

# MESSENGER

## MES CAIRO - DEFYING GRAVITY!

24- Hour Charity Fun Run  
Whole School Musical Production - Wicked  
Primary Productions  
Curriculum News  
Sports Days  
...and so much more!





# CONTENTS

3	Wicked – Whole School Musical Production	45	Key Stage One News
10	24-Hour Charity Fun Run	46	Year Two News
13	Wired	47	Key Stage Two Looking Back
14	Global citizenship Week	48	Year Three Impact Days
15	International Baccalaureate News	51	Primary Book Week
19	Secondary Humanities	52	Year Four Ain Sokhna Trip
20	English Matters	53	Primary School Council
24	Year Seven and IGCSE Science	54	Year Five Nile Cruise
25	Enterprise Day	56	Year Six Cyprus Trip
26	Grade Nine English	57	Year Six Creative Curriculum
27	Grade Nine Math	58	KS2 Spelling Bee
27	Grade Seven Science	59	Primary Art
28	Key Stage Three News	61	Primary French Day
29	Art Beat	64	French Trip
35	Aiming High	67	Primary ASAs
37	Students of the Month	68	MUN St. Petersburg, Russia
38	Honor Roll	70	Primary Sportsdesk
39	Secondary LDD News	78	Secondary Sportsdesk
40	Pioneers	85	Mid Sportsdesk
41	Orphanage Book Drive	90	International Award Expedition
42	Mother's Day	92	Students as Guides in Coptic Cairo
43	FS1 Production	93	Fitness Club
44	FS2 Fairy Tale Wedding	94	MESmerised

# MES Cairo - Defying Gravity!





# 'WICKED' CASTS ITS SPELL AT MES CAIRO

**MES** Cairo's whole school Musical production of 'Wicked – The Untold Story of the Witches of Oz', left the audience spellbound on each of the three spectacular evening performances staged in April 2014. Directed by **Jonathan Todd**, he explained that he chose 'Wicked' because, "the themes of friendship, tolerance, and seeing people for who they truly are, ring true for every society, every culture and every individual. To see beyond the superficial is a virtue to which we can all aspire."

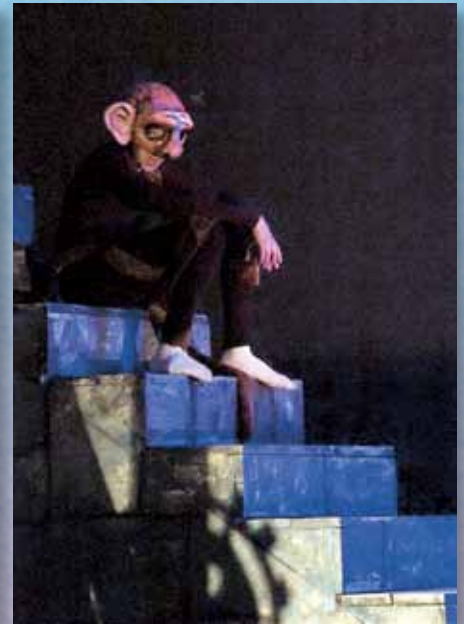
'Wicked' is a witty re-imagining of the stories and characters created by L. Frank Baum in 'The Wonderful Wizard of Oz'. Wicked has recently celebrated its 3000th performance in London and is a "hugely popular show" (The Times), the 15th longest-running musical in West End theatre. Around the world, Wicked has already been seen by over 39 million people and has nine productions running concurrently. The original Broadway production remains "Broadway's biggest blockbuster" (The New York Times) after a decade at the Gershwin Theatre.

The Broadway and West End phenomenon was transported to the MES Cairo stage in remarkable fashion. Peppered with touches of tragedy and humour, the show captivated all ages. It tells the poignant story of an unlikely but profound friendship between two students of sorcery. Their extraordinary adventures in Oz see them fulfill their destinies as Glinda, played mesmerisingly by **Yasmine Afifi**, and Elphaba, played by the incredibly talented **Hana Seif El Nasr**. Their show-stopping performance of 'Defying Gravity' had every member of the audience so thrilled that we were practically levitated out of our seats by Elphaba's memorable 'flight'. The scene left everybody dumbfounded and it took the concept of 'school productions' to another realm. This was no school production. Elphaba took flight into the air, the monkeys flew, the stage reeled with lighting and effects and we were transported out of Cairo and into a magical stratosphere of wonderful entertainment. Jonathan Todd showed us all that his shows really can get better and better every time! This was the real thing!

**Youssef Abaza** played a dashing and optimistic Fiyero, while **Charlotte Trout** was magnificently evil as Madame Morrible. There were memorable performances from everyone in the cast, especially **Hana Abaza** (convincing as Nessarose with a beautiful voice), **Hassan Saad** (a hopelessly love-struck Boq), **Gerard Lavelle** (a superb Professor Dillamond), **Carol Ramy** (Shen Shen) and **Noura Samy** (Pfaneë). **Cranston Dodds** portrayed The Wonderful Wizard of Oz with an assured mix of warmth and ambiguity that only an actor of his experience can deliver. **Omar Raafat** and **Karim Abdelhady** alternated the role of Chistery with aplomb, magically growing wings above the stunning Wizard's Throne. They were all supported by a strong ensemble playing University students, Ozians and Witch-Hunters so enthusiastically and convincingly that the audience could do nothing but invest emotionally in the world being created before them. Musical Director and Choreographer **Daniel Tomlin** coached the performers, allowing them to take their natural ability to another level and at certain moments, out-sing their West End counterparts. He also trained the Secondary Choir which, alongside the Primary Choirs, directed by **Adam Briggs** and **Lorna Mallory**, added beauty and power to the sound of the catchy songs. The students all performed with professional and impressive voices that left us singing the songs for weeks afterwards!







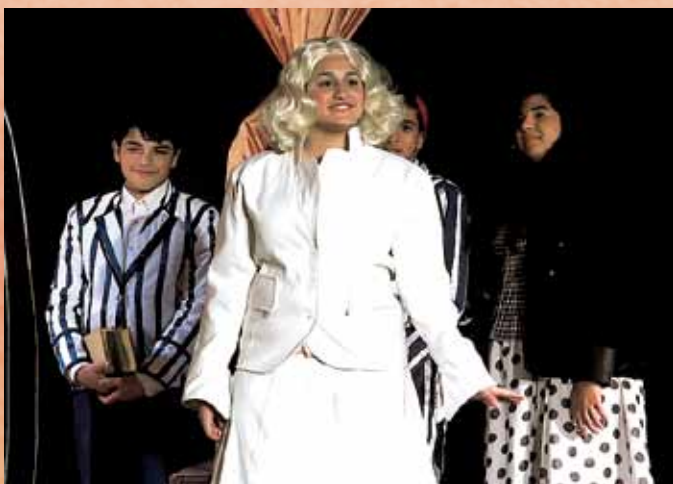
Carole Godfrey filled the stage with the vibrant and exciting dance routines the Primary Dancers performed, melding seamlessly with Daniel Tomlin's work with the Secondary Cast.

Scott Allsop once again astounded us with his ability to provide Sound Design of the highest quality. His assistants, Nader Raafat and Youssef Sabry, worked tirelessly to ensure that cues were on time and equipment was working. Jonathan Todd's vibrant and exciting Lighting Design was delivered brilliantly by Mohamed Kouta and Nour Kandil who operated the lighting boards calmly and efficiently while under a lot of pressure.

The magnificent and ambitious set design was brought into being by **David McKowski, Judy Tompson, Karen Elliott, Lamia Afifi** and **Lee Simpson**. Kim Tapsell produced the giant sliding panels featuring the clock motif essential to the show. Projections were designed and operated flawlessly by Kevin Erskine. Technical Directors **Tim Cooke** and **Doug Walker** overcame some serious challenges with their creation of the "nuts and bolts" of the spectacular effects.

The magnificent costumes, so vital in creating the world of the play were coordinated in Secondary by **Nadya Shanab** and in Primary by **Ciara Kearney** and **Barbara Meason**. The show was Stage Managed flawlessly by **Nathan M. Wilkinson**, ably assisted by his Assistant Stage Managers **Brian Farish, Mostafa El Masry** and **Omar El Sayyad**.

With a team of approximately two hundred students and staff, MES Cairo once again proved that anything is possible and the standing ovations after every performance would suggest that the audience really did have a wonderful experience when they watched the MES Cairo version of 'Wicked – The Untold Story of the Witches of Oz'.





# WICKED REVIEWS

**My** favourite part of the show was at the end of the first act, when Elphaba cast a levitation spell to fly away, singing 'Defying Gravity'. Watching her rise up into the air, thanks to the cleverly created stage design, transported me out of the MES Cairo theatre and into London's West End. What a professional and inspirational show! Mrs J. Cole - Secondary Learning Development Department Coordinator, British Section

Wow! Simply magical! The talent in this school never fails to amaze us. It was so wonderful to see Primary and Secondary students along with staff performing together. The singing and acting was just superb. It was a fabulous evening (I felt like I was in the West End!) and all involved should feel extremely proud.

Ms. H. O'Neill - Year One Team Leader

This production is the one I have enjoyed the most since being here and it was an amazing accomplishment. I went to the last night and everything was absolutely perfect - no glitches - the professionalism was superb. I cannot imagine how they were able to pull it all off, the singing and acting, the choreography and special effects, the timing, everything was absolutely seamless and astounding as a whole. I already had high expectations, as all the productions at MES Cairo have been great, but I was in for a pleasant surprise and felt that this one was special and deserving of some kind of award - if one was available! I have never witnessed such perfection in a school production and it was a real treat to have the privilege to sit back and just enjoy the fruits of some very hard work and high level of professionalism by everyone involved.

Ms. M. Burech - Secondary LDD Department

From start to finish, 'Wicked' was a spectacular performance! I smiled the entire time I was watching it because I was so blown away by the talent of the cast, the art of the design, and the evident hard work of the crew. From sound to lighting to set changes to costuming, it was seamless and enthralling. What a truly enchanting experience! Thank you to everyone involved for your hard work and dedication.

Ms. H. Statz - Head of English, American Section





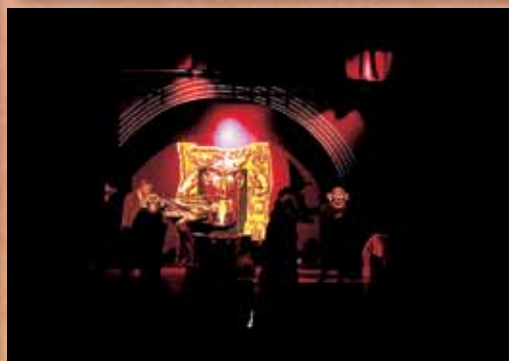


Three amazing sold out nights of the MES Cairo Whole School Musical production of 'Wicked', directed by Jonathan Todd, did not disappoint. A spectacular display of talent from the cast of students and teachers, as well as the wonderful choir members, will long be remembered. The Citizens of Oz came alive on stage with the fabulous lighting, music, costumes, and set designs enabling actors to embrace their roles and even defy gravity! The play was so captivating that the audience was either in quiet awe or applauding loudly, including a standing ovation at the end of the show. The MES Cairo Performing Arts Department has once again successfully risen to the challenge of greatness as this year's production of 'Wicked', which truly surpassed all expectations.



Ms. J. Tompson - Visual Art and Design Teacher

I thought 'Wicked' was an amazing spectacular and it was wonderful to see Primary and Secondary children coming together to create a spine-tingling show. I'm still singing the catchy songs to myself, a week later. Well done to all of those involved! Mrs. El-Hoss – Year Two Team Leader





# WICKED - SOUND



**Preparations** for the sound on 'Wicked' started many months before the show was staged. The decision was taken to stage the show to 'playback' (backing tracks) as the show features a rich and elaborate soundtrack that would be difficult to produce with a live band. However, a full soundtrack of the Wicked music without the vocals is not commercially available so we needed to create and record large amounts of music ourselves. Many hours were spent in front of computer music programs creating a range of extra pieces of music such as the entrance of the head of the Wizard of Oz, and the songs sung by the Wicked Witch of the East.

Nader Raafat shouldered the responsibility for synchronizing this pre-recorded music with the action on stage, and you can read all about his experiences below.

In order to hear the actors a total of 22 microphones, including 18 radio microphones, were used in Wicked. This is more than has ever been used in an MES Cairo production, and is only marginally fewer than those used in the professional Broadway and West End versions of the show. The sound cues for different scenes were set and programmed into the Theatre's digital sound mixer, which was closely monitored and controlled throughout each performance as both the room acoustics and the actors' performances changed in response to the audience.

Although all the sound equipment is thoroughly checked before each performance, unexpected gremlins can sometimes get into the system. Yousef Sabry (Y11G) had the stressful responsibility of being the backstage liaison and he coped admirably with any unexpected issues! Every night we needed to deal with electrical devices and mobile phones that interfered with our radio microphones, and in some cases Youssef even had to change actors' microphones during the performance.

It's often said that the sound is something you only notice when it goes wrong, and the scale of this production meant that we experienced some problems that a smaller show never would. But having brought the radio signals and sound waves bouncing around the auditorium under control, we're incredibly proud to have overcome the challenges and given a voice to 'Wicked'.

Mr. S. Allsop - Sound Designer



## Wicked - from the Booth

**While** it is the actors that are the face of each production, there is a huge team of people that work behind the scenes, whether backstage or up in the booth, who work together to make the 'magic' happen. The main benefit of being upstairs doing sound though (rather than backstage), is that you get to enjoy the performance from the best seats in the house.

'Wicked' was my first production in the booth, and I must admit it was one of the most enjoyable experiences of my life! I was involved in playing the music cues at the right times so that our singers had something to sing along to, and even though there were some tense moments during the performance, the surge of adrenaline made it exhilarating, and definitely worth it. It was also a privilege to work alongside Mr. Allsop and watch in amazement as he worked around the multitude of buttons and sliders in front of him.

I learned a lot, not only about sound design, but also with regards to staying calm and managing problems to ensure they were fixed without anyone but us noticing. As Mr. Allsop puts it, this is "how you know you're a good team".

While the love of buttons, sliders, and science may be shared by few others besides myself, I can assure you no-one would be able to resist the sweet sense of accomplishment at the end of the show, the pride of being part of such a terrific team, or getting to use walkie-talkies! Thanks once again Mr. Allsop and Yousef Sabry, for some of the best days (and nights) I've had in school.

Nader Raafat (Y11R)







## Wicked -Backstage

Being backstage this year was a great experience. I helped with the production and got to know new people. Everybody was very friendly and helpful. We stayed after school for a solid week and came into school on Saturdays. Everyone in the stage crew has to wear black. This is so that you remain as hidden as possible whilst doing your work. There were people in the Crew from Grade and Year Seven all the way through to Twelve. Our Stage Managers were Omar El Sayyad (Y11G) and Mostafa El Masry (G12Y). They were really patient and hardworking - truly amazing people. Mr. Wilkinson also did a fantastic job. The back stage group got to move benches, thrones, open the wings for the monkey and had many other important responsibilities. I would like to thank Mr. Todd for everything he has done for us. I would also like to thank Mr. Tomlin for the music and the costume helpers and Ms. Shanab for the costumes. Without them it was going to be very hard for the actors to get dressed and for the costumes to be so stunning. This was one of the best productions that I have watched so far. The singing voices were beautiful. Production week was the best week I have experienced at school this year.

Sara Mattar (G10) – MESsenger Club Journalist



## Wicked – Art

A group of dedicated and enthusiastic secondary students have been attending the Wicked Stage Art ASA since last term. Firstly, the students were introduced to the sets and costume from the Broadway production of Wicked. They looked at how a professional designer goes through a process from the initial ideas and sketches to the final full-scale completed pieces. Using the images from the show to help with ideas, students then came up with their own sketches and then clay pieces. The Oz head was a big challenge and there were some amazing creations sculpted.

Recently students were split into groups to tackle different parts of the set. One group, led by Mr. McKoski, created plenty of cogs for the clockwork theme in the set. Another group, led by Miss Tompson, put together the corn on the cobs for the field scene with the crashed house. Miss Tapsell used her Photoshop skills to design the amazing movable backdrops of the three clocks and students were able to see how technology can be used in set design. On the 3-dimensional front, Mr. Cooke and Mr. Walker from the Design Technology team constructed a frame for the Ozhead and monkey wings which Miss Elliot brought to life with papier mache, modrock and her fantastic stitching skills. As all this was going on Miss Lamia used her magical painting techniques on the 2-dimensional set pieces, with students often lending a hand. Due to the range in skills and techniques used, the students have had the opportunity to experience the very different ways in which a set can be produced.

Mr. L. Simpson – Secondary Head of Art





# The MES Cairo Family goes on another Run for 24 Hours of Charity Fun!

Another school year at MES Cairo brought another school wide drive for charity, and another 24-Hour Fun Run!



This year the charity that benefited from little (and not so little!) feet pounding around the school track relentlessly, for no less than 24 hours is 'Ana El-Masri', "I am the Egyptian" foundation. It is a non-profit, non-governmental foundation established in 2008. The money raised through t-shirt sales and generous donations will be used by the foundation to address the suffering of the more than 14 million Egyptians who live under the poverty line by providing poor families with the necessary services to improve their quality of life and to support youngsters and families who live in poverty.

Throughout the event we saw banners flying, hats worn at a jaunty angle, laughs, songs and costumes galore. The atmosphere was festive and the children were excited about giving to such a worthy cause. Of note is Lara Dinaway in Year Two Red who, in true MES Cairo style, took it upon herself to empty her savings box to help those less fortunate than herself. Her mum was so proud of her that she sent in a 'WOW' slip.

Mrs. Dajani and Ms. Ghada Dajani would like to extend a very big thank you to all of the MES Cairo family for making it once again a triumph, both in terms of funds raised, over (160,000) and the display of true MES Cairo school spirit.

A special mention must also go to the 'Fun Run Team' who, headed by Ms. Ghada Dajani and Ms. Quarin, worked tirelessly to make the 24-Hour Fun Run go so smoothly. It was a truly astounding effort for a really good cause. The whole of the MES Cairo family is so enthusiastic about this event that we are already looking forward to next year!

## Ms. B. Meason – Deputy Headteacher – Key Stage One

MES Cairo students, teachers, staff, and parents all came to run, have fun and raise money for the Ana El Masry Charity. The run began at 8:15 am on 5<sup>th</sup> March and finished at 8:15 on 6<sup>th</sup> March. The aim of this run was to get the MES Cairo family to *Make a Difference in Egypt* and run around the track as many times as possible. The money is donated to a different charity every year.

Primary students participated in their Year groups at organised times. Secondary students got a chance to run/walk around the track during their PE lessons on Wednesday 5<sup>th</sup> March or during a scheduled time if they did not have PE on that day. Many students came to participate and run after school. Ms. Quarin was on the microphone the whole time, narrating the whole event. Ms. Ghada and Mrs. Dajani also came out to support the event throughout. Ms. Vallarino's dog was even there in the evening, wearing the school t-shirt!

The school made t-shirts, which Ms. Ghada picks from a variety of designs created by the students. They were purple this year, and proudly displayed the logo of the school. Students were encouraged to purchase a t-shirt, as the money made on the t-shirt sales was also given to the Ana El Masry Charity. All the teachers, staff and the students were wearing it. Donations were also encouraged from parents who received letters advertising the event. Most of the students bought a t-shirt and enjoyed wearing it the entire day.

Students, parents, teachers, staff, and families of students were all welcome to come and have fun until 9 pm. Some people were running and participating for the whole 24 hours! The PE staff bought pizza for all the night runners, which they thoroughly enjoyed. There was a red sash going around throughout – and the sash never once stopped moving!

The Fun Run raised 160,000 LE and everyone had lots of fun, everyone enjoyed their time at school and it was all for a great cause, The Ana El Masry Charity benefited from this run and we had a lot of fun, as we do every year!

By Rita Apikian (G9G)





**MESsages of support from around the world were posted live on the Fun Run video page. Here are just a few of them!**



Mr Dan: So proud that MES Is carrying on this event! Well done everyone! Enjoy the fun times, and keep up the great work!!

Sarah Harrison: I am watching you from El Salvador and am missing all of the fun! Good luck to all of the runners!

Mr Marel: When you get tired, try to distract yourself by calculating the distance you ran so far in m/cm/mm. Good luck everybody!

English Dept: Stop reading for a while and RUN, RUN, RUN Helping those in need is always so much FUN!



Inverurie: Connie & Katie Go Go Go ! Grandma & Grandad

opa en oma Thailand say..: go for it Suus...well done !

Mr Phillips: Not long to go now, the home stretch, great running MES, indeed did Mr Gross go backwards!

ellie: keep it up Egypt

Andre Y11: things like that are what makes me proud to be part of the MES Cairo Family. Keep that sash going!

Claire Lane: Watching from the Uk

Miss Ailsa: Watching from Germany - GO MES !!!

Paul McTigue: Is Mr. Gross running backwards, or is he just slow?

Mrs. New: Watching you from Spain, keep on running!

**We raised 160,000 LE for charity!**







Mrs. Dajani started the Fun Run by taking our youngest students around the track.

The MES Cairo Family Making a Difference in Egypt.



MES Cairo Alumni runners.

Ms. Haidi wearing the MES Cairo Fun Run T-shirt with pride!



We ran through the night!



# WIRED TEACHERS WRAP-UP



Over the course of the year, the WIRED teachers group focused on how to infuse technology into the curriculum to increase student engagement and, thereby, improve student understanding. Since the last MESSenger edition, the WIRED group has been very busy. We have focused on the following: *Go Glogging – interactive poster creation*, *Building 21<sup>st</sup> Century Interactive WebQuests* and *Making the Most out of Moodle*.

During the month of April, teachers delved into ways to make our current learning management system, Moodle, more than a warehouse to store and post updates for students. The teachers learned how their students could create illustrative glossaries to describe, in their own words, content specific terminology and how to use pictographic imagery to demonstrate their understanding of the terms. The key components were how to use a variety of online tools that students might typically use for fun and enjoyment to create their own meaning and examples of each term. Illustrations can be created using cartoon programs like ToonDoo and make film clips using iMovie, Photo story, or Animoto to embed into the Moodle glossary. This allows students to construct their own meaning and create something uniquely their own to share with others. Teachers looked at how to use this learning management system to create online quizzes and surveys so students can interact with the technology.



March brought about the opportunity to think about independent learning and enhancing literacy through the use of WebQuesting, also called DigiQuesting. Teachers were able to create an online scavenger hunt so students could use hotlists [lists of websites] to focus their research on cogent online resources. Through this process, students are not only learning about the content, but also how to use viable online resources and improve their own digital literacy.

*Go Glogging* [Glogster in Education] was the focus of our WIRED Hack for the months of January and February. Glogster is an online tool used to create interactive posters where students can add their own text, import graphics, use their own voice to describe, and to import video clips to illustrate key information. In short, it is a living poster! Why is this helpful for students and how does this tool help with enhancing literacy and learning content information? Linguistically speaking this tool is able to combine the skills taught by all teachers in a variety of content areas: reading, writing, speaking, seeing, and listening. These Glogs are then shared with other students within a single classroom and shared with students beyond the confines of the classroom. It is a great learning experience where students can create their own unique piece of digital art to express and present their own ideas on a given topic. Glogs can be embedded into classroom blogs and students can peer assess each other's work.

Learning about and using these tools in the classroom marries together the process of learning and a student's own digital lifestyle. Our students are growing up in a multimedia-rich environment where social networking is the norm. Showing the children how these tools can be used in many meaningful ways to enhance their own learning is vital to making learning viable in education today.

During the month of May, the WIRED Hack will focus on the many uses of game-based learning in education. Through gamifying the classroom, students are encouraged to learn as they go. They have multiple opportunities to succeed, but cannot move forward in a gaming environment until they master the skill being presented. By adding gamification elements into the classroom, learning becomes very personal and individualized where students are encouraged to have fun and engage in the learning content during the course of the lesson. We look forward to this exploration in the upcoming month.

Special thanks go to all of our secondary WIRED Teachers who have not only been a part of this very exciting professional development, but who have also led our Hacks: Mr. Todd, Mr. Allsop, Mr. Erskine, Mr. Vachon, Ms. Castleberry, Mrs. Sheehan, Mrs. Barakat, Mrs. Fayyad, Mrs. Williams, Mrs. Cole, Mrs. Smith, Mrs. Alincai, Mr. Danvers, Mr. Andre, Mr. Prebble and Mr. El-Metaal.

Mrs. D. Ballard - Vice Principal, American Section





# Digital Citizenship Week 27th – 30th April



In April MES Cairo hosted a Digital Citizenship Week to raise awareness about what it means to be a positive, productive, and responsible member of the virtual community. Students were encouraged to be reflective of their own online use and to think about their own online reputation, called a digital footprint. Safe and responsible online behavior means being a good cyber citizen. A part of being a good cyber citizen is educating children about how the virtual world works. The virtual world is a vast invisible space where everything that is posted leaves a digital footprint. There was an emphasis on online posting and how what you post in any online forum is written in spare ink and NOT pencil in. Distance and anonymity separates actions from consequences. One's online reputation is lasting and activities were geared towards leaving a positive digital footprint and decreasing the digi-drama. Students were introduced to these topics during homeroom and an assembly for Grade and Year Seven, Eight and Nine. Students took a pledge to be a positive influence and the art department hosted a poster competition. It was a worthwhile week-long experience that will continue throughout the remainder of the year and on through the years to come. A brochure was sent home with each student so this important conversation could continue at home where digital use is prominent.

