

Modern English School Cairo

Leadership through Education: Care, Challenge and Inspire

ASA Booklet for Block 1 of the 2025/26 Academic Year

Available to all students in Years 2 - 6

New Cairo, South of Police Academy
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Welcome to After School Activities at MES Cairo

At Modern English School Cairo, we are proud to offer an extended ASA programme which includes a wide range of activities, tailored to both our students' desires and teachers' skill sets. Primary ASAs are offered to all children from Year 2 to Year 6.

There has been a significant change this year in the structure of ASAs. Rather than running termly, we are offering two 'Blocks' of After School Activities. The first will start on Sunday 28th September 2025 and run for 14 weeks until Thursday 12th February 2026.

Please note that this year we are running similar clubs for different year groups on different days (for example cooking). Please make sure you sign up for the correct year group.

Please remember that as safety is important to us, places are limited depending on the club, therefore we can not guarantee every student a place in an ASA.

All Primary ASAs take place on Sundays, Mondays and Wednesdays.

<u>Sunday</u>	<u>Monday</u>	<u>Wednesday</u>
Arts and Crafts <i>Year 2, Year 3 and Year 4</i>	Field Games - Year 2 and 3 <i>Year 2 and Year 3</i>	Yoga, Mindfulness and Meditation <i>Year 2, Year 3 and Year 4</i>
Dance Club <i>Year 2, Year 3 and Year 4</i>	Lego and Construction Club <i>Year 3, Year 4 and Year 5</i>	Cooking Club - Year 3 <i>Year 3</i>
Table Tennis <i>Year 2, Year 3, Year 4, Year 5 and Year 6</i>	Photography Club <i>Year 3, Year 4 and Year 5</i>	Dodgeball Club <i>Year 3 and Year 4</i>
Chess Champions <i>Year 2, Year 3, Year 4, Year 5 and Year 6</i>	Arabic Cooking Club <i>Year 4</i>	Science Experiments Club <i>Year 4, Year 5 and Year 6</i>
MES Math-letes <i>Year 3 and Year 4</i>	Field Games - Year 4,5,6 <i>Year 4, Year 5 and Year 6</i>	Debate Club <i>Year 4, Year 5 and Year 6</i>
Student Newspaper <i>Year 4, Year 5 and Year 6</i>	Gifted and Talented - INVITATION ONLY <i>Year 5 and Year 6</i>	Dominoes Club <i>Year 4, Year 5 and Year 6</i>
Cooking Club - Year 5 <i>Year 5</i>		MES Pony Club <i>Year 4, Year 5 and Year 6</i>



Sunday

*The following list has all of the available ASAs running on Sunday.
Please ensure you check which year groups they are available to.*

Arts and Crafts Club

Year Groups: Year 2, Year 3 and Year 4

Teachers: Ms Lauren and Ms Hana

Do you enjoy making, designing and creating? In Arts and Crafts Club, you'll have the chance to explore different materials and techniques, from painting and collage to model-making and seasonal crafts. Each week will bring a new project to let your imagination shine. Not only will you take home your creations, but you'll also develop your artistic skills and eye for detail. This is the perfect club for anyone who loves to get creative and express themselves in colourful ways.



Dance Club

Year Groups: Year 2, Year 3 and Year 4

Teachers: Ms Nermine and Ms Amina

Get ready to move, groove and have fun in Dance Club! Each week, you'll explore exciting routines across a range of dance styles, from energetic street moves to more traditional choreography. Dancing is a great way to keep fit, express yourself and build confidence performing in front of others. The sessions will focus on teamwork as well as developing your rhythm, balance and coordination. Whether you're a beginner or already love to dance, this club will leave you smiling and full of energy.



Table Tennis

Year Groups: Year 2, Year 3, Year 4, Year 5 and Year 6

Teachers: Mr Colin and Ms Mandi

Fast-paced, exciting and full of fun, Table Tennis Club is perfect for those who enjoy quick reactions and friendly competition. You'll learn the basics of serving, rallying and scoring before practising in pairs or small groups. As your skills grow, you'll get the chance to take part in mini-matches and fun challenges. Table tennis is a fantastic way to develop hand-eye coordination, focus and agility. Whether you're new to the sport or already a keen player, this club will keep you on your toes.



