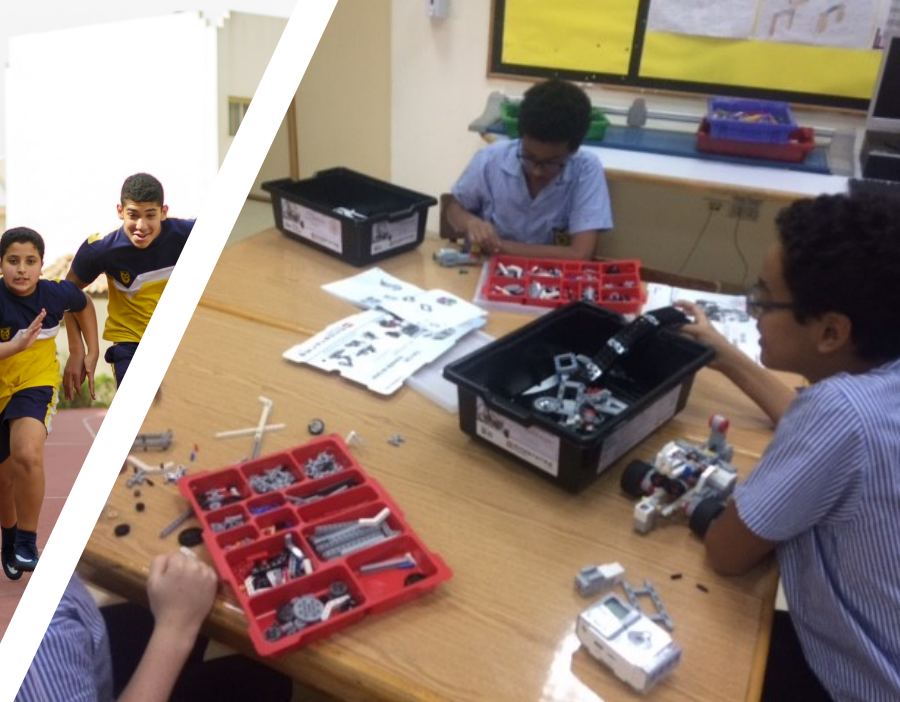




Term one ASA Programme

ASA BOOKLET 2019 - 2020

Gaining the skills you need
for your bright future



What Do You Enjoy Doing?

- Mathematical Challenge
- Global Perspectives
- Cookery Club
- Ping Pong
- International Award
- Forensics Science Club
- Challenge Club
- Compete
- Design Workshop
- Geography Rocks
- Outreach
- Cougar Teams
- Fitness
- Cascade Choir
- El Café Latino
- El Café Francais
- Jewellery Making
- Public Speaking
- Power Ride
- Creative Creativity
- Mathletes WMTC
- Tai Chi and Chi Gong
- Mock Trial
- Pioneers
- Build Your Business
- Catch Up Club
- Video Producers
- Homework Club & Math Skills
- Junior MUN/MUN/NHS



Physical

STUDIIS GUBERNATIO

Zumba Zin

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

Come and give yourselves the boost you need to shake the stress away and soar tomorrow. Burn up to 500 calories with a fun filled class of Latin rhythms. It's the only workout that feels like a party!

Where: W3

Staff: Ms Y Youssef, Ms S ElMasarany

Year/Grade: Y/G/IB 7-12 (female students only)

Maximum Participants: 15

Sunday

E



Physical

Youth Fitness

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

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

Where: Fitness Centre

Staff: Ms R Edmond, Mr E Ahmed

Year/Grade: Y/G/IB 9-12 (open to male and female students)

Maximum Participants: 15

Power Ride

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

Power Ride is a great cardio and power workout on static bicycles in a purpose-built facility in Swan Lake Compound. If you are interested in getting into cycling or keeping fit then this is the perfect ASA for you. Those dreaming of competing in a triathlon should definitely join us. Train indoors and enjoy outdoors.

