

MODERN ENGLISH SCHOOL CAIRO - MAGAZINE

# MESSENGER

EDITION NO. 57 DECEMBER 2017



**WE'RE GOING GOOGLE AT MES CAIRO**



GRADUATION, 2017 RESULTS, CURRICULUM NEWS, GOOGLE CLASSROOM, SPORTSDESK, MEET OUR NEW TEACHERS AND SO MUCH MORE!

# CONTENTS

Whole School Principal Foreword	3	American Section Student of the Month and British Section MES All Stars	52
Graduation Ceremony	4	Staff Professional Development	53
American Section Results	7	Primary Science Week	54
British Section Results	8	Foundation Stage One Induction Day	56
IBDP Results	10	Foundation Stage Two	57
UK Universities Update	11	Year One	58
British Section Scholarship Winner	12	Year Two	59
American Section Scholarship Winner	13	Year Three	60
IBDP Section Scholarship Winner	14	Year Four	61
IBDP News and CAS Residential	15	Year Five Concert	62
MEIBA and IBDP Jobalike Event	21	Year Six Leaver's Day	63
WIRED and Going Google	22	Primary Sportsdesk	64
Digital Citizenship	24	Primary ASAs	67
American Section Science Update	26	Primary Pioneer Programme	68
Grade Seven and Eight Fagnoon Trip	28	Secondary Pioneer Programme	69
Grade Seven and Nine Back to School Nights	29	International Award News	70
HRCF and Grade Nine Escape Rooms	30	Secondary ASAs	71
Grade Ten Poetry Slam	31	MES Cairo Achievers	72
British Section Transition Day	32	Lara Majid's New York Internship	73
British Section Maths Update	33	NHS/NJHS Induction Ceremony	74
Year Seven ToTAL News	35	Secondary Sportsdesk	75
Year Eight News	36	MES Cairo Welcomes New Teachers	82
Year Nine News	37	Halloween Happiness	90
Humanities News	39	MESConians – Where Are They Now?	91
Year Eight – Ahmed Zewail Day	40	Remembrance Day	92
Creative Arts News	41	MES Cairo Ladies Pharaonic Run and Sahl Hasheesh Triathlon	93
Evita Spoiler	47	MES Cairo New Births, Cairo Opera House and Breast Cancer Awareness	94
HRCF Middle School Madness	48	MESMerised	95
HRCF Motivated Mentors	49		
Secondary House News	50		

# WHOLE SCHOOL PRINCIPAL FOREWORD

**The** pace and purpose of a term at our school is always breathtaking! Every day of every week is a busy one as you will see when you turn the pages of this edition of the MESsenger.

Alongside a review of many of the trips, events, themes and learning experiences referenced within, we celebrate Secondary students' success in their examinations, as well as the university achievements of our recent graduates. You'll find profiles for each of our Scholarship Winners for 2018 and you will meet a number of the new teachers who we welcomed to Cairo and into our school community in August.

Following a smooth start to the academic year, teaching and learning began in earnest. Whilst students and teachers were busy with that, school leaders hosted our annual programme of 'Meet and Greet' with parents. These information sessions were well attended across the age range and served as important opportunities to bring parents and school together. Such opportunities continue, with sessions planned throughout the year aimed at supporting parents in fulfilling their significant responsibilities.

As I have heard Mrs Sawsan Dajani say on many occasions, "One hand does not clap alone" and the proven formula for raising healthy, well-adjusted, intelligent young adults is an authentic partnership between home and school. Children spend just 15% of their time in school in any given year (approximately 1336 hours out of a possible total of 8760 hours per year). Given this reality you will appreciate that in order to support our students make the progress they need to be extraordinary, homework is a necessary burden! Furthermore, young people of school age can only achieve their best if the most influential adults in their lives, parents and teachers, are synchronised in approach and expectation.

Choosing our school for your child(ren) means choosing to embrace our philosophy and the beliefs we promote. It means trusting us to treat your children with the care, love and attention that they need to thrive based on the wisdom of our collective professional experience as educators. That is an enormous responsibility that we hold dear and seek to honour every busy day that your children are with us at

school. And in turn, our expectations are that you provide the care, love and attention that is most conducive to an effective parent/child dynamic.

We solicit feedback from parents at the beginning of each year as to what we can do to support you with raising your children. We offer 'Parents as Partners' sessions according to need and welcome suggestions and requests from all Mums, Dads and caregivers via survey and email ([mescairo@mescairo.com](mailto:mescairo@mescairo.com)). Our aim is to best ensure that nothing that happens at school is a mystery to any parent. We work hard to ensure open lines of communication between parents and senior staff so that you can access all of the information you need to be truly effective. The recent introduction of Google Classroom has extensive capacity to make 'talk' between school and home even better.

I speak from personal experience when I say that parenting is an enormous, and sometimes an overwhelming responsibility. Keeping up with my children physically, emotionally and academically is a challenge, but it brings about its own infinite rewards. I am so proud that my two attend such an incredible school. I know that at Modern English School Cairo my children, and all our children, are accessing a world class educational experience.

Our MESsenger gives you a chance to appreciate the many opportunities available to our students, beyond the immediate reality of your own child(ren). It helps you to sense what a dynamic and creative environment our students engage with across the age range and throughout the curriculum. Enjoy this quality showcase of the many different ways that our community of learners are cared for, challenged and inspired every school day.

**Mrs Nicola Singleton**  
**Whole School Principal**





# MODERN ENGLISH SCHOOL CAIRO GRADUATION CEREMONY – CLASS OF 2017

THURSDAY 15 JUNE 2017



MES Cairo's Graduation Ceremony 2017 started with a gripping group performance of the poem *Human Family* by Maya Angelou. The performance was directed by Jonathan Todd and performed by MES Cairo Students and Alumni, who recited their lines with passion as they set a tone of pride and underlined the theme of family for the ceremony ahead.

The ceremony opened with a warm welcome from Mr Peter Godfrey (Member of MES Cairo's Board of Directors). As is tradition at MES Cairo, the Class of 2017 entered the arena heads held high, led by their Principals and Headteachers and accompanied by Copland's *Fanfare for the Common Man*.



Guests were led in the singing of the National Anthem of the Arab Republic of Egypt by the High School Choir. This was followed by a beautiful Quran Reading given by Khaled Emadeldien Hussein (Graduating Senior).

An atmosphere of pride and anticipation continued to build as the High School Choir (directed by Daniel Tomlin) entertained us with a rendition of the MES Cairo School Song *To MES Be True* (by Daniel Tomlin and Ghada Dajani). This was followed by a heart-warming performance of an Arabic song: *Feha Haga Helwa* by Egyptian composer, Omar Khairat.



Mrs Nicola Singleton (Whole School Principal) addressed the Class of 2017 in a stirring speech which emphasised the importance of achievement and pride in carrying forward 'the legacy we have instilled in each one of you into your prosperous and bright futures'. She continued her message to our young men and women as they stood on the cusp of their bright new futures...

'Graduation is a time for contemplation about all that the future holds as much as it is about reflecting on all that your past presented to you. Life awaits you: real life! You have been prepared well for adulthood, our shared commitment to the MES Graduate Profile has ensured that. Set your sights high and don't settle for anything less than you deserve. On your path to bright, successful future lives be humble; don't forget that most of the world is less fortunate than you are and seek always to be kind and respectful of others. Keep dear the mission that MES Cairo has sought to instil in each of you and pay it forward: be caring, challenge yourself and others in a way that brings about good, and be inspirational in every way that you can think of.



Three people on stage with you this evening have been part of that journey with you each year, just as I have been. We are honoured this evening to have extracted our Founding Principal, Mr Godfrey out of retirement once again to come and celebrate with us this evening. He is an accomplished Master of Ceremonies and our Graduation Stage would feel empty without him. To Ghada Dajani, who tends to every microscopic detail of the occasion as well as all other aspects of the day to day operations of our large and extraordinary school...this is an occasion to convey public thanks to you also, for all that you do.

And left until last with good reason, it is a deeply-felt honour to pay tribute to our matriarch, leader and inspiration, Mrs Sawsan Dajani. This evening is as much a milestone in the school's history and your legacy, as it is in their personal stories. Mrs Dajani, you have nurtured each and every one of our students on stage from the day they entered our school until today. Your impact has been felt in very many ways, even if not directly, by the young men and women standing behind me. Through your example they have learned grace, respect and tolerance...as well as how important passion, dedication and determination are to eventual success. Our MES Cairo graduates go on to appreciate what their school has afforded them...and when all is said and done, that it thanks to your unwavering vision and commitment to their personal futures and the future of this country. It is entirely appropriate that you share your wisdom with them on the occasion of their Graduation. Please join me in conveying thanks, and welcoming Mrs Sawsan Dajani to the lectern.'



Mrs Sawsan Dajani (Chairman of the Board) shared many pearls of wisdom in her motivational speech to the Class of 2017. 'Be grateful for your life...for all of your life, the good and the bad. Always find in yourself compassion for others, especially those whom you like the least...more often, they deserve your grace the most. Tell those in your life that you love them – no one will ever shy away from being told that they are appreciated and respected. Always ask yourself if you could have been wrong about something and be really open to the possibility. Remember (and I quote): "Perfect people are not real and real people are not perfect". (Paolo Coelho)

Mrs Dajani urged our graduating Seniors to face up to the challenges they will face in the year ahead with determination and resilience. 'What you stand for is who you are, and in order to be true and strong, you must believe in yourself. Believe that you can change things for the better and be remembered always for the

battles that you fought and the stands that you took. The goal is never to be remembered for how negatively you impacted those around you. One's legacy is the impact one leaves on others. Endeavour to make the lives of others better and happier than how you found them.'

Mrs Dajani introduced our Graduation Guest Speaker Dr Ghada Waly (Minister of Social Solidarity). "It is with great honour that I introduce to you our guest of Honour and speaker tonight, the esteemed and accomplished, her Excellency Mrs Ghada Waly, Minister of Social Solidarity. Mrs Waly graduated with a BA in Languages and Literature and an MA in Humanities from Colorado State University.



She was selected as the most influential woman in Egypt, 2016 by Baseera Public Opinion Research Centre and chosen by Forbes, for two years in a row, 2015 and 2016 as one of the ten most powerful Arab women in government. A true philanthropist, she has been working in the field of Development, Poverty Reduction and Social Protection for 27 years and her previous positions include: Programme Director of CARE International Egypt, Assistant Resident Representative at the UNDP Cairo, Managing Director of the Social Fund for Development, Vice-Chairperson of the Egyptian Red Crescent Association and Member of the Board of Trustees of the National Management Institute. Mrs Waly has long been a champion of social justice and has long been an advocate for the empowerment of women. We are privileged to have her with us tonight and it is with great honour and pleasure that I introduce her to you and invite her to address you."

"I look at you and I see the future of Egypt. I look at you and I see 127 game-changers and potential leaders of this country. Such a shining and energetic group of young brilliant Egyptians can only make this country a better place." Dr Ghada Waly (Egyptian Minister of Social Solidarity)

Mrs Waly congratulated the Class of 2017 and thanked their parents. Her highly motivational speech moved away from commencement speech clichés and encouraged the students to "stop dreaming and start doing". She explained that, "Egypt needs a lot of 'doing'. We need the doers not the dreamers. Keep doing many things, take risks and change your mind. Give everything you do a little bit of your heart and soul and do it as best as you can. Surround yourself with people who are different from you and different from each other. Appreciate diversity and

open your hearts and minds. Be that someone who does what is needed. With hard work and selflessness we can turn things around in this country. Do things that no one else wants to do and do them better than anyone else. Be kind to the less fortunate - believe me it is much harder to be kind than to be clever. The problems facing Egypt are too big to be solved by the government alone. Every idea matters and every small action counts so do not wait – dream less, be accountable and be a passionate doer.” We could feel the passion rising in the graduation arena as the students and guests showed great appreciation for Mrs Waly’s inspirational words.



The excitement and anticipation continued to build as we were entertained by a powerful performance of *Oceans and Stars* sung by the High School Choir and Staff Choir. The giant screens that flagged the stage showed an emotive video of the Class of 2017. The video contrasted images of them as infants with images of each student as a young adult. There was hardly a dry eye in the house as parents, grandparents and teachers contemplated the tremendous growth of these young people and how much they had grown both physically to reach this final stage in their MES Cairo journey.

Next we enjoyed the traditional address given by graduating students: Salma Wafa (British Section Scholar), Malak Alaa Arafa (American Section Scholar) and Mahmoud El Shabba (IB Diploma Programme Section Scholar). The eloquent students were clearly honoured to represent the Class of 2017 and they spoke clearly and emphatically of the gratitude they felt towards their families, teachers and friends. They shared fond memories of their years at MES Cairo and urged their peers to remember the values they had learned at school and to go out and change the world for the better.



The guests showed great appreciation for the students before we were treated to a performance of *The Prayer* by the enigmatic Rula Zaki. The High School Staff Choirs then took to the stage once more and in a fitting send off, striking a deep chord with their performance of *Like an Eagle* by Steve Miller.



Ms Ghada Dajani (Managing Director) announced each student’s name with great pride as she conducted the Presentation of High School Diploma and Leaving Certificates. During the presentation, three students were surprised and delighted to be presented with The European Council of International Schools (ECIS) award for outstanding achievement: Youssef Hana, Yousef Khorshed and Malak Arafa.



As the final student crossed the stage, anticipation had reached peak levels. Mr Peter Godfrey took to the lectern again to give his closing remarks. Proudly, he invited the Class of 2017 to stand to attention. Seconds seemed like minutes and finally, they received the signal to throw their caps high up into the clear dark skies studded with symbolic bright stars. The sound of Vivaldi’s Four Seasons filled the arena and as the star-kissed caps came down to light across the graduation stage, our Class of 2017, flew away, like proud eagles on an important mission to change the world, onwards and upwards into the vast night sky.

**Ms S Sheehan – Assistant Headteacher/IBDP Coordinator**



# AMERICAN SECTION RESULTS

## AP and University Acceptance



**G**lobally, there are 21,112 institutions that offer AP courses culminating in over 2.7 million students taking 4.9 million AP examinations. Students can begin taking AP exams as soon as they are academically ready and some schools offer AP courses in Grade Eight. Due to ministry requirements and those of the

US Diploma, schools in Egypt begin offering AP courses in Grade Ten.

There are 22 schools offering the AP program in Egypt with 659 exams taken during this last academic year. During the 2016-17 academic year, 67 MES Cairo students took the challenge and enrolled in 107 college level classes and took the subsequent College Board examinations. 67.2% of Modern English School Cairo students scored 3.0 or higher as a mean average on all tests taken.

MES Cairo offered 14 different courses during the 2016-2017 academic year at the AP level. Of the 14 areas, MES Cairo scored higher than the Egyptian average in 8 of the 14 areas.

MES mean average was greater than the Egyptian and Global averages in the following subjects: Art History, Biology, Calculus AB, English Language and Composition, Statistics, and Studio Art 2D.

Nine students who were recognised internationally for their performance on their AP examinations earning the titles of AP Scholar, AP Scholar with Honors, and AP Scholar with Distinction. Those that will be attending universities affiliated with the United States will be eligible for scholarship funds for their performance on the AP examinations.

**Five students in Grades Eleven and Twelve** - AP Scholars (took 3 or more AP examinations and scored 3.0 or



Ahmed Ibrahim (G11Y)



Aly Heikal (G12R)



Salma Dakrouri (G12Y)



Malak Arafa (G12B)



Salma Megahed (G12B)

higher); MES Cairo AP Scholars average scores = 3.33.

- Salma Dakrouri
- Aly Heikal
- Ahmed Ibrahim
- Ali Lasheen
- Salma Megahed

Three students in Grade Twelve -AP Scholar with Honors (took 4 or more AP examinations and scored 3.25 or higher); MES Cairo AP Scholar with Honors average score = 3.67

- Abdallah Chamssi
- Karim Morsi
- Hoda Sherdy

One student in Grade Twelve - AP Scholar with Distinction (took 5 or more AP examinations scoring 3.5 or higher); MES AP Scholars with Distinction average scores = 3.71

- Malak Arafa

The American Section graduates have matriculated to some of the top schools in the UK and the United States. Universities in the United States and Canada that American Section students were accepted to in the Fall of 2017 include: The University of Chicago, Boston University, University of California at Davis, Texas A&M University, University of Massachusetts at Amherst, George Mason University, North Carolina State University and the University of Windsor. Some of the UK and European universities that our graduates are attending are: Kings College, University of York, University of Surrey, University of Westminster, University of Manchester, University of Amsterdam, Aarhus University (Denmark), Webster University (Switzerland), and American University of Paris.

**Mr D Tomlin – Dean of Students, Grades Ten-Twelve, American Section**



Ali Lasheen (G12G)



Hoda Sherdy (G12R)



Abd-Allah Chamssi (G12B)



Karim Morsi (G12G)

# Catching Dreams in the British Section



## Examination Results June 2017

Moataz Hamed (Y12R) was not expecting such a bumpy road, not here in Scotland. However, he was very satisfied that he had made the right choice - St. Andrew's for Medicine. It had been a long hard journey in many respects, but he felt his dedication and commitment had won the day. The driver of the vehicle he was in appeared a little lost, so he gazed inquisitively out of the taxi window and noticed the blue leaves on the trees. Blue leaves? That wasn't part of his A Level Biology course. Surely even Scottish leaves were still chlorophyll green? Another bump. He let his eyes wander further. Reassuringly, he finally recognised something much more familiar, Ms Clingan waving and beckoning him on encouragingly, grinning proudly at his achievement. Moataz didn't quite know why she was in Scotland and why she was leading the car on a white horse, but it was definitely Ms Clingan, in all her glory. Then surprisingly he noticed it wasn't a regular horse, it had an elongated extension on its head. It was in fact a unicorn! A majestic beast with glowing bright ruby red eyes and silvery smoke exuding from its nostrils as it trotted briskly ahead. "Ms Clingan riding a unicorn on the way to St. Andrew's ...something wasn't quite right here", he thought. He asked the driver to accelerate,

but the increase in momentum did not seem to make a difference. The unicorn carrying the Assistant Headteacher just broke effortlessly into a canter, then galloped faster and faster until it was airborne carrying her up and away into the clouds. Moataz cried in desperation as he feared he would never reach his destination now. If he couldn't catch that unicorn her would never fulfill his ambition.

"We are here Moataz!", announced an all too familiar voice, but it wasn't Ms. Clingan's commanding tone. Suddenly Moataz felt himself being shaken roughly. Gradually his senses detected a change in his environment and finally it all became clear. He was in fact still in Cairo and his driver was announcing his arrival at school. Sadly, it had all been just a foolish dream.

Now Moataz wasn't the kind of student to let his ambitions slip away that easily. He knew he could turn his dream of studying Medicine at St. Andrew's into reality (perhaps without the unicorn though). With determination and the support of his teachers and most of all, the sound guidance of Ms Clingan, Moataz knew he had a good chance of securing the needed grades in his A levels and of completing a successful university application. He was a principled individual, with excellent attendance and always was

## British Section Top Performing Students by Point Score

### Year 10 IGCSE

Farah Tamer Kabesh  
Alia Khaled El Shabrawy  
Khaled Hisham Megahed  
Abdallah Hossam Youssef  
Karim Tarek Ramadan  
Omar Khaled El Feky  
Maya Sherif El Tawil  
Mira Emad Anis Zaki  
John Abram Youssef Asaad  
Nour Elwi El Coptan  
Anindita Sen Sharma  
Ismail Hazim Rizkana

### Year 11 AS-Level

Omar Hisham Adel Sadek  
Yasser Khaled Dabees  
Omar Ahmed Maarouf  
Aisha Mohamed Morsy  
Omar Tarek El Damaty  
Mostafa Mohamed Edris Aly  
Karim Tarik El-Bouri  
Zeineldin Mohamed El Zarki

### Year 12 A-Level

Moataz Magdy Hamed  
Amina Alaa Eldin El Ghazali  
Salma Samir Wafa  
Nader Ragab Soliman  
Asser Nabil Taher  
Aya Mohamed Zaher Zahran  
Seif Nagy Toma  
Lara Abdelaziz Shahin  
Mohamed Moustafa El Khatieb  
Zyad Osama Mohamed  
Haya Sayed El Zayat





Omar Maarouf



Alia El Shabrawy



Farah Kabesh



Khaled Megahed

punctual to class. He was studious in his own learning but also generous with his time, helping those less able or less fortunate than himself. He had the respect of his peers and was praised by his teachers. In fact, in June 2017 Moataz achieved the ultimate accolade of three A\* grades at A-level in three very tough academic disciplines - Biology, Chemistry and Physics, enabling him to qualify to study Medicine at the top universities in the world, including at St. Andrew's.

Taking their inspiration from Moataz, the MES Cairo Year 12 cohort as a whole, attained the highest MES Cairo percentage (42.6%) of A\* and A grades at A Level, for over ten years. This far exceeds this year's UK figure of 26.3%. Not to be overshadowed, a number of students in Year 11 also scored the maximum grades in their AS Level subjects, matching the performance of many students in the UK and other countries who are usually a year older than them. Finally, in Year 10, the IGCSE candidates also did remarkably well with an accomplishment of 38.2% A\*/A grades overall, where compares very favourably with 20.0% in the UK. In summary, the results of the British Section for June 2017 are an incredible success and leave these students on course to realise their academic goals for the future.

It is unlikely that Ms Clingan will ever really ride a unicorn in Scotland, that will probably remain only part of a dream. However, she will continue this year to provide the very best advisory and counselling services for our Year 10, Year 11 and Year 12 students on their way to some of the very best universities in the UK. Furthermore, for all students at MES Cairo, Moataz has been an inspiration. He had a goal for his success and chased that dream using all his natural ability and many of the

attributes which form part of the MES Cairo Graduate Profile. Through his hard work and persistence, and with guidance from his teachers, he was enabled to catch that dream and turn it into reality.



Omar Sadek



Yasser Dabees

We congratulate all our successful candidates and wish them the very best in the pursuit of their dreams too.

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



Amina El Ghazali



Moataz Hamed



Salma Wafa



## Celebrating the International Baccalaureate Diploma Programme Another Successful Year and 100% Pass Rate!

Modern English School Cairo has been offering the International Baccalaureate IB Diploma Programme since 2006. The programme is designed to give students a broad, well-rounded international education and develop the skills needed for success at university and beyond.



Habiba El Dessouky



Youssef Hanna

There were 18 students in the May 2017 cohort and all 18 of them achieved the full diploma. The highest score this year was 40/45 and over 50% (10 of the 18 students) scored over 30 points with an average of 31 points overall compared with a global average of 29/45 points.

They have taken places at more of the world's most prestigious universities this academic year. The majority of our IBDP 2017 graduates headed off to top universities in the UK including Kings College London, Exeter university, City University London, Newcastle

University, University of Surrey and Warwick University. Others are now studying at Concordia, Montreal, The University of British Columbia, Groningen University in the Netherlands, American University in Cairo and the German University in Cairo.

**Youssef Hanna** achieved a remarkable 40-point score which is considered by the



Qualifications and Assessment Authority in the UK to be higher than 4A\* at A-levels or equivalent and is typically only achieved by 3% of IBDP students worldwide.

**Habiba Dessouky** scored an impressive 38 points. On average, only 4% of the approximately 1.5 million IB students all over the world achieved 38 points! Habiba is now pursuing her passion and studying Business Administration with Design at Queen Mary, London, UK.

We would like to congratulate the whole of the Class of 2017 for these excellent results. An IB diploma score of 30 points is enough to secure entry to most academically selective universities whilst many university courses accept a 'pass' of 24 points. We wish them every success in their future endeavours and look forward to seeing them shape phenomenal lives in their very bright futures.

On results day in July 2017, Dr Siva Kumari, Director General of the IB said: "To all Diploma Programme graduates in our May 2017 session, to their IB teachers and IB Coordinators, our heartiest congratulations. Every six months, we are extraordinarily privileged to witness what you have collectively achieved to meet some of the highest international learning standards in education. The IB's preparation for entry to higher education is second to none and, in recognition of this, the world's finest universities welcome DP graduates as academically well-prepared humanists, who will make mindful contributions to our world today and in years to come."

**Congratulations to the MES Cairo IBDP Class of 2017!**

**Ms S Sheehan – Assistant Headteacher/IBDP Coordinator**





# UK UNIVERSITIES PREFER MES CAIRO!

We have had another wonderful year with students from the British, IBDP and American Sections all being made offers by Britain's very top universities. There is no doubt that when it comes to choosing the best of Egypt, MES Cairo is the school from which UK universities want to recruit, shown by visits from Cambridge, Bath, Warwick and LSE, to name but a few. This year, 53% of MES Cairo UK applicants have gone to the top 10 UK Universities and 76.5% of MES Cairo UK applicants have gone to top 20 UK Universities. What is even more pleasing is that many of the courses our students are taking are the most challenging and harder to gain.



St Andrews University

We are very proud of all our students who have achieved these exceptional opportunities and hope they will bring their expertise home to Egypt, in the future. Of particular note, this year, is a Medical theme with some exceptional success stories. Nader Soliman who gained one of nine international places for Dentistry at Newcastle University. We are equally proud of Salma Wafa who gained a place for Biomedical Engineering at Imperial College London, which she has chosen to defer until next year. Mohamed El Khateib returns home to Wales to study Medical Engineering at Cardiff University and Moataz Hameed takes up a place for Medicine at St. Andrews University, which is ranked third for this subject.



Cardiff University

Whilst we are excited by student success in this one area, it does not detract from the many and varied achievements in other subjects. It was very pleasing to hear from Seif Toma recently, who has settled into Bath University, consistently highly ranked for Accounting and Finance. He was keen to advise MES Cairo students, who are planning a similar step, to start to practise independent learning, well before they leave school, as he says this is valued in the UK above all else. Gaining a place for Law is not easy, so we wish Hana Ahmed who is reading for Law at Sussex University much luck as she pursues this challenging degree.

We are proud of all our students who have gained places at very top universities. Habiba El Desouky reading for Business Management at Queen Mary, Farida El Bakry reading for Engineering and Business Management at Warwick and Hana Mattar taking Flexible Honours at Exeter.

Studying Computer Science or related areas is a growing trend, in Egypt and abroad. It is with pleasure that we present the evidence that we are truly competitive as Ziad Dakroury arrives right in the middle of London and begins to read for this at City University. Mohamed Sayed goes to the other end of the country to study Software Engineering at Newcastle.



The range of degree choices students make is exciting and more varied than many other schools can boast, proven by Hisham Sayed Ahmed going to Northumberland for Mass Communication and Yara El Badeen reading for Architectural Engineering at Plymouth.

The students mentioned give a flavour of the places gained, but are the tip of the iceberg, as many more are enjoying university in the UK.

**We are just so proud of you all!**

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

# BRITISH SECTION SCHOLARSHIP WINNER 2017-2018

## Aisha Morsy (Y12Y)

Who should we choose for Scholarship winner? Should they be clever, hardworking, an allrounder, caring, involved in the community and an independent learner? It might seem a great deal to ask of one person, but we knew that, this year, we had the perfect candidate who had all these attributes: Aisha Morsy.

From the first day at school, she maximised her opportunities and has never given anything less than her best. Now in Year Twelve, Aisha is the perfect role model for other students. She is and has always been,



teachers on the Coptic Cairo Tours and distributed bags with school supplies to children at our adopted school.

Charity and care for your local community is something that we prize at MES Cairo and Aisha has willingly and enthusiastically taken part in a wide range of activities that show how much she values other people. She was part of the Outreach Programme, which allowed her to care for members of the wider community. At school she has helped students through the ASA, "A Stars", which is designed to support students who want to increase their grades. As a Student Mentor Aisha has shown deep commitment to her role and proves, daily, that we are a caring family at MES Cairo.

Aisha is highly articulate in English, both in written and oral form, which bodes well for her ambitions to study for a Law degree in the UK, next year. She polished her ability to argue a case from a particular perspective whilst participating in an MUN conference in Moscow, where she had the opportunity to work with students from all over the globe. Her written skills were put to great use helping Ms Sheehan as a member of the MESSenger Club.



an incredibly hard worker and a genuinely independent learner who has consistently achieved top mark through her ability to be in charge of her own learning and to extend herself.

In Years Seven through Nine she gained awards for excellence and effort in Art, History, Geography, Drama, French, Business Studies, Design Technology and Religion. She was one of the very few students invited to the Principal's Lunch to celebrate her achievements in Years Nine, Ten and Eleven.

However, most impressive was

her recognition in the Cambridge International Awards, when she gained "Best Across Eight IGCSE Subjects" (First place in Cairo and Egypt), High Achievement in IGCSE English Literature and High Achievement in IGCSE Global Perspectives. Global Perspectives was taken as a school ASA with very limited time, so this award was extremely pleasing.

Given her academic success as the only student to take nine IGCSEs with Eight As\* and One A grade, it would be reasonable to assume that she would not have much time to participate in other activities. However, this would not be true as her commitment to ASAs and other opportunities has been equally outstanding. She has been a member of the National Junior Honor Society and then progressed to the National Honor Society, during which time she has participated in the Worker's Lunch several times, led



The whole school productions are an important part of life at MES and many students see participation in these as an exciting point in their school career. Aisha is no exception and has worked behind the scenes on Aida, Mary Poppins and Les Miserables, in which she was also a member of the cast. She is not afraid of a challenge and taking part in the International Bronze Award was solid proof of this.

