number of apps and new technologies that are emerging in the educational field. As a group, we are able to problem solve collaboratively and discover what works best for our students here at MES Cairo.

When experimenting with technology, we remember not to use technology for novelty sake. Using the Substitution, Augmentation, Modification, Redefinition (SAMR) Model, we can remember as educators that the higher purpose for technology integration is to redefine what is possible in the classroom. Substitution is where we use technology in place of a traditional physical object. An example could be using an inbuilt dictionary whilst reading an e-book on a kindle and highlighting passages with the highlighting tool instead of using a book, dictionary and highlighter pen. Augmentation would be using the technology with increased functionality. An example would be using an app where students could collaboratively annotate a text together to help them understand the text, leaving their own questions, comments and ideas. Modification is where a task can be redesigned. For example, whilst reading a text, students could collectively add virtual sticky notes with links to videos and websites that enhance the reading of the text. If students were reading a speech by Martin Luther King for example, they could link to his actual recorded speeches via YouTube or link to other historical sources such as a virtual online museum. These enhance the learning however redefinition is where a previously unimaginable task is created through the powerful possibility of technology which transforms the learning. In this case, students could curate the different sources that they had collected whilst exploring the text and create a shareable resource to demonstrate what they have learnt; such as a glog or iMovie of their learning journey.

Mrs J Cole - Secondary British Member of WIRED



MES Cairo International Baccalaureate Diploma Programme Open Day November 2015



One of the celebrated features of our school is that at the conclusion of Primary, students can choose to continue with the British curriculum, or they can migrate into the American Middle School Programme. At Year or Grade Ten, our students have another crucial decision to make: to either continue their education in either the American or British Sections, or, to consider the International Baccalaureate Diploma Programme (IBDP) in DP11 and DP12. It is such an important decision for our students that all Secondary-aged students were strongly encouraged to attend the IBDP

Open Day with their parents last November.

Many parents ask us about the IBDP from as early as Foundation Stage One! That is why we recently decided that an Open Day would help all interested parents to gain a clearer understanding of the Programme. Our second annual MES Cairo IBDP Open Day was a huge success. It was attended by parents of MES Cairo students of all ages, as well as many parents who have children at other schools both here in Cairo and abroad.

Upon arrival, visitors to the Open Day were guided to the school theatre where they were given an introduction to the Diploma Programme and information about how it is rewarding and respected by universities all over the world. UK universities are increasingly recognising the value of the IBDP. They see it as something special and they welcome applications from DP students. DP students are given a special privilege in the summer months after final examinations when they are offered early clearing, ie they are offered early access to places that may still be available after results are published. Admissions units at universities across the UK have lowered their entry requirements this year as they recognise that the DP is academically challenging and holistic. American universities have offered generous credits to IBDP students for many years, in recognition of the fact that they study a range of subjects to a high level, as well as producing a 4000 word research paper (Extended Essay). IB students also study philosophy through the Theory of Knowledge (TOK) course and must dedicate time to complete the Creativity, Activity and Service (CAS) component of the course. At the Open Day, we outlined the structure of the IB curriculum and explained to parents how it is different to other Secondary curriculum options. This does not mean that it is a better option for all of our students, and for this reason we also explained what types of students we believe are best suited to the Programme.

Our IB students played an impressive role throughout the day. In the theatre, they added variety and fun to the informative presentations given by Ms Singleton (Secondary Principal, British and IBDP Sections) and Ms Sheehan (Assistant Head, IBDP Coordinator). The students acted as excellent ambassadors for the IBDP and for MES Cairo as a

MODERN ENGLISH SCHOOL CAIRO

Join us and plan your journey to success

IBDP Open Day

10.00am, Saturday 21st November 2015

Students in the IB Diploma Programme at MES Cairo have access to:

- an outstanding IB World School staffed by internationally certified and experienced teachers
- a broad subject offer complemented by a truly enriching extra-curricular programme
- a nurturing learning community where every student is cared for, challenged and inspired
- an annual tradition of well above world average pass rate with excellent individual scores

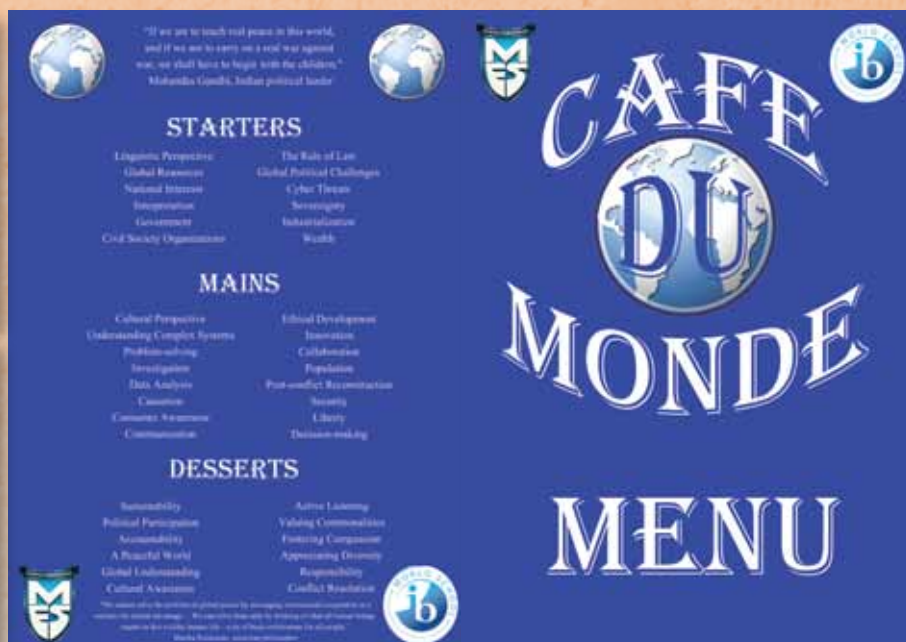
"The International Baccalaureate is highly regarded by Admissions Tutors at Cambridge University for entry to all subjects."
Admissions at University of Cambridge, UK

"IB is well known to us as excellent preparation. Success in an IB program correlates well with success at Harvard. We are pleased to see the credentials of the IB Diploma Program on the transcript."
Admissions at Harvard University, USA

ib WORLD LEADER

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whole. They spoke with confidence and ease about how much they enjoy participating in meaningful service opportunities and how important it is to be committed to the Creativity, Activity and Service (CAS) element of the Programme. They also shared two excellent videos they had made independently; one explaining the concept of International Mindedness and another sharing highlights of their fabulous CAS trip to Aswan last term.



Students from DP12 and DP11 then led groups of parents around the school in carousel groups, where they took part in four very engaging activities. These activities involved discussions, lessons and practical experiences, giving a flavour of what it is like to be an IBDP student at MES Cairo. Parents and students of all ages enjoyed the stimulating learning settings. One was an introduction to the TOK course, the second was a painting session run by our Visual Art students and linked to the Creativity element of the CAS Programme. Our visitors also enjoyed a taster Science lesson which involved a thought-provoking experiment and generated fervent discussions. Last but not least, our visitors were able to relax in the internationally-minded Café du Monde – where the delighted clients could order explanations of 'Linguistic Perspective', or 'World Peace' or

'Sustainability', from a rich menu that generated interesting debate between the visitors and our team of enthusiastic, suitably clad 'garçons' et 'filles' from DP11.

The final part of the Open Day involved a Subject Fayre in the Multi-Purpose Hall. Our University advisors for UK, USA, Canada and Europe were available, along with admissions staff from the AUC, and they were able to explain to parents how the IBDP is recognised here in Cairo and all over the world. Current IBDP students and MES Cairo IB MESConians guided those in attendance around the subject stalls and answered questions, as did our IBDP teachers and senior members of staff, enthusiastically promoting a Programme that so many of us are passionate about.

Staff training for IBDP teachers – Webinars

As with all IB teachers all over the world, all of the teachers on MES Cairo's IB teaching team are 'IB trained'. This means that they have all completed IB training and are licensed to teach in their country of origin for the courses they teach on the IB Programme. To supplement this training and because the IBDP promotes lifelong learning, IB teachers often take further enhancement courses which are either subject-specific, or they can focus on other areas of the IBDP, for example TOK or supervision of the Extended Essay.

IB teachers have been meeting voluntarily for discussion and training sessions since last April. This academic year, MES Cairo has subscribed to a suite of Webinars specifically aimed at supplementing the expertise of our trained IB teachers and also for teachers interested in teaching the IB in the future. In Term Two we have been accessing the Webinar presentations in groups and following these up with group seminar discussions, enabling our teachers to further enhance their knowledge and understanding in a variety of areas, including TOK, Meeting the Needs of Diverse learners, and focused sessions on subject-specific assessment. Additionally, an introductory Webinar has been accessed by interested teachers not currently teaching the IB.



The IBDP staff team engaged in collaborative planning



Training Webinars were held throughout Term Two



Mr Rainford enthusing about Science and World Studies Extended Essays



Evaluating what we know about the Extended Essay so far

DP11 Extended Essay Workshop – February 2016

An important element of the IB Diploma is the Extended Essay. The Extended Essay process teaches students the academic writing skills required at university level and, in the spirit of the IB Approaches to Learning, it prepares young people for the skills they require to become lifelong learners. Students must complete a 4000 word



Ms Mathews reminded the students how to navigate around the MES Cairo research database



Mr Vandermaer speaking passionately about the beauty of Mathematics!



Ms Matthews leading the students through a referencing activity

research paper in a subject of their choice and they are advised to choose a topic that they find highly interesting, within a subject that may be connected with their choice of degree subject or major at university. Universities hold this aspect of the Diploma in high regard, stating that it prepares students very well for the type of academic writing they are expected to undertake at university level.

"We feel excited when we see applications from IBDP students. This is because we feel that the IB develops all of the skills that a UK university wants. Writing, research, referencing, discussion, independent learning, critical thinking and a deep understanding of how to avoid plagiarism. The Extended Essay is a major academic achievement their TOK studies add a whole new level of intellect that we welcome. IBDP students know many things that the students from other systems don't necessarily know - so they come to us really well prepared. There is breadth in their knowledge but they also have the depth - the six subjects definitely do not mean a compromise in depth." (Leeds University Admissions Officer, The Hague IBAEM Conference, November 2015)

MES Cairo's IBDP11 students started out on their Extended Essay journey in February, when they attended a workshop introducing them to the requirements of the EE. They were guided on how to choose a topic and create a research question, how to follow the EE timeline for the submission of drafts and how to approach the work on a one-to-one basis with their individual supervisors. Our students were excited to learn about MES Cairo's special arrangement with the AUC, as our DP students have the privilege of visiting the AUC library to access the university database for research several times before the final completion deadline, which will be in December 2016. Ms Matthews, our LMC coordinator, reminded our students of how to access our own wealth of research materials available here at school, as well as leading them through a vital and stimulating interactive workshop on the skills of advanced academic research, referencing and citation.

MES Cairo's IB subject coordinators then gave the students detailed insights into the Extended Essay in each area and supplemented this with crucial advice on how to formulate effective research questions and produce successful papers. Students enthusiastically asked a myriad of questions and many of them felt instantly inspired, sharing some fantastic ideas for their own Extended Essays. They were then given three weeks to reflect; to carefully choose their topic and collect ideas for a focused research question whilst aiming to link this research to their future study plans at university.

DP12 Students – Preparing for their final examinations



DP12 visited the AUC to work on their Extended Essays in October

Our DP12 senior students have all now submitted their Extended Essays, ready for dispatching to IB external examiners all over the world. They will be taking their languages oral examinations in March, and, early this May, they will begin sitting their final external written examinations. With the support of their teachers, they have been working hard in preparation for these examinations, as well as finalising their coursework pieces in all subject areas for submission to the IBO. Our DP seniors have already been offered places at impressive universities (including Bath, King's College London, Durham, and Royal Holloway London, UK and The University of British Columbia in Canada) and although we will miss them when they graduate, we feel extremely proud of their achievements and successes on their IB journey so far. We certainly have high hopes for them in the future and would like to take this opportunity to wish them the very best of luck. We will be watching their progress with great interest and we know they will do us proud.

Ms S Sheehan – Assistant Headteacher/IBDP Coordinator



The Group 4 IBDP Science Project

In December all of DP12 completed their Group 4 Project over two days of hard work and effort. The project is a course requirement within Biology, Chemistry and Physics in which students work with each other to complete a task and to present their findings to the whole group. It is a chance for our students to work with students who study different Sciences. Our Science teaching team assessed and moderated the final presentations.

This year the students voted to work on the theme of 'Efficiency'. This led to groups testing the effect of limiting oxygen on competing puzzles, which food changes reactions the most, building the most efficient potato gun and even investigating the efficiency of Art.

DP12 students started their projects by generating a question, planning their projects and collecting resources. Over the two days they collected data, refined their ideas and produced an answer to their question. Finally they presented their findings to all the MES Cairo DP students and teachers using music, live acting, demonstrations and videos with their efforts being recorded and contributing to their Diploma.

Mr B Rainford – HOD Secondary Science, IBDP and British Sections



History in the IB Diploma Programme



The DP11 IB History class has been enjoying a busy year matching the application of historical skills required across their three examination papers with a high level of precise historical detail. They have performed very well in their recent midyear examinations.

New and exciting developments this year have included unlimited access to the historytoday.com's digital archives as well as a range of podcasts which have been made available to them through membership of the Historical Association and subscription to activehistory.com and this has enhanced their application of historiography immensely. The class has also enjoyed engaging with world experts such as Professors John Charmley and Frank McDonough on Twitter and is presently benefiting from a range of bespoke revision podcasts made available to them on Mr. Guiney's YouTube channel, as well as receiving detailed verbal feedback for their work on SoundCloud.

"We do a lot of independent research work with the guidance and gives us a goal – good use of library space and available resources. Last term we really enjoyed working on a research project investigating to what extent WW2 was a 'total war' and trying to define what a total war actually is in terms of a country's involvement and the allocation of resources towards that war. The way that we learn in History helps us to write better essays and connects with the MLA referencing format we have been learning in English." **Mahmoud El Shabba (DP11Y), Yola Elwy (DP11Y) and Youssef Hanna (DP11R)**

It is anticipated that an upcoming school trip to Berlin scheduled for October 2016, which will include sites of historic interest relevant to the course as well as intensive exam revision workshops, will help to both consolidate and build on their in-class learning.

Mr D Guiney –IBDP and British Section History

For news about Visual Art in the IB Diploma Programme please see 'Art Beat' page 43.



IB Psychology and the MES Graduate Profile

For the first time in MES Cairo history, Psychology is now being taught as an International Baccalaureate Diploma Programme course. With the new academic year came the new IB class full of eager and focussed students, excited to embark on their IB journey. We, as MES Cairo students, have long been aware of the MES Cairo Graduate Profile. The Graduate Profile is very close in nature to the IB Learner Profile and can be defined as a set of attributes that MES Cairo students should have when they graduate from school and move on to university, building on these attributes as lifelong learners and later putting them to good use in their professional careers and in everyday life. Our fellow Psychology students provided us with their thoughts about how studying Psychology promotes some of the MES Cairo Graduate Profile attributes:

"This class helps to me relate well to other students and peers. It is enhancing **my cultural awareness** and it also gives me the opportunity to look at things from different viewpoints." Sarah El-Taweel (DP11R)

"Psychology makes me more **empathetic** and improves my **interpersonal skills**, as I am learning how people think and act and why they do things in certain ways. It is also helping me to be more **reflective** and to obtain a **global understanding** by seeing situations and experiences from other people's perspectives. Since starting the course, I find it easier to relate well to others by understanding different mindsets. I believe that this is a quality that will help me throughout my life." Kenzy McKay (DP11Y)

"I took a big **risk** when choosing Psychology as one of my courses. Although at times it has been challenging I am grateful that I have persevered and my decision to work hard is proving how capable I am of being determined and **resilient**." Shahd Rashad (DP11R)

"Psychology makes me **respect myself and respect others** because it allows me to understand the intentions and processes behind each individual mindset." Farida Geassa (DP11Y)

For all of these reasons and because we are all thoroughly enjoying this fascinating course that enables us to think in new ways about other people and the world around us. Psychology is a fascinating subject that enables us to measure our own behaviour as we get a real insight into how and why people interact the way they do in certain situations. That is why we urge you to 'keep calm and study IB Psychology'!

By Ali Bahaa-Eddin (DP11R) and Hana Mattar (DP11R)

IB English Literature – Learning Through Drama From Page to Stage

English classes in our Diploma Programme took a different turn recently when I visited them to look at the plays they were studying from a theatre director's point of view.

With DP12 we had a fascinating and illuminating discussion of the classic piece of Theatre of the Absurd, *Waiting for Godot*, by Samuel Beckett. I was delighted by the thought the students had put into their interpretation of this deliberately ambiguous piece. They had managed to move beyond the superficial reading of the script and had begun to explore deeper connections with the human condition. Together we tried some parts of the script in different, less obvious ways. We discussed the history of the piece from the initial outrage shown by audiences at its first performance in Paris through to a famous reception of the play by a group of factory workers in South Africa. It was a real pleasure to work with a group of students who were enjoying the play as much as I always have.

DP11 Students are exploring the amazing Arthur Miller play, *A View from the Bridge*. The students were introduced to an acting technique known as "actioning" and it was not long before we were up on our feet in the Carbone living room, discovering sides to the





characters we had not considered before. Bringing the physical reality of the situation to life allowed us to reassess the real reasons behind some of the characters' words and actions. The vulnerability of the character Eddie was much clearer than from a reading of the script. Suddenly, the characters' positions in relation to each other took on a greater importance, providing an audience with visual clues as to the subconscious choices the characters were making.

Mr J Todd – Performing Arts Teacher

IBDP Homeroom News and Student of the Month

Ms McTigue, Ms Creak and Mr Bullough, the DP11 and DP12 Homeroom Teachers (HRTs), have been very busy working with the IBDP Homerooms this year. As well as supporting the students pastorally, they have been keeping a close eye on assessment levels and are monitoring their academic progress. They have also been leading their Homerooms in a variety of other endeavours, including fundraising for the Creativity, Activity and Service (CAS) Service project in Aswan and developing teamwork and singing skills in the IB Choir in Term One.

'I really enjoyed the drama lessons we had with Mr Todd because they helped us gain a new perspective on Eddie's character in the play, and what his intentions are. As we explored his character in depth, we felt more empathy towards him, and we were able to better visualise other characters in the story.'

Fatima Talaat (DP11Y)

This term, Ms McTigue has been supporting our DP12 students in their preparations for examinations and submissions of final coursework pieces. Mr Bullough and Ms Creak have been working with our DP11 students to set them off on their university application and career pathways, showing them how to research and evaluate university courses and to find out the entry requirements for the courses they are interested in. They have also been building up each students' My Graduate Profile (MGP) portfolio and building evidence of achievements they have made throughout their school careers. The students have been collecting certificates, photographs and letters, etc. and scanning these to upload onto their individual MGP electronic files.

A successful lifelong learner needs to forward-plan, forging a pathway to success at university and the world of work. It won't be long before our DP11s, who started out on their IB journey just last September, will be applying to universities and that is why they are already thinking about future career options. Our Homeroom teachers have been taking a real interest in all of their students' achievements and ambitions, and they are counselling them to build on their strengths and interests.

Mr MacAulay has been visiting Homerooms regularly this year, in order to work with the students on the completion of their CAS reflections on Managebac, a software system that records all of the students' Creativity, Activity and Service projects in fine detail and gathers the evidence from supervising teachers, coaches and other qualified adults. Mr Bullough has been working tirelessly to lead students and colleagues in our latest Outreach Orphanage project, ensuring that the DP students are given the Service opportunities they need in order to complete the Diploma (see page 14). Mr Tomlin was so impressed with our IB Choir last Term that there is talk of more opportunities ahead and he has invited us to participate in the MES Cairo Spring Choral Concert. Watch this space!

Congratulations to the following students who have been awarded Student of the Month this term.

January

Layla Omar (DP11) - outstanding effort and improvement in Term One

February

Nour Bahaa (DP12) - highest overall points score in the DP12 Midyear Examinations

March

Habiba El Dissouky (DP11) - highest overall points score in the DP11 Midyear Assessments

Congratulations everyone!

Ms S Sheehan – Assistant Head/IBDP Coordinator





After amazing us all with his unique brand of photography in Aswan during our Creativity, Activity, Action (CAS) trip last October, Mostafa El Refai (DP12), is passing on his talent to the wider MES Cairo community every Wednesday at 3pm in room NF3. As part of one of our new student-led ASAs, Mostafa is demonstrating the leadership and creativity he has developed through the IB CAS Programme and is inspiring a new generation of budding young photographers. The students have been

practising a range of techniques using a various digital devices to capture images. Mostafa has also introduced his online photography portfolio using 500px, a premier photography community. Mostafa hopes that during the course of the ASA the students will develop their skills and portfolio using Instagram before refining their work for potential submission to 500px.

Mostafa will soon be launching his website: walksofegypt.net and you can also follow him on Instagram: [walksofegypt](https://www.instagram.com/walksofegypt) and watch his videos on Vimeo: Mostafa El-Refai. Check out Mostafa's work at www.500px.com/mostafa-refai

Mr E MacAuley – CAS and ASA Coordinator



Mr MacAuley working with DP11 on Managebac



Mostafa El Rifaie (DP12) teaching advanced photography skills at the Photography ASA

OUTREACH 2016

We are pleased to announce that the MES Cairo Secondary school's 'Outreach' ASA is well underway. Although Outreach continues to work with Dar Al Yosra orphanage, as it has for many years now, it has also taken a new orphanage under its wing. Dar Al Fa'Eza in Katameya, provides a home for boys and girls ranging in age from three to seventeen years.

MES Cairo students, in particular DP11 students, are helping them with both English tuition and essential skills for the 21st Century, such as use of ICT.

Our thoughtful student body has also been having fun playing sports with the children, on Sundays here at MES Cairo.

In addition to being a worthwhile project, this activity also allows our DP students to fulfil their Service. Creativity, Activity and Service (CAS) hours, is an essential part of the IB Programme.

We will update you on all Outreach orphanage work later in the year!

Mr D Bullough – Secondary Science, British Section



FESTIVE FUN THE HRCF WAY!



*'Twas the week before Christmas, and all round the school,
the students were laughing, not playing it cool.
The tension was building, the game was on,
the students were working, but still having fun.
Teams were together, resources were out,
some voices were rising, but barely a shout'.*



There was a great buzz about the last HRCF lesson before the Winter break started, with many inter-homeroom competitions taking place in both the British and IB Sections. There were stations set up for different challenges in the Year Seven and Eight homerooms, but some of the most creative and unusual challenges were definitely happening in DP11 and 12!

