

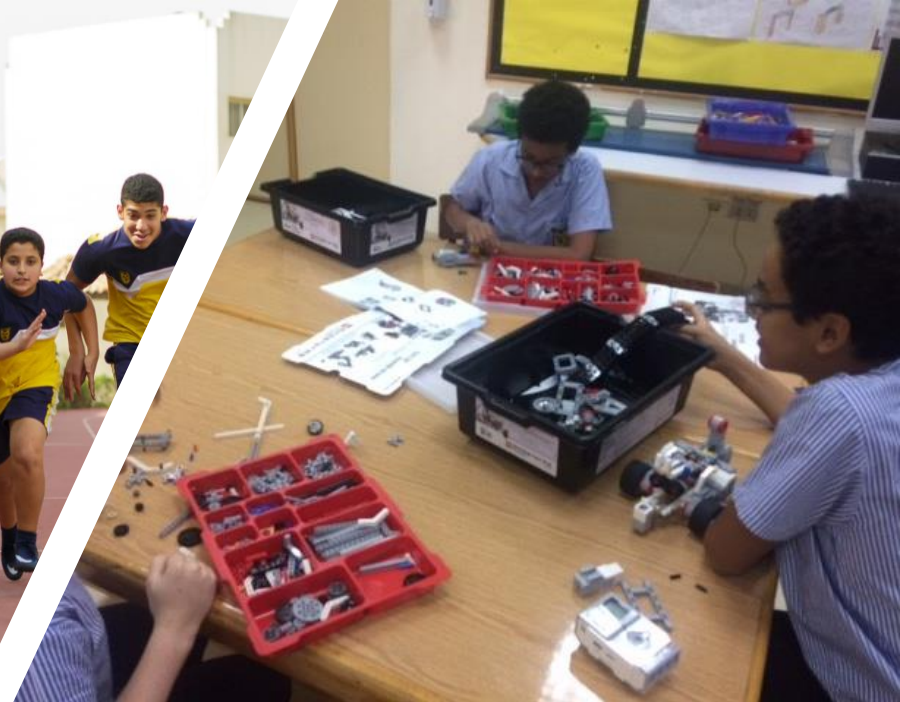
Gaining the skills you need  
for your bright future

# What Do You Enjoy Doing?

- Mathematical Challenge
- Global Perspectives
- Cookery Club
- Ping Pong
- Board Games
- International Award
- Stage Sets and Props
- Challenge Club
- Geography Rocks
- Outreach
- Cougar Teams
- Film Clubs
- High School Choir
- Barnum Production
- Science Clubs
- Programming Club
- Homework Club
- Digital Leaders
- Salsa for Beginners
- No-Gi Grappling
- World Scholars Cup
- Pioneers
- Make a Million
- The A Stars Club
- Senior Video Production
- Storytelling
- Quick Knit Club









Sunday

**No-Gi Grappling**

This club meets every week on a Sunday between 3.00-5.00pm.

This ASA is Brazilian Jui Jitsu without Gi. The focus is not only to learn the proven effectiveness of Brazilian Jiu Jitsu as a martial art, but also the joy of increased cardio vascular capacity, strength, mental toughness and respect.

**Where:** Field/Fitness Centre

**Staff:** Mr A Ayele

**Year/Grade:** Y/G/IB 10-12

**Maximum Participants:** N/A



Tuesday

**'Ping Pong'**

This club meets every week on a Tuesday between 3.00-4.00pm.

This club focuses on learning the skills of 'Ping Pong' and applying them into fun yet competitive games.

**Where:** Sports Hall

**Staff:** Mr T Rosser, Mr S Morris

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A



**Wednesday****Female Fitness**

This club meets every week on a Wednesday between 3.00-4.00pm.

Living healthily is about spirit, mind and body at every age. This class will focus on the discipline of Yoga and Pilates. It will promote the importance of physical activity and learning how to make healthy lifestyle choices in a fun and in a supportive environment. This class is designed for ages 12 and up.