We are totally delighted with Aisha and everything that she brings to her role.

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





# American Section Scholarship Winner 2017-2018

## Laila Gamaleldin (G12G)

It is with great pleasure that the American Section announces Laila Gamaleldin as the MES Cairo Scholarship winner for the 2017-2018 school



year. Laila has been an academic and extra-curricular activities shining star since she arrived at MES Cairo.

Laila has been active both within MES Cairo and outside of MES Cairo with great success. She has

participated in/been a member of the Varsity Volleyball Team, student council, Adopt-a-School, the World Math Team, Model United Nations, and the National Honor Society since Grade Eight. Laila is a proficient pianist as well; achieving Level Four with



Her academic performance is one to be admired by all her peers. She has received excellence awards in Performing Arts, Arabic, English, Social Studies, and science as well as the Pursuit of Academic Excellence Award and she was a Principal Scholar in Grade Eleven. Laila



Trinity College for her piano ability. She has also participated in the productions at MES Cairo on and off stage. Laila continues to hone her abilities as a writer at Scoop Empire and has written forty articles over the course of a 10-month internship. She is a fluent French speaker which has led her to learning Spanish as another language.



was inducted into the National Junior Honor Society in Grade 8 and then into the National Honor Society in Grade 10. Outside of school, her desire to expand her knowledge took her to Brown



University (US) for a seven week on-campus college programme in Contemplative Studies (the study of meditation and mindfulness) and Sustainable Investment (how environmental and social governance factors can



be embedded into investment and finance).

Laila's near future plans are still unclear as she is deciding on her major, possibly in Environmental Studies at a university in the United States or Canada. In addition to all her achievements, Laila is an exceptional young lady. Her drive to better her school and community is very appreciated. She is well respected by her peers and her teachers. Laila is definitely a student that has a bright future and the ability to be successful in any area that she chooses.

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



University (US) for a seven week on-campus college programme in Contemplative Studies



# INTERNATIONAL BACCALAUREATE (IBDP) SCHOLARSHIP WINNER 2017-2018

## Lana Alla-El-Din El Seesi (DP12Y)

We were delighted to announce Lana El Seesi as our IBDP Scholarship winner for the academic year 2017-18. Lana gained 5 A\*s in her IGCSE exams at the end of Year 10. A high achieving academic, she also enjoys the more creative worlds of art, music and theatre – in fact and she has a real passion for performing on the stage. Articulate and confident, she is an excellent communicator and public speaker and has a hidden talent for storytelling. Her favourite subject has always been Mathematics but she has a quiet passion for Art too. An impressive all-rounder, dedicated IB student



and true achiever, Lana is proving to be a fine ambassador for MES Cairo.

Lana joined MES Cairo back in 2008 from an Arabic speaking school in Jeddah and soon became a popular member of Year Three Violet class. When she first joined us, she was disappointed to find herself behind her peers in English. Her determination and resilience showed from a young age as she soon became a top achiever in English. Lana told me that, "this experience shaped into who I am today because it taught me that there are no definite barriers and no need to fear difficulties or complications. You should always be confident when facing challenges and always believe that you can progress." In fact, she was so determined to improve her command of spoken and written English that the following year Lana got a main part in the Year Four production as Christopher Columbus!



A caring philanthropist, Lana is a great example of a truly balanced student who is able to excel in academics without compromising her participation in a wide variety of other interests. She has been a dedicated MES Cairo Pioneer through Key Stages Two and Three. She has been a constant member of NJHS and NHS throughout her Secondary experience, and is always a lead participant in fundraising projects and events.

She volunteered through the MES Cairo Community Service programme to support younger students in the Library and also in Primary. She has stayed after school on many afternoons to help primary students in the music and storytelling ASAs. This year she is one of our Student Mentors for Year Eight. She is a regular helper in the MES Cairo Outreach and Adopt a School projects, working hard to make things a better for some of the less fortunate children in our community. Away from school, Lana spends time volunteering to help Syrian refugee families here in Egypt.



When she is not helping others, Lana can be found smashing out aces on the tennis court, or playing great music on her guitar. She has also found the time to complete the International Award at both Bronze and Silver level. MUN has been a huge part of Lana's personal and academic journey. Lana has been fortunate enough to have participated in several MUN conferences both locally and internationally. She recently participated in the MUM Moscow conference with great success.

Lana is an excellent role model and a well-balanced all-round achiever. She is applying to top universities: Imperial, McGill, Bath, UCL, Leeds, Bristol and Lancaster. We will be watching her progress with pride and we know she will make a positive difference wherever she goes.

**Ms S Sheehan – Assistant Headteacher/IBDP Coordinator**







## The Diploma Programme Core

All of our DP students have had an exciting, busy Term One filled with rich learning experiences across the subject disciplines. Our results continue to be significantly above world average and we are extremely proud of the quality of the Diploma Programme that we offer here at MES Cairo. As well as building strong foundations for university, our IB students are developing as well-rounded individuals, particularly through the Core elements of the IBDP.

### TOK

Students have been exploring knowledge and 'how we know' in their Theory of Knowledge classes. Many IB graduates say that they believe



that TOK was one of the most valuable classes they took at school as it has such a profound impact on how they approach learning in all disciplines at school, at university and through life.

### The Extended Essay

DP12 students have been finalising their 4000-word Extended Essays

while DP11 are starting to learn all about this crucial element of the Diploma. Each DP student has been building up his or her CAS portfolio based on a wide variety of Creativity, Activity and Service experiences. We hope you enjoy reading all about the IBDP's fantastic CAS residential in Fayoum, which took place in October, on pages 19-20 of this Messenger issue.

### CAS

The IB Organisation's Mission Statement clearly emphasises the aim of educating young people to be the world's future leaders and peace makers and this is why the CAS element is so critical to an IB Education.

All of our students are involved in at least one long-term Service project connected to MES Cairo, for example Outreach and Community Service.

We hope you got a chance to hear many of our DP students performing in the CAScade Choir at the MES Cairo Seasonal Concert. I would like to take





this opportunity to thank Mr Harper for working so hard with his new CAScade Choir. Next term, many of our students will be expanding their creative awareness by participating in the Secondary Musical Production - both on the stage and behind the scenes.

### Opting for the IB Diploma Programme



It is a very special year for our IB Diploma Programme – this year we welcome our largest ever DP11 cohort, with 33 year one students now happily embarked on their IBDP learning journey.

We are currently considering applications from highly enthusiastic students in Year and Grade 10. We would like to thank all those who

attended our recent Information Session in November. We enjoyed giving our visitors an insight into the IB Diploma Programme and what exactly it means to be an IBDP student.



### Perspectives on the IB Diploma Programme

DP11 students have had a very positive start to the year. They tell me that they are often asked by members of the community and beyond - whether or not they feel they made the best choice for them personally by moving to the IBDP Section. I asked them to share their views with readers of the MESSenger.

"Every time anyone asks about the IB they link it to how hard they think it is and they have the understanding that you have to be a top student in order to excel in the programme. You might believe that I have no time to do anything but study. Some of you may be afraid to join the IB in fear of losing your social life. I know myself that I was in your position last year. I can definitely tell you it was the best decision I've made regarding my education so far. The change is very satisfying, and my social life has been unaffected. My after-school activities are a big part of my day, especially since the IB encourages you to participate in them in order to fulfil the CAS requirements. I participate in rugby, football, volleyball, the international award, outreach in Egypt, mentoring in primary and I'm also an athletic mentor. I find the time to go to the gym at least four times a week, and still manage to do everything I have to do and get good grades. IB is all about time management, and it's not as hard as you think it is. I'm not saying it isn't demanding, it is, but it's also definitely enjoyable and very doable. I'm genuinely glad I switched sections. It's better for me, I am becoming very well-rounded, and feel like I am being

prepared for university. We have a class called TOK where we question and debate everything around us, which helps expand your mind-set on certain aspects in life. Don't push it away because you're scared of it, take the risk; that is much better than regretting not doing it later.

**Khaled Megahed (DP11Y)**

"I'll start by saying that it is in fact, a challenging programme, but it's also very rewarding. I personally feel that I have already learnt so much, not only about the subjects I take, but about the world around me as well. From my experience I can safely tell you that the IB really is more than just a diploma, it truly is a lifestyle, in that it doesn't only focus on the learning



you do inside a classroom, but the learning and experiences that you gain throughout all aspects of your life. It's holistic and really gets you to develop a new outlook on life through things such as CAS and TOK. Overall, the IB programme is a demanding, but beneficial programme which will come out of with a well-rounded perspective on the world."

**Haya Shamaa (DP11R)**

"I'm sure you've heard lots about the Diploma Programme. Anyone can do well in the DP if they adapt well and choose what they like most, and what they are passionate about. In fact, there's a whole core subject, which is based upon activity beyond the classroom that focuses on self-improvement. I myself was never a straight A student but after putting effort into the IB, I am doing well. I made sure to choose the subject areas I'm interested in, and not what seemed the easiest. On that I tell you: make sure you think this through and remember that it's not the way of learning you are used to, but rather a more engaging experience. You should expect to work hard, but with that comes great achievements and recognition."

**Hassan Gaber (DP11R)**

"Nothing good ever comes easy, you have to earn it. The IB programme appeals to universities and opens doors for you because universities look for students who are studious, and that's what the IB learner profile does for you, you are well prepared for the challenges that the world has for you in the future. Everyone can make time for something they're passionate about. The teachers are there to teach you and guide you as well as prepare you for an exam. The teachers will always keep an eye on you to make sure that you're keeping up. Our teachers ensure that all students are supported and aided in their journey throughout the Diploma Programme. We feel privileged to have teachers that care for us and take initiatives in ensuring a healthy mindset."

**Farida El Sonbaty (DP11Y)**



"To make this point quite clear, I was not a straight A student at IGCSE, yet here I am and I am doing very well. The IB is not an educational system that requires one to be able to regurgitate syllabus, but one that prefers students who enjoy general knowledge and have a taste for learning and adventure. Ms Sheehan told me that she always thought I was IB material after I answered a question on the Odyssey during an assembly!

Through the CAS programme and TOK, I have obtained new perspectives on the world around me and, in the process, have become more learned about how other people think, feel and live, as well as being introduced to their philosophies and perspectives on life. For me, this has been an enriching process in terms of learning and I have enjoyed all the experiences and viewpoints the IB has blessed me with.



Due to how close-knit our experiences are, my IB schoolmates feel more akin to an extended family rather than companions. We all learn together, experience the same adventures together and debate new viewpoints together. Much like an actual family, we are all supportive of each other and, in times of need, stand with one another. **Youssef Atta (DP11R)**

### DP12 - Senior Year

Several of our DP12 students have already been offered places at top universities around the world. The future looks bright for all of our



Seniors, and we wish them all the very best of luck in their remaining applications to universities in the UK, USA, Canada and Egypt.

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

## FOCUS ON IB SUBJECTS PSYCHOLOGY, ENGLISH AND BUSINESS MANAGEMENT

### Learning is fun in Psychology!

The AS and DP11 Psychologists kick-started their Psychology journey with an invitation to the annual Psychology 'Mocktail speed-dating party'. Students were each given a famous Psychologist from History to research in terms of their name, age, date of birth as well as their



key beliefs and theories regarding Psychology.

Students had to investigate the research their Psychologist had conducted and their likes and dislikes.

Drinks, snacks, balloons and banners greeted students as they entered the speed-dating circuit. Each student playing the

role of a fundamental psychologist from History. Everyone from Freud, Zimbardo, Milgram and Loftus were there!

Students each had two minutes to tell one another about themselves; from Freud's theories of personality to Skinner's theories on conditioning. Loftus and her research on the reliability of memory, to Broca and his pioneering research into localisation of function in the brain. A wealth of psychological studies and theories were discussed. Students worked collaboratively using excellent communication skills to ensure they imparted their new-found knowledge upon one another.



Towards the end, students decided which psychologists were most like themselves. Through this, we were able to distinguish between the different psychological viewpoints that exist in attempting to explain human behaviour. The psychologists were divided into biological, behaviourists, sociocultural and cognitive. The theories linked to these areas were shared and discussed as a class. For the majority, each person left knowing they had a fellow 'psychological' partner that shared the same view as themselves. Only Freud was left to his own devices.

The aim of the lesson was to give students who are all brand new to Psychology, background information as to what the subject is about and the types of topics they will be studying. It also introduced students to key terms and definitions that they will come into contact with throughout the course.

### Ms J Rainford – Head of Humanities, British Section

#### Learning is for Life in Group 1 English

In IBDP SL English Language A: Literature the students have made a great start to the year studying for Unit 1 'Works in Translation' exploring two different texts translated from French into English. As part of the course we have been examining two critically acclaimed novels in 'Madame Bovary' by Gustave Flaubert and Albert Camus' 'The stranger'.

Within the classroom the students have taken full advantage of the opportunity to share ideas, opinions and analysis of the two texts to bring these two masterpieces to life. Activities have included group discussions, presentations, taking part in a Socratic seminar, developing essay writing skills (invaluable for not only this class but in preparation for life beyond MES Cairo) and many more engaging tasks.

Although it still early on in the course the students have exemplified the qualities that are required to succeed in the IB program by embodying that attributes of a successful IB learner. In discussions the students have shown themselves to be gifted inquirers through digging deep within the texts to look at difficult concepts such as the absurd, gender, societal expectations and behaviour. A great group spirit has been formed through students maintaining a caring attitude and open mind to new ideas and by respecting the opinions of others.

Looking ahead we will be moving on to the next set of texts to study which come in the form of drama texts namely, 'A view from the Bridge' by Arthur Miller and 'Cat on a hot tin roof' by Tennessee Williams.

**Mr M O'Connor – IBDP11 English Teacher**

### Virtual Board Room in Business

I have very much enjoyed teaching the DP11 Business Management group; what has encouraged me is students' attitude to feedback and determination to improve on exam answers, based on specific command terms. Moreover, the students' debate in the virtual board room has also been very impressive, where a very informative discussion took place regarding business size and the advantages and disadvantages of growing or remaining small. Students are now about to start their next unit which is finance, and we will hopefully see budding accountants, starting to flourish. Well done.

**Mr C Stock – Subject Coordinator for DP Business Management and Economics**

### IBDP Students of the Month – Learner Profile

This year our students of the month are being selected based on the attributes of the IB Learner Profile.

Each month of the academic year is focused on one attribute.



Congratulations to students who have excelled in these attributes so far this year.

**DP11Y** - Omar El Fiky, Jumana Khafaji, Tia Ghalban, Khaled Megahed, Nadine EL Nomrosy

**DP11R** - Ibrahim El Nemr, Farah Talaat, Nayra Soliman

**DP12** - Lana EL Seesi, Laila Diab, Ali Attia



### Selim El Badri – IBDP MESConian at Oxford University

We are extremely proud of Selim El Badri (Class of 2014) who is now studying at Oxford University in the UK. Selim recently visited his IBDP family to participate in our DP11 Parent Information session and to speak to current IB students about his IB learning journey.



Selim stressed to the students that although the IB is challenging, the rewards are great.

"I remember A-level vs IB dilemma very well. I chose the IB in the end and am so grateful for having done TOK and the EE – this really prepared me well for my degree studies and gave me a head start. I look back now and am thankful to MES Cairo for the quality education that it provided me with. I will never regret moving to MES for the final two years of my schooling. I really believe that the IB is world class and



that it offers breadth without compromising depth. You need to look beyond university as the IB produces students who can think critically, who can write fluently, who are culturally aware and can hold their own in any context, anywhere in the world.

Selim told our parents:

"The message I want to deliver is to have faith in your children and don't let anyone put them off. I owe my success first and foremost to my mother. From London, I first joined another school in Cairo where they refused to give me the opportunity to do IB. I was in disbelief, I had been deprived of the opportunity to enhance my learning and pursue my dreams. Imagine - your teachers telling you that you are not good enough. I was really upset but it was my mom who decided that I would move schools. She insisted that I do the IB and moved me to MES Cairo. Here they gave me the opportunity and welcomed me. I was awarded the diploma with 37 points. I graduated with a First Class Degree and am now studying for my Masters. I urge you to have faith in your kids even when at times, they don't have faith in themselves. I personally feel very privileged to have accessed such a wonderful education and I will never forget my incredible teachers at MES Cairo."



Selim shared this inspirational quote with our IBDP students before he answered their many questions with great eloquence. It was an honour to welcome Selim back to our school. His motivational words

have proven that he truly is a first class person who is fully deserving of everything he achieves.

We will continue to watch his progress with great pride.

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

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



# IBDP CAS Residential

## Fayoum 2017

As we gathered in the Multi-purpose Hall in school early on the morning of 11<sup>th</sup> October, you could sense the excitement ahead of our annual IB CAS Residential. After last year's fantastic visit to Aswan, the students were looking forward to four days in Fayoum. Our DP12 students were relaxed and keen to utilise the skills they had developed in Aswan and put them to good use in Fayoum, whereas under the excitement we could tell that some of our new DP11 students were a little nervous about what lay ahead of them on their first major leap into IB life.



After bundling onto the bus, our first stop was at the wonderful Fisheries where we were introduced to the ambitious project. Our guides, Nadine and Amal explained how the land had been laid to waste before the idea for the Fishery was hatched. This allowed students to engage in our indigenous culture and examine how Egyptians are inspiring us to engage with some the key CAS outcomes and look to issues of global concern and consider the ethical implications of our actions and responsibilities. The owner of the farm took this beautiful expanse of land that had been lying idle and created an abundant community resource that acts as life blood and meeting point for a whole community.



Before lunch, we had a chance to explore the farm. We witnessed Ms McTigue preparing and baking Beladi Bread in an open stone oven – the very bread that we would devour accompanied by a



delicious grilled lunch. As we sat together in the sunshine, we admired the delightful surroundings and had a chance to reflect on the great work being done in this community.

With full bellies, we clambered aboard the buses and headed to the quaint Tunis village on the banks of Lake Qarun. After unpacking, we wound our way through the narrow streets lined with fantastic pottery workshops and made our way to the famous Fayoum Pottery School established by Swiss Potters, Evelyn Porret and Michel Pastore in 1960. There we had a behind-the-scenes tour of

the pottery process, including the 1000-degree oven that fires the magnificent creations. Whilst half the group were inside touring, the rest of us were having a go at spinning the mixture as they attempted to create a bowl. The demonstrations made it look easy but as you can see from the pictures, it was far from it.

After a restful night and a filling breakfast, we travelled to the nearby village of Outa. It was here that the students engaged in their service project by carrying out extensive renovations to three local family dwellings. In Mr Underwood's house the pace was fierce as students primed and painted walls and ceilings. Jumana Khafagi (DP11Y) and Carla Soliman (DP11Y) led the way in the large living space whilst the boys, including Abdelaziz Said (DP12Y) and Omar El Fiky (DP11Y), got stuck into the plastering in the new toilet area. Whilst over at Ms McTigue's house, the interior and exterior walls were being beautifully finished by a dedicated team of fine artists. Finally, Ms Creak's house





staff for many years. Our IBDP cohort displayed all the quintessential skills of the IB Learner Profile and those of the MES Cairo Graduate Profile.

#### **Mr E Macaulay – CAS Coordinator**

I was excited and intrigued to be involved in the second CAS Residential Trip run by the school. This year we were taken to Fayoum instead of Aswan. We were taught about the rich history and

was having the roof fixed by a dedicated team led by Hashem Afifi (DP12Y) – these students worked through the heat of the morning and early afternoon. Meanwhile the interior was being plastered by a committed team led brilliantly by Farah Gharib's (DP11Y) enthusiasm and drive. We all benefitted from hearing Nouran Megahed's (DP11R) beautiful voice as the sun went down and the exterior fresco was being given its final touches.



significance of Fayoum in the formation of modern-day Egypt. Visiting historical landmarks such as the Wadi El Hitan National Park and Wadi El Rayan enabled me to understand about the geographical and biological impact Egypt had on today's scientific discoveries. Renovating the houses was the activity that stood out the most to me, as we worked hard to give back to the community. The inhabitants of the village accepted and hosted us graciously to

All our IB students showed great commitment and perseverance during the renovations. Their desire to complete the crucial tasks to a high standard for the community that they were serving was extremely pleasing. So too was their ability to involve the community and families in the planning and preparation of artwork that brought colour and vibrancy to the living spaces. The children of the village were included in the process and you could see the joy it gave them to make their mark on their own colourful home.

Wearied but satisfied from a day of hard labour, we retired to Tunis village to rest our heads. Before long it was time to rise again and head to the Whale Valley, Wadi El Hitan. In this stunning UNESCO World Heritage site, we learnt about the ancient history of this grand desert and how great effort is taken today to keep the site preserved for the benefit of many annual visitors. After this enlightening visit, it was time to head to the Magic Lakes and to lunch in the desert. There we could explore the fascinating rock formations and dunes that make much of Egypt's beautiful landscape seem otherworldly.

Sated, we then travelled south, round Lake Qarun and to sandboarding. Time after time the students clambered up the dune before hurtling back down – sometimes on the board, sometimes not. As the afternoon progressed, and the light dimmed, it was Jessica Aziz (DP12Y) that emerged as our sandboarding champion. Her grace and guile guided her down the dune again and again, avoiding the rather treacherous collision like the one that saw Hassan Amer (DP12Y) and Abdelaziz Said (DP12Y) side-lined for a few moments.

As we returned to Tunis, we reflected in the failing light on what had been an extremely enriching visit. There were so many highlights in Fayoum that the experience will stay with students and



carry out the renovation process. Last year's experience aided me during the undertaking of our tasks in the house. In addition, I took the opportunity to develop skills that are necessary for building and painting jobs, so that I could be as useful as possible throughout the day. The new DP 11 students enjoyed their time and were curious to learn more about the intentions and aims of the renovation. The renovation day allowed the DP 11 and 12 students to get to know each other and build relationships. I feel grateful and privileged to have participated in this activity for two years in a row. I will carry all the memories we have created with me for the entirety of my life. I cannot wait to see what the next line of DP students will bring to the trip as we pass the baton on to the DP 11 students. **Hashem Afifi (DP12Y)**





MES Cairo's Managing Director, Ms Ghada Dajani was recently appointed as Vice President of Middle East IB Association (MEIBA). Following on from the regional MEIBA meeting hosted



at MES Cairo, Ghada Dajani hosted a meeting for Egypt's IB schools on Sunday 8<sup>th</sup> October 2017, where thirteen of Egypt's IB World schools were represented.

The meeting was also supported by Nevine Souefi representing Mary Tadros who is the

regional recognition officer for the IBO. The group continued the productive dialogue that was started at the regional meeting. Ms Ghada Dajani led the group by outlining her vision for revolutionising the training opportunities available to IB teachers in Egypt and bringing more training opportunities to teachers in the region. Egypt's geographical location makes it an ideal centre

point for conferences and training events. Amongst several other important topics, the group discussed CPD priorities for schools and shared ideas for the upcoming IB Schools in Egypt networking event, which took place at MES Cairo in November 2017. You can read all about the event which involved twelve IB Schools in Egypt from Cairo and Alexandria, in our next issue of the MESSenger!



**Ms S Sheehan – Assistant Headteacher/IBDP Coordinator**



## INTERNATIONAL BACCALAUREATE DIPLOMA PROGRAMME JOBALIKE EVENT

In November, MES Cairo hosted over 160 IB teachers from all over Egypt at an International Baccalaureate Diploma Programme Jobalike event.



After a warm welcome, visitors attended presentations and workshops that were led by volunteer IB examiners and teachers from many different schools in Egypt. New connections were made and the feedback survey reveals that the vast majority of colleagues who attended found the Jobalike to be a successful event that they found to be very beneficial.

One IB teacher stated: "the event was great for sharing experiences and challenges. I enjoyed having this opportunity to meet other teachers of the same subject and enjoyed sharing experiences and ideas". Another teacher stated that he felt it was very important to get to know more members of the IB Community in Egypt and to be able to have conversations with teachers from different schools: "It was a great

opportunity to share good practice and to tap into different areas of expertise. I made subject contacts and we now are good friends sharing ideas on a regular basis."

This "Congregation of Expertise" as one colleague called it, "stimulated new ideas and was purposeful and well-organised. Thank you for the great opportunity; the incredible effort made to connect IB educators and the friendly and extremely positive atmosphere and support!"

As part of the feedback survey, teachers were asked to make suggestions and share ideas about how to improve and develop the Jobalike session. Full details of the Jobalike and the survey results will be shared and discussed at the next MEIBA meeting for Cairo member schools - to be held at MES Cairo on 13<sup>th</sup> December 2017.

On behalf of all the IB teachers who attended, I would like to thank all those who volunteered to lead sessions and workshops. Many thanks also to our DP11 and DP12 students who were extremely welcoming and helpful throughout the event.

An extra special 'thank you' goes to those presenting teachers who had never visited MES Cairo before yet willingly volunteered to be put under the spotlight in a completely new environment. Showing true IB spirit – these leaders took a risk and rose to the challenge. Your courage has definitely paid off!

**Ms S Sheehan – Assistant Headteacher/IBDP Coordinator**



# WIRED AND GOING GOOGLE!

by Ms D Ballard Secondary Principal, American Section

This year, we are very excited that we have replaced our former Learning Management System with a virtual classroom space called Google Classroom. Google is very user friendly and most students, even those as young as three years, have heard of Google. Because students are familiar with Google, it increases the likelihood of them accessing the platform. Another benefit is that no matter what type of device you are currently using, you are able to access each Google Classroom. As the student accesses the online tool, they increase their exposure to all the learning resources online. Another great benefit is that it does enhance teacher and student **communication** and the ability to give timely feedback so students are able to move on in their next stage of learning. It also keeps students active in the learning process for longer durations of time. The accessibility of Google means they have access to feedback, classroom materials, deadlines and due dates with the ability to set reminders on individual student devices. This personalises the learning experience for every learner in the classroom. The feedback and communication is ongoing and provides a vehicle to build healthy relationships between students and teachers and the parent community.

Google has enabled students to work more closely with one another and **collaborate** and hold virtual discussions on content-related issues. This enables students to build better teamwork skills, and to understand how to solve a problem through the use of **critical thinking** collaboratively. Whether a teacher decides to use a Google Doc or Google Slides for

collaboration, one of the most profound advantages is that it opens the door for teachers to post announcements and assignments that can be shared and worked on together immediately. The teacher is able to monitor all interactions and the production of student work on all assignments. Teachers at MES Cairo are using Google for students to provide constructive feedback and guidance as well, which means the very structure enables are more nurturing learning environment for all, cultivated by our outstanding teachers.



