

MODERN ENGLISH SCHOOL CAIRO - MAGAZINE

MESSENGER

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THE MES CAIRO FAMILY THINKS PINK!



Graduation Ceremony 2022, Pink Day, Year 3 Concert, New Staff, RestART Exhibition, Cougars Return... and so much more!

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School Director Foreword

A real highlight of this first term of academic year 2022-23 has been getting life back to normal. We have all endured challenging years, but we have started this one feeling more optimistic and positive than nature allowed us to in the past two years. Not wearing masks has had a profound impact on student and staff well-being; not seeing full facial expressions (through which we can communicate so much), not seeing mouth movements for phonics lessons, and not being able to share a smile had an impact which we now fully realise. Whilst we kept school safe, and it was the right decision for the time, it has been a huge relief to not have this to worry about this year.



We have been able to bring back our full ASA programme and our sporting opportunities for student athletes. Special events, expeditions, theme days and learning beyond campus have all featured in the calendar already this year and we have a full programme of similar opportunities to look forward to as the year continues. We have been incredibly proud, as a school, to celebrate the tremendous success of our MES Cairo Cougar teams in their matches against other schools in Cairo, and whilst it is definitely the 'playing' that counts, the 'victories' make it sweeter still! We have supported the community with fundraising efforts such as Pink Day and Keep Egypt Warm. We have welcomed the return of Secondary Sports Days and House Events. We have launched a full programme of 'Parents As Partners' sessions in Primary. What a busy term it has been!

Our continuous review of students' academic progress provides ample evidence of our commitment to ensure that every child at MES Cairo can access quality provision, even amidst the strangest of times. It is no coincidence that our data reveals impressive stories of consistency working at or above age-appropriate standard, and stellar results in external exams. The latter is celebrated in this edition of the MESsenger. In addition to applauding students on their success, I give credit to our extraordinary teachers who comprise the talented staff at MES Cairo for their achievements, and parents at home who have engaged positively in supporting learning and taken an active interest in their child's progress. We hosted Student Progress Meetings with parents in school this year; again, connecting in real time, face to face, is how the relationship between school and home ought to be nurtured and we are relieved to have been able to return to usual practice again this term.

The collective focus for this academic year is that of RESPECT. One post-Covid challenge we have all experienced is ensuring that our behaviour aligns with that which is socially acceptable and conducive to positive relationships. Tremendous challenges since 2019 left us all a little bit 'off' our usual game as we naturally worried about the future amidst such uncertain times. Now that we are back on a more even keel, it is time to revisit values and expectations, with no excuse for compromise. Spending more time with real community, and less time on the internet is advice I share with all students; parents have a critical role to play in setting boundaries here. Kindness and Respect comes through building relationships with others, and at school we are focused on respect for self and others in every aspect of all that we do.

We have so much to look forward to in Terms 2 and 3, we draw the first term of the year to a close by taking stock of all that we have achieved. MES Cairo continues to offer a world class education to all students: my challenge to everyone to make the most of it.

Mrs Nicola Singleton - School Director

Modern English School Cairo

American, British, and IB Diploma

Graduation Ceremony 2022



Last June, we were pleased to be able to enjoy a traditional ceremony in celebration of the Graduation of our Class of 2022. Thanks to the hard work of Ms. Ghada Dajani (Managing Director), Ms. Nicola Singleton (School Director), the Senior Leadership Teams, and staff in the Performing Arts and Event teams, we staged traditional commencement exercises in a mesmerising occasion that reflected the pride the MES Cairo family feels in each and every one of its graduates.

Our guests were delighted by the entrance of the highly anticipated MES Cairo Flag Corps. After the flag routine, the Graduating Classes of the American, British, and IB Sections entered in a processional march to the tune of Copland's Fanfare for the Common Man, while the younger members of the MES Cairo family remained on the field in the flag corps, heralding the Graduates' arrival in a gesture of respect for the older students' achievements. The crowd remained standing for the National Anthem of the Arab Republic of Egypt, led by our Primary Choir.

After the close of the routine, Mohamed Fouda (DP12) gave a beautiful recitation from the Quran, extending a message of peace and hope.

Next, the Primary Choir performed a musical medley, much to the delight of the Graduates, their teachers and their families.

Ms Singleton introduced Mrs Sawsan Dajani (Chairman of the Board), expressing the universal MES Cairo family sentiment that we are fortunate to be led by such an inspirational and caring founder, who believes in challenging us all, in order for each and every member of the MES Cairo family to reach his or her ultimate potential and to make a difference to the world around us.





Mrs. Dajani reminded us that this was MES Cairo's twentieth annual American, British, and IB Diploma Graduation Ceremony! "I did include the last two graduation ceremonies in my count. They were different from our usual celebration, but they were unique, creative and heartfelt.

I have heard quite a few people saying, "Nothing could have prepared us for the past two years" but I disagree with that sentiment! Everything we do, everything we have done for the past thirty plus years at this school has gone towards preparing you for anything that may come your way. Either by word, action or example, I believe that we have provided you with tools and skills to nurture and recognize: Patience, Adaptability, Learning, Tolerance, Respect, and Moving Forward. So, my graduates, remember all those times we asked you to be Patient and wait your turn or be Tolerant with those who are less able? Remember all those times we asked you to Adapt to a new teacher or difficult curriculum or Compromise because being the only winner is not really winning at all? Remember when we repeated over and over the importance of Respect to your teachers, parents, friends and yourselves? Those remain the skills you will need to succeed and thrive in the years to come.



There is one final lesson...Believe! Believe that regardless of what life brings, you WILL be able to overcome it and rise above it. Believe that you are loved and cherished by many, if not all, in your life, whether or not they agree with you. Believe that tomorrow is another day that will bring a new hope, a new idea, a new cure, a new plan. Believe in humanity, which is ultimately good and beautiful even though it may clothe itself in ugliness and hate at times. In essence, there is faith and love which will always prevail. Believe in yourself. You are worthy, you are strong, you are brilliant and you are ready.

To that end, we let you go and we send with you our blessings and our love. May you find all that you dream of and work hard to achieve. May you have health and happiness always. May you find love and friendship on your journeys. May God Bless you and keep you safe. Alf Mabrouk."

Mrs Dajani introduced to us this year's MES Cairo Graduation Guest Speaker, the esteemed Dr Hala Helmy El-Said (Minister of Planning and Economic Development); a highly prominent Egyptian figure who is a politician, a renowned economist and an academic. Dr Hala El-Said achieved her Ph.D. in Economics from the Faculty of Economics and Political Sciences, Cairo University in 1989. She has her Master's Degree in Economics with honors. In 2011, Dr Hala became the first elected Dean for the Faculty of Economics and Political Science at Cairo University.

Dr. El-Said was recognized as the Best Arab Minister by the Arab Government Excellence Award in November 2020. During her tenure, she led the implementation of the National Sustainable Development Strategy (Egypt Vision 2030) in partnership with bilateral and multilateral stakeholders, the private sector, and civil society in line with the UN Sustainable Development Strategy and the Africa 2063 Agenda. In 2021, Dr. El-Said initiated the National Structural Reform Programme and as Minister of Planning and Economic Development, she launched several projects for capacity building, gender inclusion, and youth empowerment including the Women in Leadership Positions Programme, the Leadership for Government Excellence Programme, and Rowad 2030 which aims to enable youth and support entrepreneurship and job creation.

Who better to address Egypt's leaders of the future than a champion of progress, human rights and global sustainability! "I am delighted to be here today at MES Cairo, a renowned educational institution that has been remarkably disseminating knowledge and cultivating leaders and change makers for more than thirty years. It has been advancing holistic education and offering students much beyond academic curriculum to ensure extensive opportunities for further learning, ultimately laying the foundations for





success in the adult world. As a proud mother, I witnessed how MES supported the personal development of my beloved daughter, who graduated from here ten years ago and is now thriving, along with her cousins who received an equally outstanding education at MES Cairo.

Dr Hala advised the Class of 2022 to stand up to adversity: "I always say that one should perceive difficult times as a unique chance for one to become stronger, wiser, resilient, and more disciplined...Every single one of us can passionately drive positive change in the face of negative conditions. Leadership is essentially and absolutely a choice, a choice to take initiative and run calculated risks. A choice to demonstrate acts of kindness and empathy to gain people's trust. A choice to inspire others and show them what to do by setting an example. So, when I call you leaders of tomorrow, tomorrow doesn't mean in 10 or 20 years. It literally means tomorrow. And building for tomorrow, starts today, in fact it starts now. This has been our guiding principle at the Ministry of Planning and Economic Development, as we work very hard to "Build Egypt's tomorrow, today", ensuring a better life for our citizens and a sustainable future for generations to come."



Dr Hala received rapturous applause as she closed by encouraging the Class of 2022 to "Set a vision for yourself and the world around you. I encourage you to see into the exciting future without dwelling or getting stuck in the past."

Dr Hala's speech was followed by a Secondary Choir performance of Slipping Through My Fingers (arranged by Dan Wilson). This song, about a parent watching her child grow, led to many teary eyes in our audience! During the pitch-perfect singing, the huge graduation screens showed a slideshow of our graduates "then and now"; images of each student as an infant and then as a young adult, ready to venture out into the world.



It was time for the Class of 2022 to share their thoughts with us. Represented by a student from each Section, they used the metaphor of a theatre to speak about their MES Cairo learning journey, from the opening scenes (FS1) to their current Finale on the Graduation Stage. As a school that so wholeheartedly supports the arts, our graduates acknowledged that these opportunities to present in front of varied audiences from such a young age, gave them much confidence. Their MES Cairo education has developed critical life skills helping them to "Move Forward" to the next stage. Aly Abdul Hadi (Y12), Lara Gamaleddeen (G12) and Catherine Gerges (IBDP12) spoke with an arresting and impressive level of confidence, eloquence and poise, as every member of the audience listened intently, and with great pride.



We then enjoyed a musical feature sung by the MES Cairo High School Choir: 'You Raise Me Up by (Roger Emerson). This song encouraged us to think about supporting each other and making the most of our individual talents. This was followed by a stunning solo rendition of Don't Rain on My Parade (by Jule Styne), performed by our superstar graduate, Malak Mekky (Y12).

Excitement rose as Ms Ghada Dajani (Managing Director) took to the stage. This was the moment we had all been waiting for! Ms Ghada proudly announced the name of each graduate as they stood to be presented with the High School Diploma and Leaving Certificates. As each name was called, students proudly walked across the stage to be congratulated by Mrs. Dajani, Dr Hala El-Said, Ms Singleton, Mrs Talbot and Mrs Pfeil.



The ceremony closed as the graduates of the Class of 2022 were released to the sound of The Four Seasons by Antonio Vivaldi. Throwing their caps high up into the crisp and clear night air, every graduate was moved by the thrill of this very special moment during what was a significant time in all of our lives. The world had overcome an immense challenge, and we all deserved to believe in a better and brighter tomorrow.

Class of 2022... we believe in you.

Ms S Sheehan - Deputy Headteacher



FULL MARKS FOR MES CAIRO'S IBDP CLASS OF '22!

The IBDP Class of 2022 achieved great success in their May examinations and there was much celebration as our students met the requirements to receive their International Baccalaureate Diploma. Their overall average score of 33 points was well over the world average of 31 points and we are very proud of all of their achievements. Students from MES Cairo join thousands of others around the world who took the IB Diploma Programme this year, and over 1 million others educated by the IB since it was founded over 50 years ago.

IBDP 2022 Top Scores for MES Cairo

Our top three scorers gave us even more to be proud of, delivering a set of stunning results that satisfied our high expectations of these talented, diligent and highly committed young people.

Saleem El Hady achieved the maximum 45 points out of 45, an accomplishment made by fewer than 1% of IB students around the world. **Mohammed Fouda** scored 41 points and **Malak Kandil** gained 40, placing them in the top 5% of students all over the world. That is a remarkable achievement!



SALEEM EL HADY



MOHAMMED FOUDA



MALAK KANDIL

Olli-Pekka Heinonen, Director General of the International Baccalaureate, said:

"Our students have shown outstanding resilience and dedication to learning. The pandemic has thrown up challenges at almost every step of their educational journey, and yet they have overcome them. I am proud of every single one of them. Today is an incredible day for the whole IB family, and I salute everyone involved in making it this far. The character on display illustrates everything the IB stands for."

By developing the attributes and skills needed for success, in addition to a breadth of experience and knowledge, the IB Diploma Programme ideally prepares students for their studies at university, developing their careers and managing the challenges of an international and connected world. Those who have achieved their IB Diploma should feel confident that they are already a step ahead.

We wish our students the very best on their university education journeys and we look forward to hearing about their accomplishments in the years ahead. They are the best source of inspiration for our current DP12 students, and our DP11 cohort who have just started their two-year IBDP journey.

Mr B Rainford - Assistant Head/IBDP Coordinator



AMERICAN SECTION ADVANCED PLACEMENT (AP) SCHOLAR STUDENTS SHINE!

Every year, students from the American Section take Advanced Placement courses at MES Cairo. All High School students have the opportunity to choose from 16 rigorous, college-level courses in English, Mathematics, Science, Social Studies, Art and Technology. In May, students take an exam to assess their knowledge. The results are reported on a scale of 1-5 with 5 representing a student who is extremely well qualified in their knowledge of the subject.

The College Board reviews the results of all current and previous exams at the conclusion of each testing year. Outstanding students receive awards in three categories - AP Scholar, AP Scholar with Honor, AP Scholar with Distinction.

- AP Scholar - Granted to students who receive scores of 3 or higher on three or more AP Exams.
- AP Scholar with Honor - Granted to students who receive an average score of at least 3.25 on all AP Exams taken, and scores of 3 or higher on four or more of these exams.
- AP Scholar with Distinction - Granted to students who receive an average score of at least 3.5 on all AP Exams taken, and scores of 3 or higher on five or more of these exams.

In May 2022, 79 students from the American Section took 163 exams to assess their knowledge in 13 different subjects. 21 of these students received recognition from the College Board for their amazing AP results! Their average AP score was 3.7. Of the 21 students, MES Cairo had 11 AP Scholars, 5 AP Scholar with Honors, and 5 AP Scholar with Distinction.

Congratulations to the 2021-22 AP Scholar Recipients!

AP Scholars (Average Score of 3.25) - Adam Abuellail, Kareem Ali, Miray Wahib, Mohamed El Sherif, Omar Kansoh, Yassin Ibrahim, Adham Abdelmaguid, Mariam Fahmy, Omar El Nashar, Razan Hassouna, and Salma Mansour

AP Scholar with Honors (Average Score of 3.73) - Ahmad El Torky, Jana Shahin, Adam Kirollos, Ahmed Abdelkader and Yasmin El Serry

AP Scholar with Distinction (Average Score of 4.14) - Mariam Awad, Mark Hakim, Michael Hakim, Tarek Abdel Ghaffar and Rodayna Al Naggar

AP International Diploma Recipients

6 of our 21 scholars also earned their AP International Diploma (APID). The APID is a globally recognised certificate awarded to students who display exceptional achievement across a variety of disciplines. Available to international students attending Secondary schools outside the US and to US High School students applying to universities outside the country, the APID certifies outstanding academic excellence with a global perspective.