Where: Swan Lake Compound (leave via Yard 6)

Staff: Mr E MacAulay

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

Maximum Participants: 14

Tuesday



E

Tuesday



E



Physical

Ping Pong

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

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

Where: MPH Basement

Staff: Mr J Henry, Mr E Ahmed

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

Maximum Participants: N/A

Tai Chi and Chi Gong

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

This ASA is a relaxing form of exercise where you will learn basic Chi Gong and The Tai Chi Form - (Look at Wudang Tai Chi 28)

Where: Fitness Centre

Staff: Mr S Blan

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

Maximum Participants: N/A

Tuesday



E

Wednesday



E



Global Perspectives

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

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

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

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

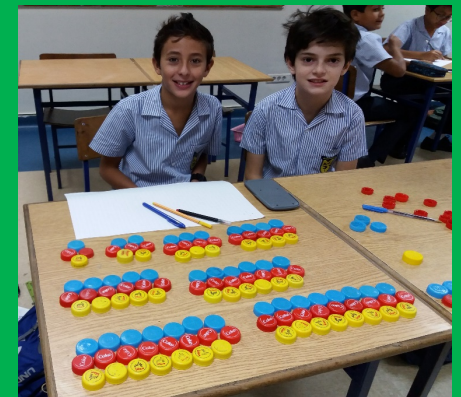
(BY INVITATION ONLY)

Where: SF10-SF13

Staff: Mr B Rainford, Mrs J Rainford, Ms F Kassaby

Year/Grade: Y/G 9-10

Maximum Participants: N/A



Skill

I

Compete

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

Show your hidden talent and compete against others both individually and in teams. Each week you will take part in various types of activities including, "minute to win it" games, quizlet, breakout, online games, card games, wii games, games of skill, games of logic, puzzles, etc. Each week the points will be tallied together and at the End of Term 1 prizes and certificates will be awarded.

Where: SS17

Staff: Mr T Kasmani

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

Maximum Participants: N/A

Jewellery Making

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

Do you love your accessories? Are you interested on making your own? Come and join make your own unique necklace and bracelets.

Where: SG3

Staff: Mrs M El-Abd

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

Maximum Participants: N/A

Sunday

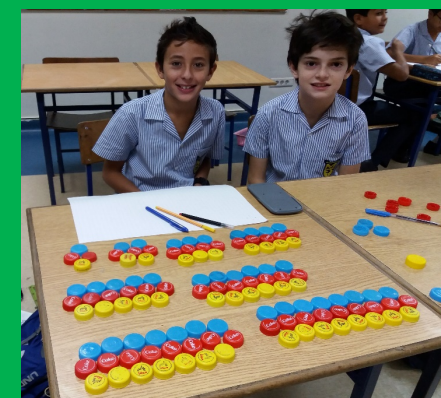


D

Sunday



E



Skill

I

Public Speaking

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

Want to gain confidence speaking and performing in public. This course will focus on delivering speeches and performing poetry, prose and drama to an audience.

Where: NG1

Staff: Mr M O'Connor, Ms S Blane

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

Maximum Participants: N/A

Mock Trial

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

'Don't Argue, I Just Explain Why I'm Right'. Being a successful attorney requires the ability to persuade a judge and jury of their position. Come join us and present your case.

Where: SG24

Staff: Ms S Caswell, Ms P Soloman

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

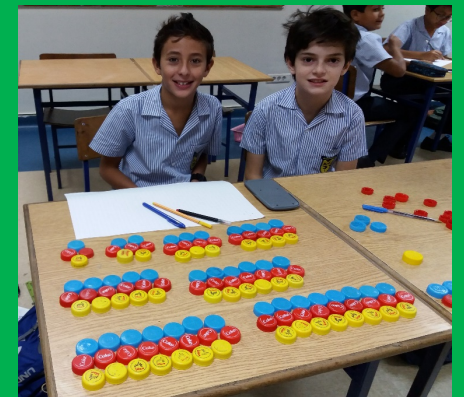
Maximum Participants: N/A

Sunday

E

Wednesday

I



Skill



Mathletes WMTC

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

Come practice for upcoming mathematics competitions. Work on problems individually, with partners and in teams. Participate in practice relays and team competitions.

