



ASA Booklet

Term 1

25/26

**MODERN
ENGLISH
SCHOOL
CAIRO**

SUNDAY			TUESDAY			WEDNESDAY		
Intl. Award Prep.	Chess & Backgammon	Board Games	Festival of Hope	Cross-stitch Club	BioBoost	Global Perspectives	The Debate Club	Track Fitness
CAScade Choir	Compassion Club	Love Literacy	Chemistry Focus	Kinesthetic Art -Yoga	Movie Making Club	Trivia & Knowledge Bowl	Rhetoric Club	National Honor Society
	TableTop, Role-Playing Games		Acing the Final Chapter	Critical Response in Art	Physics Lab	D.T Enhancement Group	Let's talk in Spanish	French Speaking Club
	International Award			Les Mills Body- combat	Mind Readers Club	Fun Friendly Football	IGCSE / IB Extra Practice Spanish	<u>Homework</u> <u>/ Catch up</u> <u>Clubs & AP</u> <u>Seminars</u>

COUGAR ATHLETICS PROGRAMME



Overview

The purpose of the Cougar Athletic Programme is to provide competitive sporting opportunities for our student athletes.

Student athletes will strive to achieve their goals while learning and practising the ideals of effective teamwork and sportsmanship in a positive and acceptable manner.



SUNDAY	JV & VARSITY FOOTBALL	U13 NETBALL JV & VARSITY VOLLEYBALL JV & V BASKETBALL
	U13 & U15 SWIMMING	
TUESDAY	JV & VARSITY VOLLEYBALL	
	JV & VARSITY BASKETBALL	
WEDNESDAY		JV & VARSITY FOOTBALL

The Debate Club

Wednesday 3:00-4:00pm

The Debate Club offers students an opportunity to develop their speaking skills within a team structure.

Student teams will prepare to compete in the spring at CAC in the World Scholars Cup with a chance to continue to the global rounds.

Where: SG3
Staff: S Caswell & M Polk-Bauman
Year/Grade: Y/G/DP 7-12
Maximum Participants: 20

Chemistry Focus

Tuesday 3:00-4:00pm

The Chemistry Focus ASA will provide bespoke support to students in order to develop their passion for chemistry, knowledge of the subject and exam preparation. Students will engage in thought-provoking practical work, which will include enquiry-based tasks.

They will also improve their science literacy and critical thinking in direct relation to the demands of the exams in IGCSE Chemistry.

Where: SS13+16
Staff: J Romaniewicz & F William
Year/Grade: Year 10
Maximum Participants: 40

Movie Making Club

Tuesday 3:00-4:00pm

Think of your favourite movie—how did it make you feel the first time you watched it? Inspired? Curious about how it was made? Now's your chance to experience part of that process.

In this ASA, we'll collaborate to write, shoot, and edit a short film together. It's not just for actors—we're looking for scriptwriters, storyboard artists, directors, editors, and designers for sound, lighting, costumes, and sets.

Joining Mr Greenwood is our new teacher, Mr Piper, who brings real industry experience. A former actor and agent, he helped cast films like *Kingsman* and *Downton Abbey*, and executive produced two features now on Netflix and Amazon Prime. He's also coached young actors in *Disney's Pinocchio*, *Napoleon*, and *The Crown*.

Where: W3
Staff: D Greenwood & S Piper
Year/Grade: Y/G/DP 7-12
Maximum Participants: 20

Love Literacy

Sunday 3:00-4:00pm

Love Literacy ASA is for students who are passionate about reading, writing, and growing their language skills. Whether you enjoy getting lost in books or expanding your vocabulary, this ASA is the place for you.

Join us to explore exciting texts, develop creative writing, and build strong literacy skills that will help you in all subjects.

Where: SF4/5
Staff: K Cannaby & A Adi
Year/Grade: Y/G/DP 9-12
Maximum Participants: 20

BioBoost

Tuesday 3:00-4:00pm

BioBoost will help strengthen key biology concepts through interactive activities, revision practice and collaborative learning where students can revisit challenging topics, build exam confidence and extend their knowledge.