Congratulations to Adam Abuellail, Mariam Awad, Mark Hakim, Michael Hakim, Tarek Abdel Ghaffar and Rodayna Al Naggar for this amazing accomplishment!

Dr J Cates - Dean of Students Grades 11 and 12, American Section



Adam Abuellail



Mariam Awad



Tarek Abdelghaffar



Rodayna Al Naggar



Mark Hakim



Michael Hakim



Celebration of our British Section Students' June 2022 External Examination Achievements

Staff and students at MES Cairo celebrated outstanding external examination results during what has been a challenging few years. The hard work and determination of our students has paid off. We are delighted for our students and for their achievements. They embraced the challenge and committed themselves to their learning, whilst remaining engaged in all aspects of school life. For students in Years 10 and 11 the grades they have achieved will support their successful transition into AS or A level and beyond. Our students have shown positivity, resilience and determination throughout their two-year programmes of study.



Ibrahim Abdelhamid



Yassin El Antably



Yassin Mostafa



Yassin El Merghany

We are delighted that the percentage of students achieving A* and A grades have improved. There are countless examples of individual students to commend but special mention must be given to the following students who achieved four A levels with three or more A* or A grades: Ibrahim El Hamid, Yassin Mostafa, Yassine Merghany and Yassin Antably. Our Senior students in Year 12, have shown resilience that has enabled them to enter universities of their choice across the globe. The Class of 2022 are now members of the MES Cairo Alumni and have left MES Cairo to achieve their ambition of studying at University, we look forward to hearing all about our students' future success.

Our Year 11 students are also on the path to success:

Congratulations also to the following students who achieved three As in a range of subjects, Mohamed Desouki, Joudy Wael Ammar, Ezzeldin Elezz, Ali Khaled, Ziyad Hassan and Saged Elshawaf.

Our Year 10 students too have impressed us with their results, special commendation to students who studied for nine IGCSE subjects:



Fatima Abaddy
who achieved five As in the AS-Level examinations, Biology, Physics, Chemistry, Maths, English Literature.



Ahmed Abdelsalam
achieved three As in Biology, Physics, Maths and one B in Computer Science.



Mostafa El Fiky
four As in Biology, Physics, Chemistry and Business Studies.



Dana El Sharkawy



Yassin Abdelnabi



Nour Aly

Nour Aly achieved eight A*s and one A.

Yassin Abdelnabi six A*s, two As and one B.

Dana El Sharkawy achieved six A*s and three As.

Celebrations are also in order for the following students who gained eight IGCSEs at A*-A with a minimum of five A*s: Khadija Awad, Selim Younes, Habiba Tageldin, Sameh Elganzoury, Malika Naser, Emily Sigalas, Omar Abdelaziz, Leila Anwar, Yassin Megahed, Maryam Saleh and Zain Elsayed.

Looking beyond the headline grades, there are numerous stories of students who have overcome personal challenges to achieve the grades they require. We are equally proud of our students who have shown true grit and determination to achieve their best. Each students' journey is different but no less important.

Ms L Talbot - Secondary Headteacher, British Section



MES Cairo Thinks Pink!

To raise awareness and 400,000LE for the Breast Cancer Foundation of Egypt (BCFE)



On 27th October 2022 we hosted our annual fundraising initiative in support of the Breast Cancer Foundation of Egypt (BCFE). The BCFE is doing excellent work in the areas of research, prevention/early detection education and holistic support of breast cancer patients here in Egypt and we are very proud to support them again this year.



The month of October is regarded as Breast Cancer awareness month around the world. Different days of the month are adopted as Pink Days by different organisations and in many countries. The colour pink is associated with this form of cancer, often associated with the symbol of pink ribbons.

Our whole school theme this school year is RESPECT with our Pink Day t-shirt design reflecting this. We are actively promoting respect of self and respect for others, a concept which resonates in the idea of charity. So with the word emblazoned on our Pink Day shirts, the whole school from FS1 to Y/G/DP12 had the opportunity to pre-order a Pink Day Pack, proudly wear their t-shirt on the day whilst engaging in a range of themed activities and celebrating the spirit of supporting a worthy cause.





We were delighted that such a large number of our students and staff embraced our whole school community initiative and with such tremendous enthusiasm. In addition to fundraising specific to Breast Cancer we raised awareness on a range of related topics with all children in age-appropriate ways: lifestyle choices, staying fit, eating well and having a positive mindset.

Our students led and participated in a range of activities to raise funds, including, pink nail painting, pink hair spraying and pink face painting! In addition, our MES Cairo Pioneers hosted stalls of pink merchandise to add to the excitement of the day and generate more fundraising for the worthy cause. Our Senior Student leaders coordinated bake sales, also, with students from cross Secondary contributing their home made items for sale to the school community.



As a culminating activity, students collaborated to create a Pink Day Ribbon 'Quilt' as a message of hope and support for cancer patients and their families.

In late November we were delighted to present BCFE with a cheque for 300,000LE from our community efforts. All proceeds from our Pink Day t-shirt sales and fundraising activities were reflected in this significant total.

We would like to thank the whole school community for joining us in support of Breast Cancer Awareness Month. This has become a well-established tradition in our school calendar and a great way to bring our community together.





International Baccalaureate Schools in Egypt ConnectED Teacher Networking Event

This term, the International Baccalaureate Schools in Egypt Association (IBSEA) ConnectED event brought together teachers from over 50 schools across Egypt. We are proud that the event was hosted at MES Cairo by our Managing Director Ghada Dajani, who is the elected President of IBSEA. Dr Kawther Saa'd Eddin, (IB Development and Recognition Manager), presented an engaging Keynote, followed by a presentation given by inspirational MESConian Shaheer Bardissi, (MES IBDP Class of 2010). Participants then attended IB workshops and made many fruitful connections. This was our second IBSEA ConnectED networking meeting and we were honoured to have Dr Kawther with us again as lead Keynote this year.

In addition to her Development and

Recognition work with the IB, Dr Kawther is a member of the Jordanian Ministry of Education (MoE) Education Board, an IB Lead Educator, a Senior Examiner and a Workshop Developer. Speaking to the large group of participants, she shared with us important details about the IB's vision for the future of its Programmes.



MS Ghada Dajani, MES Cairo's Managing Director and President of IBSEA said: "I would like to thank Dr Kawther Saa'd Eddin for inspiring us with her engaging presentation. We are incredibly grateful for the outstanding work that she does in support of the IB here in Egypt. On behalf of the IBSEA Executive Committee, I would also like to thank each and every one of our visitors for joining us here at MES Cairo, and especially to those who made the journey from as far away as Alexandria! We were very pleased to be able to welcome those of you that are already with us as part of the International Baccalaureate Schools in Egypt Association since its inception in 2020, along with those who are new to the Association. It is your commitment to the IB Mission that is enabling the Association to thrive, develop and continue its good work."

An IB Education may be for a better world, but we are all aware of the need for caring leaders to work locally as well as globally. If our goal is to grow the youth of Egypt into tomorrow's world leaders then who better than a stellar example of the product of an IB Education, to demonstrate the impact of that goal. MES Cairo's very own MESConian, Shaheer Bardissi, graduated with an IB Diploma in 2010. He acquitted himself in an impressive manner throughout his time with us and he continues to do marvellous things; for himself, for his country and indeed for the world as a whole. We were delighted that Shaheer was able to join us and to tell us his story.



Shaheer told us all about his university qualifications and his ultimate journey into the realm of scientific research. He articulated to us clearly how his own IB education inspired and motivated him to go on to develop a genetic therapy research and development centre for the treatment of diseases such as cancer, the very first in the whole of Africa and the Middle East. MES Cairo's IB teachers and leaders were exceptionally proud to hear Shaheer express his belief that teaching is a truly noble profession, to hear him express his gratitude to his school teachers and to encourage all present educators to keep learning as well as teaching, and to keep raising IB graduates in pursuit of a better world.

The Keynotes were followed by Programme Specific, Core and subject workshops. IB Educators across Egypt had volunteered to present and lead workshops.

The IB ConnectED gathering was, in the spirit of the IB Mission, an opportunity for us to share and to collaborate. Our participants were all invited to be a part of the event due to our mutual passion for IB Education.

Participants shared feedback after the event.

"It was an honour for me to lead two workshops today in the IB Networking event held at MES Cairo. I have learned a lot from all the IB Educators who participated and shared their knowledge and expertise to make this event insightful and inspirational! (Sherwet Adel, MYP Programme Head, Manaret Heliopolis International School)

"Much honoured to participate in the amazing IB ConnectED event for the second year." (Ms Dalia El Shorbagy, New Vision International School)





It was wonderful to witness the passion and enthusiasm that our IB colleagues have for sharing their talents, expertise and knowledge. The energy we created together enabled us to make the event highly beneficial for all participants. We couldn't have done it without the wonderful enthusiasm and support of outstanding IB teachers from all over Egypt! Many thanks also to our exemplary DP11 and DP12 students who were extremely welcoming, polite, confident, enthusiastic and very helpful to our visitors throughout the event.

Ms S Sheehan - Deputy Headteacher

International Baccalaureate Schools in Egypt Association (IBSEA) Meeting November 2022

Ms Ghada Dajani, MES Cairo's Managing Director and elected President of IBSEA, hosted a meeting for Egypt's IB schools on 23rd November 2022 where 30 of Egypt's IB World schools were represented. The meeting was supported by Dr Kawther Saa'd Eddin, (IB Development and Recognition Manager). The group continued the productive dialogue that was started at the regional

Association meetings

in The Hague earlier in October of this year. Ms Ghada Dajani led the group by outlining her vision for the continued growth and development of the Association in its mission to support IB schools, students and teachers throughout Egypt. Amongst several other important topics, the group discussed further networking opportunities, IB Programme recognition and certification developments, along with a variety of current priorities for IB World Schools in Egypt. The IBSEA Executive Committee will be meeting soon to discuss further developments and would like to welcome IBSEA's newly elected Secretary, Ms. Robyn Larsen of Schutz American School.

Ms Sheehan - Deputy Headteacher



UK UNIVERSITIES APPLICATIONS WORKSHOP

For British, American and IBDP Students



Senior students applying to UK Universities this year attended a workshop to learn about how to make their UCAS applications stand out.

Extracurricular and super curricular activities were discussed in detail as were the MOOCs (Massive Open Online Courses) which are available for students to complete in their own time. Many of these MOOCs are provided by some of the most prestigious institutions from around the world and allow supportive interactions between students and professors.

Students intending on applying to study Medicine attended an additional session highlighting the importance of demonstrating their passions.

Our Seniors learned how to uncover their passions, how to distinguish between the best universities and how to be exceptional.


Unifrog, our university application platform, was put to good use as we had a live link between us and an Admissions Officer for Goldsmiths University in London. We were able to get answers to some very interesting questions including what makes an Admissions Officer want to consider an application. Students received step by step instructions on setting up their UCAS accounts and linking them to MES Cairo so that all letters of recommendation and predicted grades could be sent directly to universities in confidence.

Mr N DeSouza - Assistant Head Years 11 and 12, British Section



MES Cairo Scholarship and Student Leaders for 2022-2023

Student leaders are selected because they consistently demonstrate all of the MES Cairo PRIME elements:

	MES Cairo PRIME ELEMENTS	
P	Prepared	Equipped Focused Ready
R	Reliable	Presentable Resourceful Contributes
I	Integrity	Ethical Honest Responsible
M	Mindful	Empathic Accepting Self Aware
E	Effort	Initiates Participates Perseveres



American Section Scholarship and Student Leaders

Miriam Awad (G12B)



What is your greatest academic achievement?

My greatest academic achievement and the one I am most proud of is the AP International Diploma (APID). Not only does the APID demonstrate my ability to complete rigorous classes and still achieve outstanding results in them, but it also signifies that I am an international and well-rounded student; two qualities that I value greatly. Having completed a variety of classes at a high level and learned extensively from them, as proven by me receiving the APID, ensures I have a comprehensive and international view of the world that prepares me to explore different matters in a growingly interconnected world.

What is your greatest extra-curricular achievement?

My greatest extracurricular achievement is being a motivational and play therapy assistant at a non-profit rehabilitation centre for children with special needs called '4 Kids Therapy'. This summer I focused on volunteering there and by August I was volunteering almost daily to motivate children and assist them in their therapy, including play therapy which is an actual form of therapy! Volunteering was extremely rewarding for me and by playing football with orphans or motivating a little girl through her physical therapy by singing 'A Whole New World' over and over, I understood the kind of person I want to be and what things I aim to accomplish in the future.

How important has your family been in terms of your educational and extra-curricular achievements so far?

I am very fortunate to have had access to such an amazing education that would not have been available to me without my family. Furthermore, I am surrounded by such hardworking and considerate individuals that taught me by example. My mom has taught me to work hard for what I want, to preserve, to be thankful for what I have, and to always be kind to others and give back. Having a brother with Cerebral Palsy has also taught me a lot about life, like being patient and considerate. My family has a large role in making me the person I am now, and I would not be where I am without them.



What does the MES Cairo Family mean to you?

The MES Cairo family means a lot to me. The word family is not a hyperbole in substitute of community, because we are truly more than that. I really do care for MES Cairo because I always feel cared for here. I am grateful for every one of my teachers because they are always there for me and support me in every aspect I can imagine; they are indeed exceptional people. Moreover, I am proud to be part of a student body composed of such supportive and friendly individuals that are there in all the best memories, support me and make school all the more enjoyable.

Mark Hakim (G12G)



What is your greatest academic achievement?

In High School, I achieved a 4.31 GPA, which allowed me to be ranked 1st in my class along with my twin. I have received the AP International Diploma and the AP Scholar with Distinction award as a result of my Advanced Placement exam scores. I have received a 5 on all of my STEM-related AP courses. This includes AP Biology, AP Physics 1 and 2, and AP Computer Science Principles. I began taking AP courses in Grade 9. At first, I struggled with the workload and requirements. Through hard work and continuous support from my teachers, I was able to understand and master the material.

What is your greatest extra-curricular achievement?

My greatest extracurricular activity would have to be my participation in community service. In school, I am a member of the National Honor Society. I have raised money to purchase food for the less fortunate and taken teachers on historical tours of Cairo as part of the programme. I am also a participant in the Duke of Edinburgh International Award. Part of the Award is dedicated to service. I chose to serve my church by working on fundraisers for clothes and food. Lastly, I started my own charity group and asked my friends to participate in it. As a group, we were able to buy resources for a local orphanage.