**Where:** W3

**Staff:** Ms R Edmond, Ms S Kelley

**Year/Grade:** Y/G/IB 8-12 (Girls Only)

**Maximum Participants:** N/A

**Sunday****Golf Society**

This club meets every week on a Wednesday between 3.00-5.00pm.

Are you a golfer or do you aspire to be one? Do you want one-to-one coaching from two of the best professional golfers in Cairo? Golf Society is for cultured golfers and for students who have never swung a club before. You will learn how to improve your swing, challenge yourself mentally as well as physically. All of this will take place in the exquisite grounds of the Mirage City Golf Club located at JW Marriott Hotel. **Please note there will be a charge of 700LE for this ASA.**

**Where:** Mirage City Golf Club, J W Marriott

**Staff:** Mr D Yule, Mr A Labib

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** 10





Sunday

## Global Perspectives

This club meets every week on a Sunday between 3.00-4.00pm.

This 'by invitation only' ASA is designed to complement provision for our G/Y9 and 10 students who have proven academic talent, a committed work ethic and an evident interest in the world around them. The ASA shares its name with the IGCSE course offered by Cambridge International Examinations (CIE) and the intention is to prepare selected students for this examination.

Global Perspectives will serve as excellent preparation for further study in both sections and is particularly relevant for students contemplating the IB Diploma Programme.

Over and above this, Global Perspectives will serve to develop students' critical thinking abilities, research techniques, language competencies and other skills which are integral to students' success in other subjects, and indeed life in general! Our aim is to make sessions interactive and provocative. Rather than viewing this opportunity as 'more work', we want able students to participate in a course that will challenge them in different ways and require them to think about topical issues from different, global perspectives.

**(BY INVITATION ONLY)**

**Where:** SF10-SF13

**Staff:** Mr B Rainford, Mrs J Rainford, Mr J Rogers

**Year/Grade:** Y/G 9-10

**Maximum Participants:** N/A



Sunday

**Arabic Film Club**

This club meets every week on a Sunday between 3.00-4.00pm.

Students will watch a movie in Arabic and then we will have chat about it allowing students to practise their Arabic language skills.

**Where:** SG28

**Staff:** Mr M Elshahat, Mr A Elashry

**Year/Grade:** AFL students

**Maximum Participants:** N/A



Sunday

**Board Game Brainiacs**

This club meets every week on a Sunday between 3.00-4.00pm.

Come and play Chess, Backgammon, Uno, Monopoly, Deal, Connect 4 or Jenga. Have fun against other students and teachers and train for upcoming events and competitions.

**Where:** SS24

**Staff:** Mr H Al Kamali, Mr E Ahmed

**Year/Grade:** Y/G/IB 9-12

**Maximum Participants:** N/A



Sunday

**Fun on Board**

This club meets every week on a Sunday between 3.00-4.00pm.

We will be playing fun board games that will require problem-solving skills and a lot of humour!

**Where:** SS5

**Staff:** Ms S Sorial, Ms R El Geoshy

**Year/Grade:** 7 and 8

**Maximum Participants:** N/A



Sunday

**World Scholars Cup (Debate Club)**

This club meets every week on a Sunday between 3.00-4.00pm.

The World Scholars Cup is a celebration of learning. It challenges teams to work together and deals with serious global issues. Come and join the students who won a place at last year's competition.

**Where:** SF17

**Staff:** Ms S Caswell, Ms E Dowler

**Year/Grade:** 7-10

**Maximum Participants:** N/A





Sunday

## Make a Million

This club meets every week on a Sunday between 3.00-4.00pm.

This club is for students interested in Business and investment. Students will choose a portfolio of shares that are listed on the stock exchange and track their progress. Each week, we will meet to discuss performance and look at who is making money and why. Students will be encouraged to develop their own strategy for picking shares and track their performance. There will be a prize for the biggest 'winner' and biggest 'loser' over the course of the ASA. The ASA will complement both the Business and Economics courses or is good for anyone interested in how the stock markets work.