Mrs. D. Ballard – Vice Principal, American Section



## READ FOR YOUR LIFE! Tall Tales!

There was a buzz of excitement in Homerooms in Years Seven and Eight during Reading Week as teachers visited to read a story. What could be a better way to begin the day than with some food for thought and a little mystery. The chosen story was Roald Dahl's 'Lamb to the Slaughter'. Of course, the students already knew Roald Dahl from his many stories for children but the big discovery was that he also wrote for older readers. This particular tale provoked much discussion...

Was it going to be a horror or detective story? What was going to happen to the main character? How did we feel about the main character at the end? Was what happened the right thing? If you have not already read it...

Ms. T. Sliney – English Department, British Section







# International Baccalaureate News

## IBDP Extended Essay Workshop



**The** Extended Essay (EE) is a mandatory core component of the IB Diploma Programme. It is a research paper of up to 4,000 words giving students an opportunity to conduct independent research or investigation on a topic that interests them. Like the Theory of Knowledge (TOK) essay, TOK presentation and participation in Creativity, Action, Service (CAS) activities, submitting an extended essay is a prerequisite for award of the Diploma and for Certificate as well. 'It provides practical preparation for the kinds of undergraduate research required at university level and an opportunity for students to engage in an in-depth study of a topic of interest within a chosen subject. Emphasis is placed on the research process; formulating an appropriate research question, engaging in a personal exploration of the topic, communicating ideas and developing an argument. Participation in this

process develops the capacity to analyse, synthesise, and evaluate knowledge. Students are supported throughout the process with advice and guidance from a supervisor (a teacher who specialises in the student's chosen subject.)' (IBO)

The Extended Essay workshop was a useful experience. At the beginning of the day, we were given a presentation by Mr. Allsop telling us all about the Extended Essay; how to write it, how to choose a topic, etc. We also got to ask any questions we had about the EE.

After that, we got to visit the AUC campus to see the library and research facilities, which we were invited to use in the future in order to conduct research for our essays. While there, our own LMC coordinator, Ms. Klein, gave us a presentation about research, bibliographies and works cited pages. The presentation was eye-opening and educational. After learning to use the university database and library, we were left to start our research and further refine our ideas for our EEs. This was a wonderful experience because it gave us a look at how research at a university is done, and showed us what life after IB will be like. Also, it was very helpful to see a great amount of information on the topics we enjoyed and wanted to write about, and this allowed us to decide on a topic. After doing some research on our topics of choice, we had a chance to have lunch with IBDP alumni from MES Cairo. We were able to ask them questions about the IB, the Extended Essay, school work, life after school, and many other topics. The alumni students gave us advice on balancing our personal lives and school work, and also reinforced the idea that the IB was really worth our time and that it is an enriching experience.

**Yassin Helmy and AbdelRahman EIDissouky (DP11R)**

This term we were very fortunate to be given the opportunity to explore the AUC library. The AUC library online site contains excellent books, articles and journals about any topic you can think of. We were able to look at the online books and print off a limited selection of useful sections. We also had the opportunity to ask any questions we had about the EE. The presentation at the beginning of the day made all the aspects of the EE much clearer than before.

**Mohy Aboualam (DP11R)**

Our Extended Essay workshop experience was extremely beneficial. During our visit at AUC, we were given a tour of the library and the librarian taught us how to search for books. We also attended a presentation reminding us how to cite websites, books and any articles we might use in our essay. We were given a chance to search a topic on the AUC system and look for the books in the library. We were then given a chance to have lunch with past IB students. We were able to ask them any questions we had about the IB and how they survived it. This was very useful because there were certain things we felt comfortable talking to them about.

**Hana El Beltagi (DP11R)**







# THEORY OF KNOWLEDGE

TOK is a course that aims to encourage students to reflect on things that they have previously taken for granted; to critically re-evaluate previously trusted sources of information; to challenge previously held assumptions, prejudices and biases; to become more aware of the factors that have influenced their perspective and the perspective of others; to become more internationally aware, more culturally sensitive and to take a fresh look at the world around them and see it in a way that they perhaps have not considered before.

## MES Cairo IBDP Students Develop Cultural Awareness and International-Mindedness on a recent Theory of Knowledge (TOK) trip to view a special screening of the film 'Wadjda'

DP11 students learn much about cultures and so I was thrilled to discover a wonderful new place last week in Downtown Cairo called 'Zawiya', which is a new and arty, non-mainstream cinema venue that screens independent and alternative cinema from around the world, as well as from Egypt. The cinema is an initiative of the family of the world-renowned director Youssef Chahin. I met the person in charge of Public Relations and we talked about the possibility of using the cinema as an educational tool for MES Cairo students.



As a matter of fact, they accommodate schools and universities from all areas of Cairo and organise discussions and debates after each screening. The film 'Wadjda' is the first Saudi movie in the history of cinema that has been directed by a woman! The film got very positive reviews from critics around the world and has received many awards in a long list of festivals.

It was quite clear to us that our students could get a lot from it, not only from a TOK perspective but also for Language skills and as critical thinkers in general. The experience also helped to enhance their discussion and debating skills.

Mr. F. Gibault – French Department IBDP Section

### IBDP11 Cinema Trip – Student Reviews

I enjoyed the trip very much for many reasons. The movie we watched showed me a glimpse of life from the perspective of a Saudi Arabian woman. This perspective is new to the world because it is the first movie to be directed by a Saudi woman so I am proud to have watched it and enjoyed the intellectual discussion we had about it later on. The movie expressed many themes that affect our world and link in some ways with my culture and my country. For example, in both cultures women are expected to fulfil certain roles in society although the way in which women live is different in each country. It was a new experience for me to watch a film like this instead of the commercial Hollywood movies I usually watch. In future, I think that I will watch more alternative films because this movie got me thinking a lot and it was a really wonderful movie to watch.

Mohy Aboualam (DP11R)

Going to City Stars to watch the movie "Wadjda" was a marvellous experience. It was great to have a day out with the people in my class but more importantly the movie itself was dense with meaning. The movie views the Saudi community through the perspective of a young girl, who struggles through the obstacles to her freedom because of strict culture of her society. Seeing the film 'Wadjda' enabled me to reflect on the opportunities I have in my life, and to have sympathy for this girl who is restricted to doing only what her community thinks is correct. However, the movie is not all negative, because although Wadjda struggles

in her community and at her school, she has a very intimate and strong relationship with her mother and her friend Abdullah.

Salma Amer (DP11R)



Waking up this morning, I was excited to be going with my classmates on an IB trip to watch a very interesting movie that reveals the truth of the 'strict' Saudi Arabian culture through the eyes of a young girl 'Wadjda'. We enjoyed the bus ride and discussed how different or similar our cultures might be and how women are treated in Saudi Arabia and which limited freedoms they have. At first, we weren't sure that this would be one of our favourite movies but once it started we were captivated by the thoughts and actions of the young girl. Her eyes really reflected her emotions. Everyone felt empathy - she really grabbed our attention. The movie was successful at illustrating the reality



of the Saudi Arabian traditions. We discussed how women are forced to follow certain principles, like covering their face with a veil and wearing an 'abaya'. Also how women are not allowed to be seen by men. The bicycle in the movie is a huge symbol that represents the tragedy of the story.

When the movie was over, two people were introduced to us by Mr. Gibault, and they explained their mission on expanding opportunities for people in Cairo to see alternative movies that have a great meanings and that concern several major issues affecting people all over the world. We returned to school feeling happy that we had learned so much more about this real and interesting issue.

**Hany Salama (DP11R)**

Personally, I felt like 'Wadjda' was one of those movies with a lot of emotions attached to them. Having seen it, I would definitely recommend it to other people. The movie gives us an insight into what it is like to be living a society so different from ours. The Saudi people are very conservative and private. I felt a lot of sympathy for the main character, Wadjda, who had a particularly hard time living in such a community. Another thing that really got to me was the fact that this movie was directed from the back of a van because the Director, who is a woman, was not allowed to direct the scenes on the street with men standing beside her. So, in order for her to adequately direct the movie, she had to do it from a van communicating with the people outside by a walky-talky. After the movie ended, we got to discuss the important themes. We also looked at the TOK side of things, and even thought of a knowledge question related to it. When we talked about whether or not a clash is needed in order for there to be change in a community Mr. Gibault brought up the point about how the director's aim was not to clash. She wanted gradual change because a clash, from her point of view, would not change anything. As a whole, the movie was exceptionally good and really opened my eyes to things I never knew before.

**Hana Beltaji (DP11R)**



## YASSIN HELMY (DP11R) – TOP SCHOLAR



Yassin Helmy (DP11R)

In late April 2014, we received notification from the National Merit Scholarship Cooperation that DP11 student, Yassin Helmy, had been awarded recognition as a 'Top Scholar'. He earned this accolade through his high achievement in the Preliminary SAT (PSAT) examinations he presented for this academic year. Yassin's aggregated PSAT score of 215 places him in number one place at MES Cairo, and amongst the top 4% of the 1.5 million candidates globally who took the same exam. Universities will be suitably impressed and scholarship opportunities are very likely to

abound for Yassin because of this remarkable achievement. Yassin has ambitious plans to study Computer Science in the United States of America and clearly has the aptitude to succeed with this ambition. He has chosen the IB Diploma Programme as his route to graduation from MES Cairo as he believes that it offers him substantial challenge and stimulates him to learn beyond the prescribed syllabus. We will keep you updated on Yassin's progress; he is most definitely a student to watch and be inspired by!

**Mrs. N. Singleton – Principal, Secondary British and IBDP Sections**



Yassin was part of the 'Wicked' Ensemble, showing that he enjoys a range of subjects and activities.



## Year Seven – Medieval Realms in British Section History lessons



**Term** Two has been an extremely busy and exciting time for Year Seven. They have been discovering what Medieval life was like in some quite unusual ways. Year Seven took up the challenge of recreating the Battle of Hastings out on the school field! As the Normans defeated the Saxons they celebrated as poor King Harold lay with an arrow in his eye! It was a pleasure to watch these students getting so involved in the subject and acting out these scenes so well. This was followed up in the classroom with some outstanding assessments on why William of Normandy won the battle of Hastings.

Students recently turned their hands to castle design. They had a budget to design their own castles with the most effective defensive features they could as well as making them look grand and considering the comfort and safety of the noble men and barons that lived inside them. Students also used some of their geographical skills that they studied at the beginning of Year Seven to help them decide the best location for their castles. Students then presented their fantastic models to their classmates. What an amazing range of talents we have in Year Seven. Some students made their castles from clay, others used cardboard and wood, and some even used empty water bottles. We have some excellent examples of ICT use where students built virtual castles on their computers. I must also acknowledge the amazing artists who sketched and drew their castles and presented them to the class.

To finish off the term and to deepen our understanding of how medieval peasants really lived, students prepared, cooked and ate a medieval banquet. Again students rose to the challenge and carried out this lesson with maturity and enthusiasm. Groups prepared and cooked dishes and shared them with each other. On the menu was bread, pottage and ginger bread. The ingredients used were as near as possible to the real ingredients that would have been available to peasants in Medieval England nearly 1000 years ago. Thankfully we decided to leave out some of the dishes that medieval peasants may have eaten such as roasted squirrel! Well done Year Seven, you have done yourselves proud this term!

Ms. S. Dixon - History Department, British Section





# HUMANITIES HEROES

Congratulations to the following year 7 and 8 students who have been awarded prizes in the Humanities Heroes awards.

- Aly Sarhan (Y7Y) - Geography award
- Aisha Morsy and Natalie Osman (Y8R) - History award
- Nicollete Bartus (Y8R) - Geography award
- Hussein Gad (Y7G) - History award



Hussein Gad (Y7G)



Ali Sarhan (Y7Y)



Aisha Morsy (Y8R)



Nikolette Bartus (Y8R)



Natalie Osman (Y8R)



Students are recognised as Humanities Heroes after fulfilling several of the attributes of the MES Cairo Graduate Profile. These students are at the top of their game in Geography and History and have really impressed not just their class teacher but all of the teachers working in British Section Humanities.

Well done and keep up the great work!

## PSYCHOLOGY STUDENTS BECOME TEACHERS!



Advanced Subsidiary (AS) Psychology students became teachers for a few lessons recently. To develop and encourage student's enquiry, organisational and leadership skills, students were given the task of planning, preparing and delivering a Psychology lesson to the rest of the class. Students were each given a topic area which they could devise a lesson from in any way they liked. Topics were related to 'How we learn' investigating Psychological theories such as classical conditioning, operant conditioning and social learning.

Students were given very little information about their topic area and had to do most of the research into it themselves, ensuring they were covering the content in enough detail for the rest of the students in the class to understand. iPads and laptops were booked out to use for research and students got to work on planning their perfect lesson.

The results certainly did not disappoint! I was stunned with the quality of lessons produced- the AS students could certainly give teachers a run for their money! The first group, led by Karim Raymone (Y11B) introduced the class to the concept of classical conditioning. They demonstrated the theory behind classical conditioning in an interactive way to the rest of the group and managed the class brilliantly! Rewards were given out for good behaviour and an assessment at the end of their lesson demonstrated that all students had understood what had been taught- great work!

The second group, led by Solange Henawi (Y11B) and Nader Raafat (Y11R) had the task of teaching the class about operant conditioning. What a lesson it was! They began with their own song which portrayed the key concepts of the theory perfectly. This was swiftly followed by some excellent teaching styles and assessments linked to the exam. The lesson ended with a fantastic game out in the yard which required students to apply what they had learnt. The rest of the class commented on how much they enjoyed the ONE HOUR lesson and how much they learnt from it! Teachers beware- we have some competition on our hands!

The third and final group was led by Seif Abdallah (Y11B) who were tasked with teaching social learning theory! Again, the group really stood up to the challenge and produced a fantastically well planned and well delivered lesson. Students got involved with the lesson content from the word go and when tested on what they had been taught, did superbly.

Mrs. Rainford is extremely proud of how well the AS Psychology students grabbed this opportunity with both hands. They demonstrated excellent teamwork, collaborative learning and leadership skills. I wish them the best of luck in their upcoming end of year AS exams.

What a great year it has been teaching you all!

Mrs. J. Rainford - Head of Humanities, British section





# ENGLISH MATTERS

## The Tantalising Trial of Matthew Weeks!

*Students in Year Seven held a trial based on 'The Ballad of Charlotte Dymond' – a very dramatic and grim murder story that took place in the nineteenth century. The accused, Matthew Weeks, was found guilty of the murder of a young lady and hanged. Surely he was guilty...or was he?*

Ms. T. Sliney – English Department, British Section

I really did enjoy defending people and looking at evidence, trying to figure out how to prove someone innocent. I enjoyed playing the lawyer and it made me want to become a lawyer even more. For once I can try it and although we had a short amount of time I felt like my team did well. I also had a tremendous amount of fun watching the other group perform. I could see what good and bad things they did and could learn from their mistakes. **Jumana Khafagi (Y7R)**

I have had a great experience acting out the trial of Matthew Weeks. It was fun. Nevertheless, it was hard trying to get into the prosecution's feelings and thoughts and how I could prove Matthew guilty. I think I worked well with a big group of people and we used great relationship skills. What a great experience I've had working collaboratively with my class mates to make this trial the best. This trial made me like the story of Matthew and made me understand it in a fun and exciting way. **Maya El Tawil (Y7R)**

In my entire career, I never came across a case like this. I barely had any evidence to prove my client not guilty. At first, I thought it would be easy...but I was wrong. It was agonizing, it was excruciating pain for me! I struggled. I hesitated. I would never forgive myself for letting this poor man, who I know is not guilty, die! **Youssef Moustafa (Y7R) (played the Defence in the trial)**

I liked many things about the group work, like taking others' opinions, acting with friends, building confidence and persuading each other. **Ibrahim Etman (Y7R)**

I think that the trial was a very good experience. I learnt what people actually do in court and that I can cry in court. **Amina El-Hamawy (Y7R)**

The trial was very difficult and overwhelming. It was hard digging for clues and finding bits of information. I personally played the role of Matthew, which was not as easy as I thought it would be. I managed to let myself go and prove myself innocent at the end when I found out my own lawyer had betrayed me! **Farah Kabesh (Y7R)**

I loved playing the defence. I love helping people and defending them. I always wanted to be an actress but now I'm thinking of becoming a lawyer. I felt really respected as though I had everything under my control. **Malak Awad (Y7Y)**

I played my role as the prosecution very well I think and had good points to prove. I had fun playing the role even if it didn't go my way very much. **Youssef Aly (Y7Y)**

I was the judge. It was quite fun because I had to listen to everyone. It was very enjoyable how everyone respected me like I was head of the world or something! **Habiba El-Shami (Y7Y)**

I played the parish constable. I spoke really well and I used all the information about the constable. I felt good because his name was John like mine! **John Asaad (Y7Y)**





# ENGLISH MATTERS

## Classic Fun!

Who says the classics are boring? Well, there is no doubt Year Eight Red would disagree!

Frankenstein by Mary Shelley is a challenging text for students of this age group you may imagine! Our students, however, have used their independent learning skills to understand the text and then to present their understanding to each other.

Year Eight students were given the play script of the novel and asked to make it into a ten-minute play of their own. They needed to decide which themes were most important and convey these to the audience. The monster was clearly the most interesting character, but they quickly started to see that the theme of parental responsibility was central to the text. Many in-depth discussions were had about how a responsible parent could have prevented the monster taking his revenge on the human race.

One group was particularly interested in the scientific basis for Mary Shelley's idea that science could generate life. Students explored the ethical dilemmas underpinning the text with great enthusiasm and interest. Hopefully, this will pave the way for further philosophical thought as these students develop their thinking skills. Who knows it might be the start of a fantastic career in Law for one of them!

What has been really exciting about studying this classic is the way that Year Eight students have not only enjoyed their lessons, but spent so much time outside lessons developing their independent study skills. This classic shows there is nothing like a good story and 'Frankenstein' is the best, just ask Year Eight!

Ms. S. Clingan – English Department, Secondary British Section

## Poetic Perfection in Year Eight



**When** Year Eight Red's Poetry Anthologies were completed they were excellent in every way. Collections of sparkling stanzas, perfect pictures and astute analysis covered the room. Subjects were diverse, ranging from football to the psychology of a whole generation. Poetic techniques

abounded, for example, metaphors, similes, rhymes, iambic pentameter and palindromes. No form of poetry seemed too difficult for everyone in the group to attempt to emulate or analyse.

Poetry has long been the way to express ideas and emotions succinctly and with precision, but it's a rare thing that students have been excited enough to create anthologies that show such a desire to excel. The task was challenging: work in pairs, write one poem each, write one together and analyse three of your favourites. The timeframe was tight. Year Eight had to complete the task in two lessons and two homeworks. There can be no doubt, however, that every single person in the class gave much more time than this to create their masterpieces.

Every student in Year Eight Red has the right to be proud of a job well done!

Ms. S. Clingan – Secondary English Department, British Section





# ENGLISH MATTERS

## Webquests in Year Seven English



Following training as part of the school ICT initiative 'WIRED Hack' on Webquests, I trialled creating my own Webquest with my Year Seven Green English class. A webquest is an online platform which can promote independent learning by using inquiry orientated lesson formats.

As part of teaching ballads in our English Department Poetry Unit, I shared with the students a short gothic story by Edgar Allen Poe called *The Black Cat*, and asked them to create a ballad from the story. To make the activity more interactive and independent, I chose to use a Webquest to deliver this learning challenge.

Students were grouped into pairs and given a laptop and an iPad. They received all the instructions for the task within the Webquest, as well as clear instructions explaining the process they should follow, and how to evaluate and conclude their project.

*"Webquests are fun because you get to work in pairs and can use iPads, iMovie and computers."* Farid Sami (Y7G)

One of the values of a Webquest is that it encourages you as a teacher to embrace the ICT opportunities available to students. To make my Webquest more interesting, exciting and engaging, I added additional extension tasks, which are especially stimulating for our more able and Gifted and Talented students. The class was given links to an online Poe museum, so that they could research the author of the short story. They were also asked to transform the ballad that they created into a short video using iMovie. They had several options of how they would like to do this- they could use Stop Motion Animation, drama skills or anything else that they were interested in using to create the presentation, thus encouraging higher order thinking skills.

*"Unlike any other lesson I have enjoyed this one the most due to the activities. For the past few days, we have been given time to write a ballad and make a movie which is really exciting."* Nafisa Jibrilu (Y7G)

*"I loved the iMovie part of the Webquest. It was fun writing the ballad on computers and working with my group."* Adam Karar (Y7G)

Students were able to use the internet to independently seek the questions they had, such as how to understand a ballad rhyme scheme or an online rhyming dictionary.

## Socratic Dialogue in Year Seven English

Having recently observed Mr. Wise in the British section English department using Socratic Dialogue with his Year Nine students studying 'Animal Farm', I was inspired to trial it with my Year Seven Green English class.

Students had been studying 'The Ballad of Charlotte Dymond' as part of a poetry unit which is based on a true story from the 1800's in England where a servant girl died, with the accused being a person she knew called Matthew Weeks. To encourage the class to look closely at evidence and to draw their own conclusions, I then gave them a challenging article to read for homework which offered alternative viewpoints.

Gathering the students as a class, I asked eight students to sit in an inner circle and debate the statement, "Matthew Weeks is innocent." The remaining students in the class were asked to sit in a horseshoe that surrounded the inner circle and were given charts to fill in about the quality and content of someone who was sitting in the debate.

To support the students in using formal academic English, they were given some prompt cards with sentence starters for example, "I'd like to build on the point you made".

I was extremely impressed with the quality of the debate that then ensued. Students listened carefully and fully engaged in the task. They used academic language and suggested their own theories and ideas which demonstrated that they had understood and digested the evidence that had been given to them.

I was also impressed with how the students in the outer horseshoe listened carefully to the debate. They gave individual feedback to their peers, commenting on the connectives they had used, the vocabulary they had spoken as well as the evidence they had cited.

We then changed the outer horseshoe to the inner circle and swapped roles. I noticed that the students, who had previously been observers, now were using even better language and ideas, having been through the experience of the observer.

Nayra Soliman (Y7G) commented, *"I learnt new ways to argue and to listen to people. I noticed that people were respectful and took turns when speaking and listening."*

Hala El Tawil (Y7G) added, *"I really enjoyed participating in the debate. All of us had the chance to talk and prove a point. We had to try and persuade and convince each other if Matthew Weeks was guilty or not. It was fun and I'd like to do it again."*

Mrs. J. Cole - English Department, British Section





# ENGLISH MATTERS

## Drama in Year Seven English



The use of drama in the classroom is a fun and engaging way to motivate students to act in role and to practice using English by speaking the words of a character. It helps boost student confidence and encourages them to work cooperatively together.

Whilst teaching poetry, I incorporated the use of drama to offer the students a chance to independently plan and prepare a one hour long drama performance. Using a ballad and a newspaper article as stimulus, students were asked to each take on the role of a different character to enact a court scene. This was a challenging task which expected students to learn and understand court terminology as well as to act in role throughout an hour, without scripts, using formal Standard English.

Students played the parts of defence and prosecution lawyers, the judge, the witnesses and the Jury. Students did not know what they were going to be asked by the lawyers, and so had to think quickly on the spot as to what their character would say in real life.

*"I played the Prosecution Lawyer in the court. At first I felt shy and scared, but as I went along it was actually fun and very interesting."* Omar Khaled El Fiky (Y7G)

As the lawyers picked apart the testimony of the witnesses, the members of the Jury had to listen carefully and make their own decision as to whether or not the accused was guilty or innocent.

*"I was the Head of the Jury. Watching the court case was really fun. I liked the questions that the two lawyers asked as well as the evidence they used. I really enjoyed the court case."* Hussein Gad (Y7G)

Two students played the role of Court Recorders, and filmed the proceedings on the school iPads so that students were able to watch back and evaluate their own performances, setting their own targets of how to improve in future drama activities.

Earlier in the term, whilst studying Shakespeare, the same students in Y7G studied the Shakespeare text 'A Midsummer Night's Dream'. The class was divided into small groups, pairs and individuals and each was assigned a different short scene or monologue from the play to perform using Shakespeare's language. They played the characters of The Court- Egeus, Lysander, Demetrius, Helena and Hermia, The Mechanicals including Bottom as well as the Fairies- Oberon and Titania.

*"I played Hermia. It was fun and I liked playing a jealous character who was feeling sad and angry and having to act like I was standing up for myself."* Rola Abdallah (Y7G)

This was a challenging task but students stepped up well to the opportunity and I was incredibly proud as they performed an abridged version of the play to the class. Some brought their own props and costumes which enhanced the performances. Two students, who are also part of the Gifted and Talented Programme, recited long pieces of monologue from memory, and their voices and faces were full of great expression.

Even though the students had different tasks, the end result was seamless and entertaining, as well as a chance for me to assess how much the students had understood the complicated language and themes of the play. Their acting showed me that they understood the character's thoughts, feelings and motivations and brought Shakespeare into the classroom in the way that it should be experienced...off the page and into performance.