How important has your family been in terms of your educational and extra-curricular achievements so far?

My family has been my main support system throughout my academic journey. My parents have always encouraged me to challenge myself in any way possible. This comes in the form of taking advanced classes or volunteering for roles I wouldn't normally do. My parents have shown me that I can achieve anything if I put in enough effort. They have also pushed me to take my efforts outside of the classroom. As a result, I have found myself discovering my interests through all my extracurricular endeavours. My twin brother is also a very influential person in my life as he has helped shape me into the person I am today.



What does the MES Cairo Family mean to you?

The MES Cairo family is something that I truly value and appreciate. To be able to be part of such an amazing and supportive community is honestly a gift. I also feel like the MES Cairo family is a big part of who I am as an individual in society. The MES Cairo family has enabled me to achieve spectacular things and I am very grateful that I had that type of support. The endless kindness and compassion of the MES Cairo will always be a part of my life.





British Section Scholarship and Student Leaders

Mohammed Desouki (Y12Y)



What is your greatest academic achievement?

Thanks to the prolonged and continuous effort of my teachers and myself, I am proud to say that my greatest academic achievement is not one but two which I hold in equal measure. The first one is my scholarship. I am thankful that the school has chosen me as their student leader and to embody the graduate profile while also giving a voice to my fellow students. The second is my Cambridge Learner Award. It is an honour to be given the title of Highest Achiever amongst 8 subjects for the June 2021 series Cambridge examinations.

What is your greatest extra-curricular achievement?

MES Cairo provides opportunities to expand your horizon beyond just academics. During

my 14 years of school, I have signed up for countless after-school activities and programmes; but what I think is my greatest extracurricular achievement would have to be the COBIS award I received in 2021. Chosen from thousands of students in hundreds of British Schools overseas, I am proud to say I received this reward for my discipline and contributions to the greater community.

How important has your family been in terms of your educational and extra-curricular achievements so far?

All of my achievements and accomplishments could not have been done on my own. I attribute my success to my family, all of whom value education highly. Ever since I can remember, they have always supported me and have always been there to pick me up when I have fallen down. From helping me learn the periodic table to giving me a chance to pursue medicine, I can never repay them for all they have done for me.

What does the MES Cairo Family mean to you?

Not just my family at home, I also attribute my success to the MES Cairo family - my home away from home. This sense of community spreads its roots, holding us all together, whether it be whole school events or going into an exam hall, I never truly felt alone and I am grateful for that. This family has been together through thick and thin, and we are stronger because of it. This is my final year with this family, and I plan to cherish every moment.



Fatima Abbady (Y12R)



What is your greatest academic achievement?

Despite the massive workload and academic challenge, last year I sat 5 AS Level exams: English Literature, Mathematics, Biology, Chemistry and Physics. Through continuous support from both my family and my teachers, I managed to achieve the highest possible grade of A in all 5 of my subjects.

Despite receiving advice to not take three Sciences, the extensive encouragement, motivation and resources from my Science teachers ensured that all my efforts were rewarded.

What is your greatest extra-curricular achievement?

My love of music definitely plays a significant role in my life. Ever since I was seven years old, playing piano has been one of my greatest passions. My greatest extracurricular achievement, without a doubt, would have to be when I was a finalist at the prestigious Young Musicians of The Gulf competition. I was awarded Owerkowicz Bequest: Most promising Bahrain-based musician. Since then, I have continued practising and achieved a distinction in Grade 8 ABRSM piano and am currently working towards my diploma.



How important has your family been in terms of your educational and extra-curricular achievements so far?

I genuinely, without hesitation, can say that without the extensive support of my family I would not be able to achieve even an iota of what I have currently. The endless hours spent agonising in my older sister's bedroom with her proofreading and marking my work for hours on end, the comfort I received from both of my parents whenever I was stressed or upset, the distraction from said stress provided by the indescribable humour of my younger sister, are things that I never truly can adequately express my gratitude for.

What does the MES Cairo Family mean to you?

Despite being relatively new to the school, I have never felt as though this has hindered me in any way. During my first year at MES Cairo, I was quite hesitant and worried - I wanted to run for Student Council but was concerned about my new-girl status - when I was elected, I knew from that moment that students at MES Cairo are welcoming in ways I do not think can be said about other schools. This is why the MES Cairo family means so much to me. Since day one I have always felt welcomed and immersed in the community.





IBDP Section Scholarship and Student Leaders

Youssef El Banhawi (DP12R)



What is your greatest academic achievement?

My greatest academic achievement has to be attaining eight A*'s in my IGCSEs and the Cambridge Outstanding Learner Awards. I achieved third place for Best Across Nine Subjects in Cairo, and Top in Egypt for IGCSE Mathematics, both of which I am incredibly proud of. Having gotten a D grade on a Mathematics test at the beginning of Year 10, I was feeling hopeless about my upcoming mock. However, I was determined to improve my grade, and sure enough, I scored an A on my mock and an A* on my final. For my IBDP Senior year, I am aiming for a result of 40+ points.

What is your greatest extra-curricular achievement?

I was thrilled to hear that the opportunity to join Team Cougar was back this year. I have always loved playing basketball. Every year since it was first introduced to us in Primary, I have been thankful to have always been part of the school basketball team. It is a great aspect of the MES Cairo community. I am also grateful to have been recognised as a Senior Athletic Mentor this year. Being an Athletic Mentor means I can share my love and passion for basketball with the younger generation of MES Cairo students.

How important has your family been in terms of your educational and extra-curricular achievements so far?

My family is absolutely amazing. Their non-stop support for my academic and extra-curricular achievements has been key to my successes both inside and outside school. My parents have continually reminded me of the importance of doing what I love and have encouraged me every step of the way. Both my brother and sister have always been by my side when I am in need of their support. Having played basketball throughout their time in school and university, they inspire me to be active while remaining focused on my studies.

What does the MES Cairo Family mean to you?

This being my fourteenth year at MES Cairo, I am glad to be able to call my peers and teachers family. We have been able to accomplish so much together. My teachers have supported me endlessly throughout my school career and have shaped me to become who I am today. Many of my peers and I have grown up together, and we have always been there for one another, and that is what it means to be family. We have formed countless fond memories in our years together, and it is not over yet.



Lama Torky (DP12R)



What is your greatest academic achievement?

By far, my most outstanding academic achievement would be gaining the Senior Student Leader award, an award I am very proud to hold and honoured to be selected for. I am very grateful for the opportunity to be involved in school events and planning activities while being a voice for the students. Additionally, I am also very proud of getting a 3.9 GPA in my last year of being in the American Section before joining the IB Section. Another achievement is the 3 awards I won last year - Academic Excellence in Theory of Knowledge, Business Management and Theatre.

What is your greatest extra-curricular achievement?

Every year during Ramadan and other holidays, I, my family and friends, join in preparing and distributing meals for the disadvantaged people in Cairo. It has been a tradition since I can remember, and we never miss it. Helping those in need is the most rewarding thing to do, especially when I do it with the people I love.

How important has your family been in terms of your educational and extra-curricular achievements so far?

My family has by far played the most significant role in my educational and extra-curricular achievements. Without my family, I would not be the person I am today. Throughout my years there has been a constant level of support, comfort, and love from my family that always pushed me to do more. They always allowed me to embrace my passions and strive for more academically. Through all my stress and procrastination, they never left my side; I have them to thank for all my accomplishments.

What does the MES Cairo Family mean to you?

MES Cairo has been considered my home since the day I joined FS1. The 14 years spent at MES Cairo have been the most enjoyable and memorable years. Throughout my journey here I have always felt welcomed and loved by my classmates and teachers. I have always felt a sense of support and encouragement from everyone around me. I grew up here and learned everything that MES Cairo has to offer, and it will always be an extremely significant place to me that I will never forget. I will be the fourth and last child from my family to graduate from MES Cairo, the place my sisters and I all consider our second home.



'History Off the Page' Exhibition in the Primary Section



Year 3 shared information about how Superheroes have changed over the decades



Students acted as curators in the exhibition and shared their learning with the classes that visited their stand



Students learned about toys their parents or grandparents may have played with



Year 6 were able to ask questions and learn about the history of space travel when they visited the Year 5 presentation

During the first half of Term 1 students in Primary engaged in an investigation of their Science Technology Engineering Art and Maths (STEAM) projects. As part of their investigations a week was spent looking back into the past to discover how their area of STEAM had developed over the decades.

During their research students gathered information relating to their historical investigation and used their findings creatively to prepare a visual account of the events in history.

The final day of the week saw students eagerly setting up display tables and boards ready to present their evidence, in the Atrium, where they hosted a 'History Off the Page' exhibition.

Students from across Primary were then invited to come and view the exhibition, ask questions and listen to the curators share their knowledge and understanding. Curators from each year group enthusiastically discussed their projects with their peers, speaking eloquently and demonstrating a deep understanding of their learning.

Ms T Nissan - Primary Deputy Head, Key Stage One



Year 4 explained their unique timelines made to look like pyramids



Year 6 curators shared their knowledge about light with a dazzling display of flashing lights and informative posters



History of Space Travel



History of Toys

WELCOME TO KS1 FOR THE 2022-2023 ACADEMIC YEAR



The beginning of the academic year is always an exciting time for staff, students and parents.

Here at MES Cairo, a lot of time is spent preparing for the year ahead. Some of this happens in the previous year to ensure a smooth transition between year groups; we want all students to feel happy and excited about their move to a new year group. Our FS2, Year 1 and Year 2 students all spent time in their new year group at the end of the last academic year. We can see that they have benefited from this as most children have settled quickly and are already enjoying the teaching and learning experiences their new teachers are providing. The orientation experiences provided for our FS1 students have also ensured a smooth transition.

To further enhance the partnership between home and school, we offered parents the opportunity to meet their child's class teacher and for the class teacher to share information relating to their own class through our Meet and Greets. This year, our Primary Leadership Team along with the Music and PE Heads of Department, as well as our French, Art and Computing teachers shared presentations about their respective areas of teaching and learning.

Our school motto, **'Care, Challenge, Inspire'** continues to be the cornerstone of what we do every day at MES Cairo. Along with this, our focus for this year is RESPECT.

'Respect is caring enough to consider how words and actions impact others.'

(Colleen Doyle Bryant)





We can show respect for people, places and things by:

- Using kind or polite words even when we're upset
- Using manners like sharing, taking turns, saying please and thank you
- Accepting differences or at least express disagreement using kind words
- Being careful not to damage places or things
- Using a quiet voice or calm behaviour in public places

Our mantra, 'Give It. Get It' embraces the ways in which we can show respect for people at school and when we are out in the community.

We continue to enjoy working in partnership with you and look forward to what the rest of this academic year brings for all students at MES Cairo.

Ms C Readman - Primary Head, Key Stage One



FOUNDATION STAGE TWO

Routines, Resilience and Robots



It has been wonderful to welcome the students into FS2 this term. With wide eyes and excited chatter, our FS2 children (and teachers!) have immersed themselves in our wonderful learning environment. Classrooms have been filled with amazing learning opportunities. The children love mixing with those in other classes and it has been fantastic to see their confidence and independence grow over the term.

Our main focus this year is to develop excellent routines, independence and resilience amongst our students. We encourage FS2 children to tackle new tasks, make new friends and try to complete activities differently, thinking around the problem. At the heart of this is our wonderful pod which is the hub for both learning and social development amongst the children in our year group. The activities in the pod are either based on our topic or on the interests of the children, but each activity is always based around a key skill children need to learn during FS2.

Routines are always important in FS2, and the children have enjoyed learning their new ones. Children self-register in the morning, putting their photographs into five frames to support their maths knowledge. They have a visual timetable and daily calendar to improve their understanding of time and learn the days of the week. Every morning starts with a song on a topic, maths or phonics theme. The children know they need their hats and water bottles before play and their apron on before messy activities - they are now working on remembering to do these things without an adult reminding them, to develop their independence.





In FS2, children are expected to have listen and pay attention for longer periods of time. We have more formal maths, phonics and handwriting lessons and it takes some children longer to find the focus to sit for these lessons. This is something we work on during the whole year in preparation for Year 1 where their directed lessons will be longer. The children are trying very hard to listen and participate in all the lessons and we are very proud of the progress they are making.

Outdoor learning remains a firm focus for the students, who use it to investigate concepts and take calculated risks whilst developing their gross motor skills and resilience. Children have recently turned the benches and boxes into a very popular train, used the storage boxes on wheels to slide down an incline and made tunnels and games using the tyres in the area. The children love their outdoor learning sessions and will continue to creatively use the equipment to develop their independence.

Our Robots topic was a fantastic way to start the year. Our key question was 'I wonder if it would be better to be a robot?'. The children loved learning all about robots and their place in our world. They thought of lots of different questions they would like to find out the answers to - such as if robots have families, eat food, like swimming, or wear clothes! Over the half term we answered these questions and many more through investigation and research. A fun time was had by all!



FS2 supported Pink Day and raised a considerable amount for charity – thank you very much to all parents for contributing to this very important day. Our children spent the day in pink! They made pink necklaces, cards, hearts, bracelets, Lego buildings, foam sculptures...and the pod was also a celebration of pink. FS2 staff dressed as very life-like pink doughnuts and were nearly eaten by some children! It was a wonderful day and essential to the children's understanding of how important charity is.

Our new phonics programme 'Little Wandle' is being enjoyed by our FS2 students. They learn four sounds per week and practise reading and writing using their new sounds. They love working on their phonics during continuous provision time and we are very impressed by how wonderful their handwriting is becoming - they are showing real resilience with their letter formation.

We look forward to seeing our wonderful FS2 children continue their progress next term and I am sure we will see many more 'wow' moments!

Ms L Mottram - Foundation Stage 2 Year Leader

FOUNDATION STAGE ONE INDUCTION DAYS



The first day in FS1 is a big step for our children. It can be an emotional time, not only for the children, but also for their parents.

At MES Cairo, we try to ease as much anxiety as we can by having Induction Days in which the new cohort of children coming into FS1 have an opportunity to visit school with a parent before school officially starts, to get a taste of what school life in FS1 is like.

Over the course of two days, our new FS1 children came in small groups of four or five. They met their new teachers and stayed for an hour and thirty minutes. The classrooms and the Pod were set up with a range of exciting and interactive activities for the children to engage with. There were crafts activities, playdough, Small World and Construction, which were all linked to the theme of a Nursery Rhyme. The children could also choose stories from the class library or play in the role-play area; a very popular activity in many of the classrooms.

The parents had an opportunity to meet the teachers and ask any questions and it also gave them a chance to see their child in their new classroom; making friends with their new classmates, exploring their new surroundings and hopefully easing any anxieties and worries that they had.