(BY INVITATION ONLY)

Where: SS20

Staff: Ms J Cates, Ms S Elrify

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

Maximum Participants: N/A

Food Glorious Food Sculptures

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

Do you love designing, being creative and making food? If the answer is yes then Food Glorious Food is the place for you!! We will be creating giant food sculptures that will give you a huge appetite. If you love food and art then sign up!!

Where: SG19

Staff: Mrs R Seabrook, Mrs L Lee

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

Maximum Participants: N/A

Tuesday

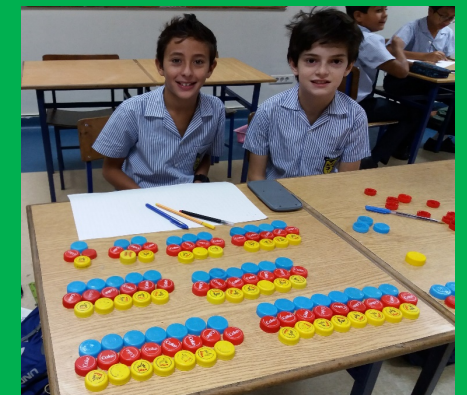


D

Wednesday



Rd



Skill

I

Mathematical Challenge

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

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

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

Where: SS23

Staff: Mr S Rayner, Mr P Carr

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

Maximum Participants: N/A

Wednesday



D



The Challenge Club

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

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

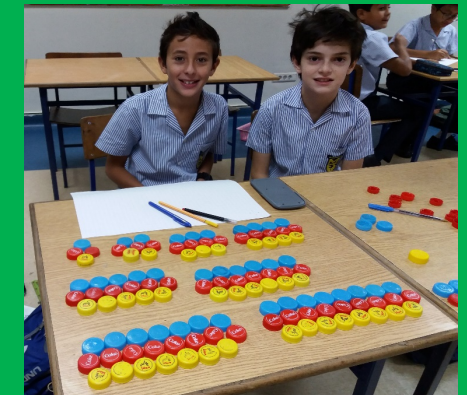
Where: SF11

Staff: Ms T Kolesnikova, Mr H Cordy

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

Maximum Participants: N/A

Tuesday



Rs

Skill



CAScade Choir

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

Do you enjoy singing in choir? Would you like to perform during the Seasonal Concert in December? If so, please sign up for the CAScade Choir.

Where: SG10

Staff: Mr J Harper, Ms K Banks

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

Maximum Participants: N/A

Homework Club & Math Skills

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

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

Where: LMC

Staff: Ms M Allen, Ms D Frick, Ms L Castleberry, Ms L Ghoweiba

Year/Grade: Grade 7-12

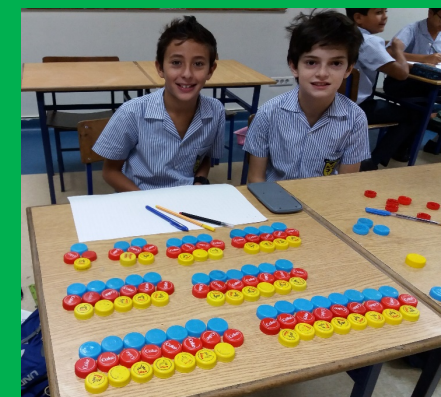
Maximum Participants: N/A

Tuesday

E

Tuesday

I



Skill

I

The Witty Writers

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

Be guided through the process of completing a book or novel, how to properly outline and create dialogue. We will study the structure of some famous authors and their work. When the framework manuscripts are ready, we will teach writers how to properly edit and then query their manuscripts to publishers. We will also discuss the inner-world's of both traditional and self-publishing.

