

MES CAIRO 24HR RUN 2024

Starting 8.15am Wednesday 6th March 2024

Ending 8.15am Thursday 7th March 2024



Dear MES Cairo Parents and Students,

Since 2008, MES Cairo has organised an annual 24HR Run with the aim of raising funds to donate to a worthy Egyptian cause.

The 24HR Run is an event in our school calendar which we all look forward to as it allows us to come together as a community for such a worthy cause. It is with great pride that we continue to uphold this important MES Cairo tradition and we are delighted to be able to have the opportunity to share this important charity event with you. In keeping with tradition, commencing Wednesday 6 March 2024 and for 24 hours non-stop, we will maintain activity on the school track to ensure that the sash moves continuously through day and night.



Fundraising efforts this year will support the children's charity Ana El Masry, I, the Egyptian.

I, the Egyptian is an Egyptian non-governmental organisation which has the objective of providing and implementing an integrated system approach to support the poor and marginalised families within Egypt, with a specific focus on the children without homes.

The Foundation's Mission

Statement is clear:

- 1) To support children at risk (curative and preventive solutions).
- 2) To support working mothers through economic programmes.
- 3) To develop marginalized districts and homes economically and socially.

Many of our staff and students have had the opportunity to visit the Ana El Masry association and we were touched and impressed with the wonderful conditions that they provide for the children.





WHAT IS HAPPENING ON WEDNESDAY 6th MARCH 2024?

Students are to pre-order and wear their 2024 24HR run hoodies with school PE kit track pants (order form attached at a price of 450LE). Students not wearing the event clothing are to wear regular uniform. To maximise our charity donations, we request that only 2024 event Hoodies should be worn and not items from previous years.



Start of the Day:

We will begin the event with a whole school assembly on the school field. Invited dignitaries and selected student representatives will commence the first lap of the track and initiate 24HR of exciting events on the field.

During the Day:

All students will have the opportunity to walk laps of the track with their class (Primary) and/or during PE lessons and break times (Secondary) at scheduled times throughout the school day. Primary class times will be published on Google Classroom; Primary parents are welcome to join their children at the time their class is scheduled. Students will depart for home at 12.00pm (FS1) and 1.00pm for all other students.

In the afternoon:

MES Cairo students are invited to return to school with their families to complete laps of the track from 5.00pm until 9.00pm. There will be vendors selling food and retail stalls selling interesting products for your enjoyment, as well as an atmosphere of 'community and togetherness'. Families must register their interest in joining us in the afternoon.

In the evening:

The activities will continue throughout late afternoon into early evening with organised activities provided by Go to Know for the students to participate in. In addition, there will be music, fun themed laps where we will invite new mums with their babies, fancy dress, medal and trophy winners and much more. When all our students and families depart, MES Cairo staff will keep the sash moving around the track throughout the night and into the next day to complete the 24HR run and to support our very special charity.



We encourage KS2 and Secondary students and their families to walk the track with their classmates at the following times:

- 5.00pm-5.30pm Y3
- 5.30pm-6.00pm Y4
- 6.00pm-6.30pm Y5
- 6.30pm-7.00pm Y6
- 7.00pm-7.30pm Y/G7
- 7.30pm-8.00pm Y/G8
- 8.00pm-8.30pm Y/G9+10
- 8.30pm-9.00pm Y/G/DP11+12

On the morning of Thursday 7th March 2024, students and staff will gather on the field once again wearing school uniform, for another full school assembly to celebrate this successful community event. Following that all will return to class for a regular day of learning

Please see the attached reply slips to order Hoodies





MES CAIRO 24HR RUN 2024

Starting 8.15am Wednesday 6th March 2024

Ending 8.15am Thursday 7th March 2024

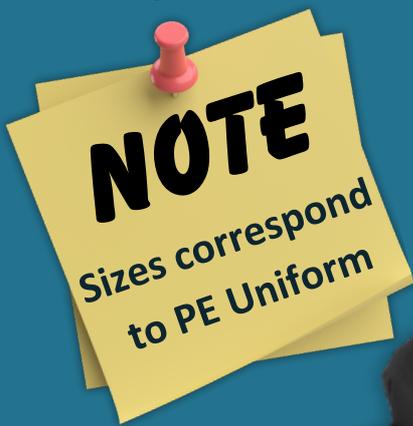
REPLY SLIP: Hoodie Order 450 LE

- Complete the below form by selecting your size and filling in all the necessary details.
- **Primary students:** send your order money in an envelope clearly labelled with your child's name and class (no change will be given; any additional money will be regarded as a donation for the nominated charity).
- **Secondary students:** will submit their reply slip and money to the Kiosk in the Secondary yard during the first break starting 30 January until 15 February.
- Your order will be confirmed once the payment has been received.
- Students will receive their hoodie on the day prior to the event.

PLEASE COMPLETE THE FORM BELOW AND SEND 450LE BY: Thursday 15th February 2024

STUDENT'S NAME: _____ CLASS/HOMEROOM: _____

Please note that only students who support the event by purchasing and wearing the event hoodie is permitted to wear PE track pants. If not supporting the event fully, correct uniform is expected. Students may not wear shirts from previous events.



Hoodies	Size Requested
	Size 4
	Size 6
	Size 8
	Size 10
	Size 12
	Size 14
	Size 16
	Size 18/ Small
	Size 20/ Medium
	Large
	X Large
	XX Large
	XXX Large
Total:	_____