It was wonderful to see the children so excited to be at their new school. At this age, children need time to explore and investigate in depth. Children are still making sense of the world around them and the Induction Days allowed them to think things through and work things out. We were so proud of how well the children did during the

Induction days. They were excited to be meeting new classmates and teachers and there was an exciting buzz in the air. Many of the children starting FS1 will continue their schooling journey all the way through to Graduation and it is lovely to think that this is just the first step of an exciting journey ahead.

Ms L Kiernan - Foundation Stage 1 Year Leader



YEAR ONE STUDENTS ENJOY AN EXCITING FIRST TERM!



It has been lovely getting back to 'normal' at MES Cairo. We have been able to return to a full and exciting programme of trips, visitors and events.

Our Year One students are incredibly excited to be able to perform on stage for the first time in their experience of school with Yellow Class leading the way with the first class assembly. Students also enjoyed their first trip outside of school with a visit to our sister school, GES, and are looking forward to being able to go on regular trips throughout the school year.

This year, Foundation Stage 2 students were shuffled into new Year One classes; as predicted they settled immediately and have made lots of new friends. This process was smooth due to a successful transition schedule that was out in place throughout FS2.



Students have enjoyed having the opportunity to showcase their learning through independent application and have produced some amazing work. The Pod has been a huge success this year with a range of exciting and interesting learning opportunities that change weekly. Pod sessions also enable the students to socialise with students from other classes and work collaboratively on joint projects.

We cannot wait to see what else Year One students achieve this year!

Ms S Macdonald - Year 1 Team Leader



MARMALADE MADNESS IN YEAR TWO!



As befits the start of a new academic year, the Year 2 team really wanted to push the boat out and get off to a vibrant and exciting start. What better way than to study materials and all their different properties as our Topic. We needed a theme though, a reason to be studying these, and the thought came to us: why not use a lovable and well-known bear. Not the snarling, salmon-eating grizzly kind, but the gentle, kind and marmalade-loving kind, Paddington Bear!

We started the year learning more about Paddington and his travels. Reading the story as our class book, we learned all about his difficult trip from darkest Peru, up to and including being found by the Brown family in Paddington train station, London. We then decided we not only wanted to hear about his future adventures but be a part of them. This led up to us conducting many experiments in class to identify materials that might be useful to Paddington.

Initially we wanted to find some materials that were waterproof. He is from darkest Peru after all, and our research indicated that this is predominantly rainforest, raining every day, sometimes twice. Secondly, we decided it was only fair that we invite Paddington away from the rains of Peru and London, and to the bright hot sunshine of Egypt. The only problem is, he forgot his sunglasses. We learned that sunglasses need to be translucent, not transparent or opaque to truly be useful and tested different materials using torches to discover what could work. We also tested materials on their durability, firstly to see what materials could make a treehouse (we discovered that paper is far stronger than you might think) and then to see what materials we could bend, twist, stretch and squash.



Finally, after all these experiments, along came Pink Day, and during the excitement of the occasion we got an opportunity to settle down, prepare and make our own sandwiches, and enjoy our very own teddy bear's RESPECT picnic, visited briefly by Paddington himself. Unfortunately, we did not have too many marmalade sandwiches, mainly Nutella.

Throughout the next term, we are going to be doing an equally exciting Topic, exploring all the reasons why people travel. With both the Men and Womens Football World Cup coming up during the term, we are very excited to learn more.

As always, the start we have made to this year has been fun, but informative. We must remember to thank all the Year 2 teachers who have made this possible, as well as Ms Donia, Ms Maha, Ms Mirette and Ms Somaya for their great work in the Pod and in class. Ms Adlaya has also been a tremendous help, keeping the learning environments sparkling clean and keeping children smiling with her fun and bubbly personality.

Mr D Saberton - Year 2 Violet Teacher

YEAR THREE CONCERT

Students, teachers and parents were all very excited about our concert earlier this term. The Topic in Term 1a was 'Who on Earth am I?' which gave us the opportunity to get to know everyone in their new classes. We looked at who we are in the Universe, on the planet, in Egypt, and as individuals. Our aim was to highlight the community we belong to beyond MES Cairo.

In the run up to the concert, the students practised their songs every single day and showed excellent resilience and determination to do well. In addition, excellent relationship skills were shown with good listening, following instructions and frankly, some beautiful singing!

On the day, they were dressed to impress with immaculate uniforms and the biggest smiles to be seen. They wowed the audience with their performance and showed their true potential as performers.

The Superheroes, Lina Shaheen (Y3Y) and Ismail Aguib (Y3B) projected their voices clearly, navigated technical issues such as microphones attached to their clothes and still performed with clear expression and character. The supporting actors also performed well, and the audience responded with lots of laughs and enjoyment, particularly when talking about all the traditional Egyptian delights like Koshari and Mashi. Celebrating Egypt, and Cairo, with some classic songs and a nod to the delicious local cuisine was a personal highlight for me.

The final message we wanted to share with the audience was a little reminder. We asked the question, 'How will you lend a helping hand?' Our aim was to remind everyone that we are all part of one huge community on Earth and that we all have an important part to play.

It has been a busy, but thoroughly enjoyable first term of this academic year. I am sincerely proud of all the students and have seen their potential in action. I am excited to see how much they can grow and blossom as the year progresses and they are able to build on the skills and knowledge that they already have. I would like to say a very big thank you to all of the teachers in Year 3, to all those behind the scenes supporting us, to all of the parents for their support and most of all, to all of the students for their dedication, hard work and determination. We are so proud of you.

Ms J Godber - Year 3 Team Leader



WILD ABOUT LEARNING IN YEAR 4



We are WILD about learning in Year 4. Pop into our pod and you will see for yourself - our Pride Rock display (full of awards and success), a lazy leopard lounging in our reading corner and a photo mural that represents our impressive Year 4 tribe of learners.

Let's check out the learning journey in Year 4 so far - it has been a lovely start to the year and the teachers are thrilled to have such enthusiastic, eager and hardworking students.

What's the Matter?

Our Topic title this term was 'What's the Matter?' We wasted no time and got straight into learning about the three states of matter - solids, liquids and gasses. Students were able to learn and explore the concepts through experiments, research, role play and practical activities. In our final inquiry, students used their knowledge of the 3 states of matter to understand how water constantly changes state. They each chose their own way to showcase their learning and present it to the class.



History off the Page

In Topic, we learnt how heating and cooling could change the states of matter. This led nicely into the question of what we use to heat and cool and the history of these appliances. Students selected one appliance that was used for heating or cooling and completed a triorama! Our 'History off the Page' day was a fun and interactive way for students to see what the rest of the Primary School had been learning and to show pride in their work that was on display for others to enjoy.



English

We started off our English learning by looking at poems. These follow a set structure of noun, adjective and verb. Year 4 students had lots of time to revise these parts of speech and the teachers were impressed with what they could remember from Year 3. We finished this unit by writing diamante antonym poems about heating and cooling. In the second half of Term 1a, we moved onto learning about nonfiction information texts. This was a great way to integrate our Topic learning as we wrote about the water cycle, which we have really enjoyed studying. We can now identify titles, subtitles,





conjunctions and topic specific vocabulary in this genre and are able to teach our reader about the different stages of the never-ending water cycle.

Maths

The year began with students demonstrating what they had remembered from Year 3 and a lot of time was spent focusing on how to set out work in their books so that they knew the expectations. Using one digit per square, for example, will enable students to follow their calculating process and avoid any potential errors with digits being placed incorrectly in columns. We then spent time discussing how numbers up to 5 digits can be represented in different ways (Base 10, money, place value counters) and students enjoyed taking part in group projects where they could explore these possibilities. They did some fantastic display work for our working walls. Time was then spent comparing numbers to 4 digits and what digit(s) must change when adding or subtracting 10, 100 or 1000 and why. This then led to us discussing rounding, why it's important, and we explored various problems related to this. This should be a solid foundation when we look at calculating and estimating.

We are so lucky to have our wonderful Teaching and Learning Assistants in Year 4. Here are their highlights from this term:

Ms Nagham: It has been a fantastic term in Year 4 in true MES Cairo style.

We were amazed with how quickly and easily our students adapted to their new classes. Over this term, everyone in Year 4 has really enjoyed reading, "The Firework Maker's Daughter". Students have been very inspired from the discussions we had. In Maths, we used the base 10 and unifix cubes to help students understand partitioning of numbers. If you take a walk around our Pod, you will see our amazing mural wall with all the students' lovely photos. We are really proud of Year 4 students and looking forward to the rest of our learning journey.

Ms Doha: It has been a wonderful term in Year 4; students have enjoyed their learning journey through all the subjects. In Topic, they have learnt about the water cycle. Our 'water cycle in a bag' experiment was a really interesting activity for the students to explore - we represented the water cycle in a zip lock bag with food colouring and labels. Students also included all the facts they have learned about the water cycle in an information text, showing the success criteria in their writing.



Mr Madgy: In Guided Reading, Year 4 students were motivated to join a variety of stations in the Pod which have kept them engaged and busy with their learning. Each student received a table that showed them what they must do and what they can do. There were 8 exciting stations and students enjoyed completing them all. Some of the stations included: reading with the teacher or a buddy, finding a character in the book they were reading and drawing it, and creating their own fireworks.

The Year 4 Team are looking forward to Terms 2 and 3.

Ms A Keegan - Year 4 Team Leader



Year Five Students Spotlight on Respect and the 5 Rs

Respect

The common theme at MES Cairo this year is 'Respect' and Year 5 has shown great levels of enthusiasm and commitment to this concept in our PSHE lessons. Each class was allocated an area of our life where we need to show respect. In groups, students collaborated with their peers in order to represent what respect means to them. Year 5 teachers were very impressed to see many different representations of how we show respect in the form of poems, stories, freeze frames and posters.

Resilience

It has been an exciting start to the year for Year 5 Red. We spent the first few weeks at school getting to know each other and preparing for our class assembly. As part of our class assembly, we invited the first Egyptian EVER to go to space into school and meet us. She was the inspiration for our assembly and it was incredible to have the opportunity to meet her. Alongside our class assembly preparations, we have been working hard to keep up with the demanding learning schedule in all subjects. Students have already proven themselves to be resilient, reflective and resourceful.



Relationships

The shuffling of the Year 5 classes for this academic year has brought with it the opportunity to work on developing new relationships. At the beginning of term, a lot of emphasis was placed on getting to know each other and our students responded excellently to this. It is great to see the students building new friendships and speaking to each other in a polite and respectful manner. Recently, Year 5 completed a group project in English which consisted of researching a particular type of poem and presenting the information the students discovered to the rest of the class. All students were successfully able to work collaboratively to produce desirable outcomes.



Resourcefulness:

Topic has "blasted" off in Year 5 this term. We have had an alien invasion here at MES Cairo, leaving in its wake a series of clues as to what planet it came from. Part of the enquiry has been to send the alien back to its home planet. The students have studied the evidence very carefully, using this 'evidence' to determine the alien's home planet. Once students had noted their thoughts based on the 'evidence', they had the opportunity to actually design and build their very own spacecraft using recycled materials brought from home. Students got to think about the different parts of their spacecrafts, considering what the alien would need to get back home safely. The end results were fantastic! Let's just say, the spacecrafts were... out of this world!

Reflection

The start of a new term has brought about many opportunities for our students to engage in reflection. This has been especially important during our English lessons where we have been writing poetry. Reflection played an essential role in ensuring that our students included poetic features for justifiable reasons, for example, to cause excitement or to create humour. Furthermore, to enhance their poems our students used their dictionary and thesaurus skills to upgrade vocabulary which, on reflection, did not accurately capture their intended impact. Reflection is a skill that allows our students to edit, improve and learn, and is weaved throughout all aspects of our lessons. Impressively, they have shown a great ability to reflect and our Year 5 teachers are excited to see how much their learning will progress when they are applying this skill.

Risk-Taker

What an eventful Term 1 we have had. So much has happened, and as always, our MES Cairo students have shown us time and time again just how resilient they are with their risk-taking ways! We particularly stood out this term during our 'History off the page' event that we had. Each class contributed a part of their learning to create a shared rocket display that would help educate our peers about Space! We also had a chance to go see other projects made by other year groups. Each year group had "curators", which means students who would explain what their project was about. It was a wonderful way for us to share our knowledge from our Topic lessons and we had great fun!

Ms E Rek - Year 5 Team Leader



YEAR SIX STUDENTS LEARN ALL ABOUT LIGHT!

What an incredible first term we have had in Year 6! We kicked it all off with a fun-filled day of experiments to do with our first topic: Light. Our teachers put out an array of equipment for us, including torches, mirrors, laser pens, periscopes, prisms, magnifying glasses and even a few kaleidoscopes which they made themselves. It was our job to see what we could discover using the various apparatus, and then write down some questions that we were still curious about. We observed many different things, and although the kaleidoscopes were a bit worse for wear by the end of the week, we all enjoyed ourselves.

After this, we had the opportunity to create our own experiments to answer the question 'Does light travel in a straight line?' To begin, we all made a hypothesis, which is like a scientific prediction, and then set about planning ways we could prove or disprove them. We had to think of an equipment list and a method, and some of us even drew diagrams to show what we hoped our experiments would look like. Then came the fun part, putting our plans into action. The classrooms and pod were a cacophony of lights, lasers, shadows and even some flour, but, through a variety of methods, we managed to prove that light travels in a straight line.

The next key question we wanted to answer was 'How does light help us see?' Our drawing of scientific diagrams really helped us with this, as we could

demonstrate how light reflects off of objects into our eyes and draw arrows to show the direction which the light travelled. We began to learn about the human eye, and through some of our own research found out just how many parts there are to the eye, and the job of each one. Another mini experiment involved turning the lights on and off and seeing our classmate's pupils actually change size. If you see a Year 6 student around school, be sure to ask them why this happens!

Finally, we investigated shadows, and what better way to do this than creating our very own shadow puppet shows. As we were learning about stories with a moral in our English lessons at the time, we decided that is what we would base our puppet shows on. We used card and wooden sticks to create our puppets, cutting them out into the shape of a character (mostly animals) and then sticking them onto a handle so we could move them around for the show. Some of us retold classic stories, such as Goldilocks and the Three Bears, whilst others managed to create their own story and asked their classmates to spot what the

moral was. Either way, we all learnt that as we moved our puppets towards the light, the shadows got bigger, whereas moving them further from the torch meant they were smaller; this led to some really clever scenes.

We're already looking forward to what we have ahead of us in Year 6!