Mrs. J. Cole - English Department, British Section





## Science in the British Section

### HEART OF HEARTS

**After** thoroughly learning about the heart and its amazing capabilities, Year Nine IGCSE Biology students dissected sheep hearts. Some students were squeamish and preferred to observe/learn from a distance, but the majority of students couldn't wait to dig right in! After cutting the heart open they explored the four chambers, examined muscle, discovered blood clots and stuck their fingers through arteries and veins. Some even commented on what a delicacy sheep hearts are and asked if they could take them home for a meal! Of course we had to decline, but the enthusiasm was commendable. Well done Year Nine!

Ms. S. Barakat – Science Department, British Section



## Year Seven Science News

### 3D Cell Models, Heart and Lung Dissections, iPads in the Lab . . .

It's been a busy, fun and productive year in Year Seven Science!

Just like my Year Seven students, I too was a newcomer to MES Cairo Secondary this year. Together, we explored our way through the year and curriculum. The diversity and breadth of the KS3 curriculum (and having a laboratory as a classroom) enhanced the feeling of adventure from day one! Every 5-6 weeks we delved into a new topic.

We began the year with basic *Lab and Safety Skills*. Students then experimented with *Chemical Reactions*, explored *Environmental Biology*, were intrigued with *Cellular Biology* and giggled their way through *Reproduction*. Students got to express their creative side when making their 3D Cell Model Mid-Year Projects.

Next, we connected our way through *Electrical Circuits*, *Energy Resources* and learned some fire safety (by necessity!) along the way. Then it was time for more Life Processes including *Digestion*, *Respiration* and *Circulation*. We got really hands-on (actually more like 'HANDS-IN') when we dissected a sheep's heart, lungs, trachea and oesophagus!

We were fortunate to have Ms. Cornish, our fun Physicist, team teach *Forces* with Ms. Barakat in a fun, hands-

on Forces Circus and will close the year with *Chemical Solutions*.

Well done Year Seven, you should be very proud of your achievements and progress. It has been an enjoyable adventure and journey with you this year. Don't lose that incredible zest for learning!

Ms. S. Barakat – Science Department, British Section







# Food: A Scientific Investigation

**When** our class entered the Science Lab on the last day of the week, nobody expected such a surprise.

Mr. Rainford had prepared an exciting investigation into canteen food, the second of its kind. For many people in our class, this greatly increased our love of Science and creativity in research. Because of the success of the previous project, we expected nothing but good results.

The class was split into groups. The MESSenger article writers were one, so as to publish the details of the investigation. In the corner of classroom, you could see the Art group busily designing a poster for the food board in the main science area. And to the other side was the Video group, putting

together a five-minute video to present to the rest of the class and Mr. Rainford at the completion of the project.

One of the main events was the practical where we tested for sugar in the Juice Yard juices. By comparison, some of the juices had extremely high sugar quantities, whilst others were almost completely free of sugar. The lowest sugar quantity we found, (23 milligrams per deciliter), was the hibiscus drink. By contrast, the strawberry juice was found to have 875 milligrams of sugar per deciliter!

Another experiment we conducted over the course of the project was a practical for finding the amount of energy in different types of food purchased from the cafeteria. Although a few of the foods did not burn efficiently, most of our tests succeeded. The results ranged from 10 joules in the energy bar to almost 50 joules in the onion bread. The way we discovered these facts was quite interesting. First of all, we set fire to one gram of a type of food under a cup of water, which we then measured the temperature of. We then converted the temperature into joules.

As well as this, we also conducted several interviews with various teachers and students in the school.

The Art group was assigned the weighty task of designing posters for the Food Board in the science department. The posters displayed the results of our experiments and general information about the canteen food. Another group was the group made a video. Although we have not seen the final copy yet, we are sure it will be excellent.

Ali Attia (Y8R)



## Commercial Studies Department MES Enterprise Day 2014

**In** March 2014, the Commercial Studies department once again launched its annual MES Cairo Enterprise Day. All students were encouraged to apply for a business license through Mr. Prebble who vetted all the applications.

The event was held in the Multi-Purpose Hall with sixteen businesses submitting a business plan and organising games, prizes and posters. It was interesting to note that many of the students that ran businesses last year had worked out that the name of the game was to sell as many tokens as possible in the short twenty minute breaks over the day. Consequently many plans focused on games that were quick and would generate healthy sales.

The MES Cairo students demonstrated determination and guile to succeed in selling 2000LE worth of goods during the event. Quite remarkable considering they effectively only had two breaks during which they were able to sell their products and services.

Again the competition to become the most profitable company was a hotly contested event with a five percent prize fund to be had by the winner. This year's most profitable business was 'Musical Cards'. Well done to all the participants! The dedication and commitment shown by all teams was truly extraordinary.

Mr. D. El-Hoss – Head of Commercial Studies, British Section





# THE PAPERLESS CLASSROOM



**Ms.** Vallarino's Grade Eight and Nine Honors classes have gone paperless. After teaching an environmental unit of study, Ms. Vallarino had a sudden epiphany and decided to end the endless printing, photocopies, and paper waste.

How has this affected the 74 students she teaches? Instead of doing our weekly quizzes on paper that will never be used again, we do them on the school-supplied iPads. Instead of getting worksheets and handouts to organise in our binders, we download and organise everything online. We use our emails

much more often, whether it's to ask questions, evaluate our activities, or simply communicate with Ms. Vallarino. Instead of wasting at least 74 pieces of paper per day (that's a minimum of 370 pieces of paper per week!), all of the documents can be found on her class website, and we use our laptops or iPads to access them.

When you think about how many resources you need in order to make paper, and how much of these resources you need, it's evident that paper is not worth all the trouble. First of all you need trees, and you need chainsaws to cut down these trees, and petroleum to fill up the chainsaws, and trucks to transport the trees, and gas to fill up the trucks, and the list goes on—not including deforestation and the extinction of animals. All of the energy used in creating paper and disposing of its waste has a direct effect on climate change.

Not only has this new approach towards learning stopped the constant use of paper, but it has changed the class atmosphere completely. The paperless classwork approach not only saves paper, but transforms our English class into a more advanced work atmosphere and prepares us for the type of work we will doing for university.

"We are recycling, we are re-using, and we are helping the environment." Youssef El-Bakry (G9B)

'It's very effective and it's environmentally friendly.' Rita Apikian. (G9G)

'By doing this, we are saving many trees.' Mahmoud Badawi. (G9Y)

'We no longer feel guilty about the amount of paper we're consuming and the amount of trees we are killing in the process. It's also impossible to lose handouts because they are saved on our laptops.' Malak Arafa. (G9B)

As you can see, many of my classmates, as well as Ms. V, agree that using this much paper all the time is a complete waste. However, we could very easily lessen the use of paper, whether that's by using scrap paper more often, or using email and online surveys like we do in class, or just use paper less. It's easy to forget that paper is scarce and incredibly valuable.

By Ali Bahaa-Eddin - (G9B) - Honors English American Section





# Barbie Bungee Jump in Grade Nine Algebra!

To help learn about linear regression and extrapolation, Miss Stern's Grade Nine Algebra class completed the Barbie Bungee jump project. Working in pairs and using rubber bands, metre sticks, and their own Barbie dolls or wrestling action figures, the goal was to get Barbie as close to the floor as possible without hurting her. The students measured how far their doll would fall if they were connected to 1, 2, 3, or 4 rubber bands. They completed a scatterplot and used the information to predict how many rubber bands they would need to give their doll a thrilling flight from the 2nd floor balcony, 820 centimeters from the ground. The groups then attached their predicted amount to their doll and threw her over. Of the twelve groups, ten successfully gave their doll an injury-free flight. Youssef el-Bakry and Omar Helmy's toy got closest to the ground without hitting it.

Ms. G. Stern – Secondary Mathematics,  
American Section



## GRADE SEVEN SCIENCE PROJECTS



Students in Grade Seven Science finished off term two with a cell model design project. They were to construct a Three-Dimensional model of either a plant or animal cell. After sketching and building their chosen cell they were required to label eight organelles and then give a presentation on the functions of the labelled parts.

Some of the models were edible and cake was enjoyed by all after the presentations. I hope next time someone will design a pizza model as well, or perhaps a giant cookie! Students unleashed their creative powers and science took on art forms. The models were made of wood, clay, textiles, paper, pillows, various containers, and recycled materials.

One cell was carved out of a watermelon. All were impressive and done with creative scientific thought. Art and Science merged beautifully to create these cell projects.

More recently these same Grade Seven Students and some Environmental Science students acknowledged Earth Day by making cards with written promises to our planet. Many of the promises included ways to show respect using recycling, reducing, and repairing. Students came up with many re-words themselves. The themes were Green Cities and Happy Earth Day, but as several students noted, "Every day is Earth Day!"

Ms. C. Posovich - Secondary Science, American Section





# Key Stage Three News

**I** would like to congratulate Key Stage Three on the efforts they made throughout the 24- Hour Fun Run.

The charity money raised in Year Seven and Year Eight from T-Shirts came to 2820LE!

Thank you so much to those who spent their break times and stayed after school to keep the traditional sash running around the track for 24 hours ... Well done!

Please also enjoy these photos of Year Seven representing their House at their very first Secondary Sports Day.

It's been a great year for Key Stage Three!

**Ms. C. Downey – Assistant Headteacher, Key Stage Three**





### International Baccalaureate Visual Arts Exhibition 2014

On the 6<sup>th</sup> April Georgina Merhorn and Shareefa Amer reached the finale of their IBDP Visual Art course. A culmination of two years' hard work, the exhibition showcased an eclectic range of responses to their chosen themes. Shareefa explored the idea of the urban environment, looking at the city through its impact upon people and places. She also used the Nile River as a starting point for a number of pieces in lino print, acrylic and sculpture. Georgina's work presented a variety of ideas exploring the theme of identity. Using concepts that she had investigated through her Extended Essay and English courses, as well as using her knowledge of artists from various time periods and cultures, Georgina displayed a series of thought provoking 2D and 3D outcomes. The exhibition was opened by Mrs. Dajani, with a large crowd of staff, students and the family and friends of the artists in attendance.

Mr. L. Simpson – HOD



Shareefa Amer (DP12R)



Georgina Merhorn (DP12R)



Georgina Merhorn (DP12R)



Shareefa Amer (DP12R)



Shareefa Amer (DP12R)



Shareefa Amer (DP12R)



Georgina Merhorn (DP12R)



Shareefa Amer (DP12R)



### Year Eleven AS and Year Twelve A2 Coursework

Well done to the Year Twelve A2 and Year Eleven AS Art and Design students who have successfully completed their coursework and personal studies. The Art Department is extremely proud of our students who have sent off a strong body of work to the Cambridge examining board. The work shows some outstanding technical skills, as well as how creative and inquiring our students have been in developing their ideas, which they have presented beautifully. There has been a wonderful air of camaraderie between the students, with a strong work ethic which has made the art department a happy, social and productive area to work in. All of us in the art department appreciate and recognise your hard work, we will miss you for the rest of the year and look forward to seeing you for the final AS exam.

Ms. K. Tapsell – Art Teacher

#### Year Eleven



Youssef Sabry (Y11G)



Nourhan (Y11G)



Leena Zamzam (Y11R)



Zeina Salem (Y11R)



Nour Jaouda (Y11B)





### Year Twelve A2 and Year Eleven AS Coursework

Nadia Osman (Y12Y)



Year Twelve



Omar Bahig (Y12Y)





### Congratulations to the AP Art Students!

Congratulations to the Grade Twelve AP Art students who have successfully completed their AP Art Portfolios! This year ten students completed portfolios that included a range of topics and media. The AP Portfolio is composed of three sections, Breadth, Concentration, and Quality. The final portfolios included 24 works of art that represented each student's finest work over the past two years. Students completed their work this year by focusing on the Concentration section of their individual portfolio. In the Concentration Portfolio students each selected a specific topic and spent the year creating works of art that addressed their topic. Overall the AP students explored a range of topics and included works in photography, painting, drawing, mixed media, and collage.

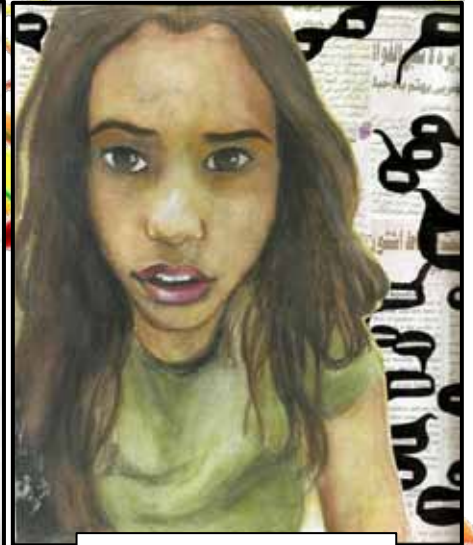
Mr. D. McKoski – Art & Photography Teacher



Menora Thomas (G12B)



Noura Samy (G12B)

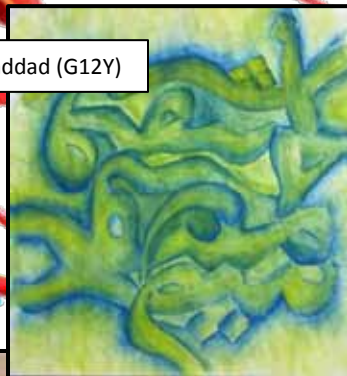


Nadine El Essawi (G12B)



Khalid Samy (G12R)

Nour El Haddad (G12Y)



Leila Nassar (G12B)



Reem Khamis (G12B)



Nadia El Bostany (G12Y)



Rana Nassar (G12B)



### Grade Eleven and Twelve

In the past two months, further exploration of chalk pastel by the Grade Eleven and Twelve Visual Art students has proven to be a challenge. An extraordinary life size 'Self-Portrait' project using a tertiary colour scheme put a new spin on the students' way of viewing themselves. Their ability as artists was pushed to a different level of risk taking through the various difficulties such as bright colour scheme issues and drawing from observation. A fantastic portrayal showing great expression of themselves was achieved in this project.

**Ms. J. Tompson – Art Teacher**



Alaa Sayed (G12B)



Seif Hani (G12G)



Mirna Selim (G12G)



Rana Nassar (G12G)



Farida El-Halwagy (G12B)



Hana Mohamed G12G)



Nadia El-Bostany (G12Y)



Meriem George (G11Y)



## Year Ten Design and Technology – Final Projects

Year Ten IGCSE Design Technology students have been extremely busy over the past few months completing their Final Projects. The students designed and manufactured a model using all the knowledge and skills they have developed over the past two years of the course. Starting from a problem based around 'storage and display', they produced a Design Brief and had to develop a solution to meet both the brief and their customers' requirements. The students had to approach the project from the standpoint of a professional designer and follow a Design Process which encompassed; researching into factors such as Function, Aesthetics, Ergonomics, Cost, Environment, Materials, Processes and Quality. Ideas were sketched, analysed and further developed until a final solution was proposed.

The Manufacturing Plan was developed and the process of creating the product was started. Using woods, metals and plastics the students produced a huge range of different, innovative and unusual designs. In addition to creating a model the students produced a Design Folio which details the journey through the Design Process and along with the finished manufactured product accounts for 50% of their overall Grade. The standard of the work was excellent and students' customers and staff were delighted with the results. These fabulous models are available for viewing as part of the Art and Design Exhibition.

**Mr. T. Cooke – Design and Technology Teacher**



Seif Nasr (Y10R)



Haidy Gabriel (Y10G)



Hassan Saad (Y10R)



Yaxan Mahaini (Y10Y)



Laila Said (Y10Y)



Tarek El Tantawy (Y10G)



Akram El Sakka (Y10G)



Karim Koueider (Y10Y)



Khaled Abd El Wahab (Y10R)



# AIMING HIGH!

## Gifted and Talented provision in the Secondary school

**We** are very proud of our Gifted and Talented (G&T) students and what many of them achieve here at MES Cairo. As well as differentiation within the classroom, a dedicated 'Aiming High' Moodle page and invitation-only Gifted and Talented after school activities, our students also have full access to the plethora of opportunities available to them as a member of the MES Cairo school community.

The Whole School musical production was an excellent example. All the students who participated in the fabulous three night run of performances in March of 'Wicked' were an inspiration. Four of our Gifted and Talented students got involved as part of the Ensemble.

Nayra Soliman (Y7G) said about the experience... "Being part of Wicked was amazing. I had so much fun rehearsing for the performance. The feeling you get after the show is incredible."

Mohamed Taymour (G8B) added, "Being part of the show was entertaining. I met new people and gained new experiences in acting and singing. Last year I was involved in 'Les Miserables', but this was my first whole school production and I enjoyed working with the younger students."

It is not just being on stage that can have such a positive impact on students. Going to see a show as a member of an audience is a great way to be inspired.

Adam Karar (Y7G), who watched the show, reflected, "I really loved Wicked. The cast's voices were amazing and their acting even better. The costumes and props were bewitching."

Being involved in a drama production is a fantastic experience for all students, including the Gifted and Talented, as it teaches confidence, dedication and allows a student to showcase their talents and abilities.

It's been a busy year for our After School Activities Programme and it's been wonderful to see the uptake of the special opportunities on offer to our Gifted and Talented students. Our English Department Literacy club, iCreate was a great success, with regular attendance of over twenty invited students from Year Six plus Year/Grade Seven and Eight.

The Maths Department also offered the opportunity of Little Einsteins. "I love attending Little Einsteins because we play diverse and exciting maths games and use the Interactive Whiteboard. I've also learnt new things for example how to simplify equations," shared Alhussein Elaffandi (Y7Y).

Mira Zaki (Y7Y) added, "Little Einsteins is extremely fun! We do a lot of puzzles, covering equations, multiplication and divisions. We tried bingo with Roman numbers. It was GREAT!"

The After School Programme allows our students to extend themselves outside of the classroom, working with other like minded students. However, it is not limited to the Gifted and Talented opportunities, many of our students are also involved in Adopt A School, sports activities and MESsenger Club amongst others.

In addition to the After School Activities, twelve of the students enrolled in the Gifted and Talented Programme from Year/Grade Seven and Eight also actively participate in Secondary Pioneers led by Ms. Vallarino. "The Pioneer Programme is amazing. You go on many trips like sandboarding or hiking. You can earn badges, so far I have three but hope to have five by the end of the year!" commented Ziad Ayoub (Y7Y). The students involved in Pioneers have many great opportunities to work towards goals and to learn new skills, both independently and collaboratively, encouraging team work and self reliance.

Learning how to play an instrument is a wonderful experience and skill that you can carry throughout your life. There are many proven benefits, from increasing the capacity of your memory, to enhancing your coordination and teaching you perseverance. It helps relieve stress as well as sharpens your concentration and gives you a sense of achievement as you reach a personal goal. Here, four G&T students share about what they learn and their thoughts on having regular music lessons at MES Cairo...

"I love having voice lessons. It's just a small break from class where I can sail into the land of music. For me, it's an absolute must." Nayra Soliman (Y7G)

"I've been playing since Year One and I love the piano. I hope to get better in the future. At first it was hard because it was new, but I started improving quickly. I'd love to be a great pianist." Sandra Matta (Y7G)

"I've been learning piano since Year Three and have passed the initial Trinity exam. I am now working towards Grade One. I like the sound of the rhythm when the music plays." Ibrahim El Nemr (G7G)

"I play the guitar and like mainly country and rock songs. It's challenging to play, but sounds good. Playing uses your mind and coordination. My lessons at school are fun...I warm up with some scales and my teacher is very patient and helps me improve." Omar Aboubakr (G7G)

Living a healthy and balanced lifestyle is important to students who juggle the demands of a challenging curriculum and today's modern society. Good sleep, excellent nutrition and regular participation in sports are extremely beneficial. Many of our Gifted and Talented students participated and won medals in the recent MES Cairo Sports Day. Adham Azab (Y8R) shared, "Sports Day happens once a year, so it's





something you should make the most of. I won Gold for 50m sprint."

Winning a medal can give participants a sense of achievement. 'I felt proud to win a Bronze in the Discus. It was very exciting,' shared Ezzeldin El-Maghraby (Y8R).

Participating in sports is more than just winning... 'I won two relays, Silver in one and Bronze in the other. The relay is about team work,' commented Youssef Shukri (Y8R)

Through the Gifted and Talented Programme, we hope to motivate students take up these extraordinary opportunities and grab them by both hands. From Drama, Art, Music and Sport to excelling in subject areas such as English, Maths and Science. As all these Gifted and Talented students demonstrate by their involvement; to gain and benefit from the opportunity, you have to take part. These students are a shining example to their peers and demonstrate that they are on the path to being an outstanding MES Cairo Graduate. Well done to all!

Mrs. J. Cole - Secondary Learning Development Department Coordinator, British Section



## iCreate Stop Motion Animation Club

**On** Wednesdays after school, Mr. and Mrs. Cole co-led a Gifted and Talented After School Activity (ASA) called iCreate. Using iPads, students were given the tasks of making stop motion animations, books and cartoons using creative apps such as Puppet Pals, Stop Motion Studio and iMovie.

Gifted and Talented students were invited to attend from Year and Grade Seven and Eight, as well as a special invitation extended to students in Year 6 who have performed well in Literacy this year.

*"In iCreate, we manipulate iPads using our technical skills to compose ebooks, videos and animations. It is a fun, entertaining ASA, that I always look forward to. Nothing is more fun than creating and sharing entertaining media with your friends."*

Youssef Moustafa (Y7R)

The students have shown that they can interact with the iPads intuitively, but also it has helped them to collaborate with each other to problem solve when there is something in the app that they are unsure of. Hopefully what they have learnt through iCreate can extend into their work in classrooms and when working on future projects.

Mr. S. Cole - Year Six Blue Class Teacher

Mrs. J. Cole - Secondary Learning Development Department Coordinator, British Section





# American Section News



## Students of the Month – January 2014



Hana Abaza (G10R)

Sarah Kamel (G7R) is hard-working, participates well, is organised, and speaks her mind with respect.

Bahy Philippe (G8G) completes all classwork and homework. He is always pleasant and kind to all and he behaves extremely well in class without being asked to do so. Everyone wants to sit next to him. He is intrinsically motivated, self-disciplined, self-monitoring and shows very mature traits for his age.

Aya Harharah (G9Y) is a high achiever, very polite, personable, a self-starter. Good fun and the ideal student!

Rana Zaki (G10G) is an excellent student and a wonderful person. She is always pleasant and positive and she brings an air of calm and peace to our classrooms. She encourages her peers and her learning group to work hard and stay focused on the task and her teachers appreciate her efforts very much. She is willing to take risks with her learning.



Reem Khamis (G10G), Yasmin Afifi (G12Y)

Amr Emara (G11Y) is a positive and optimistic student. He encourages everyone in class to do well, and he is excellent at cheering on his peers in any activity. Amr can be counted on to approach difficult tasks with determination and a smile, and it influences his classmates to do the same. He is studious, conscientious and hardworking, but it is his outlook and attitude that really shine. His teachers are glad to have met this young man.

Yasmin Afifi (G12Y) is a conscientious and fun student who enjoys helping others.

## Students of the Month – February 2014

Mariam Ahmed (G7Y) is the embodiment of what it means to be a responsible, respectful and outstanding student. She goes above and beyond what is expected to ensure both academic and personal success. In class, she shows enthusiasm for what she is learning as evident through her active participation, inquiry-based questioning, and assisting others in concepts that she understands.

Salma Khalil (G8B) is a hard-working student. She is a good football player and she displays a caring attitude towards her peers.

Aly Heikal (G9R) is an enthusiastic participant in class activities. He is striving to improve as a writer and offers insightful comments during class.

Hana Abaza (G10R) is creative, kind, hard-working, thoughtful, and positive. She is willing to risk trying new things and to learn in creative and new ways. She asks challenging questions, and thinks outside of the box. She is a kind and cooperative person and is a real joy to have in class.

Amina Elkerdani (G11R) is always on time for class, has respect for all her peers and her teachers, is keen to hand in her work on time and is attentive in class. She is also sociable and well-liked by her peers. Her work is always high quality and she is a model student.

Reem Khamis (G12G) is always caring for others, as well as being studious and inquisitive.