The intrepid homeroom teachers for DP11 and 12 had joined forces and gathered all of the students into room NF2, which was a challenge in itself and each class was on a different challenge – DP11 versus DP12, who would succeed?

When I arrived there, there were students wielding chopsticks to move grains of rice from one sheet of paper to the other – some were being used quite ingeniously by students but not



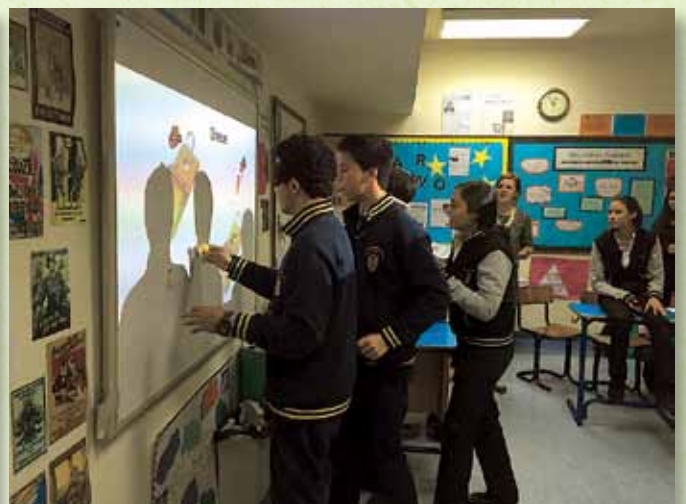
in any way familiar to the use they have for eating. Ms McTigue was looking out for this and had to remind some of them that it was only the narrow ends which were to be used, and not the larger ends being held together and used as a shovel! Others were busy hopping like frogs in order to take a challenge and get their team-mates to answer. Instructions were coming thick and fast but the students were rising to the challenge; when I left the room, DP12s were in the lead with a variety of challenges in the bag.

Year Seven and Year Eight students were having a great time completing different activities and challenges in their homerooms. Some of the HRTs were even joining in by challenging themselves to complete singlehandedly the team challenges the students had. Ms Hanlon was doing a great job with her spaghetti and seemed quite determined to get the job done.

It was a great time to go round the different homerooms and see the variety of inventive strategies our students came up with in order to complete their various challenges and tasks. The pictures tell their own story!

'Well done' to everyone involved in planning the activities and organising the resources for this hectic HRCF session that took place at such a busy time of the year.

Miss M Ingham – HRCF Coordinator



KEY STAGE THREE UPDATE

Plan 4 Grad – Year Eight

Stage One

Year Eight students began their journey towards IGCSEs, A Level/IBDP and beyond in November 2016 with the **ToTAL** Impact Day following the theme, 'What I Can't Live Without'. Gina Osman, a MESConian (Class of 2015) arranged for three guest speakers to come to school to talk to our students about life after university and what it takes to be successful. Speakers included a female pilot who works for 'Egyptair', a business woman who worked on the Suez Canal and a young, local business man who has set up his own paintballing company.



Stage Two

Over the course of the next two weeks students researched colleges, courses and career choices. During HRCF, they worked on communication skills and interview techniques in preparation for their option interviews with members of SSLT.

Stage Three

Parents came to school and they learned about life in Key Stage Four and about the subjects that we offer.

Stage Four

Each student put together a presentation to SSLT to explain what subjects they would like to choose and why. They talked about their strengths, interests and Graduate Profile qualities.

Plan 4 Grad – Year Nine

Year Nine students have been busy settling into their IGCSE's and have been setting targets for improvement during discussions with their Homeroom Teachers. They are looking forward to their next report at the end of March to see if they have reached their targets.

Year Seven – ToTAL Citizenship



This unit began on IMPACT Day with a collapsed timetable and a day of reflection on how we can make a positive contribution towards our local community and the wider global community. Issues such as recycling (and making use of recyclable materials), global citizenship, the impact on Egyptian artists on the local community and renewable energy were discussed. Finally, students did a workshop introducing the play 'Antigone', which was then studied in more detail in both Drama and English lessons.



For the second year running, students led the 'Keeping Egypt Warm' Campaign. They presented to the whole school from Foundation Stage One to Year/Grade Twelve to promote the campaign to collect clothes for children to wear at the Ana El Masry Foundation. Year Seven students were very brave when they delivered their presentations.

They grew in confidence, were articulate and proactive and they had to communicate effectively in English so that their presentations were clear and got the message across to the whole school.

When the clothes were collected, a smaller group of students arranged them and delivered them to the Ana El Masry Foundation.

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

English Matters

Reading, Researching and Exploring in the Learning Media Centre (LMC)



British Section English classes have been enjoying the opportunity to read, research and explore the resources in the Learning Media Centre as part of their scheduled library lessons.

Students have been able to read a book of their choice and have learnt how to use Destiny Quest which is an online programme that is linked to the MES Cairo Library Catalogue and Webpath Express. Ms Matthews, our librarian, gave all students a refresher on how to use Destiny Quest following their initial induction at the beginning of the year. It helps readers to identify books, authors and genres they enjoy and makes suggestions of other books they may find interesting. Learners are then able to make personalised reading book lists to follow throughout the year. This allows the students to become more independent and promotes and encourages them to read more and make full use of the LMC.



QR codes have been introduced throughout the Learning Media Centre on both wall displays and amongst the book shelves. Using a free QR code reader installed on either their own device or the class set of iPads, students can scan the codes for interesting links and content that tells them more about the books. This could be a link to an author website, a video review or even a game. It is another way of promoting independence as the students begin to feel more comfortable in navigating the library as an interactive resource.

Classes use the library in a variety of ways throughout the year. Sometimes they research a

topic connected to what they are studying in class, for example, recently Year Seven students looked at books about Greek times in connection with their Year Seven ToTAL Citizenship unit where they learnt about the Greek play Antigone by Sophocles. Year Eight students who were reading Private Peaceful by Michael Morpurgo were able to independently research World War I, raising their awareness of the context of the book and allowing them to have a deeper understanding of the text.

Ultimately, by teaching students to use their library as a valuable resource, we promote a lifelong habit of reading as well as showing them how to be independent researchers and learners.

Ms J Cole – Secondary English Teacher, British Section



HISTORY

THIS TERM YEAR SEVEN INVESTIGATE THE NECROPOLIS

This term, Year Seven visited the Necropolis as part of their ToTAL Learning Unit with a focus on the concept of community. Each group departed from school at 8.15am over the course of two glorious days. The aim was to make links with topics they have been studying in History, Geography and English classes, amongst others and to consolidate their in-class learning with a field visit. In achieving this, our students represented their school community supremely well.

Below are some student reflections of the visit:

The Pyramid Burial Chamber

"It was amazing. In my opinion the best part of the day was when we visited the middle pyramid (Khafre). I was really excited and I wanted to get there as fast as I could. Some of us were a little scared to enter but with some teacher support we all ventured down and learnt about Ancient Egyptian funerary rites. It is incredible to think that these are the last remaining Ancient Wonders of the World and it helped us better understand why our community is so special and why people from all over the world study our History. The stairs were a bit strange. It was warm and claustrophobic and when we got down there was a square hole in the floor which one of us sat in. This was the place where Khafre was buried. I went in twice but we had to bend down because it was so narrow and dark. It was strange to see the pyramids so far away and then marvel at their majesty close up (each stone weighing 2.5 tons)! Their age is mind-blowing." **Hagar Walid (Y7Y)**

The Solar Boat Museum

"At midday it was Solar Boat Museum time! Or should I say the Royal boat? Because of its huge size and of course its royal connections it is known as such. The amount of time spent building the boat could clearly be seen and we discussed different historical explanations about its purpose and supported these with the evidence we had picked up throughout the day as we completed our trip workbooks. We used the skills we had been working on in class all year to help us put in place some real History in action! Every piece of wood told a story of Ancient History and we learned how the Pharaoh's body was sent to the West side of the Nile – the land of the dead. It was clear that this boat was like no other and it must have been an epic feat to reconstruct its 1200+ pieces. It made me proud of my community. A Royal boat indeed! It was a blast." **Fady El-Mairy (Y7R)**

Sphinx 'Selfie' Competition Winner



Farida Haithem (Y7R) - Miss Rijnaarts is upset that Farida is kissing HER statue!

Best Overall Competition Winner



1st Place Laila Haikal (Y7Y) & Mariem Geassa (Y7Y) - The Secret of Thousands of Years of Preservation



2nd Place Fady El Mairy (Y7R) - Got his angles spot on here!



3rd Place Nour Barsi (Y7R) - Jumping so high he has two shadows!

The Sphinx

"Finally, let's talk about the Sphinx. We visited the Sphinx and took some information from our tour guide Mr Mahmoud. He taught us that the sculpture itself is half animal and half-human. Its head is like that of a Pharaoh and the body that of a lion. We also explored different reasons to explain the damage it has experienced and made some links to lots of different subjects including Geography. We took selfies with it for the photo competition and to remember our time there. It was nice to have a fun activity at the end of a busy day of work. This linked in to storytelling in English. It was a fantastic community experience and one I will never forget. I'd like to thank Mr Guiney and Ms McTigue as well as Miss Rijnaarts, Mrs Downey, Mrs Dixon and Ms Sliney for taking us there."

Alia Radwan (Y7R)



4th Place Lara Majid (Y7R) & Alia Redwan (Y7R) - A great selfie



6th Place Ali Redwan (Y7R) - Alia and the Sphinx!



7th Place Jana Nabil (Y7Y) - Jana went in a pyramid AND picked one up!



5th Place Immanuel Ghaly (Y7B) - While the rest of us were looking at the pyramids ... genius shot!



8th Place Mrs Cole - Mrs Cole took this clever effort



10th Place Yassin El Zahairy (Y7Y) - Yassin serves up Toblerone for dinner...



9th Place Ahmed Badawy (Y7G) - looking the wrong way. They're behind you!

Mr Daniel Guiney - Secondary History Teacher, British Section

Year Eight enjoys an Industrious Industry Day

On 30th November 2015, the Commercial Studies Department successfully hosted its fifth annual Year Eight Industry Day. We were joined this year by entrepreneurs who have set up some very exciting businesses in Egypt such as restaurants and salad bars as well as successful people from the technological world. Our guests spoke to the Year Eight students about their businesses as well as the opportunities and challenges they face.



Since the event's inauguration at MES Cairo, one entrepreneur has been hugely instrumental in the success of Industry Day, Mr Amr Kamel, from 5-d consultancy, has presented and helped with the activities since the beginning. This year he presented a wonderful speech on the future of technology, particularly in virtual reality and how it could be used in schools in the future. Students and teachers alike were left amazed by Mr Kamel's presentation.



This year we had three interactive activities that the students enjoyed. Back by popular demand was the 'Sam the Van' activity, where students were part of a production line, competing in teams, to construct 3D vans and sell them to the local market place. This activity promoted the use of the division of labour and specialisation, encouraging students to understand the importance of teamwork, leadership and collaborative learning. New to Industry Day this year was the careers activity that allowed students to think about their future careers as well as what skills would be necessary for those careers. Finally, we had the Marketing product task where groups of students were asked to create a product based on the popular movie 'Inside Out'. They then had to create the media for marketing their product. Students created posters, movies and presentations for their ideas, which they shared at the end of the day in the school theatre.



Mr Taqi would like to thank the entrepreneurs and all of the MES Cairo staff who gave their time in helping to organise the day. The Commercial Studies Department is really proud of the quality of work and resourcefulness of the Year Eight students in presenting their marketing campaigns.

Mr M Taqi - Head of Commercial Studies, British Section

Year Seven Maths Competition



When the hard work of the exams was over, it was time once again for the annual Year Seven Maths Competition. The four Year Seven groups were given a set of challenges for which they had to use all of the Maths skills they had learnt throughout the year.



First, the students went out and about, in the Secondary building and the Secondary yard, to discover the Maths that is all around them. They looked for shapes and symmetry, and practised their skills of estimation; estimating the height of the building by measuring the stairs and estimating the number of students who could sit down at the same time on the benches in the yard.



They had to follow the Maths trail, finding the hidden clues. Each clue led to the next, and eventually to a secret message.



The next challenge was all about shape and space. The students had to cut a square into five pieces and then use these pieces to make other shapes, such as a trapezium, a rectangle and a plus sign. This was not as easy as it sounds, but it was good to see that most students kept on trying even though the solutions were not obvious.



In the third challenge, the students went out to explore the school again, collecting numbers and then using them to evaluate and write mathematical formulas. More number work was involved in the "1234" challenge, where the students had to make all the numbers from one to thirty using basic mathematical operations and only one each of the numbers one, two, three and four.

In the final challenge, students used iPads and the internet to research and discover new mathematical ideas. They answered such questions such as "what is the name of the slope of a straight line?" and "what is the name of a number that can be written as a fraction?" This activity introduced some mathematical concepts that they will meet again later in school at IGCSE and maybe at A Level.



All the students did very well and showed a lot of enthusiasm, both for the competition itself and for the Maths. In the end, there could only be three winners. In First Place was Nour Zaki (Y7Y), with Kenzi Waguhi (Y7Y) and Hagar Badawy (Y7G) coming second and third respectively.

Mr S Rayner - Head of Mathematics, British Section



MES CAIRO STUDENTS EXCEL IN INTERNATIONAL MATHEMATICS COMPETITION BEIJING, CHINA



Modern English School Cairo students recently travelled to China and competed for the first time in the 6th Annual World Mathematics Team Championship (WMTC) hosted in Beijing. Participation in the WMTC offered top students from MES Cairo the chance to compete in an internationally recognised Maths competition that brings together top students from around the world.

During the competition students competed in three rounds of individual and team competitions that tested their ability to work independently and collaboratively. MES Cairo students were proficient in both speed and accuracy in solving a range of complex mathematical problems. Eight students represented MES Cairo - six students from the American Section Grades 10-12 and two DP11 students from the School's IB Diploma Programme. During the competition one team of six MES Cairo students competed at the Intermediate Level whilst two students from Grade 12 competed at the Advanced Level in a mixed team that included three other students from Thailand and one student from Malaysia. The four-day competition offered the students the chance to solve a range of complex Mathematical problems as well as spend time exploring Chinese culture with their peers from other countries. Laila Gamaleldin (G10R) expresses her thoughts about the competition and the chance to explore China *"Soon enough, however, the competition came and the cultural barrier was torn down as the universal language of Maths brought together all 661 participants from different countries. In the following days, as we explored some of Beijing's major monuments, each step we took made us more familiar and more appreciative of Chinese culture."*

This year's competition was attended by fourteen countries (Egypt, China, USA, Spain, Australia, Korea, Vietnam, Iran, Malaysia, Thailand, Bulgaria, Singapore, Indonesia and Brunei) and included 661 students representing 107 teams. Teams competed at the Junior, Intermediate, and Advanced levels. The three levels of competition not only provided students the chance to compete with peers their own age, but also offered students a cross-cultural experience across all age levels. What is unique about the WMTC is that it goes beyond determining winners and finding the individual with the highest score, but celebrates the accomplishment of students working collaboratively during the competition. Students have to learn how to share tasks and know the strengths and weaknesses of their fellow team members. The MES Cairo Advanced Level Mixed Team excelled in their ability of working collaboratively with their Thai

and Malaysian counterparts and captured the 5th place trophy out of sixteen teams. While the MES Cairo Intermediate Team placed in the second tier and received a Merit Award plaque. Both teams showed outstanding individual and team performance during the first year of competition and they look forward to returning next year.

In addition to the Maths competition, students had the chance to participate in recreational and cultural activities. Students spent four days in Beijing competing, participating in activities and touring famous Beijing sights. During these activities, students interacted with members of teams from other countries encouraging students to make friends with other teams, learning to appreciate cultures from other regions of the world, and to discover how other students learn and solve Maths problems. Doss Bishay (G12Y) sums up his experience as: *"A great opportunity for all of us. It helped us make new friends from many different nationalities. I found it fascinating that everyone in the testing room had one skill in common - Mathematics."*

Outside of the competition hall students joined their peers from a variety of countries and explored the historical and contemporary culture in and around Beijing. MES Cairo students had the opportunity to spend time visiting sites with the teams from Indonesia and Iran. This provided extended time to make new friends and share stories about their individual countries and their impressions of China. The cold weather, snow and ice was an initial shock to many of the





students, but they soon adjusted to the cold after becoming distracted by the amazing and unique sights, sounds and smells found throughout the city.

The first stop was the Great Wall of China, one of the Seven Wonders of the World, where students arrived early in the morning and were greeted by the fresh, crisp, cold air found in the countryside surrounding Beijing. Known in Chinese as *Changcheng* or 'Long Wall', it was built more than 2,000 years ago as a means to protect the Chinese empire from invasion. Measuring 21,196.18 km (13,170.7 mi) students spent the early morning climbing the snow covered steps of a much smaller section in hopes of reaching the look-out tower at the top of the mountain. One of Mao Zedong's famous pronouncements "*He who has not been to the Great Wall is not a true man!*" is known to almost every citizen in China and as a visitor you have not experienced China if you have not climbed the Great Wall. Abdel Wahab Kouta (G10Y), shares his thoughts after visiting the Great Wall. "*My favourite part of the whole trip had to be visiting one of the Seven Wonders of the World. The Great Wall of China is something that astonishes me to this day. Its immense length and huge walls intrigued me as we scrambled up the huge steps, but the tiresome journey was just the storm before the rainbow. The view at the top was one that no other country that I've been to can compete with. The snow coated the mountain sides like frosting on a cake.*"

Returning to Beijing, students had the chance to visit the immense compound of the Forbidden City. Originally built as the Imperial Palace during the Ming and Qing Dynasty, 1420-1912, it now houses the Palace Museum and includes more than 9000 rooms. Students were able to explore the Three Great Halls and Imperial Gardens and gain an appreciation and understanding of the historical culture and customs of China and how some of these customs continue to be part of present day contemporary life in China. In front of the Forbidden City students came upon the vast open space of Tiananmen Square. Here students saw a range of architecture representing buildings constructed during the Ming and Qing Dynasties, the 20th Century, and modern reconstructions of historical *hutongs* or alleyways that once covered the urban landscape of Beijing.

Sara Gamaleldin (G12Y) reflects upon her experience and summarises the thoughts and feelings she experienced with her classmates on this unique journey. "*I've been to many countries that have a wide range of different cultures, foods, and dialects. Of all those countries, China was by far one of the most fascinating. I was given the opportunity to go to many areas that I have always dreamt of going to, such as the Forbidden City and the Great Wall of China...Nothing could beat the feeling I had when I got to the very top of the Great Wall, it was exhilarating and challenging at the same time. Overall, I'm glad I got to participate in such a competition in such a unique country. This trip contributed to both my intellectual and cultural growth.*"

Mr D McKoski - Vice Principal, American Section



ICT UPDATE



Year Nine – IGCSE Information Communication Technology

Year Nine students have been busy learning new skills in ICT. Students have been learning about Microsoft Access, importing data from CSV files so they can organise the data within a database table. The students have also been learning how to search for data through queries and displaying them through reports and labels. Getting to grips with different search criteria including Logical Operators such as 'AND' or 'OR' and Mathematical Criteria e.g. <, >, <=, and >= has been a challenge but the students have shown their ability to adapt to new skills. The next unit we will be studying will be Microsoft Excel – using spreadsheets to model different situations including complex formulae such as IF Functions, H and VLOOKUPS and also some form controls.



Year Ten – IGCSE Information Communication Technology

Year Ten students have been very busy recently with their mid-year exams. This is a great time for the students to sit exam style papers, preparing them for the final exams in the summer. After the exams the students continued with their revision, applying themselves to past papers and furthering their practical skills.



Year Eleven – Applied ICT

Year Eleven has also been out of normal lessons as they too have been busy with mid-year AS Level exams. Once the exams have finished it is a great time to reflect on how the students have done and what

is needed to improve their grades. Year Eleven will concentrate on Microsoft Excel and theory revision during the last term of the year.

Mr T Rosser – ICT Teacher

Computer Science; a Career for all!

Computer Science is about understanding how computer systems and computer networks work. Computers and the programs they run are among the most complex products ever created; designing and using them effectively is the challenge and facing these challenges is the aim of Computer Science!

You can learn how computers communicate, not only with their own components (parts) but also how data is transmitted (sent and received) over a

computer network or over the World Wide Web. You

can also learn how to create a computer program using Microsoft Visual Basic and Python. You will also learn how to create your own computer games, plus you will be able to access programming code on the internet which will help you make your games more interesting and interactive!

You would think that computers and computer programming is a new thing, but would you believe that the first computer was created in the 1820's by a mathematician called Charles Babbage. The machine he invented/created was called the 'Difference Engine'. His machine could not work however without a computer program, that program was written by the founder of Scientific Computer, Lady Ada Lovelace. So the first Computer programmer was a woman!

```
class-id maintenance.CustomerMaintainer public.  
    working-storage section.  
  
    method-id instanceMethod.  
        local-storage section.  
        procedure division.  
            and method.  
  
    method-id addCustomer.  
        local-storage section.  
        01 data-storage-section.  
        01 customer          type    com.autodealer.data.Database.  
        linkage section.  
        77 customer-name     type    String.  
        77 customer-address  type    String.  
        77 customer-phone    type    String.  
        77 customer-mobile   type    String.  
        procedure division.  
            create customer.  
            invoke customer::setCustomerName(customer-name).  
            invoke customer::setCustomerAddress(customer-address).  
            invoke customer::setPhoneNumber(customer-phone).  
            invoke customer::setMobileNumber(customer-mobile).  
        and method.  
    end class.
```

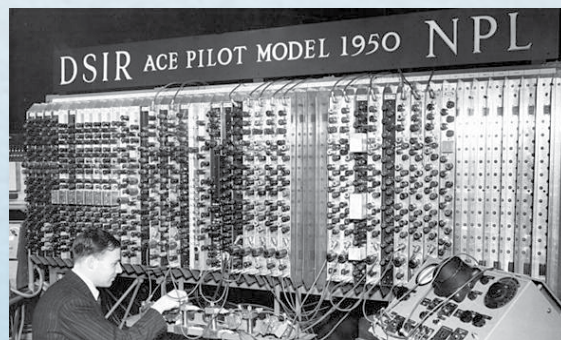


Ada Lovelace

Another lady that the Computer Science couldn't have done without was Admiral Grace Hopper. Again she was involved in computer programming and developed the computer language COBOL and she is also credited with creating the term 'debugging' (fixing errors in computer programmes).