Where: SS6
Staff: T Hany
Year/Grade: Y/G/DP 9-10
Maximum Participants: 20



Let's Talk in Spanish

Wednesday 3:00-4:00pm

This 60-minute weekly class is designed for beginner Spanish learners who want to build confidence in speaking and understanding everyday Spanish. Through interactive activities, games, and guided conversation, students will practice essential vocabulary and phrases used in greetings, introductions, likes/dislikes, daily routines, and more.

Emphasis is placed on listening and speaking, with light reading and writing to support communication.

Where: SF17
Staff: C Marin & L Rodriguez
Year/Grade: Y/G/DP 7-12
Maximum Participants: 20

Chess & Backgammon

Sunday 3:00-4:00pm

Join our exciting After School Backgammon & Chess Club, where strategy meets fun! Whether you're a beginner or a budding master, you'll sharpen your critical thinking, improve your focus, and learn to plan ahead through these classic board games. Each session includes mini-tournaments, brain-teasing puzzles, and tips to level up your game—all in a friendly and supportive environment. It's the perfect way to unwind after school, make new friends, and develop skills that go far beyond the board. Come and make your next move!

Where: SS19
Staff: Y Wahby
Year/Grade: 9-12
Maximum Participants: 20

Festival of Hope

Tuesday 3:00-4:00pm

Every challenge is a choice: we choose to see a world of opportunities. To redefine what matters, rethink how we live, and discover our strength to make real change.

The Festival of Hope is designed to unite young people in celebrating hope and opportunity. It's about creating spaces around the globe where millions of young people can come to speak their truth and feel heard. To come together to turn complex challenges into positivity and hope. Join this ASA for the chance to create our own Festival of Hope at MES Cairo in 2026.

Where: TBD
Staff: E Dawes
Year/Grade: Y/G/DP 7-12
Maximum Participants: N/A

Acing the Final Chapters

Tuesday 3:00-4:00pm

Enhance your English Literature skills after school! This activity will help you master literary analysis, sharpen critical thinking and gain confidence in approaching all aspects of literature assessments.

Explore ideas, improve your skills and enjoy diving deeper into the world of stories, poems and plays—join us and take your English to the next level!

Where: SF11
Staff: T Kolesnikov
Year/Grade: IBDP 11
Maximum Participants: 15

Critical Response in Art

Tuesday 3:00-4:00pm

A critical response in art involves analyzing, interpreting, and evaluating an artwork using informed and thoughtful commentary.

Students will learn the best methods and approaches to make better written analysis. Join us!

Where: 18.1 Art room
Staff: M Parr
Year/Grade: Year 11 & 12
Maximum Participants: 15

Board Games

Sunday 3:00-4:00pm

Tired of homework? Looking for a fun way to hang out with friends? Join the Game On! Board Game Club!

We'll meet after school once a week to play a variety of awesome board games.

It's the perfect place to make new friends, build your problem-solving skills, and have a blast while doing it. All skill levels are welcome!

Where: SS11
Staff: S Barreiro & E Smeaton
Year/Grade: Y/G/DP 7-8
Maximum Participants: 12

Table Top, Role-Playing Games

Sunday 3:00-4:00pm

Welcome to the world of unlimited imagination and creativity. RPG games can be used as an educational tool by fostering critical thinking, problem-solving, and decision-making skills.

Players engage in complex narratives, strategize, manage resources, and collaborate with team members, promoting creativity, adaptability, and communication.

Where: NF3
Staff: R Bielby
Year/Grade: Year 7-12
Maximum Participants: 10

Cross-stitch Club

Tuesday 3:00-4:00pm

Why try cross stitch? It's more than a hobby; it's a super skill! Many med students struggle with fine motor skills because kids aren't crafting enough. Stitching now can boost your dexterity for a future in medicine!

Plus, it's a fun way to relax, spark creativity, and build resilience. Let's get stitching! 🎉

Where: SS17
Staff: D Dawes
Year/Grade: Y/G/DP 7-12
Maximum Participants: 10

IGCSE/IB Extra Practice - Spanish

Wednesday 3:00-4:00pm



This after-school activity is designed for students who need extra support with Spanish. We will focus on building vocabulary, reviewing key grammar points, and practicing listening, reading, writing, and speaking skills.

The sessions provide targeted help for IGCSE and IB students to boost confidence and improve performance in Spanish.