Aly Heikal (G9R), Aya Harhara (G9Y)



Sarah Kamel (G7R), Mariam Ahmed (G7Y)



Amina Elkerdani (G11R)



Students of the Month



Salma Khalil (G8B), Bahy Philippe (G8G)



# American High School - 2<sup>nd</sup> Trimester Honor Roll

## Grade 7

Kenzy Abdel-Wadood  
Maryam Wahdan  
Miriam Aziz  
Nour Ali  
Nourhan Megahed  
Rawan El-Khatib  
Tia Ghalban  
Zeina Badawy

## Grade 8

Malak Hegab  
Mohammed Taymour  
Natalie Bishay  
Omar Abouel-Nour  
Rana Bahaa  
Salma Khalil  
Sara Zaki  
Shaden Soliman  
Zeina El-Sayyad

## Grade 9

Abd-Allah Chamssi  
Ahmed El-Sayyad  
Ali Lasheen  
Amina El-Helw  
Aya Harharah  
Farida Salem  
HanaMattar  
Hassan Azazy

Hassan Sheta  
Hoda Sherdy  
Karim EL-Kersh  
Karim Morsi  
Mahmoud Badawy  
Malak Arafa  
Mariam Abdel-Ghaffar  
Nadine Abou-Gabal  
Salam Dakroui  
Salma Megahed  
Ziad El-Tobgy

## Grade 10

Abdel-Rahman Abdel-Hady  
Abdullah El-Kilany  
Carol Botros  
Catherine Abd-El-Shahid  
Doss Bishay  
Farah Gouda  
Helal Hamdy  
Kareem Al-Sandouby  
Laila Kouta  
Mahinar Galal  
Mary Apikian  
Mariam Toma  
Mohamed El-Refaei  
Mona Shahin  
Omar Addas  
Omar Kamel  
Rami Feifel

Rand Khalil  
Rana Zaki  
Salma Desouky  
Sara Gamal-El-Din  
Seif Saleh  
Sherif Hamdy  
Sherif El-Assiouty

## Grade 11

Amina El-Kerdani  
Aly Sharkawy  
AliaElOFar  
Aya Osman  
Hana El-Sayyad  
Karim Shawki  
Mahira Ahmed  
Meriam George  
Mariam Helmy  
Mariam Kerolos  
Moataz Serag-El-Din  
Nardeen Masoud  
Nada Rizk  
Shahd Abed  
Shams Arafa  
Yehia Murad  
Zeina El-Zayadi

## Grade 12

Alaa EL-Daly  
Farida Attia  
Habiba Hussein  
Jumana Radwan  
Nada Sherdy  
Reem Khamis  
Yasmin Ashmawy  
Youssef Abouel-Nour  
American High School

## 2<sup>nd</sup> Trimester Principal's Scholar

## Grade 12

Ingie Enan  
Sandy William





# Secondary Learning Development Department News



Mrs. Kalosnikova

## The

Learning Development Department has been busy this term working closely with students, teachers and parents to enhance the student experience in the classroom allowing all our students to access the fantastic opportunities available to them at MES Cairo.

Continuing Professional Development is important to our team and we were delighted to have Mr. J. Wise, from the British Section English Department, come to speak to us about his experiences of working with students with Asperger's and Autism in the UK. His talk was insightful and full of useful information for the team. Later in the term, Ms. C. Williams and Mr. A. Davies ran a workshop for staff on the theme of 'Learning Development Department Support - Developing Collaborative Relationships'. Ms. M Hanno, the Learning Development Department, American Section Coordinator shared that, *"The workshop had lots of valid information that made the team think and evaluate how we support our students. As for the class teachers that were present; it gave them ways on how to utilize the department to the benefit of the students. The ideas and examples shared were very useful."*



Ms. Williams

Ms. M. Hanno and Mrs. J. Cole met with parents in the American and British sections to discuss and review Individual Educational Plan (IEP) targets. This time with parents was extremely valuable as part of the home/school partnership. Working together closely, we can help to offer maximum support to students, helping them access the full curriculum.

We encourage students to continue to check the 'Learning Hub' Moodle Page at home where many new resources, designed to support students, including help to build vocabulary and suggestions of memory strategies, have been added. Our Gifted and Talented students also have access to the 'Aiming High' Moodle page where they can find links to useful websites and tips to improve their learning.



Mrs. Burek

Our team works closely and collaboratively with many teachers across departments in both the British and American section including English, Social Studies/Humanities, Maths and Science. The way that we support is extremely varied. Here are some examples of ways that we supported students in just one week at MES Cairo:

- Teaching students how to cite and create references/a bibliography
- Making class hand-outs and lesson resources friendly, visual and easy to read
- Recording student presentations in Humanities, Social Studies and English
- Offering pastoral support and reassurance both in lesson and at break times
- Preparing students for a drama role play
- Listening to students read aloud and suggesting targets of how they can improve
- Working with a small group of students to create Stop Motion Animations on the iPads
- Assisting with laboratory work and experiments in Science
- Meeting with parents and students alongside Assistant Heads and Deans of Students
- Helping to mentor students on how to improve their organisation



Mr. Maged

Our team has offered After School Activities including a Gifted and Talented club, a Reading Lab and a Media activity. We have also been assisting students as they get ready for end of year exams and helping to make provisions for the Year Six into Year/Grade Seven transition.



Mrs. Mansour



Mrs. Farag

It's been an exciting term full of activity at MES Cairo and it has been extremely rewarding for us as a team, as we see the students shine and make progress.



Mrs. Hanno



Mrs. Cole

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



# International Award and Pioneer Programme Wadi Walk



**I**n early April, more than sixty Secondary Pioneers and International Award Students set off on an adventure to Wadi Degla. Our four-hour journey consisted of climbing up rocks, dodging boulders and walking... a lot. It was tough, but very rewarding. Honestly, if you can complete a 12 kilometre hike, there's nothing you can't do!

Initially, we all met at the school where we were separated onto buses. Almost an hour later, we arrived at Wadi Degla. With no time to waste, we started our hike down a steep and rocky slope. We had to use both arms and legs as we worked our way down to the valley floor of the Wadi. Although we took little breaks and felt awfully tired, we didn't hesitate to encourage and help each other to complete the hike. The dried out ponds, creatures, and astonishing rock shapes were phenomenal. It was going to be a trip to remember.



We took breaks every hour and a half, huddling together under the shade provided by rocky ledges and outcrops. We ate snacks, drank lots of water, and bonded with old and new friends.

After four hours of hiking in the scorching sun, we reached the end! We were all trying to capture our breath. We were like corn that had grown in the sun that shone like an egg yolk in the clear sky. We waited until all of us were at the Maadi side of the wadi, and started back for the school buses.

This has been one of the most daring trips any of the MES Cairo students have been on and we were extremely satisfied with what we had accomplished. After achieving this outstanding hike, the Pioneers are up for anything!

By Farida Soliman (Y8Y), Tala Mosalam (Y8Y) and Salma Abdelghaffar (Y8Y)

Thanks to Ms. O. Walker, Mr. L. Fearn, Ms. L. Fawke, Ms. L. Quarin, Mrs. S. Barakat and Ms. E. Vallarino for chaperoning the event.





# BEING A PIONEER

The experiences I have had as a pioneer are mind-blowing. Every trip teaches us a different skill that we probably wouldn't think of learning on our own. For example, recently we went sand boarding! How awesome is that? As well as learning how to sand board, we also enjoyed some bonding time between all the pioneers when we ate together and helped one another. I, personally, improved not only on my sand boarding skills but my cooperative skills too.

Being a Pioneer is a great experience for people that enjoy socialising and going on journeys. We get many opportunities to do community service and other activities. Each pioneer earns certain badges depending on the activity they do (whether it's in school or out of school). There are badges such as a 'skill badge', 'physical recreation badge', 'community service badge' and an 'adventurous journey badge'. This strongly encouraged me to try new activities that would lead me to earning those badges. For example, I've started taking tennis and fitness lessons to help me towards earning my two physical recreation badges.

Ms. Vallarino encourages all the pioneers to go out and try a new activity by creating an award at the end of the year for those that have earned a specific amount of badges. This motivates me and I made it a goal to earn as many badges as I could by the end of this academic year. Moreover, to help us get to know the other pioneers of different ages, Ms. Vallarino has created a system where she puts people of different classes and grades together on the same bus, on the way to the activity. This gives us all time to get to know different people and make new friends.

In March, we went on a trip to a Sakkara farm. It was outstanding! It was also a rescue home for dogs with disabilities and homeless dogs. This trip helped me overcome my fear of dogs. I was really afraid of dogs before, especially ones that I had never seen before. However, getting to sit with the dogs and play with them made me realise how friendly they really are. When people say 'A dog is a man's best friend' they honestly mean it. We all got a chance to ride on horses, groom a horse and take care of goats.



This farm runs fully on solar energy. It's actually a clever idea since Egypt is the sunniest place I know of and even though buying a solar panel is about 10 times the cost of buying normal electricity, this surprisingly saves lots of money in the future because you don't pay any electricity bills anymore. Later on, we had a phenomenal chance to taste food that has been made only from the crops grown on the farm!

In conclusion, it really is a great honour being a Pioneer. To get to do wild and enjoyable activities can boost a person's confidence. I know it has boosted mine. I'm so grateful I got the opportunity to become a Pioneer.

By Salma Abdelghaffar (Y8Y) – MESsenger Club Journalist



## MES Cairo Orphanage Club Book Drive creates a whole new Library for the Orphanage!

We, the orphanage club members from Secondary, ran a book drive in Primary. We are so proud of the number of books that our Primary students brought in! On the first day of the book drive, we received 200-300 books of different levels! Now we have over 1000 books! We are also proud to say that when Mrs. Jodrell was giving out the raffle tickets she realised that some children

were bringing in over 10 books a day. At the beginning, we thought we were going to collect just a few books to give to the orphans. Now since we have so many books this project has grown massively and we are now opening a library for the orphans of Al-Faeza at Tagamoa to enjoy.

We are so amazed at the number of books we have collected, and we know the children will be happy. We want to thank; Mrs. Jodrell for helping us arrange this magnificent project, Mrs. Fayyad the leader of our ASA, all the Orphanage Club members, and Mr. Gross the ASA coordinator.

We are most grateful to all the Primary students and parents who brought in these books from home to help children that are less fortunate. We are so proud that we are doing something to help improve the children's literacy skills.

Thank you!

By Sarah Kamel (G7R), Arwa Hatem (Y7B) and Salma AbdelGhaffar (Y8Y)





# Mother's Day 2014 at MES Cairo



**One** relationship which is always with us is the one we share with our mothers. They guide us and are instrumental in making us the special people we grow up to be. Mothers also love us unconditionally and forgive us unreservedly and it is because of this that MES Cairo takes every opportunity to celebrate the wonderful mothers that we are lucky to have. With this in mind on Sunday 23<sup>rd</sup>



March, the children in FS1 were very pleased and proud to welcome their mothers in to school to celebrate Mother's Day. We wanted to make this one the best Mother's Day ever. The children had been busy preparing cards and songs to share with their mums, to remind them just how special we think they are! It was lovely to see the pod overflowing with children keen to show their artwork on display. After being greeted by their child's class teachers and receiving their cards, the mothers settled in to hear their children singing 'We Love Mothers', 'Mother's Day' and 'I Love You Mummy'. There were many excited children singing at the tops of their voices out of love for their mothers!

Following on from this, the mothers were escorted by their children to the Multi-Purpose Hall where they were visited by a multitude of famous characters. The play entitled 'The Magic Puzzle' was written and directed by Miss Barbara and performed by Little Red Riding Hood - Miss Vicki, Humpty Dumpty - Mr. Poad, Little Bo Peep - Miss Tregoning, Rapunzel - Miss Hayes, Mother - Mrs. Glancy, the bad-mannered children - Miss Helen and Miss Maria, The Gruffalo - Miss Vicki and last but not least, a terrifying Wicked Witch played by Miss Rizan. The play took us on a mystical journey, throughout which we were reminded about appreciating our mothers and to always use the good manners that they have taught us. The production was extremely entertaining as well as a pleasant surprise for the MES Cairo mothers and children alike. The players did a tremendous job of presenting a very smooth performance that kept the audience laughing. In my opinion, the show excelled due to the quality of the acting as well as the presentation of the set that was designed by Miss Lamia. To end a sweet day on an even sweeter note, Mrs. Dajani kindly provided all of the children with a special puzzle shaped cookie. Both mothers and children left at the end of the day feeling elated and special. There is simply no way we can ever really thank our mothers for all that they do for us, so at MES Cairo we aim to make many amazing memories. This day was truly one of them!

Ms. V. Broderick - FS1 Class Teacher

Barbara Meason - Key Stage One Deputy Headteacher





# FS1 Children Blast Off The Moon!



**Blast** off to the moon! On Thursday 15<sup>th</sup> May 2014, FS1 went on an exciting adventure through space to visit the moon. They saw twinkling stars, rocket ships, silver spacemen and glowing green aliens. We were very proud to share our dress rehearsal with our grandparents on Tuesday 13<sup>th</sup> May before we dazzled our parents with our polished performance.

Our show, 'Zoom, Zoom, Zoom, FS1 is going to the Moon', started with a loud and cheerful rendition of our favourite song 'Zoom, Zoom, Zoom'. This was followed by Miriam Attallah (FS1B) hurtling the rocket

through space which she thought was 'amazing'! Blue class sang a beautiful song called 'I See the Moon', bringing a tear to Mr. Clement's eye as he watched his daughter Safura Modi (FS1B) tell us interesting facts about the moon! Next, came Adam El-Shendidy from (FS1G) who fired the rocket with great gusto across the stage accompanied by all of his classmates singing 'The Planets Spin Around the Sun'.

The next astronaut to take control of the rocket was Laila El Saady (FS1R). Cheered on by her classmates' fantastic countdown from 10 in the song 'Climb aboard the Spaceship', she propelled the rocket with great force. The excitement was building as Karim Kishk (FS1V) from Violet class took to the stage and impressed the whole theatre with his loud and clear speaking voice before he launched his rocket into the stratosphere! The enthusiastic singing performance from Violet class of 'Flying to the Planet' secured the rocket's safe passage into space.

On the final stretch of our journey into the deep, dark, depths of the universe, Hana El-Mahdy (FS1O) bravely took control of the rocket. She masterfully steered it, avoiding alien attacks, accompanied by Orange class singing 'Three Little Stars' in beautiful, twinkling, tones. Last but not least, Captain Omar from the Yellow class took command of the rocket and... would you believe it? The powerful singing of 'The Men on the Moon' from the FS1 children caused the roof of the theatre to rattle and momentarily lift into the sky to allow him safe passage to the moon with his trusty crew of astronauts!

To end our journey, the children performed a very moving song called 'Aleemoona fi madrasetna' and there wasn't a dry eye in the theatre. The children thoroughly enjoyed their performance! Salma Abdelaal (FS1G) said, 'I liked the production because my mum came and she waved at me!'



Without the help of our wonderfully talented whole school community, this fantastic feat would not have been possible. The FS1 Team was incredibly proud of how confidently our young explorers performed on the stage using wonderfully clear speaking and singing voices. Now the countdown begins for our little stars 10,9,8,7,6,5,4,3,2,1 Blast Off as we head into FS2!

By Mrs. L. Moubasher and Mrs. V. Broderick –  
Foundation Stage One





# A Fairy Tale Wedding for Foundation Stage Two!



The new couple greeting their guests



The Prince and Princess start off the dancing



Prince Oliver places a kiss on his Princess's hand.



Princess (Ms.) Laura!

The excitement was palpable on the big, big day in Foundation Stage Two. There was a buzz in the air as Princes and Princesses from far and wide came in their finest of clothes to celebrate the magical ending to their topic.

FS2 was a hive of activity as all the children prepared crowns and tiaras to finish off their beautiful outfits. They also prepared gifts for the special couple.

At long last, the time arrived. The children made their way to the Multi-Purpose Hall to find a wonderful surprise. The room was draped with fabrics and there were tables beautifully laid out for all the guests. The children were very excited as they chose their seat and waited for the main event.

Meanwhile, outside the hall, a certain Princess was preparing for her big moment. Dressed in a gorgeous wedding gown with a matching veil and holding a beautiful bouquet of flowers, Princess Laura looked absolutely

stunning. A certain, well-known mirror might have said that she was "the fairest in all the land!" We heard "ooooohs" and "aaaaahs" as she walked through the hall to meet Prince Oliver at the front.

The audience watched in wonder as the short ceremony began. At the end, Prince Oliver planted True Love's first kiss on his Princess's hand and the festivities commenced.

All of the children wanted to congratulate the new couple and bestow them with wonderfully-crafted, home-made gifts. After this, they were ushered to their seats ready for the celebratory banquet. The guests were served their food by waiters and they all enjoyed eating and drinking juice.

An emotional moment happened as the couple shared their first dance before the guests joined in, showing everybody their fantastic moves. The music started calmly but soon became up-tempo and the children danced away. Some could clearly be seen perfecting their waltzing skills.

Later in the celebrations Ms. N. Shanab (Secondary Music Teacher) and Mr. M. Prebble (Secondary Commercial Studies Teacher) serenaded the special couple. There was not a dry eye in the house!

Ms. A. Tregoning- Foundation Stage Two Teacher



FS2 guests enjoying the Fairy Tale wedding



Daphne Shooter (FS2G) loved the dancing!



All dressed up for the Fairy Tale Wedding



Ms. Shanab and Mr. Prebble serenaded the special couple



# KUNG HEI FAT CHOY

## CHINESE NEW YEAR CELEBRATIONS IN YEAR TWO

**Chinese** New Year proved to be the perfect opportunity for Year Two to hold their very own celebrations and big plans were put into place in order to welcome our students to the Year of the Horse.

The Year Two children came to school that day dressed in traditional Asian costumes. Girls in kimonos and boys in kung foo suits – they all looked absolutely stunning and showed once again just how inventive MES Cairo students can be.

We started the day with an assembly given by Miss Lianne. She explained how the Chinese Zodiac names the years after animals and taught us why the New Year is so important in China. Twelve children acted out a play for us about how the order of the Zodiac was chosen and we watched a great slideshow about Asia and the great wonders that exist there.

We returned to our classes to make masks representing the animals of the Zodiac and we worked out which Chinese years we were born in. Miss Amira was a dragon and Miss Alison was happy to be a rabbits are known to be intelligent and wise!

Next came the highlight of the day – The Feast. It was truly an enormous feast! Each child had brought in Chinese food to share with their friends and what a spread it was. We set up the banquet in the Year Two pod and marvelled at the amazing food. We had spring rolls, noodles, Chinese crackers, rice, spicy chicken and a number of other delights. We ate with chop sticks and had so much fun trying new and interesting foods.

It was a fabulous day for Year Two. It really brought to life our Topic work on Asia.

**Mrs. N. Bancroft - Year Two Blue Teacher**





## Year Two Writing

# Getting stories off to a good start

**We** all know that feeling don't we - picking up a book and being gripped from the first sentence. It's a technique which all the best authors use, and the children of Year Two have been hard at work learning how to 'hook' a reader from the word go!

The Year Two teachers taught the children that there are four different ways to start a story:

- in the middle of action,
- with a contradiction,
- with an unexpected or strange happening,
- by asking the reader a question.

The Year Two children had lots of fun experimenting with a variety of different story openings. The teachers particularly liked "Suddenly, a rhino strolled into the room", and "Have you ever seen a fat caveman?"

When, towards the end of the year, they were asked to retell the story of Penguin Small in their own words, the students found a huge number of exciting and interesting ways to start their writing. You can see some of their story openings here.

"The polar bears were up to their nasty tricks again. The penguins were going South to get away from them." *Lara Dinnawi (Y2B)*

"Did you ever see a small penguin? Well I have, so listen to my story." *Habiba Tag-El-Din (Y2Y)*

The penguins had had enough! They shouted "Come on you can do it Penguin Small."

*Laila Reda (Y2Y)*

"Those bad polar bears are bullying us every day! Something must be done," said one penguin." *Anas Shawara (Y2Y)*

"Have you ever read the story of Penguin Small? Well let me tell you all about it." *Alia Saba (Y2V)*

"The wicked polar bears began to do their nasty tricks again and the kind penguins were tired of them." *Nour Refaei (Y2O)*

*As this work shows, Year Two children are well on the way to becoming accomplished writers, and all of their teachers are extremely proud of the progress that they have made this year.*

**Ms. N. Bancroft and Ms. L. Dermody -  
Year Two Teachers**





# Looking Back, Looking Forward

The MES Cairo calendar is always so packed with a huge variety of events which enrich our learning, it is no wonder we find ourselves constantly asking, "Where has the time gone?" We have been so BUSY!

Looking over next year's calendar has prompted me to reflect on the achievements and successes of this academic year. I find myself repeating, "I can't believe that was.....". For example, last October, as I think back to the Year Five concert I can just picture Mr. Dan suddenly having a minor panic attack minutes before as he couldn't remember if he had sent the letters out to the parents to invite them (he had!) and a full theatre was happily entertained by Year Five students!



Term One continued with some great learning as Mr. Poad and I had the pleasure of observing the Key Stage Two classes at work. We thoroughly enjoyed watching Year Three displaying their musical talents at their concert: "We Are All Superheroes!"

And of course, our traditional last week of Term One was as exciting as ever, with the Seasonal Concert and the popular General Knowledge Quiz.

We headed into Term Two and the start of 2014 with a successful Science Focus week with lots of exciting discoveries and practical activities. Traditions continued with the very popular Year Five Nile Cruise, which took a record breaking number of students, (120 in all), on a fantastic journey up the Nile from Luxor to Aswan.

The overnight Ain Sokhna trip in Year Four enabled them to have a taste of independence, away from home. The opportunity to use great learning skills outdoors is always fun and no more so than on the Year Six Cyprus trip. This year a fourth trip was added with so many students wanting to take part and in this edition of the MESsenger you can read all about their experiences.

The range of successful activities which illustrate the buzz about learning at MES Cairo is endless! The trips, the concerts, productions, the special focus days, sports days, book week, Spelling Bee, French Day, the Art Exhibition are all big events on our calendar; they are highlights in a fantastic year of continuous learning. Thank you to all our students who have worked hard and shown commitment to their learning and a big thank you to all our teachers and teaching assistants who have helped the students to achieve and make progress - a great year's work! Now to next year's calendar... some surprises and new additions, but more about that next time!

Mrs. C. Godfrey - Primary Headteacher, Key Stage Two





# YEAR THREE IMPACT DAY

## BELADI & BRITAIN

### YEAR THREE STUDENTS CELEBRATE THE BEST OF BRITISH!



**I**t was wonderful to welcome the children back after the winter holidays. On this special early morning, the day began with a playground full of Princesses, Knights, Union Jack costumes, beautiful ball gowns, some Saville Row suits, a few Fair Isle jumpers, a handful of well-crafted red telephone boxes and even Sir Isaac Newton himself wearing a wonderful white paper curly wig! Everyone joined in the fun! The teachers were impressed by the wide range of 'Britishness' discovered by the children. Our pod fashion parade shared everyone's ideas, creativity and hard work!

MES Cairo is fortunate to have staff from all corners of the United Kingdom, and over the winter holidays they collected thought-provoking artefacts and images to share with the students on their return to school. It is always lovely to see the children show great pride in their own country and to see how excited they are to understand more about different countries.

It was not only the staff and students who were being adventurous... the 5R Bears were leading the way! They were spotted in some interesting locations, inspiring us to use their important characteristics in our own learning.

The Impact Day continued with a carousel of 'British experiences'. The children developed a whole range of skills: cooking jam and sweet tangy lemon curd tarts, making and munching traditional cucumber sandwiches, discovering the Union Jack through art, dancing an Irish 'ceilidh' and using DT skills to make their own Monopoly Game. A busy but enjoyable day!

Our learning journey this term took the children on a geographical exploration of both Egypt and the UK, with everyone looking forward to an Egyptian celebration day at the end of term. On the way we compared features of Beladi & Britain: the weather, transport and famous landmarks. MES Cairo is so innovative with IT, the children were able to use technology to link with schools in the UK using Skype, iPads and relevant apps to develop their persuasive skills and teamwork skills by creating 'Wish You Were Here' videos based on their own research.

Ms. T. Childs – Year Three Teacher







Year Three students compared Egypt with Britain in many different ways.

One way was by comparing the weather (the rainfall to be exact) over the course of a week. During one Curriculum Diversity lesson, each class made their own rain gauge to capture and measure any rain that fell at Modern English School Cairo. But how would we find out how much rain fell in Britain? In London? Or in Milton Keynes? The Year Three teachers thought and thought. Could we fly to Britain each day with our rain gauge? No! Could we just 'guess' how much rain fell there? No! Our solution was to contact schools throughout Britain and share information about the rainfall in Egypt with them, while they gave us rainfall data from their area. Over the seven days that we collected data, some of us spoke to classes in Britain using Skype.

**Mr. Tom Maurice - Year Three Green Teacher**

**Year Three students tell us all about it!**

'It was so cool learning about the UK from the children that actually live there. We found out all about how bad the weather is in England compared to Egypt. We all want a pet tortoise for our class now after meeting Tilly the tortoise!' **Hamza Badaway (Y3O)**

'I had my questions answered by another girl, who was my age, from England. She wanted to know all about our school when it was her turn to ask me things.' **Judie Sharkaway (Y3O)**

'It was fun finding out about the UK from other children. We learnt about the weather there and all about public transport from other children as well as Mr. Dave. I have been Skyping lots of people since!' **Mohamed Desouki (Y3O)**

'We called Miss Conner's dad. He had made a weather gauge too and we were excited and amazed when we saw him online. We enjoyed it because we learnt new facts about England.' **Salma Desouki (Y3Y)**

## YEAR THREE IS SWEET LIKE CHOCOLATE!



Sunday 27<sup>th</sup> April saw the Year Three pod transformed into a Willy Wonka Wonderland! When the students saw the colourful bags of candy hanging on the board outside the pod, they knew they were in for a treat. They 'oooohed' at the gigantic Cadburys bar on the wall, and saw massive silhouettes of characters from 'Charlie and the Chocolate Factory'. Everybody wondered what yummy activities were planned for the day.

