

MESSENGER

Les Misérables

The pride of the West End becomes the pride of MES Cairo

Whole School Art Exhibition - Avenues of Expression

International Baccalaureate Diploma Programme News

FS1 say Hi-Hip Hooray for Grandparent's Day!

What a Year it has been for Year Six!

Sportsdesk

Primary Music Success

National Honor Society

...and so much more!



FOREWORD

Sit back, relax, and get ready for an adventure as you read through this year's third edition of The MESsenger!

Our Secondary musical production of Victor Hugo's 'Les Miserables' was simply dazzling, in my career, the finest theatrical production at this level that I have ever had the pleasure to see. To the cast and crew of 'Les Mis', coming as they did from Y/G 7 through to G/Y/DP 12, to the Director, Mr. Jonathan Todd, to the Music Director, Mr. Daniel Todd, and to all those involved in all aspects of its staging, my hat is off to you for this brilliant effort. Read about it here – and I recommend highly the DVD!



In Primary, hearty congratulations to the FS1 students for their spectacular production of 'A Sea of Friends' which our FS1 Grandparents clearly enjoyed on their own, special day! It is truly an awe inspiring sight to see six classes of now four- year-olds working together so seamlessly and beautifully. The stage was incandescent with colour, as our 'fishy' friends from the sea recited their lines so clearly, and sang their hearts out in both English and Arabic.

The Year Two Production of 'Dr. Who: Back to the Future' was also a stunning success, with singing and dancing ranging from the 1920's, to vintage Om Kalthoum, and forward to the Year 3000 delighting us all! The wonderful confidence and pure enthusiasm and joie de vivre displayed by all the students, together with the amazing choreography and costumes, combined to create a breathtaking experience.



Also on the artistic front, including Art, Design and Technology and Photography, the Whole School Art Exhibition of our Secondary and Primary students was truly memorable. Our guest speaker, the renowned Cairo multi – media artist, Khalid Hafez, addressed his remarks movingly and in great admiration of their work to our students and their teachers. I was also so pleased to have present the Cairo artist and sculptor, Omar Yehia, from "The Right to Live Association" for the Intellectually Disabled, whose work Mrs. Dajani displayed in the foyer of our school.



Music at MES Cairo is such a feast for the ears! You will enjoy reading about how our Primary music programme is moving forward in so many ways: the Primary Peripatetic Showcase was a great success, with our voice, piano, guitar and drum students performing so happily and smoothly, together with the first ever performance by our newly created Primary Concert Band, as well as two, super bands, "Golden Lines" and "Rockers". A number of our students have now taken the Trinity Guildhall Music exams, passing

grades to all I am delighted to report, with the honours of 'Merit', and 'Distinction', liberally sprinkled amongst them!

With summer fast approaching, savour the exploits of our Primary and Secondary students here in Cairo, as well as outside of Egypt, in support of the teaching and learning taking place at school: our third Model United Nations trip of the year, to St. Petersburg in Russia; to trips to France, and Switzerland, and, closer to home, Wadi Degla! And on to our Year Six students to Cyprus, and Year Four students to Ain Soukna, our Year and Grade Seven to AUC to see a production of Shakespeare's 'A Midsummer's Night's Dream'. And have fun reading the article about the marvelous success of our students, achieving so well in their own areas of expertise outside the walls of MES Cairo.

There are also many articles within which reflect our emphasis on the best possible teaching and learning practices possible, founded as they are on the bedrock of our Mission Statement and Graduate Profile. From the smashing success of French Day, and Poetry Week, including Nursery Rhyme Day, in Primary, with wonderful links made therein between Primary and Secondary students, to a Dragon's Den collaboration, to recycling, to museums, and the celebration of Science, to the transition of Year Six students Secondary, to an exciting Spelling Bee in Key Stage Two - now stop and take a breath!

To, in Secondary, reflections on life in the IBDP, and food for thought about the IB Extended Essay, as well as on the Gifted and Talented project, our American Honor Roll, and the inspiring success of our National Honor Society(NHS) students, many of whom were recently inducted in a moving ceremony attended by many proud parents. Indeed, just this afternoon as I write I have seen in action many of our NHS students hosting a magnificent Worker's Luncheon in thanks and recognition of their work on our school community's behalf. On the service front, as well, it is amazing what can be done when you put old ties together with the Zabaleen.

I am so pleased, as well, to see our teachers productively honing their craft with Professional Development on so many pedagogical fronts.

Superlatives in our sporting world to our Super Star swimmers in Primary, to the fun and excitement of our Secondary Sports days, to the success of footballers throughout our school, to Volleyball and to Rugby - which over the past three years has become a force to be reckoned with here in Cairo.



On a personal note, with the conclusion of our first year at MES Cairo fast approaching, my heartfelt thanks to you all for making me, my wife, Leslie, and our son, Will, feel so very welcome – we love our school!

Warmly,

Mr. M. Kirby

Whole School Principal - Modern English School Cairo

Secondary Musical Production

Les Misérables

The pride of the West End becomes the pride of MES Cairo

Les Misérables

Les Misérables is no trifling affair, and needless to say many of us were stunned to hear that Jonathan Todd (Director), MES Cairo's Head of Performing Arts, had decided to stage the sung-through musical here in our school theatre, using an ensemble cast that ranged in age from 11-17. Although curiously apprehensive in the run up to the show, we were definitely not disappointed! The show was a stunning in all aspects, and it received a standing ovation for all three performances. Those of us who were lucky enough to be there were delighted to watch a team of students who performed like top professionals, giving it their all to entertain us by bringing to life this epic tale. In our modern digital-image-reality world, here was a superbly-trained ensemble of young people who delivered a demanding, live musical show like truly accomplished, professional performers.

Trained to perfection by Daniel Tomlin (Musical Director), the MES Cairo ensemble delivered many beautiful and tender moments. The overall sound effects were coordinated flawlessly by Scott Allsop (Sound Design). We all left humming at least one of the memorable tunes and with a sense of emotional involvement, stirred by the impressive singing and the acting, which worked together to create a genuine pathos.

In all key respects, the show was a resounding success. Jonathan Todd's creative production techniques synthesized a variety of effects that worked beautifully together to create a cinematic fluidity to a bustling, beautifully-lit spectacle which, using high-tech design and smoke-machines working overtime, memorably evoked the 1832 Paris uprising, when the downtrodden masses protested against the monarchy of Louis-Philippe. Clement Peter and his team created barricades that were as authentic as any I have seen, and Lee Simpson and his artistic team created the desired atmosphere. The complicated set changes were managed impeccably by Thomas Thurston (Stage Manager) and the crew. A talented team of staff and students worked together to create the myriad of effects, including projections, wardrobe and make-up, to create a decidedly authentic ambiance. With its emphasis on poverty and injustice, mood of angry disillusion and yearning for redemption, the show evoked an added mood of poignance as it seemed to speak very well to the audience in our own troubled age.



'Each man should frame life so that, at some future hour, fact and his dreaming meet.' Victor Hugo



I asked Jonathan Todd about his decision to take on what was such a massive challenge for school setting.

"There are certain shows that every director would like to stage and '*Les Misérables*' is definitely one of them. The sumptuous music, epic story and stunning visuals all combine to make it one of the world's best-loved pieces of Musical Theatre. To stage it successfully however, you need a group of very talented people, all available at the same time. It was with this in mind that Daniel Tomlin and I began, last year, toying with the idea of producing '*Les Misérables*' as our Secondary Production. We thought through all the major characters in the show and realized that we did, indeed, have a group of students who might be able to make it a reality. What an absolute treat it is to work with so many talented and dedicated students. What a thrill it is to hear those songs being sung so well by such a young cast. Why did we do it? Because we could!"

Reviews of MES Cairo's *Les Misérables*

Taking on a production as demanding as *Les Misérables* was impressive, and MES Cairo pulled it off beautifully. The music alone is quite complicated, and success of the play is dependent on it. Bravo to a job very well done. In many scenes, I was moved to tears, and then I smiled with delight during the playful tavern scenes. The overall feeling of the play was polished and high quality, an over-the-top performance all around. The artistic quality of the sound, set, lighting, costumes, acting, singing, and directing combined to make a memorable experience. Thank you MES Cairo, for such a wonderful treat. Ms. F. Klein

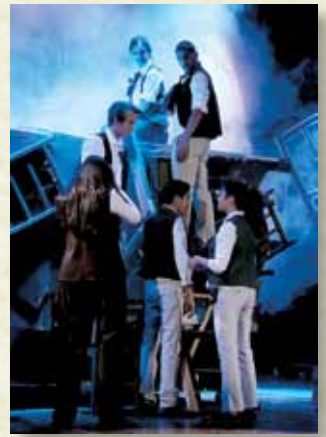


The production of this play was truly amazing! The singing and acting were surely an achievement that was due to countless hours of hard work by the entire cast! My wife and I thoroughly enjoyed the play and felt that the Mr. Tomlin and Mr. Todd were at the top of their game on this one and their efforts showed the dedication and desire to put forth a remarkable evening of entertainment. **Mr. D. Woodrich**

During my time at MES Cairo, I have been lucky enough to see many of the school productions, but I must say that I enjoyed *Les Miserables* more than any other. The cast was excellent, both musically and dramatically, and the performances of all of the leading parts were quite brilliant. Well done to all those involved! **Ms. L. Dermody**

I am so glad that I was able to see this year's Secondary Production. There were so many outstanding individual performances, yet for the show to work required a team effort on an equally epic scale. It was wonderful to see so much talent peak in this show, with Conor Buckett (G12B), Gamal Abdel-Ghaffar (G12G) and Youssef Gouda (DP12R) taking their final bows on the MES stage after three brilliant, yet very different, performances in their lead roles. *Les Mis* also showcased the wealth of talent that is coming through the school, with Hana Seif El- Nasr once again showing that there is no end to her talent. Having listened to the show's soundtrack many times, I was looking forward to experiencing the music properly in the MES Cairo Theatre. I was astounded at the quality of the sound and music which filled the room and was topped off by clear and moving solos, as well as passionate chorus numbers. The hours dedicated to *Les Mis* by those involved definitely paid off. As the barricades were constructed, I was reminded of how hard so many staff and students had also been working 'behind the scenes'. The Art Department and Mr. Clement's team managed once more to create an amazing set, yet it was nothing that the Stage Crew, under the leadership of Tom Thurston, Omar El-Sayyad (Y10Y) and Mostafa El-Masry (G11Y), could not handle. I urge readers to get involved in future productions at MES - whether on stage, behind the scenes, or simply in the audience - as they are not to be missed! **Mrs. A. Allsop**

The MES Cairo Secondary Production of *Les Miserables* was exceptional. The set, the characterisation, the singing quality, the stagecraft all contributed to its resounding success; our students did a superior job to their Hollywood A-list counterparts who assumed key roles in the blockbuster movie. It was a pleasure and a privilege to sit in the audience for all three shows and be so impressed by the talent on display. All three performances left me in tears, partly because the story line was so moving and the acting so convincing, and partly because I was so incredibly proud of our students on stage and behind the scenes. It is no exaggeration to assert that *Les Mis* 2013 was the finest





Secondary Production I have seen. Tremendous thanks to staff and students who were directly involved: for your time, your energy, your passion and your conviction. Mrs. N. Singleton

I was so impressed by the level of the performances from our students. Generally, the acting was outstanding, the voices superb and the set amazingly adaptable. I loved all the lighting and dry ice effects too! What impresses me most as a teacher who has been here for a while, having seen various students perform before, was how mature they are now and how far they have developed their skills. I thought Youssef Gouda (Thenardiere) performed with such gusto and obvious enthusiasm. Hana Seif El Nasr's (Eponine) rendition of *On My Own* was so moving that I was in tears - that wasn't the only time I reached for my tissues

either! Conor Buckett (Jean Valjean) conveyed a heroic stoicism and gravitas in his performance which really underpinned the whole show. Toni Hammer's (Cosette) voice and stage presence were brilliant and Clara El Metaal's (Fantine) touching portrayal was very moving and conveyed delicacy and fragility of the character. Gamal Abdel-Ghaffar (Javert) conveyed the rigid yet troubled character amazingly and Ahmed Dahawy (Marius) was excellent. Ms. T. Slaney

Well done on a truly fantastic performance. The levels of performance from just about everyone were incredible. Hana Seif El-Nasr (Y10Y) gave a performance as Eponine that was full of emotion. Toni Hammer (G12B) hit unfeasible highs as Cosette. Youssef Gouda (DP12R) excelled himself as Thenardier. Gamal Abdel-Ghaffar (G12G) as Javert was sublime. Ahmed Dahawy (DP12R) was superb as Marius. Basma El Kersh (G12O) as Madame Thenardier really came out of her shell - especially with that language! Clara El Metaal (Y11R) was incredible as Fantine. And Conor Buckett (G12B) as Jean Valjean - well, I was amazed! I never knew he had that range and tone of expression in his voice! Of course - lifting and carrying Marius alone was just incredible! Please convey my sincere thanks to the whole cast for putting on a great show. Well done! Dr. K. Tomlinson

British Schools of the Middle East (BSME) Performing Arts Festival to be held at MES Cairo in November 2013

With such a strong tradition in the Performing Arts and a highly talented and experienced team of staff, MES Cairo is proud to announce that it will be hosting the British Schools of the Middle East (BSME) Performing Arts Festival in November of next academic year. All BSME schools have been invited to participate.



The Art of Les Misérables



For this year's production the Stage Art crew transported themselves back to revolutionary France. Gone were the bright cheery colours of last year's production, and in came the more subdued tones that were needed to give Les Misérables its moody and dramatic ambiance. To begin with, the crew found themselves split into three teams. The first team researched Victor Hugo and what Paris might have looked like during the revolution. The second team looked at Victor Hugo's original art work and produced their own work inspired by his, whilst the last team started painting up small pieces of set and scenery. As larger pieces were constructed the teams gradually mixed together with all hands on deck, culminating in the centre piece of the set, the slums and barricades. A big thank you to all students and staff who helped, with special mentions for Mr. McKoski for leading the set painting team, Ms. Tapsell for her technical expertise in creating the projections, Mrs. Afifi for keeping everyone organised and Clement and his team for their amazing work creating the set. Mr. L. Simpson – Secondary Head of Art



Continuing Professional Development (CPD) for teachers in the Secondary School



The term 'lifelong learning' has become a bit of a cliché in education circles. Yet, few would argue that learning continues beyond school and that in fact we have a natural predisposition to learn from the cradle to the grave. Schools, and more specifically school teachers, have a role to play in this learning journey. The relationship between teachers and students extends far beyond the communication of knowledge and skills but includes qualities and attitudes that cannot be taught, only learnt. By this I mean that teachers need to embody those desired attitudes that they wish to nurture in their students. At MES Cairo we have understood that if we wish for our students to be passionate about learning, we ourselves need to continue our learning journey.

This academic year has seen a marked increase in professional development opportunities for teachers in the Secondary School. Of course, teachers have continued to participate in externally organised conferences, workshops and seminars. However, of equal importance is the introduction of workshops that have been led by MES Cairo staff, for MES Cairo staff. These sessions have been ongoing throughout the academic year and have focused

on areas that the teachers themselves have identified. The quality of delivery of the workshops has been exceptional and is testimony to the wealth of professional experience and talent that we have on the staff. Indeed, participants have remarked on how enriching the experience has been as every workshop is practical in nature and tailored to the MES Cairo context.

As adults strive to better themselves they provide a living model for young people to emulate. At that moment, lifelong learning evolves from cliché to culture.

Khalid El-Metaal - Deputy Headteacher, Secondary Teaching and Learning

This year I have been involved in leading several professional development workshops including 'Aiming High' and 'Creative Learning'. The first encouraged participants to think of new ways to deliver subject content and provide enrichment activities to our Gifted and Talented and more able learners. The second was a practical demonstration of a carousel of fun and unusual learning activities for teachers to adapt to their own subject areas.

Coming together as educators from different departments, we are able to share good practice and ideas; learning from each other. I asked for feedback on how my ideas could be adapted and some of the answers helped me to see ways that I could also benefit from an adaption of an activity. I have found it particularly insightful as a British trained teacher to work closely my American trained colleagues. Planning for the workshops helped me to reflect on my current practice and refreshed my own teaching as I remembered old ideas that I hadn't used in a while. Delivering training to colleagues really helps to develop your confidence and forces you to be ahead of the game, as you never know what questions they may ask!

The best thing of all is the opportunity it provides for you to establish professional working relationships and links with your colleagues. Through the training I gave, I was able to meet with other staff and learn from their experiences and expertise and to get to know them as individuals. This often goes beyond the training session as I was often invited to observe classroom teaching, or to exchange an idea in the staffroom. In my case, delivering professional development workshops was just the start of my own learning here at MES Cairo.

J. Cole, Secondary Learning Development Department

Being a part of the Creative Learning Group (CLG) has been a positive learning experience. Before I attended the meetings, I was pleased with my lessons but felt that I wanted to nourish my garden of teaching and learning even more. So, I went to several meetings and received the proper nourishment to help my classroom.

With our busy schedules we get caught up in our daily routines; however, I took the opportunity to listen to new and creative motivational practices from my colleagues. I learn every day from my students and it was a refreshing experience listening, watching, and being a part of my colleagues' lessons; I benefited from each session that I attended.

I salute all the teachers involved in the CLG, especially the ones who created lesson plans. I have learned to switch modes and more often take the point of view of the student, and I have begun to strengthen the communication bridge across the Generation Gap that is rapidly changing in today's society/classroom.

M. Constatini - English Teacher, American Section



Technology in Education

MES Cairo WIRED Teachers Group

This year, MES Cairo began its first WIRED Teachers Group, a collection of Secondary teachers from different subjects and sections who met several times throughout the year to explore new ways of integrating technology into the educational experience.

The first aim of the group was to use currently available resources. Staff had different perspectives on how to embed technology into their lessons. For some it was as simple as introducing technology. Mathematics teacher, Mr. Andre, noted, 'I wanted to use new technologies to create activities which encourage students to participate, and at the same time reinforce learning.'

For Mr. Allsop, who is more experienced with different technologies, the group was a way to refine its integration into lessons. He explained, 'We take the best of what's out there and share with like-minded educators to develop imaginative yet useful resources to enhance lessons, rather than merely paying lip-service to the technology just because it is there.'

After seven months of experimenting with new software and tools, the WIRED group has been working with our school's Mission and Vision in light of technology. The proposal would be a starting point for dialogue in shaping the school's philosophy of technology and pedagogy.

The first consensus reached was that as educators we are in a paradigm shift that is changing the roles of teacher and student. We are departing the era when the student is a passive vessel waiting to be filled. The group agreed that in the emerging world, students need to construct and create meaning from experience; to become 'doers' rather than 're-tellers'.

The role of technology, the group agreed, was to facilitate this transition. This conclusion that our new role as educators requires us to engage students both collaboratively, and as independent learners, through technology has influenced the future direction of the group.



WIRED is growing – the Primary Department is now starting its own WIRED group which will work together with the Secondary group in order to share even more ideas, good practice and enhance skills. Both groups will continue to help MES Cairo develop the technological aspects of its Whole School Development Plan, and experiment with innovative ways of using technology in the classroom.

The school will continue to place a priority on training staff in technology. The WIRED group will be advising administration on the most effective ways of structuring development sessions. The members will also lead many of these training opportunities.

The central lesson of the year for our WIRED Teachers Group has been that it is our schools ongoing responsibility to adapt to global educational technological developments in order to ensure that the best possible use of instructional technology is taking place within our classrooms.

Mr. C. Vachon – English Department, Secondary American Section



MES Cairo Graduate Profile – how do our teachers face up to the challenge?!