Ms S Morgan - Year 6 Team Leader





NESA 2022 FALL LEADERSHIP CONFERENCE - SHARING THE JOURNEY: IN PERSON AND TOGETHER AGAIN

The annual fall leadership conference for academic leaders in American schools was back in person this October with a theme of 'Together Again'. There were over 1000 educational leaders from the United States, the Middle East, Africa and Southeast Asia. The collaborative conference was focused on using the changes that took place during Covid as an opportunity to continue to develop thoughtful leadership and contemplate dynamic changes in the educational sector.

One of my favourite keynote addresses was from New York Times acclaimed, best selling author, Rosalind Wiseman. With a variety of books to her name, Wiseman is an expert in adolescent psychology and social interaction. She is very insightful about the power struggles that play out in a school environment and co-founded 'Cultures of Dignity: a platform to help parents, educators and young people to successfully navigate the social challenges of young adulthood'.

Her latest work was the focus of her keynote address, How to Have Brave, Life Changing Conversations about Race and Racism, was the focus of her keynote address. The overarching theme was about reconnecting with the student body and school community, addressing pertinent issues through the use of what she calls "comfortable discourse".



Following this specific keynote address, the conference was all about reconnecting, and creating a culture of caring within the school community while maintaining academic standards. Using Covid as an accelerant to positive change in schools and connecting learning to concepts that can be applied to everyday life.

This conference was an opportunity to work collectively to share stories and how things have changed in schools all over the world. It allowed us to think of innovations we hoped to bring back to our own campuses and to continue to connect and share with one another throughout the year.

Ms D Pfeil - Principal, American Section



IB Global Conference

The Hague – October 2022

After two virtual conferences in 2020 and 2021, the IB Global Conference has returned as a face-to-face event. This year it took place in The Hague on 6–8 October 2022, under the theme of “Embracing innovation, inspiring action”.

Ms Ghada Dajani, (Managing Director and President of the IB Schools in Egypt Association IBSEA), along with Ms Suzanne Sheehan (Deputy Head) and Mr Brendan Rainford (IBDP Coordinator), attended the Conference, which focused on preparing students with the skills necessary to succeed in an increasingly complex world.

We were reassured to learn that MES Cairo is already meeting this challenge. We were proud to represent MES Cairo as we participated and connected with IB educators and leaders from all over the world.



Presentations and workshops were based on one of several themes including *Educational Technology and Innovation*, *Inclusive Education and Well-being*, and *21st Century Learning and Teaching*.

We engaged in sessions on hybrid learning environments, emerging software and hardware for educational purposes, and cutting-edge research in education, as well as revisiting the latest skills and competencies needed to thrive in an interconnected world. Other sessions included topics that promoted inclusion, wellness, emotional intelligence, and resilience. We also reviewed the latest research in the competencies and strategies needed to facilitate lifelong learning.

As our teachers constantly update their skills, they continue to set an important example of what it means to be a lifelong learner to our students. We were reassured that our practices in teaching and learning here at MES Cairo are in line with the best practices in the world. We continue to deliver a world-class learning experience and our students continue to achieve top results, enabling them to access the top universities all over the world and to thrive in their future careers.

Ms S Sheehan – Deputy Headteacher





International Baccalaureate Diploma Programme IBDP News

CAS Corner

DP Ski Egypt Excursion



Delighted to be able to enjoy trips and excursions after a long pandemic, DP11 and Prospective IB students finished off the 2021-2022 academic year in style when they decided to leave behind the summer heat of our school yard and navigate the frozen slopes of *Ski Egypt* terrain for the

purpose of some activity and team building. The students had a great experience in the artificially created snow and enjoyed a meal at TGI Fridays before returning to Tagamoa.

Mr G Scott - IBDP CAS Coordinator

TOKtober 2022

Our second annual TOKtober event took place during the month of October to celebrate and spread awareness of the Theory of Knowledge course. All IB students are required to take Theory of Knowledge as part of their International Baccalaureate Diploma to provide context and a deeper understanding of what they are learning and to try and answer the question 'How do we know what we know?'

The DP12 students planned and organised a series of four mini TOK lessons and presented one a week to each of the Year and Grade 10 Homerooms. The lessons included 'identifying biases', 'illogical math solutions', 'Robotic art' and 'detecting emotion' and they were well received by the participating Year and Grade 10 students. The organisation of lessons, selecting times to visit classes and prepare resources was a whole class effort as they



grappled with fresh new challenges and problems. The group was led skillfully by Jomana Eid (DP12R) to a successful conclusion at the end of the month.

Well done IBDP Seniors for a successful event and we look forward to the new ideas for next year's TOKtober from our current DP11 students.



Y/G10 Induction Day for IBDP Class of 2024



Last term, the IBDP Section welcomed our new cohort of upcoming DP11 students into the IB Diploma Programme, when we invited them all to attend an Induction Day held in our Secondary Learning Media Centre. The incoming IB students experienced a taster of the IBDP experience with sample lessons from teachers, introductions to core components of the IB Diploma Programme including a full Theory of Knowledge lesson with the current IBDP students. The day was a huge success and our incoming IBDP students are enthusiastic about joining the illustrious programme.

Mr B Rainford - Assistant Head/IBDP Coordinator

Celebrating Secondary Achievement



IB Learner Profile Awards in Term One

What is the IB Learner Profile?

The IB Diploma Programme is a 21st-century qualification that enables our students to develop life skills. The Learner Profile attributes help us to grow our students based on 10 values, (inquirers, open-minded, caring, knowledgeable, thinkers, risk-takers, communicators, balanced, principled, and reflective), to become internationally-minded adults with respect for themselves, others and the world around them. These ten values are embedded in all that we do across the whole of the IBDP curriculum.

"The International Baccalaureate® (IB) learner profile describes a broad range of human capacities and responsibilities that go beyond academic success. They imply a commitment to help all members of the school community learn to respect themselves, others and the world around them. Each of the IB's programmes is committed to the development of students according to the IB learner profile." (ibo.org)

All of our students demonstrate these attributes as they are learning, but some display them in a highly significant and consistent manner to their IBDP teachers, who nominate outstanding students each month, depending on the value we are focusing on. Congratulations to the following students for receiving Learner Profile Awards this term. We look forward to seeing many more names on this list as the year progresses.

Ms S Sheehan - Deputy Headteacher

September - Thinker



Aya El-Digair DP11R, Jomana Eid DP12R, Mariam Sallam DP11R, Lina El Hilary DP11R, Farah Shedid DP11R and Youssef Elbanhawi DP12R

October – Communicator



Lina El Hilary DP11R, Lama Torky DP12R, Mohammed Shafi DP11Y, Hana Aglan DP11R, Habiba Shahin DP11Y, Youssef Elbanhawi DP12R and Mariam Sallam DP11R



In Celebration of British Section All Stars

Once again, MES Cairo students have done themselves and the school community proud. Our students have shown endless determination and a constant positive, 'Can do,' attitude which has resulted in outstanding results and superb role models for our student body.

We have introduced the **PRIME Elements - Prepared, Respect, Integrity, Mindful and Effort**, which are at the heart of all we do.

Our September All Stars focused on students who had completed external examinations in June. Our Year 10, 11 and 12 students outperformed expectations and in terms of school improvement the school continues to show in terms of outcomes.

September All Stars

Fatima Abaddy (Y12B), leading the way, attained 5 A's at AS level and our other students, Emily Sigilas (Y11G) and Ismail Abdel-Ghaffar (Y12B) also performed admirably in the external exams and participated fully in the Year 11 and Year 12 out of school team building activity days. Their wholesome participation and unwavering enthusiasm was contagious and our Year 11 and Year 12 students were asking to go back to Ain Soukhna to repeat the experience.



Emily Sigilas



Ismail Abdel-Ghaffar



Fatima Abaddy

The All Stars were focused in the run up to the examinations and as they embark upon their Senior year, I know that they will continue their academic journey with renewed passion and fortitude. We know that all our students will leave MES Cairo and achieve their ambition of studying at university, further emphasising the holistic approach that the school adopts towards its young people.

October All Stars



Amy Hany Y8Y



Haya Abdelmaaboud Y8R



Mostafa Sallam Y7B



Habiba Khalaf Y7G

October All Stars students were nominated by their teachers for embodying the PRIME Elements which complements our MES Cairo Graduate Profile qualities. Amy Hany in (Y8Y) has shown great strength of character in her lessons, Haya Abdelmaaboud (Y8R) is always fully prepared for classes, Mostafa Sallam (Y7B) is extremely well organised and is always engaged in classes. In Year 7G, Habiba Khalaf is polite and courteous and in the Student Council elections created a stunning Student Council video and poster.

Our All Stars are a credit to their school, and we look forward to hearing about our students' future success.

Congratulations to all our Super All Stars!



American Section

Students of the Month



What does it mean to be the Student of the Month?

I am sure most of us have fond memories of when we were in school and were selected as the 'Star Student', 'Spotlight Student, or 'Student of the Week'. It bolstered your confidence, and you were celebrated for something that was specifically unique to who you are as a person. You were honoured for a variety of reasons and each child was selected for something that was uniquely them. It is in this vein we also celebrate our Students of the Month. We celebrate our students and your children for being risk-takers, exemplifying creativity, and showing empathy and compassion for one another and many others. We honor students for not only developing their mind, but also shaping the demonstration of their character. In short, our philosophy is that all people, no matter the age, can achieve in many ways!

So, how does one become a 'Student of the Month'?

Each month, teachers and the Deans of Students select students who demonstrate academic pride, empathy, a positive work ethic, consistency in effort and attainment, as well as having a positive and supportive attitude toward the greater learning community. It is not only an honour to be a 'Student of the Month', but also to be nominated.

Since our last published article, we have honoured the following students for the month of September and October:

September Students of the Month



Miray Wahib - G12G



Omar Radwan - G8Y



Youssef Hanfy - G9G



Abdullah Gemeiye -
G10B



Aly Elsharkawy - G7B



Khadija Mashhour -
G11R

October Students of the Month



Lilly Soliman - G7Y



Mariam Awad - G12B



Rehab Tayel - G8B



Adam Mansour - G10R



Alia Saba - G11Y



Jana Rabie - G9B

Ms D Pfeil - Secondary Principal, American Section

Welcome to the MES Cairo Secondary Learning Media Centre!

KS3 and Middle School

In the Secondary Learning Media Centre (LMC) we were excited to be welcoming our newest Secondary students in Year and Grade 7 to our “peaceful oasis of learning.” Students began with an overview of how to navigate the library to find fiction, nonfiction, reference, Arabic books and the ever-popular graphic novels. They used a colour-coded map to learn where everything is located.

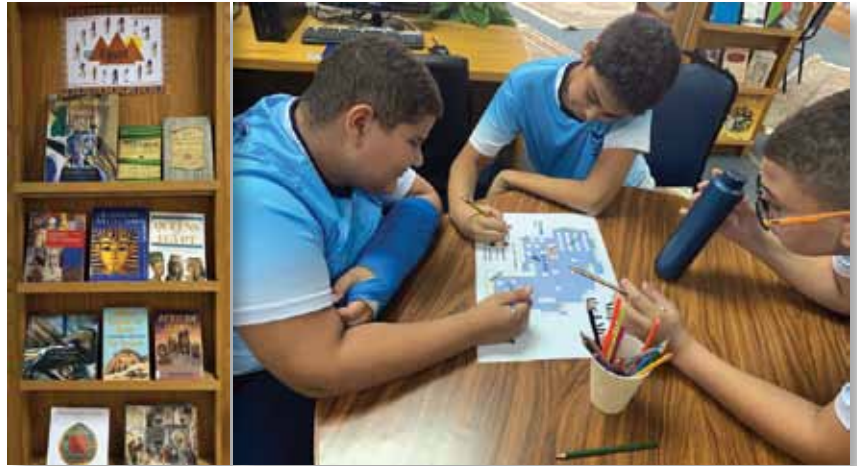
Academic Honesty

We are collaborating with classroom teachers to instruct our young scholars in how to correctly cite sources they use in their writing; first on paper and then using online citation builders such as “citation machine.” The online citation websites provide a quick and easy format that is user-friendly. We want to encourage our students to value academic integrity throughout their years at MES Cairo and beyond.

International Baccalaureate

Some of the great thinkers throughout history and their famous quotes were featured in a display in the LMC during the month of September, which is the IB (International Baccalaureate) month of the Thinker, one of the traits of the IB learner profile. We invited our students to become part of the conversation as they read and interact with some of the great thinkers' words and ideas.

Mr Rainford and I accompanied IB students on a visit to the American University of Cairo library to support completion of their extended essays. AUC Librarian Ben Carter instructed our students in how to find articles in the 140+ databases available through the university. It was a very productive day for our students!



Ms Mariam and I are looking forward to a wonderful year helping our students connect with the world of learning and literature at the MES Cairo LMC!

Ms M Osborne - Secondary Learning Media Centre Coordinator



NATIONAL HONOR SOCIETY AND NATIONAL JUNIOR HONOR SOCIETY INDUCTION



On the evening of Tuesday 25th October, our school's chapter of the National Honor Society and National Junior Honor Society held its first in-person induction ceremony in three years. The organisation recognises students who excel in four qualities – service, scholarship, character, and leadership. Applicants had to meet rigorous requirements including consistently strong grades, active leadership in and out of school, and a record of hands-on community service.

Our keynote speaker, Mr Taher Naggar, delivered a wide-ranging speech describing the lessons he learned about the four pillars through jobs he has held at different points in life. Graduating Seniors offered their own reflections on their experiences in the National Honor Society.

The following are excerpts from some of the speeches:

Mariam Awad (G12B) exhorted the audience to conduct volunteer work for the benefits it brings to themselves as well as others: "Volunteering has made me a more grateful, happier, persevering, and proactive person. I have realised that helping others has probably had as great an impact on me as on the people I was helping, if not more. Do the acts of service for yourself and your own happiness."

Lama Torky (DP12R) described the qualities of a good leader: "Being a leader is not just about dominance and control, it is about learning from

one another and being open to different perspectives and ideas. It is about being a person people can rely on and can feel comfortable coming to when they are in need and when they want to make a change. A leader is not just someone to give out orders, but someone who provides encouragement and strength to those who cannot find it for themselves."

Alia El-Helw (G12Y) advocated lifelong learning: "Scholarship to me means having a commitment to learning. It's not only about working hard through hours of studying and reading, and exams; it is also about creativity, innovation and perseverance. True scholars possess a healthy dose of humility and a keen awareness of their own limits and areas for improvement. You will need to go outside of your comfort zone to seek resources and solutions and be curious about learning outside of the classroom."

Mostafa El Fiky (Y12B): "Leaders are the backbone of how every great mission has been achieved and I believe that they are made and not born. A leader is formed from passion and determination towards what they are doing."