## So, what do the teachers and students have to say?

"For me it is the instant feedback from both sides – students get feedback instantly and can act on it right away. They can also contact me easily if they have an issue. A great dialogue has opened up." **Mr J Todd - American Section Dean of Students for Grades Nine-Ten, IB Theatre and Theatre Instructor**

"My Year Two students love not having to save! If they make it, it is safe and they can show Mum and Dad and add to it at home." **Mr D Mulligan - Primary Technology Teacher**

Here is an example from Y2B







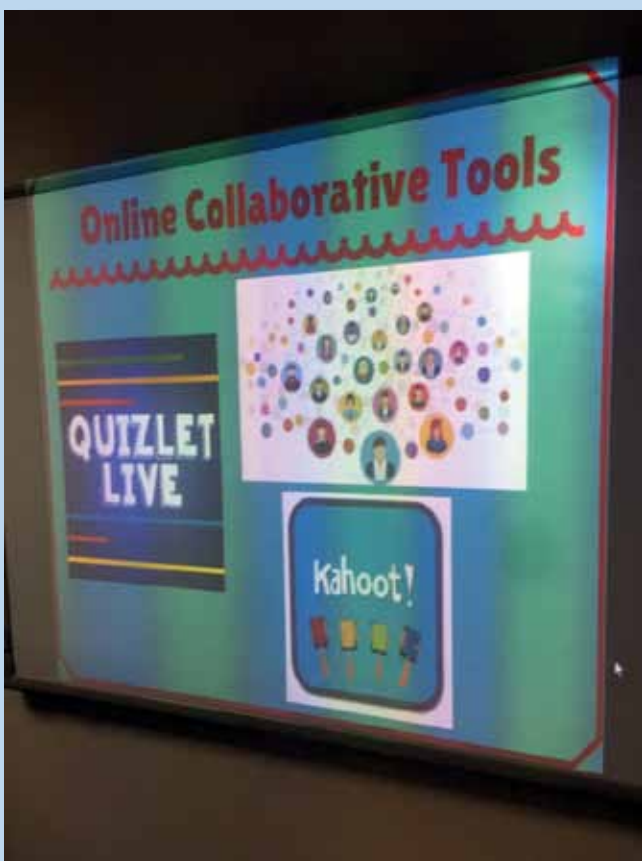
"The best thing is integrating school-based and home-based learning into one holistic learning experience!"  
**Mr M Link - Primary Year Three Teacher**

"Google Classroom has increased the interactions between teacher and students." **Mr A Saaed - Secondary Arabic Teacher**

"Within PE we have started to use classroom to communicate with students about club activities, eg. upcoming fixtures, team announcements and we will move onto squad photos and player photos. We also use google classroom within theory with grade and Year Eleven. It has been useful for uploading assignments and sharing resources with students."  
**Mr J Keast - Secondary PE Teacher**



"Google integration into the classroom has empowered our students and moved them from spectators to active learners and contributors. Students love the idea of daily digital Google experience and seem more motivated and more engaged than ever before. They also feel more confident and excited about their own work. With Google, students are ready to participate, tackle a challenging task, explore or demonstrate knowledge in fun and creative ways. Moreover, they have an opportunity to collaborate and co-construct knowledge through shared Google Docs writing processes or Google Slides presentations, start digital dialogues with their teachers in Google Classroom. Owing to Google implementation, our students began to develop a sense of self-efficacy, independence, autonomy, and self-direction."  
**Dr T Kolesnikova - Secondary LDD and American Section Gifted and Talented Coordinator**



"The biggest change in my teaching has been the ability to mark students GCSE coursework from home. I do not have to carry huge folders home (they are A3 size) as students upload them to Google classroom. I can give them immediate feedback and they usually respond to the feedback. Now they are uploading their presentations using Google slides which makes it even easier! I can comment on every slide with suggestions and improvements and tag them in it so



they get the notification immediately.” **Ms S Taha - Head of Secondary Technology**

“Teach. Collaborate. Reflect. Progress. Four simple words that are all-encompassing for educators for lesson planning, and for student achievement. During our in-service we explored Peardeck and Nearpod as presentation tools. Even though I had experimented with Peardeck and Nearpod previously, I am excited to use both tools in conjunction with Google Classroom. I think it will be very powerful for student progress through immediate feedback through collaboration and formative assessment. The best part is that I can use what I already have and make it better!” **Ms K Bull - American Section Head of Department for English**

“Wow! Watching my class work on collaborative poetry presentations using Google Slides is amazing! Love that I can see exactly who did what and when, that they can access it in school and at home and that I can actually see the process as it happens.” **Ms J Cole – Assistant Headteacher Years Seven-Nine, British Section and English Teacher**

“What Google has been able to do for our teachers and students is to generate such excitement and learning and doing. To hear kids at their break times asking teachers about something they posted, or asking if they saw their idea or work, reading thoughtful feedback given by students to other students, seeing teachers excited because their students are energised – that makes it all worthwhile. At our recent Parent’s Day, the number of parents that commented on how easy Google Classroom is to use and how thankful that we are using it to keep them informed was so gratifying. Life is busy – this one tool keeps us all connected and informed. Great job to all the teachers, students, and parents who have embraced this change.” **Ms Dodie Ballard - American Section Principal**

## 2017-2018 WIRED Team Members

### Primary Members

Mr Alex Hinchcliffe, Ms Alison McLaughlin, Mr Dan Mulligan, Ms Georgina Dean, Mr Sam Cole

### Secondary Members

Mr Ahmed Saeed, Ms Christine Downey, Ms Dodie Ballard, Mr Jonathan Todd, Mr Joshua Keast, Ms Kelsey Bull, Ms Sierra Lundberg, Dr Tatiana Kolesnikova



# DIGITAL CITIZENSHIP

## Parents as Partners

At MES Cairo we understand the importance of teaching our students to be safe online. We live in a digital world where our students are using technology for everything in their lives including communication, socialising, shopping and playing games. Young people today are preparing for jobs that don’t exist yet. The world is changing, our students have access to technology and the internet everywhere! Teaching them to be safe online is crucial.







Teaching the importance of being safe online is a huge responsibility which falls on us all, as parents and educators. Recently at MES Cairo, we held two workshops for parents on Digital Citizenship; what it is and what we can do together to keep our children safe online. Parents enjoyed the session and went away with ideas and tips on how they can play a very important role in keeping their children safe online.

Most children are interested in the social media element of being online and this was, therefore a main focus of the workshop. Discussing what

a digital footprint is; that what we put on the internet stays there forever; whether it's a picture, a comment, sharing something or even a 'like'. Today, most employers look at a potential candidate's social media profile before they even consider interviewing them! What our children put online today could affect them tomorrow and in the future. We must remind our children to think before they put something online, comment on a picture or post one. Our message is: don't do it!

We must teach our children to be respectful online, to have an awareness of their 'digital footprint' and that the real world and the digital world are not two separate entities. In fact, what they say and do online is the same as if they were to do it in the real world. Sometimes, children feel that if they are saying something unkind behind a screen then it is acceptable, but of course, it is not.

### A few hints and tips:

- Take your child's mobile phone away from them at night. They don't need it; a good night's sleep is more important!
- Police your child's mobile phone and devices, check who they are talking to, what they are saying and check their browser history.
- Talk to them about being safe online, not sharing personal information with anyone that they don't know in the real world.
- Change all of their settings on social media to private, so that anyone who is not a friend cannot see them.
- Set limits for screen time.
- When they say they are doing their homework, check in on them (are they doing their homework or are they using their device to play games and chat).
- If a child sees something inappropriate online, tell them they should come and tell you.

**Ms S Taha – Head of Secondary Technology**



# American Section Science enjoyed an action-packed year!

2017-2018 saw the American Section Science Department work diligently to create exciting, creative, diverse, interactive classrooms and learning environments in Science.

## Grade Seven



Students were busy learning about lab safety, scientific method, cells, human body, rock cycle/ water cycle, ecology and classification systems this past year. They perfected their presentation skills via

Powerpoint/prezzi or other technology presentation formats. Web quest and interactive websites enhanced the human body unit whilst Quizzlets were a great source for vocabulary



review. Their Grade Seven 'Week Without Walls' experience enhanced the ecology unit; Al Sorat farm students interacted with farm animals

and learned how a farm could be self-sustainable and students made planters and planted their own seeds. Dahab Island, in the middle Nile saw Grade Seven students testing the Nile's water quality. In June, the students worked in pairs and presented their ecological Science knowledge in the first ever American Science Fair.



## Grade Eight

Students applied their previous knowledge on thinking scientifically in all their Chemistry labs. They learned how to



differentiate liquids by their densities using milk, honey, water, alcohol and soap detergent. The students discovered the components inside the smallest unit of matter, the atom. They made 3D replicas of the atom using materials from home and learned about the periodic

table and adopted different elements from it to not only learn about but to teach their peers as well. Students with artistic skills were given a chance to shine while drawing ecosystems in Ecology. Kahoot games, Powerpoints, Powtoons, guided articles and poster presentations were all tools used to ensure better understanding and life-long memory of the information. During the Grade Eight 'Week Without Walls' trip, students went to Giza pyramids, the Garbage city (the biggest recycling place in Egypt) and Alexandria. There they learned how to measure the water salinity, how to recycle all sorts of different materials and how to choose the best construction materials and ensure its endurance throughout the years.

## Grade Nine

In Biology students developed their skills in observations, data collection and data analysis.

In Honors Biology; their projects and effort were fantastic. One project involved models of DNA, which was an excellent way to remember the structure of our genetic material and a great lesson on the complexity of biological structures.



"Make a solid design and plan on how to build your model, leaving it to the last minute is not advisable." **Zein El Helw (G9B)**

"I thought it would be easy to build the DNA model, but through my experience it was not as easy." **Ahmed Moamen (G9B)**



## Grade Ten

Chemistry students were initially concerned about the difficulty of Chemistry but as the year went on they were grateful for the opportunity to hone their content knowledge and lab skills. From making stuffed moles for the stoichiometry unit, singing the mole



song and other projects such as a timeline of the history of the atom and a mole poster all these projects allowed Grade Ten students to express the talents in a variety of modalities. Labs were performed, from determining the percent water in a hydrate, present carbon in a marshmallow and the pressure it takes to pop popcorn. Students observed and carried out experiments to investigate the effect of pressure on gases.

## Grades Eleven and Twelve

Environmental Science students learned about water and how it is necessary for our survival. Students designed a water filter to see what materials are easily filtered and which ones are not, keeping in mind that we all need clean water that many times comes to us filtered/treated so we can use it.

Physics students learned what a flipped classroom can look like and spent their homework time doing various experiments and Phet simulations.

Students were introduced to new concepts using a modelling approach that places an emphasis on representing concepts in multiple different ways.

Advance Placement classes serves as introductory college-level courses based on inquiry with the possibility to earn college credit after taking the official AP exam in May.

AP Biology students worked hard to complete the curriculum and prepared to take their official exam.



For AP Chemistry students, one of the highlights was the synthesis and analysis of an iron complex, Potassium ferrioxalate hydrate, which we call "Green crystals". The experiments last for several weeks and involve the synthesis, purification and systematic analysis to determine the chemical formula through a series of analytical techniques (including dehydration and titration) after which the students will have built their confidence in gravimetric analysis.

AP Physics students studied topics as varied as mechanics, thermodynamics, electromagnetism and introductory quantum mechanics. They conducted investigations into the nature of laser light passing through lenses, the period of a conical pendulum and the tools necessary to travel to the Moon and return safely to earth.

In addition to our AP classes a team of students from MES Cairo placed in the top-20 globally and first in the Middle East in an experimental design completion run by CERN through the Beamline for Schools project. The MES Cairo team purposed that we deflect a beam of high energy protons using carbon nanotubes as opposed to strong magnetic fields that are currently used at the Large Hadron Collider.

The Beamline 4 school project has given many students the opportunity to address their interests in the complex fields of physics, to not only share ideas among others, but to also take part in the CERN competition of schools as a representative from Egypt. The CERN competition revolves around working together as a group to test a thought that could be potentially an experiment.

The team were very excited to be awarded a Cosmic Ray detector that we are setting up here at MES Cairo so we can help build a globally distributed sensor with the Cosmic Pi project. Through our invitation to join the project, MES Cairo will become one of the only sites in the Middle East to feed data into a network of research institutions that are building a picture of how high energy radiation interacts with the earth's atmosphere.

We are looking forward to the coming school year and playing a part in shaping the minds of our young Scientists.

**Ms Luna, Mr Carter, Ms Fergus, Ms Castleberry, Mr Gibson and Ms Sorial - American Section Science Department**



# GRADES SEVEN AND EIGHT GET CREATIVE AT FAGNOON ART CENTRE



**Grades** Seven and Eight students started the school year by spending a day at Fagnoon Art Centre exploring art-related activities of pottery and carpentry. As part of a two-day programme of leadership and teambuilding activities, students began the year spending time with one another in an environment that fostered freedom of expression and mutual respect for individual ideas.



Fagnoon Art Centre located just outside of Cairo on the road to Saqqara offered students the chance to develop their talents and creativity in an unconstrained environment that

promotes risk taking through the action of creative play. Creative play is regarded as activities that spark the imagination, develops manual skills, and promotes creative expression. Working



independently and with other class mates, students spent the day experiencing the different approaches of using clay in making hand thrown pots on the Potter's Wheel. Changing mediums students then had the chance to use hammers and nails in constructing wooden boxes. Both activities gave students the chance to work with different mediums and understand how artists learn from trial and error, how collaborating with others lead to creative process, and how to experiment with different art making approaches. Items made during the visit will be incorporated into future lessons in the art classroom. Look to future MESsenger editions for the final project!



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





# Back to School Night - Welcome to the Class of 2023 Parents!

**Thank** you to all the Grade Seven parents who attended this year's 'Back to School' Night. The event was a great



success due to the interest that all parents have taken in their child's transition to Grade Seven. This annual event has become more popular each year, as it offers parents the chance to meet their child's teachers, receive grade-specific information and have a chance to follow in the footsteps of their child's daily schedule.

The evening began in the theatre with an overview of Grade Seven topics including information about courses, assessments, expectations, and an introduction to the Grade Seven teaching

team. Afterwards, parents had the opportunity to meet all the Grade Seven teachers and receive detailed information about each subject. A highlight this year was a session that provided all

parents with an introduction of our new e-learning platform, Google Classroom.

We look forward to hosting future events that will allow parents the opportunity to have a closer look at their child's education here at MES Cairo.

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



## Grade Nine Parents Go "Back to School"

**Now** an annual tradition at MES Cairo, this year's Grade Nine "Back to School" event was another great success. Meeting the parents of students just embarking on their American High School journey is always such a pleasure for us.

After a brief overview of the structure of the American High School, parents visited each of their children's teachers in their classrooms. The teachers introduced themselves and then talked the parents through their specific course structure, classroom expectations and the syllabus for the course. At the end of each session bells would ring out signalling the time to move to another class.

The afternoon concluded with a gathering of everyone in the Staff Information Room for a presentation by the PE Department and

a tutorial session on using Google Sites and Google Classroom. Finally, questions sent using WhatsApp throughout the event were answered.

The Grade Nine parents left smiling and thanking us for an enjoyable and informative afternoon, pleased that our partnership has truly begun.

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



# Seeing Through the Eyes of Others



**Empathy:** *noun* - the ability to understand and share the feelings of another.

Research shows that empathetic people (people who have empathy) lead more successful lives. Some people call this the

“empathy advantage” and that is what we want the students of the American Section to have. This year’s HRCF curriculum is designed to train our students to truly understand and share the feelings of others. They will be taking part in activities and sessions designed to help them: recognise feelings, have a moral identity, understand the needs of others, have a moral imagination, keep their cool, practise kindness, think “Us” not “Them” and promote moral courage. If your child ever suggests that you “think about it from their point of view” they are not being impolite, they are practising their empathy advantage!

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

## Grade Nine Get Trapped!

Recent years have seen a rise in popularity of the entertainment phenomenon, Escape Rooms. An Escape Room is a game where a group enters a room set up with puzzles, locks and mysteries. The aim of the game is to solve all of the clues and escape from the room within a given time limit. The rooms have different themes so you could find yourself in a medieval dungeon or a mad scientist’s lab.



The only way a group can successfully escape a room is through teamwork, with many of the puzzles requiring more than one person to solve. Teamwork is, of course, an essential skill and so Grade Nine

rounded off their academic year with a trip to one of the Escape Room facilities in Cairo, Trapped Egypt. Located just a short bus ride from MES Cairo, Trapped Egypt boasts a range of rooms of varying levels of difficulty. The professional team at Trapped Egypt talked the Grade Nine students through the safety rules before dividing them up into groups and sending them into their

rooms. Some of the rooms are designed to be scary, a fact we quickly learned from the screaming coming from upstairs.

All of the students emerged from their rooms smiling and laughing at the experience. They had a quick break to catch their breaths before heading back into a different room to solve a whole new set of puzzles.

The students recorded their reactions when we returned to school:

“...terrifying and extremely fun.”

“Working together was a fun challenge and the live actors were incredible.”

“It improved our problem-solving skills in a fun way.”

“...a sublime trip and it truly helped us work on our teamwork.”

“...engaging, challenging and fun to do.”

“...extremely exciting to search for clues and hints to be able to get out.”

“...really hard and scary.”

“...cool and challenging.”

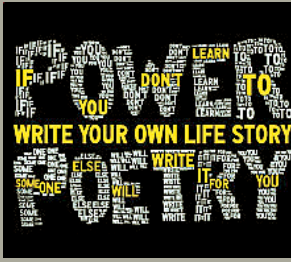
“...tested our ability to handle pressure and manage time.”

“...we all managed to come together and work as a team.”

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







# American Section Poetry Slam - May 2017



Ms Cole's and Ms Hawthorne's Grade Ten English students were immediately receptive to this previously unfamiliar art form. They bravely wrote and performed their pieces in front of the entire class, where they received feedback from their peers in order to better their performances. Students then voted on the top candidates to be sent forward to compete in the finals. The finalists were: Youssef Shokeir (G10G), Zeina Badawy (G10G), Mark Eshak (G10G), Dana El Fakahany (G10G), Jana El Sharif (G10R), Maryam Wahdan (G10R), Mabrouk Wegdan (G10B), Mariam Elbaz (G10G), Ahmed Hamza (G10Y), Sarah Kamel (G10G), Ismail Abaza (G10B), Menna El Shebly (G10Y) and Carol Ramy (G10G).

The Poetry Slam Finals took place on 14<sup>th</sup> June in the school theatre. All thirteen contestants did a fantastic job and dazzled the audience with their passion, enthusiasm and talent. With poetry topics as diverse as the students on stage, the content ranged from women's rights to appreciation for mothers. Grade Ten, along with other selected classes, were invited to attend the event, where they proved themselves to be an extremely supportive audience. The judges for the event were Mr Roman, Ms Walker, Ms Ailincal, Ms Ingham, Ms Bull and Mr Todd. With their help, three of the contestants were crowned victors of Modern English School Cairo's first ever Poetry Slam. The third-place winner was Menna El Shebly with her poem titled "Shy Words," second place went to Zeina Badawy with her poem called "Sunset," and first place went to Carol Ramy with her poem titled "Too Late."

Winners received a certificate as well as a gift-card to celebrate their success. Each of these poems truly moved the audience and made us all believe we were part of the experience and story. Grade Ten student, Leila El Taweel (G10Y) sums up the experience by stating "I was truly impressed by the quality of work all around."

**Maryam Wahdan (G10R)**



May 2017 saw our Grade Ten students spending time reading, researching, writing and reciting the art of Slam Poetry. For those who are unfamiliar, "Slam Poetry" is performance poetry; it is poetry that is meant to be heard and seen. It not only involves the use of clever literary devices, memorisation, and vocal expression, but it is also characteristically persuasive and it has to make a point about something meaningful to be truly effective.



# British Section Transition Day



**The** British Section Transition Day in June 2017 was every bit as stimulating for the Year Six students as we hoped it would be. Straight after registration, our future Year Seven students were greeted by their Year Eleven mentors and Year Seven buddies, as well as their Assistant Headteachers, Mrs Claire Williams and Mrs Jennifer Cole.



After a quick tour around the campus facilities, the students were given a 'Homeroom Experience' before participating in the first rotation activity.

Students enjoyed a taster of several Secondary curriculum subjects through high impact, stand-alone lessons. They had the opportunity to make their own headphone holder in Design and Technology. In Science, students conducted a pH based activity called 'Rainbow Fizz' to introduce the idea of chemicals and indicators. They were immersed in a Spanish or French learning environment for one lesson depending on their option choice for next year. All students enjoyed a session on improvisation in the Drama studio.

During the day, the students attended an assembly where they were introduced to the Secondary Senior Leadership staff who would be guiding and supporting them on their journey through Key Stage Three. This assembly gave us the perfect opportunity to show a video of Year Seven highlights from last academic year. It was delightful to see their reaction to all the trips, special events, sporting activities, after-school clubs, impact days and celebrations that feature in our Year Seven programme, knowing it would soon be theirs for the taking.







Judging by the smiles, the conversations, the clear engagement of the Year Six students throughout the day and the comments they wrote on their reflection sheets, they were incredibly ready and excited to join us in Secondary.

Many thanks to all the staff who taught such fabulous lessons on the day, and we are grateful to the following students who, not only ensured our future Year Seven students enjoyed a truly positive Transition Day, but who will have continued to take an active role in their transition to Secondary from September.

#### Year Eleven Mentors

Bushra Mettawa (Y11B), Amira El Kouny (Y11Y), Aisha Morsi (Y11G), Nikolett Bartus (Y11Y), Natalie Osman (Y11Y), Ezzeldin El Maghraby (Y11R) and Nay Assem (Y11G).

#### Year Seven Buddies

Abdelrahman Mohamed (Y7Y), Alya Moemen (Y7G), Marwan El Kholy (Y7R), Merna El-Bassiouny (Y7Y), Bakry Abdullah (Y7G), Zaynah Jibrilu (Y7B), Omar Habibi (Y7B) and Maryem Atta (Y7R).

**Ms C Williams – Assistant Headteacher,  
Years Seven-Nine, British Section**

## Secondary British Mathematics Department Introduces M.A.T.H.S. Lessons

### Memorable Activities to Heighten Success (MATHS)



Regular readers of the MESsenger magazine will recall that, back in January, the Secondary British Mathematics Department led the ToTAL Impact Day on "My Digital Life". Students used technology to access the instructions to build a pyramid. We were so impressed by the enthusiasm the students brought to the task – they

were talking about it for days afterwards – that we wondered how we could regularly bring that level of enthusiasm to Mathematics lessons.

We went on to develop M.A.T.H.S. lessons. Beginning in Year seven, each unit in the scheme of learning will include a Memorable Activity – a task to bring excitement and dazzle to Mathematics lessons. Students will create sequences from bottle tops, explore surface

area by constructing 3D shapes and explore algebra by becoming real-life expressions. Our Year Seven students will populate a desert island, grow real factor trees and explore the mathematical art of Piet Mondrian. Students will work out where to sit to receive the maximum share of chocolate, discover "hands on" equations, test their own reaction times and work out strategies for winning games.

Above all, our students will have fun, engage with Mathematics and make progress.

**Mr S Rayner – HOD Mathematics, British Section**



# MES @ MES CAIRO!



The above abbreviation stands for 'Maths and English Skills' at Modern English School Cairo.

With the hard work of the exam season over, a new Secondary House competition was launched. In Maths and English lessons, Year Seven students took part in various events, practising the skills they had learnt over the year and earning valuable points for their Houses.



In Maths lessons, the students were faced with six challenges. They looked for shapes and symmetry in the school environment, along with practising their skills of estimation, as they followed the Maths Trail finding hidden clues. Each clue led to the next and eventually to a secret message.

Another challenge was to solve a puzzle designed by the well-known American puzzle designer Sam Loyd. 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 were resilient and kept on trying even though the solutions were not at all obvious.

Year Seven Maths students went out to explore the school again, collecting numbers and 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 the internet to research and discover new mathematical ideas. This activity introduced some

mathematical concepts that the students will meet again later in school at IGCSE and A level.

In English lessons, MES @ MES was a time to be creative. Students were involved in a project called 'The Island' where they could choose from a variety of tasks, and the development of their projects could take many forms. This gave the students the opportunity to extend their English skills in a non-curricular way – to create their own island with its own story, features, rules, language and even cuisine. Students were asked to present their islands and the cultures they had created, with the opportunity to take their projects forward in a range of ways. Most students used a combination of new and old technology to present their work. Points were awarded every lesson, for outstanding work and effort and these points were added to the end of year scores for the Houses and contributed to the overall success of each House.

Our English and Maths teachers were very impressed with the effort from the students, despite it being at the very end of last term. Students proved they were innovative, conscientious and collaborative right up until the final day.

All the students did very well and showed a lot of enthusiasm with the final results as follows.

**Edjo took fourth place, Amun were in third, Selket came in second and Kheper House was awarded a well-deserved first place!**

Well done Year Seven on a fantastic way to end a successful year!

**Mr S Rayner - Head of Mathematics Department**





# YEAR SEVEN ToTAL – ME AND MY COMMUNITY



It has been a fantastic start to Secondary for our Year Seven students who have been busy making great impressions and collecting positive feedback from their teachers, not least for their efforts in our most recent ToTAL unit, 'Me and My Community'.



In this unit, students were encouraged to gain a deeper understanding of their own community and the roles they play within it. In Geography, students created projects on the city of Cairo. In French and Spanish, they explored how to describe themselves and where they live. Students read an autobiography called 'Boy' by Roald Dahl in English lessons and drew self-portraits in Art.

To kick-start the topic, our Impact Day involved a study of a famous Cairo landmark. In House teams, students followed the 'Shoe Box Challenge' instructions to create an attractive 3-D model with facts about their given landmark. The buzz in the hall was electric as the teams competed against one another diligently and purposefully. The finished products far exceeded our expectations.

Our trip to the Sultan Hassan and Al Refa'i mosques allowed the students to further consolidate their understanding of Egyptian heritage and explore another community within Cairo. The students rotated around four learning stations on the excursion. Mr Mohamed Abd el Hamid guided them through the history of the buildings. They observed and sketched the intricate patterns on the walls with Mrs Hainsworth and Mr Carney, explored their senses to



inspire their creative writing with Mrs McAleenan and Mrs Sliney, and studied the physical and man-made features of the grounds with Miss Hodgkinson. Throughout the day, students earned points for their own House community back at school, with the chance to win yet further points and prizes on their return when they designed their own reflection posters.

We believe that gaining a better understanding of our communities is such an essential part of growing up and establishing our own identity. As teachers, across the curriculum, we are privileged to expose our students to even just a fraction of this. However, a deep understanding will come from more much than this ToTAL unit of work. Our students can now apply the skills and knowledge they have learned to explore all the beauty and riches that await them in each of the communities they are a part of.

This year, within our own school community, we strongly recommend that students take an active role in assisting in charitable events, participate in an after-school activity, join a sports team or perform on stage. They are encouraged to take advantage of many the trips on offer and experience their own and others' communities, past and present. Beyond school, they have boundless opportunities with their friends and families to experience the joys of being an important part of their own communities and we are eager for them to realise just how fulfilling this can be.

**Ms C Williams – Assistant Headteacher,  
Years Seven-Nine, British Section**





# WHAT HAS BEEN HAPPENING IN YEAR EIGHT?



At MES Cairo, we offer a condensed Key Stage Three Curriculum over two years with Year Eight as the culminating year before the start of IGCSEs in Year Nine. The curriculum is diverse and broad

There have been opportunities in and out of the classroom to extend knowledge. This term the Maths department launched 'Manga High' and COBIS Maths Challenge where students can gain Bronze, Silver and Gold for completing a range of Maths activities online. In Drama, students have had the opportunity to participate in the Middle School/Key Stage Three show and to audition for the Secondary Production 'Evita'.



with English, Maths, Science, Drama, Music, Art, Arabic, Design and Technology, History, Geography, Physical Education and a choice of either French or Spanish. Students also follow an enrichment

curriculum via a fortnightly lesson of Homeroom Community Forum. The aims of the HRCF course are to promote all students' personal, social and emotional development, as well as their health and wellbeing. It provides the knowledge, skills and attributes that our students need to lead healthy, safe, responsible and fulfilled lives. Across our curriculum, our students have been applying themselves to their class work and homework; developing good study habits and learning revision techniques along the way.



In English, students spent the first part of the half term studying poetry centred on a theme. In Maths, topics included Number and Algebra. In Science, they have studied a combination of Chemistry, Physics and Biology components.

With the introduction of Google Classroom this year, our students are increasingly using their own devices in class to collaborate and create. Students have been creating Google Slides and Google Spreadsheets, as well as engaging in projects, game based learning, independent research and developing their ICT skills as 21<sup>st</sup> Century Learners. During the Digital Citizenship week in October, our Homeroom Teachers addressed the topic of 'Cyberbullying' so that students know how to act responsibly online.



## Plan 4 Grad

Our first Thematic approach to teaching and learning (TOTAL) of the year for Year 8 was the new topic of 'Plan 4 Grad'. Our impact day took place on Wednesday 25<sup>th</sup> October with all students in Year Eight receiving a presentation in the Theatre about how to make IGCSE option choices for Year Nine. Students had the opportunity to hear directly from older students about their own journeys to graduation. Several alumni also spoke to the students via short videos filmed from their respective universities either within Egypt or abroad with their advice and experience. Later in the day, students had the opportunity in Homerooms to create a 'dream board' of their future; helping them to visualize and reflect on their





talents and wishes for the future. They were asked to reflect on the famous Walt Disney quote, "If you can dream it, you can do it!"

Following the impact day, in normal classes, Year Eight teachers gave students a 'taster' IGCSE style lesson for their subject; enabling students to know what the subject could lead to post-IGCSE for further study or careers. They also had the opportunity to learn what is studied at IGCSE and how it is assessed as well as partaking in a short IGCSE activity.

Other Plan 4 Grad events included a Commercial Studies Industry Day, an Options Exhibition and individual presentations by each student to a member of the British Senior Leadership Team as an opportunity to check that their option choices were suitable for their future plans and to receive personalised guidance.



### After School Activities (ASAs)

As well as academic study and considering the future, our Year Eight students have been having fun and making the most of the opportunities available to them here at MES Cairo. It is important that if you wish to achieve a healthy body and healthy mind; a balanced lifestyle is achieved. Our Year Eight have been busy participating in a wide range of After School Activities, House activities, representing our school in sports teams, attending Pioneer trips to Gravity Code and Windsurfing, attending Gifted and Talented clubs, standing for Student Council and much more!



### The Learning Media Centre

As students enter Term Two of Year Eight, I encourage all students to read, read, and read some more! Our Secondary Learning Media Centre is full of interesting books by a range of popular authors. Both fiction and non-fiction can be found and there is something for everyone. Reading really is instrumental to future success and is the perfect daily habit to develop now before the IGCSE's begin.

Well done Year Eight for a great start to the year!

**Ms J Cole - Assistant Headteacher, Years Seven-Nine, British Section**

## THE START OF A NEW JOURNEY IN YEAR NINE



Year Nine marks the start of a new journey for our students in the British Section as this is when they have an opportunity to personalise their curriculum through their option choice selection and is the commencement of the Key Stage Four two-year IGCSE course. This is a stepping stone in our four-year 'Plan 4 Grad' leading to university.

At MES Cairo we offer a wide range of subjects from which our students can

choose alongside compulsory subjects of English, Maths, Physical Education, Arabic and Religion and Homeroom Community Forum. Options on offer this academic year included Biology, Business Studies, Economics, English Literature, ICT, Computer Science, French, Chemistry, Drama, Geography, Physics, Spanish, History, Arabic, Travel and Tourism, Design Technology Graphic Products or Resistant Materials, Art or Photography. Our Gifted and Talented students also have the opportunity to pursue Global Perspectives as an additional IGCSE.

In Year Nine classes, technology is increasingly being embedded into our delivery of the IGCSE curriculum. The students are bringing their own devices (BYOD) and have been embracing the

recent migration from our Online Learning Platform of Moodle to the Google Suite; including Google Sites and Google Classroom.