AbdelRahman Edris (DP11) at a recent MUN conference

Creativity, Action and Service, (CAS), is at the core of the IB Diploma Programme. IB Diploma Programme students are required to do around about fifty hours of each Creativity, Action and Service activities throughout their course. As IB students, we do not only do CAS because we are required to, but we also do it because it helps us achieve every single quality outlined in the MES Cairo Graduate Profile. Our CAS activities also give us a sense of satisfaction and the feeling of self-fulfilment that comes with being involved in something and helping others. For example, this year we have worked with others by helping Primary teachers with their ASA and have learnt new skills by taking part in Model United Nations.



Kamal Galwash (DP11) at a recent MUN conference

One of the most important qualities in the MES Graduate Profile is that all MES Cairo students should show a commitment to lifelong learning. This is a quality that is apparent in all of the DP12 students graduating in 2013, as they have all mentioned their desire to continue doing CAS activities after they leave school.



Playing football with children in Fayoum

Mrs. Allsop, CAS Coordinator, asked us to find out for ourselves if in fact any of our teachers commit themselves to lifelong learning and if they are involved in any CAS-like activities outside of school. By talking to some of our teachers, we found out that they, like our graduates, continue to learn new skills and help others through the various activities they are involved in. We found out that our teachers are involved in some remarkable activities outside of school, such as; continuing to help others, playing an instrument and being involved in sport. **By Abdel-Rahman Edris and Kamal Galwash DP11**

Ms. Symank, Secondary Maths Teacher and IB Homeroom teacher

The Graduate Profile says that MES graduates can 'Make A Difference'. What do you do to make a difference?

I volunteer at a school in Maadi for refugees.

Why do you do this activity?

Because I love children and I want to give back to the community.

Where do you find the time?

On my weekends

What has this activity help you achieve?

I find it rewarding to give back to less privileged people, it makes me feel more thankful for what I have.

How are you a 'Risk-taker'?

Exposing myself to children of a different culture is always a challenge.

What more would you like to do?

I would like to volunteer more in the future within the education sector of humanitarian aid. I'm just waiting for the right opportunity.



Mr. Allsop, Head of Secondary Humanities

The Graduate Profile says that graduates are 'Creative' and 'Recognise personal strengths and passions'. Do you have any creative interests?

I play guitar in a band.

Why do you do this activity?

It is fun!

Where do you find the time?

It is hard to find the time, as there are always lots of pressures on my time. However when I go and play, it is enjoyable to do something fun.

What has this activity helped you to achieve?

Teamwork and patience.

How are you a 'Risk-taker'?

Playing gigs is always a risk, as you are putting yourself on show and you can worry about what other people think of you.

What else would you like to do in future?

We would like to record an album, however, not everyone in the band is free in the summer. The right people (the band) aren't available at the right time, but maybe next year we can do this.



Mr. El-Hoss, Head of Commercial Studies

The Graduate Profile says that graduates are 'Leaders' and have 'excellent interpersonal skills'. How do you fit this description?

I coach three football teams; two at MES Cairo and one outside of school.

Why do you do this activity?

I love the sport and really enjoy coaching it. I also like working with young people and getting to know them outside of the classroom.

What do you hope to 'Inspire' in the players you coach?

I hope that the young people I coach are inspired to play an attractive style of football and to play as part of a team.

How are you a 'Risk-taker'?

As a coach I have a real responsibility in terms of health and wellbeing of the players. I also have to look out for long term injuries and the emotions of the players as football is a team sport.

What would you like to do in future?

I want to win the Middle School CISSA and ISAC tournaments with the teams at MES Cairo and I would like to take an Egyptian team to play in Europe.



Mr. Todd - Head of Performing Arts



The Graduate Profile says that graduates are 'Creative'. Do you have any creative interests?

I never stop creating! I get very frustrated if I do not have some creative project on the go. I paint, write poetry and novels, create videos and play various instruments in a band.

Why do you do these activities?

Creating things and developing ideas keeps my mind active. There is great pleasure to be had looking at something you have created from scratch being enjoyed by others.

Where do you find the time?

Holidays and weekends. With some of it, like the band, you have to find the time when people want to hear you play. Where there's a will there's a way.

What has this activity helped you achieve?

Understanding, satisfaction and seeing joy in other people's faces.

How are you a 'Risk-taker'?

Throughout the creative process you are nagged by doubt about whether the end product will be 'good' enough but, once committed, you have to take the risk and present whatever it is and hope it is received well.

What else would you like to do in the future?

It would be nice to get some of my creative endeavours to a wider audience.

Mrs. Singleton - Secondary Head, British and IB Sections

In what ways do you meet the characteristics of the MES Cairo Graduate Profile?

I have started up a weekend 'Kid's Club' for my colleagues and all of our children to enjoy. I am engaging in CREATIVITY through the kiddy art and music sessions, FLEXIBLE in accommodating the demands of little people we seek to entertain, PRO-ACTIVE in coordinating the events and making arrangements for all the families involved, RESOURCEFUL in seeking out amazing venues around Cairo for our weekend adventures, INSPIRED by the imaginations of our charges, PROBLEM-SOLVING when our Santa party was almost compromised by the unexpected closure of our chosen venue, TAKING APPROPRIATE RISKS such a teddy bears picnic in Wadi Degla protectorate with an entourage of aspiring mountain climbers aged 5-years or younger, COMMITMENT TO LIFE-LONG LEARNING as parenthood forces you to learn a whole new skill set and to rediscover the world through the eyes of a child!

Why do you do these activities?

I do it because of the joy it brings to my life. I look for great things to do with my two young children every weekend and every so often it is fun to get more people involved and make it a group event. It is also a wonderful opportunity to meet up with colleagues away from school and in a completely different capacity. On Kids Club outings I am my favourite 'me'...I am a Mum to Kenzi and Zain!

How do you inspire other people through your CAS activities?

I don't aim to inspire...only to share. Cairo can be a tricky place to find your way around, especially with a young family. But there is so much to do! It is just a matter of knowing which direction to head in and figuring out the best way to get there.

How are you a 'Risk-taker'?

There is an element of risk whenever you venture out into the big wide world with little people who are only just beginning to develop their independence. Sometimes they choose the wrong moment to demonstrate it! If parenthood and Kids Club has taught me anything it is the need to be thoroughly prepared...for anything! Always pack wet wipes and extra snacks...and even if things do not go perfectly as planned, relax and enjoy yourself anyway.

What else would you like to do in the future?

We are always on the look-out for venues which we have not yet discovered. I have in mind a weekend trip to Fayoum for a change of pace and the chance to see a different Egypt - I want my children to appreciate how diverse other peoples lives are compared to their own. They are truly blessed to be growing up in a country as rich in culture and history as this one, and they are not too young to explore it.



IB DIPLOMA PROGRAMME

The Extended Essay Workshop



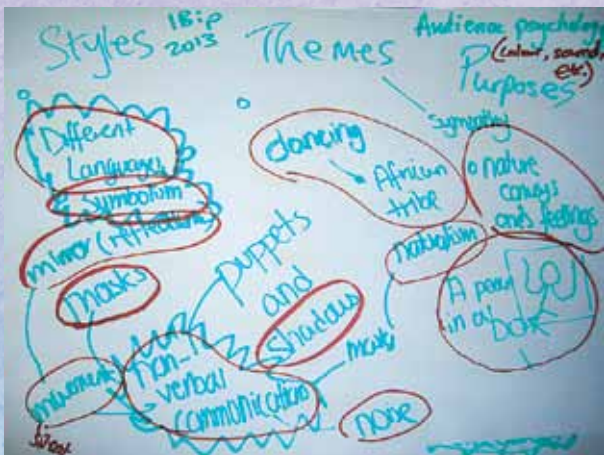
The reputation of the IB Diploma as a prestigious, balanced and academically rigorous education programme that excels at preparing students for higher education is well deserved. Not only do students engage in the study of six subject areas, but they are also required to complete three components that represent the core of the diploma. These components are:

- a study of the Theory of Knowledge
- ongoing participation in a range of activities that relate to Creativity, Action and Service
- completion of a 4000 word extended essay

Demanding as it is, the success rate in the IB Diploma Programme at MES Cairo has been 100%. This is partly due to the considerable support system that is in place for our IB students. One example is the Extended Essay workshop that took place on 2nd April. The extended essay is a student-led, self-directed piece of research focusing on specific topic within an IB subject which culminates in a 4000-word paper. Each student is allocated a supervisor whose role is to provide advice and guidance throughout the process.

The extended essay workshop was led by four experienced IB teachers, Ms. Singleton, Ms. Sheehan, Mr. Allsop and Mr. El-Metaal. The aim was to familiarize our DP11 students with the requirements of the extended essay and to ensure that each student understood the process involved. Our students, as you would expect, were fully engaged in all aspects of the 2 hour workshop which involved a strong element of cooperative learning. By the end of the workshop, fun was had by all and the students felt that even though the extended essay would still represent a challenge, they were well up to the task!

Mr. K. El Metaal – Secondary Deputy Headteacher





LIFE IN THE IBDP PROGRAMME

Some people believe that the IB Diploma is such hard work that it can take over a student's whole life for two years. An IB student currently completing her IB journey at MES Cairo stated to me that, "Before starting the IB, I felt extremely intimidated due to the countless complaints I heard about the difficulties of the IB." Now that this same IB student has almost completed the Diploma, her opinion has changed. She says, "Once you get going, you become more efficient at time-management and the work seems less daunting." She claims that the IB Diploma awards its students with countless 'treasures' that are beneficial for the rest of your life. One of the treasures she identifies is time management. Students learn to prioritise work and manage time efficiently. I decided to think about what other hidden treasures the IB Diploma had to offer us as students.

IB Diploma – Hidden Treasures

- **Perseverance.** Perseverance is an attitude that top ranking universities demand. This is because through the IB, by managing time, you learn not to give up and commit fully to your hard work.
- **A balance between creative and critical thinking.**
- **International perspective.** You become a young person who learns to view the world from a variety of angles, both academically and socially
- **Self-awareness.** As an IB student you get to know who you are, and this helps you to later find your dream and achieve it!

These are some of the treasures that I feel we have acquired as we near the end of the IB Diploma journey. I learned to become more efficient and learned to enjoy my social life without neglecting my academic work. In terms of my social life, I was able to build unbreakable friendships and create unforgettable memories with my peers.

In terms of academic subject choices, I feel that many of us chose our subjects with the future in mind; we already knew more or less what we would study after leaving school. For instance, Lyla Atta (DP12R) wants to use her Science knowledge by becoming a doctor. Ahmed Dahawy (DP12R) studied business and now wants to build his own company one day. I, Hyun Min Lee (Minnie DP12R), have learned that CAS has had a huge influence in my life and now I want to use the experience I have gained through CAS by studying Social Welfare.

Dreams that we thought would be impossible now seem so close as a result of our achievements on the IBDP course.

IB Diploma – Achieving your Dreams

Each of us has different dreams but I think part of the reason we were able to hold on to our dreams and not to give up is because of the IB course. Each of us had been challenged to persevere, has learned his/her strengths and weaknesses, and has learned how to overcome obstacles. We have grown both socially and academically and have gradually started to build a path for ourselves according to our dreams and ambitions.





Building a path does not simply mean that we focus on our academic performance but also engage in activities that we enjoy doing. In terms of the IB, we all feel that we have learned so much through the Creativity, Action and Service (CAS) programme. The CAS programme has encouraged us to keep up our hobbies and invest time in activities that we enjoy on a personal level.

IB Diploma – Where you can excel academically and still enjoy your free time!

Suliema Behalim (DP12R) loves horse-riding and regardless of her busy schedule, has never missed a single session of training.

Ahmed Dahawy (DP12R) is an impressive water-polo player. He never misses training and he says that this sport has helped him to enjoy working with others as a team.

Faten Sami (DP12R) takes part in early-morning rowing training sessions and she never misses them because she sees the training as such an important part of her personal growth. The early morning training has even been influential in her growth as an artist. Interestingly, by taking in the early morning sceneries on the Nile, she was inspired to include much of this imagery into her work for the IB Visual Arts course.

Bassem El-Kahki (DP12R) is famous amongst his peers for his unique technological skills.

Mirit Ageibey (DP12R) is known to be an avid reader amongst her peers. She believes that she was able to take English Higher Level because of her genuine love of reading books.

Peter Mina (DP12R) is the brilliant photographer in our class. He finds joy in taking photos as a hobby. He works on photographic projects that have a theme and a message. His photo collections give out a moral message, e.g. The Importance of Recycling.

As seen from the examples above, each of the students has the time not only to study but also to prioritise external activities.

As we approach the end of our IBDP journey, we are counting our blessings and piling up the treasure!

Good luck IBDP Class of 2013

Hyun Min Lee – DP12 Red



American Section Honor Roll and Principal's Scholar List

We are pleased to announce that we recently held a fun event to celebrate 100 students being on the Honor Roll.

Honor Roll students receive A and B grades in all of their subjects!

There are also 13 very high achieving students on the Principal's Scholar List this year.

To be included on the Principal's Scholar List, students must A grades in every subject!

Students and staff celebrated this achievement with an ice cream break.

Congratulations to all of our students!

Mrs. R. LeBeau – American Section Principal



AMERICAN SECTION HIGH SCHOOL CHOIR

End of Year Performance

To sing in a choir is to join with others and create the most beautiful, moving and powerful sounds.

Standing there amidst sumptuous harmonies, in the knowledge that your small part of the sound is as important and necessary as everyone else's, is an uplifting feeling. The students of the American Section High School at MES Cairo are blessed with the opportunity to take a class in this most delicately powerful of arts.



Many of the choir are dedicated and opt to take the class year on year because of the way it makes you feel. They are gifted with their voices and do not shy away from the challenges placed before them, be it singing unusual Jazz chords or even singing in Swahili!



Occasionally, a student will find themselves in Choir as a means of earning that final Arts credit or to satisfy timetabling needs. They often display some reluctance but within two weeks they have found their voice and the smiles on their faces, as they belt out the latest project, are a joy to behold. Once hooked on that feeling they join the others in choosing Choir as an option for the next year. And the year after that and so on until they sing their final songs draped in their Graduation gowns.



Mr. Daniel Tomlin is by far the most talented Choral Director I have ever had the pleasure of working with. It amazes me sometimes, when I pop into the Choir room, what he can achieve with our students. The material he chooses, his demand for perfection and his faith in the voices of MES are an example to us all.

I will never tire of hearing those MES voices raised in harmony, lifting the spirits of all who listen.

Mr. J. Todd – Head of Performing Arts

A review of the Choir's fabulous End of Year Performance, by Year Seven Blue.

Today, during English we visited the drama room and had a fascinating time! We watched Mr. Tomlin's High School Choir perform poems and songs. It was enjoyable and there are many talented students in the choir ... it was a wondrous thing to listen to, and to watch. The performance was poetic as well as musical! They performed some poems in song formats and we really enjoyed listening to them, it was a great experience. I enjoyed listening to all the songs played by Mr. Daniel Tomlin and sung by students, especially Nashwa's sudden scream! The song of 'Jabberwocky' was hilarious! Epic is the perfect word to describe the performance, and we now keep reminding each other to 'always look on the bright side of life'!

We loved it a lot and it seemed that our ear drums were going to pop from all the singing! The songs were lively and full of effects! The choir voices were strong and rich; full of life. The choir sang beautifully and they sang the last song with so much passion. I noticed that their voices had melody, rhythm and a some had a very high pitch. They sounded amazing. We recognised a song by the Beatles called 'Let It Be.' It was wonderful.

This was a new experience as many of us had never been to a choir performance. Furthermore it was a professional and well-organised show. I would like to thank Ms. Sheehan and Ms. Sliney for giving us this extraordinary privilege. Our English teachers loved the poem songs the best of all.

We have learned today to look on the bright side of life and to be optimistic! At the show I felt really good because it was so exciting to hear live singing of poetry, pop, classic and modern songs. My friends and I felt as if we were singing with them!

I enjoyed listening and watching them and I hope we do it again some other time.

Year Seven Blue



National Honor Society Induction Ceremony 2013

This April saw the twelfth annual Induction Ceremony for new members of the National Honor Society and National Junior Honor Society at MES Cairo. The event was attended by about fifty current members of the two groups, another fifty new inductees, and about 120 parents and grandparents. At the ceremony, new members were admitted to the group and attendees were given a summary of the groups' events of the past year.





Several graduating seniors spoke about the four key qualities of the NHS and NJHS. They emphasized the importance of character, lifelong learning, charitable service to others, and the qualities of a good leader. Ms. Quarin, the keynote speaker, offered more inspirational words. She advised students to be willing to take risks and offered examples of how she had learned from both her successes and failures in growing up. New members were officially inducted into the group, earning the congratulations of Ms. Quarin as well as Mr. Kirby, Mrs. Singleton, and Mrs. LeBeau.

Mr. T. Roodvoets – Head of Social Studies Department



National Honor Society - Workers Lunch

The updated NHS and NJHS held its eighth annual Workers' Appreciation Lunch on Saturday 1st June. This event allows students to thank our schools workers; cleaners, drivers, gardeners, painters, and others, for their efforts throughout the year. Members of the NHS and NJHS set up tables and served lunch to over 200 workers, even remembering to bring plates to the security staff on duty that day. Afterwards, we cleaned the room and returned the tables to storage.

Mr. T. Roodvoets and Ms. C. Flake – Secondary Social Studies Department



Aiming High: Gifted and Talented News at MES Cairo

'Aim for the moon. If you miss, you may hit a star.' W. Clement Stone

What does 'Gifted and Talented' mean?

- Able learners are achieving or have the potential to achieve significantly above their peers.
- Gifted learners are those who have abilities in one or more subjects in the school curriculum.
- Talented learners have abilities in art and design, music, PE, or performing arts such as drama.



Year Seven Gifted and Talented students with their reading project choices

The MES Cairo Gifted and Talented programme in Term Three continued with several opportunities including our After School Activities that offer extension for students in Maths and Literacy and allow students to choose and pursue their talents with other students who share the same interests.

In Creative Writers, led by Mr. Cole from Year Six and Mrs. Cole from the Secondary Learning Development Department, students explore the authors craft and technique to create their own gripping stories. Mr. Cole commented, *'It's been a great opportunity to see promising writers from Year Six collaborate with the older students as this will help them transition to making the move to Secondary in September.'*

In Little Einsteins Maths Club, Ms. Sybank and Mr. Van Der Marel are collaborating to deliver a range of extension activities that both broaden the mind and offer appropriate challenge. Ms. Sybank exposes the students to discrete maths which is a relatively new area of mathematics and which is in addition to their regular syllabus. She found that the students particularly enjoyed the famous 'Einstein Quiz' but they also have looked at the Königsberg Bridge Problem, the Möbius Strip and Map Colouring. Ms. Sybank shared, *"I am enjoying working with the younger brightest students as I find their open minded approach to maths refreshing and interesting. The types of challenges that the students are attempting are also very useful in real life situations."*

In addition to the after school activities, Mrs. Singleton, Head of Secondary British and IBDP Sections, has continued to regularly meet students from Years Seven and Eight who form GATE (Gifted and Talented Extension). The group have considered philosophical messages in stories; looking closer for hidden meanings and questioning deeper into the texts that they read. Adam Abu Shady (Y7R) described GATE as, *'Interesting... It tests our logical ability. It's a special opportunity to work with other students in an enjoyable way but that is challenging at the same time.'*

Our Gifted and Talented students also have a multitude of other opportunities to shine with regular House, music and sporting events. Mahmoud El Shabba (Y8B) makes full use of what is on offer by participating in Rugby, Football and MES Radio as well as playing five instruments including the guitar, piano and drums. He reflected, *'Since joining GATE, I have broadened the way I think about books and it has influenced how I feel about them. Along with all the other activities that I am involved in, I feel that every day at school is really worthwhile. I*





love being a student at MES Cairo!" He also had success at the recent school sports day, making a new school record of 6.19 seconds in the 50m. Well done Mahmoud!