Where: SF13.2
Staff: L Gonzalez
Year/Grade: Y10, DP11 & DP12
Maximum Participants: 20

Compassion Club

Sunday 3:00-4:00pm

Every Sunday after school, members of the Compassion Club come together to strengthen the spirit of kindness and connection within our school community. Students work as a team to welcome new students with thoughtful, anonymous notes designed to help them feel seen, supported, and at home at MES Cairo. Throughout the year they also reach out to students, teachers and staff who may be facing challenges—such as recovering from illness or navigating personal difficulties—to remind them that they are valued members of the MES Cairo family. Through small acts of kindness, uplifting messages, and meaningful support, Compassion Club members help nurture the caring, inclusive atmosphere that makes our campus a special place for everyone.

Where: SF17
Staff: A Bray
Year/Grade: G/Y 9-12
Maximum Participants: 20

Kinesthetic / Art / Yoga Club

Tuesday 3:00-4:00pm

The expressive arts faculty, we integrate art and movement to energize students, encouraging active engagement with learning.

Through creative expression and physical motion, we help students build motivation, complete their homework, and develop self-directed strategies to overcome procrastination.

Where: SF11
Staff: B Austin & C Comerford
Year/Grade: G/Y 9-12
Maximum Participants: 20

Fun Friendly Football

Wednesday 3:00-4:00pm

This ASA is all about playing football recreationally with your friends. As you lace up your boots and step onto the field, a sense of unity and excitement fills the air. Each pass, tackle, and goal becomes a shared achievement, strengthening the bonds of friendship. Through laughter, sweat, and the occasional setback, you support and encourage one another—pushing each other to new heights. Let's have some fun!

Where: Field
Staff: T Kasmani
Year/Grade: G/Y 7-8
Maximum Participants: 20

Track Fitness

Wednesday 3:00-4:00pm

This activity is a programme designed for students who want to improve their cardiovascular endurance, muscular endurance and general wellbeing, regardless of fitness ability.

Students will receive guidance and support to help them achieve their fitness goals. This activity can provide a fun and engaging way for students to stay active and improve their physical health and well-being.

Where: Track
Staff: T Keylada
Year/Grade: Y/G/DP 7-12
Maximum Participants: 20

CAScade Choir

Sunday 3:00-4:00pm

Do you enjoy singing in choir? Would you like to perform during the MES Cairo Concerts?

Join the CAScade choir and prepare to perform at the annual Seasonal Concert and the Festival of Hope! Bring your friends and enjoy social singing.

CAScade Choir focuses on bringing students together from all Secondary sections and creating fantastic music by singing in a group setting.

Where: SG10
Staff: W Brooke
Year/Grade: Y/G/DP 7-12
Maximum Participants: 40

Rhetoric Club

Wednesday 3:00-4:00pm

Rhetoric Club will explore various texts from the perspective of a rhetorician. As both a reader and writer, we will engage in multiple modes of composition including argumentative and synthesis.

Expect to immerse yourself in lively exchanges, collaborative projects, and creative exercises designed to sharpen your rhetorical expertise!

Where: SF15
Staff: E Reynolds
Year/Grade: Grade 11
Maximum Participants: 16

Physics Lab

Tuesday 3:00-4:00pm

Let us help you defy the pressure! This after-school class offers a supportive and focused environment for IGCSE students to conquer most topics on the syllabus.

We'll work through past papers, clarify confusing concepts, and share proven revision techniques. It's time to build your momentum and pull yourself up to the top of the class!

Where: SS15
Staff: H Saleh & M Fouad
Year/Grade: Year 9-10
Maximum Participants: 20

Les Mills Bodycombat

Tuesday 3:00-4:00pm

Les Mills BODYCOMBAT is a fun high-energy, non-contact workout inspired by martial arts that builds fitness, strength, and confidence while burning calories. Come join us!

Where: MPH2
Staff: A Korimdun
Year/Grade: Y/G 7-12
Maximum Participants: 20

Mind Readers Club

Tuesday 3:00-4:00pm

This club teaches students about why people behave the way they do. The weekly meetings will explore the reasons behind people's behavior and will focus on enhancing empathy and conflict-resolution through the strategies of the "Non-violent Communication Programme".