**Where:** NS2

**Staff:** Mr H Gilmour

**Year/Grade:** Y/G/IB 10-12

**Maximum Participants:** N/A

Wednesday

## Quick Knit Club

This club meets every week on a Wednesday between 3.00-4.00pm.

Students will learn about the history of knitting. Students will learn how to make basic knit and pearl stitches. Learning those two stitches will create many beautiful projects. We will make blankets for personal use or you can make one for charity as your final project.

**Where:** SF11

**Staff:** Ms A Hawthorne

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A



Tuesday

## Mathematical Challenge

This club meets every week on a Tuesday between 3.00-4.00pm.

This ASA will allow students to develop their skills of problem-solving by collaborating with likeminded mathematicians to explore non-routine problems.

Students who attend this activity will also be invited to take part in events such as the United Kingdom Mathematical Challenge and the British Schools in the Middle East Cairo Inter-School Mathematics Competition.

**Where:** SS23

**Staff:** Mr S Rayner, Mr T Kasmani

**Year/Grade:** 7-8 (BY INVITATION ONLY VIA LETTER)

**Maximum Participants:** N/A



Tuesday

## The Challenge Club

This club meets every week on a Tuesday between 3.00-4.00pm.

Develop your talents and interests at the Challenge Club - a club for Gifted and Talented students to engage in challenging projects and competitions. Join us and unleash your creativity and imagination!

**Where:** SF11

**Staff:** Dr T Kolesnikova

**Year/Grade:** 7-8 (GIFTED AND TALENTED STUDENTS ONLY)

**Maximum Participants:** N/A





Tuesday

## Geography Rocks

This club meets every week on a Tuesday between 3.00-4.00pm.

Explore the world of Geography through inquiry-based learning.

**Where:** NF6

**Staff:** Ms N Hodgkinson

**Year/Grade:** Y/G/IB 9-12

**Maximum Participants:** N/A



Tuesday

## Homework Club

This club meets every week on a Tuesday between 3.00-4.00pm.

This ASA helps students catch up, keep up and get ahead in school. Students will have time to complete homework assignments in English, Social Studies, Science and Maths. We also teach students to utilise the best methods and techniques for test-taking, time management and organisation. Subject specialists will be invited with a specific focus on helping Middle School students.

**Where:** LMC

**Staff:** Ms M Allen, Mr M Gardner, Ms D Frick, Ms L Ghoweiba, Ms S Fowler

**Year/Grade:** Grade 7-12

**Maximum Participants:** N/A



Tuesday

**Science Club**

This club meets every week on a Tuesday between 3.00-4.00pm.

This is an opportunity for keen scientists to gain additional experience in conducting fun and interesting experiments that they might not ordinarily come across as part of their Science syllabus.

**Where:** SS13

**Staff:** Mr A Hamilton, Mr K Abdulrahim

**Year/Grade:** 7-8

**Maximum Participants:** N/A



Tuesday

**Salsa for Beginners**

This club meets every week on a Tuesday between 3.00-4.00pm.

In this class you will learn to dance the Cumbia and Merengue!

**Where:** Dance Studio

**Staff:** Ms P Solomon

**Year/Grade:** Y/G/IB 10-12

**Maximum Participants:** 12





## It's Logic...of course!

This club meets every week on a Tuesday between 3.00-4.00pm

How good are you at solving puzzles involving logic and reasoning?

Join us to find out!

**Where:** SS7

**Staff:** Ms J Cates, Mr J Henry

**Year/Grade:** G/Y/IB 7-12

**Maximum Participants:** N/A

**Tuesday**



## Digital Leaders

This club meets every week on a Tuesday from 3.00-4.00pm.