Where: SF25

Staff: Ms D Quarles, Ms A Hawthorne-Kuhl

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

Maximum Participants: 10

Catch-Up Club

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

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

Where: LMC

Staff: Ms A Bowker, Mr A Ellson, Mr G Scott, Mr J Romaniewicz

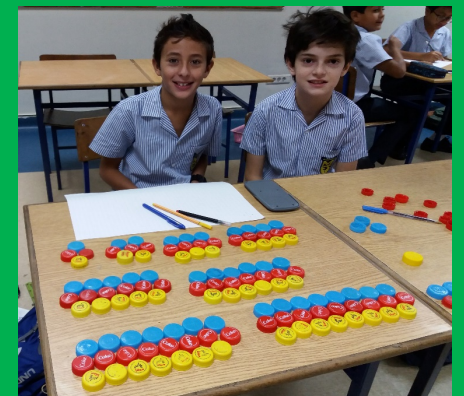
Year/Grade: Year 7-12

Maximum Participants: N/A

Wednesday



Wednesday



Skill

Geography Rocks

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

How much ash covered Pompei and would an umbrella have helped? Is the Pacific rim the spiciest area on the earth? How deep is the Mariana trench and what did happen in the Bermuda triangle all those years ago? If you think you know the answers or want to help others discover them, then, 'Geography Rocks' is for you! We'll use some modern detective techniques to try to get to grips with all these sticky questions and more!

Where: SF5

Staff: Ms N Hodkinson

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

Maximum Participants: N/A

MES Band

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

Come and perform at concerts and events in school and further afield. The Orchestra will be open to all orchestral instruments including guitars. We will perform music from the classics to the modern repertoire. Musicians should be able to play at a basic standard and those who are just starting instruments will be able to join in the future. Music will also be adapted for the more skilled and experienced musicians who will lead by example

Where: SG6

Staff: Mr G Thomas

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

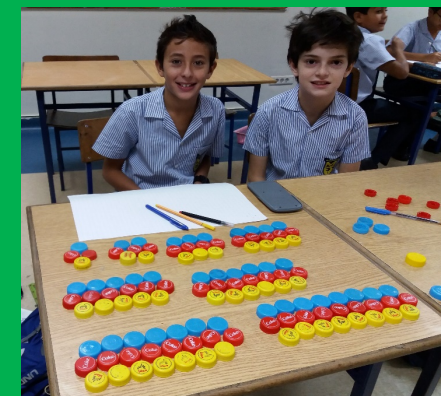
Maximum Participants: N/A

Sunday



Rs

Tuesday



E

Skill

I

Python Coding

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

Learn one of the most popular programming languages nowadays – Python! Coders will be able to create their own games starting from a simple rock paper scissors to a more complex Wizard duel game.

Python is recognised as one of the most popular programming languages and is used for developing Youtube, Facebook, Yahoo and even is applied by NASA! This is powerful, but also easy to learn and use programming language.

Come join in.

Where: NF1

Staff: Mr W Prout

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

Maximum Participants: N/A

Forensics Science Club

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

CSI at MES! Learn about forensic science and crime scene investigation techniques with hands-on activities! No criminal activity will be involved.

Where: SS15

Staff: Ms D Merrit, Mr M Makram

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

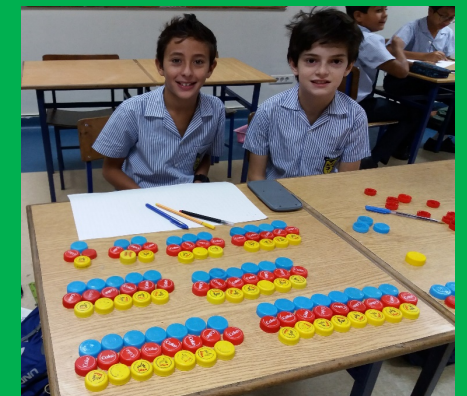
Maximum Participants: N/A

Wednesday

E

Sunday

D



Skill I

Le Café Latino

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

If you want to enhance your knowledge about the Hispano Hablante culture; hurry up !!!
Food, drinks and Latino snacks will be accompanying our activities. Make sure that you bring some good shoes as we will be enjoying some Salsa and Tango moves.
Hasta pronto amigos.