Where: SG22
Staff: L Mokbel
Year/Grade: Y/G/DP 10-12
Maximum Participants: 16

INTERNATIONAL AWARD (IA)

PREPARATION

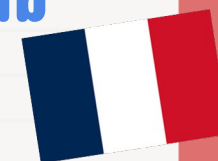
Sunday 3:00-4:00pm

This ASA program is designed to support students in their preparation for the International Awards, helping them develop the skills and experiences needed to succeed on a global stage.

Where: SG5
Staff: R Raju
Year/Grade: Y/G/IB 10-12
Maximum Participants:
20

French Speaking Club

Wednesday 3:00-4:00pm



This activity supports language acquisition by enhancing speaking and listening skills, broadening cultural awareness, and fostering collaboration in a relaxed, immersive environment. The French Speaking Club is open to all French learners who wish to refine their proficiency and enjoy the richness of Francophone cultures.

Where: SF13.1
Staff: L Ghoweiba & M El Abd
Year/Grade: DP 11-12
Maximum Participants:
20

Trivia & Knowledge Bowl

Wednesday 3:00-4:00pm

Are you the one who remembers random facts or enjoys quick-thinking challenges? The Trivia & Knowledge Bowl Club is the perfect place for curious minds to shine!

Each week, students team up for fast-paced trivia matches on topics like pop culture, mythology, geography, literature, history, and brain teasers. Whether you're a walking encyclopedia or just love fun facts, this club is about building community, having fun, and learning something new every time.

Where: NF6L
Staff: K Sykes
Year/Grade: Y/G/IB 7-12
Maximum Participants: 20

DT Enhancement Group

Wednesday 3:00-4:00pm

This is an opportunity for Grade/Year 9 & 10 students to catch up, complete or enhance their practical Design Technology projects.

Where: W1
Staff: D Matoe
Year/Grade: Y/G 9-10
Maximum Participants: 20

INTERNATIONAL AWARD (IA)

Sunday 3:00-4:00pm



Where: SF15
Staff: E Reynolds
Year/Grade: Y/G/IB 10-12
Maximum Participants:
Invitation Only

The International Award (IA) provides a unique opportunity to showcase your commitment to personal growth and development, not only to prospective colleges, universities, and employers, but also to yourself. By completing the award, students acquire valuable life skills and develop a heightened sense of self-awareness and confidence, preparing them for success beyond the program's completion.

Our school offers both the Bronze and Silver levels of the International Award. Each level requires a set period of commitment, with the Bronze level demanding a 6-month commitment, and the Silver level requiring a 9-12 month commitment. Students must successfully complete each section of the award, namely volunteering, skill development, physical recreation, and an adventurous expedition, to earn the respective levels of the award.

GLOBAL PERSPECTIVES

Wednesday 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 (CAIE) 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.

Where: SG27
Staff: M Walsh
Year/Grade: Y/G 9-10
Maximum Participants:
Invitation Only

National Honor Society/National Junior Honor Society

Wednesday 3:00-4:00pm

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 school 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.



Where: SF15
Staff: T Roodvoets, M Arafa &
C Flake
Year/Grade: Y/G/IB 9-12
Maximum Participants:
Invitation Only



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; weekend trips allow for these lessons to be put into action.

Check the Student Bulletin for information about upcoming events!

Staff: M Dahroug
Year/Grade: 7 and 8
Maximum Participants:
Invitation Only

HOMEWORK / CATCH UP

Departments are offering Homework Support.

The aim is to raise students' achievement across all subjects. We will provide support to any Secondary student who may need a little extra help. It is not compulsory to attend every week, but you may attend every week if you wish. By the end of the term students will have a greater understanding and more confidence in the units and subjects that they may have been struggling with. AP teachers will be hosting seminars to support students in their subject specific studies

Students will be invited to this club, however if students wish to attend, they should see their Assistant Head or Dean of Students.

Key Stage 3 & 4

**Maths
TBC**

**Science
TBC**

**Humanities
TBC**

**English
TBC**

Middle School/High School

**Math
TBC**

**Science
TBC**

**Social Studies
TBC**

**English
TBC**

**World Language
TBC**

AP SEMINARS

**Daniel Laverty
Jason Henry
Ehaib Ahmed
Samantha Rausch
Christine Flake**

**Brittney Sharpless
Dawn Quarles
Sally Sorial
Lina Marzouk
Marissa Hice**

Zeinab Ramadan