We were delighted that Hoda Sherdy (G8B), Malak Arafa (G8B), Nadine Abou Gabal (G8B), Salma Dakrouri (G8B), Zeyad Hussein (Y8B), Amina El Ghazali (Y8Y) and Salma Wafa (Y8Y) from the Gifted and Talented programme have also been selected for the National Junior Honour Society due to demonstrating excellence in scholarship, leadership, character and service. They set a tremendous example to their peers and we wish them our congratulations! Zeyad Hussein (Y8B) remarked, *"I feel like it's an honour to be selected and something special. I am really looking forward to being a part of this."*

Aspire



In April, the Secondary Learning Development Department launched 'Aspire' which is a termly Gifted and Talented newsletter to parents keeping them informed of our initiatives. Also created was 'Aiming High: Gifted and Talented Extension and Resources' which is a dedicated Moodle page for all students involved in our G&T programme across the British and American sections. It has a wealth of information including advice, tips and logic puzzles plus challenges to allow our students to access higher level thinking when at home. Students have free access to reading lists, brain teasers and are even able to find out about their preferred learning styles and how to maximise their learning both in and out of the classroom.

Research has shown that parents play a key role in developing and supporting the talents of their Gifted and Talented child outside of school and we encourage this at MES Cairo. Here are some suggestions for over the summer holidays and beyond:

- Enhancing language ability: Able children often enjoy learning new vocabulary, so have a new word of the week at home and encourage daily reading of both fiction and non-fiction texts.
- Providing learning opportunities: Puzzles, crosswords, logic and board games all help to develop thinking skills and social interaction.
- Broaden knowledge of the world: Talk through you and your child's day and encourage active family discussions. Discuss the news and current affairs and introduce an interesting fact of the week. Expose your child a broad range of experiences e.g. visiting an exhibition, listening to music, eating different foods from another culture.
- Develop skills and encourage a balanced perspective: Encourage physical activity to develop co-ordination and general fitness. However, remember to not always focus on your child's obvious skills – encourage them to sample new activities, praising and valuing effort and persistence not only achievement.



Using the Gifted and Talented Moodle page

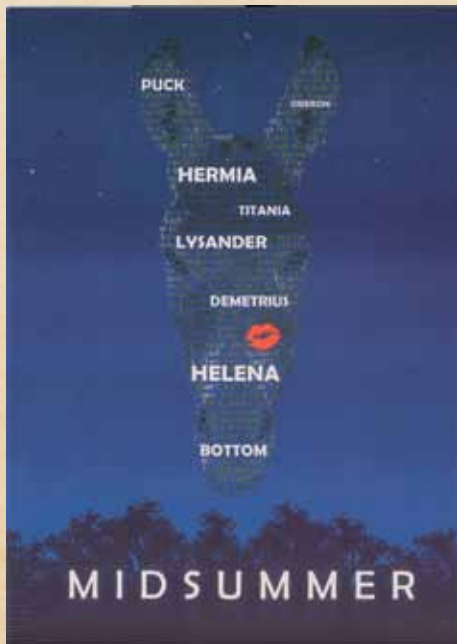


Gifted and Talented students who are also part of NJHS

'The mind is a fire to be kindled not a vessel to be filled' Plutarch
Mrs. J. Cole - Secondary Learning Development Department

English Matters!

MES Cairo students celebrated Shakespeare's birthday in style when they attended a special performance of *A Midsummer Night's Dream* at AUC - Tuesday 23rd April 2013



Our students study 'A Midsummer Night's Dream' in Year and Grade Seven and Eight. Here in Cairo, young people rarely get any opportunity to go to the theatre and suddenly, we met the coincidence of a play they are studying, being performed by an excellent company, only twenty minutes away from school! AUC were kind enough to put on a special 'extra' performance - only for our students! They gathered up the cast and excused them from their lectures to put on this extra performance just for us! Coincidentally, the MES Cairo show took place on 23rd April - Shakespeare's birthday! The students were thrilled to discover that the brilliantly performed role of Nick Bottom was played by no other than MES Cairo Alumni, Hussein Seif El-Nasr (Class of 2009).

What a marvelous opportunity! Year Seven Blue students told us all about it.

Today, we went on a trip to somewhere not so far away, the AUC. We went to watch the play that we had studied in Term Two, 'A Midsummer Night's Dream' by William Shakespeare. It was a fantastic play and we loved it so much, it was hilarious. We are the only school in the whole of Egypt to have this privilege. We thank the English Department and the members of the AUC for organising all of this. It was a wonderful day. Thank you, AUC. **Shehab Abu El-Fadl**

Today we went to AUC, the best college ever! It was our luck that they were doing *A Midsummer Night's Dream* while we were studying it so we had a chance to go there and have fun. I thought that it was a great and very good production and by seeing it we learned more. My favorite character was Puck. He was very funny and kind in the show and I also loved their costumes. **Ahmed Nabil**

I thought it was a good experience to visit a university and watch a play, *A Midsummer Night's Dream* by William Shakespeare. It was a successful play. The play was half comedy and half drama. I liked it a lot, how they did it and was amazed by their confidence. My favourite character was Nick Bottom because he made me laugh and the best scene was the last part where they acted the play of *Pyramus and Thisbe*. Also Nick Bottom used to be at MES Cairo and he acted like a professional. In conclusion I think it was the best play I have ever seen. **Seif Soliman**

What a show! I enjoyed it very much. I would like to go there again because it was really fun watching a dramatic performance of a *A Midsummer Night's Dream*. What I really liked was the expressions on the actor's faces. My best character was the play of the lady, Thisbe, who was singing and doing silly voices because she was a man acting as a woman. I wanted to go there again I would like to watch a different show like *Romeo and Juliet*, which we also study in English class. I had an exciting time with a new experience watching in a theatre at AUC. One day this could be my future.

Youssef Tarek





I was so happy to be a part of this trip as it lifted my spirits and made me laugh my heart out! Especially Pyramus' hilarious dieing scene. The effects they used in the theatre set the scene brilliantly. **Marwa Gaber**

The play talks about love and loss. My favourite parts were the scenes put on by the mechanicals. It was when Pyramus had to die, so he invented many different methods and yelling 'DIE' through the whole thing. Everyone was laughing like mad (including teachers!). My other funny moment was when Thisbe came on stage and was scared by 'oh-so-fearless' lion, who roared like mad (he squeaked like a mouse). **Aisha Abdelaziz**



In my opinion this was a great privilege to actually go to a live theatre! Watching the AUC students perform was like watching professional actors, that is how good they were. **Abdel-Rahman El-Hennawy**

MES Cairo would like to thank the Performing Arts Department at AUC for creating this wonderful opportunity for our students. Many, many thanks to Coach Mark Mineart, Associate Professor of Theatre, and the whole cast and crew of AUC's *A Midsummer Night's Dream*.



DRAGON'S DEN

IN YEAR FOUR AND YEAR NINE!

What is Dragon's Den?

Dragon's Den is a series in which budding entrepreneurs get three minutes to pitch their business ideas to five multi-millionaires willing to invest their own cash. Dragons' Den has a memorable history of inspired investments and some jaw-droppingly awful moments when entrepreneurs have frozen in front of the cameras!

Who will make it into....The Dragons' Den at MES Cairo?

The Secondary Commercial Studies Department has linked up, yet again with Primary Key Stage Two to engage in a Dragons' Den student enrichment project. A group of Year Nine Economics students will act as the Dragons for a thrilling final showpiece on 17th June!

This initiative started last year with DP11 students acting as Dragons but this year, with the hard work of Year Four teachers, the project has just got bigger and better. There will be an elimination process for the Year Nine students in order to choose the final five Dragons out of the 26 who have put themselves forward. The finalists from Year Four will face the Dragons in a Dragons' Den finale being 'recorded' on 17th June - to be 'aired' to Year Four and Nine students soon afterwards.

Year Nine students have recently been preparing a promotional 'video' which will be shown to Year Four students explaining their 'brief'; how they can impress the Dragons generally get enthused about the project. Hours of footage have been recorded and it is now being edited into a final production by Karim Abdallah (Y9Y) and Mohamed Genena (Y9Y). The first edit of the video looks amazing!

The Year Nine students came prepared and changed into their business/formalwear to shoot the video and still shots. Students had a lot of fun doing this and they displayed some flamboyant outfits; demonstrated by Hassan Gad (Y9Y) who looked like the Lord of a country manor, Yasmina El Dairy (Y9B) who managed to stand upright in 6-inch platform heels, Seif Nasr (Y9R) who looked like he was doing a shoot for a clothes catalogue and Youssef Omar (Y9Y) who forgot to bring his business attire and, dressed in items from Mr. Todd's drama cupboard stock, looked like a scarecrow! The students will be judged on a number of criteria including commitment, business attire, acting ability, questioning skills, posing for photographs, a quiz and other criteria to be finalised over the next couple of weeks. If there is a 'tie' the Dragon will be decided by 'tie-break'; which will be the % gained in the end of Year Nine examination.





Year Four students are working with their teachers on designing a product that keeps a water bottle cool, as they have been learning about insulators in Science. The design should be a product that children will want to buy and market research will be carried out and analysed. The design must include the MES Cairo logo and their own team logo.

In addition to this, students will make a persuasive poster to use when they do their pitch, showing features of persuasion they have learnt and finally preparing an oral presentation to impress the Dragons.

At the time of the MESSenger going to 'press', Year Four students are making a prototype product, creating an advertising campaign with a jingle. In pairs, or individually, they will then compete to be one of the final six to face the dragons. One lucky winner from each class gets this coveted opportunity. They are inspired and cannot wait to give it their best try!

Which Year Nine and Year Four students will make it into the Dragons' Den? Find out in your next issue of the MESSenger.

Mr. S. Morris - Secondary Commercial Studies and Mr. D. Ebsworth - Year Four



Wadi Degla Protectorate American Section Science Project



Recently, Mr DeNevers took his Science students on a trip out of school to explore nature at the Wadi Degla Protectorate. Here are two journal entries the students wrote to describe the experience. It was certainly a highly educational and fun trip for all.

Wadi Degla by Nadia El-Bostany (G11B or G9Y)

Yesterday, was a day to remember, I really enjoyed being there in Wadi Degla with my class and my favourite teacher. Maybe I have been to places similar to this before, but I never lived it like I did yesterday. There are so many things I saw that I never knew about before.

We met at the car gate, we rode the buses, and we headed to Wadi Degla. When we got there, I really enjoyed touching the crystal rocks and we tried to see who would get a thicker piece of crystal.

We saw so many trees and plants that I always wanted to see. I saw the *Lucina luasafla*, and waited for the bumble bee to come, but instead there was a fly that looked exactly like bee, which was very interesting.

I walked around for a while and started checking out so many other plants. I saw the guava tree, and the pomegranate tree, that had red roses on them. I also saw, mango, peach, olive trees and the tire tree. What attracted me the most was the Petrified Wood, it was awesome, and that would definitely be my favourite. I just loved learning more about them, and wondering if all petrified woods had the same patterns on them. It is so interesting, knowing that it has lived for 30,000,000 years. If I was alone in that and I saw the petrified wood, I wouldn't have even bothered looking at

it. I would think of it as a piece of rock that's very useless. That is why when I discovered facts about all these plants and rocks and animals, it got me more interested to know even more.

Wadi Degla was the most beautiful place. Everything there got me attracted. The first thing I saw was the Martin bird. It flew around us and looked beautiful. When we carried on we started climbing rocks and going up and down, until I saw the long-legged beetle! I was the first one to see it. It was very cool we got inside the cave, but I was scared. My teacher helped me and told me what to do, and therefore I was fine inside the cave.

I loved being there yesterday, it was amazing I hope I would go there again and learn more about other plants and insects. Thank you, sir, for the amazing experience! I enjoyed it.

Wadi Degla by Ahmed Badawy (G11G)

Yesterday, was a very exciting day for me. I really enjoyed the trip and I wish we could go back again. The thing that I didn't like about the trip was that we had to come back early and I wanted to stay. I really liked seeing the mountains, rocks and empty place. When we were in the desert our mobile phones did not have a signal. At this point I was scared of getting lost and not being able to go back to our bus or class. So I tried as hard as I could to stay next to my class and teacher. When we got there and I saw the mountains and how hard they were to climb I thought I wouldn't be able to do it. When I saw Mr. DeNevers talking to Sohaila and explaining to her how she could go down safely, I listened to him carefully and did as he told us. I also followed all the foot prints so I could tread safely without falling. When we were down the mountains we started looking for animals and plants while we were taking photos. Overall we had a lot of fun and I hope we can go back again.





SECONDARY FRENCH TRIP 2013



Everybody who was lucky enough to join us on the MES Cairo Secondary French Trip 2013 is saying the same thing: 'The trip to France was amazing!'

The students and teachers alike have all thoroughly enjoyed an adventure full of original activities and French traditions.

Have you heard about 'High Ropes'? This activity involves climbing trees in a huge forest, then sliding or jumping between them with a rope! Well, we did that! Although clearly, some of us had to overcome a fear of heights.



Have you ever visited a goat farm and drunk the milk fresh, straight from the milking goat? Well... we did!

We also crossed a bay full of moving sands to reach an island blessed with a fortified city that has survived from the middle ages.

I do not wish to expand forever on the many unusual things we did during this trip but I would like to thank all those who made it so special. For all the teachers who took part, namely Mr. El Metaal, Mrs Downey, Mrs. Hassan and myself, having the opportunity to spend time with the students in a very different context has been a truly rewarding

experience. They were fantastic all the way through and many of them have shown the best of themselves and were great travelling companions.

It has also been a learning curve. French was spoken from breakfast to dinner and the confidence everyone gained as a result is invaluable.

I would like to finish with a short comment made by Sophie, our main tour contact in France, who spent a lot of time with us. She said, 'We have so many schools coming here. I must say that your children are really different. *Ils sont tellement chaleureux!*' (They are so warm!)

Mr. F. Gibault – Secondary World Languages Department

Ms. J. Bugeia, Head of World Languages Department, had this to say about the trip:

Merci, Mr. Gibault! I would like to thank Mr. Gibault as well as Mrs. E. Hassan, Mr. K. Metaal and Mrs C. Downey for their dedication and precious help throughout the organising and running of the trip.

I am proud of the success our Department is having with running trips and look forward to another great trip next year. *Tout le monde bien fait!*



MODEL UNITED NATIONS (MUN) AT MES CAIRO

'Peace cannot be achieved through violence; it can only be attained through understanding.' Ralph Waldo Emerson

As another year of Model United Nations has been completed, we take a moment to pause and evaluate the progress achieved and set new goals to be met. At MES Cairo we do not believe that education should be limited to the classroom setting and MUN Conferences provide an excellent avenue for student exposure to new and various cultures, traditions, histories, and people. This year, a record-number of students participated in three MUN Conferences offered at MES Cairo: Moscow/Ivanovo, Russia, Prague, Czech Republic, and St. Petersburg, Russia. 62 MES Cairo students experienced an eye-opening week of debating and compromising on global problems and solutions, interacting with other international student delegates, nurturing an appreciation for individual rights, and setting a superb example of the future Egyptian citizenry.

To those 62 student delegates- thank you for your dedication, time, patience, and eagerness to participate in a MUN Conference. We hope the benefits gained will encourage you to continue being empathetic, active, and creative members of society who are devoted to making a positive impact on your world.

Ms C. Flake - MUN Teacher
St. Petersburg, Russia

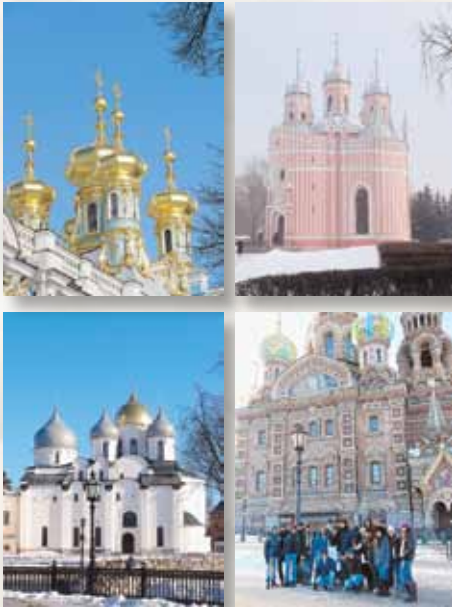
MUN Conference - March 2013

To say that the week we spent in St. Petersburg for Nevsky MUN 2013 was the best week of our lives would be a major understatement. After weekly meetings for preparation, getting our resolutions approved, and running from one end of Moscow airport to the other hoping we would catch our plane on time, the week we spent in St. Petersburg was surely worth it.

Having a day to get to know the city and prepare our opening speeches, we were up early on Sunday morning and on our way to the official St. Petersburg parliamentary palace to kickoff this year's conference with the opening ceremony. With speeches in our heads and excitement in our hearts, we were ready to begin. Although nervous, five of our delegates representing their countries walked up to the podium in the hall and presented their speeches with absolute confidence. Arriving at the school where the conference was being hosted, we were immediately dismissed to our committees, eager to meet our fellow delegates and chairs.

A few icebreaker games later, we were all talking as though we had been friends for ages. The conference itself was exciting to be a part of, especially for those MES Cairo students that were experiencing MUN for their first time. We fought for our countries' beliefs, and strongly devoted ourselves to the passing of our resolutions by the time our committees were voting.

Who could have known that all it takes to make such good friends is being





stuck in a room with them for six hours a day! On the last day of the conference, we voted on our resolutions and had our closing ceremonies. Everyone there could admit that they felt proud of their contributions to the conference while listening to the speeches about what a wonderful week it had been. By the time night came, all the delegates were dressed up and headed over to Metro Club to get a final few hours in with their new friends from the conference before we were all set on different paths. We danced and talked and were all exchanging phone numbers and Facebook names by the end, promising to keep in touch. The friends we all made will definitely be missed.



After the last conference we still had a few days to spend in Russia. Museums, palaces, churches, ballets, folk dancing, and of course shopping; there was nothing in St. Petersburg left unseen by the time we were done with it. After taking St. Petersburg by storm, we even made our way to the Viking city of Novgorod for two days to experience the oldest city in Russia.

When we were back to St. Petersburg for one last day before our flight back to Cairo, we found Mrs. Schmoll, the conference organiser, waiting to talk to us at the hotel. She mentioned how at the meeting of the conference, the organizers along with the Principal of the school who hosted Nevsky MUN, were talking about the Egyptians at the conference and were impressed by the impact we had made there.



Listening to her talk about how long our school has been coming to this conference and how much they appreciated having us was very heartwarming. We all hugged her goodbye and a few of us cried a little. She said she hoped to see us again next year and I'm positive everyone in the room was thinking the a.



It was truly one of the best weeks of our lives. Not only was it an incredible learning experience, but the close friendships that were made that week will not be forgotten. The beauty of St. Petersburg never dies and I'm sure that given the opportunity, we would all go back in a heartbeat. It was an honour to be given the opportunity and we have Ms. Flake, Mr. Roodvoets and Ms. Ballard to thank, for making it possible.

Mahira Ahmed – Grade Ten Yellow

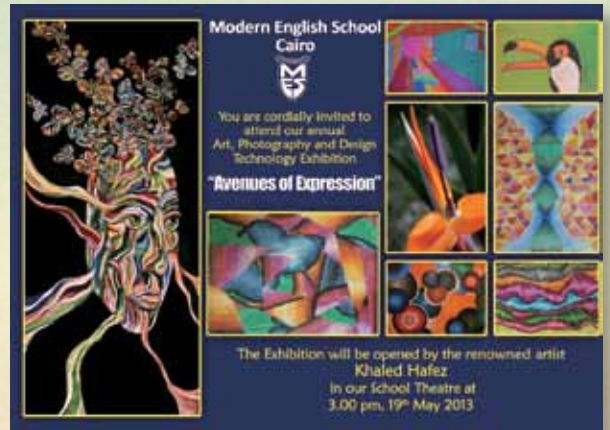


ART BEAT

Avenues of Expression

Art and Design Technology Exhibition 2013

It has been a busy first year for the Art Department in secondary, getting to know a new cohort of students and trying to guide them to realise their full potential. For the Design Technology team there has been continued hard work as they built upon their successes from last year. In primary, the amazing work of Mrs. Nicky Millington and Ms. Shaimaa El-Sayed Attia has ensured that the very youngest artists and designers at MES Cairo get the best possible start to their creative education. All staff have been bowled over by



the amazing range of talent at MES Cairo, which culminated in the opening of the Art and Design Technology Exhibition on Sunday 19th May. The annual showcase displayed the very best work by students from both primary and secondary in Visual Arts, Photography, and Design Technology.