Year Nine have a range of interesting future aspirations between them. We have budding Cosmetic Line Designers, Doctors, Engineers, Fashion Designers, Economists, International Lawyers, Surgeons, Cosmetic Surgeons, Investment Bankers and Interior Designers! All are starting to develop the subject knowledge needed to put them on the path to success. When asked what they are enjoying most about Year Nine, the majority of students shared that they are enjoying learning and discovering new subjects that they are studying for the first time as well as fostering new friendships through the different options groupings.





Our Year Nine students have made a super start in the first term and have shown positive commitment to their new subjects. Here is a flavour of what they have been doing in just some of their classes...

**IGCSE Travel and Tourism** students have taken on the role of a travel agent and planned a holiday for a variety of groups to Singapore. The aim being to utilise their knowledge of accommodation types, attraction types and the role the government takes in creating tourism policies whilst **IGCSE Geography** students have discovered the causes, impacts and policies that influence the growth of the world's population.



**IGCSE Mathematics** students have learnt to recognise patterns in sequences. They have also used the language and notation of Venn diagrams to describe sets. Students have learnt to give appropriate upper and lower bounds for data given to a specified accuracy. In the percentages topic, students have applied their understanding to real life situations, involving simple and compound interest.

**IGCSE Biology** students started the year by learning about the classification of organisms and then delved into more detail by exploring organisms at the cellular level. Next, students will explore how enzymes work and all aspects of human digestion and nutrition.

**IGCSE ICT** students have been learning how to create professional quality PowerPoint presentations through designing layouts within slide master, hyperlinks, multimedia and transitions. Students have also learnt about types and components of a computer system also discussing emerging technologies and the impact these new technologies have on our lives.

**IGCSE English Language** students have started with looking at the Great American Novel 'Of Mice and Men' by John Steinbeck. As part of this the students have been tasked with reading and analysing sections of the text to help develop their English skills. All classes have been looking at characters, relationships, themes and language. Some of the more popular activities so far have included taking part in class debates looking at topical issues raised within the text and writing letters and articles from different character's perspectives.



**IGCSE English Literature** students read Arthur Miller's 'A View from the Bridge'. The students looked at developing their analytical skills in regards to literature by creating character profiles, delivering presentations, summarising key scenes and writing essays that have explored the relationships within the play. The students have worked phenomenally hard and have shown a great appreciation for literature, which holds a lot of promise for the future.

**IGCSE Physics** started the year with an introduction to measuring physical quantities. Through practical investigations, students found out how to measure the period of a pendulum, the volume of an irregular solid and they learned how to use precision measuring devices, such as Vernier calipers and micrometres. They then learnt about speed, acceleration, terminal velocity and graphs of motion, using their algebraic skills as they progress in the topic.

**IGCSE Drama** students have kick started the year learning improvisation skills. Viola Spolin's techniques are experienced through games where students develop their spatial, auditory and visual awareness while creating drama in the moment. Even more







importantly, they are advancing their team development skills in preparation for “ensemble” course work later on. The class are showing that they are doing very well at Drama both individually and collectively, and they are having fun while they learn and grow.

It's not all about academics and study though! We actively encourage our students to live a well-rounded and balanced life; embracing the opportunities available to them which help to develop character, confidence, independence, leadership and a chance to provide service to others. Students have the opportunity

to express their views and represent their peers by standing for election to Student Council and to participate in frequent House Events throughout the term. Several creative students take the time to learn an instrument via our Peripatetic Programme. Numerous resourceful students are participating in our After School Activities and we have many Year Nine students fully involved in JV Varsity Sports. Some students have auditioned for our Whole School Production. There are many opportunities for everyone to find their niche and develop their talents!

We were especially proud of our Year Nine role models who were accepted into the National Junior Honor Society (NJHS) this year as they represented the four pillars of Scholarship, Leadership, Character and Service. We hope that other students will be inspired by their positive example and will use Year Nine as a chance to be shining illustrations of our MES Cairo Graduate Profile.

Well done to all our students for making a great start to Year Nine and thank you to their teachers for providing such a range of interesting activities for them to engage with!

**Mrs J Cole - Assistant Headteacher - Years Seven-Nine, British Section**



## Why Study Humanities?

1. The Humanities subject s help us understand others through their languages, histories and cultures.
2. They foster social justice and equality.
3. They reveal how people have tried to make moral, spiritual and intellectual sense of the world.
4. The humanities teach empathy.
5. They teach us to deal critically and logically with subjective, complex, imperfect information.
6. They teach us to weigh evidence skeptically and consider more than one side of every question.
7. Humanities students build skills in writing and critical reading.
8. The Humanities encourage us to think creatively. They teach us to reason about being human and to ask questions about our world.

The studying of Humanities develops informed and critical citizens.

**Humanities subjects are academically rigorous and challenging subjects. They are highly regarded by universities all around the world.**

**A report from the Commission on the Humanities and Social Sciences states:**

“As we strive to create a more civil public discourse, a

more adaptable and creative workforce, and a more secure nation, the humanities and social sciences are the heart of the matter, the keeper of the republic—a source of national memory and civic vigour, cultural understanding and communication, individual fulfillment and the ideals we hold in common. They are critical to a democratic society and they require our support.”



‘It is because Science is so powerful in the world that we need the Humanities more than ever. In Science, Maths and engineering, you’re given facts, figures, knowledge and truth- this is how things are. The Humanities though, give you uncertainty, doubt and skepticism’

**John Horgan**

[www.scientificamerican.com](http://www.scientificamerican.com)

**The Heart of the Matter – Commission on the Humanities and Social Sciences ([www.humanitiescommission.org](http://www.humanitiescommission.org))**

**Ms J Rainford - HOD Humanities, British Section**

# YEAR EIGHT STUDENTS ENJOY AHMED ZEWAIL DAY!

In June our young MES Cairo scientists found themselves getting ready for a new experience in honour of the legendary Egyptian scientist, Ahmed Zewail. At MES



Cairo, we think that it is very important to celebrate and learn more about famous Egyptians in all fields including Arts and Sciences. To recognise the incredible work that Zewail has achieved, the British Science section allocated a whole week in June where students got to think and act like Zewail!

Ahmed Zewail was born in 1946 in Egypt where he studied at the University of Alexandria and then later travelled to the United States to continue his studies. This eventually led to his winning the 1999 Nobel prize in Chemistry for experimental studies at femtosecond timescale in transition-state spectroscopy. Zewail died aged 70 on the evening of 2<sup>nd</sup> August 2016, after a long battle with cancer. A military funeral was held for Zewail on 7<sup>th</sup> August 2016 at the El-Mosheer Tantawy mosque in Cairo, Egypt.

Students were introduced to Ahmed Zewail's life and accomplishments. After that they were introduced to their exciting task! The Science Department held several meetings to come up with an activity that would be interesting enough to appeal to our Year Eight students and at the same time give them a chance to

work in groups, follow the scientific method and come up with a finished product or reach a conclusion. That is where the Zombie Apocalypse came in!

Students were acting like Agents of Shield. They were informed that one of the other agents was captured and taken to Zombie town where he was unfortunately infected with the Zombie virus! His only chance for survival was a vaccine that had to travel across the desert to reach him. As MES Cairo scientists, our students knew that it was essential keep the vaccine at a very low temperature. Their mission was to design and build a vessel that would be able to transport the vaccine across the desert while maintaining a constant low temperature. The students who managed to keep their vaccines the coolest for a set period would be announced the winners of the Zombie Apocalypse Day!

Our fine scientists spent plenty of time working on their designs and buying materials with their preassigned budgets. They used different types of materials and learnt a lot about insulators along the way. They were taught how to use Data Loggers to measure the temperature of their vaccines using temperature probes and iPads. After planning and building their designs they got a chance to test their vessels. The last day was spent having their designs assessed by their teachers. The students had a wonderful time and maybe one day the new Ahmed Zewail will be one of our very own MES Cairo scientists!



**Dr R El Geoshy – Secondary Science Teacher,  
British Section**



# CREATIVE ARTS DEPARTMENT

The MES Cairo Creative Arts Department is extremely pleased to welcome Mr Paul Edgeler and Ms Loretta Lee to our department, now consisting of Art, Music and the Performing Arts. Mr Edgeler and Ms Lee are teaching in both the American and British Sections and Mr Edgeler is also responsible for the Peripatetic Music Programme. They bring with them a wealth of talent and



experience that I am sure will benefit all of our creative learners as well as positively influence all of our MES Cairo shows.

**Ms K Tapsell – HOD Creative Arts (British and IB Sections)**

Year Seven students have started the year fully prepared and with a serious amount of equipment. We have been very impressed with the size of some of their pencil cases!



## What is happening in Secondary Drama?

**Year Ten** Drama students have spent time developing their acting by using edible props; the chocolate fountain was a brilliant (and delicious) creative idea which helped students to generate atmosphere in their self-devised play "Missy-terious" (an unresolved whodunnit using Brecht's montage style of theatre). In contrast to their ultra-modern group performance, students are engaging in another aspect of their coursework in preparation for their assessed performance in April with the study of Oscar Wilde's comedy, *The Importance of Being Earnest*.



**Year Nine** IGCSE students have been experimenting with various themes through Spolin's improvisation techniques which often involve lots of fun and laughter. One moment a student can be a very shouty, angry teacher giving out blue slips, or the rebellious student receiving one or a lost child in search of a home the next. Students have been growing together as

a group in preparation for devising their own ensemble pieces during the second half of this term.

**Year Eight** students have had a busy term learning how to achieve realism in drama. Stanislavski's system of experimentation and evaluation coupled with his "Magic if..." has allowed students to look at problems from multiple perspectives in order to create their own dramatic scenes which are believable to the audience.



**Year Seven** students have kick-started their Key Stage Three experience with the study of masked theatre techniques using the Trestle© company games and activities. Devised scenes focus upon students' individual roles within an ensemble which complements their themed learning "Me and My Community" with emphasis given to their non-verbal communication skills.

**Grade Eight** students have been learning how to improvise using aspects of Viola Spolin's techniques. Particular emphasis has been given to "Building and Using the Where" which helps students to develop improved spatial awareness and use of a performance space. They have designed and interpreted stage plans and know the directions used in theatre.

**Ms R Hanlon – Secondary Drama Teacher**



## YEAR SEVEN ART

Year Seven students have been looking at self portraits and how to draw the features of the face in proportion. Here are some examples of students work.

**Ms L Lee – Secondary Art Teacher**



Khadiga El Gohary (Y7G)



Omar Mohammed (Y7G)

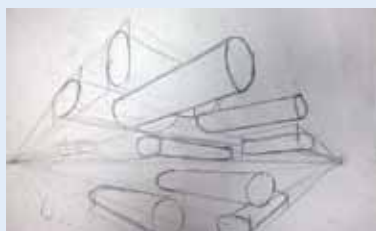


Malak Hanafy (Y7G)

## YEAR EIGHT ART



Malak Atef (Y8R)



Ali Abdel-Hady (Y8R)



Pretty Philippe (Y8G)

This term Year Eight students have been studying

perspective drawing and the use of tone to create the impression of 3D objects in their 2D drawings. This fantastic drawing below was recently created by Malak Amr Atef (Y8R). Other creative examples is the drawing of 3D cylinders by Ali Abdel-Hady (Y8R) and the glue stick graphic is by Pretty Philippe (Y8G).

**Ms L Lee – Secondary Art Teacher**

## YEAR NINE PHOTOGRAPHY



Youssef El Refaie (Y9B)



Layla Sadek (Y9B)



Youssef El Refaie (Y9B)



Maya El Diwany (Y9G)



Layla Sadek (Y9B)

Year Nine IGCSE photographers have been busy creating their own website to display a portfolio of the work they are producing. In addition to taking lots of photographs they have been developing an understanding of the technical aspects of the camera, using depth of field and the rule of thirds. Below are some examples of their work.

**Ms L Lee – Secondary Art Teacher**

## YEAR NINE ART



Zeina Soliman (Y9O)

Year Nine students start their two-year IGCSE course with studies on tone, scale, proportion and mark-making. They have been working from secondary sources of famous Egyptians and still life set-ups just to get them warmed up and remembering all their techniques after the long summer holiday. Students are enthusiastic and very receptive to all the new materials

such as oil pastels, chalk pastels and charcoal they are experimenting with; and are positively soaking up all the new information and practices as fast as they possibly can. The pace the students set, energy and desire to learn is very inspiring.

**Ms K Tapsell – HOD Creative Arts (British and IB Sections)**



Laila Haikal (Y9O)



Soliman Saied (Y9B)



Mariam Osama (Y9R)



Tia Botros (Y9O)



Farida Zaidan (Y9B)



Nadine Helmy (Y9O)



Nour Mounib (Y9B)



Fady El Mairy (Y9O)



Layla Dajani (Y9R)



Mariam Geassa (Y9G)



# YEAR TEN PHOTOGRAPHY



Ziad Saleh (Y10B)



Adel Serry (Y10B)



Adel Serry (Y10B)



Nadia El Gohary (Y10B)



Hana El Badri (Y10B)



Aisha Mostafa (Y10R)

Year Ten students are working very hard on their coursework (critical and historical study) this term. They have chosen their individual topics to explore and are busy researching, experimenting and challenging themselves in street photography, portraiture, architectural photography, digital light painting and photo manipulation. There is a lot of trial and error and success in every lesson and the Photography classes are a hive of activity.

**Ms K Tapsell – HOD Creative Arts  
(British and IB Sections)**



Ziad Saleh (Y10B)



Ziad Saleh (Y10B)



Nadia El Gohary (Y10B)



Nadia El Gohary (Y10B)



Adel Serry (Y10B)



Aisha Mostafa (Y10R)



Mohamed Abdelwahab (Y10B)

## GRADE ELEVEN AND TWELVE PHOTOGRAPHY



Sandra Massoud (G12Y)



Nour Rizk (G12B)



Lara Salem (G12Y)



Omar Soliman (G12B)

Photography students have progressed quickly this year, first learning the basics of shutter speed and aperture size in pinhole cameras, and now working with digital photography techniques and composition. Recently, they learned how to use different shutter speeds to emphasise motion and how shallow depth-of-field can be used to draw attention to a focal point.

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



Nour Rizk (G12B)



Zeina Sakkiha (G12G)



Zeina El Sayad (G12B)



Nour Rizk (G12B)



Salma Khalil (G12R)



Marihan Hamdoun (G12B)



Yara Swellam (G12R)



Yasmina El Gendy (G12Y)

## GRADE ELEVEN AND TWELVE DIGITAL ART AND DESIGN

Grade Eleven and Twelve Digital Art and Design students have been showing off their Photoshop skills and taking up the challenge to become student teachers and creating a series of tutorials for their classmates which are available to view on Google Classroom.

**Ms L Lee – Secondary Art Teacher**



Yasmina El Gendy (G12Y)



Yasmina El Gendy (G12Y)



Nour Rizk (G12B)



Nour Rizk (G12B)



Nour Rizk (G12B)



# GRADE ELEVEN AND TWELVE PRE-AP AND AP ART



Shahd Rashad (G12G)



Omar Hegazy (G12G)



Nadine Omar (G11B)

AP and Pre-AP students have been busy creating artwork to fill their portfolios. By April of Senior year, the AP portfolio must contain twenty-four finished works of art. Twelve of these artworks must showcase the student's ability to work in various media and/or with a variety of concepts. The second twelve artworks are a visual investigation into a single topic.

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



Kenzy Wadood (G11R)



Haifa El Hout (G12Y)



Haifa El Hout (G12Y)



Malak El-Ahwal (G11Y)



Nour Rizk (G12B)



Farida El-Ogail (G12R)



Rodina Eldakroury (G12G)



Hassan Sinbel (G11Y)



Amina Shourbagy (G11B)



Miriam Aziz (G11Y)



Ismail Hiza (G12Y)



Farida El-Ogail (G12R)



Nour Rizk (G12B)



Natalie Aziz (G11Y)



Youssef Shokeir (G11Y)



Nada Iskander (G11G)



Mariam Gouda (G12R)



Habiba Shaarawy (G12G)



Nancy Azazy (G11Y)



## YEAR ELEVEN AND TWELVE AS AND A2 ART

**Year** Eleven and Twelve students are beginning their coursework by individually choosing themes such as identity, family and personal history through portraiture. They are experimenting with a wide range of mediums before they delve deeper into symbolism and messages



Mahmoud Hosni (Y11R)



Malak Mohamed (Y11B)



Bushra Mettawa (Y12B)



Bushra Mettawa (Y12B)



Bushra Mettawa (Y12B)



Bushra Mettawa (Y12B)



Bushra Mettawa (Y12B)



Bushra Mettawa (Y12B)

within their work and how to capture emotion and age. Here you can see their exploratory and practice work.

**Ms K Tapsell – HOD Creative Arts (British and IB Sections)**



Mahmoud Hosni (Y11R)

## IBDP Art

DP Eleven students are busy planning their process portfolios, discovering what works on a small scale to how space and larger scale formats might affect their audience. Each student is individually exploring themes, how their own work may link to established artists politically, socially and globally, the how and why of art as well as looking at the design elements in their visual art journals. It has already been a very busy term and the students are committed, enthusiastic and full of ideas.



Fatema El Kheir (DP11Y)



Menna Shebly (DP11Y)



Maya Mehrez (DP11Y)

**Ms K Tapsell – HOD Creative Arts (British and IB Sections)**



## Welcome to the Peripatetic Music Department



The Peripatetic Instrumental Music Programme at MES Cairo continues to expand with over 180 lessons taking place each week.



examinations with Trinity College London. From Grade Six and above these qualifications can be credited toward UCAS points.

MES Cairo now has seventeen highly qualified and experienced part-time

teachers, most of whom are employed as professional musicians with the Cairo Symphony, the Cairo Opera House or as educators at a tertiary level. We would especially like to welcome the following new staff to the peripatetic team; Mahmoud Mekhemar (piano), Shereen Nasr (piano), Doaa Saber (flute), Mohamed Helmy (trumpet) and Sam Boulos (classical guitar).



Studies have shown that people who learn a musical instrument are extremely effective and innovative in problem-solving both



academically and socially. For those students involved in the programme, their individual lesson is an important part of their holistic education and many enrol for

If you would like to enrol your child for instrumental lessons, please contact Ms May Accad in the Peripatetic Music Office. We still have vacancies for violin, flute, clarinet/saxophone, trumpet and drums.

**Mr P Edgeler – Secondary Music Department**



## EVITA is on Her Way to the MES Cairo Stage

**The** Andrew Lloyd Webber and Tim Rice musical, *Evita*, has been selected as our Secondary Production this year. The fascinating tale of the Argentinian Eva Peron's rise from rags to riches has enchanted audiences since its premier in 1978. Popular musical numbers from the show include "Oh What a Circus" and the huge hit, "Don't Cry for Me Argentina".

Look out for information on how to obtain tickets early in 2018 for March performances.



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

# HOMEROOM COMMUNITY FORUM (HRCF)

## MIDDLE SCHOOL MADNESS



There is a new Dean of Students in town, and she means business! With lots of fun activities, the Middle School HRCF programme for this year started off with a bang. Having been invited to see what was happening and being involved on the edges (taking pictures mainly) it looked like absolute mayhem – however, all the staff and students seemed to be having a ball (literally as it happens!).

Ms Fowler has developed the HRCF lessons in order to focus on some of the Graduate Profile characteristics. At the start of the school year, she is very much aware of the need to focus on some key areas which are communication, strategy, problem solving, teamwork, and leadership. There is also a little incentive to gain House points each HRCF lesson, which means everyone is encouraged to change into their house t-shirt for HRCF.

The year started in a very warm Sports Hall, with a lot of enthusiastic teachers and students involved in a tightly controlled inter-house league of dodge ball games. Some seriously strong players were out to win for their House and many elements from the Graduate Profile were demonstrated. The communication and teamwork were fantastic, but I also noticed some very cunning strategies being used to solve the problem of having fewer team players left than the opposition.

All of the students were participating and the atmosphere was electric! I must say, I departed slightly before the final whistle just to preserve my camera's safety! For the next HRCF lesson, Ms Fowler told me there would be a version of 'Capture the Flag' – with some variation (quite creative variations at that) on the field.

It was another warm day, but that did not stop our Grade Seven and Eight students from forming up in their House Teams and creating some super strategies to win the different rounds of the game. The winners fluctuated every time there was a round played, and once the students got the hang of the game, there were some stupendous efforts involved to win.

The 'jails' were established too close to the 'prize' in the beginning, but that was resolved in the second round. Everyone was running, desperately trying not to get caught and to 'steal' a ball from one of

the opposing teams. There were some great team efforts, and the one that particularly stands out was when Kheper, Amun and Edjo all joined forces in a huge team effort to raid the Selket corner. At that time Selket had evolved their strategies to such a degree that they still had all their balls – we hadn't seen this all lesson.



Then, it was very quiet, no-one was moving when suddenly in a combination team effort Kheper, Amun and Edjo players swarmed into the Selket corner, grabbed every single yellow ball left and then raided the bin where the captured balls had been kept. Poor old Selket, their great strategy and teamwork had been overcome by some seriously determined play from what had to have been THE teamwork effort of the day – three Houses, all in opposition and desperate to win, collaborating like a giant swarm of bees to make sure that Selket were left out in the cold. Not a single ball was left, and there was only a minute left before the end of the final round. It was a huge disappointment but hats off to Kheper, Amun and Edjo as they demonstrated every single characteristic of the MES Cairo Graduate Profile.

I hope you enjoy this selection of pictures from both HRCF lessons. As you can see, much fun was had whilst developing those essential characteristics.

**Ms M Ingham - HRCF Coordinator**





# MOTIVATED MENTORS

Levels of motivation are especially high amongst this year's group of Senior Student Mentors. You'll know them by the different colour polo shirts they wear when they are going to support our



school just to ensure that mentoring is meaningful and helpful to their charges.

The House Extravaganza was very smooth this academic year, the mentors looked to be having as much fun as the students who were in competition, and they were very fair in not favouring their own House. On this day they were neutral, although I suspect that deep inside they were rooting for their own House to win every event!



Staff opinion is united – we have an exceptional group of young men and women this year. Well done Senior Student Mentors, you are all stars.

**Ms M Ingham – HRCF Coordinator**

younger students. How do I know this? Well firstly, because they gave up a Saturday on the 9<sup>th</sup> September to come into school for their Induction Programme; and secondly, because I can see it in their enthusiasm and the way their mentees are already interacting with them at break times.

Additionally, the way the mentors (Senior and Sports) organised and ran the House Extravaganza was by far the best it has ever been – lots of staff have asked me to pass on their praise for a job very well done, Ms Talbot even bought brownies as a reward.

This year the mentors have been committed to attending a special ASA just for them where they take the time to discuss activities they have done, and what they would like to do in the future. They have worked together to create new activities, but they also liaise out of





# SECONDARY HOUSE NEWS

**What** a start to the year! Firstly, the team has been overwhelmed with welcomes upon taking up our new positions and we are filled with enthusiasm, excitement and energy for the coming year in the MES Cairo House System.

The year kicked off with the annual Staff Extravaganza which took place on 31<sup>st</sup> August. All new staff members had a chance to learn their way around both Primary and Secondary buildings by following clues in a Scavenger Hunt to find puzzle pieces hidden around campus. The puzzle pieces when put together would lead them to an image of the mystery location on campus for the House coloured "golden ticket". The first team to assemble and find their ticket would win and in this case, Edjo found glory for the first time in a long overdue achievement. This was a welcome celebration for Ms Sarah Elrifly who was standing in for Mr Tom Rosser as Head of House, while he attended the birth of his new baby girl, Evie. Unfortunately, Mr Ben Myers in his new headship role for Kheper, felt the pressure of previous years, coming in 4<sup>th</sup> place, with Ms Kalimah Fergus nabbing 3<sup>rd</sup> place. Ms Amira Elrifly was welcomed back to her position as Head of Amun following her maternity leave, coming in at 2<sup>nd</sup> place.

After this tense start, things only got bigger and better, as students returned to MES Cairo in September and were greeted with a fun-filled Student Extravaganza on 14<sup>th</sup> September. With the support of Student and Athletic Mentors, plenty of fierce yet friendly competition ensued on the athletic field and basketball court with some old favourites such as Hungry Hippos and the Obstacle Course, while new stations like "I Like Your Smile" separated the observant from the not so observant as the House teams identified teacher smiles. No Student



Extravaganza would be complete without the Heads of House competing in a tense tie-breaker, this time teaming up with a willing House volunteer and racing in a three-legged race for the final activity. Despite the rapid sprint to the finish line, Amun ended in 3<sup>rd</sup> place. They were by no means a match for Kheper who stormed down the track winning the race, followed in 2<sup>nd</sup> place by Edjo who stayed united even with a slowly loosening rope. Despite their efforts and maintaining a solid rope tie, Selket hobbled to the end of the finish line earning 4<sup>th</sup>.



The afternoon of sunshine, laughter and excitement ended as the ever-reliable score table tallied the final results with the tie-breaker, announcing that Kheper had yet again retained their Student Extravaganza victory coming in 1<sup>st</sup> place, while Edjo crept up into 2<sup>nd</sup>. Selket were announced 3<sup>rd</sup>, with Amun securing their "first from the bottom" title yet again in 4<sup>th</sup> place.

As the first term of 2017-2018 academic year swung into gear, the third and vital event for the House System was launched in October; Secondary Student Council. This year the number of candidates to select from was outstanding and impressive. With excellent and innovative e-posters and video campaigns, students outdid themselves and learned to speak up to state their agendas in front of their peers in Speaker's Corner on the Yard during second break. Campaign Week ended with a special Voting Day when students had the opportunity to register their voice online using a new Google platform. With an unprecedented number of votes, over 500 Secondary students made it known whom of their House peers they wanted to represent them in the Secondary Student Council.



With such a busy start to the year, what more could we be preparing for?! With the School Council in place and the agenda being set, the students look forward to planning how to improve their school with ideas and events. At the same time, the Heads of House are thrilled to embark upon exciting opportunities to earn as many points as possible. Edjo are currently in 1<sup>st</sup> position but, could Kheper snatch back the top spot? Will Selket and Amun ever see themselves out of 3<sup>rd</sup> and 4<sup>th</sup> place? Watch this space.

**Ms S Elsaadany – Secondary House Coordinator**

## Update from the Heads of House

### Amun House

Known as the never quitting team, Amun's spirits are always high no matter what the circumstances or results. We will continue to strive to earn the coveted number one position. I am hoping with the new addition of nine-month old Emelia our luck will change for the better. Congratulations to our House members who have become our representatives on the Student Council and well done to all those nominated.





## Congratulations to the following students:

Amun Winners	Edjo Winners	Kheper Winners	Selket Winners
Talia Al Sharif (G7R)	Maya Helmy (G7R)	Youssef El Adl (G7R)	Jumana Refaat (G7B)
Leilah Raphael (Y8B)	Rodayna Naggar (G8Y)	Catherine Gerguis (Y8R)	Shahy Hozayen (G8R)
Amir Aziz (G9B)	Fady El Meeri (Y90)	Farida Refaat (G9Y)	Sara Shahara (Y90)
Ibrahim El Moallem (G10R)	Hana El Badri (Y10B)	Yassin Afifi (G10B)	Selim Saber (G10R)
Ibrahim El Nemr (DP11R)	Haya Shamaa (DP11Y)	Maian Torky (DP11R)	Zeina Badawy (G11R)
Laila Diab (DP12Y)	Seif Soliman (Y12B)	Farida Hassan (Y12Y)	Mohamed Taymour (G12R)

This year started with the Staff Extravaganza where we came in second place to my sister, Ms Sarah Elrifly (who led Edjo at the start of the year). We followed this by the Student Extravaganza and lots of enthusiasm and teamwork from the Amun students. Unfortunately, the Amunian curse returned and as a result, Amun went back to being first place from the bottom (an achievement not many can gloat about).

Amun students have taken part in Digital Citizenship week by making pledges on blue hands and hanging them on the promise tree. We are lucky to have achieved the highest number of pledges, pushing us up to third place in the rankings. I look forward to many more House events and successes throughout this academic year.

**Ms Amira Elrifly – Head of House for Amun**

### Edjo House

After a few years at MES Cairo, Mr DeJohn has moved on to experience life in another country, leaving the role of Head of House to Mr Rosser. As a Welshman, I was born with a competitive nature



and will strive to do whatever it takes to lead Edjo to Glory! I would also like to welcome our new staff to the Edjo family; Mr David Mesnard, Ms Sierra Lundberg, Mr Gary Brecke, Mr Joshua Keast, Ms Laura Sauret, Ms Estelle

Thiam, Mr Heanok Golom and Ms Dina El Shatter - all of whom were vital in the Staff Extravaganza.

After a very successful start to the year, we currently sit in first place in the House tables as we secured first place in the Staff Extravaganza and just shy of first securing second place in the Secondary Student Extravaganza. A massive thank you to all 'Edjos' for working hard and working together and making everyone proud

to be part of this amazing House. To ensure we continue with this winning streak, we need to participate in all challenges throughout the year including break time challenges and sports events. We are on the Edge of Glory.