Chess Champions

Year Groups: Year 2, Year 3, Year 4, Year 5 and Year 6

Teachers: Mr Ross and Ms Shanaz

Chess Champions Club is perfect for anyone who enjoys strategy, logic and a good challenge. Whether you're brand new to the game or already experienced, you'll learn tactics and strategies to sharpen your play. Each session will give you the chance to practice against different opponents, improve your skills and build confidence in your decision-making. Chess is also a brilliant way to develop patience, focus and problem-solving abilities. Join us to challenge your mind and work towards becoming a true Chess Champion!



MES Math-letes

Year Groups: Year 3 and Year 4

Teachers: Ms Hannah and Ms Marina

Do you enjoy solving puzzles, cracking codes, or taking on tricky challenges? MES Math-letes is a club for children who love stretching their mathematical thinking in a fun and supportive environment. You'll tackle brain teasers, team games and problem-solving activities that go beyond the classroom. It's a chance to sharpen your skills, compete in friendly challenges and celebrate the joy of maths. Whether you're a quick thinker or just love exploring new strategies, this club will help you grow as a confident "Math-lete."



Student Newspaper Club

Year Groups: Year 4, Year 5 and Year 6

Teachers: Ms Suzy

Student Newspaper Club is your chance to become a real reporter! You'll work as part of a team to write stories, interview people, take photographs and design pages for our school newspaper. Each issue will showcase the latest events, student achievements and creative ideas from around the school. Along the way, you'll develop skills in writing, editing and teamwork. If you enjoy sharing news and being creative with words and pictures, this is the perfect club for you.



Cooking Club - Year 5

Year Groups: Year 5

Teachers: Ms Sara and Ms Steenson

Cooking Club is a hands-on, tasty adventure into the world of food. You'll learn how to prepare simple, healthy recipes while discovering new ingredients and flavours. Each session will give you the chance to practise important life skills such as measuring, mixing and following instructions. Best of all, you'll get to enjoy the delicious results of your hard work! If you love being creative in the kitchen, this club is sure to be a favourite.

Please note: This club will require you to bring in ingredients each week, as specified by your ASA teacher the week before. Please also bring a container to take spare food home in.



Monday

*The following list has all of the available ASAs running on Monday.
Please ensure you check which year groups they are available to.*

Field Games - Year 2 and 3

Year Groups: Year 2 and Year 3

Teachers: Mr Shilley and Mr David

NOTE: This is NOT a football ASA.

Year 2 and 3 Field Games Club is all about enjoying the outdoors through fun, active play. Each week, you'll take part in a mix of team games such as capture the flag, relay races and playground classics. These activities are designed to build teamwork, develop coordination and encourage friendly competition. With so many different games to try, there's always something new to enjoy. This is the perfect club if you love being active and playing with friends in the fresh air.



Lego and Construction Club

Year Groups: Year 3, Year 4 and Year 5

Teachers: Ms Soha and Ms Courtney

This club brings together the best of creativity, strategy and fun. You'll take part in building challenges with Lego and construction sets, test your skills with board games and enjoy friendly competitions with your friends. Each session is designed to spark imagination while encouraging problem-solving and teamwork. Whether you love to design amazing structures, plan winning moves, or just enjoy playing with others, this club has something for everyone. It's the perfect mix of play, challenge and creativity.



Photography Club

Year Groups: Year 3, Year 4 and Year 5

Teachers: Ms Ally

Photography Club is all about looking at the world in new and creative ways. You'll learn how to capture interesting images using cameras or tablets, experimenting with angles, light and composition. Each week, you'll explore different themes such as nature, people, or everyday objects, turning the ordinary into something extraordinary. As your skills grow, you'll build a small portfolio of your favourite shots to share with others. If you enjoy being creative and want to see the world through a new lens, this is the club for you.