So Computer Science is not just something for the 'boys'; throughout history females have played an important part in the development of computers and computer networks and this continues until the present day.

During the Second World War (1939-1945), Alan Turing developed the first electronic computer. This computer was created to 'crack' the so called German 'unbreakable Enigma Code'. Alan Turing's computer helped to save millions of lives and he is now called the 'Father of Modern Computing'.



Alan Turing's working computer



Charles Babbage's Difference Engine

So if, you want to follow in the footsteps of these computing pioneers, or if you simply want to be the next Bill Gates or Larry Page (one of the founders of Google), then Computer Science is the course for you!

Cambridge IGCSE Computer Science is an ideal foundation for further study in Computer Science. Understanding the principles of Computer Science provides you with the underpinning knowledge required for many other subjects that you may wish to study at university such as science and engineering, plus the skills that you learn can also be used in everyday life.

Mr M Howe – ICT/Computer Science Teacher

FIRST LEGO LEAGUE



3-2-1-LEGO... and it's off! The robot starts by demolishing the building but also recovering the windows that could be used again. Next up, the robot moves the methane from the landfill site to power the truck, activates the composter and cleans up the plastic bags from the ocean. Finally our busy robot puts the turtle and octopus in the clean ocean and sends a person to work at the recycling centre. Each mission completed gets points for our team, but will it be enough to win? We will have to wait and see.

This is the First Lego League, a competition that sees over 250,000 students from sixty countries solving real-world problems connected with this year's theme – Trash Trek.



Our team has devised a clever system of recycling the palm crates that are used to deliver fruit and vegetables to markets by turning them into small gardens. The plants are fertilised using another recycled product – used coffee grounds. The garden itself can be given out to those living below the poverty line across the country to grow their own food thereby helping with nutrition, economic hardship and general quality of life. Combining recycling and repurposing to solve social issues in the heart of our city; What's not to like?

Alongside the project is the very exciting and visual robot game. Just put "Trash Trek" into YouTube to see some examples from around the world. Using Lego Mindstorms kits our team has just two and a half minutes to complete as many of the missions as possible on the 2m x 1m field mat. It's fast, noisy and exciting. They can only touch the robot in base, then it's on its own, using sensors and coded instructions previously written and downloaded by the students. The tension is very high as despite all the hard work, the robot is not completely reliable. A few millimetres left or right makes the difference between getting the points or not.

During the tournament the team will also be judged on how they work together as a team and their respect for, and cooperation with, other competitors from other schools.

Most countries have already had their competitions and the winner from each will go to the World Festival in America which is a wonderful celebration of culture, enterprise and robotic ingenuity. The event in Egypt happened late in March and of course, you can read all about it in the next edition of the MESsenger.

Mr B Higgs – Secondary Design and Technology Department



Hour of Code

Grade Nine IT Project

The Hour of Code is a global movement reaching tens of millions of students in 180+ countries. Anyone, anywhere can organise an Hour of Code event. Modern English School Cairo was part of this great international movement!

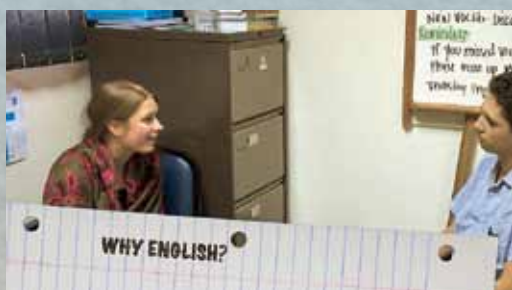
Mr Kamal Ali's Grade Nine class took part in the Hour of Code. The students discovered how to code for games such as Flappy Bird, Minecraft and many other games. It was a great success and our students thoroughly enjoyed coding, seeing their end game and then playing and having competitions against each other.

Mr K Ali – Secondary IT Teacher, American Section





Humans of MES



Some fascinating and very powerful results have been delivered. Our teachers have some great stories to tell and our students got to learn things that they did not previously know. A "very well done" goes out to all the students who took part in this project!

Mr K Ali – Secondary IT Teacher, American Section

Students at Modern English School Cairo have been working on a project in Digital Animation called "Humans of MES". Inspired by Brendon Stranton, the creator of 'Humans of New York', who now has a best-selling book filled with a compilation of the best photos and stories he has taken and written, the students were tasked to interview various people, and instead of using photography as the medium, they would record an interview asking deep and meaningful question. Examples like "What has been your greatest struggle?" and "What is the most profound thing that has happened to you?"



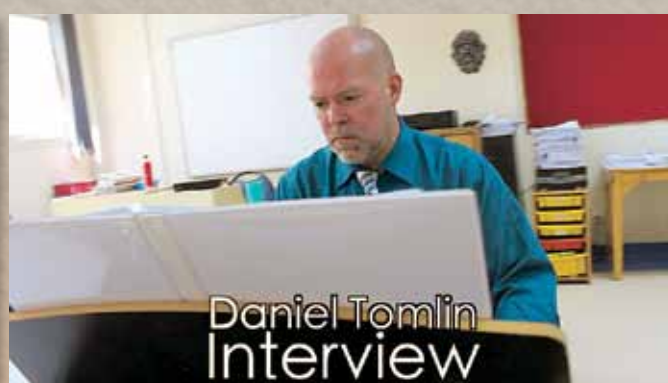
My name is Mr Mahmoud and I am an Arabic teacher at MES Cairo.



I have been working in the school for 26 years.



I am Adlia Mohamed. I am married and I have three children. My daughter is married and has two boys. My son is in the Army and my other son is in school.



Grade Nine Global Studies Students Enjoy the Sights and Sounds of Islamic Cairo!



In November and December 2016, Grade Nine Global Studies students spent time studying the creation and development of Cairo as a medieval city from the 10th Century onwards. This amazing city provides us with an incredible opportunity to extend our learning outside of the classroom walls. Equipped with cameras, pens, and notebooks, over seventy Grade Nine students set out to explore the wonders of Islamic Cairo on Thursday 4th December 2016. Our aim was to examine the remnants of the Mameluke and Fatimid building programmes that transformed Cairo into an economic, political, and cultural utopia. We are happy to report that the trip was a resounding success. Enthusiastic students, dedicated staff volunteers, and our incredible security team all worked together to create a safe, valuable, and educational experience for all involved.

Mr D Erbach and Mr T Roodvoets – Global Studies Teachers, American Section

Student comments about the visit:

Get ready to be astounded as we share with you our interesting and thrilling adventures in Islamic Cairo. Who are we? We are the Grade Nine students of MES Cairo and this year, after learning all about the thousands of years of history in our own country, we decided that we just had to check out the heart of our city ourselves. As we walked through the crowded, busy and noisy streets of Cairo, our hearts began to beat a little faster as we realised that we were walking down streets that people had walked down a thousand years ago! Not to mention how we felt as we walked into the building that were around at the time of our great, great, great, great grandparents! This trip really taught us how much we didn't yet know about our country and made us realise that if we just make the effort and try to learn a little about our country, we will be more than surprised. Overall, the experience was life-changing and we cannot wait to share it with you!

Maya El Lababidi (G9G), Malak Shahein (G9R), and Farah Talaat (G9G)





One of the medieval buildings that we toured was the Mosque-Madrassa of Sultan al-Ghuri. The Mosque was built by the last Mameluke ruler in Egypt, Kentsh al-Ghuri, between 1503 and 1504 c.e. Previously it was used as a school and a mosque but has now been transformed into a cultural centre. Sultan al-Ghuri ruled between 1500 and 1516 c.e. He was old during his reign but was known to be very fit and energetic despite his age. Sultan al-Ghuri was somewhat two-faced (like most of the Mameluke Sultans) by being cruel in some instances and kind in others. He died fighting the Ottoman Turks outside of Aleppo at the age of seventy. His body was never found and his tomb was therefore occupied by his successor. The Mosque was built in the late Mameluke cruciform style and was inspired by Qaitbay's Mausoleum and Madrassa. The most impressive part of the mosque was the four-storey minaret. **Dana Al Fakahany (G9G), Miriam Aziz (G9R), and Hussein Kansoh (G9R)**

As much as this trip was fun it was also educational in many ways. During the trip we were able to go to a lot of places, such as Bab al-Futuh, the Al-Hakim Mosque, Aqmar Mosque, Sabil-Kuttab of Katkhuda and the Mosque of Barquq. We also walked through the market. This made us experience what other people that live there feel like as the atmosphere appealed to our five senses... and a lot more. Out of all of the mosques that we visited, my personal favourite was the Mosque of Sultan Hassan. This was my favourite because the architecture is very unique compared to the other mosques. It is also huge which made me and the rest of my friends realise how much these mosques meant to the people that built them. Before we got back on the busses, we went to eat koshary, which was very delicious. What makes this trip such an amazing experience is that instead of studying about these places in a classroom we actually saw them which made all of the students fully understand the significance of Islam in Medieval Cairo. Thank you to Mr Erbach and Mr Roodvoets for enabling the students to visit places that most of us haven't seen before. It was truly an experience that we won't forget. **Magd Fady Galab (G9B)**



WEEK WITHOUT WALLS!

Opening Minds Outside the Classroom



Grade Seven Trips

By all accounts, MES Cairo's inaugural 'Week Without Walls' for Middle School students was a resounding success. Students spent the week commencing 17th January 2016 visiting various sites around Cairo and learning about topics such as goat breeding, pottery making, creating robots and making biospheres from two-litre coke bottles. Students used their minds as well as their hands to experience the living environments around them.

Darb 1718, an Arts colony near Mara Girgis, was the perfect opportunity for budding ceramic artists as well as anyone curious about the making of pottery. Students spent the day working with clay to build handmade objects, which were fired and glazed at the studio. They applied skills learned in Art class to understand the basic properties of clay and apply basic techniques

such as slipping and scoring, slab rolling and clay cutting. Working in small groups, students were able to explore designs based on natural forms and to apply designs to the surface of the clay. Some talented students completed a clay product to bring home as a gift.

Students also visited Andromeda Labs. This experience was a great favourite with many of the tech-savvy students, but everyone enjoyed exploring the exciting world of robots and worked together to build and programme a full robot. In the survey completed after the 'Week Without Walls', many students confirmed how much they enjoyed the experience of making robots "see", "move" and "make" intelligent decisions.

Saqqara was another favourite with some students at first wondering why they were returning to a site they had visited in Year Five. "This is so different to what I remember!" exclaimed several Seventh Graders. Students were surprised to hear the stories of pharaohs who ran around the perimeter boasting of their strength and vitality to impress the cheering populace. Gazing at the mummy in the Imhotep Museum or at the gorgeous murals on the walls of the fantastic Mustaba, students realised anew the glorious history of the Egyptian people.

Old Cairo was a pleasant surprise for students as we went from Ibn Tulun Mosque, the Prince Taz Palace

and finally the Sultan Hassan Mosque where we were treated to a demonstration of sound by the muezzin as he explained the echoes in the burial chamber of the mosque. The Gayer-Anderson House was lovely and students were entranced by the patterns, paintings, and textures found throughout the house/museum. Students were moved by this experience and wrote beautiful, stirring poetry based on their experiences here in Old Cairo.





Most students agreed that their favourite activity was the visit to Al Sorat farm where they enjoyed sampling edible flowers and playing with the many dogs. Some lucky students cradled newborn goats and many enjoyed sunflower seeds right from the towering plants where they grew in the field next to the enormous cauliflower and sweet canes of sugar. Students scooped manure and created biospheres which they took back to MES Cairo and placed in the garden. After horseback riding and a scrumptious lunch of Olas soup and a delicious chicken stew, our day ended, but the experience lives on in the poetry we wrote, the photographs we took and the memories we made. The 'Week Without Walls' taught us that we don't always need to be in the classroom to learn, and that some of the best learning we did was when our hands were busy and our hearts were full.



Ms K Battioni – Dean of Students, Grades Seven and Eight, American Section

Grade Eight Trips

During these experiences students had the opportunity to apply different curricular learning objectives in a new environment. Each trip also promotes leadership, bonding and team-building among students and teachers.



Connecting both English and Social Studies curricular areas, students visited a variety of sites – Pompey's Pillar, the Qaitbay Citadel, the Roman Amphitheatre, the Catacombs, and the Bibliotheca of Alexandria. All of this was capped off with a scenic ride along the Mediterranean Coast on a typical Egyptian "hantour" horse and carriage back to the iconic Cecil "Steigenberger" Hotel in the heart of Downtown Alexandria. The subject focus was on the five senses; having students



define all they experienced using more descriptive language. While for Social Studies, students witnessed for themselves the remains of Alexander the Great's empire and the vast Roman influence left behind, merging both the historic architecture with their own Egyptian culture. This overnight trip was followed by three separate day-trips focusing on Science; Sekem Farms in Sharkia, Art at Darb 17/18 in Old Cairo and Math and Design Technology at Andromeda Labs at the site much closer to school.

Alongside Alexandria, Sekem Farms and Darb were major highlights for students, who got to experience "a lot of firsts" as one student stated; milking a cow, holding a lamb, and working on a potter's wheel using rigorous foot work to keep spinning, whilst also moulding supple clay. One student described the experience as: "so messy, but so much fun!" At Sekem farms, students visited the famous Isis Factory where herbs grown on the farmland would be ground and produced into the many various tea-flavours sold in supermarkets around the country. "We never knew that liquorice actually looks like wood," one student commented, while another devoured the smell of lemongrass by twisting the plant between his palms in the factory store room, eager for the aroma to linger.



The experience was a very valuable one; learning outside of the classroom worked to our advantage, even if the weather did not! Valuable student feedback has also helped pave the way for next year's activities with a resounding positive response. "The trip was valuable because I learned at least one new thing every day," said one student while another commented, "We didn't just learn from books and pictures but we saw it in nature." This real life experience is what teachers had anticipated and it has provided our students with a look into the past, as they work on their present, and anticipate the future.

Ms S Elsaadany – English Teacher, American Section

AMERICAN SECTION STUDENTS OF THE MONTH NOVEMBER 2015

Jaida El Lababidi (G7G)

Jaida consistently displays a high level of maturity and dedication to her Social Studies classwork. She is very quiet, but her strength of character, respectful attitude and academic achievements have not gone unnoticed by her teachers. Jaida is a constant source of silent leadership and a true role model.



Jaida Lababidi (G7G)



Kenzi Sadek (G8G)

Kenzi Sadek (G8G)

Kenzi is a conscientious student who is on top of material and diligent with deadlines and submission of homework. Kenzi is always willing to go 'above and beyond' to demonstrate her understanding. She is responsible, independent, compassionate and a welcome support for other students in her class.

Hana El Fangary (G9Y)

Hana has no previous knowledge of Spanish but is making tremendous progress due to very strong motivation and hard work. Her mindset is always positive.



Hana El Fangary (G9Y)



Malak Hegab (G10B)

Malak Hegab (G10B)

No matter the task, Malak always gives 100% effort. She does not stop at what the task asks of her, she questions further, and has the obvious desire to grow as a student and as a person. While she is eager to share her ideas, she is always willing to listen to others. She is a true representation of what the MES Cairo Graduate Profile invites students to achieve.

Ziad El-Tobgy (G11B)

Character counts for much more in adult life than some schools acknowledge. Ziad has shown himself to be reliably responsible and conscientious in many settings. He flew independently to Russia and dealt gracefully with Customs officials and, upon departing, offered a sincere thanks to our Russian host, Olga. In class, he consistently displays a reserved maturity that benefits everyone around him.



Ziad El Tobgy (G11B)

Yousif Alharbi (G12B)

Having the highest average in G12 Pre-Calculus, Yousif has been very helpful during the course with all the students. He does not only excel but he is eager to learn in every class. His willingness to learn and assist others is amazing. Yousif is also a great leader in choir class. He assists other students and recognises that they sometimes

need help. He is an outstanding asset to the group and always performs confidently.



Yousif Alharbi (G12B)



AMERICAN SECTION STUDENT OF THE MONTH

JANUARY 2016

Omar Sabbour (G7B)

Omar is respectful, responsible and always puts forth his best effort during Science class.



Omar Sabbour (G7B)



Selim Saber (G8B)

Selim Saber (G8B)

Selim always arrives to English class on time, prepared and ready to learn. He outwardly demonstrates initiative by settling down quickly and working hard. He is positive and polite and a fun student to have in class. During the trip to Alexandria, Selim displayed signs of pro-activeness and interest in the sites, asking thoughtful questions. He further took initiative when entering or leaving a site/hotel by being early, prepared and showing he was listening.

Mark Eshak (G9G)

Mark approaches challenging situations with maturity, honesty and patience. He accepts the outcome of discussions calmly and with understanding. He is working really hard in Art and is determined to do well.



Mark Eshak (G9G)



Abdel-Wahab Sharkawy
(G10Y)

Abd-El-Wahab Sharkawy (G10Y)

Abd-El-Wahab is a focussed, persistent and curious learner who is imaginative in his problem solving approaches and critical in his analysis in Geometry. He is a strong communicator, positive thinker and cares about his classmates. He works hard to improve and he is an asset to his Global Studies class, promoting a positive classroom culture at all times.

Hoda Sherdy (G11R)

Hoda has matured so much this year. Her AP Chemistry teacher observed her presenting in class recently and found that she is not the same girl she met at the start at the school year. Her level of confidence, independence and leadership skills have grown in the past couple of months. Her Choir teacher has seen her grow from a shy girl to a confident young woman.



Hoda Sherdy (G11R)



Seif Saleh (G12R)

Seif Saleh (G12R)

Seif is an extremely consistent hardworking student in his AP Statistics class. He is very polite and respectful and helps his peers when they struggle. He always displays a great sense of humour.



Grade/Year Seven and Eight Present Charlotte's Web

The Performing Arts Department put on another outstanding piece of theatre this Christmas when they tapped into the immeasurable talent pool that we have in the Middle School and Key Stage Three. This year the production of Charlotte's Web gave students an opportunity to engage in a timeless classic.

The story is of Wilbur, a pig, who is doomed to become pork chops and bacon unless his friends, Charlotte the spider, Fern the young farm girl, Templeton the rat and all the animals on the farm can find a way to save him. Through the ingenious manipulation of her silver webs Charlotte is able to turn Wilbur into a local star which forces the adults to rethink their plan of plopping Wilbur onto a plate next to their morning eggs. As Charlotte spins Wilbur into fame and fortune (they did win \$25 at the fair) he becomes a symbol of hope for the other farm animals. Ultimately he carries on the legacy of his great friend Charlotte by delivering her egg sac back to the barn and caring for it until Charlotte's babies hatch and venture out into the world on their own.

The cast and production team worked extremely hard within a short period of time to get this show up and running on schedule. Auditions took place two weeks after school started in September and then rehearsals began twice a week and on Saturdays in order to get the appropriate amount of rehearsal time in. The production team, led by the Art Department, did an amazing job creating props and sets. They too were working under difficult time constraints but came through like real professionals.



The show was performed four times and for the first time ever we had Foundation Stage Two as an audience as well as all of Primary, which was truly a great experience for all the students involved.

Many people commented on the brilliant performances given by the cast. Sarah Sharara (Y7G) played a humble and delightful Fern Arable well supported by Yassin El-Gazzar (Y7O) as her brother Avery Arable. Layla Dajani (Y7R) and Immanuel Ghaly (Y7B) filled out the lovely family playing John and Martha Arable. The stage trembled with joy during Nour El Adly's (Y8G) and Habiba Abdel-Wahab's (G8R) portrayal of Edith and Homer

Zuckerman the Aunt and Uncle of Fern who took Wilbur into their barn when he outgrew the Arable's farm. Of course, who could forget the lively and eclectic performance of Yahya Abdelaal (Y7O) as Lurvey the Zuckerman's farm-hand. One of the highlights of the show was the colourful and exuberant performance by the chorus which included: Nadine Helmy (Y7O), Shad



Atef (Y8R) and Diana Mbama (Y7B). These young ladies kept the show rolling with their emotional antics and bountiful story telling. The audience was also treated to a couple of musical numbers performed by the youthful and exciting Malak El Attar (Y7O) which added a sonic boom to the whole show. The show, of course, could not have been complete without the excellent performances given by those playing the farm animals. Ali Kamel (Y8R) playing the main role of Wilbur brought life and fullness to the part of Wilbur and put on a performance sure to be remembered by all. Ziad Shamma (Y7B) as Templeton the rat brought the ruthlessness and mischief of the infamous rat to life like no other. One of the stars of the show, Alia Radwan (Y7R), brought the house down with her elaborate and beautiful portrayal of Wilbur's best friend and saviour, Charlotte. Let us not forget that these performances could not have been as amazing without the support of Farida Abdel-Dayem (Y7R) as the goose, Hana El-Hilaly (Y8R) as the gander, Rokaya Mahran (Y8R) as the sheep and the magnanimous Farida Effat (G8G) as the lamb. It is this ensemble of actors that kept the audience engaged with the show and wanting more every time they left the stage. The show was also supported by three other spectacular young talents who we hope to see more and more on the stage here at MES Cairo: Youssef Badawi (G7G), Zeytoun Ndiaye (Y7B) and the entertaining Saeed Abdelbarry (Y7O). These students exemplified how actors with more minor roles should participate, as they were unselfish and supportive throughout the rehearsal and production process. All in all, Charlotte's Web kicked off another exciting theatrical year here at MES Cairo and we look forward with great anticipation to SHREK, the next Secondary production here at MES Cairo.



The Performing Arts Department would also like to thank the astounding work done by the Art Department, led by the magnificent Kim Tapsell. Her team were resourceful and helpful throughout the process of getting Charlotte's Web on its feet, with a special nod going to Lee Lacey, Lamia Afifi and Safa Mohamed who were invaluable to the production. Lastly, we would like to thank Stacey Gilmore and Jack Tomlinson for providing live music before each show. Their leadership of the concert band was outstanding and it was a true pleasure to work with them and their team. We look forward to working more closely with the concert band on future endeavours throughout the year.