Our new inductees are looking forward to exploring what the Honor Society has to offer. Here are some of the aspects of NJHS/NHS that they are most excited about:

"I am looking forward to the trips, becoming more culturally aware, and most importantly helping other people. You develop into a more resilient personality that can deal with pressure as a member of the NHS. You gain conversational skills, confidence, self-awareness, resilience, determination and so much more through your role and experience. I am looking forward to becoming all of those things and more, as a part of the NHS." **Sara Alkharraz (G11R)**

"The service we will provide in order to meet NHS requirements is the aspect I am most excited about. Many of us have a tendency to overlook or even forget all the privileges we have. That being said, we cannot actively acknowledge our privilege and actively give back to our communities in any way without conducting service. This is why I am excited to engage in service and the betterment of my community alongside other like minded peers." **Mariam Sallam (DP11R)**

"I am eager to get involved in service and leadership opportunities. Additionally, establishing connections with former National Honor Society members who have shown us the value of being a member and have made us feel sincerely welcomed. Eventually, we aim to be the ones to greet new NJHS inductees in the future." **Farida El Fiky (Y10Y)**



NATIONAL HONOR SOCIETY AND NATIONAL JUNIOR HONOR SOCIETY

COPTIC CAIRO VISIT

A group of Honor Society students visited Coptic Cairo in October. They led a group of teachers on a tour of the churches, gardens, Roman ruins, and museums there to introduce the area's unique history and culture. The group explored for two hours and finished with fresh tamiya for lunch. Students plan to host a similar tour of Islamic Cairo soon.

The trip was an eye-opening adventure for teachers:

It was fascinating to learn about the Coptic history of Cairo. It was particularly interesting to see the influence of different cultures on the area over time. It was great to see the hard work and research the students had put into the tour, and to see them practising their public speaking.

Mr S Hawkins

The tour was fascinating, providing a different perspective on the city and learning more about the rich history of Cairo. Students had certainly done their research thoroughly and were able to answer my questions in a great deal of depth and detail. They proved to be incredibly knowledgeable about the history of the area and shared numerous anecdotes to keep us all entertained. **Mr N DeSouza**

The entire experience was one I will never forget! I enjoyed switching roles and being the student instead of the teacher. Coptic Cairo is full of such great history and our NHS tour guides were eager and knowledgeable. Learning from NHS students reminded me of the pure joy of teaching and learning, and that constructing knowledge is never a one-way street. Thank you to our wonderful NHS tour guides and the NHS sponsors! **Ms E Reynolds**

I enjoyed visiting the churches and learning about their history.

Ms J Fitzgerald

Our students were tasked with gaining in-depth knowledge about the sites and leading an engaging tour for their teachers. Here are some of the students' reflections on the experience:

"I feel very accomplished when others benefit from something I do and naturally, when I asked the teachers about the trip and got good feedback, I was very pleased. I learned a lot from this experience, whether it was from a factual side related to the churches and the history behind the architecture, or from trying to speak loudly in front of a huge crowd and over so much noise. It was interesting to see the roles of students and teachers switch."

Laila El Sabee (G11Y)

"Something I really enjoyed from this experience was being able to apply what I learned in AP Art History to all the art and amazing architecture we have here in Egypt. We often take for granted all the amazing history and monuments we have here and this trip reminded us all to value the art we have and appreciate it. Also, touring with our fellow students and MES Cairo teachers made us develop amazing connections with each other and we had a lot of fun!" **Mariam Awad (G12B)**

Mr T Roodvoets and Ms M Arafa - NHS Co-Advisors



MIDDLE SCHOOL NEWS



We are off to an exciting start in the Middle School American Section. Record numbers of parents and students attended our 'Back to School' Events, and the school year started off with parents and students being aware of expectations for success.

We continued building our expectations by taking Grade 7 and Grade 8 students on Team Building trips to Ain Soukhna. During these trips, students focused on working together through a variety of activities including completing a rope course, hiking, and other team building activities.

Mr J Harper - Dean of Students Grades 7 and 8, American Section



PINK DAY PREPARATIONS IN GRADES NINE AND TEN

The last day before the midterm break was Pink Day. Pink Day is a well established tradition at MES Cairo and around the world for people to show support and share messages of hope to all Breast Cancer Survivors and/or patients around the world.

In preparation for this day, all of our American Section students from G7-12 participated in decorating the doors of their Homerooms with messages of hope and support. All of the students were very excited to participate in decorating the doors.



G7G



G12B



G100

Once the Homeroom decorated their doors, members of the faculty voted on which doors were the best decorated. The honourable mentions were as follows:

In true MES Cairo fashion, all of our Homeroom teachers and students did a great job and had a great time showing their support for the cause

Mr A Labib - Dean of Students Grades 9 and 10, American Section



G12R



G10G

CREATIVE WRITING IS BACK IN GRADE NINE!

When students see our small classroom, they raise an eyebrow, maybe two. “Creative Writing? What do you do in that class?” Offered to Grade 9 students in MES Cairo’s American Section, Creative Writing develops our ability to connect and express our ideas using effective language. In other words, Creative Writing allows us to discover ourselves and our world through writing.

Our course is designed to make writing feel fun and enjoyable. We cultivate the skills and traits good writers have, such as thoughtfulness, imagination, and passion. Each lesson begins with a five-minute free-write and this activity has already helped us stop that self-doubt that keeps us from creative self-expression. It also gives us a time to reflect on our emotional and mental states, leading to much richer writing. We are already realising that the best writers are not necessarily the most talented or skilled - they are the most consistent and courageous.

Creative Writing focuses on expression in many different forms and this year we began our course by writing our life stories. It was the perfect way for us to get to know each other! Using Bill Roorbach’s *Writing Life Stories* and Virginia Tufte’s *Artful Syntax* as mentor texts, we observed the characteristics of the memoir genre; after some exploration, we agreed the formula is “Memoir = Memory + Autobiography + Imagination.” We then reflected on meaningful and memorable events in our personal lives, using descriptions to bring our stories to life. This unit led us to sharing our deep thoughts and feelings. I am so proud of my students and their consistent courage in Creative Writing.

As the weather cooled down and we longed to be outside, we transitioned into our next unit: Nature Writing. This genre of writing is not simply about nature but also, our relationship with nature. We explored MES Cairo’s outdoor surroundings. How does it feel to be outside? What do you see, hear, smell, taste and feel? We recorded our observations, but above all, we simply enjoyed experiencing a beautiful day in nature. We are currently drafting poems inspired by nature, using the examples “Freeway 280” by Lorna Dee Cervantes, “I Wandered Lonely as a Cloud” by William Wordsworth, and “Mindful” by Mary Oliver. Through our class discussions, we discovered ways in which poets convey meaning through their purposeful word choice and structure.

We might not become novelists, essayists, or poets, but Creative Writing has made us into stronger communicators and stronger thinkers, assets in any future career and leadership roles. Perhaps most importantly, Creative Writing allows us to practice empathy, a skill important in almost every aspect of life. So, to answer the questions of curious classmates, what we do in Creative Writing is we make the world a better place.

Ms E Reynolds - English Teacher, American Section



GRADE ELEVEN AND TWELVE TEAM BUILDING TRIPS



Students in Grades 11 and 12 travelled to Ain Soukhna for a day of team building. The students worked in teams to complete various activities that required them to collaborate together in order to be successful. The competition was fierce, and it was amazing to watch them working together. They did a great job and had lots of fun on their first day trip in several years!

We are looking forward to more activities like this to further build unity.

Dr J Cates - Dean of Students Grades 11 and 12, American Section



YEAR SEVEN AND YEAR EIGHT TEAM BUILDING

Year 7 Team Building at Mango Tree

Year 7 students' trip to Mango Tree in the first two weeks of school really helped lay the foundation for a solid start to Key Stage 3. Since we have



had two years of school in many different forms: online, hybrid, half-half and behind masks, it has been exciting to get out and about to experience activities as a collective.

Mango Tree is a vast open space located in Orabi, not far from school.

The private compound is

planted with, you guessed it...mango trees! Since we visited in September, the season for fresh mangoes was just ending and we could not sneak a taste of the juicy fruit. As much as we love mangoes, we were there for the fun activities - Ziplining, XO, Treasure Hunts, Half Pipe, Catch the Ball - all

competitive games coordinated by the Carpe Diem staff and all very well organised.



Each of our Homerooms were split into two, a total of 8 groups worked on collaboratively solving clues to get to the final clue that would declare a winning team. The campsite had a wholesome feel to it, with great home-cooked food served by the young counsellors and extra servings once everyone had been fed! The table set-up really allowed us to engage with each other in the outdoor space and come away from the visit feeling like we know each other a little better. Ms Del Pino's encouragement, Mr Norman's team spirit, Ms Dawes' energy and Ms Genery's enthusiasm showed us that our Homeroom teachers really do support us both in and out of the classroom and we were grateful for that positive start to the year.

As a first trip for Year 7 students, this was a great opportunity to have some fun and we look forward to more exciting adventures!



Year 8 Team Building at Hyde Out

Teamwork makes the dreamwork! That's what Y8R found out from the creative games on this teambuilding trip. The games were exciting and chaotic and there was so much craziness and energy! On the day of the trip, the weather was very hot but not unbearable, but when we entered Hyde Out there was a fresh breeze of air that really changed the atmosphere. The place was wonderful, and the activities were very creative like the cart building slip and slide.

Trying to play Volleyball with a huge rubber ball in the middle of soapy water was a testing experience but we really enjoyed it. It was fun competing against a different group and competing against each other made the activities that much more enjoyable. Being blindfolded and trying to find where the balls are while your teammates are yelling the direction of the balls proved that communication really is vital in achieving success. Despite the chaos, it was lots of fun and a day filled with laughter.

Y8R

Our personal shout outs in Y8R go to Yassin El Kassaby and Hamza Mansour who did an awesome job with Volleyball and hit the ball across the net. Lara El Nagy also represented the class with her skilled tying of the ropes while building the carts. Ebrahim Shaher was also an asset and did a great job passing the balls even when he was blindfolded in one of the challenges. We found some great hidden talents in Y8R!



Y8Y

Trip days are always super exciting! Y8Y started off with some great singing on the journey down to Hyde Out. When we first arrived, we had the whole area to ourselves and so we became even more ecstatic and excited about the events to come. To be honest, it was quite hot, but we persevered, and the fresh winds cooled us down. Slip n Slide was our favourite because we felt a sense of freedom even if we were blindfolded. This really helped support our communication skills to make sure we were giving clear instructions.

Y8B

Y8B really enjoyed the trip to Hyde Out; we loved the teambuilding exercise especially because we were put into teams and encouraged to communicate with fellow students that we normally do not communicate with. Furthermore, there was a lot of positive feedback on the water activities and the teambuilding ropes exercise. Y8B realised that each individual in class has their strengths and each person's strength may not always be obvious but the trip helped us tap into our potential.

Y8G

We particularly enjoyed the splash activity because we appreciated the cool water on a hot day. We also liked building a buggy and working in a team to try to get to the finish line. Of course, we also enjoyed the range of food choices available too! As a class, we had some disagreements during some of the activities which we realised was actually due to poor communication within the team; we did not encourage each other enough and too much focus was put on blaming each other. As the day progressed, we realised that it is not simply communication that's important in all we do, but staying positive, utilising every team member and understanding that each person has their own strengths.



Ms S Elsaadany - Assistant Head KS3, British Section

TEAM BUILDING DAY IN YEARS ELEVEN AND TWELVE

Year 11 Team Building Day

This event enabled students to start learning about the kind of strategic problem-solving which would stand them in good stead as they commenced their journey into A-Levels. Many of the exciting activities they undertook required a great deal of concentration, effective communication and collaboration in order to achieve their goals.

Ain Soukhna provided a beautiful backdrop for these super fun and thought-provoking experiential learning activities. The way the students interacted with each other and bonded as a group was very pleasing to see and we look forward to reaping the benefits of this teambuilding day as the students get stuck into their classes.



Year 12 Team Building Day

We started off the year with an effective teambuilding experience that was aimed at engaging our students in strategic thinking activities combined with critical reflection and collaborative problem-solving.

On a thoroughly enjoyable day out at Ain Soukhna, the multitude of smiles spoke for themselves. The competencies and skills the Senior students learned on the Red Sea coast have helped foster a community spirit within the year group. Students returned to school refreshed and with a renewed sense of motivation.

This day went a long way to help mitigate some of the effects of the pandemic not least being able to see each other smile as we were able to enjoy the experience without having to wear masks.

Mr N DeSouza - Secondary Deputy Head, British Section



Year 10 Biologists take practical lessons to a whole new level!



Year 10 Biologists are making a great start to the 2022/23 academic year studying the Breathing and Respiration unit of work for IGCSE Biology.

Students watched as their Biology teachers performed a dissection of the lungs and made notes of the key structures and features of the respiratory system. They were able to take samples of tissue types found in the respiratory system; muscle, cartilage and lung tissue, and then compare the density of the different tissue types by floating them in water. Students then put on their gloves to feel the difference in the structure textures for themselves!



A great hands-on learning opportunity for the class of 2025!

Ms E Dawes - Secondary Biology Teacher, British Section



YEAR 8 INDUSTRY DAY 2022

BRITISH SECTION COMMERCIAL STUDIES DEPARTMENT



This year's Commercial Studies Department Industry Day was met with innovation and creativity. Ensuring that our Year 8 students left with a snippet of what studying Business and Economics entails in a fun way.



The teachers worked tirelessly to showcase the department with an entrepreneur's photobooth and each classroom door was colourfully promoted with their house colours. The department created engaging and dynamic activities over the 3 periods, covering aspects of finance, buying and selling shares, market structures and marketing.



Each activity was awarded house points and accumulated at the end of the day. The winning house "Selket" was announced at Sunday's Homeroom and awarded the Commercial Studies Department Industry Trophy.

Ms V Harris - Commercial Studies Head of Department British Section



Humanities at Modern English School Cairo

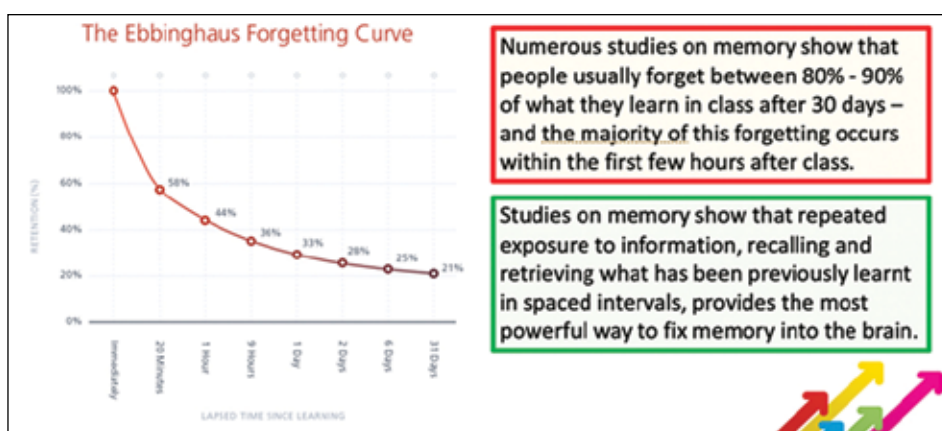
How we are learning this year

The British Section Humanities Department offers students the opportunity to study Geography, History, Global Perspectives and Psychology. There has never been a more important time to study a humanities-based subject than right now. Humanities students hold the key to solving many global issues, from tackling climate change to understanding the causes and consequences of war and ensuring we learn from past mistakes. In the words of Michael Palin 'Humanities explains the past, illuminates the present and prepares us for the future. What could be more important than that?'