A bumper crowd packed the school theatre to listen to the opening comments and address from internationally renowned Egyptian artist, Khaled Hafez. Special guests from the 'Right to Live' association were also in attendance, with a guest appearance from up and coming young Egyptian artist Omar Yehia, who's inspiring body of work was proudly displayed in the foyer, with all pieces open to auction.

Awards were presented to 31 students for excellence across all subject areas in the from Year One upwards. Mr. Hafez, Mr. Yehia and Mrs. Dajani then cut the ribbon to open the show. There was a palpable buzz in the air as proud parents and staff thronged the corridors taking in the visual delights on display. I would like to thank all the people who worked so hard to make this year's exhibition a great success; we are already planning for more creative success in 2014!

Mr. L. Simpson - Secondary Head of Art and Design Technology



ANENUES OF EXPRESSION ART BEAT



ART BEAT

EXHIBITED WORK - SECONDARY



Yasmina El Dairy (Y9B)



Georgina Merhom (DP11R)

The work on display in this year's Exhibition reflects the broad avenues of expression that students at MES Cairo have explored across the course of their studies in the Art and Design Technology Department. Students have been encouraged to reflect upon the visual world around them and use this as source material for their work.

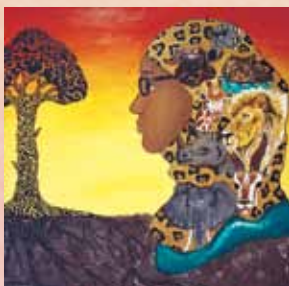
A large proportion of the show is dedicated to self-portraiture in Years Eight, Nine and Grade Eleven, which has given students the opportunity to explore their



Menora Thomas (G11G)



Yasmine Al-Shaa'er (Y9B)



Zubaydah Jibrilu (Y9G)

identity as young artists and begin to develop their own personal styles. In the American Section, investigation into abstract styles has strengthened the students' understanding of the formal elements in their use of colour, pattern and shape. In Year Seven, the emphasis has been on collaborative group projects, to encourage students to work as a team in large-scale pieces, learning

keys skills before embarking on individual pieces as they progress higher up the school.

In Grades Seven and Eight, students have been stabling their skills in the key areas of observational drawing, keeping a sketchbook to record their ideas and the use of perspective. The show as a whole clearly demonstrated versatile talents of our students here at MES Cairo!

Secondary Art Department



Shareefa Amer (DP11Y)



Mai Hindawi (Y9R)



Haneen Elshorbagy (Y8B)



Yola Elwy (Y8B)



Laurar Assaid (Y9Y)

PHOTOGRAPHY FOCUS



Farah Kabesh (G12V)



Nayla Rizkalla (G12B)

day Egyptian workers to photos of our primary students. Students also exhibited black and white photos, photo collages, and a variety of images that illustrated their skills in using Photoshop as a tool to enhance photographic images.

Congratulations to all MES Cairo photographers on their excellent work this year!

Ingie Enan - Grade Eleven Red

On Sunday 19th May, MES Cairo photography students had the chance to present their outstanding photography work in the MES Cairo Art and Design Exhibition. After much hard work and progress in their classes, with projects exploring the worlds of documentary photography, portraiture, and street photography, the exhibition displayed success in perfecting composition and mastering the basic skills of photography.

On display was a variety of work exploring different topics - from photos recording activity in Cairo's streets to portraits of every



Seif Mahfouz (G11G)



Farah Abaza (G12O)



Nader Rezk (G12G)

MES Cairo and Oriental Weavers - Rug Competition



To add to the excitement of the art show, we were pleased to participate in the annual rug design competition that is organised by the Oriental Weavers, the No. 1 carpet and rug manufacturer in the world.

Every year and grade group were asked to participate in the competition, and we had so many wonderful entries it was extremely difficult to choose the winners. Thank you to all those who entered.

Congratulations to our Primary winners:

Valentin Maroccia (Y5R) and Youssef Moustafa (Y6B)



Congratulations to our Secondary winners:

Ashrakat Nadim (Y8B), Nadine Essawi (G11G), Nour Haddad (G11B), Natalie Osman (Y7R), Nadim Osman (Y7B) and Zubaydah Jibri (Y9G).



International Baccalaureate Diploma Programme
DP12 Visual Arts - Final Exhibition
April 2013



The IBDP Visual Arts exhibition was held on 7th April in the Multi-Purpose Hall at MES Cairo. It was the culmination of three years of intensive exploration and production within the Arts from Mirit Agaiby, Minou Nasr and Faten Elnahas. All three students had worked tirelessly in the run up to the show

As the opening approached; each student furiously finished canvas preparations, put the finishing touches to installations and made sure that their space was curated to their satisfaction.

After the Guest of Honour, Mrs. sawsan Dajani (Managing Director), formally opened the show with the cutting of the ceremonial ribbon, the large crowd in attendance were left to take in the aesthetic feast on display.

Each student produced a very personal body of work using a broad variety of techniques, styles and media. Mirit's display demonstrated her focused investigation into painting, using a variety of subject

matter from natural forms to portraiture. Minou's work focused on portraiture. Her selected theme was 'women's rights' which allowed her to reflect on the experience of her international upbringing. Faten stayed closer to home and produced work that explored her Egyptian identity, looking at calligraphy, street art and portraiture.



Overall the exhibition truly reflected the eclectic interests and diverse personalities of the young artists on display, and set the bar for the current IBDP11 students' Final Exhibition next year.

Mr. L. Simpson - Secondary Head of Art and Design Technology



DP12 Visual Arts - Final Exhibition



ART BEAT

Design and Technology

This academic year was another successful one in The Design and Technology Department of MES, Cairo. Health and Safety is our number one priority and the workshop is proud to boast zero accidents. The Department is also proud to report that Students have worked incredibly hard to meet the demands of the subject and project work. Lots of cool projects were displayed at the exhibition and eight students received A* grades in their IGCSE coursework for Cambridge International Examinations. Design and Technology unlocks the creative thinker and allows students to engineer solutions, to improve the products humans use. Initiative, teamwork, R&D, problem solving, skill, craft, precision, persistence, time management, links with industry and hand eye coordination are some of the main attributes developed in this field of knowledge.

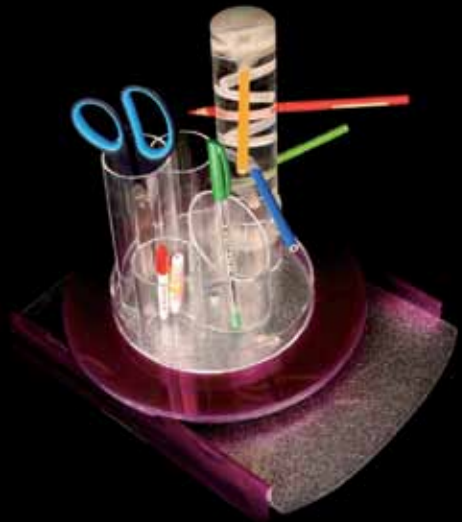


Salma Amer (Y10Y)

Mr. S. Griffin – Design and Technology



Nour Jouda (Y10Y)



Amina Jibrulu (Y10G)



Zeina Nasr (Y10B)



Mostafa Amer (Y10G)

ART BEAT

Design and Technology



Hassan Khadr (Y10R)



Andre Andrewes (Y10B)



Karim Shaltout (Y10B)



Menatallah Sheba (Y10B)



Mohamed El-Tahan (Y10R)



Mohamed Hamdoun (Y10Y)



Mostafa Mohsen (Y10R)



Nada Mady (Y10R)



Nour Mashhour (Y10R)



Yousef Sabry (Y10Y)



Zeina Salem (Y10Y)



Marwan El-Hosseiny (Y10G)

Primary Art Exhibition 2013

Wow! Have you seen the fantastic work that our pupils from Year One to Year Six have created in their Art and Design and Craft Design Technology lessons this year? The Whole School Art Exhibition was opened on 19th May with an official ceremony in the theatre, attended by the renowned Egyptian artist, Khaled Hafez and many of our most talented and hardworking pupils and their parents. On display there were hundreds of pieces of work from the Primary and Secondary students, testament to the amount of effort that these children have put into their studies this year.

The Primary displays are still up, so if you haven't already seen the work, please come and take a tour around the Administration Building and the ground floor Atrium of the Primary Building, and take a trip around the world!

Year One were inspired by Mexican artist, Frida Kahlo. They mixed watercolours and added decorations to create stunning self-portraits. After their visit to the circus, they created circus character masks using a variety of materials. They even made super string puppets in their CDT lessons with their class teachers and the artists from GraffitiArtists in Maadi.

Year Two visited Amazing Asia and were inspired by the Chinese New Year of the Snake. They painted wash and watercolour snakes in wonderful shapes, adding glittering scales. The Year Two children also worked as a team to create our giant snake sculpture, using wire and papier mache. And did you spot the lovely Nature Art carried out by Miss Hayley's class?

Year Three stayed in Egypt, but travelled back in time to the Age of the Pharaohs. They used their knowledge of the grid method and body proportions to create beautiful soft pastel tomb portraits. The children also made spooky 3D mummies, using ModRoc, and their sarcophagi. Look carefully and you may spot some Ancient Egyptian amulets among the remains.

Year Four travelled all over the world as part of their 'Journeys' topic. In art they focused on collage and produced stunning work inspired by Australian Aboriginal Dreamtime pictures; and 'Found Treasure Art' in the style of Wassily Kandinsky. They even had a chance to go back in time and paint beautiful Vikings and longboats using their watercolour skills. In addition to all this, have you seen the fabulous pop-up books created with the help of Miss Jane?

Year Five travelled in time and space- to Mexico. They studied the features of the Mexican desert and produced amazing collages using dried Mexican food. They were also inspired by Ancient Aztec symbols, and reproduced these using mosaics- very effective. These students also enjoyed seeing the work of professional ceramicists, and they recreated containers in the style of their favourites- Clarice Cliff and Kate Malone. Well done Year Five teachers for your hard work in these activities.

Year Six created a variety of 3D work this year, including 'Altered Books' in Art, and 'Fairground Rides' in CDT. They worked hard to use a wide range of materials in the most effective way and produced imaginative and exciting results. These pupils also did some travelling- to the Amazon rainforest. They created 'Amazing Amazon Animal Action Art' (phew!) This was achieved by using soft pastels in a variety of ways to create the illusion of moving animals.

A special mention should go to two students who have demonstrated skill and creativity this year, and also won the Oriental Weavers Rug Designing Competition in May 2013. Valentin Maroccia (Year Five Red) and Youssef Moustafa (Year Six Blue) designed stunning rugs and saw



By Nahed El-Berry (Y3B)



By Yassine El Antably (Y3O)



Year Two Snake Watercolours and Models



Year Five Charcoal Studies



Year Five 'Desert' Collages



Year Four 'Journey' Collages



Year One Masks and String Puppets



Year Six 'Altered Books'



Year Four 'Treasure Art'



Year Two Snake Sculpture



Valentin Maroccia (Y5R)

their designs reproduced cleverly into their own rugs. These were displayed alongside the winners from the Secondary School in the Primary Atrium.

As you can tell, the Art and CDT themes are all linked to the year group Curriculum Development topics. This has helped to inspire the children in all areas of the curriculum. However, great artwork is not just the result of a creative mind; it takes perseverance and care to produce work of the standard we have seen this year, and those children who saw their work displayed should be very proud of all their efforts- well done!

Ms. N. Millington - Primary Art Specialist



By Mostafa Samad (Y4B)



Year Six 'Fairground Ride' models



Youssef Moustafa (Y6B)



Year One Self-Portraits



Year Three Ancient Egyptian Double Portraits



Year Five One Point Perspective Oil Pastels



Year Six Art and CDT work

THE PRIMARY ART CORRIDOR MURAL

Once upon a time there was a neglected and lonely old corridor wall, tucked away in a quiet (except for a very active music room) part of the MES Cairo Primary School. Fortunately, a kind-hearted Head Teacher thought up a grand plan and enlisted the help of the Primary Art teacher to think of a way of cheering up the corridor...

It seems like years ago that I announced to the Primary children that I was going to run a competition to design an image that could contribute to a large scale piece of artwork. This would reflect the school's vision of *Care, Challenge and Inspire*. The Year One and Two children had to think about 'Manners Matter'; and Years Three to Six were given the theme, *The Graduate Profile*.



I explained that the winning designs would be painted on to the wall of the Primary School's 'Art Corridor'- to create a 'mural'- and would also celebrate the talents and hard work of the MES Cairo Primary students.

I planned to paint silhouettes of staff and children onto the walls to reflect the caring, challenging and inspiring activities that go on in the school.

It was a tricky job choosing which designs were to be used out of all those submitted in the competition. Many children were keen to have their ideas transferred to the wall. However, after careful consideration, thirty two beautiful designs were chosen because of their imaginative quality and the care that was taken to draw and colour them. I was sure that they would look stunning as part of the final mural.

The next step was to draw each silhouette on to the wall, spaced apart carefully. Then I copied the children's designs one by one into the silhouettes, using pencil.

The next task was to paint around the children's designs in bold colours, so that the silhouettes were highlighted- this was the background colour.





Friends at last!



Friends!

The penultimate stage was, of course, painting in the children's designs. This was carried out by the children themselves, with help, resilience and care from the lovely Miss Shaimaa. The children were so careful and did a beautiful job, as I knew they would!

Finally, we added the children's names and Mr. Tarek varnished the designs so that they would be hardwearing, and stand the test of time- we would all like to see these fabulous pictures for years to come!

If you haven't already visited the Art Corridor, please come- it would love to see you! And I am sure you will be impressed by how creative and resilient our children are. Special thanks go to Miss Shaimaa El Sayed Attia, Mr. Tom Maurice and Ms. Lorna Mallory for all their help with the painting.

Ms. N. Millington - Primary Art Specialist



A helping hand



This side is finished



Painting in the design



This side too!



Let's get the colour right



Getting started

Primary Peripatetic Showcase

April 2013

This year's Primary Peripatetic Showcase was truly bursting with energy and real talent. The show began with an impressive number of 37 solo performances! Each student confidently introduced and played their piece to an enthusiastic audience of proud family members, fellow students and teachers. It was a delight to hear the result of so much dedication to their chosen instrument, both in school and at home.

The second part of the show debuted the Peripatetic Department's very own Primary rock bands. *Golden Lions* entertained us with their impressive performance of The Beatles 'Yellow Submarine' and *The Rockers*, who set the stage on fire with their Elvis rendition, quite literally left the crowd 'All Shook Up!' All the members of these bands rehearse under the guidance of Mr. Maged Nagati in their break times.





The grand finale of our show introduced a surprise element to our audience. The MES Cairo Concert Band, led by Mr. Adam Briggs and Mr. Jack Tomlinson is comprised of eleven Year Four students, playing flute, clarinet, saxophone, trumpet and trombone. These students only started learning their woodwind and brass instruments in February, but a combination of Saturday lessons, practice at home and their weekly band ASA allowed them to wow the audience with two remarkable performances.

There are many more incentives for these students to continue the hard work with Shine On performances in the yards at break times and the Trinity music exams just around the corner. I'd like to thank all our brilliant students for their efforts and to encourage them to take full advantage of all the amazing opportunities they have to share their musical talents in the future. Many thanks also to all the wonderful teachers and staff in the Peripatetic Department who work tirelessly to make this all possible.

Ms. C. Williams – Peripatetic Music Coordinator



Exciting new development in Primary music!

It was a term of 'firsts' in the Primary Music Department.

Let me begin with the newly-formed Primary Concert Band. At the beginning of the year I decided that what the Primary Music Department needed was a concert band. So, back in December, I took a saxophone, a trumpet, a trombone, a flute and a clarinet into the Year Four Pod to give an assembly to the children. The response I got back from the pupils was perfect. Eleven students wanted to start learning an instrument.

After the inevitable delays, the Saturday lessons began. Yes, the SATURDAY lessons began. These children were so enthused, and their parents so supportive, that they started coming to school on Saturdays!

At the same time as their Saturday lessons started, rehearsals on Wednesdays began as well. Although progress was slow at first, the children showed their resilience and persevered. The result was outstanding.

On the 16th April, approximately two months after making their first note on their instrument, the children performed at the Peripatetic Showcase. They played two pieces, 'Mary Had A Little Band' and 'Two At Twilight'. The response from the watching Year Three students, parents and staff was fantastic. There were some very proud parents (and teachers) there after that performance.

The very first students to be in the MES Cairo Primary Concert Band are:

Hana Afifi (4V)	Flute
Farida Zeidan (4V)	Flute
Farah Moaman (4B)	Flute
Fayrouz Badr (4B)	Flute
Connie Bancroft (4G)	Clarinet
Jana Medhat (4B)	Clarinet
Camilia El Shaer (4B)	Alto Saxophone
Yassin Gamal (4R)	Alto Saxophone
Mariam Bedair (4O)	Alto Saxophone
Kareem Asad (4R)	Trumpet
Zeina Soliman (4B)	Trombone



The concert band is a long-term project and I am looking for students from the current Year Three (who will be starting Year Four in September) to join this exciting project. As any of the above students will tell you, it's a lot of hard work but it is definitely well worth the effort. If you would like any more details about whether your child can join the band, then please either contact Miss Claire Williams (in the Peripatetic Department) or myself.

Lastly, on behalf of the students and myself, I would like to say a huge thank you to Mr. Jack Tomlinson for his work and assistance in tutoring and conducting the band.

The Concert Band, however, was not the only 'first' in the Primary Music Department this term. We also held our very first 'Joint Choir Concert' on the 23rd April, in the theatre. The concert involved approximately seventy children from Year Two up to Year Six, performing in three choirs: the 'Young Voices ASA Choir', the 'Singing Games ASA Choir' and the 'Key Stage Two Choir'. Some extremely busy children even sang in two of the choirs! The performance started with three 'warm-up' songs that all three choirs sang. It then moved onto a number of pieces performed by each of the choirs.



The quality of singing, throughout the age range, was outstanding. Everybody who had the privilege of hearing the concert was amazed by the maturity that the children displayed in their singing. I would also like to mention the children from Mr. Milton's 'Mixcraft ASA' who composed the music that was playing as the parents entered the theatre.

I would like to say a huge 'thank you' to Miss Louise and Ms. Lorna who helped with and conducted the 'Young Voices' and the 'Key Stage Two' choirs respectively. Also a massive 'thank you' goes out to Miss Mary for running and conducting the 'Singing Games ASA'.

Mr A. Briggs - Head of Primary Music

TRINITY GUILDHALL WELCOMES MES CAIRO MUSICIANS!

Congratulations to MES Cairo on successfully entering students for Trinity College international music exams in the past year. MES has for many years been famous in Cairo for its vibrant and professional musical productions and is now poised to lead the way academically in extra-curricular music.



Trinity College London has been providing international music exams since 1877. Today specialist examiners from the college travel to more than 60 countries worldwide, including Egypt, to conduct music exams from initial level for beginners through to diplomas for professional musicians. The certificates are recognised worldwide and, at higher levels, provide valuable UCAS university points.

As both the representative for Trinity College in Cairo and MES parents we welcome the school's initiative in making these international qualifications available to MES students. In today's ever competitive world universities and employers seek students who not only have good grades in standard school subjects but who can also show a rounded personality and commitment to

outside interests. The peripatetic music team at MES give students a wonderful opportunity not only to have fun learning an instrument but to positively enhance their overall CV.