First was the hat parade. Year Three students had worked industriously to create fabulous couture items which looked good enough to eat. Some played it safe with a classic black number with some stylish chocolate details. Others were more daring and went for brighter colours, with every sweet imaginable attached to their hats. Everybody admired each other's hats, and Mr. Dave chose some students who had made especially delicious looking hats, to tell the us how they made them. There were plenty of multi-coloured sparkly hats. Judie (Y3O) was a real smarty, with a bright top hat covered in sweets! While Ali Koussy

(Y3V) took a different approach to chocolate and wore a hat with drinking chocolate cups attached. Some students opted for a more traditional bowler hat, covered with chocolate! Once the hat parade was over, it was time for a treasure hunt. The class reps turned the pod upside down looking for a special sweet. Inside were instructions from the king of chocolate, Willy Wonka himself. He had set a task for the children of MES Cairo! 'Take on my Chocolate Challenge!' he invited the children. 'By the end of today I hope you have found ten changes in chocolate so you can invent even more exciting choc-tastic treats to chew! Work together, think well, take photos and make a list of all the wonderful things that chocolate can do'

Year Three spent all morning thinking about chocolate and sweets and it was making them hungry. So they were delighted to hear that their challenge would involve lots of delicious chocolate! Previously, as part of our Superhero theme, we had learnt about how freezing







and heating can change materials. We also know how versatile chocolate is, so they were excited be experimenting with heating and cooling chocolate, and using it to make tasty treats.

The children set to work, moving around the pod, visiting different teachers who helped them invent our treats. Ms. Patricia and Mr. Brian showed what happens when we freeze chocolate. They made a chocolatey mixture which we left in the freezer over night to make cool ice lollies. Mr. Dave, Ms. Perihan and Miss Judith helped the

children make chocolate fruit kebabs. The children made fresh fruit skewers and dipped them in a decadent chocolate fountain. Ms. Connor and Mr. Maurice's group also melted down chocolate, but instead of dipping, they investigated the changes that occurred. The children got to be scientists as they used the equipment in the science lab to test the properties of chocolate.

This day was so much fun, but it was only a taster of what was to follow! It started everybody thinking about all the delicious things that can be done with chocolate. Later on in the term the students came up with more ideas for when they get creative with chocolate again.

As the tasty theme continues, Year Three will learn everything there is to know about chocolate. Do you know who made the first chocolate drink? You might be surprised to find out how long it has been around!

Do you know where the chocolate we eat comes from? Ask any Year Three student and they can tell you all about the history and geography of chocolate. They are sure to share some interesting facts that will amaze you!

Ms. J. Hamilton – Year Three Class Teacher





## Book Week at MES Cairo



**W**as all about sharing our favourite books, authors, and poets! Our focus was to encourage children to view reading as a source of pleasure. Our book-related activities were aimed at helping our students to see reading as pleasurable and fun. We wanted them to discover new books, to extend their reading choices, to share poems and stories, and to even do some poetry writing for fun! It was great to see children writing poems, at stations around the school, during their break times and many children were giving their friends a special poem on "Poem in your Pocket Day." It was great that some of the Year Nine students could come over and teach a Year Six class about sonnets. The Year Six students really enjoyed this and wrote to the Secondary Department, thanking them.

Throughout the week we had visiting poets and story tellers, a book swap, extra library visits, performance poetry, creative writing activities, special poetry reading at break times and dress up as your favourite character day.

To inspire students to read we ran a book review competition and the children right from FS2 up to Year Six submitted their fantastic book reviews. Year Five and Year Six had the added thrill of completing a book treasure hunt. However, best of all was that we collected a huge number of books and nearly 3000LE for charity. Thank you all for your continued support and we hope that the children continue this enthusiasm for reading throughout the summer holidays.

Mrs. M. Glancy - Primary Assistant Headteacher

Ms. B. Meason – Deputy Headteacher Key Stage One



## Year Six Blue gave Year Nine some feedback on their sonnets lesson...

'I like that Year Nine came to teach us. I learnt the difference between Shakespearian and Petrarchan style sonnets.' Omar Raafat (Y6B)

'I learnt about two kinds of sonnets, Petrarchan and a Shakespearean. Petrarchan is also known as the Italian sonnet. A quatrain is a section made up of four lines. The sestet is the final section of the Petrarchan sonnet made up of six lines.' Kareem Ramy (Y6B)



'I thought it was a really important lesson for us, thank you Year Nine!' Abdelrahman Riad (Y6B)

'I never thought that I would understand from anyone except a teacher and they were so kind.' Farida Henedy (Y6B)

'I learnt how to write a sonnet.' Zeina Raady (Y6B)

'I found out a lot of things about sonnets and it was a pleasure to meet the Year Nine students. I loved having a lesson with them.' Mona Heikal (Y6B)





## YEAR FOUR

### A SUPER EXPERIENCE IN AIN SOKHNA!

**Over** two separate weeks in early March, Year Four had two residential trips to Ain Sokhna. The first trip was for students from Red, Blue and Yellow classes and the second trip involved students from Green, Violet and Orange classes. All the children were hugely excited to be spending a night in a wonderful hotel with their friends and being able to work with their friends on the beach.

They were going to complete four different activities that would stretch their abilities in several areas such as teamwork, risk-taking, stamina, artistic ability and patience. After arriving at the hotel and being allocated our rooms, everyone walked to the beach to begin work. The children were split into four groups to do the activities of 'Sand Art', 'Orienteering', 'Beach Sport' and 'Shelter Building'. Everyone had an amazing time and it was great to see the children working and socialising so well together, not only with each other but with the staff as well.

After completing two of the activities it was time to return to the hotel for a quick swim and snack. Then the children had to return to their rooms to prepare for our evening meal, the talent show and finally the disco. Our evening meal was excellent and all the children behaved wonderfully, helping themselves to sensible amounts of food, waiting their turn for food and being very polite to all the hotel staff.

Then it was time for the amazing talent show. Two acts from each class competed for the prestigious prize of having the *most talent in Year Four!* All the acts were wonderful and the judges struggled to choose winners. Finally it was time for the disco. The children thoroughly enjoyed showing off their moves on the dance floor and even some of the teachers proved they are not too old to move and shake.

At last it was time for bed. Everyone was shattered from the day, even the teachers. But we were all looking forward to the second day.

Breakfast the following day was at 8am. Chocolate pancakes were everyone's favourite and we were soon ready for the day ahead. First it was back to the beach to complete the two activities that we had not yet tried.

When we completed the activities, we returned to the hotel for a quick swim before packing our suitcases ready for home. We finished our trip with a superb restaurant meal. The journey home was a lot quieter due to many children catching up on some needed sleep. At 4pm we returned to school to see all the children reunited with their parents.

What a marvellous trip!

Mr. S. Millington – Year Four Team Leader





My favourite part of the trip was Shelter Building which took place on the beach. We had to work like a team using bamboo sticks, rope, clips, a cover and a carpet. We needed to dig a hole in the sand to push the bamboo sticks into the sand and stuck them with the clips. Then we used smaller sticks to make a hole in the cover the sticks were held by clips and ropes. After that, under the shelter we put down the carpet. It was fun. I enjoyed it. We were a team.

**Ahmed Fawzy (Y4R)**

My favourite part of the trip was the talent show. It was fantastic. I was so happy that I was a part of the talent show but also nervous. I was performing with Jana and Lama and our group was called The Frozen Girls! When it was time for us to perform I was not nervous at all. I was so happy. The groups after us were so good I kept on thinking they were going to win. When it was time for the final results we were all so scared. As soon as we heard them saying our names for the first place, we felt so proud of ourselves.

**Hana Amr (Y4R)**

My favourite activity at the trip was the pool. We all went to our rooms and changed into the swimming costumes. It was a huge pool. We went in two groups at a time (thirty minutes for each group). We played around in the pool but we were not allowed jumping because it wasn't deep enough. I played and splashed. I am thanking all the teachers from my heart.

**Yasmin El Serry (Y4R)**

The Ain Sokhna trip was an amazing trip. We all had so much fun. The hotel was amazing and brilliant. The rooms were fantastic. It was exciting. I loved the talent show because we showed our talents and what we could do. It was beautiful to be able to sing and enjoy ourselves without wearing our uniform. We really liked the "dish party" at night. We talked and ate tasty snacks. We laughed a lot with Mr. Mulligan, he was so funny. The activities were marvellous. We were tired but we had fun. I wish we could go on an amazing trip like this again.

**Catherine Girguis (Y4G)**

## PRIMARY SCHOOL COUNCIL



Amr Katta (Y6B), Sondos Yehia (Y6R)

**At** MES Cairo we aim to give our students a voice in how the school is run and in the Primary Section we have an elected School Council to represent the views of the student body (1200 children) in Primary. Two of the Class Representatives from years Two to Six are chosen to represent their year group on the Student Council, so in total there are ten children, with the two eldest from Year Six acting as Chair and Secretary. The Chair's job is to prepare the agenda and make sure everyone has a chance to speak at the meeting. The secretary takes notes from the meetings and helps to organize them. This year the Council spoke to the children in each Year group about what the school could

do to fundraise for the orphanage and then decided which idea from the many they were given they could make work. Once they'd agreed they took their proposal to a meeting of the Primary Senior Leadership Team (PSLT). The Council got the thumbs up from them and set to work organising the show. This involved making posters, certificates and tickets, booking the theatre and telling the children in school about the show. The show was a great success and raised thousands for the orphanage.

The Council have also visited the Secondary School Council to see what happens at their meetings and met with Mrs. Godfrey to share their ideas about how the 5Rs are incorporated into their learning. Mrs. Godfrey was very impressed with how articulate and confident they were and certainly their views will impact on how we approach the teaching of the 5Rs across primary. Their role is expanding year on year and we are very proud of the way that they have represented all the primary students.

**Mr. D. Poad - Deputy Headteacher Key Stage Two**



Yasssin El Gazzar (Y5R), Nour Amer (Y5R)



Yassin Tarek (Y2B), Khadeeja Award (Y2V)



Malak Kandil (Y4V), Adam Kirillos (Y4G)



Salma Assal (Y3V), Hamza Badawy (Y3O)



# YEAR 5 NILE CRUISE 2014

Truly, the Year Five Nile Cruise is an eagerly anticipated time in the school calendar. This year the cruise was without doubt one of the best ever and staff were proud to accompany such a well-behaved group of excited children.

Highlights of the week were the visits to the Luxor temples and the Valley of the Kings, where children saw the highly decorated tombs of Pharaohs from Egypt's past. They also enjoyed learning about Queen Hatshepsut showing Ancient Egypt as a truly equal society!

If the children had managed to remain awake they would have enjoyed the splendid sound and light show at Karnak Temple, but many were so tired after a long day of travelling and sight-seeing that they slept through the show!

In the days which followed, children sailed to Aswan to see the spectacular dam whilst eating lunch and they were amazed to see mummified crocodiles at the Temple of Kom Ombo. They arrived by boat at the Temple of Philae wearing designer life jackets and were stunned by the amazing hieroglyphics and view from that special place.

The evenings were full of fun too, with lots of shopping, disco dancing and a talent show.

Meanwhile an exciting time was had by all the children who remained at school during the week. Our week centered around Ancient Egypt too, with art and craft as the main focus. Pyramids were constructed and built, plaster statues of Tutankhamun and the Sphinx were painted and decorated and cartouches were drawn and coloured. The highlight of our week was a visit to the newly-developed Children's Creativity Centre in Heliopolis, where we walked along a tile River Nile, seeing examples of the animals which live along its banks.





Inside the museum we entered a 'pyramid' and enjoyed interacting with the marvelous exhibits on show.

During the week we too performed our talents to an audience and ended the time eating pancakes, which we cooked ourselves.

A great week was enjoyed by all both at school and beyond.

Ms. S. Fiddy – Year Five



I had a lot of fun on the Nile Cruise. My eyes nearly burst when I saw the ship! The food was delicious and healthy and there was dessert too! When I went on deck I saw nature surrounding me and it felt like I was in paradise.  
Salma Amere (Y5Y)

The best part of the Nile Cruise was when we went to the pool and I swam, even though the water was very cold.  
Ahmed Badawy (Y5Y)

It was my first trip away from home and it was amazing!  
Leyla Dajani (Y5Y)

I loved the shaking floor at the Museum! Youssef el Refaie (Y5Y)

The trip to the Museum was amazing but there was a bad part...leaving! I will never forget that special day.  
Maram Hussein (Y5Y)



# YEAR SIX CYPRUS TRIP

**In** Year Six April means only one thing: **Cyprus!** The countdown to Cyprus begins from day one in Year Six – for children *and* staff – such is the excitement. This year, the annual excursion to the pretty little island, in the Mediterranean Sea, was so popular that a fourth trip was organized for the first time ever.

Our journey begins as staff and children meet at Cairo International Airport and after some emotional farewells and photographs some children head for the departure gates without their families for the first time. Before the short one hour flight to Cyprus, there is much excitement as everyone heads to Burger King!

It's not long before boarding begins and MES Cairo has landed at Larnaca Airport. Christos, our Greek bus driver for the week, meets us and transports us to Paphos on the south-west coast – where we will be staying for the duration of our stay. It's dark by the time we reach the hotel so the students have dinner and then go to bed. Of course, being the first night away from home and staying in the same room with best friends, this can be exciting for most!

The first day we take on the challenge of the Avakas Gorge. The walk may start gently but it's not long before we are all getting our feet wet, some more than hoped. A gorge is a deep narrow valley with steep sides which has usually been formed by a river or stream cutting through hard rock. For many of the children, it's the first time they have seen, let alone experienced walking in such an environment.

As we emerge, wet and tired from the gorge it's time to head on down to the beach. The local ice cream man arrives and we are all enjoying our chocolate covered '99' (as we call them in England) by the harbour.

In the afternoon, the students explore the rock pools: these are small zones of sea water which are enclosed and separated from the sea by rock. Inside these pools, many creatures live and have adapted to their surroundings.

Even though they've been soaked enough, the students don't refuse an evening dip in the hotel swimming pool. It's all also time for parents to call and check on their loved ones. After dinner, it's time to see who knows their 'Rihanna' from their 'rivers of the world.' It's Quiz Time!

On the third day, we visit the small village of Kritou Terra, which is home to the Cyprus Environmental Studies Centre acting as the only practical field studies centre on the island. Catering for school visits from all over the Middle East and Western Europe, children come to study ecology, geography, tourism and other environmental subjects based always on the principle that there is no better classroom to learn about nature and the landscape than the country itself.

The river study allows the students to get up close to small water creatures that they are unable to find in Egypt but also very few places around the world as streams carry only 0.001% of the world's freshwater. After collecting as many creepy-crawlies as possible, the children take the long walk back up the hill to study and classify them under the microscope.

The next day we visit Zephyros Adventure Sports, which was established in 2001 as the first, full time, professional adventure sports centre in Cyprus. As part of the outdoor adventure day, Year 6 students must demonstrate their 'RISK TAKING' and scale a sheer rock face and then abseil down; they must show their 'RELATIONSHIP' skills to help their team successfully orienteer across the Akamas countryside; and then be 'RESILIENT' in survival skills. Even though there are very few rock faces to climb in Cyprus, our students put the teachers to shame as they scale the dizzy heights all too quickly, which then means it's the teacher's turn!

Wednesday night means it's time to get on your dancing shoes for the much anticipated Cyprus disco. With everyone spruced up in their best attire, who will win 'Best Girl Dancer', 'Best Boy Dancer' but most importantly 'Most Crazy Dancer'?

Our last day comes about quickly and coming to Cyprus from Egypt means we are tourists and it's important to visit the local touristic sites before we head home...

In term three, Year Six studies the Ancient Greeks. Aphrodite's rock, locally known as Petra tou Romiou, is a sea stack in Pafos that has earned its status in Greek mythology as the birthplace of the Ancient Greek Goddess, Aphrodite. A local myth says that anyone who swims around the rock will be blessed with eternal beauty. It's also a good excuse for a group photo shot that will bring many happy memories in years to come.

Noted particularly for its stunning Greco – Roman theatre, originally built in the 2<sup>nd</sup> century B.C, Kourion is one of the most spectacular archaeological sites on the island. In its heyday, it may have seen theatrical performances from the best actors of the time but when MES





Cairo comes to town it's our turn to take centre stage. Drama, dancing and singing is the order of the day for the children who are brave enough to step up in front of the paying public.

After all that sightseeing, it's time for something to eat. Thanks to Mr. and Mrs. Godfrey, who have a home in Cyprus, we can fill our hungry stomachs in their local restaurant, voted number one on the island.

All too soon, it's time to head to the airport and back to reality. A returning MES Cairo school trip is a sight to behold as mothers, fathers, brothers, sisters and even grandparents crowd the arrivals hall with balloons and banners. As we exit baggage reclaim, the cheers erupt and we know we are home.

But don't just take my word for it. Here are some words from pupils who ventured onto this lovely island:

*Cyprus is a wonderful island, full of nature, plants and it is so clean. Rock climbing was on the back of a gigantic rock, which more of a mountain than a rock!*

**Hana Ahmed (Y6G)**

*The thing I enjoyed the most was the gorge. We walked on stones, through water and climbed little rocks. I also enjoyed the survival stones.* **Amin Ali (Y6G)**

*Cyprus was a really fun and calm place. It is mainly for elders, but we as children also like some activities like hiking and abseiling because it is adventurous. We went exploring in the Avakas Gorge and saw different trees and insects. As well as that, we went looking for sea creatures and tried to identify them.* **Hana Hisham (Y6G)**

**Mr. S. Cole - Year Six Blue Class Teacher**



## KEY STAGE TWO NEWS

# CREATIVE CURRICULUM IN YEAR SIX



**The** Creative Curriculum allows primary students to see how the skills they learn in the classroom are applicable in all aspects of life.

Last term, our topic: 'Come Fly with Me' took us around the world and allowed us to test our literacy skills, mathematical knowledge and understanding, technological skills and even our cooking talents.

In Year Six Blue, as part of Design Technology, the children designed, made and evaluated their own food products. The children had to complete a three course meal: a salad, a pizza and a dessert. The children thoroughly enjoyed getting their hands dirty and, of course, eating their products.

With the introduction of iPads the children have demonstrated how instinctive they are with technology. As inspiration for writing, the children have experimented with different apps including:

Puppet Pals, Nearpod and I-movie. Using iMovie, the children were able to create an imaginary film trailer for an action or adventure film. This was part of our talk and drama stage in planning before we wrote our own action/adventure stories.

Also, as part of ICT lessons, the children wrote scripts and recorded their own travel shows. Using the 'green screen' available in the Primary building, the shows were recorded first and then backdrops from around the world were inserted in.

Our science topic was 'Forces' which allows the children to undertake many fun experiments. When discussing 'gravity', the children were given the challenge to try and protect an egg from the force of gravity. Only using paper and cello tape, each group had to build a structure that could withstand the drop from the third floor down to the playground.

This term, Year Six's Creative Curriculum topic was Ancient Greece, which followed on from the week long, annual Cyprus trip. We enjoyed more fun and inspiration through technology and practical activities which inspired us in mathematics and literacy.

**Mr. S. Cole - Year Six Blue Class Teacher**





# Key Stage Two Spelling Bee

**As** we have come to expect, this year's KS2 Spelling Bee was a showcase for the hard work of our pupils who spent many hours learning the long list of very tricky words that had been given to them to memorise. This was after a spelling test in each class to find the finalists. Even the Year 6s, who were in Cyprus at the time, managed to obtain a list to learn their words.

	Horus	Anubis	Thoth	Ra
Year 3	Omar Fahmy 3Y Mark Naeem 3O	Ahmed Ghorab 3O Ali Khaled 3R	Mark Hakim 3B Ahmed Zaytoon 3V	Hamza Sayed 3O Michael Hakim 3G
Year 4	Dina El Nahas 4Y Bakry Abdallah 4O	Youssef Awaden 4Y Malak Kandil 4V	Zein El Bahy 4O Leyla Elaffandi 4R	Jana Selim 4R Omar Rafeie 4B
Year 5	Ziad Shamma 5V Amina El Rashidy 5G	Fady El Meeri 5R Zeina Fawzy 5G	Omar Ahmed 5R Farida Refaat 5G	Mohamed Ali 5G Mariam Abougabal 5R
Year 6	Ismail Bedair 6G Shahd Atef 6V	Aly Khalifa 6G Seifallah Gabr 6R	Ahmed Yakout 6O Moussa Alaa El Din 6G	Jana Hassan 6R Nada Kamel 6R



It is never easy to be up on stage in front of hundreds of people so I was very proud and slightly in awe of those students who could recite the spellings with ease. I am a person who needs to write a spelling down to see if it is correct. We all learn in different ways and this certainly showed their skill and concentration.

The support from the audience was great to see and the children on stage appreciated it.

Well done to all those who reached the final and especially the winners:

Ahmed Zaytoon (Y3V) for Thoth

Malak Kandil (Y4V) for Anubis

Fady El Meeri (Y5R) for Anubis

Shahd Atef (Y6V) for Horus

We are now thinking about ways to change the format for next year. How exciting!

Mrs. M. Glancy - Primary Assistant Headteacher





# PRIMARY ART IN THE WHOLE SCHOOL ART EXHIBITION - EXPRESSIONS



Year Three Award Winner - Hussein Bakry (Y3V)



Year Three - Hockney Landscape Art



Year One Award Winner - Aayan Ali (Y1R)

**This** year's annual Whole School Art Exhibition was an eclectic display of fabulous artwork reflecting a huge variety of skills and hard work on behalf of children from the age of three upwards. If you get a chance to pop in and sample the variety of art, photography and DT creations on display, I can guarantee you will be rewarded. This year, the work is stunning.

I have taught art to the Primary children from Years One to Six for the past three years. During this time I have had the privilege of seeing the children's skills of observation, handling materials, and understanding of art develop hugely, as they have been given the time, space and materials



Year One - Clown Selfies



Year Five - Clay Feluccas



Rugs and Year Two Giant Fish Sculptures





Year Four Award Winner - Sara Ramadan (Y4B)



Rug Winner - Maissa Sobhy (Y3V)



Year Six - Action Art

needed to free their creativity and nurture their love of art. Our inaugurating artist this year was the world-renowned painter, Nazli Madkour. She delivered a speech to a packed theatre on 18<sup>th</sup> May, in which she explained the importance of art in the curriculum and in the world in general. She said "Art cannot change the world, but it can change the way we see it". This is an important observation, particularly at this time and in the world in which our children are growing up and learning. They need to be given the opportunity to observe, understand and express, and art is one of the best ways we can facilitate this in our curriculum.

The primary artwork on display reflects a wide range of skills that are taught and built upon each year. I link the units of work

in Art and DT with the classroom 'Curriculum Diversity' topics, a fun challenge which I hope inspires the children to immerse themselves even further in their learning. Take a look at the gentle pastel self-portraits created by Year One children, in the style of Amedeo Modigliani, and you will see that the children have patiently observed facial features, including proportion, while learning about how to apply line and colour with care. This art unit links with the topic of 'Circus', and the children have also created self-portraits in the style of Picasso's clowns, using paint and 3D techniques.

In addition to creating a variety of other artwork, the Year Two children worked cooperatively in class teams for weeks making the wonderful giant fish that are now swimming majestically above the pond in the atrium! Year Three studied the work of British artist, David Hockney, and chose their own materials to recreate British landscapes bursting with shape and colour. Year Four also showed dedication to their task of creating a 'Hundertwasser-style' window on canvas. They used tricky acrylic paints and had fun applying and reapplying colour and shape until they got it just right; their attention to detail was phenomenal! Year Five created, among other works, absolutely fabulous Trash Fashion outfits, made of recycled materials. Some of these are on display, together with photos from their sell-out fashion show in which they paraded their creations in the school theatre! Take a look at Year Six's work and you will see a variety of skills and media built into each piece of work, based on the theme of movement and linking with their 'Rainforest topic' in Term One.

On each exhibition board I have added photographs of the children at work, to help the audience understand the process involved in making the beautiful artwork on display. Nothing has taken less than three weeks to create and our Primary children have displayed great skills of resilience in completing their work over an extended period of time. They have learnt patience, and now thoroughly enjoy seeing the results of all their hard work.

Finally, make sure you enjoy the sensual experience of seeing - and feeling - the gorgeous rugs on display, created for the winners of our annual Rug-Designing competition! Well done you budding designers!

Congratulations to each and every one of you wonderful Primary artists!

Mrs. N. Millington - Primary Art Specialist





# French Day 2014

## *La Journée Française!*

### Wednesday

12<sup>th</sup> March 2014 saw yet another exciting and action packed French Day in Primary Key Stage Two. The day was a huge success with children wearing some amazing French themed costumes and taking part in a variety of fun French activities organised by teachers both in classrooms and on the playground!

To start the day off in true French style we all congregated on the Key Stage Two playground and after our usual version of the Egyptian national anthem, we saluted the French flag and listened to the French national anthem, *La Marseillaise*.

Some children from Four Green shared their internet research with us and gave us an informative whirlwind introduction to Bastille day, the French National Day .

Year Three started out with an awesome petit déjeuner français with croissants and chocolat chaud. There were lots of "merci"s and "s'il vous plait"s to be heard, together with choruses of "C'est délicieux", as they tucked into their feasts and tried drinking their hot chocolates the traditional French way from their bowls.