Mr J Colley – Secondary Head of Performing Arts





My Middle School Trip to DARB 1718

by Jumana Mourey – Grade 8 Blue

My experience at Darb 1718 was truly phenomenal and unforgettable. I stepped on the bus early in the morning eagerly waiting to arrive at my destination. Once what seemed to be a never-ending bus ride concluded, I earnestly stepped off the bus ready for the day to begin. At first I was privileged enough to experience using the potters wheel. Although it was incredibly messy it was very enjoyable. Afterwards I began making a bowl out of clay. It consisted of many layers mounted of top of each other, creating a beautiful texture on the bowl. Once I had finished making my pot I went upstairs to a room that was surprisingly white compared to all the others and began painting a white ceramic tile with a design of my choice. As the trip sadly came to an end I could not wait to receive back all my fascinating work after it had been fired.



Year Seven

Students in Year Seven have produced fabulous paper mosaics based on traditional Islamic designs and stemming from their thematic learning. Students studied basic colour theory and Islamic design patterns, honing their cutting and pasting skills.

Ms D Green – Art Teacher



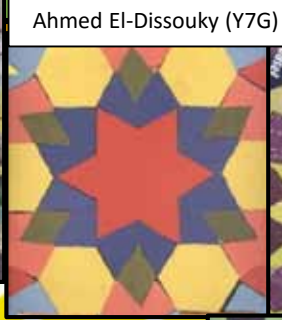
Soliman Mohamed (Y7G)



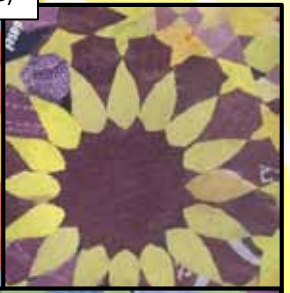
Nour Mounib (Y7B)



Mazen Darwish (Y7O)



Ahmed El-Dissouky (Y7G)



Sarah Sharara (Y7G)



Hussein Soliman (Y7R)



Maram Hussein (Y7R)



Laila Haikal (Y7Y)



Camilia El Shaer (Y7R)

The Big Draw

MES Cairo celebrated 'The Big Draw' last term. A global event designed to get everyone of all ages and walks of life to come together and enjoy the benefits of creativity and drawing. Last year twenty-six countries were involved. This year, we are happy to say many students and staff came together and enjoyed a creative break and produced some stunning work. Thank you everybody for participating! **Ms K Tapsell – HOD Visual Arts**



Year Nine IGCSE Art and Design

Year Nine started their IGCSE course by developing their painting and drawing skills. After lots of drawing tasks at the start of Term One they developed their work into excellent tonal self-portrait drawings. Year Nine then went onto develop their understanding of portraiture by creating paintings in the style of individually chosen artists. Year Nine has made a fantastic start to IGCSE Art and we look forward to seeing a lot more great work from the students.

Ms L Lacey – Art Teacher

Hager Ibrahim (Y9R)



Nafisa Jibrilu (Y9Y)

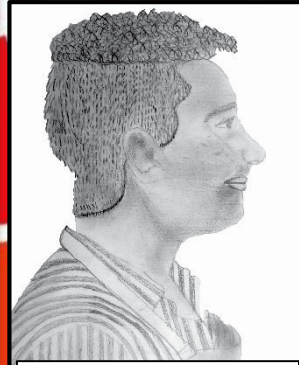
Jana Eldany (Y9Y)

Mahmoud Hosni (Y9R)

Hager Ibrahim (Y9R)



Jana Rashed (Y9B)

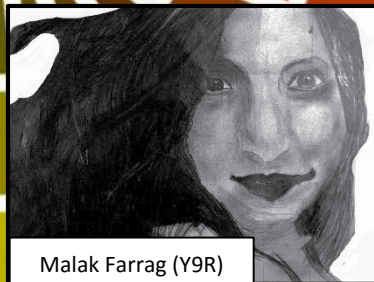


Nooran Elmassy (Y9R)

Mahmoud Hosni (Y9R)

Ibrahim Etman (Y9G)

Nafisa Jibrilu (Y9Y)



Malak Farrag (Y9R)

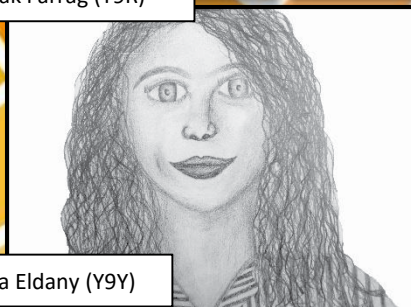


Hager Ibrahim (Y9R)

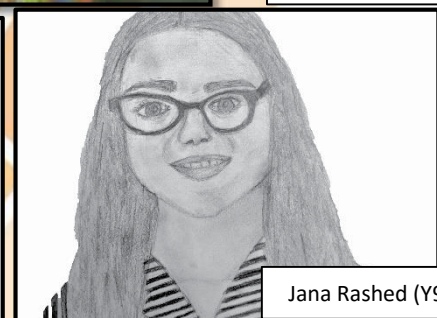
Nour Hosni (Y9R)



Nafisa Jibrilu (Y9Y)



Jana Eldany (Y9Y)



Jana Rashed (Y9B)

Grade Nine and Ten

Grades Nine and Ten have been exploring the expressive work of artist Francoise Nielly. The students have explored a range of techniques in application of paint to create a vibrant and textured style. Their focus for their paintings was portraits of humans or pets, which they later developing into paper collage drawings in the style of Peter Clark.

Ms L Lacey – Art Teacher

Nadine Hazem (G9B)



Mariam Abdelgawad (G10B)



Nadine Dawish (G10Y)



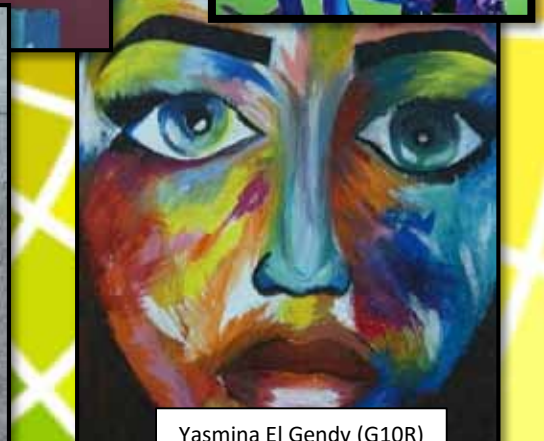
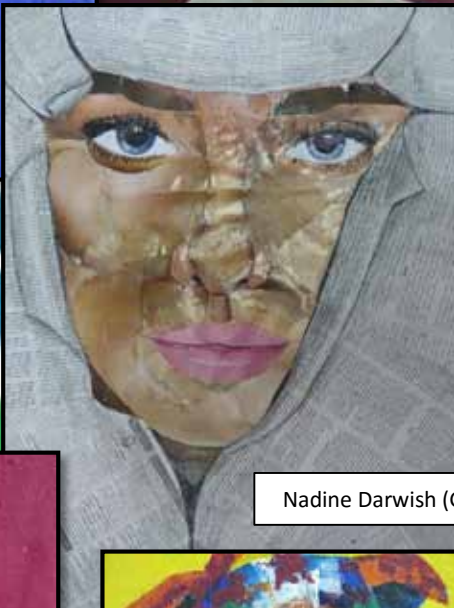
Omar Hussein (G10B)



Zeina El-Bakry (G10Y)



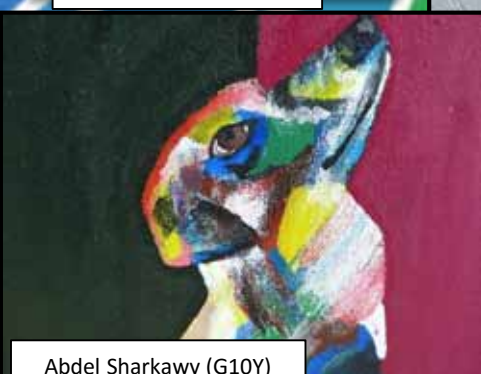
Mark Eshak (G9G)



Yasmina El Gendy (G10R)



Adham Sakkija (G10R)



Abdel Sharkawy (G10Y)



Nour Rizk (G10Y)



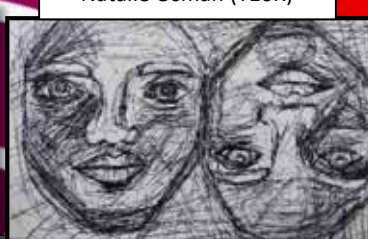
Year Ten IGCSE Art and Design

Year 10 IGCSE Art and Design students have been working hard all year to complete their Historical and Critical studies before the final exam. Each student has an individually chosen theme which they have been exploring. They have all interviewed a local Egyptian artist and experimented with working in their style. They have developed their work to produce a personalised outcome.

Ms L Lacey – Art Teacher

Farah Hussien (Y10R)

Natalie Osman (Y10R)



Natalie Osman (Y10R)

Lama Amin (Y10Y)



Tala Masalam (Y10R)

Bushra Mettawa (Y10B)

Nadim Osman (Y10R)



Bushra Mettawa (Y10B)



Nada Hussein (Y10Y)



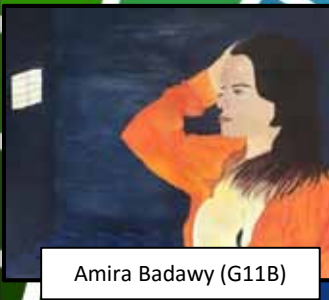
Pre-AP American Section Art

In Pre-AP Art, Grade Eleven students explored narratives through sequential images and tried working with brushed ink. The results were highly dramatic and touching visual narratives. They also explored subtractive printmaking techniques and colour combinations through textural close up images and emotive self-portraiture.

Ms D Green – Art Teacher



Salma Megahed (G11R)



Amira Badawy (G11B)



Rozan Saber (G11B)



Salma Megahed (G11R)



Salah El Negoumy (G11Y)



Brigitte Khozam (G11G)



Rozan Saber (G11B)



Hana Moamen (G11G)

Advanced Placement (AP) Studio Art

AP Design students have been working numerous hours a week to develop their Art portfolios. During Term Two their focus has been on creating a series of twelve artworks that investigate a topic. This part of their portfolio is called the "Concentration" section, and it will comprise half of their overall submitted works.

Mr B Myers – Art and Photography Teacher

Catherine Abdelshahid (G12G)



Mahinar Galal (G12B)



Randa Khalil (G12R)

Sherien Shatta (G12G)



Menatallah Shaarawy (G12G)



Laila Kouta (G12R)



Art III

Art III students have recently been studying how to use value in design compositions. This guided them in their creation of two major artworks, one in which shapes played a major role, and another that focused on texture.

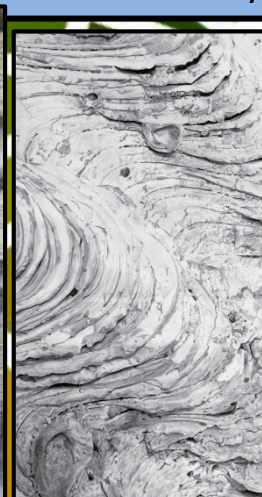
Mr B Myers – Art and Photography Teacher



Mahinar Galal (G12B)



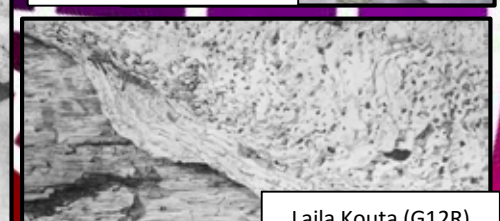
Catherine Abdelshahid (G12G)



Mahinar Galal (G12B)



Kareem Sandouby (G12B)



Laila Kouta (G12R)



Farida Badie (G11Y)

INTERNATIONAL BACCALAUREATE (IBDP) Visual Art

This term the IBDP Eleven and Twelve students have been thinking about their Final Exhibition. They have been working hard on producing paintings to be included in the Exhibition. All the students have used personalised ideas and research and have been influenced by the Egyptian culture.

Mrs L Lacey - Art Teacher

Habiba Dessouky (DP11Y)



Shahd Rashad (DP11R)



Ali Bahaa (DP11R)



Sarah Taweel (DP11R)



Farida Waleed (DP11Y)



Zubaydah Jibrilu (DP12R)

A2 Art Coursework Preparation

Year Twelve students, Malak Dahroug (Y12B) and Nour El Tahaan (Y12B) continue to develop their impressive painting and drawing skills with their portfolios of work for the A2 submissions. Malak's work focuses on everyday people and Nour's moves into photorealism.

Ms K Tapsell – HOD Visual Arts

Malak Dahroug (Y12B)



Nour El-Tahaan (Y12B)



American Section Photography

The young men and women in photography class continue to astound us with their excellent knowledge of composition. Their studies of shooting techniques and camera controls continue in Term Two as they produce three, sometimes four high-quality photos per week.

Mr B Myers – Art and Photography Teacher



Careen Bablli (G12Y)



Khaled Hussein (G11R)



Mahinar Galal (G12B)



Laila Kouta (G12R)



Jomana El Ella (G12R))



Mahinar Galal (G12B)



Jumana El Safty (G12Y)



Rahaf Soliman (G12Y)



Randa Khalil (G12G)



Malak Jaouda (G12R)



Khaled Hussein (G11R)



What's happening in the Primary Art Department?



Primary Art students are travelling through time this year. Following a timeline in Art that stretches back 300,000 years, students are creating projects emulating from the oldest Prehistoric Art through to the current Contemporary Art Movements. The most notable Movements in Art, as well as artists within that period have motivated and initiated projects throughout the year.

As students learned about the Prehistoric Art Movement and the Lascaux Caves in France, each class created a life-size, realistic cave painting and a smaller one of their own. Faux painting techniques and drawing lessons formed the foundation of these projects.

Moving along the timeline, the students delved into clay sculpture as they studied the Primitive Art Movement, where 3-D, functional Art takes centre stage. After viewing sculpture, jewellery, baskets, blankets, masks and pottery of tribal people, they created clay beads, pinch pots and Egyptians Shabtis.



Still further along the timeline, the students focused on the Ancient Arts of Egypt, Greece, Rome and the Americas. Aware of the increasing level of sophistication and stylisation of design, the students honed their drawing skills by using authentic Greek, linear designs to capture Greek Vases in Scratch Art, Pharaonic Gods in watercolour/mixed media, and "drawing with scissors" as they added embellishments to mummies sporting googly eyes, in colourful foam paper.

The year will continue with printing, collage, painting and textiles, as we travel through the Art timeline. We will visit the Art and master artists of the Renaissance, Impressionist, Modern and Contemporary Art Movements.

Ms K Odekirk – Primary Art Teacher



PRIMARY PARENT WORKSHOPS

Primary

Assistant Heads and Deputies gave a series of workshops for parents throughout Term One of this academic year.



Parents were given three choices of workshop to attend and, as most parents showed an interest in all three, we ran each one at a separate time.

Mr David Barton and Ms Jane Boukottaya delivered a Maths workshop that focused on 'Using and Applying Maths'. As it was a very practical session, this took place in our state of the art kitchen. The parents were asked to solve a variety of fun problems and they were then shown how to practise concepts such as fractions with their children, through cooking!

Mrs Maureen Glancy and Ms Amy Clarke introduced parents to the theory and practice of the 'Talk For Writing' method of teaching writing to children. This involved writing about

animals and then looking at the steps teachers would take to improve this writing. If you had come in to watch, you would have seen the parents on their feet, putting actions to a text map which had been drawn with them. We thank all of our parents for taking part in this.

Mr Sam Robertson and Ms Claire McAslan looked at the types of behaviour that they come across in the different year groups and how they respond to this. The causes of this behaviour were then discussed and we discussed how parents can support their children with time management and positive routines. The second part of the workshop in Key Stage Two examined children's use of technology at home and advice was given about how much time the children should spend on their devices and what parents can do to moderate and control what children are doing online activity. Exam issues were also discussed with the Year Five and Year Six parents.

As always, we appreciate your interest and support for these workshops and for your written feedback; we are delighted that you found them so useful and informative.

Ms M Glancy – Primary Assistant Headteacher



Foundation Stage One is 'Down on the Farm'



On Monday 30th November, Foundation Stage One children were treated to a 'hands-on' experience with animals from Monzoo. Yard One was transformed into Old MacDonald's "with a maa, maa here and a gobble, gobble there, a cluck, cluck here and a hop, hop there."

With gasps of delight the children gently and patiently approached the animals. They carefully fed the large white Billy and Nanny goats and looked closely at the turkeys with their funny wattles dangling over their beaks. The huge tortoise and his smaller companion amused the children who gently touched them to see how hard their shells were. The children's outdoor role play area became a barn for chickens and rabbits which Foundation Stage One children petted.

Thank you to everyone involved in organising this event. It was a sensory learning opportunity of the best kind. The children saw, heard, touched and smelled the farm, making the Amazing Animals topic really come to life for our learners.

Ms V Esplin – Primary Assistant Headteacher



Zoom! Zoom! Zoom! Foundation Stage One is Going to the Moon!



This term, Foundation Stage One has been looking at 'Space'. To launch our topic in true MES Cairo style we began with aliens crash-landing in our MES Cairo garden! The children came into school to find a rocket had crash-landed in the sand pit. There were giant pants and alien slime scattered around broken rocket pieces! It was a terrible mess but it was all very exciting. After reading the story, 'Aliens Love Underpants' by Claire Freedman and Ben Cort, the children decided that the aliens must have come to MES Cairo to steal our pants!

After all the excitement of the aliens crash-landing, we decided to investigate more about 'Space' and the different planets in our Solar System to see if we could find out where the aliens might have come from! We learned the names of planets through various activities and talked about what it's like to live on Earth and looked at the Moon and stars.

The children really enjoyed looking at video clips of Rocket launches and real astronauts in Space. They found it highly amusing to watch them float around in their Space stations. We created Space stations in the classroom role play areas to allow the children to use their imaginations and show what they think life would be like as an astronaut. We were also inspired to make our own rockets to go to the Moon, just like Baby Bear, in the story 'Whatever Next' by Jill Murphy.

During this topic Foundation Stage One also looked at 'day and night' and 'light and dark'. It was a great opportunity

to talk about different animals we see in the day and nocturnal animals which come out at night. The children also enjoyed learning about time and playing games of 'What's the time, Mr Wolf!' which they all thoroughly enjoyed.

I think you will agree that 'Space' has been a great topic which has captured all of the Foundation Stage One children's imaginations and inspired creativity and learning.

I wonder what the next exciting topic in Foundation Stage One will be...!

Ms H Emmerton – Foundation Stage One Blue Teacher



Foundation Stage Two is... **Mad about Mini-beasts!**

Quite literally, a Mini-beast is a small animal. There are thousands and thousands of these types of 'creepy-crawlies' that exist all over the world and a swarm of them had just entered the school theatre. So what were they doing there and who were they?

The first creatures to be spotted had long colourful segmented bodies, and they were moving in a wavelike motion. They were the hungry caterpillars from Violet class and they were marching towards the stage, eventually settling into a corner surrounded by crispy, green-leaved plants. But it didn't end there as suddenly, considered to be the most beautiful of all insects, the butterflies from Green class, fluttered into the theatre. With their brightly patterned wings they elegantly floated onto the stage and landed on a patch of grass. The stage now resembled a garden bursting with wildlife. It was clear by now that they meant no harm but were simply looking for somewhere to settle and had just found their perfect lodgings. What these visitors were going to give us in return for this warm refuge, we were about to find out!

The curtains opened and the true extent of the Mini-beast population was revealed. In front of us stood a spectacular arrangement of bees from Yellow Class, dragonflies from Blue Class, ladybirds from Red Class and spiders from Orange Class. The garden they had taken over was an exquisite array of fresh green foliage with flowers bursting in bloom.

Then they began to make the most incredible sound, it was the opening song, 'Ugly Bug Ball', which was anything but ugly. The show had begun in earnest and we were off on a truly magical adventure. After the first song, it was a chance for another kind of creature to join the stage, this time of the human variety. These were the children who had come to picnic in the garden while out on a Mini-beast hunt. While these nature detectives proceeded to unearth each of these captivating insects, they were intrigued to find out some amazing facts, charmed by each mini-beast's song and finally dazzled by their dancing. One by one, each class colour took centre-stage and performed a role-play, song and dance. In the end, nobody could doubt that these buzzing friends do so many interesting things and it was important for us to leave them so that they could live in peace. Judging by the quality of the performance, those children /mini-beasts belong on the stage. Everyone really had a ball.

Well done to the Foundation Stage Two Production team for putting together 'Mad about Mini-beasts' and to all the children in Foundation Stage Two for making it happen!

Ms M Perry - Foundation Stage Two Blue Teacher



Year One Lands on the Moon!



Year One came back to school in January 2016 with a shock! First, a rocket ship crash-landed in our Pod and then an alien was hiding out in Year One during Science Week. After the alien left, the rocket ship remained, which got us thinking; 'Who uses rocket ships?' An overwhelming majority stated 'ASTRONAUTS!' This began our new topic: 'Man on the Moon.' Children attended school dressed as aliens or astronauts and a very special guest appeared in Year One to answer our questions...

Our special guest was none other than Neil Armstrong – the first man to walk on the moon! Neil (aka Deputy Headteacher, Mr Sam Robertson) was happy to answer questions such as 'What do you eat in space?' 'Why do you need a space suit?' and a very popular question was 'How do you go to the toilet?' Neil Armstrong answered all of our questions and we left with a wealth of very useful information.

During our topic we found out historical information about the space race. The children researched 'Laika', the first dog in space in 1959, Yuri Gagarin the first man in space and Liu Yang, the first Chinese astronaut in space. We also found out that our Solar System has eight planets and not nine as previously thought.

To show their understanding the Year One children were able to work collaboratively to order events on a timeline as well as share their new found knowledge with each other in a jigsaw activity.

The children's enthusiasm for their learning was clear from the amazing creations they produced as part of their topic homework. They were able to decide what they would take on a space ship, explaining how spacesuits are used. They even constructed their own wonderful rocket ships.

We concluded our topic by creating information books and posters showing all the information we had learnt. All of the children and adults in Year One very much enjoyed learning about the 'Space Race.'

Ms A McLaughlin - Year One Red Teacher



Year Two visits The Wadi Environmental Sciences Centre

Year Two students had an amazing time at WESC – The Wadi Environmental Sciences Centre on the Cairo-Alexandria Desert road. It was a long journey that took us nearly three hours, but it was worth it!

We were met in the main room and given information about what we would be doing. We couldn't wait for the fun to begin and we were excited to begin learning about plants in the Sciences Centre. We split up into groups and the friendly staff took us around to do some engaging activities that included playing Snakes and Ladders with a new twist, answering questions about plants and animals, learning about the different parts of different plants that we eat and making a salad. We also collected some leaves (that were already on the floor of course!) and used them to create some fantastic plant art. Finally, we planted a sapling and took it home to grow.