Where: SG4

Staff: Mr O Thiam, Ms O Del Pino

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

Maximum Participants: N/A

Le Café Francais

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

Do you want to learn more about the French Speaking world? Do you want to improve your French communication skills?

Do you want to discover French traditions, music, cuisine etc? Then this ASA is the right one for you. If you enjoy your French lessons and want to go beyond and know more about the French Speaking world. We are waiting for you! A bientôt!

Where: SG23

Staff: Mrs E Thiam, Ms S Banks

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

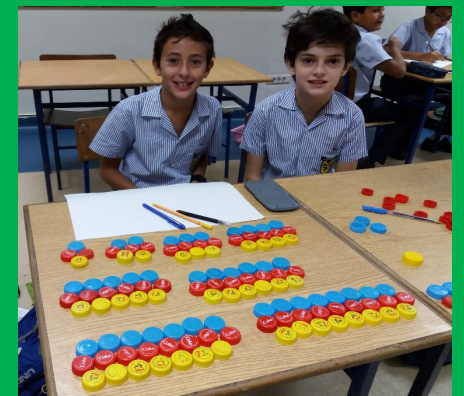
Maximum Participants: N/A

Sunday

Rd

Tuesday

Rd



Skill

I

Model United Nations (MUN)

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

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

(BY INVITATION ONLY)

Staff: Mr T Roodvoets, Ms C Flake

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

Maximum Participants: N/A

Junior Model United Nations (MUN)

This club meets on a **Wednesday** between 3.00-4.00pm and is open to students in Y/G 7-9.

Are you interested in current, global affairs? Are you passionate about making positive changes in our world? Do you like researching and debating REAL issues? Then Junior MUN is for you! We have an exciting programme of challenging global affairs that we want your opinion on.

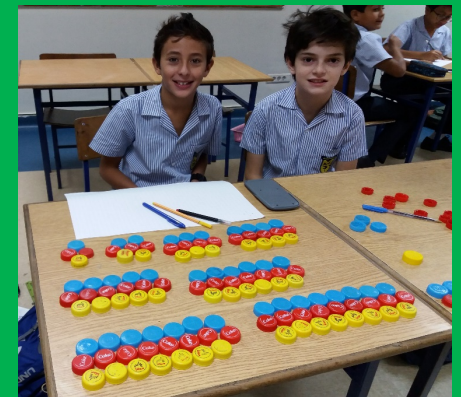
Where: SF21 (Junior MUN)

Staff: Mr M Walsh, Ms E Dowler

Year/Grade: Y/G 7-9

Maximum Participants: N/A

E



Creativity

International Cookery Club

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

You will acquire basic cookery skills such as chopping, baking and making your own food. You will also discover a range of world dishes and learn to make your favourite food in under an hour.

Where: Primary Kitchen

Staff: Mr A Labib, Ms R El Geoshy

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

Maximum Participants: 20

Digital Drawings

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

Bringing a new form and style to art as we enter the electronic age. If you have already invested in an electronic drawing board, you are welcome to join this ASA. Hopefully, students and staff can share a more versatile and dynamic form of art using digital media and perhaps even extend this to animating a short cartoon.

Where: SS23

Staff: Mr C Graham, Mr H Gilmore

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

Maximum Participants: N/A

Sunday

Rd

Tuesday

Rd



Creativity

Creative Creativity

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

Explore the creative world by working on projects involving journalism, videos, campaigns and marketing.