As with all education maximising our children's musical potential is very much a team effort between teachers, parents and students. The role of parents in this triangle cannot be emphasized enough; providing an instrument to practise on at home and, indeed, encouraging daily practise are both essential to successfully mastering any instrument. Students must also realise that learning to play an instrument is a commitment, not just an activity to go to once a week and forget about in between; a short, regular practise session every day is much more useful than one long weekly session.

With the long summer holidays approaching this is an excellent opportunity for MES Cairo musicians to use some of that spare time to enjoy playing their instrument and strengthen their musical ability ready for the new school year - and of course have fun at the same time!

Examiners travel from the UK to conduct practical music exams at the Trinity Guildhall examination centre in Maadi in May and December each year. We look forward to working with Mr Magued Nagati, Ms Claire Williams and the MES peripatetic team in the new academic year to help even more MES students realise their musical ambitions and achieve international music qualifications.

More information about Trinity Guildhall can be found at www.trinityguildhall.co.uk, by e mail: maria.harper@trinityguildhall.co.uk or leaflets are available from the MES music department.

As the MES Messenger goes to print we have just received confirmation that all MES candidates who entered the May 2013 exam passed with many attaining 'Merit' or 'Distinction' due to their exceptionally high standard. Well done to all students, teachers and of course parents for making this happen.

We hope that many more students will take advantage of the great opportunities offered by MES Cairo to nurture their musical talent through the Trinity exam system!

Mrs. Maria Harper and Mr. Hesham Abu Shady - Trinity Guildhall Representatives, Cairo



POETRY WEEK IN PRIMARY



The children in Primary are always working on improving their confidence and articulation skills. Our Poetry Week saw all the children working incredibly hard to learn, write and present a variety of poems. We also hosted our very own Poetry Idol competition, as we all know performing and speaking to a large audience can be a terrifying experience and it is important that our children have the confidence and the skills to engage an audience and deliver their work. As always, all of the competitors were incredible. Our Poetry Week and Poetry Idol enabled children to learn



about different poets and types of poetry. In addition it gave them the opportunity to listen to, perform and recite a variety of poems. It was fabulous to watch even our youngest children get into poetry and read poems with enthusiasm and clarity.





We also had the honour of hosting esteemed Secondary children and teachers who taught us how to write, perform and enjoy poetry. Many thanks to Ms. Suzie Sheehan and her DP11 students; Ms. Rebecca Prebble and her Year 11 Honors students; Ms. Sarah Clingan and her Years Seven and Nine students; Ms. Therese Sliney and her Years Seven and Nine students and, last

but not least, Mr. Daniel Tomlin and his impressive MES Cairo High School Choir. Well done everyone.

Ms. B. Meason - Senior Lead Teacher, Primary Department



PRIMARY FRENCH DAY

French day was as usual, an exciting and fun-filled day with lots of games, activities and learning opportunities that make learning French in primary such a great experience.....



Miss Annie lost her voice but it did not stop her making sure we all enjoyed French Day.



Inspector Aly was on the case to find out who was in charge of this amazing French day.

The day began on the playground with a short assembly, where Madame Jacqueline and some great performers from Year Five gave us all a brief run down on what would be going on throughout the day. Here are some of the great things that we did.

We saluted the French flag, and enjoyed a really lively version of the French national anthem.

Year Three enjoyed a great French breakfast, complete with bowls to drink out of and croissants to sample. They were joined by Mr. Kirby, who was impressed by the students' comments in French and their polite manners... 'C'est délicieux!' 'Merci!'

Year Four made French birthday cards, played French party games and sang *Happy Birthday* in French.

Year Five, as well as entertaining everyone during both playtimes, also played French foodie games and made sandwiches like real French Chefs.

Year Six were French portrait artists, Eiffel Tower builders and fashion Queens and Kings.

It was a truly magnificent day.

The best thing about was how the Key Stage Two team of teachers and students worked together to make it a success.

Merci, et félicitations à tous!

Madame Jacqueline (aka Ms. J. Smith) - Primary French Department

Year Six students share personal accounts of the day with you.

French Day was amazing! There were a

lot of fun, amazing activities on the playground and in the classrooms. Year Fives organised the playtime activities including; three-legged races, naming the items that you pick in French, guessing the food that you were eating blind-folded, red white and blue nail painting, face painting, skipping games and so much more. There were also amazing foods available like: crêpes, gâteaux, glaces et des biscuits.

Year Six made their own Eiffel Towers out of newspapers, tape and scissors and became real French artists 'en plein air'.

At the end of the day there was a great fashion show performed by some Year Six students, a song: L'Alphabet Français, performed by Year Three and the famous *Can Can* dance.



Making a French 10th birthday card.



Coco Chanel!



Being a great mime artist - for the whole day!

Everyone came to French Day either dressed up in the colours of the French flag or as French characters. The costumes were 'fantastique!' I came dressed as a French chef.

I would really like to thank Year Five students for making such amazing activities and food for us, Mr. Clement for putting all the decorations up and I would especially like to thank Madame Jacqueline for making French Day an amazing event, 'Merci beaucoup Madame Jacqueline!'

Jana Osman - Year Six Blue

This year Madame Jacqueline has been working extremely hard and produced yet another fantastic French Day!



French Day will always put a smile on your face, no matter what!



Miss Emily's Maths group figuring out how to construct the tallest and most stable Eiffel Tower.



What a successful French Day!



What an awesome Eiffel Tower produced by the girls.



All that queueing...it was all worth it.



Enjoying the experience of drinking 'chocolat chaud' from a real French breakfast bowl.



You can see the happiness on Mr. Cole's face, enjoying his first ever French day at MES Cairo.

During French Day the Year Six teams worked collaboratively to construct their own Eiffel Towers out of newspaper that all the year groups collected. They also had fun playing enthusiastic games of Passez Le Cadeau, with forfeits in French, and Mangez Le Chocolat!

During break times the students lined up patiently waiting for their crêpes, ice creams, cakes, and pastries whilst showing off their fabulous costumes whether red, white and blue or a famous French person.

The Year Five children worked really hard to make the playground fun and entertaining and with all of the teachers participating in the fun, it was magnificent!

To end our break time a selected child from each class in Key Stage Two approached the centre of the playground to release red, white and blue helium balloons that could land anywhere in the world ... we wanted the world to know what a great event it was!

To finish off French Day we had an amazing assembly with a Year Six fashion show and amazing performances from Year Three. We also had a sneak preview of some of the great photos of us all that had been taken throughout the day by Miss Nicky. **Farida El-Shafie - Year Six Blue**

French Day 2013 - We had a great time!

It was a really enjoyable day. There were lots of games to play and enjoy. There were lots of great costumes worn and the whole of KS2 looked amazing.

All of KS2 made a huge effort! Teachers and students, support staff and domestic staff were all a perfect team working together for such a perfect day.

There was one game I personally tried that showed off every different Year



Farida Shafie who won the best Year Six costume.



Embracing the true spirit of French day.



Merci Mme Jacqueline for our best French day ever!



French artists everywhere...



Year Six trying their best to build an Eiffel Tower from newspaper "WOW"!



Year 5 having a great time playing C'est Bon Pour la Santé food games in the dance studio.



Some of the Year Three Can Can dancers entertained us all in the theatre at the end of the day.



We have never seen the Year Six boys concentrating on anything as much as they did on this task!

group's skills. There was a board for each year group, depending on what you had studied recently. You had to hold a gun and shoot a picture of what you knew and you had to say what it was in French. You got a prize if you were successful! French Day was organised by the one and only, who teaches French in our Primary Section, Madame Jacqueline! Without her planning and organisation every year's French Day would not be such a success! We all thank you from our hearts! **Merci! Mariam Zaki - Year Six Blue**



Every single child was focused and became French for the whole day.



Year Three enjoying their authentic French breakfast.



Cherche des Mots... Hungry Year Five decided to search out some familiar foods in the atrium.

حفل المولد النبوي الشريف



اعتادت المدرسة إقامة العديد من الاحتفالات على مدار العام الدراسي، منها الاحتفالات الاجتماعية والدينية وغيرها من الاحتفالات التي تقام في جمهورية مصر العربية، ويُعد الاحتفال بالمولد النبوي الشريف من أبرز هذه الاحتفالات التي يحرص شعبنا على الاحتفال بها بصور شتى ومظاهر متنوعة، ومن أبرز هذه المظاهر الشعبية انتشار (حلاوة المولد) في معظم المحال التجارية بأشكالها المختلفة وألوانها الجذابة وطعمها اللذيذ كما أن هناك حلوى للزينة علي شكل (العروسة) والجمال والحصان وهي من العادات التي انتشرت منذ زمن الدولة الفاطمية وتُعد من الهدايا التي تُقدم للأطفال الصغار. وبهذه المناسبة السعيدة أقام قسم اللغة العربية بالمدرسة حفلا متميزا متنوع الفقرات، حيث بدأ الحفل بتلاوة ما تيسر من القرآن الكريم، ثم أعقب ذلك عرض للمعرائين قام بأدائه مدرسات قسم اللغة العربية وكان موضوعه هجرة الرسول صلى الله عليه وسلم من مكة إلى المدينة المنورة حيث انتشر الإسلام في شبه الجزيرة العربية ومنه إلى مختلف بقاع الأرض، وقد تخلل العرض مجموعة من الأغاني الدينية التي تتناسب هذه الذكرى العطرة حيث قام التلاميذ بغناء أغنيتين وهما (حبيبي يارسول الله) و(محمد نبينا)، كما غنت أ/ نادية شنب مدرسة الموسيقى أغنية (طلع البدر علينا) باللغتين العربية والانجليزية، أما عن الشعر فقد ساهم عدد من التلاميذ من مختلف الصفوف بالمرحلة الابتدائية بإلقاء بعض الأبيات الشعرية التي توضح الأخلاق العظيمة لنبينا محمد صلى الله عليه وسلم، وقد كان أداء التلاميذ للشعر مبهرًا رغم صغر سنهم.

ولقد حرصت المدرسة أن يشاهد هذا العرض السادة أولياء الأمور بالمدرسة والذين شعروا بالسعادة والفخر لقدرة أبنائنا على الأداء الممتاز لهذا العمل.

كما شرفت المدرسة بحضور نخبة من كبار مسؤولي وزارة التربية والتعليم الذين لبوا دعوة المدرسة لهم بالحضور لهذا الحفل. وقد أبدوا إعجابهم واندھاشهم لإجادة التلاميذ وأدائهم الراقي للعرض باللغة العربية، وقد أكدوا أنهم سمعوا كثيرا عن المستوى المتميز للمدرسة ولكن ما شاهدوه كان أروع.



The Prophet Mohammed's Birthday Celebration

Following the success of last year's Primary show celebrating the Prophet Mohammed's birthday, MES Cairo has decided to make this an annual event.

The teachers got inspiration for the set from at the wonderful, seasonal 'Mawled Al-Nabey' displays of sweets on the stalls that can be seen all around the streets of Egypt and decided to decorate the theatre stage with 'mouwled dolls' made of sugar, and with relevant models of camels and horses. The show began with a recital from the Holy Qur'an followed by a masterful puppet show depicting the story of the migration of the Prophet Mohammed from Mecca to Medina.

A selection of songs was sung including 'Mohammed Nabina' and 'Habibi Ya Rasoul Allah'. Miss Nadia Shanab also treated us to 'Talla' Al-Badr A'laina,' which she sang in both Arabic and English.

Various children recited poetry about the manners and ways of the Prophet Mohammed, watched by visitors from the Ministry, who were both surprised and delighted.

The Arabic department would like to thank all those who helped them to put on this show which was a wonderful success. We can't wait until next year!

Primary Arabic Department



SPELLING BEE - MAY 2013

Following last year's very successful Spelling Bee, it was decided, not only to make this an annual event, but to turn it into a House competition so that the children in the audience could also take part, show off their super spelling and win house points at the same time.

We were so impressed with the children's spelling last year that we decided to challenge them more this time, by presenting them with a very varied list of words which were given to all the children in class in order to find the best two children to represent each house.

Once the winners were found, they were given an even harder, extended list of words to take home throughout the Spring holiday. It was very obvious that the children had made a huge effort to learn these words and we would like to thank and congratulate them all on their achievement.

Spelling Bee Finalists May 2013

	Horus	Anubis	Thoth	Ra
Year 3	Adam Kirillos Malak Atef	Ibrahim Hamid Malak Kandil	Maya Salam Yassine Antably	Abdel Rahman Refaat Jana Selim
Year 4	Mariam Hany Ahmed Badawy	Ali Hallal Kareem Asaad	Farida Refaat Ammar Abdel Wahab	Mariam Abou Gabal Camilia El Shaer
Year 5	Ammar Megahed Shahd Atef	Omar Raafat Shada El Sonni	Zein El Helw Kenzi Shaltout	Omar Mazloun Rawan Abou El Fadi
Year 6	Karim Ramadan Lina Ayyad	Ibrahim El Nemr Youssef Atta	Joumana Barbakh Jana Osman	Omar Abou Bakr Nayra Soliman

On the day of the Spelling Bee, all the children wore their House T-shirts and every child took an enthusiastic part in the event, supporting their house representatives but also appreciating the effort of all the children up on the stage. It is not easy standing there, in front of so many people, trying to spell out a difficult word!

Congratulations to this year's winners: Malak Kandil and Maya Salam in Year Three; Ammar Abdel Wahab in Year Four; Ammar Megahed in Year Five and Ibrahim El Nemr in Year Six. Each child received a Virgin Megastore voucher for their great effort, as well as 100 house points. Well done to you all.

We are already looking forward to next year's event!

Mrs. M. Glancy - Senior Lead Teacher, Primary Department





Conquering the abseiling fear

Year Six Residential to Cyprus

Day 1

The day had arrived! Students arrived with great anticipation for the adventure ahead. Parents on the other hand hugged and kissed their children repeatedly, wondering what the week would hold. Once goodbyes had been said, luggage checked in and the slow line through passport control had been completed, all the children could see were the shining golden signs of Burger King! After a scrumptious meal the children boarded the plane ready for takeoff.

An hour later Year Six touched down in Cyprus, and boarded Christos' bus. The journey to the hotel was long and tiring, however the views of green fields and a beautiful sunset kept everyone peering out of the windows.

By the time we reached the hotel, tummies were rumbling, dinner was calling. After everyone had filled their bellies, it was time for bed. Lots of rest was needed in preparation for the exciting adventures ahead.



Excited Year Six students on the bus to the hotel

Day 2

After being woken by their teachers, the children enjoyed a delicious breakfast and boarded the coach heading to Avakas Gorge. After a steep hill and lots of huffing and puffing, Year Six arrived at Mr. Linden's truck. There they were each presented with a hard hat. This wasn't any ordinary hard hat – with this hat came a character. "I got to be Felix the Cat, Miss Emily was James Bond, Miss Annie was the Green Giant!" Mohamed Bablli (Y6R). The long walk through the Gorge, complete with lots of river crossings and adventure, was a challenge – but through working together and by encouraging each other, they rose to this challenge.



Six Green and Violet listening intently in the Avakas Gorge



Enjoying an ice cream by the sea



Bikers ready to take on the mountain hills



Eagerly searching for pond life

Year Six were ready for their delicious lunch after the morning hike and sat by the beach admiring the view (and dust devils!) and enjoying an ice cream.

The afternoon consisted of wet feet (and bodies in some cases) as Year 6 encountered many rock pools and sea creatures. These were investigated closely before setting them free. After some time to relax back at the hotel, and a dip in the pool, food was consumed – including raffle ticket vegetables! – and the day ended with the world renowned MES Cairo Cyprus quiz!

Day 3

This was another exhilarating day. The knowledgeable staff at the Environmental Centre took the children on a very long and very steep hike until they reached some rivers teeming with wildlife. The children conducted a river study and found lots of strange and peculiar creatures to take back to the centre and closely investigate under powerful microscopes in the laboratory. There were many opportunities for team work, particularly on the way back which was extremely muddy and slippery due to rain!

The children were treated to an afternoon of souvenir shopping, lots of money was spent and we left many Cypriot shop owners smiling! Following a delicious dinner, we were treated to some traditional Greek dancing and amazing glass balancing tricks.

Day 4

The Year Six children jumped out of bed eager to begin their adventure day. After a winding picturesque coach ride up to the national park the children were greeted by the experienced Zephyros Adventure team, who led and supported the children in a range of activities. These included mountain climbing, mountain biking, abseiling and survival. The children experienced a rollercoaster of emotions throughout the day ranging from knee-quivering fear to jubilation and pride. Year Six made us so proud through their unwavering support and encouragement for each other.

The fun did not end there! On arriving back at the hotel, showers were had (to get rid of the mountain biking mud!), boys relaxed in their rooms whilst the girls spent hours preparing themselves for the infamous Cyprus disco! The dancing was phenomenal, both boys and girls (as well as the teachers) showed that they could tear up the dance floor.

After such an action packed day the children were ready for a long night's sleep, ready to return to Cairo the following day.

Day 5



Learning vital survival skills



Six Red and Blue tackling the rock pools



Tackling the steep climb



What have we got here?

The day of departure arrived – the suitcases were packed, the rooms were checked, lost items found and all keys handed in. Cameras were at the ready as the children visited Aphrodite's rock and following that headed to Curium – the site of an ancient Roman amphitheatre, where the children had the chance to show off their acting skills.

A hungry group of teachers and children then headed to a local restaurant to meet Mr. and Mrs. Godfrey for lunch before finally heading to Larnaca airport (spending left over pocket money at Duty Free) and on to Cairo Airport where lots of happy parents were waiting.

It was a truly memorable trip for students and staff. The teachers would like to thank ALL Year Six students for their responsible and sensible behaviour and pure comedy value!

Ms. A. Kirby - Year Six Red

Ms. E. Garvey - Year Six Blue

A DAY TO REMEMBER...

...when Six Orange and Six Yellow went abseiling.

Cyprus, April 2013

As I remember it was Wednesday. We'd arrived on the Monday and the weather for two days had been good. We were off to the hills for some outdoor and adventurous activities.

We left the hotel and it was cloudy. Some of the children brought (mostly thin) coats but some only had hoodies. As we climbed further out of town and into the hills it got greyer, wetter, foggier. Eventually we arrived in the middle of nowhere to be met by some instructors who emerged slowly from the fog and rain. Each group was to do four different activities over the course of the day: abseiling, rock climbing, mountain biking and shelter building. First to go abseiling was Green Group (since nicknamed the 'Green Berets', read on).

So first we walked down and then up to the bottom of the abseil to be briefed by our instructors, Lee and Luca. Then we were off, walking and scrambling in single file up to the top of the rock-covered hill. Just getting up there needed all the five Rs: resilience, resourcefulness, risk taking, relationships and reflectiveness. We had to jump over a gap in the rocks at height with Lee holding on to our hands. We all whooped and cheered each other on. At the top things looked bleak. It was very cold, windy, drizzly and... high. Everyone had a look which said, 'What am I doing up here?' Staying there and staying brave took courage and faith in our instructor and ourselves. And then Lee explained what he wanted us to do...basically walk over the edge of the rock and down a steep cliff backwards.

Bear in mind the conditions. Clearly he was joking with us. Er...no.

Lee asked for volunteers to go first. Again the look. This time it said, 'Are you crazy?!' No one spoke...then Ismail jumped up! 'OK, I'll go first.' More, 'Are you crazy?!' looks. Ismail Taymour (6Y) attached himself to the rope, and Lee



pointed to the edge of the cliff. Ismail took a deep breath...and walked over the edge and down the cliff! WOW! Loud cheering below.

'Who's next?'

Mariam Ramadan (6Y) stood up. She wasn't sure but deep inside she found the inner strength to overcome her fears and...over the edge she goes. Extraordinary.