The trip was a fantastic opportunity for us to take what we have learned in the classroom and use it in a real-life setting. The people at WESC were also amazing at answering our questions and helping us learn even more about growing (and eating!) plants.

Mr B McLaughlin – Year Two Red Teacher



CURIOUS MINDS AT MES CAIRO!



What makes a Scientist?

Albert Einstein, Isaac Newton, Marie Curie and Stephen Hawking are just some of the famous names we associate with great scientific discoveries. If you look closely at each of these individuals you will learn that they all have one characteristic in common. Can you guess what it may be? Yes, that's right... they were all extremely CURIOUS about the world around them! Taking this into consideration it was decided that this would be a suitable theme for this year's Primary Science Week at the beginning of Term Two.

Throughout Key Stages One and Two, the classrooms became Science laboratories with special practical activities designed to spark the students' curiosity about the world around them. Each year group was given a fun challenge, problem or mystery to investigate throughout the week. Here are some of the creative ideas and follow-up activities from the different year groups.



Tasty Kitchen Science in Foundation Stage One

The Foundation Stage One students had a fun filled week full of experimenting and looking at changes in the kitchen. They explored how to make chocolate before using the chocolate to decorate their own cookies.



Marvellous Materials in Foundation Stage Two

Foundation Stage Two had a wonderful week learning how to be resourceful and use a wide range of everyday materials. The students took part

in weaving activities using different materials such as aluminium foil, feathers and pipe cleaners. One of the highlights for most of the students was walking on bubble wrap to make loud popping noises.



Alien Arrival in Year One

The Year One students were shocked to find that an alien space craft had landed in their pod during the holidays. They had lots of fun using their knowledge of materials to make some food for the alien visitors and they were surprised to discover that the aliens preferred solid food to the liquid versions.

'Egg-citing' Times in Year Two

The Year Two students were excited to take part in the famous egg drop experiment. They enjoyed working cooperatively in groups to design and build a unique package which would allow an egg to be dropped from a height without breaking. Acting like true scientists, they tested their designs outside in order to evaluate their overall effectiveness and to avoid making a mess inside the pod! This also allowed them the opportunity to investigate the idea of fair testing as they realised that the eggs must be dropped from the same height each time.

Magical Week in Year Three

The Year Three pod was transformed into a magic school as the students discovered that they could use their scientific knowledge of magnets to amaze their friends and family with 'magic' tricks. Throughout the week, the students carried out experiments to gain a better understanding of how magnets attract and repel each other and they



started to use the correct scientific language to explain their findings while at the same time learning how to use these ideas to put together a magic show.

Noisy Neighbours in Year Four

The students in Year Four watched a video of Mr Stuart (and his teddy bear, Bosley) trying out different ways of blocking out loud music from his noisy neighbour's apartment so he could have a good night's sleep but nothing seemed to work so Mr Stuart requested the help of Year Four. The students researched how sound travels before they started work on making an area soundproof. Scan the QR code to watch the video.



Engineering in Year Five

As the new part of the Suez Canal was opened earlier this year, the Year Five students were asked to use their knowledge of forces to design and create an unsinkable boat using straws and plastic sheets. Many of the students enjoyed the challenges this posed as they discovered that it wasn't as easy as it first appeared. It was also a great opportunity for the students to develop their teamwork skills and to be resilient in order to create an effective design. You can read more about Year Five's work on forces on Page 55.



Mysterious Crime in Year Six

In order to solve the case of the missing footballs, the Year Six students needed to work scientifically and use evidence to find out what had actually happened. Fun activities included taking fingerprints, examining footprints and analysing handwriting on a note which was left at the scene. Luckily, the students were successful in their investigations and the week ended with the footballs being returned. They discovered that the guilty person had a good reason for borrowing them!



As well as the work going on in classrooms, there were other exciting events taking place during the week. Some students attended break time workshops including an ice challenge, making elephant toothpaste, experimenting with magic milk and a deconstruction zone. The event capturing the most attention was the eyeball dissection which some Year Six students attended. As a celebration of the different areas of science being explored, the week ended with a fabulous dress-up day. There were scientists in white coats, magicians, engineers, CSI investigators and even some astronauts making an appearance. This was an amazing week, getting the students to think like real scientists and showing just how much talent and potential there is within our school. It was also a great opportunity for students to open their eyes to things they didn't even know they would be interested in. Watch this space, as I am sure that many budding scientists and engineers from MES Cairo will be shaping our future!

Ms J Boukottaya – Primary Assistant Headteacher



Year Three presents

WHO WANTS TO BE A PHARAOH

On Wednesday 25th January 2016, a packed school auditorium witnessed Year Three students present a unique interpretation of the process by which a potential pharaoh was appointed to rule over Ancient Egypt. Cue: *Who wants to be a Pharaoh?*

Under the watchful gaze of the parents and peers, a young, aspiring pretender named Tutankhamen, seeking his pharaonic headdress in his quest to become the next ruler, came under the spotlight to answer questions on a wide range of matters pertaining to Ancient Egypt.

Our young Year Three host posed the questions which put Tutankhamen under pressure on several occasions. Three lifelines were available in his bid to answer the trickier questions.

Making use of the invitation to 'ask a friend', young Tutankhamen turned to his mother's friend, a certain young lady called Cleopatra, who promptly provided the correct response. One lifeline used! The need for the second lifeline soon arose, with Tutankhamen needing a '50/50' opportunity before using up his third and final lifeline; 'ask the audience'.

With all questions answered successfully, Tutankhamen was duly appointed the next Pharaoh of Ancient Egypt.

The Year Three students provided entertaining and much-needed support for Tutankhamen in his quest to be Pharaoh. Their enthusiastic rendition of lively rock and roll songs, the lyrics of which provided vital clues to answer each question, helped Tutankhamen to realise his ambition.

I would like to thank the Year Three team for all of their support and hard work leading up to the concert. The students themselves deserve credit for their valuable contribution to this concert. Their enthusiasm and energy shone through in their singing and their creativity was evident throughout.

Well done, Year Three!

Ms T Nissan – Year Three Team Leader



YEAR FOUR EXPLORES THE ROMAN EMPIRE!

"Tell me and I forget. Teach me and I remember. Involve me and I learn."

Benjamin Franklin



We all learn in different ways and that's a fact! During our Topic 'There's no place like Rome', the teachers in Year Four worked extremely hard to bring this learning to life. What better way - to learn about the Romans than to actually become a Roman soldier marching in formation, recreating a day in the life of a Roman soldier through role-play or by writing a play script about the adventures of Emperor Caesar's own personal messenger, Dum Spiro. Throughout

the Topic, the students lived and breathed the Romans, learnt lots of interesting facts along the way and thoroughly enjoyed the whole experience.

It started off with an extremely colourful and most eventful Impact Day on Sunday 10th January 2016. All of the students dressed up like Ancient Romans and practised being legionnaires in the Roman Army! Emperor Nero and Emperor Hadrian's daughter were also there to argue who was the best Emperor and through army formations, the Year Four classes battled each other to see which team was made up of the most gruesome warriors!



Year Four Yellow also performed a gripping assembly that took their audience on a journey back to Roman times. The audience witnessed such things as a Roman road under construction, marching soldiers and a grand villa full of wealthy Romans preparing for a visit from the Emperor Claudius with his elephant and wife. The performance started and finished with movie trailers, which were produced by the students using iMovie

and it was filled with an array of Roman facts, songs and star acting. The assembly showcased just how much variety there is in the learning at MES Cairo. You can watch the assembly in full by scanning the QR code.

Mr S Boswell – Year Four Team Leader



The Force is Strong in Year Five!



It was the culmination of our Space topic: 'The Final Frontier'! The day before the release of the latest episode – it was only fitting that we celebrate our hard work with a Star Wars Day! All of the Year Five students and teachers made a fantastic effort, they showed what great risk-takers they are dressing up for the day! From Obi-Wan Kenobi on the good side to Darth Vader on the dark side, almost every character was represented.

On the day, students had the chance to design their own planets and apply some of the scientific ideas they had studied in class. During the term, the Year Five students learned about why we have night and day on Earth. Why is it that different places on Earth have different seasons at different times in the year? Also, why does the amount of daylight change during summer and winter – with longer daylight hours in summer and shorter hours

in winter? A further question they explored was, why does the moon change shape all the time? If your child is in Year Five, why not try asking them if they can explain these processes.

Luke Skywalker had the force. And so did the Year Five's! Learning about various forces around us, students experimented with gravity, friction and air resistance. Try getting your child to explain to you what some of these forces are; where we see them in everyday life and even how we use them to our advantage. In class, the students learned how to carry out a scientific experiment and write it up: recording the question to be answered; making predictions; methodology and decisions about variables to change; and finally drawing conclusions using scientific reasoning.

Students had the opportunity to utilise scientific equipment such as force meters when testing whether a surface would affect the amount of force that is required to pull an object. Testing the effect of friction on a moving object proved to be fun when we released a toy car on ramps of differing surfaces. Students decided to record the time it took for the car to come to a stop. Most predicted that the rougher the surface the more friction would be created and consequently, the car would travel less distance.

There are many fun experiments that can be undertaken to analyse the effects of forces in the world around us, such as testing different sized parachutes and the effect of air resistance. Why not try testing forces with your child at home? Year Five students can also talk with confidence about the sun in the sky, the seasons and the moon in the night sky. May the force always stay with them!

Mr S Cole – Year Five Violet Teacher



WELCOME TO FILM CLUB!

Filming has begun. The world awaits news of when Film Club's two new movies will be released!

In Mr Lavelle and Mr Cole's group all of the students' ideas were amalgamated to create a short, scary movie script. The students have been working cooperatively, filming and editing as they work towards a deadline to complete their project. Students have learned about various shots: close-ups and long shots; having a steady camera or a shaky, hand-held scene; having the camera moving or still. They have also learned to be resilient and to alter their expectations when their ideas couldn't always be

realised. The students are now excited to see how their ideas will come to life on screen.

In Mr Mulligan and Miss Deena's group, students have started filming a comedy movie which I have been reliably informed has a moral to it. Students have experimented with using a high-tech camera and tripod. Some shots have been filmed in front of the school green screen so that backgrounds can be added to different scenes at a later date in the editing process. Using MacBooks, the students have already begun editing their movie: adding sound effects, trimming and cutting scenes. It was interesting to see how the students decided on their costumes for their parts in the movie that best represented the alter-ego of their characters.

Look out for more information in the next edition of the MESSenger, where you can find out whether our Film Club students succeeded in creating their blockbusters.

I am not permitted to reveal the complete storylines due to copyright regulations!

Mr S Cole – Year Five Violet Teacher



YEAR FIVE – NILE CRUISE RESIDENTIAL TRIP



Year Five students have thoroughly enjoyed their residential Nile Cruise. The trip was split into two visits of approximately sixty children, five staff, security and an accompanying doctor in each group. The first group met at Cairo Airport on Monday 8th February 2016 and the second group travelled on Monday 15th February 2016.



February always has a sense of anticipation here at MES Cairo, especially in the Year Five Pod. You can almost sense the excitement as the students' talk of ancient temples, talent shows, room buddies and Egyptian history. No longer is there room for small talk about Lionel Messi, new releases at the cinema and celebrity news.



For February is the time of the annual Nile Cruise; the main event in the Year Five calendar at MES Cairo. But this is no holiday! The days are long and the learning intense, as witnessed by the early starts and late nights. Stamina is a must, but for those who accept this challenge, the rewards are great. It all began early on a Monday morning at Cairo Airport. Teachers and students arrived at 5:00am in order to catch their flight to Luxor. A few



tears and lots of hugs later, the students were shepherded into the Departures Lounge. Here we were expertly guided by the wonderful 'Go To Know' team, led by Mohamed Yehia, Ms Nervine and Mama Gigi. With all the students safely through, it was time to board the plane and set off towards an ancient sunset.

Our floating home for the next few days would be the Nile Sanctuary Adventurer, a beautiful, luxury yacht with extremely friendly and helpful staff who made us feel very welcome. We were greeted by a delicious breakfast of pancakes, fresh fruit, salad and a whole variety of other goodies. We needed our breakfast, for ahead of us was a plethora of sights to see and places to visit.



Our first stop was the Temple of Karnak, with the extraordinary chapels, pillars, lakes and obelisks on a gigantic site dedicated to the Theban gods. After a quick bite of lunch, it was then on to Luxor market, where the students demonstrated their bartering and trading skills and showed off their commerce prowess!

We finally took in a sunset visit to Luxor Temple. We began with a tour of this strikingly graceful monument in the heart of the now modern town, built largely by Amenhotep III and Ramses II between 1390 and 1213 BC. After marvelling at monuments of Ramses II and pink granite obelisks, we strolled down the impressive avenue of sphinxes, before



hopping back on our coaches for a well-earned sleep. And that was only Day One.

Day Two demanded just as early a start and had just as busy an itinerary. After another hearty breakfast, we headed for Luxor's majestic West Bank. We started at the largest temple in Egypt (Amenhotep III's memorial). This lonely vigil was constantly interrupted by many photo opportunities. We saw the amazing Valley of the Kings and Hatshepsut's temple. The students were very excited on the train ride up there, but decidedly more nervous wandering down into the dark tombs. The magnificent setting for the great queen's monument certainly lifted spirits again and that, along with seeing the decomposed remains of an actual historical figure, certainly made some children's eyes water, with delight!

We were soon back on the boat for an outdoor barbeque lunch before setting sail towards Esna. It would be several hours before we reached this large lock, so the students were kept occupied with several teacher-led activities. Card games, puzzles, quizzes and role-playing kept the students busy before the long awaited...Talent Show! During dinner, there was a huge amount of excitement. Before our very eyes we saw dancers, singers, gymnasts and comedy sketches. Talent was the most apt word you could use, alongside bravery, resilience and fun! To their credit, the students were extremely sensible at bed time and settled down quickly to get some much-needed sleep.

Day Three and our students were enthralled by the 'Go To Know' staff's presentation on mummification. We stopped at the Temple of Kom Ombo to see even more beautiful sights and hieroglyphs, as well as a museum dedicated to mummified crocodiles. We weren't allowed to take any 'snaps' inside the museum! Soon it was time for the big event! The Nile Cruise Disco! The young ladies looked beautiful and the young gentlemen looked very dashing as they boogied the night away before settling into their beds for the last time.

A very early start of 5:30am saw our intrepid explorers say goodbye to our boat and hello to the Philae Temple. We arrived by motorboat to this beautiful monument and students were wowed by its beauty and magnificence. We then headed to Aswan High Dam, where we took in the sheer scale over a quick lunch.

All good things must come to an end, and so it was that the sun set over another Nile Cruise for MES Cairo Year Five students. All of our learners will take away treasured memories, amazing photos, new friends and above all, new experiences which will stay with them forever.

A big 'thank you' goes out to all the teachers who gave up their time to accompany the children, the administration staff for making sure things ran smoothly, the link parents for organising their groups, Go-to-Know Tours for their friendly efficiency, the Cruise Boat staff for catering to our every need and the students for making this the most unique of school opportunities.

Mr G Lavelle – Year Five Team Leader



Some of the things our students have said about the trip...

"It was amazing because there were lots of activities that were so interesting and fun!" **Refaat Salem (Y5R)**

"The temples were fantastic because the hieroglyphics were made so long ago and they were still on the walls!" **Maya Helmy (Y5R)**

"I enjoyed all of the activities, but my favourite part was the view from the boat; there was greenery everywhere along the Nile." **Hamza Badawi (Y5O)**

"The whole trip was beyond description." **Mohmaed Desouki (Y5O)**

"Visiting the temples was my favourite part. They were extremely interesting and so full of history." **Khadiga El Gohary (Y5G)**

"Seeing Tutankhamen's mummy gave me goose bumps!" **Alia El Helw (Y5G)**



The Road to Rio!

Year Six Production



If you had peeked into the Year Six Pod around 24th May 2015, you would have seen the following unusual scenes! Miss Annie warbling and belting out show tunes, Mr Justin shaking his head and wondering why he was there at all and Mr Andrew pacing the desk in a burst of 'creativity'. This is how we decided to stage the Year Six Production – 'The Road to Rio!'

In the story, two unruly, bored children named, Terry and Julie, become entangled with some Ancient Greek Gods and Archimedes. Their mission is to save the Olympic Games in Rio de Janeiro. Will they succeed or will they fail miserably? In an epic story, our heroes show true MES Cairo skills. They are resilient and resourceful as they refuse to give up their mission and finally; the Games are saved!

That is merely the story. As ever, the talents and skills of the Year Six Team all blended together seamlessly as our wonderful students took to the stage for the final time of their Primary years.

Their journey begins in London but our troublesome twosome soon arrive in the Amazon Rainforest where they encounter some tribes-people from Mr Williams' class. They move swiftly on to London and meet some of Mr Nick's policemen and they even bumped into Harry Potter before they hurtle over to Paris and hear





how the Eiffel Tower was built from Mr Andrew's bread-loving students. From there they suffer a mighty Danceathon with Miss Annie's 'groovers and shakers'! Things are not looking too good as they head off to Africa where even Miss Nina's wise village elders can't help. Luckily Mr Justin's Spartan troops come to the rescue and by miracle, they save the Olympic Games.

As ever, we were blessed with the considerable talents of our own in-house band, courtesy of our hugely talented Music Department. The band took us on a musical voyage as we adapted hit songs from yesteryear. The show started and ended with all of our wonderful students on stage, dancing and singing in a huge spectacle that really rocked the theatre as we belted out 'Spice up your Life!' and 'Dancing in the Streets.'

In this whirlwind of frenzied show fever, we all came together as a team. The teachers each had their jobs to do and the students also had their performance to work on. As ever, if any part of a team does not do their best then everybody suffers. Always, this team responded eagerly to the challenge and we put on a slick and wonderfully polished performance that left the audience stamping their feet, singing along, and crying out for more!

Mr A Hainsworth – Primary Year Six Blue Teacher



Inter-House General Knowledge Quiz - December 2015

Do you think you are smarter than your children? Here's your chance to find out.

On the last day of Term One, eight students (and for one round, teachers) represented their House, for the annual quiz - well quizzes to be exact! One for Years Three and Four and four for Years Five and Six.



They answered questions on general knowledge and a range of topics. There were rounds on Music, French, Mathematics, films, class topic work and - my favourite - the silhouette round. For this round, students had to identify staff members from just the shape of their shadow. Miss Jordana's hair was a giveaway but Mr Brendon's profile turned out to be tricky to recognise.

As for the audience, don't think that they could simply sit back and relax! They could earn points for their House as well. There

were anagrams for them to decipher designed by our librarians. Some were characters from books such as "RENLAELCID" and "HIOCOPNIC"; others were weather formations like "NCIRHUREA" and BLRZAIZD" whilst some were literally out of this world, "XGAALY" and INUESERV". Ask your children to help you if you can't work out the words from the jumbled up letters.

There were also objects for the audience to guess the sizes, and we enjoyed the round which gave the most laughs - the blindfold round. Here, students from the audience had their eyes covered while they tried to identify mystery voices. Not such a big mystery, as the voices were actually the teachers. Although judging from the students' answers, these are not so easy to identify when you can't actually see who is speaking.

So, back to my original question - Do you think you are smarter than your children? Well try your hand at just a few of these questions that the children answered in the quiz.

1. Who was the last king of Egypt?
2. When was the Suez Canal originally opened?
3. Who was the messenger of the Ancient Greek gods?
4. In what units are forces (like the pull of gravity) measured?
5. What is the number quatre-vingt-seize in English...or Arabic?
6. Round 3451 to the nearest 100
7. How many bones are there in the human body?
8. Why are days longer in the summer?
9. What is 13 squared?
10. What is the fastest land animal?

Tricky? Teachers had even more of a challenge as they had to answer questions about each other.

They puzzled over which teacher had been a trampoline champion, which one a lorry driver and who had been to school with James Bond! After combined efforts in all the rounds Anubis came out victors for Years Three and Four, while Thoth were the winning team for Years Five and Six.

Well, are you still puzzling over the questions? Oh alright then, here are the answers:

1. Farouk	2. 1869	3. Hermes	4. Newton's	5. 96
6. 3500	7. 206	8. Because of the tilt of the earth	9. 169	10. Cheetah

I hope you weren't a cheater in the quiz! Now, if you want to know the answers to the teacher's questions... you will just have to ask them.

Ms C Jama - Primary Headteacher, Key Stage Two



WHAT'S GOING ON IN PRIMARY PE?



Across the Primary school, students are working very hard in PE lessons with progress being made throughout!

In Foundation Stage One we have been preparing for our very first Sports Day! We have practised relays and learned new games in order to impress our parents.



In Foundation Stage Two we have recently learned new games such as budge and minefield. All games require students to change direction, and speed to avoid being caught by their peers.

Year One has thoroughly enjoyed a block of dance in recent weeks. They have used their imaginations to create dance moves that apply to a weekly theme. Themes have included fireworks, robots, toy shops and balloons!



Year Two has worked hard to progress their ball handling skills in the last six weeks. Students have practised basketball and football skills and applied these in different games. In Year Two Green they created their own games which included ball handling skills. The students had to give their created game a name and teach it to small groups.



Years Three, Four, Five and Six has been perfecting their abilities in athletics. Students have attempted a range of activities within athletics including long jump, sprinting, hurdles, high jump, shot put and javelin. All students are now looking forward to demonstrating their improved techniques in their respective Sports Days at the end of the block.

Mr J Currie – Head of Primary PE



TEAM COUGAR NETBALL

The Primary Team Cougar Netball team continues to increase in popularity. The pool of participants has grown since the beginning of the year with over twenty girls regularly attending training after school on Mondays.

The team's efforts were rewarded with a fixture against Cairo English School. Despite the Year Five Nile cruise, MES Cairo managed to field a team with a confident blend of experience and youthful exuberance.

Under Ms Claire's tutelage, the students demonstrated a fast-paced game which shocked their CES counterparts. Zaynah Jibrilu (Y6B) and Malak Atef (Y6G) were particularly ruthless from inside the shooting circle. Zaynah in particular provided a huge headache for the opposition with her phenomenal rebounding skills.

The MES Cairo team showed great determination and defeated a CES team which included 3 Secondary School students, MES Cairo securing an emphatic 10-3 victory. All the more pleasing was that all girls contributed to the success of the team with each member of the squad participating in at least two quarters of the match.