Later in the day they sang their hearts out with Monsieur Dave and Mme Jacqueline leading them to perform a few of their old favourites including 'Salut. Ca Va?' as well as mastering a new version of Frère Jacques which was all about French breakfasts and an action rhyme about two little birds.

They also tried their hand at a little Pointillism art in the style of Seurat. Amazing results, well done Year Three!

Year Four students were busy finding about what French children do at Easter: card making, biscuit baking and a fact finding mission followed by a Shoot-Out quiz kept them busy all day! They all managed to squeeze in a delicious crêpe and had fun trying out all of the playtime games that the creative and resourceful Year Five students had prepared for the whole of Key Stage Two to enjoy.

As well as providing us with fantastic playtimes, Year Five also got involved in sandwich making, a food hunt in the atrium and some healthy and unhealthy games in the dance studio. The amount of French they recalled and used effectively was a real treat to hear and a credit to them all.

Year Six students were artists for the day, if you had been lucky enough to wander through the playground you would have thought you had been transported to Montmartre, in Paris. The students with their berets and sketching charcoals looked like real professionals!

Other activities they took part in were the Eiffel Tower Construction, the decoupage, while some even tried their hands at some traditional French party games. Very messy and very intense! You had to be there!

We ended the day with some fantastic performances in the MPH including Year Four performing a song about animals. Year Six performed some clothes shop role plays and an amazing group of Year Six students, under the expert direction of Ms. Emma, managed to write, practise and perform a wonderful 'MES Cairo Has Got Talent' play in French - all within a very short space of time.

What a wonderful day! French Day just seems to get better and better every year! How do we manage to do it? It was a brilliant team effort.

***Bien fait a tout le monde.***

Madame Jacqueline – Primary Head of French







This year I liked the games that the Year Five children organised. The crepes were delicious as usual and the Portrait drawing activity that we did with Miss Nicky was fun. I thought that the Year Four performances of their songs at the end of the day were great. I really enjoyed making the Eiffel towers out of newspaper in class and the decoupage activity was good too. The best bit was the Year Six fashion show at the beginning of the day which I participated in. **Nour ElDeen El Adly (Y6Y)**

French Day was amazing! The best thing about the day, was the Year Five games on the playground. You could tell that they had worked hard and it was a success. **Youssef Ashmawy (Y6Y)**

This year was even better than last year! People were more creative with the games that they did on the playground and the costumes were amazing. The Year Six fashion show took place in the morning. We had French music and a catwalk...the models were amazing and we all cheered loudly as they showed off their fantastic costumes. **Farah El Dessouky (Y6Y)**



First of all I want to say that French day was EPIC! All of the costumes that I saw were amazing. The crepes were tasty and there was a good range of activities. The talent show that Ms. Emma had prepared with a group was amazing. They had not had much time to prepare or practise but their pronunciation was really good and they made it funny. I felt really proud when Rawan and I performed our clothes shop role play in the final assembly. We did a great job and everyone cheered! **Maya Raafat (Y6Y)**

French day was really enjoyable. The Year 5s did a very good job preparing all of the fun games that took place on the playground, both playtimes. In class we made Eiffel Towers using newspapers and sellotape only. We really had to work as a team for this activity. It was fun and we learned about the Eiffel tower before we started to make our own. **Haneen Shahin (Y6Y)**

I thought that French day was wonderful because it was really well-organised and there were lots of games for different year groups. I really enjoyed making the Eiffel Towers. It was really fun and we had to communicate well and work well as a team to complete our task. The best bit was that we got to show ours to everyone in the final assembly. **Farida El Shabrawy (Y6Y)**



French day 2014 was outstanding, especially because I had a chance to sell cakes for charity. Everybody was eating the mouth-watering crepes! Instead of our Curriculum diversity lesson we did a decoupage activity. We cut and stuck different images of tourist sites in France onto the letter R. It needed us to communicate politely and work as a team, respecting each others' decisions. Finally we had a chance to create an Eiffel tower with newspaper and sellotape. It was fun! **Nour Zaki (Y6Y)**



*A big well done and thank you to the French day cake selling team, led by Remi Jodrell and Connie Bancroft, who raised an enormous 945LE that they have donated to charity.*



# REFLECTIONS ON FRENCH DAY



**French** Day was amazing! I loved creating my game. People had to tell me their year group, I then chose from Colours, Animals, Food and Countries depending on which year group they were. I put a picture for them under my cups and moved them around quickly. If they found the right cup with the picture in it, they had to tell me what it was - in French! If they got it right they got a sweet prize. Last year I played the games and this year I enjoyed organising them for other people. It made me feel much more independent and resourceful.

**Ammar Abdelwahab (Y5V)**

On French day I really liked organising my game. Lots of people enjoyed it. We did the three-legged race and had lots of winners.

I liked how my friends and I were given the chance to create a game to help people learn French and to have fun at the same time.

I think that my team was really good at team work. We organised a balloon game where people had to pop the balloon and say the colour in French.

**Ziad Shamma (Y5V)**

We played a French version of 'pass the parcel'. There were some forfeits inside and we had to carry out tasks in French like: say 5 kinds of foods in French, or, pretend you are buying something in a shop! It was fun!

**Mohammed Al Shanti (Y5V)**





# Secondary World Languages Department Trip to France

It was the early morning of May 3<sup>rd</sup> when forty Grade and Year Seven and Eight students gathered at the car gate to wish their parents "adieu" and board the busses bound for France. With cases stowed and seatbelts on the group of students, along with their four chaperones, set off for Cairo Airport.



Heading across the bay

Although headed for Normandy the group had a scheduled stop on Paris' famous shopping boulevard, the Champs Elysee. From the Arc de Triomphe the students marched towards the amazing shops of Louis Vuitton, Giorgio Armani and the other top designers. They experienced some street performance before a circuit round the Eiffel Tower and onto the motorway headed for Normandy, a region in the North West of France. A long, five hour coach journey finally saw the group arrive at Le Chateau des Forges, a place we would call home for a week. After the very long journey the party was quickly in bed asleep, dreaming of the adventures ahead.

After a typical French breakfast of croissants, jam and juice the group were on the road again, travelling across the rural French countryside to another chateau, Le Chateau de la Baudionniere, an activities centre. We spent the day enjoying wall-climbing, archery and a new favourite sport for everyone, Aeroballe. Something like Volleyball on trampolines, this session produced squeals of delight from the students and an intense competitive edge. We would return to this Chateau again at the end of the week to have a go at Orienteering, Mountain Biking and Canoeing. Some relief from all of the physical activity was provided during a lesson on circus skills.

## Accrobranche

As the week progressed the group experienced a diverse and fascinating range of activities and excursions. In typical MES Cairo fashion, the Year and Grade 7s and 8s approached each new opportunity with enthusiasm and vigour.

Accrobranche is the French name for the thrilling activity of traversing a forest using platforms, ziplines and rope ladders. A full safety lecture was given before the MES Cairo students tested their skills on some practice routes very close to the ground. Once they had demonstrated their understanding of the "dos and don'ts" of the experience, the group began climbing up to the Level 1 course. Those that completed Level 1 were soon up to the higher Level 2 course, which included zip-lining across the lake. The staff at the Accrobranche course were amazing and our students were in very safe hands as they experienced a view of a forest most do not get to see.



Canoeing



Happy birthday Nour



Halfway up



How many MES Cairo students can you find



How to extract a snail



Aeroball



Accrobranche



Facing the wall



## Mont Saint-Michel

Mont Saint-Michel, a UNESCO World Heritage Site, is an ancient Abbey perched on an island just off the French coast. At high tide the island is cut off from the mainland but when the tide is out it is surrounded by a sand-flat. Our mission on one of the days in France was to walk across the sand-flat, accompanied by our experienced guide, Woody. The students had their first taste of quicksand and learnt quickly how easy it is to get stuck in it. Fortunately there were enough hands to help those who had sunk in too far get back out. We waded through pools full of mullet, watching them thrash around our legs. Some reassurance had to be given that they were not little sharks and would not harm us. Then we experienced some of the worst weather the English Channel could throw at us, including hailstones. The courage of the MES Cairo students was remarkable, as they struggled on through the storm, soaked to the skin. The showers back at the Chateau were never so welcomed as after that adventure.

## Marche du Villedieu

Villedieu, an old town famous for its bell-making, was the venue for a favourite French experience – the street-market. Souvenirs were bought and the challenge of buying your own lunch using the French language was met. The locals of Villedieu were even treated to some Egyptian music as the students performed some Arabic songs on the steps of the townhall.

## La Fromagerie des Chevres

Mr. Martin is a French schoolteacher who, one day many years ago, decided to pursue his dream of running a Goat's Cheese Farm. After an informational film about the process of turning the milk of goats into a delicious cheese, the students entered the barn where Mr. Martin's goats live. The group fed the goats, carried some kids and met the Billy Goat. Then Mr. Martin offered us a special treat. One of the friendliest goats came out to be brushed and milked by the MES Cairo group. We learnt the French words for the different parts of the animal and then the milking began. Many of our students tasted the milk as soon as it had come from the goat and most of them enjoyed it. After meeting the goats we all had the chance to taste the cheese they produce and to buy some blocks of it to bring back to family and friends in Cairo.



Mountain biking in the rain



Inside Aeroball



Orienteering



J'adore les escargots



Learning about World War II



Orienteering champions



On the water



Ready to go



Pegasus Bridge





Relaxing at the chateau



Ringing the bell



Zipline



Up in the trees



What does a snail smell like

## Les Plages du Debarquement

The region of France we visited contains the sites of the famous D-Day landings and so, after a History lesson on the Second World War and the courage and commitment of the soldiers, the group visited two sites of great importance to that stage of the conflict. All of the landing sites for the Allied forces were known by code names and we visited Omaha Beach. After experiencing the Visitor's Centre, the students, with great respect and understanding, walked around the memorial garden, filled with white crosses to commemorate the 9,000 men who died there. We travelled a short distance to the Pegasus Bridge memorial to learn more about another crucial moment in the war. The students were proud to become the latest group to hold the memory of that sacrifice and the experience of actually standing on the beach itself will help that memory remain alive in their minds.

## Les Escargots

No trip to France would be complete without sampling one of the country's most famous foods. Halfway through dinner one evening, Francois, our resident guide, entered the dining room from the kitchen with plates of steaming hot snails. After a quick demonstration on how to extract the snails from their shells, the MES Cairo students, with huge smiles on most of their faces, tucked in. The reaction was good save for a couple of people who didn't quite

enjoy the experience as much as the others – but at least they tried!

Our week in France was a remarkable experience. With instructions being given only in French it was a pleasure to watch the students become more and more comfortable with the language as the week progressed. New friendships were forged and challenges met. Even the soaking we received during our walk across the bay at Mont Saint-Michel became something to be proud of.

Our journey back to Cairo on 9<sup>th</sup> May was smooth although tinged with sadness that our excellent visit to Normandy was at an end. The participants on the trip were great ambassadors for MES Cairo and Egypt and we all look forward to more trips with these students in the future.

Mr. J. Todd – Dean of Students, Grades Nine and Ten



War memorial



Stocking up on Goat's cheese



Relaxing on the farm



# Primary After School Activities

## ASAs in Term Three

**This** term the Primary ASA programme was as popular as ever. We started with a packed sports hall on Sunday 11th May with all children eagerly meeting, ready for their ASA to begin. After the children had been collected by their teachers they went to start their ASAs. On arrival at the Disco Party ASA, children were instantly active and following instructions to jump, twist and turn to learn some classic disco dance moves to well-known songs. Downstairs in the Primary Cooking room Madame Jackie was busy cooking up a classical French dessert. Children were busily measuring, mixing and whisking their ingredients to produce a Chocolate Mousse. Mmmmmm.

The recent addition of iPads to the school allowed three groups of students to experience using iPads for learning in their ASA. Children were using Apps to help them draw their own pictures by following professional demonstrations and given step-by-step tuition on the iPads. As I walked into the FS1 pod I could hear beautiful singing coming from a room. Inside, the students were singing along to their chosen Karaoke songs. Each one took a turn to sing a solo, or a duet and some group songs.

Monday ASAs were even busier with ASAs such as Gaelic Football, Basketball, Cartoon drawing and many more. This term's ASAs gave a fantastic opportunity for the students to take part in new and interesting activities. A big thank you to all the staff for helping the children during their ASAs.

Mr. O. Morgan - Primary ASA Coordinator



Captain Sammi showing the children Kick Boxing skills



Mrs. Trout's Disco Party ASA



Sunday karaoke with Miss Vikki and Miss Morna



French Cooking ASA



YearTwo in action with the iPads





# MODEL UNITED NATIONS

## Nevsky MUN Conference - St. Petersburg, Russia



The final Model UN conference of 2013-14 attended by MES Cairo students was in St. Petersburg, Russia, in March 2014. Even though we attend this conference yearly, the city and the hosting school consistently impress and amaze us. The Nevsky Conference is a fantastic opportunity for students to hone and display their skills in public speaking, debate, problem-solving, and diplomacy. They get to meet and become friends with students from Russia itself and all over the world. Beyond this, they enjoy the mesmerising beauty, history and architecture of St. Petersburg - one of Russia's newest cities - and Novgorod - one of its oldest.

Ms. C Flake, MUN coordinator

While preparing for our conference at school, I was a bit anxious about going on the trip. I wondered about what we'd actually do in Russia and I scarcely knew many of the people going with

me. I started to wonder whether or not I would be wasting my time going on the trip. I wasn't exactly sure if I was ready to give a speech in front of hundreds of students.

Upon landing in St. Petersburg I realised how wrong I was for doubting the trip. St. Petersburg is one of the most beautiful cosmopolitan cities in the world. Combining architecture from all around Europe, I was enticed by all the great monuments and it was very interesting, especially for someone visual like me. I think the main purpose of this trip, besides the Model United Nations, is to get us to experience a country with such a rich history. Much like us, the Russians have a lot to tell about their country. The tour guides flooded our ears with information and as an ardent historian, I was really having the time of my life.

Something that really changed me was the conference. There were students from all around the world and I got to see the contrasts in all of our cultures. As a result, I received a stellar experience like no other. Something else that was remarkable was the school. The school where the conference was held was more than a hundred years old and still in pristine shape, which to me is astounding.

The conference taught me how to listen to others and be acquiescent to others' points of view. I think it's a very useful skill especially in today's times where feuds are a constant burden for







many. Another skill that I developed was public speaking. Despite not being a shy person I was a bit apprehensive about taking the floor in front of a large audience. I was okay with my anxiety because I'm sure giving a speech in front of hundreds of teenagers is worrisome for most people. I did it however; I really did overcome my fears and confidently took the floor to share my points. That, I can say, was one of the pinnacles of my trip.

We went to Novgorod, the oldest city in Russia, which is ironic because Novgorod literally translates to *New City*. We got to explore the countryside and experience a different side of Russian culture. By this time, I found that I had really strong bonds with everyone else that came on the trip, so strong that if I don't see them for many years I know they will still greet me with open arms when we meet again. I was now also better acquainted with Russian culture. I found that the Russians are some of the most hospitable people, much like Egyptians.

I came back from the trip being a more enlightened and complete human being. These seven days were tremendous and I could hardly fathom how at first I thought about missing such an amazing experience. I know that I'll be looking back at this many years from now still feeling the same gusto I feel right now.

Omar Torky (G10R)

Being a part of the Model United Nations this year was one of the best experiences of my life. Not only was I able to discuss important political issues as a member of the Security Council, but I also got to know students from different parts of the world. Together, we were

able to pose solutions to many of the pressing issues that cause a threat to the world, like, the crisis in Syria, nuclear weapons in North Korea, and the spread of terrorism into Africa. One of the many advantages of the Nevsky MUN trip is that it allows you to develop new leadership skills as you participate in complex debates.

Personally, the highlight of this trip was experiencing the enriched Russian culture and making new friends with other students that I still am in contact with today. Throughout the trip, I visited the Hermitage Museum, Nikolaevsky Palace, Catherine Palace, and some of the most beautiful and breath-taking attractions I had ever seen. I would definitely recommend anyone to go on this trip so that they, too, could be inspired by the beauty of St. Petersburg and learn many new lessons on global issues.

Finally, I would like to thank Ms. Flake for her efforts on making this trip even possible. My involvement in this trip has truly made me more aware of the problems and issues that different countries go through every day and is undoubtedly one of the highlights of my senior year.

Sandy William (G12R)





# THE BSME SQUAD PREPARATIONS FOR ABU DHABI

**Each** year the most talented and committed sports players in Years Five and Six are invited to compete in the BSME Games, a sports competition that brings together the top students from the British schools across the Middle East. The competition is an excellent opportunity for our children to compete at the highest level in their age group in Football, Basketball, Athletics, Netball and Swimming. This year the games are to be held at Brighton College in Abu Dhabi. It is going to be an action packed five days away with all the tournaments to play, a gala dinner and beach party, a visit to the El-Sheikh Zayed El Kabir mosque and some shopping time.



The high standards amongst the students in Team Cougar this year made it incredibly difficult to pick just 32 children to compete in the BSME games. They have been training for each sport after school every week and since January and also committing to before-school training sessions. The teams have had a number of practice matches; at times playing Year Seven children for an extra challenge.

## Netball

The girl's confidence in Netball has improved enormously since the start of the year when for many Netball was quite an unfamiliar game. Moving on from the basics, the girls are now really focusing on the tactics involved with attacking and defending and trying to vary their passes. The girls have had matches against Cairo English School where they won 24-0 and 8-2 as well as a match against El Alsson School where they won convincingly. They also played the MES Cairo Year Seven students for more of a challenge as some of the teams that they will be facing in Abu Dhabi will be very experienced and tough to beat. The BSME Netball team are; Farah Rady (Y6R), Laila Selim (Y6V), Mariam Azab (Y6V), Hana El Badri (Y6B), Jumana Mourey (Y6B), Nour Zaki (Y6Y), Jana Nabil (Y5Y), Rawan Abou El Fadl (Y6Y), Kenzi Sherif (Y6Y) and Hannah Bretinger (Y6B).



## Basketball

In recent weeks the MES Cougars Basketball team has been working incredibly hard. Players have shown that they are very focused in training and motivated to improve their skills. Most recently we have been looking to improve our attacking play by practicing in small games using skills such as the fake and drive. Mr. Jordan and Mr. Oliver have found it very difficult to choose the team for the BSME games

as we believe the talent of the whole group is exceptionally high this year. Those selected in the BSME basketball team are: Aly Tantawy (Y5G), Adam Nagy (Y5R), Hussein Tantawy (Y5Y), Mahmoud Shahin (Y6B), Selim Saber (Y6O), Ziad Saleh (Y6O), Farah Rady (Y6R), Laila Selim (Y6V), Mariam Azab (Y6V), Omar Rashed (Y6V) and Kenzi Sherif (Y6Y).





## Athletics

The athletics training sessions have been affected by many cancellations on Tuesday evenings and so the team have had to work extra hard to make up for lost time. The team will compete in sprinting, middle distance, throwing and jumping events as well as relay races. The team has been working hard to speed up their relay changeovers and gain a few extra centimetres in the field

events. The final Athletics team are; Farah Rady (Y6R), Laila Selim (Y6V), Mariam Azab (Y6V), Hana El Badri (Y6B), Jumana Mourey (Y6B), Nour Soliman (Y6O), Rawan Abou El Fadl (Y6Y), Hannah Bretinger (Y6B), Kenzi Sherif (Y6Y), Mahmoud Shahin (Y6B), Omar Rashed (Y6V), Yehia Tamara (Y6Y), Adel Serry (Y6O), Seaf El OGail (Y6O), Selim Saber (Y6O), Ziad Salah (Y6O), Mohamed Barakat (Y5B) and Mohamed Shanti (Y5V).

## Football

The Football team has been lucky enough to have many practice matches against; Hayah school, El Alsson, Cairo English School, New Cairo British International School, Maadi British School and The British International School Cairo. The team have used the expert evaluation and coaching from Mr. Maurice, Mr. Dan and Mr. Hashem to learn from each match and improve. The team has experienced a number of convincing wins and is hoping for a



good result in the upcoming Cairo Tournament as well as the BSME games. The BSME football team: Mahmoud Shahin (Y6B), Omar Rashed (Y6V), Yehia Tamara (Y6Y), Adel Serry (Y6O), Amir Aziz (Y5V), Seaf OGail (Y6O), Ziad Salah (Y6O), Omar Osman (Y6O), Seaf Gabr (Y6O) and Mohamed Shanti (Y5V).

## Swimming

In recent weeks the Swimming team moved their training to the Smash Club in Kattameya which has shortened their swimming practices. They have had to work increasingly hard, including adding some land based sessions to their training, to enable them to stay at optimum fitness. Miss Lauren and Mr. Jordan have been assessing the swimmers in all their strokes to work out who is best to swim in each race at in Abu Dhabi. The BSME swimming team are; Mariam Bedair (Y5O), Jana Nabil (Y5Y), Nour Soliman (Y6O), Rawan Abou El Fadl, (Y6Y), Adel Serry (Y6O), Youssef Shokry (Y5Y), Yassin Tolba Y6R, Mohamed Barakat Y5B, Mohamed Tarek (Y5G), Abdel Rahman Gemeiye (Y5G) and Moustafa Tarek (Y5G).

**Ms. L. Morgan - Head of Primary PE**





# BSME GAMES

## ABU DHABI 2014

**After** an amazing 3<sup>rd</sup> place finish at the British Schools in the Middle East Games last year, the 2014 team had high hopes and a lot to live up to in the games this year. The games were to be hosted at Brighton College in Abu Dhabi with points collated from team competitions in; Football, Netball, Swimming, Basketball and Athletics all adding towards each schools point scores. Competition this year was to be tough with many of the tops schools in the Middle East competing as well as local rivals El Alsson and Cairo English School. The MES Cairo team was confident a number of wins against the other Cairo schools. However, they would need to raise their game when competing with the top schools from Dubai, Abu Dhabi, Qatar, Bahrain and Kuwait.

The Basketball team was nervous and excited to start of the Team Games. The first match showed these nerves with a number of fouls from MES Cairo players. The team soon settled down, remembered their coaching and won all the matches in their group. The team was safely through to the semi-finals where they faced Doha English Speaking School. MES Cairo showed their strength and determination to overcome the opposition in a 7-4 win. The final saw us against St. Christopher's Bahrain who won the completion last year and who we had previously beaten in the group stages. Unfortunately, the other team were fitter and stronger in the final and came back to win. MES Cairo was delighted to receive 2<sup>nd</sup> place overall. The whole team fought hard throughout the tournament with excellent leadership from Ziad Salah (Y6O). The Most Valuable Player Award was given to Mahmoud Shahin (Y6B) for his consistent performance throughout the competition.

The MES Cairo girls had won all their training matches going into the Netball competition but were expecting a very high standard in the BSME Games as many of the other teams have played in regular leagues for a number of years. Again this year the competition was fierce, the girls played the best netball that Miss Laura had ever seen them play, to win three of their group matches and go through to the 5<sup>th</sup>/6<sup>th</sup> play-off. The final match saw tough competition from Al Khor School, however, the girls fought hard to win and come in at 5<sup>th</sup> place overall. A fantastic effort from the whole team with exceptional performances from Hana Badri (Y6B), Laila Selim (Y6V) and Farah Rady (Y6R) with most valuable player going to Mariam Azab (Y6V).

The MES Cairo football team was also very well prepared for their competition after training hard for most of the school year. The team was drawn in a very difficult group which saw them have fixtures against both of the other Egyptian schools. So, as well as aiming to progress in the tournament, national pride was also at stake! Games were very short, only twelve minutes long, and this meant that every game was played at a frantic pace. All players involved in the squad made a big impression in the games that they were involved in. Unfortunately, a controversial disallowed goal prevented the team from reaching the semi-final. However the boys must be applauded for regrouping and focusing on the next game. In the 7<sup>th</sup> and 8<sup>th</sup> place play-off MES Cairo played Al Khor from Qatar. The scores were tied after twelve minutes, and the game went to extra time! The extra hours the boys put in with their coaches really paid dividends in this period. Fortunately, Adel Serry (Y6O) produced a moment of attacking genius and secured victory for



Rawan Abou El Fadl (Y6Y) giving a speech at the opening ceremony



Laila Selim (Y6V) shooting another Goal for MES



Mahmod Shahin (Y6B) - Player of the tournament



Omar Rashed (Y6V) gaining his 1.30m PB in High Jump



Mohamed Tarek (Y5B)



Amir Aziz (Y5V) - Team Superstar!



Omar Rashed (Y6V)



MES WOA! MES WOA!



MES Cairo with the last kick of the game! Honourable mentions must go to Selim Saber (Y6O) who was a rock in defence, Adel Serry (Y6O) who was the team's top goal scorer and to Seif El Ogail (Y6O), for his amazing level of energy.