Our learning journey in Humanities builds upon skills and content in KS3 and feeds through to KS4 and 5. Students are challenged to use a personalised growth mindset to push themselves beyond their comfort zone and take risks to develop their learning. Across all Key Stages, skills including communication, analysis, evaluation, independent and flexible thinking, teamwork, time management and literacy are all developed within all students.

This year the department is focusing on developing retrieval practice techniques within all our students. Studies suggest that 50% of our learning is lost within the first hour of learning it. This jumps to 75% loss after 24 hours. As a department, we are keen to ensure learning 'sticks'.

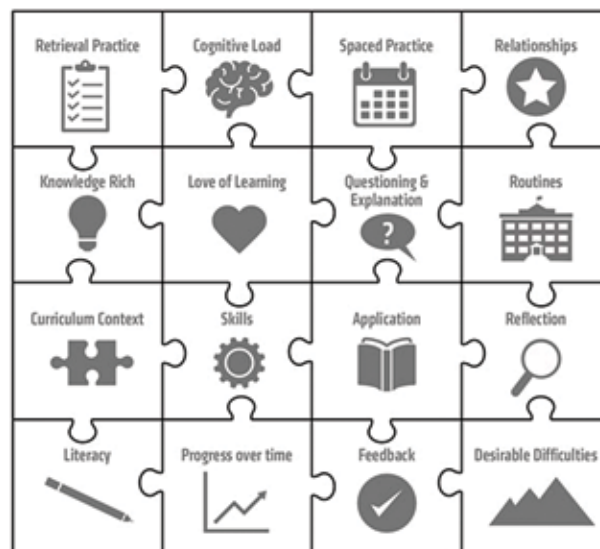
We want to show students that learning should be challenging. Nothing that is truly worth it, ever comes easy. No challenge, no change.



Retrieval practice is an evidence-based learning strategy that encourages the long-term retention of knowledge. If we regularly recall and retrieve previously learned information, then that information is more likely to 'stick' and would reduce the need for students to 'cram' before important assessments. Further research suggests that information must be recalled at least three times before it is strengthened and remembered easily.

Benefits of regular retrieval practice

Regular retrieval practice embedded into teaching and learning identifies gaps in knowledge for students and teachers. It creates a better organisation of knowledge and helps develop effective study habits for life. It helps facilitate the retrieval of information that has not been formally tested and improves the transfer of knowledge to new contexts.



The Teaching and Learning Puzzle - how we learn in Humanities

How we should conduct retrieval practice in and out of the classroom

In 'Rosenshine's Principles in Action', Tom Sherrington establishes core principles for how to integrate retrieval practice in the classroom:

1. Everyone should be involved in the process
2. All students should be able to find out what they got right/wrong, what they know well and where they have gaps
3. Knowledge checking should be specified in advance- students should know what topics they will need to retrieve in advance



4. Knowledge should be retrieved without the use of notes or any other cues. This means closing the books and thinking for yourself
5. Vary the methods of retrieval practice. Don't just stick to the one you know and like. We have to encourage the brain to think in different ways
6. Good retrieval practice should be time efficient



In Humanities, we are committed to ensuring students develop a lifelong love of learning as well as a toolkit of transferable skills to use across subjects and beyond school. Students have been engaging in regular retrieval practice techniques throughout Term 1 so far. As stated in TESOL connections (April 2020) - 'Retrieval practice is highly supported by educational research as one of the best ways to learn'. We look forward to seeing how this helps them across their various lessons in school and within their Humanities classes.

Ms J Rainford - Head of Humanities, British Section

World Languages

Year 8 French

Year 8 French students have taken their French learning to the kitchen! Students developed their culinary vocabulary including verbs, ingredients and quantities, as they followed a traditional French recipe for Pain Perdu!

Check out the next issue of the MESsenger to see what our Year 8 Spanish students will make!

Ms F Currie - Head of World Languages, British Section





Restart Whole School Art Exhibition 2022

Secondary Art, Primary Art and the Design Technology Departments put on an outstanding exhibition in our school Sports Hall last summer. In one of the first face to face events to be hosted by the school after the pandemic, the event was very well attended by a record number of our students and their families.

The MES Cairo family relished the opportunity to restart; to get together once again after such a long period of isolation, excited to be able to enjoy this traditional event and gather together in celebration of learning and creativity.



The Exhibition itself gave us much to be proud of. The School Sports Hall was redesigned into an immense Art Gallery showcasing work from our youngest students in Foundation Stage One to our graduating Class of 2022. Visitors were taken on a journey in celebration of creativity, talent and imagination.

Each Year/Grade group displayed work based on a series of engaging themes. Students throughout the age groups demonstrated talent in a variety of mediums, including pencil, oil painting, Photography and 3D sculptures.



This year's exhibition was opened by Mrs Sawsan Dajani, our Chairman of the Board. We would like to thank Mrs Dajani, Ms Ghada Dajani, the school's Board of Directors and the school's Senior Leaders for continuing to support the school's commitment to the Arts. We would also like to thank all of our teachers and their support staff, along with Ms Lamia Affi, Mr Clement, Mr Tamer and their teams.



We extend our warm appreciation to all of our parents and our talented students. Congratulations on such a successful and memorable Whole School Art Exhibition.

Ms S Sheehan - Deputy Head



ARTBEAT

Year Seven Art



Lana El Morshedy Y7Y

This term, Year 7 students have been working on the "Me and my Community project". They began by learning about the history of writing and created visual studies of Illuminated writing. Following this, students learned about the art of calligraphy and produced the beautiful examples that you see here.



Rawaa Zaki Y7Y



Farida Marghany Y7Y

Ms L Lee - Art Teacher, British Section



George El Masry Y7B



Mary Kelada Y7B



Talia El Safty Y7B



Nadeen Asad Y7B



Jana Aboueita Y7Y



Salma Badawy Y7Y



Eyad Ahmed Y7B



Ziad El Degwi Y7Y



Lily Fouly Y7Y



Amin Abaulaban Y7Y



Jana Shoman Y7B



Youssef Aziz Y7Y



Talya El Selimy Y7Y



Karim Afifi Y7Y



Miriam Fawzy Y7Y



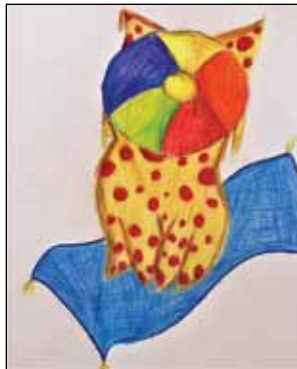
Mohamed El Sayed Y7B

ARTBEAT

Year Eight Art

As part of the Surrealism project, students learned about the surrealist movement in art and about the work of famous surrealist artists such as Rene Magritte and Salvador Dali. Following this, designs for their own surrealist creatures were created. Students are now in the process of producing detailed visual studies of other famous surrealist artists.

Ms L Lee - Art Teacher, British Section



Lama El Gamal Y8Y



Layla Saleh Y8Y



Abdelazim Azzam Y8Y



Yassin Shafik Y8Y



Karma Fakhoury Y8Y



Khadeeja Zaghloul Y8Y



Zain Diab Y8Y

YEAR 8 BLUE

Y8B class have begun the year by producing work that has been inspired by the artist, Jon Burgerman. Jon Burgerman describes himself as an "Urban" and fine artist who loves to doodle. His artwork ranges from paintings to popular merchandise such as skateboards and phone covers. Year 8 have produced cartoon-style drawings in response to the work of the artist.

Ms R Seabrook - Expressive Arts Teacher



Mohammed Reda Y8B



Ancjelica Cooper Y8B



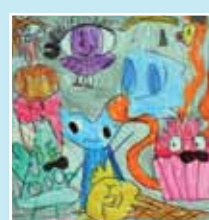
Salma Tamer Y8B



Miriam Attalla Y8B



Omar Salah Y8B



Tia Ibrahim Y8B



Adam Elsaid Y8B



Camelia Tolba Y8B



Hoda Shabana Y8B



Malak Said Y8B

ARTBEAT

YEAR NINE IGCSE ART

Year 9 artists began the IGCSE course by designing and decorating their own folders in which to store their artwork. Next line and tonal drawings of natural forms were created. The lovely examples you see are all from direct observation and the theme for this is shells.

**Ms L Lee - Art Teacher,
British Section**



Angelina An Y9Y



Kenzy Ammar Y9Y



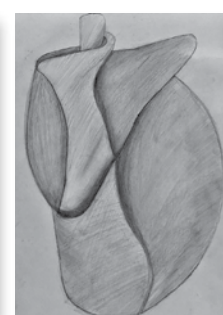
Jameela Hamouda Y9Y



Yassin Aboueisha Y9B



Hassan Mazloun Y9Y



Mennatallah Ibrahim
Y9B

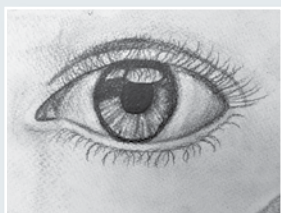
Year Ten IGCSE Art

Year 10 students are busy producing artwork for their IGCSE coursework portfolios. There is a wide range of themes explored including Portraiture, Still Life, Life Drawing, Egypt and its Culture and Architecture and Landscape. Here are some fine examples of our students work.

Ms L Lee - Art Teacher, British Section



Abdulrahman Ibrahim Y10Y



Ayssel Dwidar Y10B



Hana El-Helepi Y10Y



Malak El Saadani Y10B



Zeina Mohamed Y10B



Neamatalla Hendam Y10Y

Art and Design 1 Tessellation Submissions

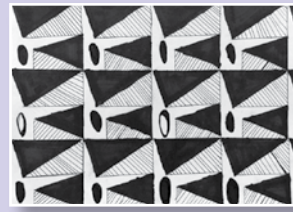
Students were asked to create a tessellation that demonstrated "Line Variation", "Contrast" and "Balance". Here are examples of their work and their thoughts about what they produced:

**Ms T Cuff - Art Teacher,
American Section**



Miriam Faragalla (G9R)

I am so proud of what I have accomplished with this piece of artwork.



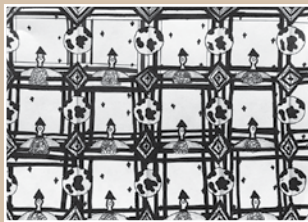
Youssef Singab (G10Y)

I am pleased with the end result.



Mariam Miller (G10G)

I have enjoyed using different materials and I am happy with what I have produced.

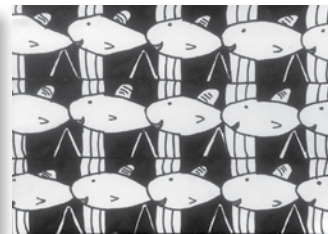


Zeina Mohamed (G9B)

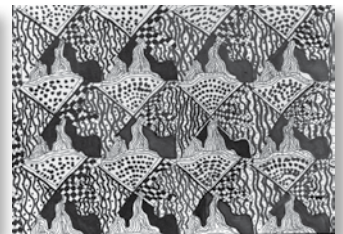
I really like the final result but if I had more time and different materials, I would use colours and watercolour.



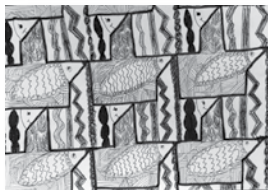
Farida Waly G9G



Lara El Nashar G9O



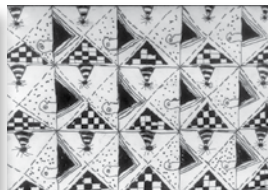
Amina Neamatallah G9R



Farida Attiah G10R



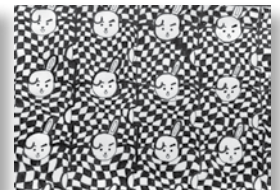
Farida Maklad G9R



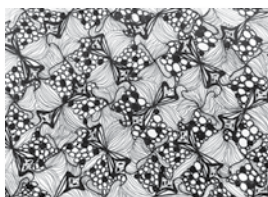
Adam El Morshedy G9R



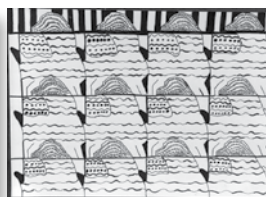
Ahmad El Hout G9O



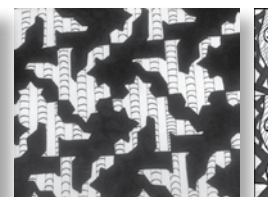
Amina Hebeika G10B



Lina Motawea G9O



Kenzi El-Sayed G11B



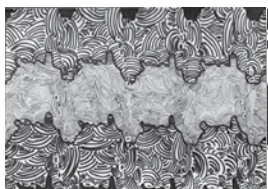
Karma Kirolos G9R



Jamila Abdel-Hady G9Y



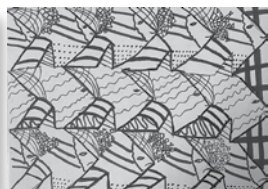
Joyce Merhom G9Y



Karen Barzy G9B



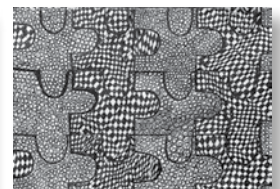
Malak Sarhan G9R



Zeina Elkaliouby G10O



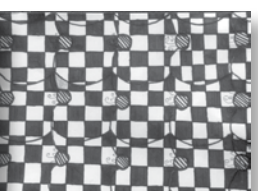
Sara Hida G10O



Layan Allami G9B



Tima Duwederi G9B



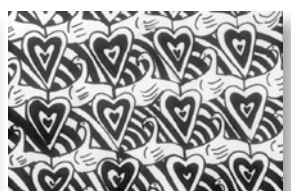
Nour El-Bakry G10Y.



Sherifa Badra G11R



Patricia Grease G10Y



Qismat Morshidy G9B

Year 7 Induction Day in the Creative and Expressive Arts



In early September before term began, our new Year 7 students accompanied by their parents were invited into school to have a taste of what Secondary school at MES Cairo is like.