Well done to all the girls involved Zaynah Jibrilu (Y6B), Malak Atef (Y6G), Habiba Attiah (Y6B), Catherine Girguis (Y6G), Laurina Salama (Y6G), Maryem Atta (Y6O), Lara Gamaeldin (Y6Y) and Sara Masarany (Y5O).

Ms C Harris – Year Three Teacher and Team Coach



KEY STAGE TWO INTER-HOUSE GAMES



The Inter-house Games proved to be another huge success. A regular in the Primary sporting calendar, all students worked hard during the preceding six weeks in preparation for the event.



Year Six students took part in a Tag Rugby competition. Interestingly, very few children had played Tag Rugby at all, before the classes did a block of it in their PE lessons. This ensured the success of the activity and was largely down to how hard they worked during PE lessons. The competition itself was very close with no team managing to win all of their games. The winner and second place both ended on the same points total and had to be separated according to who scored the most tries.

Ra 1st (10 tries scored) **Thoth** 2nd (5 tries scored) **Horus** 3rd **Anubis** 4th

Year Five students participated in a Netball game. As well as students doing a block of Netball in PE lessons, there was also a large group of girls who competed in the Team Cougar Netball Team. This ensured the level of play was particularly high. Thoth was triumphant, managing to win all of their fixtures.

Thoth 1st **Horus** 2nd **Anubis** 3rd **Ra** 4th

Year Four students participated in Football matches. The children had worked hard on their Football, developing their passing and dribbling techniques ready for the competition. Many students also train with Team Cougar which meant the standard was very high. Throughout the competition, sportsmanship was at the forefront with extra points being given out for the loudest cheering and demonstration of fair play. The competition was incredibly tight with Anubis being victorious and taking first place.

Anubis 1st **Ra** 2nd **Horus** 3rd **Thoth** 4th

In Year Three the students participated in Benchball. This was a new sport for most of the children; however they brought skills and knowledge which they had developed in lessons to the competition. The students had to use a range of different passes and tactics in order to be successful. All of the children participated with great enthusiasm, earning extra points for their teams.

Ra 1st **Anubis** 2nd **Horus** 3rd **Thoth** 4th

BSME FOOTBALL TOURNAMENT IN DUBAI



On Friday 29th January and Saturday 30th January 2016, the Under 11's BSME Football Tournament for girls and boys took place at Dubai English Speaking College, Dubai. There were twelve girls' teams and twenty boys' teams registered to play, all coming from different parts of the Middle East including Saudi Arabia, Bahrain, Kuwait, Egypt and the United Arab Emirates.

The girls played on Friday and had a very successful tournament considering it was their first ever competition together. They had only started practising as a team at the end of November and so there were a lot of nerves in their first game. However, their confidence grew and their work ethic as a team was outstanding as every girl tried her very best in a very difficult group.

Their highlight of the day was when our girls played against the British International School of Jeddah. They showed great passion and enthusiasm throughout the game, working hard for one another and trying desperately to get a goal. Just when they thought Merna El-Bassiouny (Y6Y) had succeeded in this, the referee called for a free kick. The game finished 0-0 against a well-organised team who made it to the final of the top team finals. Overall the girls should be extremely proud of their own efforts as they showed great character and sportsmanship throughout.

The player of the tournament for MES Cairo was Hana Sedhom (Y6R). She had never played as a goal keeper before, she put on a fantastic performance throughout, however, saving some incredible shots from opposing players.

What impressed coaches and spectators the most was the improvement the girls made throughout the competition. With each game they played, the girls seemed to grow in confidence and by the end of the tournament they were looking like a strong, solid team. It is clear that the future of MES Cairo Girls Football looks very bright!

Having been spectators for the girls the day before, the boys were very eager and excited to get their Football campaign underway on the Saturday. They had been waiting for this moment from the start of the year and were ready to put all their training and hard work to the test. They played some very well-organised teams in their group, the British International School of Jeddah and St Christopher's from Kuwait to mention only two. They managed to qualify from their first group into the top team's final group. At this point the boy's confidence was incredible. They played some fantastic quality football with a number of important goals under their belt.

In the quarter-finals of the top group, they played against St Christopher's C team. There were a lot of nerves and emotions were running high, yet the boys still managed to keep their composure. The girls had well and truly established the award for best supporting fans as they could be heard from every corner of the arena. Both teams



had numerous chances throughout but MES Cairo came out on top! It was settled when, during the second half, Hamza Khalil (Y6R) made a confident run down the right hand side of the pitch and swerved a ball into the box where Adam Kirolos (Y6G) managed to meet the ball with his head and place it into the corner of the goal, sending MES Cairo into the semi- finals.

In the semi-finals, they met St Christopher's A team. They knew they were facing a difficult team but the team talk they had before heading onto the pitch, helped them to settle their nerves. The match started with high intensity as both teams moved up and down the pitch. It was a very close game, however it was St Christopher's who made it to the final, ending MES Cairo's Football campaign for this year. The boys were gracious in defeat; they held their heads high and congratulated the winners. Deep down, however, they were heartbroken. They soon realised though, that they had put in an incredible fight and that they made their peers, teacher and parents extremely proud. St Christopher's went on to win the tournament. Hamza Khalil (Y6R) was given Player of the Tournament for MES Cairo for his courageous efforts throughout the day and for being part of some vital opportunities.

On the last day of their trip the students celebrated by visiting one of the world's most iconic buildings, the Burj Khalifa. They were able to travel up 148 floors of the world's tallest building and to capture some breath taking images of Dubai. It was a beautiful, clear day which made it a very pleasurable experience for all.

The trip to Dubai was a real success. The students demonstrated excellent behaviour and real maturity. Some tourists even complimented them whilst inside the Burj because of their pleasant manners and positive nature. They should be extremely proud of themselves. Well done MES Cairo BSME Football Teams!

Mr H Gad – Primary PE Teacher



Primary ASAs Update



In Term One we saw lots of excited students and teachers during the activities. So many smiles and happy faces in Art clubs, Sports activities and Academic clubs have shown we are able to provide a varied programme for all our students.

This term we are continuing to further enhance the programme with more diversity for all year groups. With the support of all staff involved we created an even more exciting programme for Term Two, where we believe we have provided valuable activities to suit every child.

In Year Two we have a variety of clubs ranging from iPad to Yoga! Students in Year Three can choose to sign up for relaxing Stories and Snack time or you could join the Science Club. Year Four students have the option of Origami or a Chess Club, to name but a few. In Year Five we provide Spanish lessons or a Boys' Choir. Students in Year Six can also do a Piñata Club or practise their public speaking in the Debate Club. We have many more activities up and running, some aimed at single year groups and others that are whole school activities. We are delighted that some of our IB students from Secondary are involved in teaching the students new skills.

So far we have had a great run and it is really impressive to see how committed students and teachers are to making the activities a huge success. I am convinced that with everyone's help and energy, this term of after school activities will be a huge success. I would like to thank everyone involved for their very hard work.

Mr A Tromp – Primary ASA Coordinator



Football Academy Update!

After six training sessions during the MES Cairo Football Academy's Block Two, we are delighted to say that it has been a resounding success. More than fifty-six students, from Years One to Six signed up for Block Two. They were coached on a multitude of skills including passing, shooting, positioning and tactics. They were also encouraged to show good sportsmanship and to uphold the standards and values that Modern English School Cairo stands for. After six weeks, we can confidently say that everyone made considerable development and their progress was celebrated at the Awards Ceremony during the last training session of the Block. The students got to walk a red carpet and received their medals and certificates from Mr Godfrey, in front of a jubilant crowd of family and friends!



What perhaps delighted us the most was the attitude and dedication of all members of the academy towards their training sessions. It was commonplace to see smiles and laughter mixed with enthusiasm and eagerness, as students were put through drills and activities which were aimed at improving skills such as shooting, passing, dribbling and positioning on the field, all under the expert supervision of Head Coach, Mr Wael Hussein.

During the winter months the players were presented with a stylish blue training jacket hoodie to complement their full academy strip.

We would like to thank all of the parents for showing an outstanding level of support and for helping to make the academy the success that it is!

**Mr H Gad
Football Academy Coordinator**





Primary Pioneers

As

the new Pioneers from Year Five move into their second term of activities, the progress and development they have made is becoming clearer. The Pioneers are working diligently towards the graduate profile and are showing clear signs of independence, resilience and many other aspects of the profile.



The Year Six students continue to extend these skills and have shown excellent relationship skills by welcoming the new members. They have impressed the Pioneer teachers with their maturity when working in group situations by negotiating well and compromising where necessary.

With a record number of Gold awards being given, let's see what they've been up to...

The Entertainer

Throughout this badge, the Crocodiles worked independently, to develop a performance which included links to the 5Rs, resilience, risk-taking, relationships, resourcefulness and reflective. Whilst developing their performance, the Pioneers showed many of the 5Rs in themselves. We are currently still waiting in anticipation for their final performance which is coming soon...



The Musician

The Cobras have been wowing everyone with their African drum beats! The group of 20 have worked together as a team to take a big risk and learn a song for a performance. After hearing them play in the corridor I was amazed by how professional they sounded, I even got goose bumps! I really can't wait to hear them perform in assembly!

The Survivor

Continuing on from the Survivor badge in Year Five, the Cobras have been investigating ways to generate power without electricity. In addition to this, they have been discussing alternative the uses of potential resources on a survival trip.

The Creative Photographer

There have been some amazing abstract images created from around the school by the Jackals and Hippos. Abstract art is a tricky concept to understand however I have been really impressed with the work produced by the Pioneers. Take a look at our Pioneer display board where the artwork will be displayed soon!

The Survivor (Y5)

It's been another amazing term for the Hippos. They've developed their survival skills by purifying water using common items like pebbles and cotton wool. The Hippos managed to turn dirty muddy water into clean clear water and were amazed at their results! In addition to this, they practised making shelters using tents and were very successful! Well done to them!

The Relaxed Individual

The Jackals have welcomed a new instructor this term and have been excellent representatives of the Pioneers. They have listened well to instructions and remained focussed throughout the sessions.



I feel really proud to work with all the individuals in the Pioneers.

They have developed into excellent examples of the Pioneer Programme and always represent us well. Well done for an excellent start to the new year and I look forward to seeing your activities as the year continues.

Miss J Godber
Primary Pioneers Coordinator



SECONDARY ASAS – TERM TWO



From Photography to Quintessential Quilting and Lego Robotics to Global Perspectives, it has been a busy beginning to 2016 for ASAs at MES Cairo after the Winter break. Mr Erbach's Pioneers have been busy collecting a range of badges from the variety of ASAs on offer whilst Ms Flake's NJHS and NHS students have been filling their log books with fantastic experiences. Our Silver International Award students are just back from Cyprus too.

Students are going global with Mr Rainford and Ms Dixon. Mr Rainford's *Global Perspectives* is tackling questions of a transnational nature by discussing and debating issues of global concern that affect us all. Ms Dixon is mastering maps with a dedicated bunch of Year Eleven students. If you are looking for directions then head to NF6 on Sundays. Sticking with head-scratching activities, Mrs Rainford has been exploring the science of the mind in her *Psychology Club* ASA. Students have been engaging with a range of Psychological theories and perspectives as well as learning about real-life issues such as depression.

Our creative construction ASA is proving to be extremely popular. Mr Higgs' *Lego Robotics* ASA is producing some excellent results, with the students eagerly preparing for their opportunity to compete with schools all over Egypt to see who has designed the best robot. We will be hearing much more about their successes next term as we bring you the competition results – good luck to our MES Cairo robots!

Whilst the Cougars are training hard, many students are also getting active in our range of student-led alternative physical challenges offered by the ASA programme. Our new student led *Cross Fit* ASA, has seen the girls putting Mr Philips through his paces every Sunday – he is still wondering how the girls are able to push themselves through the pain barrier long after he has taken his seat on the bench. In addition, Mr Ayele and Mr Barajas are mesmerising students with their display of speed and strength during drills for their *Combat Conditioning* ASA. Students have been getting to grips with 'grappling' and many more wrestling and martial arts techniques.

Our *Outreach in Egypt* ASA has proved very popular again this term and is going from strength to strength. Building on the two programmes being delivered to the orphans at the Dar El Youseff, we have added a further two programmes for our new partnership with orphans at the Dar El Faeza orphanage. 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 children visit MES Cairo and participate in sports and art activities. We also have plans to go horse riding next term. All of the students and teachers involved are doing a great job of developing the service education programme here at MES Cairo.



MES Cairo has its first ever Ultimate Frisbee ASA this year. Ultimate Frisbee is a great way not only to be part of a team and build school spirit but it also provides a great opportunity to exercise and compete in a sport. Ultimate is an exciting fast-paced game that has become a recognised competitive sport around the world. Students are invited to learn and participate in a new sport. The Ultimate Frisbee ASA is organised by Mr Koene and is held on Wednesdays after school. The Ultimate team will be practising to compete in games against local schools.

If you're reading this and thinking you are missing out – then get involved yourself! Term Three ASAs will start after the April break, and we want to see every student in Secondary either participating in a Cougars Sports team or an after-school activity. Term Three promises to be bigger and better.

Mr E MacAuley - ASA and CAS Coordinator





2016 has been an exciting time so far for our International Award participants. Our thirty-nine Bronze team members completed their adventurous journey by hiking over 26km through Wadi Degla, camping out at school overnight, cooking and cleaning for themselves. They had to carry everything that they would need that weekend in their backpacks too!

Our Silver team completed a fantastic adventurous journey in Cyprus, experiencing breath-taking views as they hiked the mammoth 60km over three days in the mountains, up and down and through forests, using maps to navigate, camping out for two nights all alone, cooking all their foods – with no help, except that of their team mates! We are so proud of their achievement, as they were of themselves!

Both groups displayed fantastic team work, leadership, resilience and determination, many overcoming difficult physical challenges (blisters, sunburn, aching muscles and lack of sleep, etc.) as well as emotional challenges in testing environments. It is no wonder that the Duke of Edinburgh's International Award is held in such high esteem by universities and colleges worldwide. Whilst all participants still have to complete the rest of their Award (skills, service and physical recreation) we are looking forward to lots of International Award certificates this year!

Brilliant Bronze Awarders

'The expedition was a great experience that taught us many skills which we will certainly use on future occasions'. **Khaled Sabek (Y10Y)**

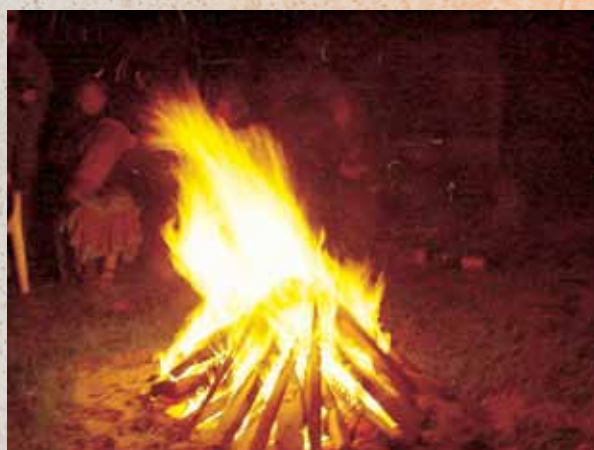
'It was an extraordinary experience and I would love to do it again!' **Seif Soliman (Y10B)**

'It was a one of a kind trip and I would love to experience another trip with the same challenges like cooking and camping'.

Aly Samy (Y10R)

'The Bronze Award has helped me develop so many skills and has encouraged me to face my fears, to keep going and refuse to give up. I am proud to be a successful participant who has faced the challenge and I can say that I am very proud of everything that I have accomplished. I am looking forward to participating in the Silver Award next year and long for a new challenge'.

Nada Hussein (Y10Y)



Super Silver Awarders



'The International Award has been an amazing experience! The three day challenge made me realise how resilient I am. During the hikes and the challenging uphill climbs I was exhausted but in the end I felt that I could take on anything that life throws at me. I definitely couldn't have done it without the great people I was surrounded by over the whole week. Thank you to everyone who was involved!' **Amira Madbouly (Y11Y)**

'The Cyprus trip was eagerly anticipated for many months by all the Silver Award participants. At first I thought this trip would be a piece of cake, something I would get on and finish easily. But it wasn't easy, it was very challenging. There were mountains as high as 400 metres and going down these wasn't any easier! I got blisters and injuries and was exhausted but no... it was an indescribable feeling when we finally arrived at the finish point! I even ran the last 10 metres! It was really worth it'. **Yasser Dabees (Y10B)**

'It was a truly rewarding experience throughout the whole journey. I would do it all again. I feel like a stronger individual now. Thank you to all'. **Lana Elseesi (Y10B)**

"International Silver Award, has been by far, one of the most exquisite yet incredibly challenging journey I have ever experienced. It wasn't only physically challenging but also psychologically; the motivation and enthusiasm that we had before the journey continued to be present until the very end and I think this is the main reason that kept us going, knowing that we are capable of getting through this challenge as a team despite the struggles that were in our path. We continued to encourage and support each other every second and I personally believe that teamwork and leadership experiences boost our confidence and motivate us. Without a doubt, I have learnt so many different things and was able to try dangerously awesome activities which I had never thought I would be able to do but I ended up doing. This is one of the main objectives I've learnt, never underestimate your capabilities because you are certainly able to do so much more than you think!" **Farida Hassan (Y10R)**

Watch this space for our next bronze award recruitment drive in Term Three!

The **UK University Service UCAS** says 'The Duke of Edinburgh's International Award (the Award) is the world's leading youth achievement award, equipping young people for life and work. Through the Award, young people develop skills such as communication, team working, and leadership, enabling them to stand out from applicants with similar academic qualifications. The Award allows achievement to be consistently recognised worldwide, giving young people unique international accreditation of their experiences'.

The Award is separated into four sections all of which are to challenge and develop young people; skills, service, physical recreation and the adventurous journey.



Ms K McTigue – International Award Coordinator

A GAME FOR FOUR SEASONS

Varsity Girls' Football Team v Junior Varsity Girls' Football Team - 16th December 2015

Santa Claus had paid his annual visit to MES Cairo and departed in haste. The sound of reindeer hooves faded to the beautiful voices of the School Choir serenading a season of goodwill to all. Dressed immaculately in pressed white blouses, against a backdrop of seasonal decorations, Randa Khalil (G12G) stood opposite Fatimah El Harbi (G10R) on a theatre stage; both singing in harmony. It is a joyous time of year and a moment for cultures to come together in peace, in a way MES Cairo knows how to accomplish successfully. However, regardless of how well disguised they were as choir girls, as the concert drew to an end, the Varsity Girls' Football Captain and her Junior Varsity counterpart both knew this tranquil moment would cease to exist the following afternoon.



Their very next song was the Egyptian national anthem. Now attired in Varsity black or Junior Varsity yellow the singing continued, this time on a stage of green grass. One long line was composed of every squad player with hands across chests in passionate respect. Some eyes closed solemnly, others staring wide open, staring beyond everything. Nothing out there mattered in that instant. As well as being the festive season, there were two other seasons which overlapped. Firstly the successful Varsity Football season drawing to a close and secondly the Junior Varsity Football season opening with this prestigious 11-aside fixture.

Predictably, the Varsity team took the initiative from the first whistle and went all out on a frenzied attack. Randa and co. appeared to be all over their less experienced adversaries. The older girls were here to boss their little sisters into a white washing. Yet despite territorial dominance, the Junior Varsity team stood firm in defence and even looked dangerous when counter attacking. Hana Mattar (DP11R) was repeatedly caught off-side on the Varsity left. The lack of 11-aside fixtures in their season was having an impact on their experience with the rules. Finally a ball tumbled unceremoniously into the path of Rosan Saber (G11B) who executed a clumsy shot, which beat Fatima Abdel-Maksoud (Y10Y) in the Junior Varsity goal. It wasn't pretty football, but it saved the blushes of the Varsity team at half-time. Surely now the flood gates would open?

The younger squad, despite little preparation time so early in their season, had one advantage – the lack of pressure on them. They were expected to lose, but in their midst there was exceptional talent and a winning mentality. Alia El-Shabrawy (Y9Y) was re-positioned into midfield for the second half of the match and she gave her nemesis Mariam El-Gabalawy (Y11G) a torrid lesson in ball winning pressing. Contrary to expectation the entire Varsity team started to look a little jaded and dismayed at the escalation in pressure upon them. Then suddenly another Junior Varsity counter-attack found Tia Saied (G9Y) on side and facing the best goalkeeper in the school, Zeina Sakkeja (G10Y). Zeina knew what to do and rushed the striker so she had little time to compose a shot. Yet Tia's coolness was remarkable as she simply lofted an exquisite delivery over the helpless keeper to level things up. It was unbelievable and the Junior Varsity team went wild in celebration!

Anxious to restore pride, the black clad competitors re-asserted their control and took advantage of the inconsistencies resulting from numerous Junior Varsity substitutions. Randa was being contained by defenders, but mistakes were being repeated near the Junior Varsity goal and 'the poacher' was waiting for her opportunity. A poor goal kick landed in the path of the very lucky Farida Ghazzi (G12B) and she did not hesitate in ensuring it meant an instant punishment for her antagonists. The executioner had struck. 2-1 to Varsity and the clock ticked on to ensure the pecking order in the football food chain would be maintained.



However, no one had informed Fatimah, Tia, Alia et al about their status as prey. As the final whistle drew near the Junior Varsity team kept battling ferociously for the ball. Salma Khalil (G10G) was impressing just behind Tia and the Varsity defenders were stretched to their limits to contain them. The left-footed Natalie Bishay (G10G) was being extremely effective on her favoured side, but the major move was to come on the right. Picking the ball up deep in midfield Nafisa Jibrulu (Y9Y) knew time was running out for her yellow shirted companions. So she turned and went all out for the equaliser.

Using immense pace and strength she managed to pass one, two, even three tackles and amazingly compose herself to blast an accurate shot past the stretching Zeina. Incredibly, honours were even at 2-2 as the game drew to a close. With hostilities ceased, the Varsity team congratulated their younger opponents and knew only too well that a successful season lay ahead for them. If they could draw their first game with Varsity players, who had topped a league of CISSA schools, then they would be invincible in their own age group. The Junior Varsity players left grateful for the opportunity, but with wide grins on their faces that lasted all over the holiday!

MES Cairo has demonstrated that our female athletes have the ability to play the full 11-aside game just like their male counterparts! We will continue to lobby for this right to be granted in CISSA tournaments, and long for the season when this change will be implemented. The final season of the four, The Season of Change.