And now Nouran Megahed (6O) gets up, clips onto the rope, and cool as a cucumber, walks over the edge. Keep in mind that the conditions aren't getting better. In fact, they're getting worse. It's cold, wet, and very windy. We're on top of rocks on top of a hill somewhere in the middle of Cyprus. A long way from home.

Surely we're done. No one else can go down now, right?

Wrong.

Into the arena steps Joumana Barbakh (6O), looking positively petrified yet drawing on some core inner strength and courage. Fair play. She clips on. It's very windy.

She steps out... and gets blown to one side.

She's safe but a few metres down and caught in a crack in the rocks. She's not best pleased. Lee hauls her up to safety on top. He re-sets the abseil around the less windy side of the rocks and unbelievably, Joumana has another go and safely reaches the ground. She was followed by other members of the Green Berets. Eventually, after later rock climbing, mountain biking and shelter building, we left the hills, still covered in fog, and returned back to the hotel. What a day!

On reflection I can safely say that all the children with us – Mr. Cole, Miss Mary, Miss Mella and myself - that day showed they were resourceful, risk takers, resilient and good at relationships and there is no doubt they'll reflect on their achievements for the rest of their lives!

The 5Rs done.

Mr. D. Poad - Deputy Head Key Stage Two



YEAR SIX - WHAT A YEAR!



Six Violet and Orange - enjoying dressing up at the museum.



Six Blue - being great role models with Year One on the shared Circus trip.

make their own Museum exhibition, based on Ancient Greece. You can find out more about the mission from Mr. Cole and Miss Ali, in this edition of the MESSenger.

There was one more stage to complete; a project that encouraged them to be inspired by Roald Dahl. The budding scientists appeared once again, as they entered the laboratory in the role of critical scientists; experimenting, observing and investigating the changes of different chemicals.

Additionally, this of year has been equally great for the thespians in the year group - as it was our show time! Speaking and listening has played a vital role in Year Six this year and this has been heightened with the recent production of 'It's Scrumdidlyumptious'. Watch out in the next edition of the MESSenger for news about this. Another event to look out for is the report on our end of year Leavers' Ball. This truly is a memorable occasion for the Year Six children and a great way for them to end their Primary learning journey.

From fairground fun to amazing archaeologists- from conquering personal fears in Cyprus to saying farewell at the Leavers' Ball. What an exceptional year this has been for all!

Year Six is a year for personal growth and academic achievements whilst serving as a chance for students to reflect on their remarkable Primary learning journey. It is also an opportunity for the children to take ownership of their learning environment, their classrooms and their school before moving on to the Secondary School.

During the Year Six learning journey this year, the children began by transforming the pod into their very own '**Fairground Experience**' for the Year Two children. This was brought together by everyone investigating the forces experienced on different rides, visiting a theme park, experiencing a circus (with Year One) and being keen geographers in order to understand what a fairground is. This topic definitely **challenged** the entrepreneurs of the year group.

Year Six then checked in and went on a journey '**Around the World in 68 Days.**' Their jet landed in some exciting places!

The children delved to the deepest depths of the Amazon Rainforest. They investigated the amazing animals and plants that inhabit that weird and whacky environment. This topic really inspired the biologists and adventurers amongst them to dive in, explore and, ultimately shine.

Next stop was Greece. The children strolled back in time to Ancient Greece, where they found fascinating facts, explored ancient lands and discovered why Greece is such a terrific tourist destination. But most importantly, everyone was offered the opportunity to pack their bags and join the tourist trail! The children jumped at the chance to fly off into the sunset and explore the exciting island of Cyprus. You can find out about this great trip to Cyprus from Miss Emily and Miss Annie, in this edition of the MESSenger.

They then returned to Cairo and an responded to an important announcement from the British Museum in London that they were asked to investigate. They had to design and



Six Red - archaeologists for the day.



Six Red - demonstrating their knowledge of 'forces in action.'



Six Green - making great clowns.



Six Blue - being inspired at Dreamlands.

If you think that's all we have had time for, you're mistaken! The Year Six team have continued to work very hard in the regular classroom, further enhancing the children's skills in both literacy and mathematics.

Being academic is just a small part of the Year Six learning journey; we also focus on the care side of the child and the development of their interpersonal skills. Daily, the 5Rs (**Relationships, Reflective, Resourceful, Risk-Taker and Resilient**) are embedded into all that amazing learning you have just read about. These skills link closely to the MES Cairo vision of **Care, Challenge and Inspire** and to our positive behaviour project: **Manners Matter**.

Here is what some Year Six students had to say about the year:

'Year Six was one of the best years in Primary. One of the best experiences of Year Six was our residential trip to Cyprus. It was a great chance for us to bond and spend time together as a class for the last time. 'It's Scrumdidlyumptious' has been my favourite topic and I am glad that we're doing our production about Roald Dahl's amazing books. We are all really looking forward to it! I am going to miss all of the fun in Primary and will cherish the memories forever.' **Hana EL Ganzoury (Y6R)**

'This year has been a fantastic, amazing year in Blue class. I discovered new and exciting information that I never knew before. We did different topics about various things through the year. We all had fun and a lovely time on all our trips and in lessons! An enormous THANK YOU to all the teachers in Year Six who have worked so hard for us!' **Mira Emad (Y6B)**

'This year has been a fantastic accomplishment and success for us all. We have learned lots of new things in all of our interesting topics! All the children are excited about the up-coming production and Leavers' Ball. However, everyone is now feeling sad about how they are going to leave this all behind, when they begin their new life in Secondary. All of our regards go to every single teacher who has helped us through this year! Thank you!' **Nouran Megahed (Y6O)**

'This has been the best year ever! I really loved the trip to Dreampark Theme Park and my friends and I enjoyed going to the Circus with Year 1. The Year 6 teachers have been fantastic, they inspired and cared for us all year long, we had so much fun learning. I am really looking forward to the Year Six production. My friends and I are really excited about Secondary, but we are going to miss Primary a lot!' **Alaa El Hag (Y6G)**

"I only joined MES Cairo in September, but have had the best time. I have made lots of new friends and everyone has been so kind to me. The topics have been fantastic, from the fairground, all the way through to 'It's Scrumdidlyumptious'. My favourite time this year has to be when we all went to Cyprus, because I enjoyed



All The Fun of Fair with the Year Six teaching team.



Six Yellow - saying 'cheese' at Aphrodite's Rock.



Six Green and Violet - chilling in Cyprus.



Year Six - all together!

all the fascinating and wonderful activities. I am going to miss everyone in Primary." **Marie Dodds (Y6Y)**

'We have really enjoyed Year Six - it has been one of the best years of our life. We are looking forward to next year, but are going to miss everyone. Thank you to the teachers. One of the best parts of this year has been the trip to Cyprus, because we saw many things that we will remember for the rest of our lives. We are curious about what Secondary is going to be like, but we are very hesitant about the move. The knowledge we have gained is going to be beneficial to all our careers in the future. We hope next year's Year Six class enjoys it as much as we have.' **Zeina Badawy and Ibrahim El Nemr (Y6V)**

What a great asset to the MES Cairo family this Year Six class has proven to be!

The Year Six teaching team would like to wish them all a happy and safe transition to Secondary School.

Mr. D. Nichol - Year Six Team Leader.

Year Six

Museum Madness at the Children's Civilisation and Creativity Centre!

During Term Two, as part of the Year Six 'Around the World in 68 days' topic, the students were asked by Mr. Skindiana Bones from the British Museum to curate an Ancient Greece museum exhibition that would be suitable for Year three classes to visit. The MES Cairo museum had to be both interesting and informative. So in order to get some inspiration the Year Six students headed off to a children's museum in Heliopolis to gather ideas.

- What do you think makes a good children's museum?
- What sorts of activities make learning fun?
- What is the best way to present information to children?

These are just some of the questions which were in the minds of the students when they visited the Children's Civilisation and Creativity Centre. The museum was on several floors with each level exploring a different topic. MES Cairo pupils were allowed to investigate the ground floor which was dedicated to the Ancient Egyptian civilisation.

Hands-on experience is the best way to learn, and the CCCC provided plenty of opportunities for active learning. For example, instead of just looking at a map, our pupils found out about the course of the River Nile by following its route on the ground in the Museum gardens. A popular exhibit was a River Nile model with real running water and dam systems that children could activate to flood or lower different courses of the river. Other fun exhibits included: building a temple from blocks, posing for a photograph dressed as an Ancient Egyptian, planting giant seeds, and fishing for plastic fish. Furthermore, there was even a chance to learn how to make leather items or bread. The children were very proud of the wallets, phone holders or loaves which they made.

Information has to be presented in a variety of ways, in order to keep the visitor interested. Video clips were used extensively to teach the children about the importance of the Nile in pharaonic times. There was also a range of clearly presented information boards using titles, subheadings and supporting images. There were computer games (using



Mr. Dan clearly enjoying his visit to the CCCC



Enjoying the play area



Making bread



One of the many hands-on activities

Crops in danger!



Once the seeds began to grow, they were always in danger from pests. The farmers had to do their best to protect the crops.

Birds
Lapwings, sparrows and pigeons would eat the new seeds. Boys were employed to scare away the birds.

Rodents
Rats and mice could dig up the new seeds, eat the grain in the granaries, or spread disease. Farmers kept cats to kill rodents.

Locusts
A swarm of locusts could eat an entire crop within minutes. Ancient Egyptians thought that the locusts were sent by the gods as punishment. They tried to scare locusts away with smoke and noise, but it didn't work.

Imagine...
You are an Ancient Egyptian farmer. What would you do to keep these pests away? Could you invent something to do the job for you?



Information presented on a display board



Learning by listening to one of the Museum's guides

touch-screen technology) and board games (like jigsaws) that even used timers to add an element of competition. It was clear that a child-friendly museum cannot just be a room full of objects housed in in glass cases with labels on them.

Any type of learning is, of course, hard work, and visitors to the CCCC are able to take a much needed break and let off steam in the Museum's playground and grass areas.

At the end of a busy day, the Year Six children left the CCCC full of ideas which they were able to incorporate into their own museum later in the term.

Mr. S. Cole - Year Six Orange

Year Six Museum Madness –

our very own Museum!

Remembering their initial task and inspired by their visit, the Year Six children set off into groups (where all the 5Rs would be put into practise) to plan their exhibit for the Year Three children. Ideas ranged from The Olympics to Greek Gods and Goddesses. Hours of making went into the museum -papier mache masks, modroc Greek temples, clay coins and even a BBC news report!! The Year Six children got stuck into their project and became experts in their chosen fields.

Each step in the design process was a collaborative effort and the children thought carefully about what they had to do next and were in charge of their own learning. Each group member had their own particular role in the making of the exhibit and was involved in all stages ...beavering away at computers, getting their hands dirty or even dress-making! As the time came nearer, the pressure was on and as the temperature rose outside, things started to hot up in the pod!

The day finally arrived.....the grand opening of the Year Six MES Cairo Museum! A whole term's work of fact finding, designing and making all things Ancient Greek: the Year Six Pod was transformed!

Would Mr. Bones be satisfied with our efforts? Would Year Three enjoy their visit?

These were the questions on the minds of all of the Year Six students and even their teachers! After a frenetic hour of preparing the classrooms, Year Three and their teachers arrived at the Ancient Greek MES Cairo museum. Excitement filled the Year 6 classrooms as word spread about the 'official' opening. We even had some special, un-announced guests!

What an array of activities and hands-on activities YearSix had put on! The children (and adults too!) had the chance to experience the variety of exhibits on offer: jewellery making, dressing up in (handmade) Ancient Greek clothing, Greek food tasting, acting as Ancient Greek soldiers, jigsaws and making Greek vases out of plasticene: what a choice the Year 3 had!

'All of the hard work proved to be fun and educational at the same time, you could tell all the kids were excited,' remarked a Year Six child.

Zeina Badawy (6V) wrote this paragraph below about the whole experience and it sums up nicely what all the teachers think too.

"Anxiousness, nervousness and excitement rushed through my body along with adrenaline! It had been an amazing topic and it had an ending that brought happiness to all of us as Year 6 students and to the Year Threes! Throughout the topic many lessons had been learnt: co-operation, creativity, organization, responsibility and resilience. Not only did we create a museum ourselves but we also learnt about the different successful children's museums around the world. We spent hours preparing for the day and every little effort put in it was worth it, consequently the best artefacts were presented in the our so that everyone can enjoy them....all in all it was a successful, fun topic!"

Well done Year Six - what a Term of Museum Madness it was!

Ms. A. Poad - Year 6 Violet



Dressing up as Ancient Egyptians



Learning about farming



Making leather goods



Taking a break from learning

SCIENCE EXPERIENCE IN YEAR SIX



Over the last two weeks I have had the pleasure of teaching a Science lesson to each Year Six class in the Primary Science laboratory.

As a Secondary Science teacher, it has been a wonderful experience for me to witness the excitement and wonder of younger students engaging in Science. It takes a lot less to impress a class of Year Six students than it does to impress a class of Year Ten students! Simply adding two colourless chemicals together to form a yellow solid, or dissolving that solid by heating it, was consistently met by sharp intakes of breath and shouts of 'Wow!'

Witnessing science for the first time is a potentially ground-breaking moment for any child as it has the power to open their eyes to a whole new world of discovery far beyond their current understanding of the world and how things work. It was a privilege to be a part of that moment.

Most of these students had visited our department in Secondary four years ago to witness a science demonstration given by myself and Mrs. Tomlinson. Incredibly, the vast majority of students not only remembered that day, but could recall details of the experiments they witnessed – cries of 'Elephant's Toothpaste!' came from each and every class!

It is such experiences which shape our future. Although we would like them to, rarely do students ever remember the meat and drink of everyday lessons, but impact sessions such as this Science experience, Sports Days, Field Trips and so on always create long-lasting memories.

The big difference between that Year Two visit and these sessions was that the students themselves got to do some Science. In twos or threes the Year Six students added chemicals together and watched excitedly as the mixtures changed colour before their eyes. In addition, we discussed the science of each reaction they witnessed and I was impressed by their ability to discuss concepts and learn from their experiences. Of course, I left the most impressive demonstration until the finale! In this experiment, the chemicals didn't merely change colour, but spontaneously ignited! Year Six could not contain their excitement, and this got its own reaction in the form of a spontaneous round of applause from Blue class.



Thank you, Year Six for giving me the opportunity to rediscover what life is like on the cutting edge of Science!

Dr. K. Tomlinson – Secondary Head of Science Department



YEAR FOUR TRIP to Ain Soukhna



Residential trips offer students learning experiences that cannot always be found in the classroom. Opportunities to strengthen friendships; get to know teachers outside the classroom; learning to manage away from home and become a little bit more independent are just a few of the benefits of a residential.

This year the students of Year 4 had an opportunity to experience all of this in the beautiful setting of Ain Soukhna!

On 11th and 18th of March two groups of Year Four students and teachers left school for Ain Soukhna. Once there, the students were in for a busy two days! Among the activities on offer were: orienteering, sand castle building, shelter making and lots of different sports. In the evening the food at the hotel Stella de Mar was a huge hit with everybody. After our evening meal the talent of Year 4 was on display. In the Talent Show there were dancers, jokers, gymnasts and much more. It was no surprise that after all of this everybody, especially the teachers, were ready for bed! The next day was just as busy as the first. Before we went back to MES Cairo there was still lots of fun to be had. In particular, a walk along the sea front checking out some of the marine life proved very popular. Lots of unusual looking shells and stones were pocketed and brought home as a souvenir or present for parents.

By the time we had got back to school later that day, there were a lot of happy faces – both from the students and the parents welcoming home their children.

All of the Year Four team were extremely proud of our students while in Ain Soukhna. The behavior was impeccable and we were complimented many times by other guests at the hotel on the fine manners our children displayed! Well done Year Four - you did us proud!

Here is what some of our Year Four students thought of the Ain Soukhna trip:

"My favourite thing was that after every single activity we dashed to the beach and dipped our feet into the sea because we felt hot. Also, I liked the treasure activity because we had to search for treasure just like pirates!"

Zeina Fawzy (Y4G)

"The best memory of Year 4 was the Ain Soukhna trip. It was a really fun and educational trip. Also, it gave me the chance to bond more with my class mates!"

Hana Sultan (Y4O)

"It was a long journey to Ain Soukhna, it took one hour to arrive there. When we got there we had great activities and some of them were on the beach. We even saw some transparent jelly fish! We thought they were poisonous so we were scared to touch them. We had a great time."

Youssef Badr El Din (Y4B)

"In Year 4 I loved the trip to Ain Soukhna because I shared a room with my friend and saw a jellyfish that was in the sea."

Omar Omran (Y4V)

"My favourite memories of the Ain Sokhna trip were doing the orienteering and when I made a huge volcano out of sand and then I poured water into it!"

Yaseen El Kabbani (Y4Y)

"I loved the activities with the lovely teachers. I also liked walking beside the beach with my friends."

Linah Sadek (Y4R)

Ms. C. Aherne - Year 4 Team Leader and Mr. D. Ebsworth - Year 4 Green



Key Stage Two News

Reuse, Reduce, Recycle in Year Five



Reuse, reduce, recycle has been the key issue for Year Five children at MES Cairo lately. As part of their Curriculum Diversity topic 'STOMP', the Year Five children have taken the idea of separating and reusing their everyday waste to their hearts. The topic began with a 'rubbish' day in the Pod, which involved the children arriving at school to find a Pod covered with rubbish. This generated a very important discussion about what we could do with the rubbish. Here the children came up with some excellent ideas and then finished the day by using the rubbish to create model

'Dreams' that is set in Manshiet Nassr. We also had a guest speaker come into school to talk to the children about how all our waste materials can be reused. From this we created a recycling area within our Pod, separating all the plastic, paper and other waste into different bins. This sorted waste is now collected every Thursday from school, and then taken to be recycled. The success and enthusiasm of the children in Year Five has now spread throughout the school, and recycling is now happening in all the year groups.

Half way through our topic, the children went on an extremely educational trip to the Zebaleen to see how the people who truly make a difference keeping Cairo clean and tidy live and work. It was amazing to see first hand how reclaimed paper and materials can be used to make a variety of things such as lovely cards and quilts. This was a day that will be sure to stay in the children's memories for a long time.

As our topic drew to a close, the children watched the very enjoyable video 'STOMP' and then brought to school bags full of recycled stuff. From this they created their own music instruments. They were then asked to join with their friends to create a mini band and make a piece of music that they performed to the rest of the class. This was not only very enjoyable, but also provided an amazing learning experience, seeing what a great a sound the children could get from 'rubbish'.

Well done to all the Year Five children for an excellent effort in helping to keep Cairo clean.

Mr. S. Millington - Year Five Team Leader



MES Cairo, led enthusiastically by Ms. Ghada Dajani, is reaching out to help the Zabaleen Community in the spirit of our Environmental motto: Reuse, Reduce, Recycle



The Zabaleen children have reached out to the Modern English School Cairo community with a request. They need ties, any ties you no longer wear or no longer need. It can be any colour, any shape, any size. Even the ones with spots on them or stains. The Zabaleen community has been commissioned to recycle ties to create I-Pad covers and can't seem to find enough!

Ms. Ghada has set up a tie station especially for the collection of your unwanted ties and is sending this message out to the whole of the MES Cairo family.



*"Give me your tired ties,
Your hidden masses yearning to be recycled,
The wretched refuse of your teeming suits long gone.
Send these, the homeless, tempest-tossed, and place them in the box:
outside Ms. Ghada's office door."*



Please keep sending in those unwanted ties!

Thank you MES Cairo, from the wonderful people of the Zabaleen community, who are doing so much good for our planet.