After an extremely tiring morning playing in the sun, the team members were looking deflated. After a motivational talk and an ice cream, the children were looking more ready for the athletics competition. The whole team had been training daily but still surpassed all expectations, with a number of exceptional performances and 'personal bests' (PB). Omar Rashed (Y6V) set a new PB of 1.30cm (a new school record) in the high jump and made the 75m sprint final, Mohamed Barakat (Y5B) knocked twelve seconds off his 600m PB, Seif El Ogail (Y6O) won the standing triple jump with a PB, made the final of the 150m and jumped a new PE of 1.25m in high jump. For the girls, Laila Selim (Y6V) won the most valuable player award for her 2<sup>nd</sup> place in the ball throw and 1<sup>st</sup> place in the shot-putt, throwing over 7m (setting a new school record). Other notable performances go to Kenzi Sherif (Y6Y) who stepped into the 600m and the triple jump after an injury in the team as well as Rawan Abou El Fadl (Y6Y) and Mahmoud Shahin (Y6B) whose grit and determination got them through the grueling 300m race. As the results were announced MES Cairo students were delighted to hear that they had come in third place - a real team effort! The chanting continued all the way through dinner and onto the bus.

The swimming team had a lot to live up to after such strong performances from the rest of the team, but the swimmers were confident and excited to compete on the final day of the games. MES Cairo had gained 34 points and were in 4<sup>th</sup> place in the overall competition.

The final position depended on the results of the swimmers. After a team talk from Miss Lauren and Mr. Jordan the team took to the pool. The consistency in the boys' team showed with every swimmer coming in the top five and most coming top two. The girls were inspired by performances by our strongest swimmer in the school, Rawan Abou El Fadl (Y6Y) who swam seven races and came top three in all her individual races. Their whole team performed extremely well lead by Yassin Tolba (Y6R), the swim team captain, who gained excellent results in his five races.

After a number of excellent social events, beach time, swimming and a visit to the Sheikh Zayed Mosque over the weekend, the social finale Gala Dinner and Disco was much anticipated. Wearing their best frocks and shirts, the MES Cairo team proudly collected medals and their Basketball, Swimming and Athletics trophies, as well as 'The Spirit of the Games Fair Play Award', which complemented our children on their excellent sportsmanship and attitude throughout the games. The final points for the BSME Games 2014 were announced and the children waited nervously to hear where they finished. The team and teachers were delighted to hear they were third place in the games!

### **Congratulations to the MES Cairo BSME team!**

Miss L. Morgan - Head of Primary PE



Sheikh El Zayed Mosque



MES Cairo Football Team



Youssef Shoukry (Y5Y)



Yehia Tamara (Y6Y)



Mohamed Barakat (Y5B) in the 600m



Ziad Salah (Y6O) - Basketball Team Captain



BSME Netball Team in action



The MES Cairo Netball Team



# SPORTS DAYS 2014

## Foundation Stage Sports Days



Amr Baraka in (FS2R) jumping for joy in the obstacle relay



Nour Selim in (FS1B) in the slalom relay



Azza Mokhtar Soliman and Ismail Abou Hussein (FS2V) in the space hopper relay



Omar Ebrahim in (FS2O) aiming carefully in the beanbag throw

### FS2

In February the Primary PE Department were very excited to step onto the field for the first of eight sports days that they had organised for the Primary children. The first Sports Day was for Foundation Stage Two and the children came out from their classes just as excited as the PE Department! However, this did not even closely match the excitement of the parents, who had bought along banners, flags and some very loud cheering voices!

The children were very well behaved, trying their best in eight different activities which tested their speed, accuracy and coordination. Particular favorites included; the 'obstacle course race' where the children scaled a bench and jumped off a large gymnastic table then squeezed through a tunnel as well as 'dice roll colour collect' where the children roll a dice and collect the correct number of equipment as quickly as possible.

At the end of Sports Day the children all ran a 30-metre race. The PE Department encouraged both children and parents to cheer and support everybody running down the track to get their special sports day sticker.

### FS1

The next day was for the youngest children in the school. It was Foundation Stage One's first ever Sport Day! The children understandably looked a little nervous when they first came out onto the field but quickly realised, when Miss

Mella welcomed the children and parents, that Sports Day is all about having lots of fun!

The activities quickly got underway. The children showed their parents the skills that they had been learning in PE lessons including running, throwing, jumping and dodging in eight different games. The children's favorite games there the 'slalom' where children sprinted in and out of the slalom poles and the 'big ball dribble' which involved negotiating a ball, that was bigger than some of our FS1 children, around a course.

The day ended with the 30-metre sprint. The parents cheered their children across the line and also cheered all the other children as well which demonstrated great sportsmanship to all the FS1 children. Everyone was awarded the special sports day sticker!



Hayat Sahnoud, Salma Ibrahim, Youssef El Gindy, Omar Hosni in FS1 Blue 'We love Sports Day this much!'

Well done to all the Foundation Stage children for your excellent effort on Sport Days!

Ms. L. Morgan - Head of Primary PE



(FS1V) Class are too fast for Miss Lauren



(FS2G) in dice roll collar collect



Zain Amgad in (FS2O) in the Big Ball Relay





# YEAR ONE AND YEAR TWO SPORTS DAY



Ahmed Rashed (Y1V) in the obstacle relay



Tia Sheta from (Y1Y) racing in the hurdle relay for her team

**On** Sunday 2<sup>nd</sup> March all of the Year One and Year Two children arrived at school dressed in their class colours, buzzing with excitement for their Sports Day event. The children had to wait until after the February break to take part in sports day as the first date was cancelled due to rain! However, this delay seemed to give the children even longer to get really excited for their event and they turned up with tremendous energy and enthusiasm.

In both the Year One and Year Two event each class was split into four teams. These were the lions, penguins, zebras and giraffes. Each class then went around seven activities as a class and competed in them to earn points for their animal team. These activities were games and competitions that the children have been learning in their PE lessons. The games are designed to challenge the children in a range of skills such as accuracy, throwing, sprinting and jumping to name a few.



Omar Haikal from (Y2R) showing focus and determination in the ball gather relay

The children worked hard for their teams in each activity and were enthusiastically encouraged by spectators. Lots of great team work and good sporting attitudes were also on display by the children. Overall, the children had fun and Sports Day 2014 for Year One and Year Two was a success. **Well done to everyone!**

Ms. L. Fawkes - Primary PE Department

# YEAR THREE AND YEAR FOUR SPORTS DAY



Thoth go wild as they are announced as winners of the Year Four Sports Day



Thoth and Anubis compete in a game of Catchball

**Sports** Day for Year Three and Four was a huge success this year! Students fought ferociously to earn points to try and secure the house trophy. In addition to this pupils had to work hard within their groups in order to try and earn medals. Each house was split into four groups, and students had to work together with their groups to earn points for their house. However the highest point totaling team earned MES Cairo Sports Day 2014 medals!

Pupils competed in nine different events throughout the day and these ranged from traditional athletics activities to challenging team building exercises. The athletic events challenged pupils' running, jumping and throwing skills whereas the team building events required pupils to use the 5 R's to be most successful.

Particular highlights of the Year Three sports day were in the cops and robbers game and in the fling sock challenge. In cops and robs students have to work together with their team to create a strategy to try and defend their own treasure but at the same time try and steal the other teams treasure. Thankfully the water station was situated just after this activity as every student used so much of their energy in this game. The fling sock

was a very technical event which tested the students' timing as well as throwing skills! If the students didn't time the throw correctly the fling sock was seen flying in the wrong direction!

In the Year Four Sports Day, all students showed great enthusiasm for the hurdles and building the tallest tower. In the hurdles, students demonstrated their ability to run fast and time their jumps over the hurdles when needed. Blood, sweat and tears were put into this event as students showed



Hamza (Y3V) catching Nour (Y3V) in Cops and Robbers



Horus using their problem solving skills to build the tallest towers



Girls from Horus showing great determination in the sprints



Year Four waiting for Mr. Dan to start the race



great determination to cross the line despite some of them knocking over the hurdles. The tallest tower was a nail biting event where students had to work as fast possible to build the tallest tower, however they had to be careful so that tower didn't fall down before the end of the event!

After 90 minutes of activity, students took a well-deserved rest as they waited for the Mrs. Godfrey and Mr. Poad to distribute the medals and the house trophy. The results are as follows:

Year 3 Sports Day		Year 4 Sports Day
Anubis 3	Gold	Horus 1
Ra 2	Silver	Ra 3
Ra 4	Bronze	Anubis 3

**The overall house winners were Anubis in Year Three and Thoth in Year Four!**

Mr. J. Currie - Primary PE Department



Horus proudly display their Gold medals



Hassan (Y4B) competes in the longest team jump for Ra



Omar (Y3G) leading the race in the hurdles



Anubis lifting the Team trophy aloft!

## Primary Sportsdesk

# YEAR FIVE AND YEAR SIX SPORTS DAY



House trophy being lifted for Horus by Sondos Hothaifa (Y6R), Mariam Azab (Y6V), Yassin Tolba (Y6R) and Adel Serry (Y6O)



Michael Aziz (Y5Y) and Layla Dajani (Y5Y) lifting the House Trophy for Anubis House.

This year's Sports Day for our Year Five and Six students saw more action and more participation than ever before. Our students competed in their house teams against other houses in one of four specially designed groups! Our groups were based on four of the most famous current day Olympic Athletes. Valarie Adams, the Shot Putt Olympic Champion from New Zealand. Usain Bolt, probably the most famous and successful sprinter the world has ever seen! David Redisha, the Olympic Champion and World Record Holder for 800m who is Kenyan, and finally Great Britain's Jessica Ennis, the Olympic Gold Medallist for the Heptathlon. At sports day all pupils get to

experience events the same or similar to the events that you see at the Modern Day Olympics. Pupils need to be successful in a variety of running, jumping, throwing and agility events to win points for their house and individual medals.

**Year Five Sports Day** started at in front of a huge crowd of cheering parents. One of the most successful events was the Javelin throw. Here students throw modified foam Javelins similar to the event seen in the Olympics. Our students performed out of their skin with many athletes throwing beyond 15m and our top performers reaching nearly 20m. The Javelin event is a great test of throwing ability and the children showed a great combination of power and technique to allow them to throw past the 15m line.

**Year Six Sports Day** highlights were probably the high jump and the sprints. At one stage it is reported that the high jump bar have been raised to 1.25m in order to challenge our students. Time and time again the high jump competition saw students using a combination of power and jumping technique to launch themselves over the bar and safely onto the cushioning mats on the opposite side. The sprints, as always, were fiercely contested and sometimes required a photo finish to separate winners! We did see lots of competitors using a dip at the end of the race to ensure they were finishing ahead of their opponents.

After a gruelling 90 minutes of various Athletic activities students had exerted themselves and drained every ounce of energy and strength in order to gain vital points for their house team. Our final results were presented by Mrs. Godfrey and Mr. Poad in front of the students and their supporting parents. The results are as follows....



Our Year Five Gold Medalists



Yassin Gazzar (Y5R) scaling 1m 15cm in the high jump competition.



A close sprint race. Marina Adel (Y6Y), Souad El Hout (Y6O), Nadia El Gohary (Y6R) and Laila Salhab (Y6R)



Our Year Six Gold Medalists



Year 5 Sports day		Year 6 Sports day
Anubis – 520 points	1 <sup>st</sup>	Horus – 434 points
Horus – 432 points	2 <sup>nd</sup>	Anubis – 411 points
Ra – 409 points	3 <sup>rd</sup>	Ra – 408 points
Thoth – 372 points	4 <sup>th</sup>	Thoth – 360 points

In addition to the House Trophy being presented we also recognised the efforts of our athletes in a variety of events by giving out gold, silver and bronze medals. Students earned the medals by being successful in more than one event or by showing the attitude and characteristics needed to be a top sportsperson. These students were voted for by their teachers and PE teachers throughout the day.

Mr. O. Morgan – Primary PE Department



Neck and neck at the Year Six girls hurdles.



Selim Saber (Y6O) showing great technique launching a javelin\_1



Hana Taha (Y6G) leaping to victory at the girls high jump



Year Five girls showing no fear in their hurdles race



Lara Mobasher (Y5R) flying over the high jump bar.



Selim Saber (Y6O) showing great technique launching a javelin



Year Five boys showing maximum effort in the sprints

## MES CAIRO ACHIEVERS!



### Abdel Rahman Khalil (Y4O) – Judo Champion!

Abdel Rahman made his own decision to take up Judo three years ago. He hasn't looked back since! He trains at the Gezira club and is very inspired and motivated by the sport. He attends training three times a week and is now an Orange Belt. Recently, Abdel Rahman took part in his first tournament which was held at the Rehab Club.

He won first place in the 35kg category!



### Yassin Soliman (Y2B) – Gymnastics Superhero!

Yassin Soliman started gymnastics when he was just four years old. He is now part of the Heliopolis Club Gymnastics Team. He trains very hard, six days a week! Last March he took part in the Cairo Gymnastics Zone Competition, which was held at Wadi Degla Club. He won a gold medal!



*Congratulations to all of our MES Cairo achievers. We are very proud of you! Keep up the great effort!*



# Secondary Sports Day

**A** week following the grueling but very successful 24-Hour Charity Fun Run on the MES Cairo Track, another exciting event took to those same five lanes: Secondary Sports Day.

As House events go, Sports Day is one of the biggest. All students from Grade/Year 7-12 take part over the course of two very exciting days. On Wednesday, running events were held and on Thursday the event wrapped up with all jumping and throwing events.

Students had been training for their favoured track and field events in both physical education classes as well as after school, in the case of some of the most dedicated. Sports Day served as a showcase for some of MES Cairo's fastest, strongest and most competitive individuals!

As usual, the competition across all four Houses was very tight and the decision of the champions came down to the final events of the day. At the close of Sports Day 2014, it was golden Selket who would claim victory after narrowly missing it in 2013.

Here is a list of the school and Year/Grade level records that were broken this year:





## Year/Grade Level Records

EVENT	RECORD HOLDER	TIME/DISTANCE	YEAR
<b>Grade/Year 7</b>			
Javelin (400g)	Omar Said	21.10m	2004
800m	Jumana Khafagi	2:53:74	2014
<b>Grade/ Year 8</b>			
Discus (1kg)	Youssef Erian	22.60m	2014
Long Jump	Fatima AlHarbi	3.68m	2014
<b>Grade/Year 9</b>			
100m	Mahmoud Shabba	12.18s	2014
400m	Abdelrahman Abdulkhalik	56.87 secs	2014
Long Jump	Ziad Dakroury	5.32m	2014
Triple Jump	Abdulrahman Abdulkhalik	10.65m	2014
50m	Yara Tarek	7.72 secs	2014
<b>Grade/Year 10</b>			
200m	Omar Moamen	25.08s	2014
Shot Putt 6kg	Abad Kolega	10.54m	2014
Discus 1.5kg	Hussein Rizkana	30.07m	2014
Javelin (700g)	Mohamed El Barbari	27.90m	2014
800m	Mena Sharawy	3:09:00	2014
Long Jump	Sara Labib	4.05m	2014
Shot Putt (4kg)	Zubaydah Jibrilu	9.45m	2014
Discus (1kg)	Zubaydah Jibrilu	24.85m	2014
<b>Grade/Year 11</b>			
100m	Mohamed Selim	11.28s	2014
200m	Ahmed El Balboushy	25.48	2014
800m	Omar Anwar	2:27:11	2014
1500m	Omar Anwar	5:25:65	2014
Shot Putt (5kg)	Farid Sedkey	11.07m	2014
200m	Farida Karawia	33.05s	2014
<b>Grade/Year 12</b>			
100m	Omar Bahig	11.48	2014
Long Jump	Omar Bahig	5.92m	2014
100m	Bana Al Bitar	13.86sec	2014

## School Records

EVENT	RECORD HOLDER	TIME/DISTANCE	YEAR
100m	Mohamed Selim (G11Y)	11.28s	2014
200m	Omar Moamen (G10G)	25.08s	2014
400m	Abdulrahman Abdelkhalik (Y9B)	56.87s	2014
Long Jump	Omar Bahig (Y12Y)	5.92m	2014
Triple Jump	Abdelrahman Abdulkhalik (Y9B)	10.65m	2014
Discus 1.5kg	Hussein Rizkana (Y10B)	30.07m	2014
4 x 100 relay	Samy Shelbaya (G9G), Abdelrahman Abdelkhalek (Y9B), Omar Moamen (G10G), Seif Gaafar (Y9R)	49.52s	2014
800m	Jumana Khafagi (Y7R)	2:53:74	2014
Long Jump	Sara Labib (G10G)	4.05m	2014
Shot Putt 4kg	Zubaydah Jibrilu (Y10G)	9.45m	2014
Discus 1kg	Zubaydah Jibrilu (Y10G)	24.85m	2014

Ms. L. Quarin – Secondary Athletic Director/Head of PE Department



# PERSPECTIVES

## ISAC Middle School Football Tournament March 2014

### Nafisa Jibrilu (Y7G)

From her perspective something was not quite right. She looked down at the white ball on the painted spot then gazed at the goal in front of her. Her rapid breathing would have betrayed her fear to anyone close enough to hear. Taking the first penalty kick in this semi-final shoot-out was rather daunting, but she had an excellent track record for scoring goals in practices. That was not the issue. It was just that now the gaps between the posts and the goalkeeper seemed so narrow. Nafisa stared hard directly ahead and tried not to focus on the player in front of her.

### Alia El-Shabrawy (Y7R)

Watching from the touchline, Alia was not disappointed to be omitted from the list of penalty takers. It wasn't her favourite part of football. Harassing the opposition with her boundless energy and courage was what she really enjoyed most. Bruised and aching, she still smiled to herself as she pondered upon the greater suffering she had likely inflicted on her older and bigger opponents. Her teammates, Alia Sabbour G8Y, Salma Khalil G8B, Natalie Bishay G8B and Sandra Massoud G8B stood beside her, anticipating the drama about to unfold in the penalty area. Alia felt for Nafisa and her astute sporting mind told her something was very wrong indeed. It was very clear from this perspective.

### Tia Saied (G7R)

She knew she would be next. Number two penalty taker, Tia could only watch helplessly in the centre circle as her teammate Nafisa prepared the first strike for MES Cairo. She had felt worse, powerless in fact, a few minutes earlier as her opening goal had been nullified by an equalizing penalty for handball. Within one minute of victory and a place in the final, her world had come crashing down. They had played the exhilarating style of open football Tia loved, against a brutally physical NCBIS with all the advantages of being at home. Now together with Fatimah El Harbi G8Y, Mariam Gouda Y8B and Shaden Soliman G8B she waited her turn. All they could see from this angle was Nafisa's yellow back adorned with a large white figure 6, an adjacent luminous green clad referee and parts of a goal.

### Nafisa Jibrilu (Y7G)

The gaps hadn't widened and Nafisa could discern the whites of her opponent's eyes. She seemed so encroaching. Then Nafisa remembered something from penalty practice in training.

*The defending goalkeeper must remain on her goal line, facing the kicker, between the goalposts until the ball has been kicked. This was clearly not the case. Nafisa waited for the referee to act.*

### Alia El-Shabrawy (Y7R)

Hopeful as ever, Alia's eyes surveyed the scene before her. Around the perimeter of the playing field an





unfriendly crowd was baying for the home team's victory. To Alia, their faces appeared warped and they snarled for her team's exit from this competition. Within the centre circle, both teams had gathered their imminent performers for the ordeal. Clutching each other for reassurance they stared silently towards the focus of the game.

And there stood an isolated Nafisa in yellow and blue waiting head bowed. The referee put the whistle to his lips. *No! She's nearly a metre off her line. This is so unfair! Make her go back. Make her stand on her goal line.*

#### Nafisa Jibrilu (Y7G)

She heard the high pitched screech of the whistle, the signal to kick the ball. She hesitated. Also aware of a wall of noise around her, Nafisa could not distinguish any intelligent sounds. Only her own breathing kept her audibly in the present reality. Everyone was watching her and her own team depended on what she did next. Surely the referee would say something? Or if not, the tournament director? A coach? Her coach? No the world was silent and expectant. Do as you are told! Do it! Finally she ran to the sphere and struck it cleanly. It by-passed the encroaching hands of the goalkeeper but also veered off-course to miss the net. The intense sound of jubilation mocked her and she turned in dread to her teammate Zeina Sakkejha G8R, the next goalkeeper.

#### Alia El-Shabrawy (Y7R)

*If the goalkeeper infringes the Laws of the Game the referee allows the kick to be taken, if the ball does not enter the goal, the kick is retaken.* Alia was certain of this. In sheer horror and disgust she watched as Zeina was ordered into the goal for the next kick. She felt a clear betrayal for the suffering and pain her team had endured to reach this far in the tournament. *How can they just carry on? How can they?*

#### Tia Saied (G7R)

Oblivious to the violation that had just befallen her team, Tia and her peers could only offer solace within their outstretched arms for the returning Nafisa. Tia hoped her experience would be more fruitful. She could only try her best.

Other perspectives-

**Tournament Director:** "I did not see the position of the goalkeeper for the penalty."

**Referee:** No comment.

**Semi-final result:** NCBIS 1 MES Cairo 1 (Goal: Tia Saied G7R);

NCBIS win 2-1 on penalties (Scorer for MES Cairo: Fatimah El Harbi G8Y).

**Third-Place Play-off result:** AISE 1 MES Cairo 3 (Goals: Fatimah El Harbi G8Y 2; Tia Saied G7R 1)

Mr. S. Perry – Girls' Football Coach







# Seleção

By Mr. S. Perry – Girls' Football Coach

In Brazil, the national football team has one commonly used nickname. Where football is almost a religion and no other sport comes close, everyone has the same understanding. When a country comes to a standstill to watch their team perform, there can be no doubt who people are talking about. This summer Brazilians expect the very best from their side. That team is simply known as *Seleção*. (Portuguese for: Selection)

MES Cairo Girls may not travel to the World Cup 2014 in Brazil this summer. They may never see Copa Copana beach or Sugarloaf Mountain. In fact, the Middle School Girls could not even travel across Cairo! But the Varsity team did get to Portugal (where they also speak Portuguese, apparently). However, if a team does drop out of the FIFA World Cup then please be informed President Blatter, MES Cairo Girls are on standby. We are ready for Rio, set for Sao Paulo or will even manage Manaus and an infested jungle, with enough 'Off' spray. As ever, we are fully prepared and here for the record, is our 23 player squad. Brazil better watch out, because we may be coming to beat them and we play in yellow too. Here is our very own *Seleção*. Cue the samba beat...

## Goalkeepers with tickets for check-in



Subject to 'availability' Salma Amer (DP11R) brings her own high level of sportsmanship to any competitive occasion. Her astute assessment of danger and coordination get her a ticket for Brazil. Bravery is Zeina Sakkejha's (G8R) forte and she will be ready to confront any danger, with jaguar like ferocity. The number one jersey, however, is already in the suitcase of the ever reliable Laura Sakran (Y10R) who has demonstrated an improvement unsurpassed by any other Junior Varsity player. In her final game this season she gave a truly commanding performance from her natural domain. Expect a few clean sheets to frustrate our opponents in the group stages. Brazil is about to enter another dry season.

Waiting for the next available seat will be the newest goalkeeper Habiba Shaawawy (G8G) who impressed well in the friendly games held in the final few weeks of the regular season, but never received the opportunity to have her mettle truly tested at tournament level.

## Defenders through passport control

First choice at right-back must be Mahira Ahmed (G11Y). Steady as the Amazon's current, Mahira may pass under the radar of top player profiles, but in the intense heat of competition, her quiet confidence and intelligence will cool things down, and be well appreciated. On the left Nardeen Massoud (G11G) will be equally invaluable. The tall and

athletic CISSA Varsity Player of the Tournament 2013 exudes the dual gifts of solid tackling and accurate distribution. Youth and experience cement the entire defence together with inspiration and leadership skills. If Laila Farouk (DP12R) performs anywhere near her level in the Algave Cup final earlier this season, there will be little hope for attackers in the Latin-quarter. This central partnership will be completed by the incredibly young Alia El-Shabrawy (Y7R) who has left much older forwards







shaking in her wake this year. Her short stature is no hindrance to her aerial combativeness and even the rainforest rooftops are within her reach. Should any of the back four be injured in South America the cover is far-from-weak. At Varsity level, both Nouran Jaouda (G11B) and Mariam El Wahsh(G11G) have proved their worth in the most testing of battles. Whilst the experiences of Salma Farouk (Y10G) in Junior Varsity and Shaden Soliman (G8B) in Middle School, captaining their respective sides, will ensure their time on the substitutes bench is only temporary. If the Brazilian attack is as rapid and potent as a Fer de Lance viper, then this defence is clearly the antidote to its potentially lethal bite.

### Midfielders at the boarding gate

Positioned right in front of the defence, but never immobile, will certainly be the ever determined Mariam El Gabalawy (Y9G). Covering every inch of every blade of grass in her pursuit of prey she ensures enemy manoeuvres evaporate into futility. Beyond this holding role, a fiesta of innovation and expression will unfurl.



The maestro, Randa Khalil (G10R), naturally gifted with telepathic vision of player availability, will distribute passes with pin point accuracy. To her right awaits the magical Nour Mashhour (Y11Y), feigning and skipping past foe after hapless foe, on her way to executing a precise cross. Able to dribble uninjured through a school of piranhas, there must be a starting place for the sublime skills of Fatimah Al Harbi (G8Y) on the opposite flank. Although Merna Youssef's (DP11R) assertiveness and left-footedness will be a useful variation, should the need arise. Making a late dash for departures, Rosan Saber (G9Y) will surely acquire some playing time to develop her improving creative skills. Salma Khalil's (G8B) recovery from a nasty knee injury has meant working her way back to full fitness and she is destined for the Rio tarmac with the rest of her team. This 'groupo' of rhythmic, free-flowing, expressive and entertaining exhibitionists will find a welcome home, in the land of carnivals.