Are you a student with passion for technology? If the answer is yes, then you should come along to Digital Leaders!

**Where:** W1

**Staff:** Ms S Taha

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A

**Tuesday**



Sunday

## Python Programming Club

This club meets every week on a Sunday between 3.00-4.00pm.

This is an opportunity for students who already know how to programme in the Python high-level language to improve their skills and discuss different programming techniques with other students.

**Where:** SG5

**Staff:** Mr H Lansdown

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A



Wednesday

## The A Stars Club

This club meets every week on a Wednesday between 3.00-4.00pm.

This ASA helps students catch up, keep up and get ahead in school. Students will have time to complete homework assignments in English, Business, Science and Maths. We also teach students how to utilise the best methods and techniques for test-taking, time management and organisation.

**Where:** LMC

**Staff:** Mr P Carr, Mr C Stock, Ms S El Masarany, Ms S Clingan, Ms L Talbot

**Year/Grade:** Year 7-12

**Maximum Participants:** N/A





**Tuesday****High School Choir**

This club meets every week on a Tuesday between 3.00-4.00pm.

Students will perform a varied repertoire at the Seasonal Concert in December. All students (IB, British, and American sections; 9 - 12) are invited to participate. Extra rehearsals may be required once we are closer to the Seasonal Concert.

**Where:** SG10

**Staff:** Mr J Harper, Ms K Banks

**Year/Grade:** Y/G/IB 9-12

**Maximum Participants:** N/A

**Wednesday****Digital Visual Storytelling Club**

This club meets every week on a Wednesday between 3.00-4.00pm.

Are you interested in digital photography, writing, and storytelling? Like to work on a computer or iPad? Come learn, share and create your own visual digital story. Bring your own device or borrow one from school!

**Where:** SG19

**Staff:** Ms C Comerford, Mr M Rollins

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A



Tuesday

## Solo Acting

This club meets every week on a Tuesday between 3.00-4.00pm.

**This is a student led ASA with Ms R Hanlon supervising.**

Students will work with Ali Kamel (Y11) and Ms Hanlon to develop personal acting skills to prepare modern monologue performances. The finished speeches will be recorded and made into a short film about being a teenager in Egypt.

**Where:** W3

**Staff:** Ms R Hanlon

**Year/Grade:** 7 and 8

**Maximum Participants:** 12





**Tuesday**

### **International Cookery Club**

This club meets every week on a Tuesday between 3.00-4.00pm.

You will acquire basic cookery skills such as chopping, baking and making your own food. You will also discover a range of world dishes.

**Where:** Primary Kitchen

**Staff:** Ms E Thiam, Ms C Martin

**Year/Grade:** 7-8

**Maximum Participants:** 20



**Wednesday**

### **Stage Sets and Props Club**

This club meets every week on a Wednesday between 3.00-4.00pm.

Students will help to prepare the stage sets, props and stage related artwork for the school musical.

**Where:** SG17 and SG18

**Staff:** Ms J Bennett, Ms L Lee

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A



**Wednesday****Barnum Production (Dance)**

This club meets every week on a Wednesday between 3.00-4.00pm

Dance collaboration for the whole school production.

**Where:** W3

**Staff:** Ms S Fowler, Ms R Hanlon, Ms L Sauret, Mr J Harper, Mr T Peck

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A

**Wednesday****Senior Video Producers' Club**

This club meets every week on a Wednesday between 3.00-4.00pm.

How do you and your Graduating class want to be remembered at MES Cairo? What will your legacy be? The Senior Video Producers ASA, open to all American, British and IB Seniors, is your opportunity to come together to create the Senior graduation video(s) for the Class of 2019 and share your MES Cairo journey with your classmates.

Your Senior video is your chance to leave a final, awesome, lasting impression on the MES Cairo community.