Masterpieces Made From Recycled Materials



Eduardo Ortiz, Elhamy Naguib and Catalina Constain are environmentally friendly artists who visited MES Cairo as a part of the FS2 'Dinosaur Roar' topic and the FS1 'Under the Sea' topic. As MES Cairo is a 'Reduce, Recycle and Reuse' school it is very fitting that our artists used only recycled materials. The idea behind the project was that the children would work as a team with our Artists in Residence in order to produce something that was beautiful, environmentally friendly and would be their entry for the Art Exhibition. Both the FS1 and FS2 children were extremely excited when they first laid their eyes upon the enormous 3D sculptures which were ready and waiting for them to make 'real'. The first step in the process was to use scissors to cut small plastic water bottles in half. They then painted the water bottles using paintbrushes and colourful acrylic paint. Then under the watchful eye of the artists and teachers the children drilled and glued their bottles on to their sculpture. For the dinosaur the bottles became dinosaur spikes and for the fish the bottles became colourful scales. The great thing about the project is that the children used drills, glue guns, scissors, paint and paintbrushes independently in order to create their giant 3D sculptures. The children are very proud of their finished dinosaur and fish sculptures and

great fun was had by all. Most importantly the children learnt a range of new skills through taking part in the project. It would be amazing if you could come along on May 19th to the annual end of year Art Exhibition. It is set to be a visual feast, and of course you will be amazed at the Giant Dinosaur and Fish that FS1 and FS2 have created. If you want to find out more about the amazing artists who helped us to do the giant 3D sculptures you can visit their website: graffitiartistoys@gmail.com

Ms. B. Meason - Senior Lead Teacher, Primary Department



Foundation Stage One

Hip-hip Hooray, for Grandparents' Day!



Grandparents' Day took place on Tuesday 14th May, when grandmothers and grandfathers were invited into school to watch the Foundation Stage One production dress rehearsal. The audience was very excited and the children sang beautifully for their grandparents, remembering all their lines and the words to every song with great enjoyment and enthusiasm.



After the production, the grandparents were invited for a cup of tea in the Primary Atrium while the children changed out of their costumes and back into their school uniform. Then there was just enough time for members of both generations to go outside and enjoy a quick playtime before making their way home together.

The grandparents in Foundation stage One are an extremely well-dressed, stylish, classy and enthusiastic group of people! It was a pleasure to meet them!

Grandparents' Day provided a tremendous opportunity for the children to have their first full production run-through in front of such special members of their families.

Ms. A. Smylie – Foundation Stage One Blue



Nursery Rhyme Day in Foundation Stage One

Wow! What a fabulous turn out there was on Nursery Rhyme Day, with all the children in FS1 dressed as their favourite character from a book or a nursery rhyme character. Little Bo Beep who had lost her sheep, Little Red Riding Hood hiding from the wolf and The Very Hungry Caterpillar looking for food were only a few of the characters walking around the FS1 Pod. The teachers and TLAs got into the spirit of the day by dressing up as well! It was great to see Ms. Alison and Laila Banoub (FS1B) dressed as the same character; Snow White!

The children had a chance to parade around the playground to show off their costume and to sing some traditional nursery rhymes. At the end of the day each class had a show and tell. The children shared their favourite book or sang their favourite nursery rhyme. It was a fun-filled day with lots of nursery rhyme and book activities going on in the classrooms.

Ms. K. Maaka - Foundation Stage One Green



Foundation Stage One Production!

A SEA OF FRIENDS

Poor Rainbow Fish was crying and lonely because he had no-one to play with. So he went on a magical underwater MES Cairo journey with Stella the Starfish to meet different sea creatures and find new friends.

First he encountered "The Nautical Pirates and the Eight-legged Octopus" from Green class, they taught him a special pirate counting song. Then he travelled deeper in the water to meet "The Grumpy Turtles and Colourful Fish" from the Yellow class, they were so happy to meet Rainbow Fish and Stella that they stopped being grumpy.

After this the two friends met up with "The Clickerty- Clackerty Crabs and the Dancing Dolphins" from the Orange class, who were dancing and singing Ole! By now he was beginning to feel very happy having made a few friends but Stella wanted him to meet more friends. So they swam to the top of the ocean to meet "The Galloping Sea Horses and lots of Big Blue Whales" from the Red class. They made him laugh by spraying him with water from their spouts.

Meanwhile "The Shimmering Sharks and Glamorous Fish" from the Violet class were stealthily approaching him with their sharp teeth to greet him with their big inviting smiles. Finally Rainbow Fish and Stella the Starfish hitched a ride on the current and the tide to meet up with "The Glittering Jelly Fish and The Musical Mermaids" from Blue class, who taught him how to be a good friend every day.

All the children in FS1 tried exceptionally hard. They learned many songs which they sang and performed beautifully. They spoke with loud, clear voices and behaved fantastically during both the grandparents' and parents' performances. Well done FS1, your teachers and assistants are very proud of you!

Ms. R. Zaza - FS1 Orange and Ms. M. Hayes - FS1 Violet



Yellow Class



Violet Class



Red Class



Orange Class



Blue Class



Green Class



Stella and Rainbow Fish

Primary Sportsdesk



SUPERSTAR SWIMMERS

With the temperatures soaring in Cairo, this year's Primary swimming lessons are well underway. Children have four weeks of swimming lessons where they work hard to improve their swimming skills. At the end of the four weeks children receive a bronze, silver or gold swimming award to recognize their achievements.



Key Stage One swimming is all about improving children's confidence and safety in and around water. Our children have enjoyed learning how to float, move and propel themselves in water through a number of fun games and activities. In Foundation Stage One the children have been very brave, swimming with noodles and frog floats and practicing putting their faces in the water. Foundation Stage Two children and have shown that they are risk takers, becoming treasure hunters and diving down to collect treasure that has sunk to the pool floor. The PE department has also been very impressed by the Year One and Year

Two swimmers who have been practising swimming with and without floats. Some of the groups have even been practising their racing dives from the school's new diving blocks!

In Key Stage Two the main focuses are improving swimming stroke style and vital lifesaving skills. Children complete challenges based on technique, speed and distance in a number of different swimming strokes. The children are also taught essential personal survival skills such as treading water, floating, skulling and entering the water safely. Key Stage Two children have been very excited to try out the school's new diving blocks and have made big improvements to their racing starts using these.

After having so much fun and showing such excellent improvements in swimming, I hope that children will continue to practise their swimming skills during the summer holidays.

Ms. L. Morgan - Primary PE Department



FOOTBALL IN THE FOUNDATION STAGE

With the soaring summer heat now upon us we have come to the end of our 4th and final Football Academy block for this academic year. While the fun has come to an end for the students in Years One to Six, it's only just beginning for our Foundation Stage Students as the "Mini's" programme continues through June.

During May's training sessions FS2 children have been working on improving ball skills, developing motor skills, improving athletic ability and developing social skills. The elements of our training sessions are designed to help our children to develop not only football skills but also their decision making, cooperation, confidence and self-esteem.

Our most exciting day so far was when the FS students had the chance to play against their parents. The parents had plenty of chances to score but some great saves from Mariam Miller (FS2 Orange) allowed Mustafa El Rafie (FS2 Yellow) to run down the other side and kick the ball past a hapless parent to make it: *Students 1 - 0 Parents!*

These students in Foundation Stage Two received certificates of special recognition:

Aly Ramy Samy, Ashraf Kouchouk, Karim Mahmoud, Mourad Abdel Motagali, Mustafa El Rafie, Youssef Helmy, Ziad Soliman (FS2 Yellow)
 Mohamed Amr Dabb, Youssef Tarek Serry, Yehia El Fakhrany (FS2 Green)
 Ibrahim Abu Steit, Mariam Miller, Youssef Nashat (FS2 Orange)
 Mariam Allam (FS2 Violet)

Winners of the 'Dribble, Pass and Score' competition:

Mariam Millar (FS2 Orange) and Youssef Helmy (FS2 Yellow)

Football Academy Membership

Parents, look out for our fantastic membership offer for 2013-2014! The season-long Football Academy membership allows your child access to all our Academy blocks at discounted rates, full MES Cairo football training kit, multiple evaluations using our own 'Dribble, Pass and Score' method and many other benefits! As mentioned previously, places are strictly limited and allocated on a first come first served basis. So don't hesitate, fill in an application for your season long membership and return it as soon as possible.

Mr. C. Burns - Primary PE Department



KEY STAGE TWO SWIMMING GALA AT NCBIS

Years Three and Four

Saturday 18th May saw the Years Three and Four Swimming Squad take their second trip to NCBIS to compete in the biannual Swimming Gala. Due to the cold winter the squad has only just started its training sessions, this meant the only training session we had consisted of intense race preparation.

Mr. Chris was working on diving starts to improve entry and reacting to the



Mostafa Samad (4B) (white hat) and Abdel Rahman Gemeiye(4G)(blue hat) swimming in the 25m Backstroke race



Mohamed Wahby (4G) (green hat) and Hamza Hamad (3Y) (Red hat) finishing the 25m Backstroke race in 1st and 2nd place

Years Five and Six

In what was the second meeting of the year between NCBIS and MES Cairo, MES had a trophy to defend after winning in the previous event. NCBIS had reportedly trained hard since the last gala! The MES Cairo team members had also been busy, training hard at their respective clubs throughout the winter period.

The MES Cairo team consisted of Jumana Khafagi (6G), Nour Soilman (5O), Lara El-Tobgui (5O), Nadia El Zaher(5V), Hannah Badri (5B), Ghazel El Sayed (6R), Hagar Badaway (5B), Rawan Abou El Fadl (5Y), Youssef Mazloun (6R), Selim Hamad(5Y), Adel Serry (5O), Ahmed Fouly (6G), Yassin Tolba (5R), Youssef Selim (6R), and Omar Rashed (5V).

Despite all the pre competition nerves MES Cairo was more than successful! We managed to win almost every event! Outstanding performers were; Rawan Abou El Fadl (5Y) who stormed to victory in both the backstroke and butterfly events, Selim Hamad (5Y) who was particularly fast in the 25m front crawl, Yassin Tolba (5R) who demonstrated great team work through volunteering to swim the butterfly leg in one of the relays. Lara El-Tobgui (5O), Hannah Badri (5B), and Hagar Badaway (5B) performed admirably after receiving entrance to the event at such late notice.

MES Cairo managed to win by over 70 points and retain the highly sought after trophy!

Mr. J. Currie - Primary PE Department



Year Five and Six Swimmg Gala - Youssef Mazloun

starter's whistle, Mr. Mohammed was developing our swimmers' technique and strength to ensure that top speeds were achieved during the race, and Mr. Oliver was working on the finishing techniques meaning valuable hundredths of a second would be saved and close finishes would be awarded to us. Despite only having one training session, our spirits were high and we were prepared to do our best and try our hardest. With a total of twelve individual races and a further eight relays, each team swimmer would expect to swim on at least three occasions for the team. Each race was allocated overall points for the first finishers from each school, these were added to the overall MES Cairo team score. After a short warm-up session to get acclimatised to the pool and settle some nerves, the Gala began. First to race and scale the heights of the starting blocks was Youssef Shokry (4Y) and Abdel Rahman Gemeiye (4G) in the boys' 25m Freestyle race. After the starter's whistle blew both boys were in the air and flying towards the water ready to start their stroke. Twenty-five meters of powerful swimming later and MES Cairo had their first First and Second place finishes of the Gala. This trend of First and Second place finishes continued with the Girls' 25m Freestyle races and then through some successful Breastroke races. The Years Three and Four swimmers excelled in all aspects of the Gala and were deserved winners by over 70 points.

A huge thank you goes out to all the coaches, students and parents for attending, and for making this Gala another great success for the MES Cairo Swim Team.

Mr. O. Morgan - Primary PE Department



Laila Haikal (4V) (black costume) and Jana Nabil (4Y) (pink costume)diving starts for the girls 25m Freestyle



Year Five and Six Swimming Gala - Yassin Tolba

SECONDARY SPORTS DAY

April 2013



Track and field fever has hit Modern English School Cairo and it was all on display during the two day Sports Day event in April!

Building on a successful 2012 Sports Day, preparations for the 2013 event began early. Students who had previously experienced successes on the track, in jumps or in throws were hungry to see even more improvements this year. Following the half term break, all physical education classes turned to learning, practising and perfecting the elements of track and field that best suited each student.

Students had the option of either specializing in one event for the duration of the unit or selecting two events that suited their strengths and interests to focus on. The result of this specialisation was increased instruction and practice time which yielded greatly improved performances. Students were being given the opportunity to strive for their full athletic potential. Those students who had developed a love of the sport also took part in the afterschool portion of the track and field program for extra instruction and practice. Coaches witnessed the intensity and rapid improvements in all students and could hardly wait to watch the final showcase on Sports Day.

This year's House sign ups ran smoothly with each House putting together full teams for the two day event. The match up of athletes across grade levels promised elevated levels of competition. The two days of the actual event ran extremely smoothly thanks to the cooperation of all secondary staff and students. The MES Cairo athletic facilities witnessed the competitive participation of almost every single member of the secondary student body in an effort to help put points up for their respective Houses. The area was awash with the rainbow of red, green, yellow and blue t-shirts blistering around the track. The final tally was impressive. A spectacular 43 Year/Grade Sports Records were shattered. We even got the opportunity to officially change the names and numbers on six events on the school record board in the Secondary building. Some of these records had held at MES Cairo for over fifteen years!

At the end of the second day of competition, the entire secondary school amassed on the field for the presentation of results by Mr. Shooter, House Coordinator and Mr. Johnson, Athletic Director. Unbelievably, after two full days of competition with hundreds of students, the disparity between first and second place came down to a mere 26 points. Members of Selket and Edjo Houses waited with baited breath to find out which group had edged the other out of first place. The final announcement was made and at the end of the day the Edjo Green Machine took the Sports Day title for the second year running! Congratulations to all who competed hard and contributed to the success of their House.

Mr. A. Gross – Secondary PE Department



Here is a list of the most outstanding athletic performances that resulted in new records from Sports Day 2013:



Sports Day 2013 - New Grade/Year Level Records				
Event	Athlete	Home Room	Measurement	Year
Year/Grade 7				
100m	Fatimah Al Harbi	G7G	14.32	2013
800m	Farida El Ogail	G7G	3:04:91	2013
800m	Ali Eissa	G7Y	2:54:25	2013
Shot Putt (4kg)	Ahmed El Masry	Y7B	8.45m	2013
Shot Putt (4kg)	Farida El Ogail	G7G	6.34m	2013
Discus (1kg)	Youssef Erian	Y7B	15.40m	2013
Javelin 400g	Haidy Nasser	G7Y	12.10m	2013
Year/Grade 8				
50m	Rozan Saber	G8G	7.43s	2013
50m	Mohamed Shabba	Y8B	6.19s	2013
800m	Zeyad Dakrouri	Y8R	2:32:32	2013
Shot Putt (4kg)	Hana Momen	G8G	5.48m	2013
Shot Putt (4kg)	Hassan Azazy	G8R	8.65m	2013
Discus (1kg)	Sherif Abbas	Y8B	13.90m	2013
Javelin 400g	Salma Megahed	G8B	14.10m	2013
Javelin (400g)	Seif El Rafai	G8G	19.10m	2013
Javelin (400g)	Mina Ashraf	Y8R	19.10m	2013
Long Jump	Samy Shelbaya	G8G	4.71m	2013
High Jump	Sohaila Alaa	Y8Y	1.15m	2013
Year/Grade 9				
50m	Mary Apikian	G9R	8.15s	2013
100m	Omar Moamen	G9G	12.52s	2013
Long Jump	Sara Labib	G9G	4.03m	2013
High Jump	Randa Khalil	G9R	1.30m	2013
Year/Grade 10				
50m	Omar El Saeid	G10R	6.44	2013
800m	Malak Maurice	Y10Y	3:20:00	2013
Shot Putt 6kg	Youssef Abdo	G10Y	8.61m	2013
Javelin	Mariam Helmy	G10Y	14.50m	2013
Javelin (700g)	AlHassan Abdel Rahman	Y10G	27.05m	2013
High Jump	Amina El Kerdani	G10G	1.30m	2013
High Jump	Motaz Tarek	G10R	1.50m	2013
Year/Grade 11				
50m	Jomana Saber	G11R	7.58	2013
100m	Tamer Madbouly	Y11R	11.92	2013
Shot Putt (5kg)	Omar Zikry	G11R	9.68m	2013
Javelin (700g)	Youssef Gabalawy	G11B	31.90	2013
Long Jump	Omar Bahig	Y11Y	5.27m	2013
High Jump	Will Kirby	DP11R	1.65m	2013
Year/Grade 12				
100m	Sarah Malak	G12B	15.55	2013
100m	Sherif Bedier	G12G	11.96	2013
800m	Mena Affi	G12V	3:05:00	2013
800m	Mohamed Abdel Ghani	Y12R	2:16:00	2013
Shot Putt 6kg	Omar Siam	G12O	11.26m	2013
Javelin	Toni Hammer	G12B	29.80m	2012
Long Jump	Sherif Bedier	G12G	4.83m	2013
High Jump	Sherif Bedier	G12G	1.45m	2013
Sports Day 2013 - New School Records				
100m	Sherif Bedier	G12G	11.96s	2013
800m	Mohamed Abdel Ghani	Y12R	2:16:00s	2013
Shot Putt 6kg	Omar Siam	G12O	11.26m	2013
Long Jump	Sara Labib	G9G	4.03m	2013
Long Jump	Omar Bahig	Y11Y	5.27m	2013
High Jump	Will Kirby	DP11R	1.65m	2013

THE HONOUR CODE CISSA MIDDLE SCHOOL GIRLS FOOTBALL TOURNAMENT 2013



From the inside of the medical station at NCBIS Alia Sabbour (G7B) could only picture in her head how badly her team was suffering outside. She had departed them under heroic circumstances with a twisted ankle but the reality was they trailed El-Alsson 3-1 in their second game of the morning. This followed an earlier crushing 4-0 loss to CAC. The sun had not even reached its zenith and already the ISAC Middle School champions were out of a semi-final placing. Amidst the pain and anguish Alia's only remaining wish was that her teammates would prevail and exhibit the character throughout the day worthy of the MES Cairo Code of Honour they had all vowed to uphold.

With the knowledge there was little to play for than pride and a 5th place finish, it took the determination of 'Captain Courageous', Mariam El-Gabalawy (Y8Y) to stir her fellow players into a motivated unit

again. If anyone could provide the inspiration needed to ensure MES Cairo were a school which played with honour, until the very last, it was Mariam. Two more results needed to be secured to do this.

Firstly, Choueifat Kattemaya had to be dispatched to ensure bottom position was not the final resting place of this team. Laura Sakran Y9R had performed stoically in goal during both defeats but was let down defensively. Her understudy in goal, Zeina Sakkejha (G7R), was to be given an opportunity to cement a claim to the Middle School position next season when Laura would be over-age. Zeina's contribution was as complimentary as her mentor's, including an outstanding penalty save and recovery to smother a follow up attempt. At the other end of the pitch passing moves had become more consistent between Zeina Monib (G8R), Fatimah Alharbi (G7G) and Jailan El-Gabbas (G8Y). Finally a goal was scrambled home by a very determined and typically brave Mariam, defining the example a captain should set. At the final whistle a score of 1-0 had restored some honour to the school badge.

The final game of the day for MES Cairo was held simultaneously and adjacent to the tournament final itself. Unsurprisingly it was the two schools that had defeated MES Cairo in the group stage that contested the ultimate prize. All other eyes were on the final, but the hearts of Mariam's team still held out for their honour code. This time Choueifat 6th October stood in their way. Hana Mattar (G8B) and Malak Jaouda (G8Y) now fulfilled their potential in midfield





and defence respectively. One brought creativity and the other relished destruction. Complementing Malak at the back was a recovering Shaden Soliman (G7G), who had her own injury problems to overcome, and Salma Khalil (G7B) as an effective replacement at left-back for Alia. By now Alia had long departed for a hospital check-up and home but she was never far from the thoughts of her colleagues. MES Cairo struck first blood with an unstoppable free kick from Fatimah which crashed in off the crossbar above the helpless goalkeeper. 6th October were not going to yield easily however and pressured the yellow and blue defence relentlessly, winning their own free kick. In her final game at Middle School level Laura Sakran repeated her earlier magnificence to palm the shot away to safety. Another 1-0 victory was assured with a positive end to the afternoon.