Where: SF21

Staff: Ms S Sheehan

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

Maximum Participants: N/A

Senior Video Production

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

Ever watched a video and wondered how did it all come together? Wondered what makes a video powerful? Have you ever felt like sending a powerful message and didn't know how to express yourself? Well here is your chance to do so now!

Where: SG9

Staff: Mr T Naggar

Year/Grade: Y/G/IB 12

Maximum Participants: N/A

Sunday



E

Wednesday



Rd



Creativity

Design Workshop

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

Come to the design and Technology lab to make projects of your own choice. Use the practical tools in the workshop or learn how to use graphics tools such as the Laser Cutter, the 3D Printer and the Sublimation printer. Remember that you need to have an idea of what you'd like to make and we'll help you.

Where: W1/W2

Staff: Ms S Taha, Mr G Puddefoot

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

Maximum Participants: N/A

Build Your Business

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

Do you have an idea and want to turn it into a reality? Get introduced to some of the coolest business tools that can make you build your business NOW. You will get a chance to talk to some super cool people who run their own companies and get to know what makes these companies succeed!

Where: NS2

Staff: Ms M El Masry

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

Maximum Participants: N/A

Sunday



Rd

Wednesday



Rd



Creativity

STUDIIS GUBERNATIO

Art Club

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

Whether you are developing a new passion for art or wanting to build on existing skills, we will take a journey on the path of creative discovery through drawing and painting.

Where: SG19

Staff: Ms J Walker, Ms C Comerford

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

Maximum Participants: N/A

Wednesday

Rd



Community

STUDIIS GUBERNATIO Sunday and Wednesday

Outreach

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

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

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

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

Where: Yard 5

Staff: Ms S Barakat, Ms J Hainsworth, Mr J Hardisty, Ms A Adi, Mr K Abdul Rahm, Ms T Toney
Mr A El Ashary

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

Maximum Participants: 40

Rs



Community

STUDIIS GUBERNATIO

Primary Helpers

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

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

Secondary students will be working with our primary students in various activities including art, computers and sports.

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

Where: Yard 4

Staff: Ms S Sorial

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

Maximum Participants: 15

Sunday

Rs



Awards

National Honor Society/National Junior Honor Society

The National Honor Society (NHS) and National Junior Honor Society (NJHS) are the premier organisations in the USA established to recognise outstanding high school and middle level students.

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

(BY INVITATION ONLY)

Where: As directed by staff

Staff: Mr T Roodvoets, Ms J Scully, Ms F Kassaby

Year/Grade: Y/G/IB 8-12

Maximum Participants: N/A



Awards

Tuesday

International Award

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

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

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

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

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

Where: NF6

Staff: Mr J Rogers, Ms S Gijtenbeek, Mr A Ayele, Mr K O'Connell, Ms S Elrify

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

Maximum Participants: N/A



R_s

R_d

I

Award S

Cougars

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

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

Training sessions fall on the following days:

Girls' Netball – Sunday

Varsity/Junior Varsity Boys' Volleyball – Sunday

Varsity/Junior Varsity Girls' Volleyball – Tuesday

Varsity/Junior Varsity Boys' Football – Tuesday

Middle School Boys' and Girls' Volleyball – Wednesday

Varsity/Junior Varsity Girls' Football – Wednesday

(BY INVITATION ONLY FOLLOWING TEAM TRY-OUTS)

Where: Sports Facilities

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

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

Maximum Participants: N/A



Awards

STUDIIS GUBERNATIO

Secondary Pioneers

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

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

Check the Student Bulletin for information about upcoming events!

Staff: Mr S Cole, Ms C Downey, Mr G Hayes

Year/Grade: 7 and 8

Maximum Participants: N/A

R_s

R_d

I





MODERN ENGLISH SCHOOL CAIRO

New Cairo, South of Police Academy

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

email: mescairo@mescairo.com/website: www.mescairo.com