**Where:** SG9

**Staff:** Mr T Naggar

**Year/Grade:** Y/G/IB 12 Seniors

**Maximum Participants:** N/A





Wednesday

## Primary Storytelling Club

This club meets every week on a Wednesday between 3.00-4.00pm.

Once upon a time, a kind fairy godmother, Ms Janelle, invited all the princes and princesses from Year Two and Three to join her for Story Time Club, at a special place called the library, in a land called MES Cairo.

Please join us as one of our magic student helpers from our Secondary Department. We will take you to exciting worlds; to lands far, far away where we will discover enchanted forests, magic castles, under the sea and delve deep into the jungle.

**Where:** Primary Library

**Staff:** Ms J Sculley, Mr T Howlett

**Year/Grade:** Y/G/IB 9-12

**Maximum Participants:** N/A



Tuesday

## Creativity Club

This club meets every week on a Tuesday between 3.00-4.00pm.

Come along and express yourself creatively on projects involving journalism, videos, campaigns and marketing.

**Where:** SF21

**Staff:** Ms S Sheehan

**Year/Grade:** Y/G/IB 11-12

**Maximum Participants:** N/A



## Sunday and Wednesday

### Outreach

This club meets every week on a Sunday and a Wednesday between 3.00-4.00pm

Here at MES Cairo there is a long-standing tradition of building community ties. The opportunities we receive allow us the chance to help those around us. Are you interested in making a difference in your community?

Students will be working with children from a local orphanage delivering various activities including art, computers and sports.

Do you have the spirit to give? Come and join us!

**Where:** Yard 5

**Staff:** Ms S Barakat, Mr G Brecke, Ms J Hainsworth, Ms R Rogers, Ms A Damm, Ms S Taha, Ms S El Rify

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A





## Model United Nations (MUN)

Model United Nations: participation is by approved application only; for G/Y/DP 10-12 students.

Students gain a sense of international empathy as they research world issues and conflicts from the perspective of a foreign country. Within the MUN venue, students will collaborate with students from other international schools, representing a broad range of perspectives and value systems. The goals of the conferences are not only individual and team achievement within the MES Cairo student cadre, but also an increased sense of international empathy. Students will participate in a UN-style session, attempting to build consensus on some of the most difficult and complex issues of the modern world.

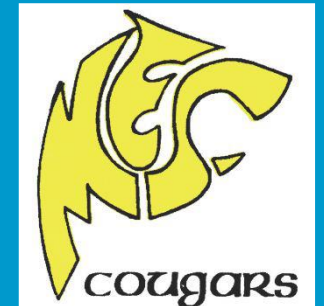
**(BY INVITATION ONLY)**

**Where:** As directed by staff

**Staff:** Mr T Roodvoets, Ms C Flake

**Year/Grade:** G/Y/DP 10-12

**Maximum Participants:** N/A



# A w a r d s

## National Honor Society/National Junior Honor Society

The National Honor Society (NHS) and National Junior Honor Society (NJHS) are the premier organisations in the USA established to recognise outstanding students of Secondary age. At MES Cairo, we have NHS/NJHS students from all three Sections of Secondary.

More than just an honor roll, NHS and NJHS serve to honor those students who have demonstrated excellence in the areas of Scholarship, Leadership, Service, and Character. These characteristics have been associated with membership in the organisation since their beginnings in 1921 and 1929. Chapter membership not only recognises students for their accomplishments, but challenges them to develop further through active involvement in school activities and community service.

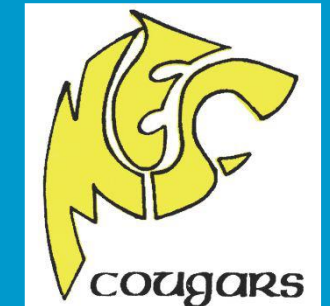
**(BY INVITATION ONLY)**

**Where:** As directed by staff

**Staff:** Mr T Roodvoets, Ms D Quarles, Ms D Ghalwash, Ms E Dowler

**Year/Grade:** Y/G 8-12, DP 11-12

**Maximum Participants:** N/A





# A w a r d s

Sunday

## International Award

This club meets every week on a Sunday between 3.00-5.00pm

The International Award is a globally recognised qualification that aims to help students become more independent whilst also developing new and existing skills. You will have the opportunity to help out in your local community and take part in an adventurous journey/expedition.