Thank you to the Varsity Girls Football players who gave up their free time for this fixture:

Zeina Sakkejha (G10Y), Hanin El Shorbagy (Y11B), Salma Farouk (Y12G), Norhan Madkour (Y12R), Laila Kouta (G12R), Sarah El Taweel (DP11R), Mariam El Gabalawy (Y11G), Randa Khalil (G12G), Hana Mattar (DP11R), Rosan Saber (G11B), Doris Merhom (Y11R), Aya Wahdan (Y12B) and Frida Ghazzi (G12B). Coach: Merna Youssef (Graduated 2015)

Well done to the Junior Varsity Girls Football preliminary squad players for this performance in their first competitive fixture of the season:

Fatimah Abdel-Maksoud (Y10Y), Nooran El-Masry (Y9B), Alia Sabbour (G10G), Alia El-Shabrawy (Y9Y), Sandra Massoud (G10B), Nafisa Jibrulu (Y9Y), Natalie Matta (Y9Y), Salma Khaili (G10G), Tia Saied (G9Y), Fatimah El Harbi (G10R), Natalie Bishay (G10G), Sandra Matta (Y9B), Hana Omera (G10G), Nada Hussein (Y10Y), Jana El Diwany (Y9Y), Leila El Taweel (G9Y) and Jana Rashad (Y9B). Coaches: Mr Rosser and Mr Carroll

Mr S Perry – Deputy Headteacher, British Section and (Referee of Match of the Year)



ALIVE AND KICKING!

CISSA Eastern Conference Junior Varsity Girls' Football Tournament 29th January 2016

The drudgery of a wintery Cairo was getting to everyone on the Junior Varsity Girls' Football Team. The cold, wet weather and water-clogged roads were hampering progress! Practises were aborted and friendly matches were abandoned. Each morning the players looked out between streams of raindrops on windowpanes in hope, only to see a blanket of smothering grey clouds stretched forever across the sky. Alas, even the tournament was now threatened with closure due to the grim winter weather. What was the point of living, without football!

Thankfully, at the end of a cold and rainy week, the desert sun returned to its prominence and rightful reign over the Egyptian capital. At dawn on 29th January it was evident that we would play and the tournament would go ahead! Fittingly, the brand new football tops that the Junior Varsity players adorned themselves in, matched the orange-pinkish tinge of the very welcome brand new sunrise.

Everyone felt excited and could not wait to start kicking a football again. In a round-robin system, MES Cairo faced American International School Egypt (AISE) in the first encounter of the day. Quality was paramount throughout the squad and it was not too long before Captain Fatimah El Harbi (G10R) put her team in the lead. Although losing possession for considerable periods, the American school was determined to put up a decent fight. Nafisa Jibrulu (Y9Y) tracked back continuously from her midfield role to help her own defence, but on one occasion she collided with an opponent causing her hand to fall on the ball. Cruelly MES Cairo faced a direct free kick which cleared their defensive wall and ricocheted off goalkeeper Fatimah Abdel-Maksoud (Y10Y) into the net. Things were tense at half-time! Finally, the team settled as a unit and remembered how to play beautiful football. They took control once again, eventually





furnishing a clear chance for striker Tia Saied (G9Y) to secure the victory they deserved.

The second opponents were hosts New Cairo British International School (NCBIS), who were not enjoying their morning in the sunshine at all, after a 6-0 drubbing by the Choueifat school team. MES Cairo refused to be over-confident and adopted a very business-like approach to their task. Things went exactly to plan. Tia carried on where she had left off and was first on the score sheet with an exquisite touch with the outside of her boot, placed perfectly into the far corner of the goal. Then Vice-captain Alia El-Shabrawy (Y9Y) popped up to meet a perfect corner with her head. The ball hit the cross-bar, bounced back to Alia who headed onto the cross-bar again, causing the ball to bounce over the goal line. She ran in to make contact again, just for good measure. It was this

demonstration of utmost determination which was making Alia look like the most influential player at this tournament. With a comfortable lead at half-time it was fitting for substitutes to be given their chance too. Nooran El-Masry (Y9B) solidified defence alongside her mentor Alia Sabbour (G10G), the Matta twins, Natalie (Y9Y) and Sandra (Y9B) energised the midfield flanks and Alia El Abassiry (G10G) made an able replacement striker. Even with her first choice teammates rested, Captain Fatimah El Harbi (G10R) led on and grabbed herself the third goal.

3-0 was a fine result but it did not match the goal record held by final adversaries Choueifat who went into the last game knowing a draw would earn them the eastern championship. Alarmingly MES Cairo started the game cautiously and too slowly, yielding too much time to an opposition who just had to sit back and wait for an opportunity. The MES Cairo coach made a clarification: "They are number one right now and we are number two! We have to score to be number one, now get a move on!" Immediately the pace quickened as Alia won an aerial contest in the centre and found Fatimah's creative feet. In an instant play was spread wide right where Nafisa beat her marker for pace and after another inter-change of passes was clear on goal. She launched a rocket of a shot into the back of the net and brought a ray of sunshine beaming onto the face of her jubilant yelling coach, "Now we're number one! Brilliant football. Magic!" It was now game-on and Choueifat responded with all-out attrition on MES Cairo. The antidote was the little Vice-Captain Alia, who ran herself ragged to break up attacks. The Choueifat number 10 had terrorised other schools all morning with her sharp-shooting, but MES Cairo deployed exceptional defender Leila El Taweel (G9Y) to contain her. Leila's perfect positioning and superior fitness won that contest. MES Cairo knew their lead was still too slender, so counter-attacked at every opportunity they could get, using their trademark of composed flowing passes. Once again initiation came from the constantly competitive Alia, was propagated through Fatimah's flair and extended by Nafisa's powerful runs. Yet this time Nafisa did not score. Instead she sent an unstoppable cross which met the sweet left foot of her left wing counterpart, Natalie Bishay (G10G), who buried her chance home for a very comfortable half-time lead of 2-0. Now the pace could ease a little, as MES Cairo had control of the game. Salma Khalil (G10G) and Alia El Abassiry (G10G) brought their untired legs into the affray to ensure possession was kept. To their credit, Choueifat did not capitulate and were able to win numerous corners as nervous MES Cairo defenders repeatedly put balls out of play. Fortunately Fatimah Abdel-Maksoud (Y10Y) kept things at bay with some convincing goalkeeping, until a melee ensued in her area and the opponents pounced to pull the score line back to 2-1. It was a nail-biting tense finish to avoid conceding another and losing the tournament. However, composure returned with effective movement and passing, to ensure any further danger did not materialise. The most entertaining team at the tournament (according to the host organiser) duly ran out overall victors, maintaining a 100% record of winning matches. The sun shone just a little brighter than usual for a January morning, as every champion felt an immense joy to be alive (and kicking).

Congratulations Junior Varsity Girls Football Team and good-luck for your East v West Conference Final verses BISC on Friday 11 March 2016 at MES Cairo.

Mr S Perry – Deputy Headteacher, British Section and Team Coach



JUNIOR VARSITY BOYS'

CISSA FOOTBALL TOURNAMENT

On Friday 29th January 2016, ISC-C once again hosted a boy's football tournament, this time for Junior Varsity. The change of format meant that instead of a 'knock out stage' to the tournament, it would only consist of a 'round robin' where every team would play each other once and league standings would be produced from the results.

Our MES Cairo boys' went into the tournament with mixed feelings. On one hand, they were confident in their abilities as we have an extremely talented team, on the other hand however, we had only trained three times and played in one friendly match leading up to the tournament due to reasons such as weather, cancellations and so on.

Our first game was against AIS, who we had recently lost to in our only friendly match. AIS seemed extremely confident, but that was soon changed when our boys dominated the whole game from start to finish. MES Cairo had at least 75% of the possession and around six chances to AIS's two. Nevertheless, we failed to convert those chances into goals and the game ended goalless, with MES Cairo leaving the pitch feeling robbed of three valuable points and AIS celebrating an undeserved point.

In the next game we faced hosts and favourites, ISC-C. MES Cairo carried on where they left off in terms of possession and showed some of the best football I've ever seen from a group of students of this age. Unfortunately, MES Cairo were again not clinical with these chances, and they ended up with a heart breaking 2-1 loss.

This ended any chance of a decent placement for the MES Cougars. Our boys had shown phases of pure excellence, but failed to convert that with a lack of composure in front of goal. We went into the last game with nothing to play for, but at the same time, nothing to lose! With every team I coach, I always promote good ethics and attitude in my players. The boys demonstrated great ethics and were probably the only team at the tournament not to argue and shout at the referees. However, I was extremely disappointed when it came to the final game against Hayah International Academy. We walked away having not giving our best and received a 2-0 loss.

All in all, there is much to be learned from this tournament. We learned that we have such potential in this squad and that we should be more confident in our abilities in the future. We also learned that we should never give up, no matter how many obstacles stand in our way!

Special shout outs to Karim El Kersh (G11R) for showing his experience and leadership in captaining our side, Nour Mahfouz (G10Y), Hussein El Komy (G10R) and Mazen Fouda (G10R) for creative attacking supremacy and, of course, our 'Man of the Tournament', Omar Soliman (G10R)!

Mr C Carroll – Secondary Physical Education Teacher



BASKETBALL UPDATE



At the Middle School first tournament of the year both the boys' and girls' basketball teams developed tremendously. They were independent enquirers on the courts as they were extremely nervous in their first match but played fairly the entire tournament. Both teams came out as winners as they felt as a team and finished the tournament with some positive results. After this tournament the teams felt fully prepared for their first CISSA basketball tournament.

Throughout the season the Middle School team continued to grow in confidence and ability, constantly making it a tough selection process when it comes to games. We played against plenty of teams, including CES, AISE, CAC and ISC-C. A mix of wins and losses, but regardless of any result, our teams continued to be enthusiastic about playing and developing their skills.

Junior Varsity Boys and Girls

The Junior Varsity season started very well with plenty of wins. Both teams showed great composure in front of the basketball and scored with ease. Both teams took part in an invitational tournament. In the Girls' tournament, Schutz American School Alexandria played well all day to be tournament champions. The MES Cairo team gained huge experience taking 3rd place in a tough tournament with a variety of well-practised and experienced teams. The Boys' tournament featured exciting games between CAC, MES Cairo and Schutz. In the final, the MES Cairo boys played an excellent game to win the championship against the CAC JV boys, winning the final with a score of 37-34.

Varsity Boys and Girls

It has been a tough season for our Senior teams. With the pressures of exams and a full Senior timetable it has caused some disruption to the practice schedule. The boys' team picked up two early wins with some strong performances against Hayah International Academy and AISE, showing what they had learned in training and seeing the benefit on the court. Against CAC we struggled to compete against a team that practises on most days, with some of their players looking to play professionally in America next year. Despite this, our boys' team continued to strive for the win, and showed great resilience against a tough opponent.

The boys did extremely well in the CISSA tournament, again going up against the strong CAC team and an extremely strong ISC-C team. We played with great determination and confidence throughout and ended up taking 3rd place, a well-deserved position, despite the team feeling we should have got 2nd place. The girls worked hard to find their first win of the season, showing great persistence and resilience against the odds. Unfortunately due to unforeseen factors, the girls' season has been fairly short.

METS Tournament

The tournament everyone has been waiting for, boys and girls, 9 teams, the final games of Basketball for many of our Senior students at MES Cairo! The boys were up against it, playing against the two top teams in Cairo, CAC and Hayah and then two other competitive teams, LES from Lebanon and Schutz from Alexandria. All games were extremely close with Abdulfattah Sarg (Y12B), leading his team through some extremely tough games. The first day finished with MES Cairo in last place, but the three teams above all tied with the same points in a day that had plenty of wins and losses for all the teams.

The girls started extremely well, losing only by one point to a strong CAC girls' team. LES also had plenty of talented players, members of the National Team in Egypt, again a very little loss, only by 7 points. As the girls' confidence grew throughout the day we sealed a superb victory against Al Nada from Abu Dhabi with a final score of 42-9. Well done girls!

Day Two was upon us. The boys' team did extremely well. Unfortunately, the competition was just slightly tougher on the day. The boys finished with their heads held high and a lot of respect from the other teams, taking home the 'Sportsmanship Award'.

The girls' team lost out to LES in the semi-finals by just 8 points after being up by 10 points for most of the game. We took home the 3rd place award after sealing another comfortable victory over the Abu Dhabi school, Al Nada, winning by another 30 points.

Congratulations to both teams! We would like to thank our two team Captains; Abdulfattah Sarg (Y12B) and Laila Kouta (G12R). Well done also to all of our Seniors. I hope you continue to play and participate in basketball where ever you study next year!

Mr J O'Connor – Secondary Physical Education Teacher



MES Cairo Junior Varsity and Middle School Rugby Tournament at El Alsson British and American International School



On Saturday 21st November 2015, the MES Cairo Junior Varsity and Middle School Rugby team travelled to El Alsson British and American International School for a Rugby round-robin tournament with the British International School Cairo (BISC) and the host school. The MES Cairo Junior Varsity Rugby team played the first game and put in a wonderful performance against BISC by running in four tries in the first half. The Middle School side replaced the Junior Varsity for the second half of the game with their defence holding up valiantly and ending with a MES Cairo victory to start the day. The second game MES Cairo played against the hosts and this was a hotly contested match where the final score was a draw and so both teams entered the afternoon tied in the table.

The third game against BISC featured some wonderful work from a mixed Junior Varsity and Middle School side with special commendation for Mahmoud El Shabba (DP11Y) for some excellent coaching and back play. After the victory, MES Cairo entered their fourth and final game with only the hosts to beat in order to guarantee overall top standing. The final



featured a very physical encounter between a full strength Junior Varsity side and El Alsson, despite MES Cairo putting forward their best efforts, the hosts emerged victorious but only after the Cougars gave them a real scare with a late try coming from Hassan Gad (Y12Y).

At the close of the tournament the MES Cairo team enjoyed some well-deserved water and food from the gracious hosts. The final standings were 3rd Place - BISC with 6 points, 2nd Place - MES Cairo with 10 points and 1st Place El Alsson with 12 points.

The coaching staff would like to thank our Alumni coaches, Coach Yahia and Coach Mustafa for coming out and would like to give special recognition to a few rugby players for representing MES Cairo in an outstanding manner:

Man of the Tournament: Mohamed Mostafa (G11Y)

Rookie of the Tournament: Grant Goodard (Y9Y)

Middle School Player of the Tournament: Seifallah Gabr (G8B)

Mr J Carter – Secondary Rugby Coach

Trampolining

Over the last four months various Physical Education classes have enjoyed taking part in an alternative activity which left them jumping for joy! Trampolining is the newest addition to the PE curriculum giving our students a great opportunity to try an activity they may not have experienced before. Trampolining is a competitive Olympic sport in which gymnasts perform acrobatics while bouncing on a trampoline. These can include simple jumps in the pike, tuck or straddle position to more complex combinations of forward or backward somersaults and twists.

This new and exciting activity will be part of the ASA programme in Term Three.

Ms C Mackenzie - Secondary Physical Education Teacher



MES CAIRO TAKES TO THE SLOPES IN SWITZERLAND!

Ski Trip 2016

After a busy start to the year, we were finally ready for the February 2016 MES Cairo Ski Trip! A very excited group of forty students and six staff members all met at school at 6:00am on Saturday 20th February 2016, eager to get to Switzerland to see the snow!

We traversed through Cairo Airport with enough time to stop for a snack and landed in Geneva Airport on schedule. Our students were taken aback by the incredible views of green landscapes with snow topped mountains. As we ventured to even higher elevation, the snow began to take over, an incredible sight for those students who had never seen snow before!

We settled into the chalet quickly, getting rooms organised and equipment ready for the first day of skiing. Everyone indulged in the great food. The Les Elfes staff organised Wii and Table Football tournaments while we socialised and settled into our rooms.

The first day of skiing was quickly upon us and after the initial complications of figuring out how to put on ski boots and walk in ski boots while carrying a pair of skis, the students were soon on the gondola going up the mountain.

Throughout the whole trip our students made huge progress, from having trouble putting on their ski boots and skis, to competently skiing down steep red runs without any falls! The ski groups developed strong relationships with their instructors and students grew in confidence as their ability levels increased rapidly.

Our students participated in a variety of evening activities with much enthusiasm and excitement. They enjoyed table football tournaments, boys vs girls quiz (well done to the girls!), music quiz (the teachers came last...we are still waiting for a recount), a cinema trip, snow sledging, snow tubing, a disco and an afternoon of shopping through the gorgeous and very luxurious village of Crans.

We had two amazing days of sunshine at the start of the week, followed by a couple of days of very heavy snowfall. On our final day, the sun was shining again and the slopes were perfect for skiing. The week ended with sunshine glistening off the powdery, white snow. The conditions were so good and the students had progressed so much so that all groups managed to ski back to the chalet from half way up the mountain!

The trip concluded with ski slalom races. The students competed against their group which was another opportunity for them to show how much progress they had made. Be sure to ask who got 1st, 2nd and 3rd, but I would recommend not asking the teachers, as again there were some controversial results!

Mr J O'Connor – Secondary PE Teacher



MODEL UNITED NATIONS (MUN)

The Model United Nations programme at MES Cairo continues to thrive! So far this year, two MUN conferences have been completed and thirty-eight MES Cairo students decided to challenge themselves by participating in formal UN-style debates, exploring new cities and cultures, and meeting new friends from all over the world. The experience of taking part in a MUN conference can be overwhelming and intimidating, but as always, MES Cairo students were up to the challenge and performed astoundingly well at the Moscow and Prague MUN conferences. The final conference of the year, St Petersburg MUN, will take place in mid-March and we anticipate another fruitful and educational experience for all delegates!

Ms C Flake - MUN Coordinator

Moscow, Russia MUN - November 2015

No words can describe the beauty of Russia. I am so grateful that Ms Flake and Mr Roodvoets were able to organise such a wonderful and eye-opening trip, full of adventures and surprises.

Throughout the week, we visited many landmarks in the cities of Moscow, Yaroslavl and Suzdal. All of them were breath-taking. I was so captured by many of the buildings that I just had to walk up to them and touch them. Everyone that I met was so friendly. We were given the opportunity to attend the wild yet greatly entertaining circus of Moscow, which was a highlight of the journey. I remember our first day in Moscow; we went to the Red Square of course. Frankly, I wasn't expecting to see anything special, but when I got there I was stunned. It was amazing to feel the history of the place and the importance of what had gone on there. I was also surprised by how modern and European Moscow was. The language barrier makes it interesting because you have to improve your communication skills (or let's say gestures skills, since you can't use any words). You have to deal with situations in a different way and being creative is a necessity.

The conference was a new experience for me, as I am not experienced in addressing and speaking formally. However, I was happily surprised to discover how easily situations flowed and it all just seemed natural to debate topics which we all felt quite strongly about. Of course, the teachers had prepared us for the debates, which helped everything seem less nerve wracking. Yes, the Russians can be tough sometimes, but at the dinner afterwards I got the chance to talk to them and find out how nice and open-minded they are. I have always found it exciting to meet people from different cultural backgrounds and I am always very interested in learning about what people my age do in different parts of the world. Meeting Russian students was an exciting experience for me. I hope to continue meeting people from different cultural backgrounds to broaden my perspective on the world.

Salma Elshamy (Y11G)

Prague, Czech Republic MUN - January 2016

This year was my second time at PRAMUN. Model United Nations gives young students an opportunity to come together and attempt to solve global issues. It is an unparalleled experience that allows us to develop critical problem-solving skills. You can solve the Syrian





refugee crisis, go back in time and stop the Crusades, and prevent terrorists from producing weapons of mass destruction, all in one day! What better place to do all this, than in the beautiful city of Prague? The cobblestone streets tell the stories of The Velvet Revolution and the struggle the people of the Czech Republic endured to rid themselves of Soviet oppression. Hope and courage fill the air and that's what makes it such a remarkable place to hold a conference for young adults planning for the future. Mr Schmoll, one of the founders of PRAMUN, spoke at the opening ceremony about the importance of building strong relationships with people and sparking change in a world that often neglects young adults. Relationships and sparks are what PRAMUN is all about. **Malak Arafa (G11Y)**

Model United Nations is one of the greatest experiences I have had. Not only do you get to debate world issues and work with delegates and committees to find solutions, you also get to meet international students from all over the world and hopefully become friends with them. I have had the honour of going to all three MUN conferences. These conferences have given me knowledge, memories and relationships with people that I will forever carry with me. MUN has given me the confidence to stand up in front of hundreds of people and give a speech about a country I am representing. It has enabled me with opportunities such as giving toasts at restaurants to international students and teachers, visiting museums and churches with great cultural heritage and participating in shows such as Russian and Czech dances. In addition, I have made so many friends in all three conferences, which I am glad to still be in touch with. I am lucky to say that I don't only have friends in Egypt; I also have friends in Switzerland, Russia, Turkey, Germany and many more countries, thanks to these MUN conferences!



This year, I went to Prague MUN. The unique thing about this trip is that unlike the other trips, we were a mixture of Year and Grade groups from across the Secondary School. We all got to know one another and we all became good friends. Prague is definitely the most beautiful city I have ever been to thus far. I enjoyed the walks with our tour guide and our teachers. I enjoyed meeting the 'Schmolls' (the MUN conference founders) for the third time and I enjoyed the inspirational speeches that were heard. My favourite and most memorable aspect of the Prague visit was the fancy vintage car ride. We toured the city square in a red vintage car and nothing felt more exhilarating than riding in the back seat of a convertible, enjoying the cold fresh breeze in one of the most beautiful cities in the world.

I would not change anything that happened on these trips because we learn from our mistakes and these experiences add to our knowledge every day. There are a couple of recommendations I would make to future MUN students and those are to always taste the pizza! Russian and Czech pizzas are surprisingly very good. Finally, grab every opportunity you can to go to the conferences because there are so many doors waiting to be opened and believe me, they are worth opening. **Sherien Shatta (G12G)**



SECONDARY HOUSE NEWS

The Secondary House Competition is continuing throughout the year, with Selket, Amun and Edjo working hard to knock Kheper off the top of the league table. Many House events took place before the end of Term One, including 'The Big Draw' in the Art Department, the Hula Hoop Challenge and Swimming, Track and Field House competitions in PE. The Student Council also had many productive meetings and have some exciting plans for you all!