Arabic Cooking Club

Year Groups: Year 4

Teachers: Ms Omnia, Ms Habiba and Ms Monaa

Cooking Club is a hands-on, tasty adventure into the world of food — and this time, it's all in Arabic! Led by our fantastic Arabic teachers, each session will introduce you to classic Egyptian dishes. You'll learn how to prepare simple, healthy recipes while discovering authentic Egyptian flavours.

Each session will give you the chance to practise important life skills such as measuring, mixing and following instructions! Best of all, you'll get to enjoy the delicious results of your hard work. If you love being creative in the kitchen and want to explore Egyptian cuisine, this club is sure to be a favourite.

Please note: This club will require you to bring in ingredients each week, as specified by your ASA teacher the week before. Please also bring a container to take any spare food home in.



Field Games - Year 4, 5 and 6

Year Groups: Year 4, Year 5 and Year 6

Teachers: Mr Luke and Ms Sarah

NOTE: This is NOT a football ASA.

Year 4, 5 and 6 Field Games Club is all about enjoying the outdoors through fun, active play. Each week, you'll take part in a mix of team games such as capture the flag, relay races and playground classics. These activities are designed to build teamwork, develop coordination and encourage friendly competition. With so many different games to try, there's always something new to enjoy. This is the perfect club if you love being active and playing with friends in the fresh air.

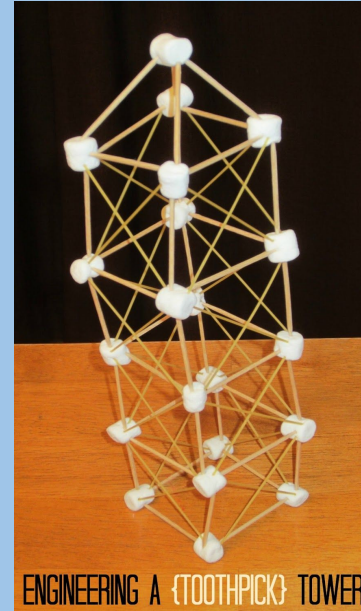


Gifted and Talented - INVITATION ONLY

Year Groups: Year 5 and Year 6

Teachers: Ms Lamiaa

The Gifted and Talented ASA offers a unique blend of challenging academics, creative exploration and practical skill development. This year's "Future Innovators" theme focuses on technology and engineering; the program helps students develop critical thinking, problem-solving and collaboration skills through engaging, hands-on, project-based experiences. Gifted and Talented students won't just learn new skills; they'll apply them in meaningful ways, equipping them with a strong foundation for future academic and personal success and preparing them to become the next generation of innovators.



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Wednesday

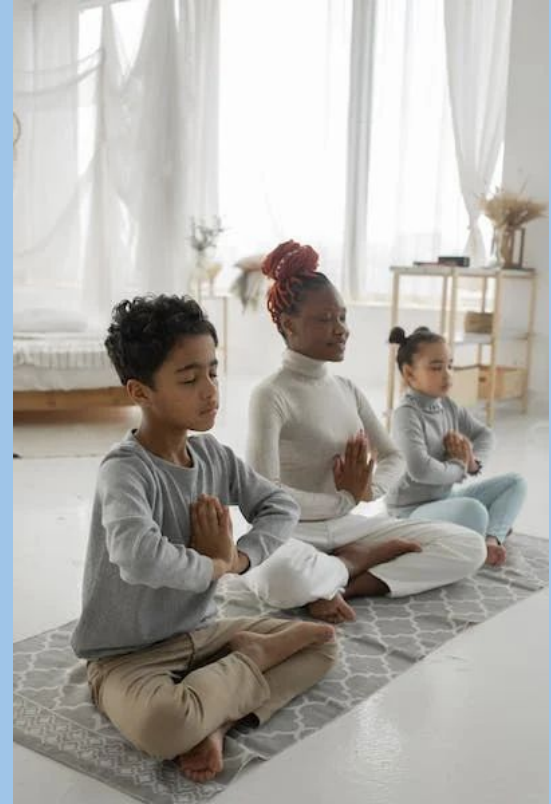
*The following list has all of the available ASAs running on Wednesday.
Please ensure you check which year groups they are available to.*

Yoga, Mindfulness and Meditation

Year Groups: Year 2, Year 3 and Year 4

Teachers: Ms Salma and Ms Shan

Yoga, Mindfulness and Meditation Club offers a calm and welcoming space to stretch, breathe and relax after the school day. You'll learn simple yoga poses to improve strength, balance and flexibility while also practising mindful breathing and relaxation techniques. These sessions are designed to help you feel calm, focused and refreshed. It's a great way to build resilience, reduce stress and improve your overall well-being. If you'd like a peaceful but rewarding way to end your day, this is the club for you.