The IA is for students who have the ability to show commitment and dedication to developing themselves and helping others. Not only that but you can also get the chance to take part in a 2-3 days expedition, pushing you both physically and mentally.

Bronze is open to all students aged 14 and over and usually takes 6 months to complete.

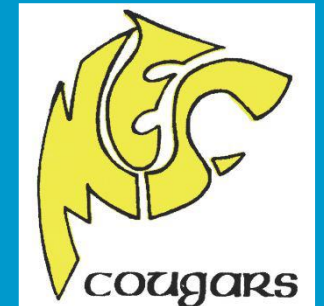
Silver is open to students aged 15 and over and can take between 9-12 months to complete.

**Where:** N Building

**Staff:** Mr S Thurgood, Mr M O'Connor, Ms Y Youssef, Mr E MacAuley, Ms N Croix, Ms M El Abd, Ms N Abdel Basset

**Year/Grade:** Y/G/IB 10-12

**Maximum Participants:** N/A



## Cougars

Cougars is a big part of life at MES Cairo. The opportunity to compete in athletics at MES Cairo is an honour and a privilege.

There are a number of Cougar teams and members can look forward to training sessions and taking part in tournaments and other competitive opportunities throughout the year including CISSA (Cairo International Schools Sports Association), ISAC (International Schools Activities Conference), New Cairo League (NCL) and Middle Eastern Unity Cup (MEUC).

Training sessions fall on the following days:

Varsity and Junior Varsity Boys' Volleyball – Sunday

Girls' Netball – Sunday

Varsity and Junior Varsity Boys' Football – Tuesday

Varsity and Junior Varsity Girls' Volleyball – Tuesday

Varsity and Junior Varsity Girls' Football – Wednesday

Middle School Girls' and Boys' Volleyball – Wednesday

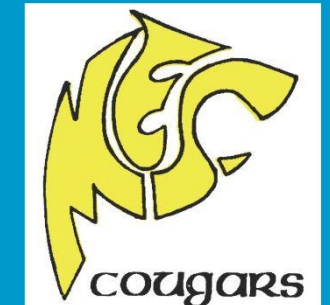
**(BY INVITATION ONLY FOLLOWING TEAM TRY-OUTS)**

**Where: Sports Facilities**

**Staff:** Mr E Newton, Ms L Shepherd, Mr J Keast, Mr G Loftus-Bird, Mr B Houghton, Mr Haytham Tayl

**Year/Grade:** Y/G/IB 7-12

**Maximum Participants:** N/A





# A w a r d s

## Secondary Pioneers

MES Cairo's Pioneers Programme involves G/Y7-8 students from both sections of the Secondary school.

Pioneers consistently exhibit qualities of the school's Graduate Profile. Students participate in the programme by attending weekend excursions and ASAs. Through these activities, Pioneers gain new skills, show leadership, provide service, make new friends, and challenge themselves. The programme builds confidence and instills values and life lessons in students. Participating in weekly ASAs and weekend trips allows for these lessons to be put into action.

Check the Student Bulletin for information about upcoming events!

**Staff:** Mr S Cole, Mr G Hayes

**Year/Grade:** 7 and 8

**Maximum Participants:** N/A





## **MODERN ENGLISH SCHOOL CAIRO**

**New Cairo, South of Police Academy**

**Hotline: 19836 Tel: +2 02 26189600 Fax: +2 02 25379400**

**email: [mescairo@mescairo.com](mailto:mescairo@mescairo.com)/website: [www.mescairo.com](http://www.mescairo.com)**