**Mr T Rosser – Head of House for Edjo**

### Kheper House

Welcome back to another exciting year of House events! I am Mr Ben Myers, American Section Art teacher and new Head of House for Kheper. Last season, Mr O'Connor led Kheper to its fourth consecutive Gold medal. This year the competition is intense, but Kheper House will be fighting hard for what could become a fifth win in a row. After a difficult start for the teachers in red, the Kheper students jumped rope, stacked blocks, ran with three legs, hoola-hooped, guessed smiles and dumped water into buckets better than anyone else at the House Extravaganza. With their enthusiasm and hard work, Kheper is now back on top! Helping to represent Kheper are the newly-elected members of the Student Council: Youssef El Adl (G7R), Catherine Gerguis (Y8R), Farida Refaat (G9Y), Yassin Afifi (G10B), Maian Torky (DP11R) and Farida Hassan (Y12Y). After some excellent speeches and smart posters, these six students have been chosen to serve as the voice of our student body this year. Congratulations to each of you, and to Kheper...let's have another winning year!

**Mr B Myers - Head of House for Kheper**

### Selket House

Selket House is excited to welcome our new members of staff and students for the 2017-2018 school year! We are very impressed with the enthusiasm and energy that our new members have added to our team. This year our motto is "We are better!"—We are better than we were last year and will continue to improve throughout the year in our athletic and academic endeavours.

Look out everyone because Selket is up and coming—you haven't seen anything yet!

Where is it? It's all in the yellow...

**Ms K Fergus – Head of House for Selket**



# AMERICAN SECTION STUDENTS OF THE MONTH

The 'Student of the Month' Programme was created to celebrate individual achievement by sustaining a culture of learning that prides itself on not only valuing the development of the mind, but also shaping the development of the whole person. Each month, teachers and the Deans of Students select students who demonstrate academic pride, empathy, a positive work ethic, consistency in effort and attainment, as well as having a positive and supportive attitude toward the greater learning community.

Students of the Month are recognised at a small gathering during second break, earn a certificate and letter outlining the reason for the award. Students' pictures are also posted on the noticeboard outside the American Section Principal's office with the month they represented and information is also posted on the school's social media sites.

## September Students of the Month

Talia Al Sharif (G7R), Ziad El-A'any (G8Y), Kareem Gaafar (G9B), Habiba Abdel Wahab (G10B), Mariam Aly (G11Y) and Farida El-Ogail (G12R)

## October Students of the Month

Zain Ayoub (G7R), Retaj El Dukhi (G8B), Natalie Botros (G9B), Farida Taha (G10Y), Malak El Sharqawy (G11R) and Lana Mahmoud (G12R)

## Why is it important to celebrate those successes and milestones throughout the year?

Daniel Tomlin, Dean of Students for Grades Eleven-Twelve stated that "one reason 'Student of the



Month' is important to the American Section students is that the selection highlights students that are not necessarily the highest academic achievers, but students that positively contribute in class, go above and beyond expectations in other areas, or they are students that have overcome an obstacle in a positive and maturing way. The American Section 'Student of the Month', most of the time, is a student that would not normally be recognised for their efforts outside the classroom. This gives students an incentive to be better citizens of MES Cairo."

## Jonathan Todd, Dean of Students for Grades Nine-

Ten said, "the 'Student of the Month' award allows teachers to recognise the day-to-day effort and achievements of students who go above and beyond the normal expectations. Because the award covers all aspects of the Graduate Profile it gives us the chance to recognise those students who achieve beyond the academic realm and are caring, kind and empathetic. It is always a joy to see their delighted faces at the awards meeting once a month. Their modesty at their achievement is also lovely to witness.



## Ms D Ballard - American Section Principal



# MES 'ALL STARS' CELEBRATIONS

This academic year has seen a change to the former 'Principal's Lunch', which took place once a term in the Secondary British Headteacher's office. In essence, we are simply expanding the initiative allowing for a monthly celebration of student achievement in all its forms and now renamed, 'All Stars' Celebration.



We love to celebrate achievements at MES Cairo. All young people have talents which need to be recognised and developed during their time with us and it is so important to celebrate and recognise the outstanding accomplishments and attributes of our student body, whether they be in the sporting arena, in the Arts, Academic or through citizenship and character.

Students are chosen through staff nominations along with a written statement, enabling the Senior Leadership Team to select the monthly 'All Stars'. Over the coming months, peer recognition will be introduced allowing our students to have a voice in the process too. Students chosen for the 'All Stars Celebration' receive a certificate and a letter home stating the reason for the nomination along with the congratulatory comments. Our 'All Stars' photographs are also placed outside the Headteacher's office for a month so that their success can be shared with the school community. Our student success stories also reach beyond the school reaching larger audiences as they are often posted on MES Cairo Facebook, Instagram and Twitter pages.

September and October 'All Stars' were chosen for a wide array of attributes including academic achievements in external examinations, delivering an outstanding TED talk, embodying the best of the Graduate Profile, being an excellent leader and completely changing learning behaviour, to name but a few.



## September MES All Stars

Omar Fahmy (Y7R), Moritz Breitingner (Y8R), Jana Nabil (Y9B), Omar Raafat (Y10B), Hana El Badry (Y10B), Saif El Bialy (Y10R), Lobna Kebir (Y10R), Abdallah Youssef (Y11B), Alia Shabrawy (Y11R), Farah Kabesh (Y11Y), Karim Ramadan (Y11R), Aisha Morsy (Y12Y), Karim El Bouri (Y12Y), Mostafa Aly (Y12B), Omar Maarouf (Y12Y), Omar Sadek (Y12B), Omar El Damaty (Y12B), Yasser Dabeas (Y12B)

## October MES All Stars

Saleem El Hady (Y8R), Bakry Abdullah (Y8G), Alya Moemen (Y8G), Sarah Sharara (Y9O), Abdelrahman Ibrahim (Y10R), Hana El Hilaly (Y10Y), Zeina Mahmoud (Y11Y), Habiba El Shamy (Y11Y), Alia Shabrawi (Y11R), Karim El Bouri (Y12Y), Mawada Ghanem (Y12B)

We look forward to celebrating success in all its guises over the coming year.

## Mrs L Talbot – Secondary Headteacher, British Section





# FROM CAIRO TO WIGAN, UK!

## Continuing Professional Development

On

1<sup>st</sup> July 2017, Dr Rania El Geoshy from our Secondary Science Department and Ms Dina Ghalwash from our Secondary English/Psychology Departments travelled to Wigan, England for a two-week school placement experience as part of their Continuing Professional Development (CPD).



Last academic year, MES Cairo established links with the Community First Academy Trust, in which some of their schools and Teacher Training Centre is considered by the Department for Education as 'Ofsted Outstanding'. The schools within the trust are located in a part of the United Kingdom near Manchester. Part of driving forward excellent teaching practice is observation and reflection and we are excited to be able to exchange current ideas and good practice with the UK in this way.

Dr El Geoshy and Ms Ghalwash visited the English and Science Departments and observed lessons at Platt Bridge Community School, Winstanley Sixth Form College and Shevington

High School, as well as engaging in teacher training opportunities at Kingsbridge Teacher Training Centre.

Ms Ghalwash really liked to see different ways that marking can be done and about reactive planning to maximise how much students can progress from lesson to lesson. She also loved ideas on display such as a 'Google Wall'. These are practices that she hopes to embed into her own teaching here at MES Cairo.

Dr El Geoshy enjoyed meeting other Science teachers and sharing resources and good practice with them. She realised that students are the same no matter where they are; if you make your lesson fun and interesting, they will love to learn!

As part of getting to know the community and local area, Dr El Geoshy and Ms Ghalwash also enjoyed visits to beautiful Lake Windermere and got to taste delicious and traditional British fish and chips! They also appreciated sightseeing in Manchester and Liverpool and had the opportunity to see some of our MES Cairo colleagues in their home towns.

We look forward to welcoming staff from England here in Cairo and to having other MES Cairo teachers visit the UK again in the future.

**Mrs J Cole - Assistant Headteacher, Years Seven-Nine, British Section**



## BSO INSPECTION TRAINING SUCCESS



Twenty-two colleagues from our school successfully completed intensive training to become school inspectors over the weekend of 21-23 September 2017. PENTA inspections lead to BSO accreditation (British Schools Overseas) and MES Cairo has upheld the highest category of award of 'Outstanding' in each inspection we have undertaken since the scheme's inception. As an 'outstanding' educational establishment we don't rest on our laurels and are constantly seeking

ways to maintain and improve. Training colleagues in the inspection protocol is extremely valuable in our pursuit of this aim. It also enables

MES Cairo to maintain recognition as leaders in international education as it will result in more of our teachers and school leaders joining school inspection teams to quality assure the best British curriculum schools around the world.

**Ms N Singleton – Whole School Principal**



## BRITISH SCHOOLS IN THE MIDDLE EAST (BSME)

### A Warm MES Cairo Welcome to BSME Executives



Emma Wales

MES Cairo recently hosted dignitaries from BSME (British Schools in the Middle East) for an important collaboration of Principals from all BSME Schools in Egypt. Oliva Roth, CEO, and Emma Wales, Business Administrator, travelled from the BSME office in Bahrain to attend a meeting on Sunday 1 October 2017, hosted by our Whole School Principal, Mrs Nicola Singleton. The agenda facilitated discussion about BSME events for students, professional development provision for teachers, and the quality assurance standard associated with BSO

accreditation (British Schools Overseas). Our very own Mrs Singleton serves on the Executive Committee of BSME and is the national representative of the Association here in Egypt. MES Cairo has been a member of BSME for over 25 years and we participate in BSME events on a regular basis. In February 2018 we will be sending a delegation to the BSME Primary Games and look forward to sharing their successes with you in the next edition of the MESSenger.

**Mrs N Singleton – Whole School Principal**



Olivia Roth

# TEACHERS AS LEARNERS

## Continuing Professional Development

One reason why Modern English School Cairo is the first choice of school for so many parents is the quality of staff employed to deliver an outstanding curriculum. Learning from each other – MES Cairo partners with Platt Bridge School, England, UK. The high standards of qualification for staff which have always been required remain the same and we are leading the way on staff development - a vital component in the ever-changing world of education.



One way in which we are doing this, is by teaming up with outstanding schools and teachers in the UK. Most significantly for the Primary Section currently, is Platt Bridge Community School in the north of England. Last year, our

Primary teachers received training on the most up-to-date teaching strategies from teachers visiting from Platt Bridge. Subsequent visits from members of the team allowed professional dialogue to ensure we maintain the highest standards of teaching and learning here at Modern English School Cairo. Platt Bridge teachers in return took away ideas on the use of the learning environment to inspire students - something we do extremely well at Modern English School Cairo.



Last July, when the students were enjoying the beginning of their summer holiday, a team of MES Cairo teachers paid a reciprocal two-day visit to Platt Bridge School. During the visit, time was spent observing outstanding teaching and learning in the classrooms and sharing ideas on good practice with our UK counterparts.

These included resources and strategies to support best practice in teaching, learning, curriculum and assessment. All of the teachers involved, happily gave up a few days of the holiday to continue to build on and challenge their professional development, knowledge and practice. One highlight of our visit was the Sensory Room - a creatively designed space where young learners are inspired and excited to explore new vocabulary orally before attempting to record it. The use of display throughout the school to stimulate and support learning was another highlight.



Furthermore, in an area of the UK where the surrounding community was often hectic, the calmness with which the children moved around Platt Bridge School and responded to adults was a delight to see. Just like us, Platt Bridge School aims to nurture positive attitudes to learning and behaviour, by ensuring that caring staff members provide an inspirational learning environment that challenges all students to reach their potential. We were certainly inspired by our visit. Our teachers as learners gained a vast wealth of new ideas and

know that the visit will enable us to continue to deliver best practice, offering outstanding teaching and learning at Modern English School Cairo.

**Ms C Jama - Primary Headteacher, Key Stage Two**



## PRIMARY EARTH SCIENCE WEEK 2017

The theme for our Primary Science Week this year was Earth Science, encouraging our young students to gain a better understanding and appreciation for the huge impact, we as humans, have on the planet's natural systems and processes. Across the Primary Section, each year group tackled challenging activities which engaged the students in exploring the relationship between human activity and the geosphere (earth), hydrosphere (water), atmosphere (air), and biosphere (life).

The **Foundation Stage One** students were particularly excited to take part in their first ever Science Week at school. Their classroom activities

were based around the colourful theme of rainbows. The students enjoyed making their very own rainbow in a jar using honey, oil, washing up liquid and water.

Earth Science Week in **Foundation Stage Two** started with a very special visitor who came all the way from the Arctic to talk to the children about water pollution. Scientist Cullen had a problem he needed the children to solve. He brought with him a bottle of very dirty water and wanted the children to help him clean it. First, the children had to find out what causes water to become polluted. They completed an experiment





based on the story, 'Freddie the Fish' and found out how things such as oil, rubbish and fertiliser affect wildlife. The students also explored different ways in which they could clean dirty water by using simple tools such as funnels and sieves.

**Year One** students investigated how to harness the power of wind and use it as a renewable form of energy in order to help the environment. At the beginning of the week, they had a special guest, who was a scientist, arrive at their assembly to explain the importance of wind power. They conducted a range of experiments looking at how different items were affected by wind power and had lots of fun making their own boats and kites.



The **Year Two** Students were amazed to learn many new facts before asking questions themselves. We discovered that crocodiles live in certain parts of the River Nile. We were also interested to learn about leopards who live in mountainous regions. Even mice, elephants and spiders were discussed.

The highlight of the week for **Year Three** students was a visit to the Secondary Science labs to learn about the different states of water and how distillation can be used to make totally pure water. By the end of the week, each group had identified a particular problem caused by water pollution and designed a water purifier to help. They created their designs at home and built an impressive array of models to demonstrate all that they had learnt.

**Year Four** students focused on a local area of interest as they took a close look at the Zeballeen community, here in Cairo. They researched how the Zeballeen approached recycling and compared this with how recycling is carried out across different parts of the world. They also found out about how long it would take glass, plastic and other waste to biodegrade in a landfill site and created their very own miniature landfill models.

Earth Science Week was out of this world in the **Year Five** pod! The inspiration for their project was a dramatic NASA video, demonstrating how to create a landing craft for a mission to Mars. This inspired the Year Five students to design their own landing crafts to allow aliens (eggs) to land safely on Earth. The students used the 5Rs throughout the day and there were some ingenious designs which survived the dreaded drops from the top floor of the Primary building.



Cooking up quite a storm for Earth Science Week, the **Year Six** project was based on solar energy. Mr Paget introduced the challenge of using the Sun's energy to heat up a tasty treat with solar ovens. The students had a lot of fun learning about absorption and insulation of the Sun's energy before investigating potential designs and then making their own ovens.



The Year Five and Year Six students also attended an assembly where they had to consider how big their carbon footprint was. Many students were surprised to learn how everyday activities contribute to leaving a mark on the environment. They also enjoyed some practical experiments to discover more about the compound, carbon dioxide.

As always, the level of excitement and enthusiasm for learning about Science was extraordinary. The research and practical activities carried out by the students encouraged positive actions which, in turn, will make a direct contribution to our Earth becoming more sustainable!



**Ms J Boukottaya**  
Primary Deputy Headteacher, Key Stage Two



# FOUNDATION STAGE ONE INDUCTION DAY

On Thursday 1st June, the Foundation Stage One teachers eagerly awaited the arrival of some special visitors. The teachers and TLAs had been busy preparing the classroom so that it looked warm and inviting with lots of engaging activities. At 8.30am the first set of visitors arrived in class. Who were these visitors?



None other than our newest members of

the MES Cairo family, our new Foundation Stage One children who would be joining school in September 2017. Nervously gripping their parents' hands, they entered their new classroom for the first time. After looking around the classroom and seeing all the wonderful activities on offer, the children soon relaxed and explored their new environment.

One of the most popular activities was the dinosaur small world. Here the children were encouraged to use their imagination to act out stories and build their language skills. Lots of children loved the dinosaurs and some children could name them. One boy could also tell me lots of facts about dinosaurs



including which ones were carnivores!



The next activity was the playdough station. Here the children pretended to make cupcakes using different coloured dough and decorated

them with glitter and rice sprinkles. They then added candles, carefully counting them to match their age and we all sang 'Happy Birthday'. This activity provided a good opportunity to talk about birthdays, numbers and family members.

Another popular activity was the pasta necklace making station. Here the children had to choose from different coloured pasta and thread it onto a colourful string to make their chosen design. Most children could name the colours they used. It also gave us the opportunity to assess the children's fine motor skills and talk to their parents about activities they could do at home with their children to strengthen these skills.

There was also a Literacy based activity available to the children where they were presented with a tray of rainbow rice with scoops and mark making cards. This activity was very popular, with some children being able to make recognisable marks in the rice. The children also enjoyed feeling the rice running through their fingers and lots of pretend food was made using the scoops as bowls. There were also bags of rice that contained objects beginning with the same initial sound and the children enjoyed looking through these and talking about what they could see. Some of the children really impressed us with their speaking and listening skills.



A Maths based fishing activity got all the fathers involved. In this activity, the children had to use a fishing rod to catch a numbered fish. They were eager to see who could catch the most fish, themselves or their fathers! Some children

were already able to recognise some of the numbers.

A car mark-making activity was another hit with lots of children. In this activity marker pens were attached to a variety of cars so that when the cars were moved around the paper they left a trail of pen behind. Mark-making is an important first step in writing for young children and providing fun activities will encourage them to practise this skill.

The last activity on offer was a hat making station. In this activity, the children showed off their creative talents and created a hat that they took home after the event.

All the children thoroughly enjoyed their first experience of school life at MES Cairo and were very excited to receive their book bag gift. Lots of children were reluctant to leave and cries of 'five more minutes' were heard when they found out their time in the classroom was up. With the promise of lots more fun activities on their return in September, the children left the class eager to buy their school uniform ready to start the first day of their learning journey at MES Cairo.



**Ms A Holmes – Primary Headteacher, Key Stage One**



# FOUNDATION STAGE TWO PIRATE DAY

Ahoy there me hearties, Ready yer sea legs and leave the landlubbers behind, it be Pirates' Day in Foundation Stage Two!

This term Foundation Stage Two has been learning all about pirates. We read a different pirate book each week and completed lots of different pirate activities. We decided to finish our topic with a swashbuckling Pirate Day. The children and staff arrived ready to let their inner pirate out with a good 'arrrr!' We saw some amazing costumes with several children proudly displaying their hand-made creations. Some children also appeared to have grown beards and moustaches overnight with Ahmed Hegazy from Blue class sporting a particularly spectacular example.

To help the children grow in confidence and get to know all the Foundation Stage Two teachers, we decided to have a carousel of pirate themed activities with the children moving from class to class. Activities ranged from 'cannon ball splat' where the

children had to race to throw cannon balls out of their ship before the boat sank to 'Captain's Coming', a game to improve the children's listening skills. The children thoroughly enjoyed all games and interacting with the different teachers. When asked what his favourite activity was, Yassen El Asser from Violet class answered, "all of them. I liked all the



games because they were so much fun. I wish it was Pirate Day every day at school."

All this fun and activity meant the children had worked up a healthy appetite and were eager to share their pirate food with their friends. The tables groaned under the amount of delicious and inventive food the children had brought in. All the teachers were impressed with the amount of work that had gone into making some of the food items.

The children went back to their classrooms at the end of the day, happy but tired. We were proud of how all the children had behaved throughout the day.

We can't wait to find out what our next topic will be!

**Ms S Macdonald – Foundation Stage Two Year Leader**





# YEAR ONE GO ON A PHARAONIC ADVENTURE

**Year** One students have had lots of fun during our Topic 'Super Me'. We particularly enjoyed focusing on the wonderful country our 'super-selves' live in, Egypt!

During Geography lessons we learned that Egypt is in Africa, how to locate Egypt on the world map, the locations of different cities in Egypt as well as the different areas of Cairo.

During English lessons we have been learning and innovating the story 'Sailing Down the Nile' which tells the story of a wonderful journey down the Nile visiting different locations in Egypt.

As the first half term was coming to an end, we wanted to celebrate by going on a trip to the Pharaonic Village. After registration, we all boarded the bus ready to depart on our exciting adventure. We had a wonderful time learning about life in Egypt during Pharaonic times and we took Charlie the Camel, the Year One mascot, along for the ride too! When we arrived, we hopped onboard a boat and took a tour of what life would have been like all those many years ago. It was so interesting! We got to see how the Ancient Egyptians made boats, built houses, carved sculptures and made perfume. We learned a lot about the importance of the papyrus



plant and how useful it was for the Ancient Egyptians. They used it to make paper, boats, and baskets amongst a multitude of other things. The Pharaonic Village was founded by Dr Hassan Ragab who rediscovered the ancient art of paper making using Papyrus. We even got to see inside a nobleman and a poor man's house which gave us a real insight into what their lives must have been like. After looking around the houses and seeing inside an Ancient Egyptian Temple we stopped for lunch before visiting some museums to learn about how the pyramids may have been built and how the Ancient Egyptians made mummies. Our all-time favourite part was getting to sail down the Nile ourselves as we boarded a boat to take us around and then into the Pharaonic Village. Once back at school we really enjoyed having a go at making our own maps of the Pharaonic Village and seeing which parts we could remember and where they would fit on our map.



Why not visit us in Year One so we can show you our maps and tell you all about it!?

**Ms G Harrison – Year One Violet Teacher**





# SCIENCE IN YEAR TWO

## There

have been reports of strange happenings in Year Two. An elephant who bears an uncanny resemblance to Mr Phil has been spotted roaming the pod, and some tiny mice have been popping up all around the school.



We've had a very scientific start to Year Two, as we have been taking a closer look at living things. We've been investigating plants and animals; you might be surprised at how much we found in our own school habitat!

Lots of fun has been had with hands-on activities as we explored our school environment to see what plants we could find. Then we decided to do an experiment to

see what conditions plants need in order to grow and be healthy. We worked like scientists to dissect plants and identify all their parts. Did you know that every single part of a plant has a job to do? We planted beans and set up a fair test to check how they grow if they have no air, no water, no soil and no light. Of course, we had a control; one plant had all four conditions to see if that is really enough for a healthy plant to grow. The results were interesting, as we saw that without certain conditions, the plant can still grow but it won't be the same as the plant that has all the important elements. The Secondary school collaborated with us, and one of their scientists came over to set up a plant in a vacuum so we could see if it survived.



Then we moved on to learn about animals and their habitats. On Science day some of these animals visited us in our pod assembly.



The moose sounded like Ms Heather, but maybe that's just because they both come from Canada? Back in our classrooms we studied habitats in more depth, we even learned about some animals that could live in our school, so keep an eye out for some tiny mice that Yellow class hid around the school as part of their investigation! Blue class also studied an animal that we can find in many different habitats – spiders! Red class thought about



the conditions a snail would need to survive, and made their own micro habitat. They made sure the snails had the shelter, food, water and space that they need, and kept them safe in their snail house. Some very responsible members of the class took the snails home to keep them damp and fed over the weekends, and after a few weeks we left them back in their own habitat.

Then we decided to look at micro habitats. We set up a micro habitat for woodlice in our classrooms, to see if they like a bright environment, like our plants, or do they prefer to be in the dark? And which side of the box do you think they prefer, the damp side or the dry side? If you're not sure, ask one of our Year Two scientists, they'll be happy to share their findings with you!

And finally, our work in topic has provided some interesting links to science. Because we've been learning about scientists and inventors, this gave us the opportunity to do some more hands on experiments and learn about electricity and try our hand at inventing our own paper planes. Sometimes we had so much fun, we forgot we were actually learning!

**Ms J Hamilton – Year Two Red Teacher**





# SCIENCE WEEK IN YEAR THREE

So far, the highlight of Year Three this academic year has been Science Week!

All of the teachers had been really looking forward to trying out some STEM teaching. STEM stands for Science, Technology, English and Maths, it is a type of cross-curricular teaching that encourages children to work together as a team, pooling their skills to find real solutions to real problems. One of the great benefits of this approach is that it gives students the freedom to experiment with their own ideas and really take charge of their own learning.



When we first introduced the topic to our students, there was a general understanding amongst the students that they shouldn't waste water, but they didn't know very much more than that. As the week progressed, the students came to understand the effects of water pollution on people's health and the environment and they got very excited and involved in their learning.

Being a cross-curricular activity meant that this year, Science Week didn't take over the usual curriculum but really added to it. Some English lessons were spent developing our comprehension skills by studying reports about water pollution from around the world; developing our understanding of this global problem. Other English lessons however were spent writing our own reports, identifying the research we had done and the facts we had learned. In Maths we have been able to develop our data skills, designing tables and collecting results, then using our data to

draw clear and informative graphs. Our Science and Topic lessons have been spent in the science labs, both in Primary and Secondary as we learned the about the scientific processes by which water can be purified. We learned about filtering in the Primary Laboratories, but in the Secondary Science Laboratories, we got out Bunsen Burners to learn all about distillation.

As a teacher it was wonderful to hear the students beginning to speak spontaneously about types of contamination and sources of pollution. It was wonderful to see the determination and concentration being shown by each team of students as they worked together to identify problems and develop solutions. I know that many of our parents were just as involved in building water purifiers as their children were, and this was apparent by the number and quality of products that were brought into school.

Hopefully this year will bring more opportunities to work like this, as the whole of Year Three found it to be a huge success!

**Mr M Ingham – Year Three Year Leader**





# GOOGLING IN YEAR FOUR



MES Cairo has recently migrated from Moodle to Google Suite, as the school's online learning management system platform this year across the school. Year Four students have been busy building their technological computing skills using the Google Suite for Education apps and Year Four Violet, as the Beta testers since September, resourcefully used the app to complete their learning tasks online.

Classes started using Google Classroom to house homework assignments, giving students the option of completing their homework tasks by hand or submitting them online. Students were able to communicate with their teachers, through private messages inside the homework assignment posts. Commenting directly underneath the posts gives students a superb opportunity to build positive online relationships with their peers, as they could collaborate online together to resolve any questions they might have.

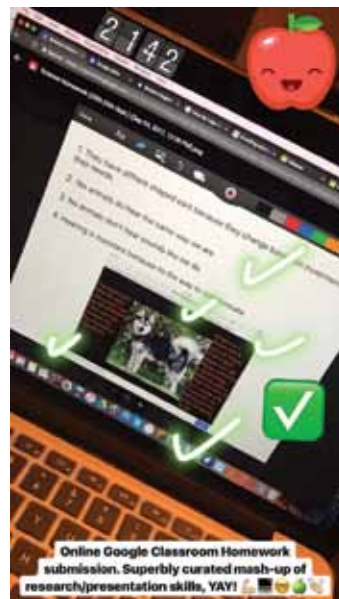
Some teachers have also started using Google Classroom as a teaching and learning resource inside the classroom during the school day; Blue Class have really enjoyed completing their Guided Reading tasks online using the Pod computers and the

iPads, and Violet Class really enjoyed using Google Classroom to complete their Maths and Science learning tasks online. Some classes have even been using Blendspace resources that have been embedded inside Google Classroom, full of resources and skills-based practice activities to enhance their learning outside of the classroom. Specialist teachers have also been invited into the Google Classrooms to collaborate learning online, as well as share special 'WOW' moments from their weekly lessons.

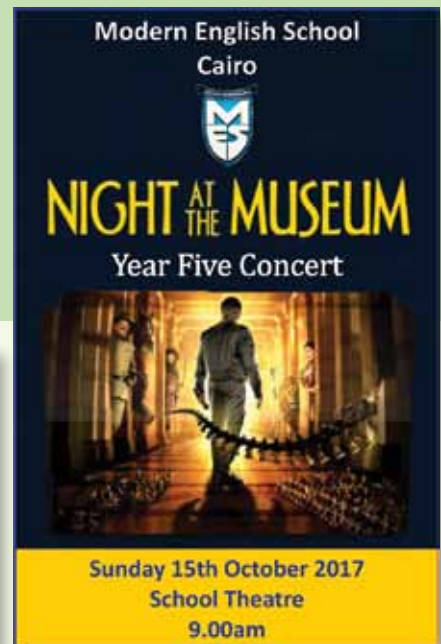
Students have thoroughly enjoyed being able to celebrate successes across the curriculum this way, sharing photos and videos with their parents at home after school.

Google Classroom has provided a great opportunity for students to build their independence with their learning goals as well, many commenting how happy they are to go home and do their homework online if they wanted, without necessarily having to ask their parents for support. Not only does Google Classroom allow students the flexibility of completing their learning tasks using a variety of Google Suite Apps for Education (e.g. Google Slides, Google Docs, Google Draw, or Google Sheets, to name but a few.), they can also use any iPad app to mash-up their digi-skills and upload their work as an attachment as well. Some have really enjoyed the visual and auditory aspects where they can record their homework and upload that to Google Classroom from the comfort of their home, to share in class later that week. Students across the Year Four Pod have submitted some outstandingly creative digital mash-ups of an assortment of curriculum tasks during Term One and we are really looking forward to exploring and challenging our digital skills even further to enhance our learning skills during the next few terms.

**Ms G Dean – Year Four Violet Teacher**



# YEAR FIVE CONCERT



The theme of this year's Year Five Concert linked our Year Five topic about explorers into a word and song presentation with each class contributing information and a short drama about one of the six explorers we have been studying.

As the museum closed its doors for the night, the curators find each of the six explorers from the past coming to life to search for items which reflected their lives.

Then it was the turn of Green class who presented the Portuguese explorer Vasco da Gama, who sailed to India in search of exotic spices.