Cooking Club - Year 3

Year Groups: Year 3

Teachers: Ms Tuovi and Ms Angie

Cooking Club is a hands-on, tasty adventure into the world of food. You'll learn how to prepare simple, healthy recipes while discovering new ingredients and flavours. Each session will give you the chance to practise important life skills such as measuring, mixing and following instructions. Best of all, you'll get to enjoy the delicious results of your hard work! If you love being creative in the kitchen, this club is sure to be a favourite.

Please note: This club will require you to bring in ingredients each week, as specified by your ASA teacher the week before. Please also bring a container to take spare food home in.



Dodgeball Club

Year Groups: Year 3 and Year 4

Teachers: Ms Alicja and Ms Isabel

Dodgeball Club combines speed, skill and strategy in one thrilling game. You'll learn how to dodge, throw and catch as part of a team, with plenty of exciting matches each week. The fast-paced action helps to improve fitness, agility and teamwork while making sure everyone is involved. It's a sport full of energy, laughter and friendly competition. If you love a challenge and enjoy working together, Dodgeball Club is not to be missed!



Science Experiments Club

Year Groups: Year 4, Year 5 and Year 6

Teachers: Ms Sarah and Ms Haidy

STEAM Club Science Experiments brings together Science, Technology, Engineering, Art, and Maths in fun, hands-on projects. Each week you'll take on exciting challenges such as building, experimenting, designing, or problem-solving in creative ways. From making simple machines to exploring science experiments, there's always something new to discover. You'll learn how these subjects connect to the world around us while working together as a team. If you love asking questions, being curious and inventing new things, this is the club for you.



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Debate Club

Year Groups: Year 4, Year 5 and Year 6

Teachers: Ms Marwh and Ms Apolline

Debate Club is the place to practise thinking, speaking and listening with confidence. Each week, you'll explore interesting topics, build arguments and take part in friendly debates with your classmates. It's a chance to sharpen your reasoning skills, improve your public speaking and learn how to respect different opinions. You'll discover how to backup your ideas with evidence and present them in a persuasive way. This club is perfect for anyone who enjoys a good discussion and wants to become a confident communicator.



Dominoes Club

Year Groups: Year 4, Year 5 and Year 6

Teachers: Mr Mostafa and Mr Amir

Get ready for a fun and exciting time at the Dominoes Club! If you love the thrill of competition and strategy, this is the perfect place for you. In this club, you'll play the classic game of dominoes, but with an extra twist — ***it's all in Arabic!***

Whether you're playing for fun or sharpening your skills, each session will give you the chance to enjoy the game, learn some new strategies, and chat in Arabic with your friends. It's the perfect way to relax after school while connecting with your Egyptian culture through the game you know and love.



MES Pony Club

Year Groups: Year 4, Year 5 and Year 6

Teachers: Ms Deena

NOTE: This ASA will cost 8000LE per child and will run until 5pm.

MES Pony Club is an exciting opportunity to get outdoors and learn how to ride and care for horses at Horseville Riding Academy. Whether you're a complete beginner or have some experience, you'll build confidence and develop new skills in a friendly and supportive setting. Each session includes professional riding instruction as well as time to learn about grooming, tacking up, and horse behaviour. If you love animals and enjoy trying something new, this club is the perfect way to connect with nature and have fun.

Please note: This is an external club and takes place off-site. All equipment is provided, and transport is arranged by the school. Riders will need to wear suitable clothing and footwear, as advised by the ASA teacher.