On the bus home other players contributing to the team Khadiga Wegdan Sayer-Dayer G8Y, Rosan Saber (G8G), Hana Omera (G7G) and Sandra Massoud (G7G) gathered around as Alia was contacted by telephone with the final results. Despite the lowly 5th place finish pride had been restored to the school name and the Code of Honour had been upheld.

Mr. S. Perry – Football Coach

Middle School Football Season Comes To An End MES Cairo earns a 6th place finish at the CISSA championship.

After reaching the final of the earlier ISAC tournament, the boys' team entered the CISSA championship with confidence, and they were off to a good start with a comfortable win over CAC. However, despite the team's best efforts it was difficult to gain a foothold in the next fixture against El Allsson, who possessed much bigger players. Muscled off the ball, our boys nonetheless fought valiantly and kept the scoreline down to a respectable 0-2. A draw against AIS was not enough to proceed to the semi final, and a goalless 5th and 6th place playoff against Cheoufait led to us bowing out on penalties.

The coaches would like to congratulate all MES Cairo Boys Middle School footballers for their dedication to training and their results in friendlies and tournaments. We are very pleased to have included many Year and Grade Seven players in the squad, and we have observed some excellent examples of progress within individual players: Well done particularly to Ali Bahig (G8Y), Omar Hashima (G8G) and Adham Khaled (Y9) for making such an impact in the squad this year.

Coaches Coolin, Ashby and El-Hoss



There was much positive attacking play



Players listen to an inspired team talk



The players were disciplined and organised



Preparing for kick-off

COUGARS SCRUM DOWN AS FIRST RUGBY POSTS GO UP AT MES CAIRO!

Coach Garnett interviewed by Youssef Gouda (DP12R)
and Kamal Abdel-Ghani (Y12R)



How do you think the Senior Rugby Team performed this year?

Very well! We've built on last year's performances. There was an injection of new Seniors into the team, which really made a difference this year, and we discovered the odd Grade and DP Eleven who really make a difference. To begin with they weren't determined enough or motivated enough in the first couple of games, but once they became a team, when they did lose they were very unlucky, and a lot of players really did develop throughout the whole year.



Who is going to coach the team next year? Are you returning or do we have a new coach?

We have two new coaches lined up for the Senior team on next year's MES Cairo teaching staff. As well as this, Mr. Morris will continue with the Junior side and Mr. Kirby will still be involved as an interested spectator. Sadly, I will be moving to New Zealand, but I will probably be coaching at a school there.

What are the strengths and the weaknesses of the current Rugby team?

Well, our greatest strength is in our forwards, no doubt. The backs have gained in confidence as the year has progressed, though. As a team, we're also smaller in size than a lot of teams, but this year we've really come on and developed a great pack of eight players as forwards! That's been our main strength. Because of the experience that we now have, another strength has been the leadership of the team. We have three Seniors; Conor Buckett (G12B), Khaled Eissa (G12V) and Omar Siam (G12O), who've really taken it on themselves to train and work hard at the game and have become real players. They have also represented Egypt at their age level.

What were your biggest challenges as a coach, when coaching the team?

I haven't played Rugby in a long time! I last played regularly at university. I then played it a couple of times outside until I got injured. A main issue for me was trying to make sure that our students understood that Rugby isn't a game played by 'thugs'. It is a 'gentleman's' game that requires a lot of strength, a lot of determination, but also a lot of concentration. It is a game for gentlemen and both sides always hands at the end of each match. The game also requires very high fitness levels. Rugby is about fitness; it's about eighty-minute spins. Anyone who plays as a Forward is running all the time.

Were the challenges that you faced the same as other coaches? Or did other coaches experience different challenges?

As far as coaching Rugby is concerned, there's a lack of experience in the whole country about what Rugby is all about, and it's a very technical sport. People in Egypt are brought up with football. Football is the national game here and rugby is not televised so it is hard for students to understand what it's all about at first. Any students who gets picked to be a member of the Rugby team, really needs to go out there and watch. Football tactics are very different to Rugby tactics. Rugby is about strength, determination and fitness.



First rugby posts go up at MES Cairo





MES Cairo's First Rugby Team 2010-2011



Will Rugby ever become an ISAC sport?

Theoretically we already are an ISAC sport! It's common for schools in Britain to have a rugby team. I think it is quite important for Egypt in the long run because it's a sport Egyptians could become leaders at. Very few African countries play rugby, mostly ex-colonial countries. South Africa is indeed one of the best Rugby countries in the world, but aside from them, not many African teams take the sport seriously. Egypt is a big country and the universities in Egypt are showing genuine interest in the sport. Egypt as a nation could truly excel at Rugby!

Why is Rugby important?

Through Rugby, the students build determination and character. In Football, if you are a defender then you are only active when the other team is attacking. In Rugby, no matter where the ball is, you have to put eighty minutes of effort into it. A very good sporting lesson is learnt through Rugby - that there is a time and a place where an appropriate amount of strength can be used - and at the end of the game you shake the other team's hand and walk off together, as gentlemen should.

Junior Rugby League: MES Cougars v Rehab Rebels

Organisation and discipline help the MES Cairo Rugby Cougars ease to victory

Article and Photography by Mr. S. Morris –Rugby Coach



The MES Cairo junior rugby league Cougars team only formed in Term Two of this year and from the outset they have trained with a passion and unrivalled dedication. This match was their first opportunity to play any code of rugby and to draw on the skills they had work so hard on in training. Match day arrived and the boys were very keen. They were at MES Cairo for over an hour before kick-off, already changed into their new kit in patriotic Egyptian colours, warming up and raring to go. The eager young men pulsated in anticipation of the eagerly awaited

fixture. Some players were clearly anxious, even feverish and needed to be calmed down before kick-off.

MES Cairo fielded a Year and Grade Seven and Eight team against a much bigger Year Nine team from The British School, Rehab (TBS) team. The MES Cairo team closely watched the arrival of TBS and immediately commented about the size of the opposition. However they were not fazed by it and saw it as another surmountable challenge.

Samy Shelbaya (G8G), our formidable captain, led from the start after choosing to kick the ball off to the opposition, instructing the forward 'pack' to hunt like a pack of wolves; and that's exactly what they did! The first tackle was a bone-jarring collective effort that left the big TBS forwards with something to think about for the rest of the match. Samy's efforts resulted in a shoulder injury but he bounced to his feet and with the help of his teammates crushed the next TBS assault.





MES Cairo dominated the early exchanges helped with a great defensive effort from Ismail Nasser (Y8B), which earned him personal praise from a captivated Mr. Kirby. Solid defence and relentless 'hit-ups' helped Ismail to two tries; demonstrating both pace and power in equal measure.



Defensive errors from TBS allowed MES Cairo to control the game and demonstrate their superior abilities. Hassan Gadd (Y9Y), a loyal squad member and the only Year Nine in the squad, controlled the 'ruck' with precision, dedication and efficiency to allow

the steamroller of a 'pack', including, Bassil Abdelaal (G8G), Ziad el Togby (G8G), Ismail Nasser (Y8B), Shady Hamza (G8G), and Mahmoud el Shabba (Y8B) to make valuable metres down the field.

MES Cairo continued to dominate through a great collective effort, with the forwards constantly driving the team forward, allowing the back line to exploit the wide-open spaces on the flanks.

At the halfway point of the match MES Cairo were winning comfortably 32-12, helped by tries from Samy Shelbaya(G8G), Mahmoud El Shabba(Y8B) and Ziad El Tobgy (G8G). Major changes were made, with all Year/Grade Seven students entering the cauldron. These squad members played with passion and they were tiny compared to the TBS players but they played with a big heart. However, it allowed TBS to hit back with a few unanswered tries and get within 12 points of MES Cairo. The original line-up was sent back on to the pitch to ruthlessly deny TBS of any comeback.

Mahmoud El Shabba (Y8B), allowed the excitement get the better of him at times but he demonstrated a great turn of pace from the base of the scrum to help himself to four tries. He also worked ceaselessly in defence, covering the length and breadth of the pitch. Ziad El Tobgy (G8G), the most improved player, surprised everyone, including himself! He demonstrated elusive running abilities together with an electrifying left foot step to help himself to a brace of tries. Captain marvelous and six-try hero Samy Shelbaya (G8G), orchestrated the team, as he has done in training, with unconstrained enthusiasm and charismatic commitment leading the team to a final hard fought victory of 56-24. His 'do as I do' encouraging leadership style has molded together a tightly-knit team which demonstrates many attributes of the MES Cairo learner profile.



Many thanks to all staff involved including Mr. Johnson and Mr. Garnett, the MES Cairo ground staff and administration, and also to the referee, David Honey (Wigan) of TBS who quickly and efficiently dealt with any infringements and ensured that the match was played in true spirit of the game. Many thanks to the parents, family, friends and MES Cairo staff who turned out in numbers to support this festival of rugby league. An afternoon of exhilarating, free-flowing rugby was enjoyed by all.



The MES Cairo squad certainly demonstrated that a chain is only as strong as its weakest link. A return fixture has been organized for the 8th June; look out for a report on this in next Messenger.

MES Cairo Junior Rugby Cougars – Squad

Asser Taher (Y8Y), Bassil Abdelaal (G8G), Faris Majid (Y7R), Farouk Osman (Y8Y), Hassan Gad (Y9Y), Ismail Nasser (Y8B), Mahmoud El Shabba (G8G), Mohamed Mostafa (G8G), Omar HELmy (G8B), Omar Maarouf (Y7R), Omar Mahmoud (G8Y), Salah Addas (G8Y), Samy Shelbaya (G8G), Seif Gaffar (Y8Y), Seif Refaie (G8G), Shady Hamza (G8G), Sherif Khedr (Y8B), Youssef Hanna (G8B), Youssef Saeed (Y8R), Ziad Dakrouy (Y8R), Ziad El Tobgy (G8G)



Middle School Girls Volleyball

Though occurring late in the Cougar athletic season, this year's Middle School Girls Volleyball try-outs brought out interested competitors in droves! On the first day of try-outs, coaches walked into a packed gym of interested athletes. This came as a very good sign for the girl's volleyball program at MES. As our very successful varsity team was comprised almost entirely of seniors and our JV squad struggled to come up with numbers, coaches were definitely looking to fill our ranks from the bottom up. The rebuilding of a program is always a challenge, but with that challenge comes some very exciting opportunities and this year's Middle School Girls contingency was no exception.



Although the volleyball experience of our mostly Year and Grade 7 and 8 team members and practice players was relatively low, it was well made up for, in their general athleticism and a willingness to work hard and learn. Attendance was strong at our try-outs and in the short amount of time we had together we were able to learn and develop the key fundamentals as well as introduce key tactical and strategic elements of the MES Cairo system of play.



The day of our CISSA tournament at ISC-C saw nine of our top volleyball players proudly representing MES Cairo in the Cougar blue and gold. Although, not as successful on the scoreboard as we hoped to be, the girls demonstrated an ability to learn quickly, make intuitive decisions and continue to progress in both volleyball skill and tactic steadily throughout the day. Coaches left the tournament feeling extremely excited and optimistic for the potential of the girls' volleyball programme next year.



One of the most rewarding moments of the day came at the end, when our girls were duly rewarded with the Sportsmanship Award in response to their mature, cooperative and enthusiastic nature that epitomised what inter-scholastic sport is meant to instil in young athletes.

Coaches: Mrs. C. Downey and Ms. L. Quarin

Middle School Boys Volleyball



Although this year's middle school boys' volleyball season was short, it was a case of quality over quantity from this group of dedicated boys. Early try-outs saw a gym full of eager athletes vying for their place on the tournament roster. In the end, the top eleven players were selected to take part in more specialized practice in preparation for the tournament at ISC-C. The eleven boys that made up the squad had several tremendous athletic traits in common that were evident in both their attitude and actions; they were all motivated to learn as much about volleyball as possible and

improve on the skill set they already possessed. Overall, the strong sentiment among this group of boys was a strong drive to succeed.

At the CISSA tournament at the end of May, the boys took a strong fourth place finish. Our boys were matched up against other teams with much greater volleyball experience but held their own through hard work and perseverance. Leaders on the team such as David Shenouda (Y8B), Marwan Seoudi (Y7G), and Fahed Bakr (Y9G) served as a backbone of motivation and inspiration. The brief demonstration of volleyball potential that this season showed bodes very well for the future of the boys' volleyball programme at MES Cairo. Coaches are looking very much forward to watching this group of eager and dedicated athletes help develop a strong volleyball tradition in years to come.

Boys Volleyball squad:

Fahed Bakr (Y9G), Shady Hamza (G8G), Hamzah Majid (Y9B), Asser Taher (Y8Y), Samy Shelbaya (G8G), Mahmoud Younis (G8G), David Shenouda (Y8B), Omar Ali (Y8R), Marawan Seoudi (Y7G), Seif El-Refai (G8G) and Hassan Gad (Y9Y)

Coach Mr. H. Tayel



A message from Ms. Ghada Dajani

NEW UNIFORMS FOR ACADEMIC YEAR 2013/2014 MORE COMFORT ... MORE STYLE!

We have been listening to your feedback and we have been attentive to the comments made by our students over the years. Consequently, MES Cairo has commissioned a new company to make our school uniforms. The 'look' will remain the same, but we are hoping for better comfort and more stylish shape to ensure an optimum productive and a happy learning environment for our students.



Please find below a few samples of the new uniform. You will notice that there are subtle changes to the design, especially with the dresses and tunics for the girls. The trousers for both the girls and boys (Primary and Secondary) and the shorts for the boys in Primary will be a fundamentally different material which will fit better and feel better to wear. The school shirts have a new cut and a slightly different collar. The school jackets will remain true to the new design but the material has been improved.



We are very excited about these changes and I am sure that the students will be as well. For the next academic year 2013/2014, it will be perfectly acceptable to wear the old uniform and the new one interchangeably as we understand that some families will have a good stock of clothing.

The new uniform will be available at the Uniform Store in school as of Wednesday, August 14th, 2013



OLD AND UNWANTED SCHOOL UNIFORMS RECYCLING PROJECT



Many families try to pass on old and often unused uniforms to younger siblings. However with time, cupboards will seem to burst at the seams with uniforms that everybody has outgrown!

It is likely that you are tempted to give away the uniforms to children in need. We have, over the years, encountered numerous children in the streets of Cairo who are wearing with great pride clothes donated to them from MES Cairo families. I have to tell you that I have never felt prouder of our school community than when I see these young children. It is this very spirit of giving that has encouraged me to start a Recycling Project for old and unwanted school uniforms.

Please send in to school any old or unwanted school uniforms in bags labeled "For Recycling" and leave it with the Front Desk. In the spirit of "Reuse, Reduce and Recycle" which we teach our students, we will find a way to turn them into meaningful gifts to give back to the children of our greater community. So go through those closets and send them in as soon as you can. In time, we may open it up to other clothing other than uniform, but not just yet.



Thank you for your help and looking forward to receiving your Recycling donations!

MES CAIRO ACHIEVERS

Ferial Abdel Hamid (Y4B) – Riding Success

Ferial Isam Abdel Hamid (Y4B) has a passion for horses and has been riding since she was just three years old! She is now nine years old and was one of the youngest competitors to take part in the **Arab Republic of Egypt Equestrian Competition**. This was her first competition at national level.

Even though Ferial had suffered a bad accident in a different competition recently, she still managed to get to the final and reach 5th place! She even cleared twelve barriers without faults and achieved a perfect, record time of 43 seconds.

That is an amazing achievement Ferial! We know that your coach is very proud and has high hopes for you! MES Cairo will be watching your progress closely.



Ferial Abdel Hamid

Jana Hazem Salab (Y20) – Fantastic Gymnast!

Year Two Orange is proud to boast its very own champion gymnast. Jana Hazem Salab trains with the Heliopolis Club gymnastic team and was recently the proud recipient of this magnificent cup. Teams from throughout Egypt took part in the competition but it was Jana's team that wowed the judges.



Jana Hazem Salab

Go Jana! We are all very proud of you.

Malak Dahroug (Y9B) – Star Swimmer



Malak Dahroug

Malak tells us all about how she was recently awarded by two Gold Medals in a National Swimming Competition. An intelligent and dedicated swimmer, we at MES Cairo are sure that Malak will go far.

Swimming has always been a part of my life. I have been practising since I was three years old, going through rigorous training sessions and entering competitions. I always push myself, because in my opinion, sports in general help to make our body strong and active. Some sports even improve our intellect and help to enhance a sense of morality and ethics in the participants. Sports are great exercise for the body and they develop a sense of discipline in the character of the players.

This semester I set myself several goals and targets, by swimming eight times a week for two hours. I also did fitness training three times a week for an additional two hours. In a recent national Egyptian swimming competition I achieved two gold medals, a silver, and a bronze. This was my first time ever to achieve Gold in a national championship and I thank God that my hard work finally paid off. I hope to maintain my standards and keep aiming for higher targets. I hope

for even better results in my next championship.

Sports are very important in today's world. I think that broader competitions, going even further than national competitions! I also have ambition to one day compete in the Olympic games. It is very important to aim high and I believe that I can achieve this in the near future. My dream is to one day go to the Olympics and represent my country.

MES CAIRO ACHIEVERS

Darcy Tomlinson (Y6B) and Alfie Tomlinson (Y2R) - They're still Football and Tae Kwon Do crazy!

In a Messenger article last year, Alfie was celebrated as an MES Cairo achiever for his sporting exploits both on the football field and in the Tae Kwon Do dojo. Since that article, Alfie has continued to go from strength to strength.

Last season Alfie scored what was considered at the time to be an 'amazing' 23 goals playing in the Cairo Youth Soccer League (CYSL). This season his tally was even more incredible: in just nine matches and an end of season tournament, Alfie scored an unfeasible 62 goals!! This included the winner in the final of the tournament as his team, Al Korom, won the gold medal for the second successive season.



Alfie on the ball!



CYSL tournament day



Darcy's Green Belt test

In the dojo, Alfie recently became the youngest blue belt in his club after a highly focused test. Captain Moyaser, of the Tae Kwon Do club at CSA in Maadi, was very impressed with his performance!

Meanwhile, his big brother Darcy has also been rattling through the Tae Kwon Do belts. He managed to achieve a green belt with an intense test in which he broke several wooden boards with fist, foot and even elbow! Darcy is also a very dedicated rugby player, with his team at Cairo Rugby Club achieving a silver medal in the end of season tournament.

Away from sport, Darcy has been busy practicing for his Trinity piano examination which took place recently. I'm sure his performance will be rewarded with the first of many music qualifications!

Go Alfie and Darcy!

Omar Mazloun (Y5G) and Mohamed Mazloun (Y4R) - Judo Giants!

Omar and Hani were featured a couple of years ago in the MESsenger and here they are again! They continue to excel at their chosen sport of Judo. They have been playing Judo for five years now at the Heliopolis Club. Omar is now on Brown-Yellow belt and Mohamed is on Brown-White belt. They have both been competing in a lot of tournaments lately and have done extremely well in several championships. They have won an impressive range of trophies and medals. Judo provides excellent training in self-defence, and the sport is giving both boys a tremendous amount of self-confidence.

Well done Omar and Mohamed! MES Cairo will keep watching your progress!



Hani Mazloun



Omar Mazloun

MESMERISED



MESMERISED



MESsenger Team: Ms. S. Sheehan, Ms. L. Dermody, Ms. G Dajani, Mr. M. Kirby, Ms. N. Abdel-Tawab, Mr. T. Dajani, Mr. J. Todd, Ms. S. Harrison, Ms. V. Monir, Ms. R. Sharkawy, Ms. O. Mawla, Mr. S. Rayner, Ingie Enan (G11), Hyumin Lee (DP12).

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Modern English School Cairo



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

Our Mission

Leadership through Education: Caring, Challenging, Inspiring

We believe in:

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

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