Jeanne Baret was the focus of Violet class. A brave lady who so wanted to study plants worldwide that she dressed as a man in order to sail around the world.

Finally, it was the turn of Orange class who showcased Samuel de



The concert began with Blue class presenting Erik the Red, a fearsome Viking warrior with flowing red hair and a vicious temper!

This was followed by Yellow class showing us the Italian explorer Marco Polo who travelled to China on what became known as the Silk Road, bringing silk from China to Europe.

Red class showed us the little-known Chinese explorer, Zheng He, who transported both goods and people by wide Chinese junks.

Champlain from Canada who went in search of fur, establishing the city of Quebec as he did so.

The whole of Year Five gave a rousing performance with each and every student performing with vigour and lots of smiles. We are very proud of all the Year Five students as it was truly a performance to remember!

**Ms S Fiddy - Year Five Orange Teacher**





# YEAR SIX LEAVER'S DAY

Towards the end of Term Three, Year Six students were excited about their Leaver's Day before their big move to Secondary in September. They were all very aware that they did not have long left together so the Year Six Leaver's Day was planned to celebrate the end of Primary school before moving to Grade and Year Seven.



The students were involved in planning the day that was filled with fun activities. This is how they wished to celebrate how wonderful Primary school had been. The morning was filled with different activities where students moved between different rooms.

In Year Six Orange, there was a BYOD room, where students could bring in their own laptops, iPads and tablets and show off their technology skills using different apps and programmes.

In Year Six Violet, there was a games room – allowing students to test their different cunning and strategy skills by playing different board and card games with their friends.



Year Six Green saw Ms Williams host a Karaoke room so students could showcase their fantastic singing skills

and listen to their favourite music. The music theme continued with Mr McCormick hosting a 'Just Dance' room, where the students practised moves and routines accompanied by various different songs.

In Year Six Blue, Ms Bennett hosted a football quiz room where students showed their extensive football knowledge by answering questions about players, leagues, teams and managers.



Finally, Year Six Red offered a more relaxed atmosphere with a reading room where students read, talked about and shared books of their choice.



Whilst all these activities were taking place, there was also the main talking point of the morning and that was the school photographer. The students had professional photographs taken of themselves with their friends, classes and teachers, whilst wearing their best clothes.

The day culminated with movie time in the theatre. All of the Year Six students and teachers enjoyed watching Beauty and the Beast, the students' choice of movie.

A lovely day was had by all. We made our final memories of Primary as we said goodbye to seven wonderful years.

Thank you to all of Year Six for being so wonderful. You all made my first year at MES Cairo a great one! Good luck to you all in Secondary.

**Ms R Bennett – Year Six Team Leader**



# WHAT'S BEEN HAPPENING IN PRIMARY PE?

## FOUNDATION STAGE



Foundation Stage One classes have settled well into PE. They have worked hard on learning PE specific instructions as well as the different names for pieces of equipment. In Foundation Stage, the students have been developing their spatial awareness as well as different ways to move around. They have also been working on their balance and

Students have been practising their agility, balance and coordination through different sports and games. They have experimented with different ways to dribble a ball using tennis rackets, hockey sticks and our own body parts. Students have also been working hard practising their teamwork skills. They have been using the 5Rs to develop their leadership and our ability to learn new games quickly by following the rules.



coordination, using the skateboards, space hoppers and balance boards. Over the next five weeks, students will develop their knowledge and understanding of basic gymnastic movements.

## KEY STAGE ONE



## KEY STAGE TWO



Key Stage Two students have already started swimming classes learning about different stroke techniques, as well as water safety, water polo and aqua aerobics. Inter-House sport preparation has already started with Year Three students learning the skills and rules of Benchball, Year Four developing and deepening their knowledge and tactics of football. Year Five and Six have both been learning new sports; handball and tag rugby ready for a fierce competition at the end of Term One. Students





have also been developing their gymnastics, focusing on balancing and rolling. Some students have excelled expectations and have been performing round-offs and front flips!

## SPORTS STARS OF THE MONTH



This year in PE, students are nominated once a month for Sports Star of the Month. A student from each class is chosen and presented by the PE Department and Assistant Head with a badge, which is to be sown onto their uniform. The students are chosen for a variety of reasons including; excellent sportsmanship, athletic ability, improvement in behaviour and effort within lessons.

### SEPTEMBER SPORTS STARS OF THE MONTH

**Year 1** - Karim El Jammali (Y1G), Hussein Zakaria (Y1Y), Selim Mohamed (Y1O),

Abdullah Zarki (Y1V), Deema El Saady (Y1R), Ibrahim Tawfik (Y1B)

**Year 2** - Jana Aboueita (Y2G), Patrick Boules (Y2Y), Celina Boghdady (Y2O),

Abdel Rahman Ewais (Y2V), Chris Morcos (Y2R), Adam El-Abd (Y2B)

**Year 3** - Farida Laban (Y3G), Haya Ahmed (Y3Y), Selim Aly (Y3O), Kenzie Mourey (Y3V),

Owain Underwood (Y3R), Omar Radwan (Y3B)

**Year 4** - Haya Selim (Y4G), Amir Matta (Y4Y), Habiba Assassa (Y4O), Omar Kouchouk (Y4V),

Hania Ouf (Y4R), Youssef Haitham (Y4B)

**Year 5** - Selim Sultan (Y5G), Nadia Rashad (Y5Y), Ashraf Kouchok (Y5O),

Maya Mohamed El Zuheiry (Y5V), Ahmed Rashed (Y5R), Mariam Miller (Y5B)

**Year 6** - Hamza El-Khatib (Y6G), Hana Aglan (Y6Y), Yasmine Hossam (Y6O), Yumi Star (Y6V),

Laila Al-Refai (Y6R), Mohamed El-Berry (Y6B)

## PRIMARY V SECONDARY STAFF FOOTBALL



The Primary v Secondary Staff Biannual Football match took place on 7<sup>th</sup> September 2017. There were a number of new players to both teams and some were more eager than others to impress the MES Cairo veterans.

Secondary started strongly, and may have edged the possession statics. However, going into half time it was two goals apiece and all to play for. After a team talk from the Primary Captain, Chris Carroll, the Primary team were inspired from his emotional words of wisdom. They returned to the pitch motivated and eager to go. With this newfound confidence Primary quickly gained control of the game and went on to win, with the final score finishing up at 6-3.

The Primary team are looking forward to the next battle where they are hoping for two wins on the bounce!

**Ms L Young – Primary PE Department**

## BASKETBALL EVENT

On 7<sup>th</sup> November 2017, MES Cairo hosted the season's first competitive basketball fixture. The competition consisted of teams from Hayah International School, Metropolitan School as well as two teams from Modern English School Cairo.



This was the first time most of our students were exposed to a full court 5-a-side game. All students appeared nervous to begin with, but this proved to be a great learning curve as the games progressed and progress was made. The games were refereed by members of our very own MES Cairo varsity team. This was their first time refereeing so was a great learning experience for them. All of that, topped off by the amazing support of our

parents, made this a fantastic community event and a great start to the competitive season.

## Well done Cougars!

### PRIMARY COUGARS!

Last academic year, the Primary Cougars achieved their largest ever turn out for trials, and we managed to increase that number even further this year! There were over 120 students between Years Two and Four who trialled for swimming, while we witnessed over 100 students in Years Five and Six battle it out to make the Basketball and Netball squads. It is great to see so many students interested in Cougar sports.

For the selected few students who made the difficult cut, they have been training hard once a week with their dedicated coaches. Netball has seen a huge increase in interest and quality this year, thanks to the commitment from Head Coach, Ms Nina Williams. Netball is fairly new to Egypt and we hope to see some fixtures as other schools gain interest and the season progresses.

The Basketball team is preparing for two tournaments and we are eager to see them compete against other international schools.

Cougar swimmers have been working equally hard, and were rewarded by dominating the boys and girls swimming tournaments. The girls' team won all of their heats and finals, sweeping up individual medals along the way. The boys' performed just as well, dominating and winning medals in every event!

December saw us hosting trials football teams in readiness for their season in Term Two. Watch this space for more updates throughout the year.

## Go, Cougars!

Mr C Carroll – HOD Primary Physical Education



## PRIMARY COUGAR SWIMMING SUCCESS

Early November saw much success for some of our Year Six students who competed in the Cairo Swimming Championship. The three-day event saw over 700 swimmers from all over Cairo compete in a variety of races. The following students worked incredibly hard to compete in the competition:

Yassin Samad, Abdelkader Abdel-Gabbar, Hamza Darwish and Mahmoud Abdelkarim (Y6V). Adam Hammouda, Hamza Abuellail (Y6O), Yasmine Abdel-Nasser and Ali Abdel-Gelil (Y6G), Maamoun Ahmed and Nour Abdel-Gelil (Y6Y) and Alia Saba (Y6R).

Yasmine Abdel-Nasser came second in the 50m Breaststroke and Alia Saba came fifth in the 50m Backstroke. Mahmoud won two Gold medals for the 200m Backstroke and the 4 x 100m medley, as well as Silver and Bronze for the 50m and 100m Backstroke and the 4 x 100m freestyle mix.

Mahmoud Abdelkarim (Y6V) was interviewed by Ms Wohlberg about his passion for swimming for the Primary newsletter and you can read an extract below:

"I started swimming at three years of age and I train seven times per week. Sometimes training starts at 5am before school and on Saturdays I train twice a day. My dream is the dream every athlete has...taking part in the OLYMPICS one day! I do understand that this will take a lot of work, but hard work and dedication always

pays off! Going to university after school is also important to me and I am interested in studying engineering. My parents are my inspiration as is my Grandad; he was an outstanding swimmer in his day. Today he is one of the best coaches in Egypt, in my opinion." **Mahmoud Abdelkarim (Y6V)**

We are extremely proud of our dedicated swimmers at MES Cairo.

**Mr K Wahlberg and Ms S Underwood – Team Coaches**





# PRIMARY ASA PROGRAMME

Our Primary After School Activities programme here at MES Cairo had a great start in Term One this school year. We offered a wide range of activities including academics, sports, arts and music. Over five hundred and fifty Year Two to Year Six students took part in thirty different activities offered. The students were able to choose from a wide variety of classes that focused on developing new skills, increasing their knowledge in areas of interest and simply having fun. All of the classes were led by our professional and enthusiastic MES Cairo teachers.



**Better Movers, Better Thinkers** is a brand-new ASA which is designed to give children an extra opportunity to develop their balance, co-ordination and teamwork skills. Our students had the chance to participate in various sporting activities including rebound therapy, swimming and Benchball. All students enjoyed getting to know each other whilst participating in lots of fun games.

We had very enthusiastic students in our **French Club**. Year Three, Four, Five and Six students participated in interactive activities and got to know people from other classes. They worked together, played games, learned French songs and read stories. At the end of the ASA Mr Darragh was happy to be able to give out awards to excellent participants!



Here are some descriptions of a small selection of our activities to give you a taste of our programme:



The Mini Chefs in our **Cooking Club** introduced a variety of dishes, using different preparation and cooking techniques. Our Year Two students loved making their own creations and brought home very tasteful dishes.

Our **Drama Club** students incorporated drama, dance, singing and story-telling to produce a group production of the story 'Charlie and the Chocolate Factory'. This has been performed at the end of the ASA in front of a live audience filled with proud parents.

One of our most popular activities was **Football**. We offered three different clubs for our football loving students. They had the opportunity to develop their teamwork, coordination and technical skills. They improved their football ability and enjoyed competing in matches.



We are looking forward to the next exciting ASA Programme starting 21<sup>st</sup> January 2018.

**Ms K Wohlberg – Primary ASA Coordinator**







# Primary Pioneer Programme

**The** Primary Pioneer Programme helps us to become role models within the MES Cairo school community. We have been hard at work taking responsibility for ourselves, our peers and our environment. Each of the students selected for this academic year has demonstrated exemplary attitudes towards learning and working collaboratively. This has been particularly evident in the hard work the Year Six Pioneers



have been producing in order to prepare for their assembly to the Year Three and Four students. Over the last four weeks, the Pioneers have been rehearsing and perfecting their dance for 'The Entertainer' badge.



The result was a magnificent show of their creativity, reflection and collaboration. Students in the group developed their own routines with some guidance from their teachers, Ms Lawrence and Ms Godber. Each of the Pioneers can be very proud of their achievements this year as they have excelled in taking responsibility for the challenge ahead of them.



Our first badge is now complete and each of the students have been awarded a Bronze, Silver or Gold award for their efforts which will be received during the Pioneer Graduation Ceremony at the end of the year.



As Primary Pioneer Coordinator, I would like to take this opportunity to thank each of the teachers involved in making this programme successful to date, and most of all, I wish to thank the Pioneers themselves for their determination. Well done to everyone!

**Mr A Hinchliffe – Primary Pioneer Coordinator**







# SECONDARY PIONEERS



Secondary Pioneers have been working hard to develop new skills this term. In September and October, forty students attended two exciting activities on two separate weekends in order to gain a skills badge.

To earn their 'Bond and Bounce' badge, students undertook team bonding activities as well as a one-hour bounce session at Gravity Code Trampoline Park. Every student participated fully in different activities, including: dodgeball, airbag, slam dunk, cage ball and performance trampolining. I was impressed with our students' willingness to support as well as engage with new peers. As well as enjoying refreshments in the cafeteria, students developed new relationships while playing games such as: Two Truths and Lie; Find Someone Who and Pioneer Pals.

In our new collaborative environment, Google Classroom, Pioneers posted their views about this action-packed morning:

*"My favourite part of the trip was getting to know all of the other activities."* **Dina El-Nahas (Y8G)**

*"My favourite part about this activity was making new friends."* **Leilah Raphael (Y8B)**

*"I enjoyed playing dodgeball because it was challenging to run and hit at the same time."*

**Mohamed Desouki (Y7Y)**

To earn their 'Soul Surfer' badge, students undertook a weekend trip to Ras Sudr enjoying the sun, sea and water sports! Over two days,



forty students and five staff members learned how to windsurf, paddleboard and kayak. After learning how to balance without a sail, students then attempted to catch the wind which is ever present along this stretch of the Sinai Peninsula.

After using the wind to their favour, students learnt how to battle against the wind and currents in a Kayak. Working and communicating together, they had to coordinate their oars in order to turn efficiently and



gain momentum. After dinner, students also enjoyed bonding time and reflecting silently under the stars. Students were asked what they enjoyed the most about this weekend and some of their comments are below.



*"I enjoyed windsurfing and kayaking because these activities are impossible to do in Cairo."*

**Lara Gamaleldin (G8Y)**

*"I enjoyed gazing at the stars and getting to know others."* **Salah Mattar (Y8Y)**

We look forward to our next skills event in Term Two when we begin our term of Service. Look out for more updates in the next issue of the Messenger.

**Mr S Cole - Secondary Pioneers Coordinator**





# INTERNATIONAL AWARD DAY HIKE

**Saturday 30<sup>th</sup> September 2017**

**Early** on a September Saturday morning, one hundred members of the MES Cairo family gathered before



setting off on a challenging stomp from Katameya to Maadi, through the desolate but picturesque Wadi Degla protectorate.

We clambered aboard the buses and headed to the Visitor's Centre. From there we walked down to the Wadi floor to begin our 13km hike to Maadi. All groups started with a sharp pace determined to get to the other end just in time for a home-cooked lunch. Mr Rosser was too keen to hasten the pace as he was anxious to catch Manchester United in the early kick-off.

In the scorching morning sun, it was Ms Creak and her group who led the way and soon they would disappear into the cloud of dust in the distance as the rest of us tried to keep pace.



It truly was a great sight to stand atop the canyon looking down and watching one hundred MES Cairo students and staff wind their way through the Wadi basin. All students which were from G/Y/DP Nine to Eleven were a real credit to themselves and showed great determination to complete the hike within four hours.

Thank you to all the staff members who gave of their time to enable the students to complete the hike.

**Mr E Macaulay**  
International Award  
Coordinator





# SECONDARY ASAS

**Term One** from *Cultural Cuisine* to *Computer Programming* and *Maths Olympiad* to *Mosaic Madness*; it has been a busy start to the ASAs at MES Cairo after a long summer break.



## So What Are Secondary doing this Term?

On Sundays we have had a lot of head-scratching activities running that are asking our student to consider the 'big questions' in life. Mr and Mrs Rainford have run the extremely popular *Global Perspectives* ASA which prepares students for a GCSE qualification. SF10 is bursting at the seams with the popularity of this challenging course in thinking skills. Just upstairs, our *Maths Olympiad* team have been churning those numbers in preparation for their exciting visit to Bangkok which took place in November and where they will compete against mathematicians from all corners of the globe.



Our tech-savvy team are developing our students' creativity in the digital age. Mr Higgs' *Lego Robotics* ASA is producing some excellent results and Mr Lansdown's programmers are a dedicated bunch of young computing proteges. Whilst our *Mosaic Madness* ASA, allows students to create beautiful glass table tops cut to size by our students under the expert tutelage of Ms Walker in the Art Department. Our expressive arts compliment this offering as the *Concert Band* continues rehearse in preparation for upcoming performances and Ms Williams *Storytelling* entertain Primary students with their dramatic performances of classic tales.

It's not all head-scratching and creativity. Mr Underwood and Mr Morris have taken on the Toshak and Keegan roles respectively to put Y/G Seven and Eight students through their paces on the football field. Their burgeoning group is a great development for future Cougars. Special mention must be made for Mr Ayele, building on last year's grappling success he is at MES Cairo every night after school offering students training in *No-Gi Grappling*. His trusty band of dedicated wrestlers can be seen putting their endurance to the limit on the field most days of the week and he has a new sparring partner in Mr Houghton against whom to pit his wits. Mr Harper's Secondary choir is an exciting new musical feature on the Sunday ASA Programme. We look forward to hearing the students performing later in the school year.



Our *Outreach in Egypt* ASA has proved to be very popular this term and the students have been working hard designing two

programmes to be delivered to the orphans at the Dar El Youstra and Dar El FaZa. With the visits underway, our team of student teachers travel to the orphanage and deliver lessons on a variety of subjects every Sunday and Wednesday with French being the topic of the month for Wednesdays in November. In addition, the orphans visit MES Cairo and participate in IT, sport and art activities on both days. The students are doing a great job to grow the service education programme here at MES Cairo. This has seen the successful integration of our primary students into the outreach programme which we look forward to building on in Term Two.

Moving to Tuesdays - students are getting creative with Ms Tapsell and her Art Team in the *Stage Production Superstars* ASA and we will all get to see the fruits of their labour on display in productions later this academic year. Whilst the Science team are pushing the boundaries of Physics and hoping to replicate the groundbreaking work done in Switzerland at CERN. Our budding young scientists have been given the opportunity to perform scientific experiments in the hope of one day visiting this great hub of Science.



One of the highlights of this term's programme has been the addition of *Cultural Cuisine: International Cookery Club* run by our fracophones: Ms Martin, Ms Thiam and Ms El Abd. The students have loved the opportunity to practice a variety of recipes and eat the fruits of their labour – although there's definitely less fruit than chocolate being consumed. The students are extremely enthusiastic about their ASA and bounce into the primary kitchen with huge smiles upon their faces. Our three master chefs are doing a great job producing some fantastic dishes like, Spanish Omelette, Chocolate Gateau and Banana Muffins.

For those looking for a moment of reflection during their hectic schedule, Yoga has been a great addition to our programme. Ms Hodgkinson has a dedicated group of yoga followers who calm themselves in the serene surrounding of the dance studio every week. So too is *Discovering*



*Writing* with Ms Ghalwash, where budding young writers are encouraged to channel their inner monologue in a supportive creative outlet.

On Wednesdays, whilst the Cougars are training hard, many students are also getting active in our range of alternative physical challenges offered by

the ASA programme. Ms Ortiz and Ms Luna have added some Latin flair to *Table Tennis* in the MPH. Ms Masarany is also working hard building *Girls' Fitness* through a series of cardio keep-fit sessions.

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

**Mr E Macaulay - ASA and CAS Coordinator**

# MES CAIRO ACHIEVERS

## Maya Youssef (Y7B) - Guitar Star



Maya has enjoyed mastering playing the guitar since she was nine years old. She has been a member of a band for over a year now and

has performed at the 'Battle of the Bands' event. Her most recent performance as lead guitarist was at the Cairo Jazz Festival which was held at the AUC campus in Tahrir in September 2017. Well done Maya for keeping your nerves at bay and performing in front of a large crowd.

## Yehia El Fakhry (Y5B) - Sailing Success



Yehia has taken part in a number of regattas and recently participated in the Kuwait International Regatta from 4-7 October 2017 where he achieved second place. Yehia first started sailing when he was 6½ years old and first competed at just 7½ years.

He is very committed to sailing and works hard training five times a week in finites, theoretical and sailing. Yehia will be travelling to Ras Sudr where he will spend his December break attending a training camp with an international sailing coach from Portugal.

We wish Yehia much success in the coming years as he continues to excel in his chosen sport.



## Ms C Boswell – Publications Officer

### Talia Bahnass (Y1V) - A big heart inspires positive change

Throughout her journey with FS2V, Talia was inspired to care for others and reflect about children who are less fortunate than her. During her summer holiday she expressed a keen interest in finding a way to help children in need. With her resourceful and creative nature she made nearly 100 bracelets of different patterns and colours and decided that she would sell them for a small donation to families on holiday at the North Coast. Talia confidently and determinedly (along with her mother) approached holidaymakers and encouraged them to donate money in return for bracelets. Talia demonstrated great



entrepreneurial skills even offering a 'buy 3 and get 50% of the third' incentive making a total of 1230LE in sales.

Upon returning to Cairo, Talia donated the money to a special needs charity. Talia has demonstrated MES Cairo values of kindness, reflection and resourcefulness and we are incredibly proud of her efforts inspiring us all with her generosity and kindness.



## Ms S Innes - Foundation Stage Two Teacher



# LARA MAJID(Y9R) GETS EARLY EXPERIENCE OF ENTREPRENEURSHIP

## My New York Internship at AUrate

**When** I was in New York this summer, I got the chance to embark on a wonderful opportunity. This opportunity was an internship at a Manhattan Jewellers called AUrate who managed to raise \$2.63 million in a seed-funding round! A seed-funding round

inferring that the company makes high-class jewellery with high standards. I found that quite creative.

As an intern, I got the opportunity to work with different departments including marketing, social media and finance. This gave me a 360-degree understanding of the business, which was quite exciting. Whilst in the Marketing Department, I helped design

advertisements for the media pages and billboards. The company was also working on new packaging for their jewellery, so I was given the opportunity to help. We visited the most popular jewellery stores (such as Tiffany and Co.) and checked out how they package their jewellery. Knowing that these companies have been successful for many years now, we asked a few questions about the colour and the size that most people prefer to have as a jewellery box.

Next, I worked with the social media team and had the chance to offer my ideas on advertising, increasing page hits and how to improve social media page designs.

is when a company is given early investments meant to support the business until it can generate cash of its own to buy whatever the company needs in order to grow. This money comes from friends and/or family funding, angel funding, and crowd funding. The two women behind this business are Bouchra Ezzahraoui and Sophie Khan, both graduates of Stanford University. The meaning behind the name AUrate comes from the scientific term Au (meaning gold)

What I found most thrilling was when the company's head editor asked me to help write a blog that would be published on the AUrate site. The blog is called "All about gold!" The company decides on a topic every month and last month's topic was gold. I researched facts related to the topic and wrote a blog, which included the story of King Midas! After that, the editor came in and edited my story and within two hours, it was posted for the public to read.

**Lara Majid (Y9R)**



# National Honor Society and National Junior Honor Society



## Induction Ceremony

On Wednesday 27 September 2017, the National Honor Society (NHS) and National Junior Honor Society (NJHS) held their annual Induction Ceremony. NHS and NJHS recognise students who demonstrate excellence in four qualities: Scholarship, Leadership, Service, and Character.



The ceremony inducted a total of twenty-eight new NHS and twenty-two new NJHS members.

The ceremony began with Leila Gamaleldin (G12G) introducing the keynote speaker, Mr Daniel Tomlin. Mr Tomlin shared with the audience the life lessons he learned through musical theatre. His focus was on community, family, and one's self. By quoting examples from some of his favourite shows, he was able to illustrate the importance for each person to nurture each relationship in their life. The brief message shared by Mr

Tomlin was inspiring and entertaining with many in the audience appreciative of his words of wisdom.

The Induction Ceremony also included speeches from graduating Seniors about how the Four Pillars of NHS/NJHS influenced and inspired them throughout their High School careers. Lana Mahmoud (G12R) spoke about her personal experiences of persevering to excel at Scholarship; Mohamed Taymour (G12R) discussed



his two-week summer experience of Service through repairing an elementary school in India; Sara Zaki (G12B) expressed how important it is to have good Character, even when others are not around to see your actions; and

finally, Marwa Gaber (Y12B) discussed her experiences gaining Leadership skills.

We welcome and congratulate all new members and look forward to working with you throughout the school year.

**Mr T Roodvoets and Ms C Flake - NHS and NJHS sponsors**







## The Modern English Civil War

### JV Girls Football



## 'Grade and Year Nine' versus 'Grade and Year Ten'

"I would know by what power I am called hither!" demanded Lara El-Tobgui (Y10G) and rightful captain of the Junior Varsity Girls Football Team. That title had been bestowed upon her by a higher power and she would relinquish it to no mortal pretender.

"Good afternoon Lara, I am the referee and this is just a football match. We need to toss the coin to determine who will start," replied the neutral official.

Opposite her stood Layla Dajani (Y9R) acting as lieutenant general to her own team leader, Fatma Morsy (Y9G), the team vice-captain, wounded at the side lines of the field of contest. Fatma had assembled a formidable force from Grade and Year Nine to challenge the natural order of Grade/Year Ten dominance in the realm of Junior Varsity Football. Her side were clad in the simple attire of hard working folk, with no illusions of grandeur, as opposed to the flamboyant cavalier like opponents, in bright flashy garb.

Lara looked menacingly at her adversaries, the usurpers who dare lay claim to her right to rule, "Let me tell you, it is not a slight thing you are about!"

The referee once more interjected, "It's just a friendly game Lara until we get a few more fixtures with other schools, just a match between Modern English School Cairo players."

"This is civil war!" Lara exclaimed, and she knew she had the backing of every single Grade and Year Ten present. They were

here to put the younger players in their place with a resounding victory on the field and send them packing to think again!

Layla Dajani looked across to her leader with a little uncertainty betrayed in her expression. True to form Fatma stood tall and decried the over-confidence of the establishment, "No one rises so high as she who knows not whither she is going!"

Lara rebuked her with, "I do stand for the liberty of my people than any here that come to be my pretended judges."

"Okay, shall we just play the game ladies?" asked the official encouragingly.

And so it began. Countrywoman against countrywoman. Peer against peer. Sister against sister. The well drilled new model defence of Fatma's 'Nines' versus the stylish but often reckless array of Lara's 'Tens'. The first shots came in anger against the Nines and it was evident Amina Hamed (Y9O) would be kept busy in the goal, guarded centrally by Layla Dajani and flanked with resolute determination by Shuhud El-Dajani (Y9B) and Mariam Khalil (G9R). Which side would prevail?

The exuberance of the colourful Tens was clear from the start as individual flair from Hana Abouhusein (Y10B) on the right alternated with the beautifully crisp interchanges between Hana El Badri (Y10B) and Taya El Razek (G10R). Nour Zaki (Y10G) hovered menacingly around the penalty area hoping for an opportunity to strike. Yet for a period, the solid wall of the Nines did not yield. Then Fatma gave the signal to implement her special tactic. With meticulous coordination, her forward line of Muna Saif (G9Y), Lara Majid (Y9R) and Mounira Kafafy (Y9Y) managed to momentarily gain the upper hand. Without warning they released the secret weapon - Layla Sadek (Y9B). From the left flank she darted inwards taking Shada El Sonni (G10G) completely by surprise, by-passing the wrong footed Kenzi Waguhi (Y10B) and not even noticing the chasing Shahd Abdel Maksoud (G10G), before firing the first destructive shot of the encounter. The illustrious ruler of the Tens was on the direct receiving end, as the Nines rejoiced in the accuracy of their strike.



Despite fresh wounds, including to her pride, there was only one-way Lara El-Tobgui would lead her side to a restoration, and that was charging from the front. Within minutes she had slipped stealthily past the last sentry at the opposite end of the field and struck a blow for her followers. Sheer bravado had succeeded where strategy had failed. Matters proceeded similarly and evenly overall, as Layla Sadek and Hana El Badri both forced home further accurate strikes keeping the situation at stalemate.

With each side exhausted from their exertions refreshments were afforded to both, as the confrontation paused. Layla Dajani noted to her leader the shattered look on her troops. Did they really have it in them to secure overall victory against a more experienced force? Was it too late for a truce? Fatma knew only too well, but was very aware what their continued efforts would mean, as she replied, "It is not what they want, but what is good for them." Her second in command understood and they rose as one to continue their siege as hostilities resumed.