The Big Draw



The Big Draw was a whole Secondary event that attracted much attention. The Heads of House were involved, drawing House logos and pictures on the gigantic canvas. Any student who sketched, shaded or coloured the canvas won points for their House! The most artistic House proved to be Amun, finishing in 1st Place overall. Edjo came 2nd and it was a tie at 3rd Place for Kheper and Selket. Well done to Ms El Rify's Amun Team!

Hula Hoop Challenge

The Hula Hooping House Event took place during second break on the Secondary yard at the end of November. House teams had to keep the hoop circling for as long as possible, while being timed with a stop watch. Each time the hoop dropped the time stopped, and another House member had to start hula-hooping! Well done to all students who took part, especially Lara Shaheen Y11Y (Edjo) and Nadine Helmy Y7O (Kheper) who displayed excellent hula-hooping talent. Kheper finished in 1st Place, circling the hula hoop for over fifteen minutes in total. Amun finished 2nd, Edjo in 3rd place and Selket 4th.



Student Council Update

The MES Cairo Student Council has met during many break times to put forward your views and discuss exciting ideas and plan events. Our Student Council is chaired by Sherif Zikry (G12R). He is supported by a team of resilient and proactive Senior students, filling the positions of Vice Chair, Secretary and Public Relations Officers. Sara Matar (G12G), Zeyad Hussein (Y11G), Malak Arafa (G11Y), Bahira El Kerdani (Y11G) and Omar El Dessouky (Y11G) have taken on their new roles with enthusiasm and commitment. All Student Council representatives are in the process of planning our next whole Secondary event – the MESTars Talent Show! Students will be invited to create a video displaying a talent of their choice. Speak to your Head of House and Student Council representatives for more information!



Pictionary



Students had another chance to showcase their artistic talents during the Pictionary competition. In February, students and staff gathered around the House boards in the yard to draw as many pictures as possible. The spectating students from each House had to guess what the artist was drawing. The artist was not allowed to give any verbal clues or hints! Our Student Council members worked hard to challenge the artists with a variety of items and actions to draw. Overall in 1st place with sixty correct answers was Amun, displaying their creative talents yet again! The Kheper artists finished in 2nd, Selket came 3rd and Edjo finished in 4th place. Thank you to the Student Council Members for leading the competition!



Keep up to date with the House events and competitions by checking the student bulletin, House boards in the 'S' building and the School Facebook page! Exciting events in Term Two include the MESTars Talent Competition, Jenga Competition, Senior Football, Junior Basketball and many more!

Ms O Walker – Secondary House Coordinator

Grade/Year Seven and Eight 'Have a Heart' Social



In a flurry of food, photos and fun, MES Cairo Senior students hosted the "Have a Heart Social" for the Grade/Year Seven and Eight students. As the younger students arrived they were lured to the top floor of the multi-purpose hall by the pulsating music and lights provided by the Senior DJs. It was impressive to see the shyness melt away as they students were encouraged by the Seniors to join in the fun. By the end of the night, the Grade/Year Seven and Eight students needed no encouragement to enjoy the dancing. At a break, it was announced that there was food being served on the ground floor of the multi-purpose hall. Waves of students came down the stairs to satisfy their hunger and enjoy the opportunity to socialise with their friends. As some were getting their food others were immortalising the evening by having their pictures taken at the photo booth. The Seniors sold heart-shaped cookies and donuts to raise money for their prom. By the end of the night everyone was exhausted and excited about their accomplishments. The Seniors took a group photo with the chaperones and it was agreed that, again, an event sponsored by these wonderful Seniors was a great success.

Mrs C Flake – Global Studies Teacher, American Section



Seasonal Concert – December 2015



This year's seasonal concert opened with our International Baccalaureate Diploma Programme students and staff singing *Dona Nobis Pacem* (Grant Us Peace). It was an atmospheric performance and a wonderful debut for the new IB Choir directed by Mr Tomlin.

Our Foundation Stage and Key Stage One students followed, excelling themselves with the wonderful rendition of 'A Present for the Baby!' The nativity play told of how the Baby Jesus wouldn't stop crying in the manger. The messengers set out on a long journey to try and bring various elaborate gifts and visitors to the baby to see if anything would stop his crying.

The play was filled with beautiful singing, graceful dancing from our Year One students and even nineteen enormous Foundation Stage One elephants! Overall, Foundation Stage and Key Stage One gave us an outstanding performance with an important moral ending; first and foremost we should always give love to others. To top this off, who could forget the sheer looks of joy on the faces of our students when Santa, looking very festive in red, made his annual visit! When we heard his sleigh bells ring and he suddenly appeared there were screams of "It's Santa, it's Santa", followed by squeals of excitement all round. Of course, he had assistance from his Elves, who helped him to give out presents to all of the students. We all had so much fun putting the nativity play on that we are already looking forward to next year!



The Key Stage Two Seasonal Concert Choir had the tough job of following the wonderful Foundation Stage and Key Stage One production. Key Stage Two had been rehearsing in school and practising at home

since early November to prepare a programme that was both entertaining and beautifully performed. Despite the difficult nature of some of the songs and the large amount of words to be learned, they rose to the occasion wonderfully well. Particularly impressive was the control and precision with which they performed their songs, whether they were slow or upbeat and even in *Shepherds Calypso*, that was performed in two parts. A special mention also has to go to the students who performed the movements to *In the Bleak Midwinter* as this added a nice visual dimension to the performance.



The most impressive aspect of the whole rehearsal and performance process was the ability of all the students from Year Three to Year Six to successfully mix their natural exuberance in singing the songs and remembering movements whilst simultaneously displaying some great maturity throughout the time they had together. This really showed in what was a terrific performance by all involved.

In the Second part of the concert, we were thrilled by the brilliant voices of the Secondary and Staff Choirs. This was the largest Secondary Choir to ever perform at the MES Cairo Seasonal Concert. The sound they produced was magnificent, creating a powerful, roof-raising climax to a wonderful concert that was thoroughly enjoyed by all who attended.

Mr J Tomlinson – Primary Head of Music



British Embassy Carol Concert

As Christmas was approaching, a number of students from Years Five and Six travelled to the British Embassy, Cairo to help lead the annual Christmas Carol Concert. Keeping with tradition, they were joined by students from four other international schools: The British International School Cairo, Maadi British School, New Cairo British International School and El Alsson all sent students to perform, which made a total of approximately 100 students this year.

The Concert was opened by the British Ambassador, Mr John Casson and Reverend Chris Chorlton. It was then over to the students to sing a number of traditional Christmas Carols, such as 'Hark! The Herald Angels Sing' and 'O Come All Ye Faithful' along with some seasonal songs like 'The Shepherd's Calypso', 'White Christmas' and 'So Here it is, Merry Christmas'. The whole concert was finished off with 'We Wish You A Merry Christmas'.

The Choirs were accompanied by a band made up of staff and students from all the schools. Next year, it is hoped that some of our Year Five musicians in the Primary Concert Band may take part!

Many thanks to Mrs Glancy for her help and support throughout the afternoon and evening.

Mr J Tomlinson – Primary Head of Music



Secondary Learning Development Department and Gifted and Talented News

LDD TEAM UPDATE



Welcome to the team Ms Sliney

In January we welcomed Ms Therese Sliney to our team who has returned to MES Cairo after a short break having been with the school previously for seven years. Ms Sliney has recently completed a Master's Degree in Special Needs Education and is an English specialist. Her dissertation was on students who have English as a second or additional language and their reading habits. We are delighted to have her join the Learning Development Department this year.

The Learning Development Department wishes to congratulate Dr Tatiana Kolesnikova who was granted by the Ministry of Russian Education and Science the title 'Associate Professor' whilst home during the December break. She is very proud to receive her certificate. Her dissertation was on the subject of Comparative Linguistics between Slavic languages and Old English. Well done, Dr Kolesnikova!



Congratulation Dr Kolesnikova

LDD WIRED UPDATE

We have continued to upgrade our Learning Hub Moodle page by taking an interactive and game-based approach to online learning to meet diverse needs of our tech savvy millennials. Games can maximise student engagement whilst also helping them to learn new skills. We feel that games allow students to make mistakes and learn from them without embarrassment or fear of failure, as well as making learning fun. We have been promoting the free website www.abcya.com to help students develop their maths and literacy skills. Another great free app and website that demonstrates the benefits of learning through play is Duolingo www.duolingo.com. Students can choose from a range of languages including French and Spanish to learn whilst playing games that teach grammar and vocabulary. Free Rice www.freerice.com is non-profit website also proving very popular with our students. When students obtain correct answers, the sponsors of the site donate ten grains of rice to the United Nations World Food Programme. Students can learn new vocabulary, practise their multiplication as well as play other Social Studies and Humanities games. Board games such as chess and scrabble have many benefits and can enhance memory, teach strategy as well as being a fun way to develop literacy skills. In addition there are many online Maths games that teach numeracy basics such as the multiplication tables. These are excellent to play at home, as well as in school via the Board Games After School Activity with Ms Battioni.

The Learning Hub Moodle Page also offers virtual tours to explore world class museums and galleries all over the globe and educational games to encourage the millennial learner to practise critical thinking and problem-solving skills. Through use of the Moodle page, students are able take control of the content, focus and pace of their learning. We have also been supporting the Year Seven and Eight TOTAL Units by developing sections of the Moodle site with the central themes e.g. Citizenship, Keep Egypt Warm and Enterprise.

Another aspect of our work as a Learning Development Department is to support the



Ms Cole and Ms Hanan enjoy the Year Seven Pyramids Trip

examination and assessment process in both the British and American sections by enabling eligible students to receive appropriate accommodations that they are entitled to. This has included helping them with exam revision, preparation and invigilation. Access arrangements allow candidates a fair opportunity to demonstrate their understanding and abilities in exam conditions.

LEARNING BEYOND THE CLASSROOM

Our team has enjoyed the opportunity to support learning outside of the classroom this term. Mrs Mansour, Mrs Cole and Ms Sliney accompanied two days of trips to the Pyramids with Year Seven students as part of their TOTAL Citizenship Unit. Mr Norman, Mr Makram, Ms Kolesnikova and Mrs Mansour also accompanied American

Section students during their Week without Walls. This was a great way to bring excitement and adventure to students' learning. Field-trip destinations to Alexandria, Sekem Farm, Darb and the Andromeda Labs gave students an opportunity not only to gain real life experience, enhance their knowledge and understanding of the concepts they studied in class, but also develop



Dr Kolesnikova enjoying the Grade Eight 'Week Without Walls' trip to Sekam Farm

critical thinking through hands-on, peer-interactive activities. Each week a different challenge is presented to participants where they create various products using different everyday materials for example cards, dominoes, matches, paper, etc.

Mrs Cole has been representing our department whilst working with fourteen other members of staff from Primary and Secondary as part of the Whole School OPC 1 Committee for Student Led Learning. As a committee, we have been exploring



Mr Norman enjoying 'Week Without Walls'



life, social and close observation skills. Field trip activities created by subject teachers and our department addressed all styles of students' way of learning including visual, auditory and kinesthetic learners. Sensory activities encouraged students to pay attention to details and describe what they see, hear, touch or smell in Alexandria's historic sites. Interactive hands-on activities such as making pottery, ceramic drawing and milking cows were especially beneficial to kinesthetic learners to expand awareness of their own community and local resources through active learning, doing, touching, practising things. Taking pictures and drawing images to record field trip experiences and capture memories engaged our visual learners and helped them think creatively, outside the box. Auditory learners enjoyed captivating stories of tour guides about the rise and development of the magnificent city.

AFTER SCHOOL ACTIVITIES

In After School Activities, Ms El Geoshy has been supporting students with their home learning through Homework Club in the Learning Media Centre. Students receive some uninterrupted time to finish their projects or homework, revise for tests and get support from teachers as needed. Mr Norman has been promoting healthy lifestyles with the Insanity Club and Mrs Cole and Dr Kolesnikova have been nurturing our Gifted and Talented students through the weekly Challenge Club ASA. Challenge Club is an opportunity for students to exercise and practise creativity. The challenges offer fun ways to apply the core subject concepts and improve important skills, such as problem solving, teamwork, and

ways to promote independent learning and the development of students' skills which are essential to student self-sufficiency and success.



Ms Geoshy running a Homework Club ASA in the Library

the WIRED committee, which looks at ways to develop technology in school to support our students to become 21st Century Learners. We have been promoting the use of iPads, QR codes and games. Mr Norman has been experimenting with Nearpod in American Section English classes and sharing with other teachers via staff meetings. Nearpod is a website and App where lessons become interactive. Students can move at their own pace or follow along with a teacher. The students can watch videos, hear voice clips, navigate to web pages, and take mini quizzes to check for understanding.

GIFTED AND TALENTED NEWS

As a team, we have also been promoting the Gifted and Talented Programme. In Year and Grade Seven, students were recommended by teachers to take an in-school Gifted and Talented assessment, and students were selected to be part of the Gifted and Talented Programme for the remainder of the school year alongside Year/Grade Eight and Nine students. All Gifted and Talented students are expected to attend a minimum of one After School Activity a week, as well as regularly use their dedicated 'Aiming High' Moodle page which features advice, games and resources for them to extend their learning. Some departments in the school offer activities that are invitation only to our Gifted and Talented students, such as Mathematical Challenge with Mr Rayner. In Grade/Year Nine, Gifted and Talented students have the opportunity to attend Global Perspectives ASA with Mr Rainford and Mr Guiney. It shares its name with an IGCSE course offered by Cambridge International Examinations (CIE) and serves as good preparation for further study in both sections, and is particularly useful for students considering the IB Diploma Programme. It helps to develop students' critical thinking abilities, research techniques, language proficiencies and other skills which are central to students' success in other subjects and in their everyday life!

Mrs J Cole - Secondary British Learning Development Coordinator and Dr T Kolesnikova - Learning Development Department Teacher

IEPS AND MAP TESTS

Ms Hanno, American Section Learning Development Department Coordinator has been leading the implementation of a new comprehensive IEP process for the American Section students which is in line with legal requirements of the United States. She is also instrumental in the smooth running of the Measures of Academic Progress (MAP) testing which for the first time this year is now web-based. MAP and Cognitive Abilities Testing (CAT) allows us to measure how students are doing in school. We are able to identify students who require additional support as well as those who are performing very well and whom may be eligible for our Gifted and Talented Programme.

ALL WIRED UP

Mr Norman and Mrs Cole have been an active part of



Dr Kolesnikova and Mr Norman in the LDD office



Ms Cole and Ms Hanno, LDD Coordinators for British and American Sections

MES Cairo Achievers

Sports Superstars!

Some of Egypt's most talented sportsmen and sportswomen are part of the MES Cairo family and it is time to celebrate their success. The range of sports that our students excel in is impressive and shows that they are able to identify their personal strengths and passions and act upon them. The time and commitment that is required to become a National star should not be underrated as, at this level, skill takes practice, practice and more practice!



Mohamed Abou-Gabal (Y12R)

Water Polo and Equestrian

We are very proud of **Mohamed Abou-Gabal (Y12R)** who began competitive water polo when he was eight years old, at Gezira Club, entering eight leagues and winning some very impressive Cups Results. In 1997, 1998 and 1999 he gained 2nd place, 3rd place and then achieved the crowning glory of four times 1st place! He also represented Egypt in Hungary and Montenegro.

As if this was not enough Mohamed is a skilled Horse Riding Equestrian. He started riding at ten years old in the Gezira club, after only five seasons he is now at the highest competitive level. His wins include 1st place in under 16's, 2nd place in under 18's, 3rd place in under 20's. His exceptional talent really showed when he won 1st place in under 21's. We are going to be even more proud as he tours international shows in preparation for the 2020 Olympics. Good luck Mohamed, we'll be watching your rise to fame!

Show Jumping

It's amazing how hypnotic a horse's ears can be as they bob slowly in front of you, stretching forwards and back rhythmically towards a fence, like modified version of flying. For me it is, combination of adventure, exhilaration and deep relaxation. I have been an equestrian ever since I was twelve years old. I had taken a two year break but recently re-engaged in the sport.

I train four to five times a week for approximately two hours per session at the Maadi Sports Centre. I have competed in many National competitions in both the 'F' and 'E' classes as well as many friendlier competitions. Most recently I won First place in the Sofitel Gizera Equestrian Show tournament. **Yola Elwy (DP11Y)**



Yola Elwy (DP11Y)

Equestrian

Another sporting superstar is **Mahmoud Bedeir (Y11B)** who has a strong desire to be successful in his academic achievements too, as his own words show. He said, "In 2009 my father used to take my brother and I horse riding at a stable in Saqqara and I was so scared of horses at that time, so I stopped riding for a while and then I returned to compete in my first National competition in 2010 where I won first place in the F-class. Success continued in 2011-2012 when I won second place in the national season and 1st in the cup. Exactly these results were repeated in 2012-2013. At this point I knew if I wanted to succeed academically I would need to prioritise school, so I stopped for a year. I returned this season (2015-2016) and my results until now are second and third and but I'm hoping to exceed this by the end of the season."



Mahmoud Bedeir (Y11B)

Swimming

Malak Dahroug (Y12B) glides through water to achieve success. The commitment that is required to compete at National Level is exceptional and Malak can be seen beating the sunrise as she storms to success. She competes for the Maadi Sporting and Yacht Club and they were as proud as we were when she beat fierce competition to win the Bronze for 50m breast stroke in the recent competition.



Malak Dahroug (Y12B)



Abdullah Khalil (G9R)



Mostafa El-Zayat (Y4V)

Some other students to watch out for are **Abdullah Khalil (G9R)** who has been riding for about four years now and taking part in competitions for the past two years. He recently took 1st Place in Cairo at a riding competition at the Police Academy. **Mostafa El-Zayat (Y4V)** is also a keen rider who came 2nd and 5th at a riding competition recently at the Police Academy.

Mostafa Tarek Mostafa (Y7Y) competed in an International Swimming Championship on 5th and 6th March 2016 in Darmstadt, Germany winning two Gold medals and three Silver medals.

He came First in the 200 Dolphin and 400 IM and Second in the 100, 200 and 400 freestyle races.



Mostafa Tarek Mostafa (Y7Y)

Swimming since he was three years old, Mostafa only started competitive swimming four years ago. He is a member of the Heliopolis Sporting Club Competitive Swimming Team.

We are very proud of you all as you prove to be exceptional role models for other students who will follow in your impressive footsteps.

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

Tribute to Diane Lewis, MES Cairo Primary Teacher

Diane Lewis was a Primary teacher at MES Cairo who sadly passed away suddenly in December 2015.



The MES Cairo family held a memorial on the afternoon of Sunday 14th February 2016 to remember the life of a dear friend and colleague, mother and grandmother, who left us far too soon.

Diane's friends and colleagues gathered in the theatre for a memorial to Diane which enabled us to share some of Diane's favourite songs, messages from friends and photographs. It was a time for gentle reflection which was followed by a tree planting ceremony and the reading of a poem, written by Rowena Hanlon, in the Primary Atrium. There was an opportunity for everyone to write in a book of condolences. It was our way of saying goodbye.



Diane joined MES Cairo in September 2011. She embraced Cairo life to the full. She was fascinated by everything it had to offer and enjoyed exploring markets, mosques and churches. Diane was an intrepid explorer with a wonderful sense of adventure.

The children at MES Cairo absolutely adored Diane. When asked for words used to describe her, they used words such as 'open', 'trusting', 'loyal' and 'interesting'. Diane was passionate about learning - both the children's and her own - and her passion for learning was infectious.

Diane's best friend from home, Julie, summed Diane up perfectly: "She had an adventurous spirit and an enormous heart. It's clear that she touched so many people's hearts and that she lived, loved and laughed".

Ms C Boswell - Publications Officer



Miss Diane, taken so suddenly, we remember you here.

*Today with much fondness we are gathered to hear
all of the times you shared with us,
always with a smile
and time to discuss...
anything really.*

*You were such a joy, and with this tree
we call to mind, the ways that you touched us personally
always cheerful, and kind and friendly.*

*You were a teacher with wisdom who went out of her way
to nurture and teach and encourage learning through play.*

Together we worked and laughed all day through,

*We miss you dearly, friends old and new,
and here at MES is a small place dedicated to you.*

Written by Ms Rowena Hanlon, Secondary Drama Department



THE MES CAIRO FAMILY CELEBRATES MORE NEW BIRTHS!



Mia Alexandra Tomlinson

Baby Mia was born on 11th September 2015 to very proud parents Mr Jack Tomlinson, Primary Head of Music and his wife, Nadine. Mia weighed a less than massive 2.9kg and is now mostly nocturnal and growing up very quickly indeed.



Ramsay Moataz Basyony

Baby Ramsay was born on 7th January 2016 to Mrs Claire Williams (Secondary LDD) and her husband, Moataz.

"Even though we had 9 months (and some extra time) to get ready for the birth of our beautiful 'little pharaoh', Ramsay, nothing could have prepared us for the sheer joy and love that would accompany his arrival.

He's off to a great start, with no shortage of cuddles and kisses finding their way to him from family and friends both near and far.

We can personally vouch for the fact that he has an impressive set of lungs ... a future rock star perhaps? Saying that, I already caught his Papi Jim advising him on a career with Everton FC... either way, some pretty high expectations, all of which we will happily be relying on MES Cairo to help him achieve.

It goes without saying that the most important thing to us is that he is happy and healthy and that he has the confidence to always follow his dreams."

Mrs Claire Williams – Secondary LDD



Abdoul-Nafi Ba

Baby Addoul-Nafi was born on Thursday 4th February 2016 at 3.09pm in Paris, France to Ms Laliya Ba, (Head of Department, World Languages) and her husband, Amadou Ba (Secondary PE Assistant). His birth weight was 3.95kg and he has lots of straight hair. Mum says that he looks just like his bigger brother two years ago but with shorter legs!

Congratulations to all of our new parents!

MESSANGER MAGAZINE TAKES A VACATION!



Once again some of our MES Cairo teachers couldn't bear to be parted from the MESsenger during their recent winter holiday! Thailand seemed to be a popular destination last year!



Ms Michelle Ingham at Phra Ae (Long) Beach, Koh Lanta, Thailand



Ms Amy Clarke at the top of the Empire State Building in New York, USA



Ms Christine Flake reading the Messenger to her new nephew, Harrison Oliver Flake, who was born on 28 December while she was at home in the USA



Ms Lori Castleberry and Mr Chris Norman enjoying some of the sights of Thailand

*You will be
'MESmerised'
again in the
next issue!*

MESsenger 52 Team

Ms C Boswell, Ms S Sheehan, Mr P T Godfrey, Ms G Dajani, Mr T Dajani, 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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