## Forwards fastening seatbelts

Goals win games and this squad has no shortage of fire power in its forward lines. Tia Saied (G7R) has terrorised opponents in a manner not unfamiliar to her mentor, Bana Al Bitar (G12G). Expect unbelievable neat tricks and unstoppable free kicks, from both. If these two click south of the equator defences will flee all the way down to Cape Horn. Pure strength, in the guise of Khadiga Wegdan (G9B), will be at full disposal too, should a more direct approach be called for. The development of youth continues to be paramount, so Nafisa Jirbrilu (Y7G), another route one goal scorer, and Amina El Hamawy (Y7R), with her extraordinary positional awareness, will be sharing a row on the jumbo jet too. With this strike force in the arsenal, a downpour of shots of tropical proportions will ensue.

The only word commentators will have time to use is, 'Goooooaaaaa!!!!!!' over and over and over again.....

## Our Team at take-off

Of course there are players overlooked who some would have included, but with only twenty-three places per FIFA squad, there can be no question about the quality of those picked. This *Seleção* has the fortitude, has the capabilities and beyond any doubt, has the unrivalled passion, to succeed at 'Brazil 2014'.

The Official MES Cairo Girls FIFA World Cup 2014 Squad or *Seleção*:

1.	Laura Sakran	Y10R	Goalkeeper	Junior Varsity
2.	Mahira Ahmed	G11Y	Defender	Varsity
3.	Laila Farouk	DP12R	Defender	Varsity
4.	Alia El-Shabrawy	Y7R	Defender	Middle School
5.	Nardeen Massoud	G11G	Defender	Varsity
6.	Mariam El Gabalawy	Y9G	Midfielder	Middle School & Junior Varsity
7.	Nour Mashhour	Y11Y	Midfielder	Varsity
8.	Randa Khalil	G10R	Midfielder	Junior Varsity and Varsity
9.	Tia Saied	G7R	Forward	Middle School & Junior Varsity
10.	Bana Al Bitar	G12G	Forward	Varsity
11.	Fatimah Al Harbi	G8Y	Midfielder	Middle School & Junior Varsity
12.	Zeina Sakkejha	G8R	Goalkeeper	Middle School
13.	Nouran Jaouda	G11B	Defender	Varsity
14.	Salma Farouk	Y10G	Defender	Junior Varsity
15.	Shaden Soliman	G8B	Defender	Middle School
16.	Mariam El Wahsh	G11G	Defender	Varsity
17.	Rosan Saber	G9Y	Midfielder	Middle School & Junior Varsity
18.	Merna Youssef	DP11R	Midfielder	Varsity
19.	Salma Khalil	G8B	Midfielder	Middle School
20.	Amina El Hamawy	Y7R	Forward	Middle School
21.	Khadiga Wegdan	G9B	Forward	Middle School & Junior Varsity
22.	Nafisa Jirbrilu	Y7G	Forward	Middle School
23.	Salma Amer	DP11R	Goalkeeper	Varsity





## MIDDLE SCHOOL BOYS' VOLLEYBALL



**The** MES Cairo team was a mixture of old and new players from both British and American Sections. Eleven boys made their debut for MES Cairo:

Marwan Seodi (Y8B), Grant Goddard (Y7G), Ismail Rizkana (Y7B), Yousef Selim (Y7B), Faris Majid (Y8R) Omar Maarouf (Y8R) Assar Taher (Y9R), Bassel Gerges (G9R) David Schenouda (G9Y), Sherif Toma (Y8R) and Seif Gaafar (Y9R).

The team came in third place overall. Over the day the boys' volleyball skills improved. It is clear that we have a wealth of talent in the Middle School. Next year we will have a great starting line-up for the JV team and the Middle School team is going to be very strong with such a good core group of athletes.

A huge thank you goes to Mr. Haitham for his dedication to coaching an excellent team.



## MIDDLE SCHOOL GIRLS' VOLLEYBALL

**Girls** Middle School Volleyball has just drawn to a close as we approach the end of Term Three.

The brand new team braved their first ever tournament at CAC last May.



The team was led by Mariam Nabhan who did an exceptional job as captain. When the coach was delayed in the morning, Mariam organised the team, liaised with the coaches at CAC and sorted out their first match.

The first match against CAC was a good warm up. Although we lost the match, the score was quite close and it gave our team time to warm up.

We then played a friendly and, to the delight of the team, found ourselves in the semi final

Unfortunately we came up against El Alson who have an exceptionally strong team this year for both boys and girls. El Alson went on to win the tournament. We came in a respectable 4th place and all credit to the team – they were nominated for the Fair Play Award by the other teams and coaches.

Well done to; Amina El Hanawy (Y7R) Kenzy Abdel Wadood (G7G), Malak Farrag (Y7R), Mariam Ahmed (G7Y), Nafisa Jirbrilu (Y7G), Rana Bahaa (G8B), Salma Khalil (G8B), Zeina Sakkijha (G8R).

Ms. C. Downey – Girls' Volleyball Coach





# MIDDLE SCHOOL BOYS' FOOTBALL – A SEASON TO REMEMBER!



**The** middle school football season was eagerly anticipated with hopes of a successful season riding high amongst coaches and players. The tryouts saw 42 hopefuls attend with the squad cut down to 23. In what was a relatively long season, the squad was to participate in the ISAC tournament with 4 friendly matches arranged.

Following two weeks of training with coaches Fearn and El Hoss, MES Cougars turned up at NCBIS to compete in the ISAC tournament with AIS, NCBIS and Schutz Alexandria also represented. In the group stages, MES Cairo was in

outstanding form, scoring freely and keeping possession of the ball well. At the end of the first day, the Cougars were unbeaten and sitting in top spot prior to the day two semifinals and final.

The start of the second day, presented an unexpected challenge to really test the character of the squad, the withdrawal of the regular goalkeeper, left a gap in the team. True to the resilience shown so far, the squad dealt with the problem and continued their running streak to beat Schutz in the semifinal and set up an intriguing final against AIS. Leading 1-0 for the majority of a very competitive final and with hands almost on the trophy, MES conceded a late equalizer to take the match to golden goal extra time. Momentum in the match was swinging from side to side when MES were awarded a corner, duly headed home to seal a first Boys ISAC football win in recent memory.

Following an unbeaten friendly schedule, the middle school boys football squad did not lose a single match. Thanks must go to coach El Hoss for his support throughout the season.

Middle school boys squad: Omar Soliman (Y8R), Mohie Khalil (G9Y), Samy Shelbya (G9B), Abdulrahman Abdulkhalik (Y9B), Omar Hegazy (G8G), Youssef Abbas (G7R), Karim Morsi (G9G), Seif El Refaie (G9B), Omar Abdelaziz (G9R), David Shenouda (Y9Y), Shehab Abu El Fadl (G8B), Ali Bahig (G9G), Youssef Shukri (Y8R), Karim El Kersch (G9R), Grant Goddard (Y7G), Hussein Komy (G8G), Ismail Heiza (G8Y), Adham Mira (Y8R), Marwan Seoudi (Y8B), Omar Abouelnour (G8B).

Mr. L. Fearn – Boys' Football Coach





# 

The varsity boys' football team partook in the longest season of any of the Cougar athletes, participating in three tournaments, one of which was on foreign soil.

The squad showed incredible resilience and a commendable desire to improve. Twice-a-week training really benefitted the squad with comments made about the style of play being made at all three of the tournaments.

Up first was the CISSA tournament, in which the team finished 4th having been beaten 1-0 in a tightly fought semi-final. This was a super start to the season having fielded a depleted squad due to suspensions.

The second tournament of the season saw the squad travel to Portugal to take on squads from the host country, Spain and Morocco. A tough tournament against some highly competitive teams once again saw the team finish in 4th position. There were once again numerous comments about the quality of football played by the team, the task now was to convert this into progression to the latter stages of a tournament.

AIS was the venue for the ISAC tournament and the final Varsity tournament of the season. MES Cairo Cougars had a strong squad to start the tournament and were keen to take the next steps towards winning their first Varsity title. Confidence was high and this shone through in the early stages of the group games. As the day progressed, it was a shame that poor discipline on a cold, wet day should overshadow some outstanding performances. Finishing third in the group set up a semi-final with UAS Beirut, however unfortunately, the odds were stacked against MES Cairo due to suspensions and illness. Taking the game to UAS Beirut, the Cougars got their noses in front and help on to make their first final against AIS. With only eleven players available and two of them injured, a victory seemed unlikely. However, after a quick start, MES Cairo took a 1-0 lead and with AIS unable to break down a sturdy Cougar defense, the team began to believe. Fatigue began to take its toll and unfortunately, AIS managed to force an equaliser to take the game into extra time. With nothing to choose between the two teams, it was left to penalties to decide who would lift the tournament trophy. The character and desire shown by MES Cairo players was outstanding and when AIS snuck victory in the shootout to leave MES as runners up, the disappointment was clear to see. The message from Coaches Fearn and Shooter was clear, there is no shame in losing if you have performed to your own highest standards, in this instance, there can be no doubt that all the players did this. Many thanks to Coach Shooter for his support throughout an excellent season and good luck to the players moving on next year.

Varsity boys squad: Seif Mattar (Y12Y), Youssef AbouelNour (Y12R), Youssef Jerome (Y12Y), Zade Sadek (G11R), Zeyad Mostafa (Y12R), Fady El Ehwany (Y11Y), Kamal Galwash (DP12R), Karim Dakroury (Y12R), Karim El Alfy (G12B), Marwan Saluussi (G12Y), Mohamed Selim (G11Y), Mohamed Wegdan (G12G), Omar Aref (Y11R), Omar El Saeid (G11G), Amr Mursi (G12Y), Ali Sabbour (Y11G), Amr Emara (G11Y), Mohy Aboualam (DP11R), Youssef El Tawil (Y11B).

Mr. L. Fearn – Boys' Football Coach





# TRACK AND FIELD



**At** MES Cairo, our track and field programme has been growing and developing. Through competitive opportunities such as Sports Days and track meets in Cairo, our track and field athletes have had opportunities to showcase the results of their ever increasing training intensities. This year marked the first time the MES Cougars have competed in an international meet. No one could have predicted just how successful our seventeen track athletes would be!

At the end of March, our Track team of seventeen athletes ranging from Year/Grade Eight to Year/Grade/DP Eleven boarded the plane for Dubai. The Cougars were attending the ISAC Track and Field and Cross Country meet hosted by the Universal American School, Dubai with seven other schools competing. The first competitive opportunity came on the Thursday: Cross country. Cross country is a completely new sport at MES Cairo, and though we lack the hilly landscape that

our athletes were faced with at the meet, three of our long distance runners took on the challenge and represented MES brilliantly. Omar Anwar (Y11R), Mohamed Taymour (G8B) and Ahmed Shahin (G8Y) all ran in the JV boys' category over the hilly 5km route through a city park in Dubai. All three boys finished well with the rest of the Cougars cheering from the sidelines.

The track and field meet ran on Friday and Saturday at the gorgeous UAS facility in stifling Emirates heat. For many of our athletes this was the largest scale competition they had ever attended, in track and field or otherwise. The event was run to a professional standard, with extremely high levels of competition coming from the other schools in the region. Though the Cougars delegation was comparatively small to some of the other larger, well developed track programmes, our athletes represented themselves well above their levels of experience and numbers.

Some of the most notable performances are as follows:

## **Zubaydah Jibrilu (Y10G)**

By far the biggest story of the meet. Zubaydah not only came first in both the JV girls Shot Put and JV Girls Discus events, but she confidently destroyed the ISAC record in both events! Every coach and athlete at the meet could not stop talking about what an incredible accomplishment this was.

## **Hussein Rizkana (Y10B)**

Though only JV age, Hussein was competing at the Varsity level in order to make room for some of our younger athletes to compete. Despite being under age and competing against young men much older than himself, Hussein threw the discus with such conviction, he won the Varsity boys Discus event!

## **Abdel Rahman AbdelKhalik (Y9B)**

There was scarcely an event this young man did not compete in and his results in all were spectacular. He won silver in the JV boys 800m, narrowly missed medaling in the JV boys' triple jump and was part of the silver medal 4 X 100 m relay team.





### Omar Moemen (G10G)

From the beginning of the season Omar was a key player on the Cougar team. His experience with Track and Field is extensive and this young man had a way of maturely imparting his knowledge to his teammates in a way that was both instructional and inspirational. His success in Dubai came as no surprise. He came away with a silver medal in the highly competitive JV boys 200 m race and was a member of the silver medal 4 X 100 m relay team.

### Amina Kerdani (G11R)

Amina never showed anything but quiet, confident poise. She competed in the JV girls High Jump, an event that tests the nerves of even the most seasoned veterans. With steely concentration, Amina confidently jumped her way to a bronze medal!

### JV Boys 4 X 100 m

Arguably one of the most exciting events, the short relay is also one of the most difficult. Our boys 4 X 100m relay team made up of Abdul Rahman AbdelKhalik (Y9B), Samy Shelbaya (G9G), Omar Moemen (G10G) and Seif Gaafar (Y9R) won silver in a staggering time of 49.52s, pulling off three flawless baton exchanges.

Although track and field is an individual sport by its literal definition, the Cougars discovered just how much of a team sport it actually is in reality. Almost every athlete who competed for the blue and gold scored a personal best in a grueling competitive situation, which is an incredible feat. Every event that saw an MES athlete competing also saw the rest of the team in close proximity, cheering their teammates on in a heartfelt and collegial manner. The experience was positive in every way. The most exciting part comes in looking forward to training the potential that we discovered and putting an even stronger team forward for next season.

### Members of the 2014 Cougar Track and Field team

Tamer Madbouly (Y12R) – Although he did not travel to Dubai with the team, his guidance, leadership, instruction and motivation as a team leader was an invaluable component to the teams training.

### Team

Abdelrahman Abdelkhalek (Y9B)  
Ahmed Elbalboushy (Y11B)  
Ahmed Shahin (G8Y)  
Amina El-Kirdany (G11R)  
Farida Karawia (DP11R)  
Fatimah AlHarbi (G8Y)  
Hussein Rizkana (Y10B)  
Zubaydah Jibrilu (Y10G)  
Mohamed Taymour (G8B)  
Omar Anwar (Y11R)  
Omar Moamen (G10G)  
Samy Shelbaya (G9G)  
Sara Labib (G10G)  
Seif Gaafar (Y9R)  
Shaden Soliman (G8B)  
Ziad EIDakroury (Y9Y)  
Omar Soliman (G8Y)

Mr. A. Gross, Miss O. Walker, Mr. L. Fearn, Ms. L. Quarin – Track and Field Coaches





# MES Cairo Silver International Award Expedition Students Tackle Cyprus

The first day of the expedition was based around training and a dreaded training hike. Despite practising in the Wadi Degla, the 22 students were unsure of the magnitude of the challenge ahead. The day began with the groups meeting their Assessors for the week, Jim, Dale and Morcos where they learned safety skills, how to navigate and a friendly reminder of how to set up their tents. Upon completion of lunch, the four groups then set off for a 15 km practice hike around Paphos. This hike allowed the groups to see that they did not need to pack clothes for five days, and carry ten pounds of sweets as their bags were heavy. This practice hike gave the students a small insight to the challenge that lay ahead.

As the practice journey was completed, each group was to once again work through their travel routes for each day to ensure understanding. All students were extremely confident over the next three days until a group from Kuwait arrived after finishing their three days adventurous journey. The students started asking them questions about their journey: "How was it?" "Did you get lost?"

The other students replied. "Do you think you won't get lost?" and they told them about a group that couldn't manage to reach the campsite and had to walk in the dark. The students started to panic; they realised that it was going to be much harder than they thought it was. They started to focus more on every detail on the map in order to make sure they don't get lost at all.

## Hiking Day One

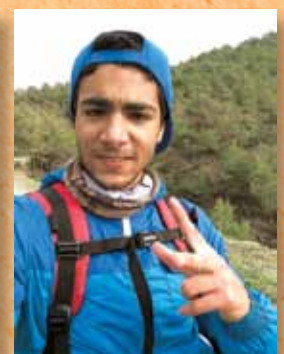
The day began at 6:00am with only a few open eyes during breakfast. After breakfast it was time for the journey to begin. All 22 hikers boarded a bus with all their gear and headed to a beautiful starting point overlooking the sea. At the beginning of the trek all were extremely motivated to keep going, but as soon as they started to get lost they all started panicking. This wasn't the only time they got lost that day, they got lost but they always managed to find their way again. Unfortunately, they all had to walk for about one hour in the dark, but knowing that they were almost there kept them going without taking any breaks. As soon as they reached the campsite they all started putting up their tents and cooking, and after they were done they went to sleep because they knew they had to wake up early to get ready for the second day of their adventure.

## Hiking Day Two

It was an early rise on Day Two. They started having breakfast, putting down their tents, packing, and cleaning up the campsite area. On the second day all the groups were walking at a perfect pace, they were even going to get to the second campsite before the time they planned. Suddenly a group got completely lost, they couldn't reach the checkpoint at all. Despite one group believing that they were lost, they worked backwards to their last checkpoint and began again. Despite setting themselves back, this showed the maturity and growth that the International Award can instil. With only one group a little behind, the other three groups slowly arrived at the second campsite just before dark. They all focused and began preparation for the final night of camping. Darkness was falling and the final group was still walking towards the site but showed no signs of quitting. At about 7:00pm the final group arrived at the campsite after walking in the dark for just over two hours. Upon arrival the spirit of the camp was shining as all hikers who were already at the site stopped what they were doing and ran towards the last group, grabbed their bags, clapped and cheered, and began to cook their dinner for them. The groups then spent some time talking with each other and playing cards, but they couldn't stay awake for long, they had to go sleep to be ready for their third and last day of the adventurous journey. All groups were physically and mentally drained but excited about Day Three.

## Hiking Day Three

For the third day there were only two different routes, which made the groups happy because this meant that they could walk in two groups instead of four. They were all very careful with making sure they don't get lost at all, which they all managed to do on the last day. The "Bakbortat" and "Mozza Mola" were the first two groups to go back to the hotel. As soon as they arrived they all ran to their rooms to shower and get ready to have dinner.







The two groups were extremely proud of what they had achieved, however they couldn't wait until the other groups got to the hotel in order to welcome them and congratulate them. The students weren't the only ones waiting for the other two groups - the teachers were also waiting because they couldn't wait to tell SSLT that the first International Award trip was complete and that all the students managed to succeed. When the "Walkamolies" and "The Eagles" arrived all of the students and teachers felt extremely happy and proud. The students had completed a 60km walk, two nights of camping and had an experience together that only they are able to comprehend.

### Presentation Day

It was time to complete the Adventurous Journey. The students sat in their groups while having breakfast in order to prepare for the presentation. Later they went to buy souvenirs, and as soon as they were back, Dale, the Assessor, told them the news they were all waiting for: "You all passed the Silver Award".

The students were extremely excited and proud of what they achieved. It was then time to head back to the airport and return to Cairo.

The first International Award Silver trip for MES Cairo was a tremendous success and each and every student showed their physical and mental strength. All students learned a massive amount about themselves.

### Well-done Silver Award participants!

Zeina El Zayadi (G11R) and Mariam Shelby (G11R)





# Students Guides!

## A perfect way for busy teachers to learn about Coptic Cairo



**Our** visit to Cairo began with a relaxing tea at a local café where we all met up for the beginning of the day. The teachers were then divided into three groups and were guided by pairs of students around three historic sites: the Hanging Church; the Synagogue; the Church of St Sergius and St Bacchus. The grand finale of the tour was a guided visit to the Coptic Museum. Our excellent guides were NHS/NJHS students who had researched, learnt a great deal about each site we were to visit and had then practised and perfected the fine art of guiding – they were entertaining and informative at all times! What a pleasure it was to learn about the magnificent architecture, the beautiful icons and amazing history of Coptic Cairo on a beautiful sunny day, in an unhurried way and in the company of great people.

### How was the experience of guiding?

'We set off our journey on a beautiful sunny spring day on 5<sup>th</sup> April early in the morning. We all gathered in groups of two people and each took our time researching the alluring and captivating sights that El-Fustat (also known as old Cairo) has to offer, in preparation for the teachers that were coming in the following weeks. We found out facts that we have never known about our bygone treasures. We all felt a connection to this beautiful piece of Egyptian history. We researched the delightful hanging church, the swell synagogue, the amazing Coptic museum and the charming Saint Sergius church.

Over the following three weeks we all anticipated the moment when we would be able to display our efforts to teachers and give a tour of these amazing sights of Cairo to our teachers. We initiated our day on the 26<sup>th</sup> of April by giving a tour to all of our teachers. We enjoyed every moment of that day. I can still remember the smiles on our teachers' faces seeing us giving them this informative tour. This definitely made us feel proud that we could inform other people about our country's great monuments. At the end of the tours the teachers donated money to charity 'Ana el Masry.' Zeyad Hussein (Y9G)

### How were the guided tours?

I was extremely impressed by the MES Cairo student tour guides' enthusiasm and knowledge. I thoroughly enjoyed the experience and was very happy to discover new information about Coptic Cairo and its history. The students spoke confidently about their assigned areas and were well prepared to answer our questions. It was really refreshing to see the students use the skills they have been learning in the classroom in a real life context. I am already looking forward to the next outing! Ms. C. Williams

I found the students to be well prepared. It was evident that they had researched their area and knew their topic well. It was impressive how professional they presented their information: thorough and seamless. Their presentations were well paced, clearly presented, and had a deep understanding of their topic. I was especially impressed with their respect for each other. It was a great experience and how proud I am of our students. A truly enjoyable and informative day! Mrs. R. LeBeau

The students were extremely impressive guides for our visit. I found it gave them an opportunity to demonstrate a variety of skills that they have learned





at MES. It was truly lovely to see the students being confident presenters in front of an audience. They showed great maturity, were respectful both of each other and the sites they were showing us, and were very knowledgeable about Coptic Cairo as well as their chosen site. I certainly learnt a great deal even though I have been to Coptic Cairo before and had a very pleasant and informative day!

Many thanks to our student guides:

Shams Arafa (G11G), Malak Arafa (G9B), Mohamed Refaie (G10G),  
Nader Raafat (Y11R), Karim Shaltout (Y11G), Zeyad Hussein (Y9G),

Menora Thomas (G12R), Mariam Helmy (G11R)

Ms. T. Sliney – English Department, British Section



## Fitness Fun!

**After** a term of weekly workouts in the dance studio, the girls in Female Fitness Club decided to spice things up in Term Two

by heading to the kitchen for some healthy cooking. Healthy AND Delicious? Yes we found a way to make it happen!

- Chocolate Pudding
- Frozen Smoothies
- Chocolate Zucchini Cookies
- Surprise Muffins (four hidden fruits and vegetables inside)

All the above can be made with wholesome ingredients and absolutely no sugar. Can chocolate pudding made with sweet potatoes and frozen bananas really taste good? The proof was in the pudding! As they shredded zucchini, you could see the look of ambivalence on the girls' faces. «Kousa in a cookie? Really Ms. B?!» They quickly became believers at first bite and were pleasantly surprised at how something so healthy could be so yummy.



In Term Three we went back to the Dance Studio and Gym for more workouts. Ms. Claire Williams has joined us and her enthusiasm has added zest and spice to our workouts! Working out and getting fit at MES Cairo is easy and enjoyable!

Ms. S. Barakat – Science Department, British Section



# MESMERISED



**Caring**



**Challenging**



**Inspiring**





# MESMERISED



**Caring**



**Challenging**



**Inspiring**



**Wishing the MES Cairo Family a peaceful and restful summer holiday.**

MESsenger 47 Team  
Ms. S. Sheehan, Mr. G. Lavelle, Ms. G. Dajani, Mr. J. Todd, Mr. T. Dajani, and Ms. H. Amgad.  
With special thanks to Elham Tadros at Glow Printing.



# Modern English School Cairo



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

## Our Mission

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

### We believe in:

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



*IBO World School*

\*

*CIE Fellowship Centre Status*

\*

*DfE - Department for Education (UK)  
Number 7036316*

\*

*Member of British Schools in the Middle East (BSME)*

\*

*Associate Member of European Council of International Schools (ECIS)*

\*

*Council of International Schools (CIS)*

\*

*Fully accredited by Middle States Association (MSA) Commission on Elementary and Secondary Schools*

\*

*Fully accredited as an International School by Ministry of Education, Egypt*

\*

*Member Near East South Asia (NESA) Council of Overseas Schools*

\*

*NCA Accredited - AdvancED*

\*

*ICT Mark (UK 2010)*

**New Cairo, South of Police Academy**

**Tel: (202) 2618-9600**

**Fax: (202) 2617 0020**

**Website: [www.mescairo.com](http://www.mescairo.com)**

**E-mail: [mescairo@mescairo.com](mailto:mescairo@mescairo.com)**

**Mailing address: P.O.Box 5, New Cairo, Tagamoa Khamis, 11835, Cairo, Egypt**