Repeatedly, the tactic of Layla Sadek driving forward into the heart of enemy territory was successful, yet the courageousness of Lara El-Tobgui and her loyal support left affairs very uncertain

for each cause. Then as an act of certainty, to ensure overall victory in the field, and furthermore to secure recognition of the rights and freedoms of her followers, Fatma finally entered the fray, to personally deal the ultimate deadly blow, effectively completely crushing the Tens. The effort had a harrowing impact on her own being, but the outcome had been worthwhile. Lara had been defeated, but Fatma was in no mood to celebrate her rival's fall. Offered sustenance and rest, she merely retorted, "It is not my design to drink or sleep, but my design is to make haste I can to be gone." As she left the field she glanced back solemnly to see the forlorn Lara El-Tobgui gallantly consoling her troops with her noble head still held high, but in full knowledge of the humiliating outcome. "A cruel necessity," concluded Fatma as she departed.

"Good game!" reviewed the referee. And it was too, but it had meant so much more to all. Thankfully with hostilities over, the Modern English Civil War was at an end.

## G/Y Nine 5, G/Y Ten 3

**Mr S Perry – Junior Varsity Girls Football Coach**

# JUNIOR VARSITY BOYS' FOOTBALL

The 2017/2018 season is looking extremely promising with over fifty students trying out for a position on the Junior Varsity Football Squad. Mr Loftus, Mr Stock and myself struggled to identify a squad of just twenty players.

MES Cairo kick-started the season with a friendly at Hayah. This fixture was always going to be tough, with a strong Hayah team and a lot of the MES Cairo Junior Varsity boys not having played together prior to this. The first half was a struggle as I wanted to implement a formation with some players trying new positions. MES Cairo conceded a few goals early on and found themselves 5-0 down at half time. The second half saw a change in formation and positions, from this, MES Cairo drew the second half 1-1 and only due to Hayah having a penalty, this demonstrated great determination and resilience to perform well.

The second friendly was against AIS and MES Cairo lost this game 7-0. There was a distinct lack of teamwork and effort from most of the players when we were on the back foot and this did not improve. We had a team discussion at the end of the game and the players really took on board what was said and showed a huge amount of character coming into our first tournament.

MES Cairo hosted a friendly tournament with Hayah and CAC attending. This was an opportunity for the MES Cairo team to go out onto the pitch and prove they wanted to be there. The first game was against Hayah (previously losing 6-1 to), the players went out with a great attitude, attacked and defended equally as well and made the school and myself

proud, with a mature approach to their play. The players walked off the pitch at full time with their heads held high and a 3-2 victory. The second game was MES Cairo vs CAC and although MES Cairo played extremely well and had several opportunities CAC held onto a narrow 2-1 victory with some great football being played by both teams.

The final game was Hayah vs CAC and MES Cairo needed Hayah to perform well and grab a victory by no more than one goal for a 3-way tie. Hayah took a 1-0 lead, followed by an equaliser, 1-1. Eventually, the score was 2-2 with 3 minutes to play, MES Cairo needed Hayah to grab a late winner and, sure enough, this happened! Hayah won 3-2 and the final results were reflective of the morning's football, a fair and equal tournament with all teams demonstrating respect and maturity. Well done to the MES Cairo Junior Varsity Boys' team. Let's continue in this way!

**Mr J Keast – Secondary PE Department**





# NETBALL

MES Cairo Netball has got off to a fantastic start this season with over sixty girls trying out for our U13, U15 and U18 teams.

As well as local tournaments, the MES Cairo Netball team has been invited to attend the BSME tournament in Abu Dhabi from 9<sup>th</sup> to 11<sup>th</sup> November 2017. This opportunity will allow our students to travel to the UAE to represent MES Cairo in the international competition. After accepting the invitation, the team was selected from students in both the U15 and U18 netball teams.

To date, our students have participated in tournaments against NCBIS and BISC and have future games lined up against CES. Our U18 and U15 teams have been training extremely hard and are yet to be defeated in any of their games. Our U13 team are demonstrating incredible determination to improve and develop

in order to secure themselves a win in their next tournament.

All three teams have been extremely committed to improving as a club, team and individual. Their hard work and enthusiasm for the game has made them a pleasure to coach and I am certain that with their continued determination to improve, the girls will have success in their future tournaments.

**Ms L Shepherd – Secondary PE Department**



# RUGBY

One Saturday in October the MES Cairo Rugby Team travelled to BISC where they participated in a coaching clinic with Gavin Boak and Callum Donkin - both who have played semi-professionally in the UK and are now Head Coach and Assistant Coach for Cairo Rugby Club.

The students were put through their paces, practising their passing and running lines before developing their contact skills. After this the students participated in a mini 7s tournament, playing two games against BISC Stripes and

BISC Whites. Unfortunately, MES Cairo lost both games. However lots of positives were drawn from both games including players who have only been playing a few weeks scoring their first try.

MES Cairo will continue to develop and make good progress in Rugby ready for when they meet BISC again in the future.

**Ms L Young – Primary PE Department**



# Unforgettable

## VARSITY GIRLS' FOOTBALL 2007-2017

Tia Saied (G11B) hobbled towards the well-secured gates of the Cairo American College (CAC) grounds in Maadi dejected in the knowledge her injury had prevented her from helping her team secure a respectable position in the Varsity tournament for Cairo schools. Scoring only two goals all day had not been enough. She now knew how Alia El Shabrawy (Y11R) had felt the previous evening when her world had been shattered by an ankle injury sustained playing basketball, which would prevent her from competing for the team at all. With two key players from the 'golden generation' JV squad of 2016 absent and Captain Fatimah Alharbi (G12Y) returning from her own injury, inevitably they had struggled to fulfil their potential. Alia Sabbour (G12R) had succeeded in being probably the most talented defender on show and Amina El-Hamawy (Y11R) was rightfully named MES Cairo's best player on the day for all her efforts to emulate the missing Alia El Shabrawy in midfield. Alas, ultimately it was simply not sufficient. As Tia gazed back at the yellow-green field rimmed by the shadow of trees shielding the lowering afternoon sun, she grinned. She remembered that same surface only three days previously and the magical time spent playing in her greatest ever game for her school.

Competing against CAC had always been daunting for our players. Their reputation preceded them and the amount of time they spent practising was well documented. Tia had heard the tales of the great Alia Sabry and her team annihilated 12-0 in the very same arena a decade ago. Also, even the phenomenal Bana Al-Bitar could not score against them in the Cairo final of 2013. Tia had arrived on the MES Cairo team bus on Wednesday afternoon after a bumpy journey of traffic dodging. The 'friendly' encounter would

be the second of the season and a prelude to the tournament three days ahead. We were led bravely onto the field by Vice Captain Leila El Taweel (DP11R) with her immediate superior, Fatimah, ever supportive from the side lines with one broken finger still encased in a surgical dressing. Leila knew the enormity of the team's task but was adamant it would be faced methodically, but also courageously, as was always her style. The kick-off by Leila's team ensued, but soon the red and black opponents inevitably had the ball.

The experienced Natalie Bishay (G12B) and the very determined Amina El-Hamawy had been brought away from their normal wide positions into a tightly packed five player midfield to try and stifle the CAC passing. Salma Khalil (G12R) and Sandra Matta (Y11B) patrolled the flanks focussing on preventing long crosses infiltrating from the sides. Right in the centre, Alia El Shabrawy was the catalyst for this mother of all battles and she was ferociously proficient in executing her task of capturing back the ball. Initially the plan was working and the few attacks CAC had, were mopped up by Leila and Alia Sabbour, ably supported by fullbacks Sama Genena (Y11R) and Hana Omera (G12Y). A couple of shots were also efficiently parried by goalkeeper Fatima Abdel-Maksoud (Y12Y). The final part of the strategy was to find an opportunity to release Tia with a through ball. The concept was to essentially defend continuously, then find one moment later in the game to counter-attack. It was a big ask, but what happened next was unprecedented.

Once again Tia seemed to be experiencing difficulty shaking off her markers and finding space, just as had been the case a few weeks

earlier against the same side. Each time a ball was threaded through from a central midfielder, an opposing defender's foot would intercept first or Tia would be cynically fouled so she lost momentum, giving the Maadi based team a chance to re-group. Then suddenly a through-ball received a flick from Tia's right boot past the outfield player nearest the home team goal, the defender turned to retrieve it, but the striker was quickest for once. Imaginary wings sprouted and carried Tia faster than ever, rapidly over half the length of the pitch, with the red and black defenders giving chase. She didn't hesitate for a second and composed herself with a perfect shot to send MES Cairo into the lead against CAC for the first time in a decade.

CAC responded with calmness and composure through their precision







passing game. Soon inevitably, their superior teamwork afforded the equaliser, but the joy was still present on the MES Cairo players' faces as half-time approached. The tactics did not change, although the home side were clearly starting to dominate. Conceding more goals appeared to be inevitable for Leila's exhausted defenders. Alia El Shabrawy would not be subdued however, and it was her victorious struggle in the middle of the arena that meant more balls could be fed up to the patient Tia. The next pass found Tia deep in front of at least two defenders with no way of simply tricking her way through like before. Instead she turned to face them with the ball never motionless and used both her feet to dance it between the legs of her hapless foe. First one, then another defender was beaten and she was free again. Sailing away, almost on a cushion of air like a gliding bird, to once more put her team ahead. The half-time score that evening was 2-1 to MES Cairo. The feeling in the team was undoubtedly one of incredible pride.

Bolstered by the fresh legs of substitutes, Yasmina El Gendy (G12Y), Mariam Gouda (G12R), Lara El Ghannam (DP11R), Natalie Matta (Y11Y), Malak El-Ahwal (G12G) and Farah Gharib (DP11Y), the core of the team remained steadfast and resolute to the impending attack from the hosts. Gradually the passing and superior overall fitness yielded ever more chances and the scores changed to 2-2 and 2-3 against Tia and her peers.

After the fifth goal of the match, Amina re-started the game and side footed the ball to Tia on the halfway line. Cries for her to pass were either ignored, or more likely never heard, as a mist engulfed her consciousness and elevated her mind to a plane of invincibility. She was about to commence the unimaginable and unforgettable. Tia gazed at the opposing goal and the six players positioned between her and her objective. She drew in a deep breath and then started to run. The first player was fooled with a quick switch of control between whirling feet, then another opponent came sliding from the side, but Tia skipped in the air only to land with the ball still at her boots.

She darted right then left, dipping her shoulders and twisted her hips, all the time shifting the position of the ball out of the reach of each adversary. Time itself appeared to decelerate as spectators and even her own teammates just watched stunned and gasping. CAC players struggled to catch Tia but were almost hypnotised into lethargy by her magical skills. Finally, she had passed everyone except the goalkeeper, but it was too late for the gloved protector between the posts. Tia had picked her spot and executed an exquisite last touch that was impossible to match. The finest goal of the night and probably of the decade, was an act of absolute individual brilliance and bravado. From no goals in ten years, MES Cairo had now achieved three in under an hour and Tia had cemented her hat-trick against the toughest team in Cairo, in the fashion only worthy of a footballing genius.

The credit for the team's performance that afternoon and that fabulous third goal, belong to the players who have tried so hard to improve and help one another develop. Not just this season, but in fact over the last ten years, because every player that trains and plays leaves an influence on those younger than them. The young develop and learn because of the experience and refined talent of those older players around them. It is so joyful to reflect on an unforgettable goal crowning the amazing experiences of an unforgettable decade of Varsity Girls Football.

**Mr S Perry - Varsity Girls Football Coach 2007-2017**



## BOYS' VOLLEYBALL AT MES CAIRO

The

MES Cairo Junior Varsity and Varsity Boys' Volleyball teams had an outstanding season filled with growth and development. Both squads worked hard in practice and bonded as a team through several friendly matches and the CISSA tournaments. Throughout the season both squads improved a great deal and developed from a group of individuals on the court to playing like



a true team. It was a successful season and the future is bright for the MES Cairo Volleyball programme.

The Junior Varsity team competed in the CISSA tournament first and battled their way to a Third place finish. Captain Ismail Rizkana (Y11R) anchored the squad and provided the leadership necessary to guide the team. Other key contributors were Omar Salem (Y11Y) with some terrific serves, Mahmoud Taleb (Y11R), Youssef Selim (Y11R), Omar Fiky (DP11Y) and Joseph Elhawary (Y11B) securing the defence with some terrific saves and Martin Nasief (Y11Y) who gave the team the consistency it needed with steady play during some tough matches. Another key member was our top hustler, Mohamed Bablii (Y11R). He made sure that every point was fought for until the very end. Great job boys!

The MES Cairo Varsity team wrapped up their season with the CISSA tournament held at the American International School. In

a tournament that had an extremely high level of play, our MES Cairo boys battled in several close matches and ended the day in Fourth place. Once again, we had some terrific efforts. Our captain, Marwan Seoudi (Y12Y) excelled in his role as the on the court leader of the team. Ismail Rizkana and Mohamed Bablii continued to display their athletic abilities by winning us several points during the tournament. Our top setters, Karim Salama (Y11R) and Khaled Megahed (DP11Y) made sure we had a chance to spike as much as possible. AbdelRahman Hakim (Y11B) served notice with several great blocks at the net. The player who showed the most improvement throughout the tournament was our frontline defender, Zein Zarki (Y12R). To top off a solid performance, MES Cairo was voted the team with the best sportsmanship. This comes as no surprise for those of us who have worked with these fine young men.

Congratulations on a solid season.

**Mr E Newton – HOD Secondary Physical Education**



## GIRLS' VOLLEYBALL AT MES CAIRO

The

MES Cairo Girls' Junior Varsity and Varsity Volleyball teams had a year of growth. We played some tough games

and learned a great deal by attending two very intense tournaments. The returning players from last year: Mariam Aly (G11Y), Kenzy Wadood (G11R), Carol Atta (G11R), Nouran Megahed (DP11R), Kanzy Aboualam (G11Y), Laila Gemaleldin (G12G) and Maya Mehrez (DP11Y) were the backbone of the teams with an understanding of the game and great players under pressure. Thankfully, a few Senior girls decided to join the varsity team



and play for MES Cairo for the first time this year: Rana Bahaa (G12B), Mariam Nabhan (Y12R), Shahd Rashad (G12G) and Mariam Ismail (G12R). They added to the team's positive spirit. We were able to add a couple of new Juniors to the Varsity team. Amina Shourbagy (G11B) and Zeina Badawy (G11R) both proved to be ready for the high level of play. Hopefully, next year we will see some of the players that started this year return to the squad so that we can build on this year's success. Thank you all for a great season.

**Ms L Castleberry – Girls Volleyball Team Coach**



# VARSITY BOYS' FOOTBALL

The start of the season was a difficult time for both myself and the players as over sixty-four students trialled for only twenty positions in the Varsity squad.

The standard of football was excellent during the trials and after a rigorous fitness component, skill-based exercises and small-sided games, Mr Carroll, Mr Keast and I finally decided upon twenty players to take forward as our 2017/18 Senior Varsity Squad.

Omar Hegazy (G12G) was named as the Team Captain for the forthcoming season as he has consistently played every year for MES Cairo and this year is his second with the Senior Varsity squad. His fantastic footballing ability, along with his enthusiasm and positivity, make him an ideal choice for captain.



## Season

It was a quick turnaround after selecting the 20-player squad as we started to prepare for our first tournament at Hayah on 29<sup>th</sup> September 2017. This tournament was a great way to see the squad compete in a competitive fixture against other Varsity squads in Cairo such as HIA and CAC. The first fixture was MES Cairo versus HIA. This competition was only a week after squad selection so the team had very little time to get together and get to know one another's positions and patterns of play. We started the game very well, playing some excellent football. However, a few small mistakes defensively let us down and we went into half-time trailing 2-0. After a firm half-time briefing, to the credit of the players, they went out determined in the second half and dominated the pitch. The team really stepped up a level by retaining possession well, moving the ball across the park and ironing out the defensive errors from the first half. However, despite a late Omar Hegazy strike from just inside the area we were unable to capitalise and lost the game 2:1.

The score for the second fixture was MES Cairo 0 – 1 CAC. The second game came in quick succession, with little respite for the



players. We competed well but CAC managed to get the vital goal which took them to the top of the tournament table.

## MES Cairo 2 - 0 ISC-C

The final game of the tournament saw MES Cairo take the game to ISC-C, running excellent phases of play which resulted in a couple of outstanding goals from Omar Hegazy and Mazen Fouda (G12G). It was a fantastic end to a great tournament but not enough for the players to come away with any trophies on this occasion. I was extremely proud of the team's hard work and positivity throughout.

A special mention must be made of the three players who exceeded expectation and have played with a fantastic attitude and passion throughout the season:

## Mr G Loftus – Senior Varsity Coach

### Nour Hani Mahfouz (G12Y)

#### Right Wing-back

Nour has been excellent throughout the season. His pace and strength make it difficult for players to get past him. He shows great positivity and creativity while going forward. A great asset to the squad.



### Shehab Abou El Fadl (Y12R)

#### Centre Midfield

Shehab is an extremely composed individual who is comfortable in possession with the ball in all areas of the pitch. He has led by example through Term One fixtures and has been a vital part of the squad.



### Mohamed Tarek Osman (Y11Y)

#### Centre Midfield

This is his first season with the Varsity squad and he has proven to be an excellent addition to the squad. A player with a great range of passing. He is extremely hard working never giving the opponents time to rest.



# WELCOME!

## MEET OUR NEW MES CAIRO TEACHERS

### Mr Chandler Rickers – Secondary Business and Global Studies

Hello, my name is Chandler Rickers and I am the new Business and Global Studies teacher in the Secondary American Section here at MES Cairo. I am very excited to be joining this wonderful school and getting to know the students. Before I moved to Cairo, I was living and teaching in Page, Arizona, USA. Page is a small town, about two hours away from any other town, where the students I taught were mostly Navajo. It is a beautiful area to live. I was close to the Grand Canyon, Zion Nation Park, and Bryce Canyon Nation Park just to name a few.

I am excited to be here in Cairo and look forward to exploring the country and seeing the sights. I also look forward to helping out with the Secondary Musical production.



### Ms Laura Shepherd – Secondary Physical Education



Hello, my name is Laura Shepherd and I teach Physical Education across Secondary in both the British and American Sections. I am originally from Cornwall, England where I completed my PGCE. I have been teaching and living in Somerset, England for the past two years. I am so far enjoying Egypt and have been overwhelmed with the friendliness of everyone I have met both in and out of school. I continue to relish in my enjoyment of being active out of school and have found a local rugby team, play in friendly netball games throughout the week and regularly use the gym. I look forward to working with all of the students at MES Cairo and have been impressed in their positive attitude in and out of lessons. Additionally, I will be coaching the girls' netball teams for ASA and am excited to see our talented sportswomen in action.

### Mr Hans Hess – Secondary English

Hallo! Hello, my name is Hans Hess and I am teaching English in the American Section in Secondary. I currently call Goshen, Indiana home in the United States, but have lived in many countries around the world including Germany and Mali. I have previously taught in Honduras and the United States, but I am excited to teach the wonderful students I have met at MES Cairo. My family moved to Cairo with me, and I am excited that my eldest son, Elias, can attend Foundation Stage One here. We have enjoyed exploring Maadi and look forward to seeing other wonderful parts of Egypt.



### Ms Loretta Lee – Secondary Art



My first trip to Cairo was a long time ago as a student and although I had a very limited budget I really enjoyed my time here. That trip was memorable because of things I discovered about the culture and history of the place, the beautiful architecture, artifacts and the friendliness of the people. Now over twenty years later I have returned to a more modern and cosmopolitan city but these things that have drawn me back haven't changed.

The friendly welcome from MES Cairo staff and students has made me feel settled in my new home and I am really looking forward to lots of new adventures and experiences here in Cairo and Egypt.

### Mr Chris Stock – Secondary Commercial Studies

Hello everyone! My name is Christopher Stock and I am from Bedfordshire in the UK. I have joined MES Cairo to lead the Commercial Studies Department. As I embark on my twelfth year of full-time teaching. After gaining a 2:1 Business Management degree from Bournemouth University, I gained my PGCE teaching qualification, from the University of Hertfordshire.

My teaching career has involved four years of UK experience including Inner London for three years and I have been on the international circuit for seven years. Most recently I was teaching and living in Colombia where I learned the Spanish language and salsa dancing. Whilst there, I completed a Master's in Education (Management and Leadership).

My hobbies include playing football, travelling, yoga, surfing and keeping fit in the gym. I have recently completed an Iron Man Triathlon in Bolton, UK, which involved a 3.8 km swim, 180km bike ride and 42km run in under 17 hours. I will need all of my energy for this academic year in a busy, outstanding school with a culture of continuous improvement. I am certainly looking forward to the challenge!





### Mr Grant Loftus-Bird – Secondary Physical Education

My name is Grant Loftus-Bird and I am teaching in the Secondary Physical Education Department across both the British and American curriculum. I was born in Dundee, Scotland and studied at the University of Edinburgh. After graduating, I spent one year teaching in Dunoon, West of Scotland, before packing my bags and leaving for Egypt.

I have always loved travelling and prior to my arrival at MES Cairo, I spent three months travelling to different places in Europe including Spain, Paris, Amsterdam, Dublin and England. I have also spent two summers at an American Summer camp coaching football. This was an incredible experience and I would highly recommend it.

I have played football (ever since I can remember) for a variety of youth teams and semi-professional clubs. With this experience I hope to guide the Senior Varsity boys to league and cup triumph this coming season.

Since arriving in Cairo, I have been overwhelmed by the generosity and gratitude of the MES Cairo staff members, the students and the local Cairo community in general. This has made the transition easy and stress free, I can see myself living in Cairo for a very long time. I look forward to meeting each and every one of you, as part of the MES Cairo family.



### Mr Gary Brecke – Secondary Science



Hi all! My name is Gary Brecke, and I am a Science teacher in the British section at MES Cairo. I have been teaching for a number of years in the UK, specifically London. I studied BSc (Hons) Biological Sciences in the beautiful city of Oxford before moving on to study my PGCE in Secondary Science at Roehampton University in London where I have been teaching until my big move over to Cairo this summer! I am absolutely loving the warm weather and great food that Egypt has to offer, as well as the friendliness of the people here. I love to explore new places and I hope to see as much of Egypt as possible during my time here. It is not my first visit to the country, having spent some time in the beach resort of Dahab back in 2008. As well as visiting new places I also love to watch the best football team in England – Tottenham Hotspur win football matches! I enjoy live music and love to try new foods, of which there are many for me to discover here in Egypt!

### Ms Natalie Hodkinson – Secondary Geography

Hello everyone, I am Natalie Hodkinson, Geography and Travel and Tourism teacher at MES Cairo in the Secondary British Section. So far, I am really enjoying Cairo and I appreciate the enthusiasm and life the students at MES Cairo bring to my classroom. Before I joined MES Cairo, I was teaching Geography in Singapore, which I thoroughly enjoyed. One of my biggest passions is to travel, so I took full advantage of living in Asia and spent much of my time taking in the sights and sounds on offer. I am really looking forward to my time in Cairo and exploring as much of Egypt as possible. Outside of the classroom you will find me practising yoga, scuba diving, snowboarding, running or reading.



### Ms Estelle Thiam – Secondary French and Spanish



Bonjour tout le monde! My name is Estelle Thiam and I teach French and Spanish in the Secondary Section at MES Cairo.

My husband and I decided to venture into the 'International teaching' world to discover different cultures and new horizons. We arrived in Egypt in August with our two children, Emilia in Year Three and William in Foundation Stage One. I am a French native speaker and have been living in the UK for the past fifteen years. I have taught Languages in different schools around several Midlands cities such as Birmingham, Coventry, Bedford and Northampton. I have a real passion for teaching European Languages and wish to find out more about the fantastic treasures Egypt and the Middle East have to offer. Finally, I aspire to develop my knowledge of the Arabic Language!

### Mr David Yule – Secondary Mathematics



My name is David Yule and I am teaching Mathematics in both the British and IBDP Sections. I was born in Scotland, UK and gained my Mechanical Engineering degree from Edinburgh University. After gaining my PGCE in the UK my teaching career started in London, in 2007. I taught in London for eight years before moving to Malaysia for two years. Having been in Egypt for a short time now, I am extremely excited to explore more of it and am happy I have joined the MES Cairo family.

Other than Mathematics, my passions include sport, reading and travelling. Since arriving in Cairo, I have been lucky enough to find a core group of keen golfers to help me ruin a lovely walk and lose some balls. I try to read as much as possible but am struggling to find the time at the moment. I am sure I will be able to get back into the habit very soon. Whilst in Malaysia, I visited most of South East Asia where one of my favourite destinations was Myanmar. I would encourage everyone to go to see the temples. Truly stunning!

### Mr Paul Edgeler – Secondary Music

Hi, my name is Paul Edgeler. I am teaching Secondary Music across both the American and British Sections and I am looking forward to teaching all of the students in Grades/Years Seven and Eight.

I am also the Whole School Peripatetic Music Coordinator and I am excited to be working alongside a wonderful team in the Peripatetic Music Department. Originally from New Zealand, where I completed a Master's Degree in Music Composition, my specialist areas are Music Production and Classical/Jazz trumpet. I taught in Auckland for six years, then for sixteen years (twelve as the Head of Faculty) at Jerudong International School, Brunei. It is my very first time to experience Cairo and this region of the world, and my first few months in this amazing city have exceeded all expectations. Everyone I have met has been incredibly welcoming and generous. Cairo is alive and vibrant. I look forward to working with the staff and students at MES Cairo and to exploring and making the most of all the exciting opportunities on my doorstep.



### Ms Emily McDermott – Primary Key Stage One



Hello everybody! My name is Emily McDermott and I am extremely excited to be teaching Foundation Stage One this year. I moved to Egypt with my husband in August, making this my first international teaching post. So far, I am thoroughly enjoying teaching at MES Cairo and living in Egypt. For the past three years I worked at a Primary school in Newcastle upon Tyne, England. During this time, I had the opportunity to work with children between the ages of 3 to 11.

Before teaching, I completed my undergraduate degree in Education Studies and Theology and Religious Studies at York St John University. After this I went on to Northumbria University where I specialised in the Early Years Foundation Stage.

### Ms Rebecca Forbes – Primary Key Stage One, Year Two Team Leader

Hello Everyone! My name is Rebecca Forbes and I have joined MES Cairo as Year Two Class Teacher and Year Team Leader. Before moving to Cairo, I taught in 'Bonnie' Scotland for two years after graduating at the University of Glasgow. Followed by three years working at an International School in Qatar. My best friend, Miss Olivia Walker used to tell me how much she loved working at MES Cairo with such lovely children and staff that I just had to come check it out for myself. What can I say... I am loving it so far! I am so thankful to all the children, staff and parents for making me feel so welcome. When I was younger I used to be an Irish dancer so I am very much looking forward to bringing a touch of Irish dancing and music to MES Cairo.

Outside of school I love to travel, play sports and socialise with friends. I can't wait to spend my weekends exploring the beautiful beaches of Egypt, playing in Rugby tournaments and visiting the Pyramids with friends.



### Mr Hugh Lansdown – Secondary Computer Science and ICT

My name is Hugh Lansdown and I teach Computer Science and ICT in the Secondary British Section at MES Cairo. Before coming to Cairo, I worked for two years as Head of Computing at Harrow International School, Beijing and before that I taught in Hertfordshire, London and Berkshire in England, Swansea in South Wales and Bangkok in Thailand. I have two grown-up children at home in Wales and enjoy sports, photography and music.





### Mr Stuart Hallam – Primary Key Stage One Teacher



Hello to one and all! My name is Stuart Hallam and I am a new Year Two teacher at MES Cairo. I am from Oldham (near Manchester) in the UK and I have been teaching for sixteen years. I have been lucky enough to teach all over the world including the UK, Mongolia, China (twice), Portugal, Russia, Dubai and now Egypt. I have taught all age groups from Foundation Stage to Year Six, and I have even lectured sport at college. I have a BA Honours degree in Sport and Education and I have completed a number of courses at the National College for School Leadership in England.

Before becoming a teacher, I served in the British Army as an Infantry soldier in the Royal Regiment of Fusiliers 2<sup>nd</sup> Battalion and I also played semi-professional sports when I was younger. Away from teaching I enjoy music and was in a brass band at school. I also enjoy DIY (I recently rebuilt a house in England). Sport would be my biggest passion, both playing and watching, but as I'm now 43 years old I should probably stick to watching. I look forward to meeting you all in the future.

### Dr Wallace Macindoe – Secondary Chemistry

Hello, my name is Wallace Macindoe, and I am very excited to be part of the teaching team at MES Cairo. I have previously worked in Japan, United Kingdom and Ukraine.

After obtaining my first degree in Chemistry, I went on to do a PhD and defended my thesis on the topic of "Polymer-Supported Suchochemistry". I worked firstly as a postdoctoral researcher and then while working several years in the pharmaceutical industry I earned my MBA part-time. I wanted to give back something to the Science community, so I embarked on a career in teaching way back in 2005. During my time of teaching at South Thames College, London, I gained my PGCE and then enjoyed my first teaching post abroad in Kiev, Ukraine teaching A level and IBDP Chemistry as well as Key Stage Four Sciences. I enjoy watching today's learners take on an inquisitive and enquiring mind set when teaching Chemistry in the classroom. Outside of the classroom, I look forward to exploring the fascinating historical landmarks that Egypt is so endowed with.



### Mr Brett Houghton - Secondary Physical Education



Hello, my name is Brett Houghton and I am a new teacher in the Secondary PE Department. I am currently coaching swimming at MES Cairo and will also be assisting track and field. Prior to moving to Cairo, I was a teacher in my hometown of Charlotte, North Carolina, USA. In Charlotte, I was the aquatics director at Providence High School, as well as the head wrestling coach and assistant track and field coach.

I attended Appalachian State University in North Carolina where I majored in Physical Education and was a member of the wrestling team. I spend my summers travelling and this past summer I spent five weeks in Colombia and two weeks in Montana visiting Yellowstone and Glacier National parks.

I am really looking forward to travelling more around Egypt and its neighbouring countries.

### Mr Joey Harper – Primary Music Teacher

Hello Everyone! My name is Joey Harper and I am a music teacher. I am a Primary music teacher, but in the past I have also taught Secondary choir, music theory and musical theatre. I am very excited to be in Egypt this year. Previously I taught in Florida, USA. I enjoyed life there immensely, but I was looking for a change. This opportunity to teach in Egypt came along, and I immediately jumped at the chance to move across the world. Up to this point, the students, staff and Egyptian population have been incredibly welcoming and kind! I look forward to the rest of the year and the many opportunities life abroad will provide.



### Ms Kathi Wohlberg – Primary Physical Education and ASA Coordinator

Hello everybody, my name is Katharina Wohlberg, but I am called Kathi most of the time. I grew up in Scheessel, a little village in North Germany. I have a degree in P.E., Mathematics and General Studies and I played Basketball on a professional level for ten years. After two years working at a Secondary school in the South of England, I became a class teacher at a private Primary school in Germany. Before I came to Cairo, I worked at Leipzig International School in Germany as a P.E. teacher for five years. I have had a very good start in this beautiful country and I am excited to be part of the MES Cairo team!

### Mr Tom McDermott – Primary Key Stage Two



Hello everybody! My name is Tom McDermott and I am extremely excited to be teaching in Cairo. This is my first international teaching post and so far I am loving being a part of MES Cairo. This is my first time in Egypt and I am pleased to say I am making the most of it. In my first couple of months, I have already taken a Felucca ride down the Nile, stood at the foot of the Pyramids and taken a ride on a camel!

This is my fifth year as a fully qualified teacher. I have spent the last four years working as a class teacher in a Primary school in Newcastle, England. Before that, I worked as a football coach in the USA. Although football is my passion in life, I am a sporty individual who enjoys playing and watching lots of different sports.

### Ms Susan Underwood – Primary Key Stage Two

Hello everyone, my name is Susan Underwood and I am finally here, in Cairo! My first visit to MES Cairo took place over ten years ago. I remember promising myself that one day, I would return to the school as a member of staff! I have now joined MES Cairo as a Year Six teacher. I have thoroughly enjoyed working as a Key Stage Two teacher in the UK for a number of years. I originally trained as a museum curator and I have studied in Amsterdam and worked in museums and galleries in both London and Manchester. I then became a Senior Lecturer for a number of years, before fulfilling the promise I made to become a Primary teacher. I love living in Cairo and have found extremely friendly and helpful people wherever I go in the city. I am looking forward to exploring Egypt further during my time here



### Mr Eric Newton – HOD Secondary Physical Education



Hello, my name is Eric Newton and I am teaching Secondary Physical Education as well as serving as Secondary Athletic Director here at MES Cairo. I am originally from the United States where I studied Physical Education and educational leadership. I have been lucky enough to live and teach internationally for almost ten years, the last position being in Germany. I have thoroughly enjoyed my start here at MES Cairo. The friendly staff coupled with the excited and eager students have made the transition extremely easy. I am impressed by the level of dedication many of our students have displayed towards sports and I look forward to working with them in physical education and in our After School Activities.

### Ms Georgia Harrison – Primary Key Stage One

Hello! My Name is Georgia Harrison and I am teaching Year One Violet this year at MES Cairo. Whilst I am new to MES Cairo, I am not new to Cairo. I spent ten years living here with my parents and completed my Secondary Education in Cairo before returning to the United Kingdom for University. I studied Middle Eastern Studies with Arabic at Exeter University and then completed my PGCE with Sunderland University. I got married in April 2017 and love living in Cairo where my husband is running his own business. When I am not teaching my hobbies include travelling, spending time with friends and family, art and cooking. At school you can find me in the Year One Pod or in Cooking ASA on a Sunday. I am really enjoying working at MES Cairo and look forward to a great year ahead!



### Mr Joshua Keast – Secondary Physical Education



Good day! My name is Joshua Keast and I am teaching Secondary Physical Education. I am originally from Penzance, Cornwall (the most beautiful area of the UK). However, I studied in the vibrant city of Cardiff, followed by teaching in South Korea for a year and eighteen months in Asia. Prior to arriving in Cairo, I spent three years teaching in the South West of England.

My passion for sport surpasses simply participating, but to educate young adults on the impact of a healthy active lifestyle. I am involved in most sports; football, table tennis, rugby, snowboarding and surfing.

I am excited to be part of the MES Cairo team and to experience a new interesting culture and explore the sites of Egypt!



### Mr David Paget – Primary Key Stage Two



My name is David Paget and I am a new teacher in Year Six Green. I have moved to Cairo after spending the last two years working in Mongolia, where the weather was certainly not as pleasant! Before starting life as an international teacher, I worked for a number of years at a Special Needs school in England. Prior to beginning my career as a teacher, I completed an Undergraduate degree in History and a Master's degree in Social History at the University of Plymouth. I then undertook my PGCE course at the University of Gloucestershire where I specialised in the teaching of English and Special Educational Needs.

I am very much enjoying my time in Egypt so far and I am looking forward to the future challenges ahead.

### Ms Sara Farag – Primary Key Stage Two

Hello everyone, my name is Sara Farag and I am new this year to MES Cairo. I have experienced a warm welcome from everyone in the MES Cairo family, from colleagues, student and parents. Although it is my first time living in Egypt, having an Egyptian father meant many holidays were spent here throughout my childhood. As I was born and raised in London, my Arabic is not fluent, but I know enough to hold a conversation and most importantly, to go shopping! I have had several teaching roles and middle management roles during my career in Inner London schools and felt like a change of scenery. So, we decided to try our first venture of teaching abroad. It was a major decision to leave; parting with our family and friends was emotional. My husband, along with my teenage daughter and young son who now attend MES Cairo, are experiencing a new culture and lifestyle and are loving life in the sun! Having a family here in Cairo, (uncles, aunties and cousins) has enabled us to settle in quickly and has given us more familiarity. We are looking forward to the future at MES Cairo and the good prospects that Egypt has to offer.



### Ms Samantha Rawlings – Primary Key Stage Two



My name is Samantha Rawlings and I am the teacher in Year Four Blue. Before moving to Cairo, I was teaching in Ulaanbaatar, Mongolia. That was my first international post and I loved experiencing a new culture and environment, however the temperatures of -40 were not enjoyable.

I was born and grew up in Wiltshire, England and did my degree in Primary Education specialising in Mathematics. I have been teaching for ten years and have taught each year group at Primary. I have really enjoyed teaching at MES Cairo so far and love my Country Dancing ASA. I love exploring Cairo and am enjoying the warmer climate.

### Mr Oumar Thiam – HOD Secondary World Languages

Salut tout le monde. My name is Oumar Thiam and I am excited to be at MES Cairo. I am originally from Senegal but I studied in France before starting a teaching career in the UK thirteen years ago. As you can imagine, I teach languages and I consider myself very lucky as it is the MOST enriching subject that you can ever choose to study. I have a positive feeling about MES Cairo as I find my colleagues helpful and nice. The students are very pleasant, eager to learn a language and discover other cultures and civilisations. I am really looking forward to getting to know you and work with you all. I hope that we will spend a few enjoyable years together.



### Mr Jakob Durbridge – Primary Key Stage Two



Hello, my name is Jake Durbridge and I am excited to be teaching Year Five Green class. I worked in my last school, in Luton in the UK, for the past five years where I started as a teaching assistant and worked my way up to becoming a fully qualified teacher. I am a huge football fan and back home I support Millwall – who you may not have never heard of!

Working internationally has always been a dream and I could not wait to move out to Egypt and begin my new adventure. I visited here over fifteen years ago with my family and I absolutely loved it! We were brought up to travel and experience new cultures so I have had the bug from an early age. So far, living out here has been an incredible experience with the numerous travel opportunities and the welcoming nature of the people. I am looking forward to working at MES Cairo and continuing to nurture the future generations of Egypt.

## 'A STARS' NEWS

***'Reach high, for stars lie hidden in you. Dream deep, for every dream precedes the goal.' Tagore***

The success of the A Stars ASA continues to grow with the involvement of many groups of students from differing grades and years, both as learners and teachers.

### Why study with the A Stars?

You can study and learn with others. Why study at home alone when you can be with friends? Studying together not only can result in you knowing more and being better prepared for lessons and assessments but also fosters productive collaboration – a twenty first century skill!



Studying takes place in small groups so that everyone has the opportunity to practise skills and deepen understanding of subjects.

There are a variety of subjects on offer (and sometimes arrangements can be made to suit your individual study needs). Subjects are taught by subject specialists or by students who have demonstrated expertise.

Studying with the A Stars is more informal and yet tailored to the individual student. Students can develop understanding of a subject as they are encouraged to ask questions, practise skills and achieve.

Students can improve their study skills, for example, organisation and time management. These are skills that should be embedded early and will last a lifetime. They will benefit students throughout schooling, university and beyond.

You want to type really quickly? Find that your thoughts run faster than your typing speed? We have a new typing programme that makes learning the keyboard and gaining speed fun.

Parents! Encourage your child to join the club in order to provide even more opportunities for your child to succeed.

**Ms T Sliney – Head of Secondary Learning Development Department, British Section**



## GIFTED AND TALENTED NEWS!

### Supporting a Gifted Child Outside of School

As a new academic year gets underway, the MES Cairo Gifted and Talented programme continues to offer gifted and talented students a wide range of engaging extension activities in class as well as a variety of stimulating after-school opportunities to stretch, challenge, and excite their brain. However, the development of any talent requires supportive experiences at home, so many parents seek out enrichment opportunities to supplement their gifted child's school experience and fully stretch their potential.

Here is some useful guidance on how to navigate the journey of nurturing a gifted child and ensure they experience a rich and stimulating life outside of school.

### Allow to pursue their passions and interests

Encourage the interest your gifted child gravitates towards the most, no matter how strange or different it is. Encourage your child to redesign their room to fit in with their hobbies and interests.

### Discover your child's best learning style

Help your child connect with their unique style of learning: auditory, visual, tactile/kinesthetic and use it to their advantage. Make accommodations for their learning style needs and create a learning environment at home that stimulates their brain and provides the motivation to complete the work.

### Set challenging, but attainable goals

Short-term, SMART goals enable gifted children to function in a motivated state of mind. Such goals provide them with quick wins and allow to experience many little victories on their way to the big success.

### Encourage to join in and make the most of our After School Activity programme

The MES Cairo After School Activities (ASA) Programme provides numerous opportunities for personal growth and development. After school activities for gifted learners include 'The Challenge Club', 'Global Perspectives', 'Mathematical Challenge', 'Science Club' etc.

### Model life-long learning habits or instil the value of community service

Spark your gifted child's interest in current affairs by watching and discussing the news and documentaries. Analyse them for solutions and discuss how the possible solutions could impact your lives. Volunteer with your child to help others. Model responsive listening for your child by listening attentively and providing relevant feedback in discussions.

### Intellectually stimulate your child through exposure to books, encyclopaedias, collections, charts, travel, technology, the arts and active experiences

Gifted children crave for diverse experiences, opportunities, and resources to challenge them, to discover and develop their advanced abilities. Provide your child with aspirations and expose them to art galleries and museums, historical places to fuel their brain, feed their curiosity, and satisfy their insatiable thirst for knowledge. Enjoy music,



plays, intellectual films, and discuss the experience. Take your child to libraries or university campus, let them browse, read, and use the computer to research and explore. Enjoy art virtually, via museum and cultural institution websites that can bring the world to your own home.

### Explain life applications

Gifted children are most inspired to learn when they are engaged in solving real-world problems. Explain to your child how the things they learn at school relate to the things they love. For example, help your child figure out the ingredients in a cake or provide opportunities for STEM play experiences. Explore chemical elements of household items and foodstuffs. Discuss chemical processes in food. Cook with your child and experiment with new tastes and new combinations.

### Encourage reading beyond the curriculum

Encourage your child to read a variety of fiction and non-fiction texts beyond the curriculum – reading will support their understanding of vocabulary and build their core knowledge.

### Play games and solve puzzles to exercise the mind of your child

Research suggests that reading and playing games boosts vocabulary, comprehension, problem-solving and critical thinking skills. Most games have some element of math, such as counting and estimation, spatial reasoning, and coding. There are games that require trading, negotiation, and collaboration. Parents can present a puzzle to their child while driving in the car, or create a puzzle corner at home. The Internet is full of games and puzzles that work the brain and help gifted learners think outside the box, promote memory, vocabulary development, multiplication skills.

### Keep curiosity alive

Curiosity cultivates a lifelong love of learning creativity, and intrinsic motivation. Gifted children enjoy the challenge of brainstorming and problem-solving. Parents can foster their fluent and flexible thinking by asking them open-ended, challenging questions and encourage them to think creatively through games, activities, and everyday occasions. For example, ask your gifted child to name things that can crash, things that open, things that sparkle or make a long list of (superheroes they know, favoured ways to spend the money, etc). Flexibility allows for invention and discovery of new ideas. Stimulate their originality and ask them to

create, invent, design (create a new superhero with unique powers, or create a recipe for peace, design the perfect vacuum cleaner, invent 10 new uses for it, apart from the obvious, etc). Encourage their divergent

thinking by giving them a problem to solve.

For instance, plan a trip and pose a problem that might arise. Let the children solve the issues with roadmaps using GPS, etc.

### Take a walk in nature

Enjoy observing the natural world and notice details and characteristics of plants, earth, and insects. Farm visits, wildlife sanctuaries, zoos can provide experiences and resources to peak their interest.

### Teach them to love sports

Consider enrolling your gifted child in extracurricular sports clubs and attend regular sporting events. Some gifted and

talented children thrive on competition. The excitement of winning

motivates them to present their best

performances, while competing can

also promote resilience. Watching TV

coverage of world-class sporting events

may also be beneficial for gifted children

as they are incredibly motivating and

powerful. Invent a sport with logical

rules, equipment and uniforms and try

to play it.

### Technology

The Internet is a mine of information

for personal interest and research

projects. Children are fascinated with

modern technology, but a gifted child's

special interest or ability may be most

evident in the questions they ask about

how technology works. There are many

Internet sites that enable your gifted child to carry out simulated science

experiments, design graphic masterpieces, and play chess against a

robotic guru.

The important thing for both teachers and parents is work in tandem to

encourage the gifted child's enthusiasm and gently challenge their skill

level, incite creativity, a passion for adventure, and the ability to get to the

heart of the matter.



### Online resources for gifted students and their parents

- National Association for Gifted Children: <http://www.nagc.org/>
- Gifted Child Society: <http://www.giftedchildsociety.com/>
- SENG: <http://sengifted.org/about-seng>
- Mensa for Kids: <http://www.mensaforkids.org/>
- National Society for the Gifted and Talented: <http://www.nsgt.org/>
- Learn computer science: <https://code.org/>
- Create a book on their own, and play challenging math or spelling games: <http://pbskids.org/>
- Online, interactive maps: <http://www.yourchildlearns.com/owlmouse>
- Challenging math practice activities for gifted students to do on their own: <https://www.ixl.com/>
- An American site with useful advice: <http://www.thekidstory.com/websites-for-gifted-children/>
- The site offers different challenges for gifted students: <https://www.cipherchallenge.org/>
- This website provides different links for parents and students, games, homework help: <http://www.hoagiesgifted.org/>

# Halloween Happiness

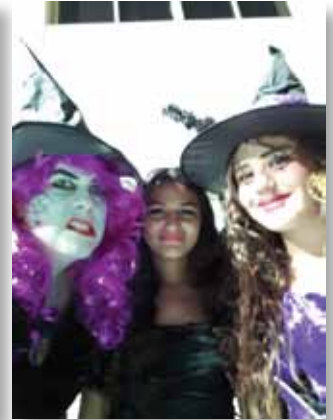


**What** a wonderful party! More students from Year/Grade Seven and Eight, than ever before, bounded through the gates to enjoy a night of thrilling fun, as MES Cairo Seniors threw their annual Halloween Social. The music was blaring as the witches, wizards and scary people danced with abandon. It was a delight to watch students having so much fun together. Costumes were well chosen or designed to add to the sense of theatre that was enjoyed by all.



The Seniors had prepared for days to make sure that the atmosphere was suitably spooky. Fanged pumpkins, hairy spiders and flying ghosts covered the walls. Food included wonderful coffin cakes with soil and miniature grave stones as well as the popular pizza and donuts.

It is always a delightful experience to watch the caring family of MES Cairo work together as the Seniors did everything they could to make sure the younger students



had a fun time. Some students had chosen to be entertainers and did a brilliant job of getting all the younger students on the dance floor. The party games were great fun. The photo booth where students could choose their costumes before taking pictures with their friends led to much laughter and created some life long memories.



A night to remember as 'fangtastic' fun was had by all!

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





# MESConians – Where Are They Now?

## Alumni News

### To MES Cairo IBDP Students, Past, Present and Future!



My name is Raghda Abulnour, one of the first MES Cairo IB students back when IB was introduced to MES Cairo in 2006. I graduated in 2008 and now, almost ten years later, I am proud to state that I am currently an IBDP Biology teacher and the CAS Coordinator at a school in London, UK.

Most of my teaching pedagogies, beliefs and philosophy stem from my days as an IB student at MES Cairo. Being a teacher now, I constantly remember specific moments when my own teachers inspired

me to achieve and to become the person I am today. I am very grateful for these beautiful days and sometimes I wish I would do it all over again.

The IB was definitely challenging as it is after all a demanding programme. However, it was the most rewarding experience and I believe the best curriculum for me as a learner. Until this day, the impact of the IB is instilled in all of my actions and decisions and is critical to the success I have had in my profession. I find myself at an advantage in that I can empathise with students and understand their needs. Being a Year Twelve tutor (Homeroom Mentor), I see what my own twenty-five students are going through and I am able to relate their stories to my own MES Cairo IBDP days.

I decided to become an IB teacher because I wanted to have the same impact on students that my own MES Cairo teachers had on me. I still remember Mr O'Connell (may he rest in peace) and his indefinite support in ensuring I do my best to get into the university I desired (McGill University). All of my teachers helped me surpass challenges that I did not think I could deal with and I did not believe I could ever excel in. I might not have realised then but their impact was definitely appreciated later when I entered university and the workplace.

So dear students, one piece of advice I would give you is to know that your teachers are there to support you and just as much as they believe in you, you must persevere, work hard, and believe in yourself. It is sometimes tough and requires a focus on building important working habits especially time management, but you will find yourself a step ahead when you enter university because you have already developed those important habits. Do not get frustrated when failing on a task. The important aspect is to try again and to ask your teachers what is the most efficient way for you to improve and actually take their advice. Enjoy these days (academically, emotionally and socially) as they fly by and then they become a beautiful memory. Enjoy it while it lasts! Have an amazing year ahead, all IBDP students!



**Raghda Abulnour (MES Cairo IBDP Class of 2008)**

### Egyptian Artists Nouran El Bostany (Class of 2007) and Nadia El Bostany (Class of 2014)



We graduated from Modern English School Cairo in 2007 and 2014 respectively where we enjoyed taking Art at school. We had a rich experience, from Art Electives to AP Art, to winning the Middle East Arts competition. Most of our work was focused on exhibiting at the school exhibitions, which was one event we eagerly awaited all year long. We enjoyed every Art class we took and we are thankful for all our teachers, especially Mr Crabb and Mr McKoski for teaching us and developing us into the artists we are today.

After graduating from MES Cairo we majored in Fine Arts and Applied Arts so although we are both artists we have different background experiences. As sisters, our home



pieces; this was when our talent was turned into a business.

Nowadays our pieces are shipped to homes all around Egypt and beyond where they leave a special imprint in every home they inhabit. We are so proud to be a part of the MES Cairo community, where we were able to grow so creatively and we will always use the experience we had during school to enrich our careers. You can see more of our work at NB Designology - [www.designologybynb.co](http://www.designologybynb.co)

**Nadia and Nouran El Bostany**

was our art studio, somewhere that we could paint, initially for fun, both day and night. Eventually, people started to admire our work and wanted to purchase our





# Remembrance Day Commemoration Sunday 12<sup>th</sup> November 2017



In October, the British Embassy in Cairo sent an invitation to MES Cairo inviting us to send a delegation of staff and students to the Remembrance Day Service on Sunday 12<sup>th</sup> November 2017 at the Commonwealth War Graves Commission Cemetery in Heliopolis.



On Sunday 12<sup>th</sup> November 2017, a group of staff along with our Primary and Secondary Section students from Commonwealth countries proudly represented MES Cairo at the Remembrance Service. Our students were reflective and respectful as they slowly walked along row upon row of Armed Forces graves of military personnel from many countries, who fought and died in Egypt in the Second World War. The students asked questions about the number of graves and nationalities, eventually understanding that many Armed Forces members had been sent to Army Station hospitals here in Egypt and this is where their lives came to an end.



The cemetery is home to 1,742 Commonwealth casualties of the Second World War. There are

also 83 war graves of other nationalities – a true reflection of the international nature of modern conflict.

As we neared 11.00am, the students and staff gathered to reverently make their way to the Memorial Cross of Sacrifice to

take their places for the start of the Remembrance Service which was conducted by Reverend Kerry Buttram from All Saints' Cathedral in Cairo.

The Remembrance Service itself was moving, as over twenty military and civilian representatives from around the world solemnly approached the Memorial and laid remembrance wreaths at its base. This was followed by two

Egyptian military buglers from the Staff Band of the Armed Forces of the Arab Republic of Egypt playing 'The Last Post' to mark the beginning of a two-minute silence. One of our own students, Saif El Bialy (Y10R) then stood and addressed the gathering as he read the poem 'And Death Shall Have No Dominion' by Dylan Thomas. Saif read beautifully and with such tremendous passion for a young man. We found, on our return to school, that the British Ambassador, Mr John Casson had contacted the Whole School Principal to commend our students for their behaviour and also to comment on how exceptionally well Saif had read the poem.

The service was followed by light refreshments. Throughout the entire service, our students behaved impeccably, listening carefully and always being polite and respectful to all those they met.

**Ms C Boswell – Publications Officer**







## MES CAIRO LADIES TEAM COMPLETE THE 100KM PHARAONIC RACE

The idea of the 100km Pharaonic Race was first initiated when, in 1977, the Egyptologist, Ahmed Moussa, discovered a piece of rock telling the story of Pharaonic soldiers running a race of 100km. This race took place in 690-665 B.C, during the reign of King Taharka, when the king went to inspect an army camp and found the soldiers in perfect physical fitness. It was then that he laid down the rules for the running race. The race was held in the area between Sakkara Pyramid and Fayoum Oasis, passing by Memphis, Dahshur Pyramid, Elleshet Pyramid, Kefren Pyramid and ending at Hawara Pyramid at Fayoum. The King himself participated in part of the race to show his interest in the sport. The surprise in the translation of the hieroglyphic scriptures was that the winner completed the race in just eight hours. To revive this memory, the modern race takes place in the same area, with almost the same route, albeit apparently in reverse!



A team of ten British women from MES Cairo and one Dutch lady, Anna Versteeg Blok, trained hard for months to take part in the 100km Pharaonic Race on Friday 17<sup>th</sup> November 2017 to raise much-needed funds for a local mother and baby initiative. With less than twenty-four hours to go

disaster struck with two runners falling ill and unable to participate in the race meaning that the remaining runners had to work that little bit harder.

The intrepid group left home at 2:15am on the day of the race to reach a hotel in Giza from where they boarded buses to drive approximately 110km south to Hawara Pyramid which is near Fayoum Oasis. The race start line is close to Hawara Pyramid, the Pyramid of the 12<sup>th</sup> Dynasty Pharaoh Amenemhat III. The team aimed to complete the 100km Pharaonic Race in 10.5 hours and as the majority of the team are not dedicated runners and most have never run 10km before, that finish time was going to be challenging.

The first runner, Caroline Underwood (Primary LDD Department), started the race in the early hours and was immediately faced with thick fog,



leaving her unable to see the road ahead for the first 5km. MES Cairo team members Kate McTigue, Celine Star, Susan Underwood, Carrie Ingham, Cath Jama, Maria Perry and Jane Hainsworth took over from Caroline as the race progressed. The first 30km of the race was run in thick fog which was quite challenging!

Once the fog lifted the runners were enjoying the scenery as they ran through beautiful rural villages. The team made good time reaching the halfway point in 4 hrs 53 mins and were well on target for finishing under the goal of 10.5 hrs.

The team finished in 9 hours and 53 minutes, well under their goal. Well done to everyone who competed.



**Ms C Boswell – Publications Officer**

"Despite the challenge, completing the Pharaonic race was such an achievement for our team and knowing what we raise will be going to a great cause, made it all worthwhile." **Celine Star**

"Later in the day when the fog lifted it was great running through villages and high-fiving local children who were there cheering us on." **Caroline Underwood**

## MES CAIRO TEACHERS TAKE PART IN THE 5TH SAHL HASHEESH TRIATHLON

The 5<sup>th</sup> Sahl Hasheesh triathlon took place near Hurghada during the weekend of 16-18<sup>th</sup> November 2017. The event included a variety of races; super-sprint, sprint, Olympic, duathlon and 1km children's race.



Several of our MES Cairo teachers competed in a variety of events. Ms Kalimah Fergus competed in the super-sprint (350m swim, 10km bike and 2.5 km run), Ms Kelsey Bull and Mr James Carter competed in the sprint (800m swim, 20km bike and 5km run) and both Ms Georgina Dean and Ms Judy Hamilton competed in the Olympic (1.5km swim, 40km bike and 10km run). Former Secondary staff member, Ms Susan Scott also competed along with her family in several events. Overall a fun and exciting time was held by all!

**Ms K Fergus and Ms K Bull – Secondary American Section Teachers**

"I started my triathlon journey with the fastest members of my running team. I had the honour of finishing my Olympic Triathlon at their sides! In a year, I have improved my Olympic Triathlon time by 1hr 47mins! My journey has taken me to new places, new teams and new people. I will forever be indebted to these incredible individuals for supporting me, pushing me outside of my comfort zone and believing in me."

**Ms Georgina Dean – Primary Year Four Teacher**

## Breast Cancer Awareness Month – 'THINK PINK DAY'



The month of October is regarded as Breast Cancer awareness month around the world. Different days during the month are adopted as 'PINK' days in different countries with pink ribbons being the symbol associated with this particular form of Cancer.

MES Cairo collaborated with the Breast Cancer Foundation of Egypt (BCFE) to raise funds to support their hard work in the areas of research, prevention/early detection education and support of breast cancer patients. The fundraising took many forms; commissioned cupcakes from Nola Bakery that students could pre-order and special t-shirts to wear as an alternative to their uniform on the day. Other merchandise was available for purchase in the run up to 'PINK Day' with students and staff acquiring ribbons, button badges, wristbands and pens.

Representatives from the Breast Cancer Foundation of Egypt were delighted to receive 40,000LE from our efforts. The amount will make a big difference in support of their national campaign to educate women about prevention and the services they provide to those who are diagnosed.

**Ms C Boswell – Publications Officer**



## CAIRO OPERA HOUSE TRIP



5<sup>th</sup> November 2017 saw a group of students, ranging in age from Year Tw to Twelve, take part in a trip to the Cairo Opera House. There, they were treated to an engaging selection of pieces including Benjamin Britten's *Young Person's Guide to the Orchestra* and concertos by Rossini and Rimski-Korsakov.

By following programme notes whilst listening to the orchestra play

*The Young Person's Guide to the Orchestra*, our students were able to identify each instrument of the orchestra as they took turns to play the lead in each movement. This gave them the chance to see their instrument of choice played professionally and, in the case of some of



our trumpet and violin students, see their instrumental teachers perform as part of an orchestra.

It was a wonderful experience for all of the students involved to see the Cairo Symphony Orchestra perform in such an impressive setting and one that I am sure will further encourage their love of music.

**Mr J Tomlinson – HOD Primary Music**

## THE MES CAIRO FAMILY CELEBRATES NEW BIRTHS!

### Evie Grace Rosser



Tom and Jeanine Rosser welcomed Evie Grace Rosser into the world on 27<sup>th</sup> August 2017 at 6:30am. Baby Evie weighed a healthy 9lb 2oz at birth. Mrs Rosser and Evie spent two months in North Wales, UK before travelling back to Cairo. Proud dad Tom is looking



forward to the time when Evie is old enough to be riding camels around the pyramids and scuba diving in the Red Sea.

### Julian Christopher Creasy



Proud parents, Angela and Joseph Creasy welcomed Julian Christopher Creasy into the world on 2<sup>nd</sup> July 2017 at 12.40am weighing a healthy 7lbs and 10 ounces. Born with the biggest blue eyes, Julian adores owls just like his mum and he has already developed very strong muscles as he is sitting up and moving around. He has an adorable personality with a gorgeous

smile that is already winning the hearts of people around him.

**Ms C Boswell – Publications Officer**





# MESMERISED



## MESsenger 57 Team

Ms C Boswell, Ms S Sheehan, Ms G Dajani, Mrs N Singleton, Ms R Sharkawy and Ms O Mawla.

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*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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