In the Creative and Expressive Arts Faculty, our Head of Department Mr Greg Thomas hosted an introduction for students and parents explaining what it would be like to study Music, Art and Drama in Year Seven.

Students and parents were then invited to participate in an art activity, in which they readily obliged. All groups contributed to the creation of an art mural and Polynesian Masks was the topic. This was part of the larger theme to celebrate the Polynesian culture and to understand more about the myths, legends, beliefs, and artworks of this historic region.

This topic is part of a broader theme based on the environment and climate change to mark the EgyptCOP 27 summit that took place in Sharm El Sheikh, Egypt in 2022. This is to be the theme explored by our students in Year Seven and Eight during the MES Cairo Expressive Arts Showcase at the end of January 2023.

Year Seven students have continued to work on this beautiful mural through this term and it is now complete.

Below are some photographs of the art mural in progress.



Polynesian art mural produced by Year Seven students and their parents



Ms L Lee - Secondary Art Teacher

MES CAIRO ARTS ACADEMY

We are proud to announce the establishment of the MES Cairo Arts Academy, a service to provide MES Cairo students with instrumental tuition. The school has partnered with Tango Music to give students the opportunity to learn an instrument. This has been a priority for this academic year, post pandemic, as we believe that learning an instrument is so important. The many benefits it brings to students has been well documented and there is much research which points

to a boost in academic and social skills, as well as the enjoyment that music making brings. I am pleased that so many students

from both Primary and Secondary Sections have taken up the offer of joining the Arts Academy and it has been a delight to see students enjoying the lessons.

Although we are in the early stages of the Arts Academy, we fully expect the numbers of students involved to increase over the year. The expectation is that students will ultimately take part in performances and if they wish to achieve Grades from the Trinity Examination process.

If you would like any further information about the MES Arts Academy, please email Mr Greg Thomas - gthomas@mescairo.com



British Section Music

It was a joy to welcome back students to their Music classes this year. Year 7 began their Key Stage 3 journey by starting to compose their own music and notate as a Graphic Score. They have more recently enjoyed performing as a whole class ensemble to record Beethoven's famous Ode to Joy. Students have used Keyboards, but some have opted for guitars or drums too.

Year 8 has students in a Jazz unit of work and have learned how to improvise using a blues scale. Each student showed off their individual performances to impress as they recorded. They ended the unit by learning to play a whole class ensemble piece called the Blues. Students used keyboards, guitars and drums to record a final performance.

It has also been a highlight to welcome Year 9 IGCSE students who have learned how to compose individual song structures. They have also performed as a group and learned how to analyse music using advanced specific language.

Mr G Thomas - Head of Expressive Arts, British Section



Secondary Sportsdesk

VARSITY AND JUNIOR VARSITY GIRLS BASKETBALL

Over 25 girls assembled for the first Cougars Basketball trials in two years, with the previous two seasons being disrupted by the Covid pandemic. The break between seasons seemed to bring a lot of enthusiasm from the students and the trials were equally fierce and competitive. After two weeks of trials, the coaching staff were confident with the two strong squads picked for Varsity and Junior Varsity groups.

With no scheduled fixtures set so far in Term 1, the squad has shown resilience and determination to turn up to training and try and better themselves each week. As a new teacher to the school, I have been impressed by the girls' attitudes towards personal improvement and their eagerness to learn.

With a group full of leadership potential, picking a Captain for each side was not an easy task for the coaching staff. Tia Zarifa (G10O) - Junior Varsity and Khadija Mashhour (G11R) - Varsity were picked to lead the two sides for the 2022/2023 season, and this news was warmly received by the other players.

I look forward to watching this group develop throughout the season. I am confident that they will represent MES Cairo with pride when they get the opportunity.

Mr T Kerins - Junior Varsity/Varsity Girls' Basketball Coach



JUNIOR VARSITY AND VARSITY BOYS BASKETBALL

We had over fifty students try out and give their best for a chance to play Cougar Basketball. They went through two trials for our Varsity and Junior Varsity squads. Coaches Mr Stout, Mr Emuka and Mr Naggar had the difficult task of deciding on the two squads for the season. We are thrilled about the student athletes that were chosen for the team and having them back on the court after such a long break.

The 2022-2023 season and training is well underway now. The players continue to show great effort and excitement; and their enthusiasm has contributed to great practices thus far. We are committed to empowering our players to be excellent on the court and are anxiously awaiting our first friendly competitions.

Voted by the coaches, our Team Captains are Maurice Andrawes (Y12R) who has shown great leadership thus far as a Varsity athlete, and for Junior Varsity, it is Youssuf Khalaf (Y10R).



We look forward to playing in the CISSA Tournament in 2023 after a long layover due to COVID-19. All of our players have taken the challenge in their stride and are coming together as a team to encourage, support, and motivate each other. Each practice is better than the last, and we look forward to have a winning and successful team and a fun season!

Mr B Stout, Mr C Emuka and Mr T Naggar - Team Coaches

JUNIOR VARSITY BOYS VOLLEYBALL

After an initial trial, a strong and talented group of players were assembled to play for the MES Cairo Cougars Junior Varsity Boys' Volleyball team. The season began with training with the Varsity boys' team, which allowed the younger players to test out their skills against some older students.

To date, the Junior Varsity team has played two fixtures with mixed success. The first game was a friendly against the American International School (AIS) at AIS. This was the first time the boys had played together as a team, and they performed well given the circumstances of playing away against a team which had more experience together. Each set was competitive, but MES Cairo ultimately went down 2 sets to 0.

The second fixture was against Hayah International Academy (HIA), and this time the boys found themselves playing against a team with less experience. After some strong serving from Ali Rashad (Y9Y) and Abdullah Gemeiye (G10B), the MES Cairo team won 3 sets to 0.

The team is led well by Abdullah Ahmed (G11R) and I look forward to watching this group develop throughout the season.

Mr T Kerins - Team Coach



Varsity Boys Volleyball

Cougar Varsity Volleyball is back! The Volleyball tryouts had a great turnout this year with plenty of players hoping to compete against other schools in competitive organised sport. We had lots of talent and struggled to make cuts for the team.

After the trials, we had a Varsity team that had a high level of ability. Some of the Junior Varsity players performed very well and were asked to represent Varsity in the games.

We had a very productive training session where the players developed important communication, support and movement skills. One player stood out as being a strong, talented player that represents everything that an MES Cairo student should be: polite, approachable, athletic and has made huge progress with his personal fitness over the past few years. Ahmed Torky (G12R) was appointed as the Captain of the Varsity team due to these positive attributes and how he conducts himself.

The first match was against a very well-organised AIS team. Our players were nervous at first and lost the first set, once this had settled the training was apparent, they worked as a team, communicated well and managed to get their score to 24-18 (25 points to win). Unfortunately, the smell of success increased those nerves, and we lost the game 26-24. Although this was a loss, it was a great learning curve for the team and spirits were not low.



Our aim is to go into the CISSA tournament, play as a team, develop as individuals and demonstrate the talent that we have for a sport that is not widely played outside of school. Good luck and let's go get it!

Mr J Keast - Secondary PE Teacher

JUNIOR VARSITY AND VARSITY GIRLS VOLLEYBALL



We had a great turn out for the girls Volleyball Trials this year with around 35 students trying out for both the Junior Varsity and Varsity teams. It is always great to see female students demonstrating enthusiasm for sport and a keen interest in Volleyball. Thank you to all of those that attended trials and congratulations to those that were selected to represent the teams.

Many of the students selected to be a part of the team have had little experience with the game. Much of their skill and knowledge has come from their Physical Education lessons. In addition to this, the team is a mix from both American and British Sections as well as a spread of different Year/Grade levels. As a result, our first two training sessions were spent focusing on the basics of Volleyball and getting to know one another. In this short amount of time, the players have come along leaps and bounds, and this is demonstrated in their skill level as well as their confident and respectful interactions with each other.

After just two training sessions the Varsity team had their first game against American International School (AIS). Captain Amina Elboroossy (G12Y) and Vice-Captain Malak Hanafy (Y12G) both demonstrated excellent leadership skills which kept the team focused and motivated throughout the game. A special mention to Amina for getting player of the match for her superstar serving. The team finished their first game with a deserved victory. Well done to all of the players. I hope this is a start of things to come.

We had a large cohort of enthusiastic students signing up for Junior Varsity Volleyball at our first ASA, however, we could only select 10. Our Captain Karma Abougabal (G10R) and Vice-Captain Gamila Khalil (G10R) were chosen out of 6 applicants. Congratulations to them both. All applicants demonstrated leadership and collaborative skills.

Students attend training sessions each week and in just a short time, have developed good ball handling skills, teamwork, serving and confidence on the court. Our first away game was met with anguish and excitement, however, the girls demonstrated the MES Cairo spirit of respect and integrity. Well done to Kenzie Mourey (G8Y) who stepped up to play for both Junior Varsity and Varsity with her excellent serving skills. Awesome team spirit all round.

Ms L Shepherd - Secondary Athletics Director/Varsity Coach and Ms V Harris - Junior Varsity Coach

MES CAIRO GIRLS MIDDLE SCHOOL NETBALL

MES Cairo Girls' Middle School Netball Team has had a great start to the year! For many of our students, it is their first introduction to the game of Netball. However, this has not prevented them from demonstrating great enthusiasm, teamwork and commitment to training. We are fortunate enough to have an A and B team this year to complete our Cougars Squad and the students are excited to compete against different schools.

Captain, Rehab Tayel (G8B) and Vice-Captain Alia El Zuhairy (G8B) are helping to prepare the team for an upcoming match against Maadi British International School (MBIS) which the team hopes will be successful.

Our MES Cairo Netball Squad consists of the following members:

Alia Bahgat (G8B), Alia El Zuhairy (G8B), Farah El Gohary (Y7Y), Jana El Safy (G8B), Rana Selim G8B), Rehab Tayel (G8B), Rouqaia Tahoun (G8Y), Miriam Fawzy (Y7Y), Talya El Selimy (Y7Y), Talia El Safty (Y7B), Talia Khalifa (Y7G), Toulai Khalifa (Y7B), Talia Hassan (Y7G), Farida El Zayat (Y7R) and Nelly Shehab (G7B).

Ms S Freeman - Team Coach



JUNIOR VARSITY AND VARSITY GIRLS NETBALL



After a 2-year Cougar Netball hiatus it was finally time for our students to get back on the court and attend trials for the 22/23 season. As I have mentioned in a previous MESsenger article, Netball is not accessible in Egypt and therefore the opportunity for our students to play and represent the school in a sport that a lot of them are very passionate about is something they have certainly missed.

As a coach and someone who appreciates the values of the sport, I was completely overwhelmed with the number of students we had attending the trials for both teams. Not only

did we have an incredible turn out, but all of the students who attended shared the same passion for the sport and this was reflected in their hard work, skill level and enthusiasm throughout the session. This unfortunately made it extremely difficult when coming to the decision on what individuals were going to make the team. Thank you again for all of those that attended trials and I hope that your netball spirit continues to grow, and I will see you at the next set of trials.

Both our Junior Varsity and Varsity teams were thrown straight back into competition as they set off for their first game against New Cairo British International School (NCBIS). The Junior Varsity team was led by Captain Farida Attiah (G10R) and Vice-Captain Maleeka Ramadan (G10Y). Both of these students demonstrated excellent leadership skills in their first experience of these roles and led their team to victory. The Varsity team was led by Captain Malak Ramadan (Y12B) and Vice-Captain Lama Torky (DP12R). Both Malak and Lama have shown commitment to the MES Cairo Netball Team throughout their time at MES Cairo and are valued members of the Cougar family. Their experience was demonstrated when leading their team during the fixture and sealing a win.

Congratulations to both teams, I hope the positive start to the season continues.

Ms L Shepherd - Secondary Athletics Director



JUNIOR VARSITY GIRLS FOOTBALL



We have enjoyed a great few weeks of football at MES Cairo. The Junior Varsity Girls' Football Team has been training hard and trying their best to make us all proud. We have some excellent footballers who put their hearts and souls into the game and continue to surprise us at every training session. The team chemistry continues to improve, and we are looking forward to a fruitful season ahead.

The girls are very excited about their upcoming tournament and would love to have the support of the MES Cairo on the tournament day on Saturday 4th February 2023.

Mr J Turkdogan - Junior Varsity Girls' Football Team Coach

Back Row from Left: Jana Rabie (G9B), Shirley Masarany (G10O), Mariam Allam (G10O), Farida Attiah (G10R), Minar Abouzeid (G9B) and Haya Selim (G9Y)
Front Row from Left: Amina El Mallah (G10R), Mennatallah Ibrahim (Y9B), Kenzie Mourey (G8Y) and Talia Abd El Rahman (G8Y)

JUNIOR VARSITY BOYS FOOTBALL

Two years without competitive sport is a long time, and you could tell by our aspiring Cougars' faces that they were raring to go! We had a great turn out for our Junior Varsity and Varsity trials, and both myself and Mr Keast were very impressed with the talent, enthusiasm and sportsmanship on show.

Upon selecting the team, a decision had to be made with regards to the captaincy, a highly sought-after position awarded to a player with the essential qualities to lead the team on and off the pitch. Players who were interested in the role were asked to apply by email, stating the reasons why they believed they deserved the position. After thorough consideration, captaincy of the JV Cougars Football team was awarded to Omar Omera (G9O) with the Vice Captaincy going to Ali Kansoh (G10Y).

Our first JV game took place away against Maadi British International School (MBIS). Due to pitch restrictions, it was a 7-a-side fixture, which gave our Cougars a chance to show off their positioning and movement on a smaller pitch. After scoring two goals in the first half, the team capped off a dominant display with three more quick fire goals in the second, eventually finishing as 5-1 victors. Of the five different goal scorers, our Player of the Match was awarded to Ali Kansoh (G10Y) who excelled in his position in midfield, leading by example with his effort levels and overall sportsmanship.

Our second game proved to be a much sterner test against a well-organised Cairo English School (CES) side. Our first 11-a-side game of the season, our Cougars came into the game with only one substitute, meaning they had to exhibit extraordinary fitness levels during a very competitive game. Their efforts paid off however, with the team gaining a well-deserved 2-1 win over one of our rival schools. Our second Player of the Match award went to Rami Remah (G11B), a new player who demonstrated skill, grit and passion whilst leading our defensive line.

Now, after two wins on the trot, our JV Cougars have a couple of training sessions which will focus upon honing their talents both physically and tactically, in preparation for the CISSA tournament which will take place next term!

Go, Cougars!

Mr H Gad - Junior Varsity Boys' Football Coach



VARSIITY BOYS FOOTBALL

Cougars Varsity Football has returned! With over sixty boys trying out for football, the coaches had their work cut out. The students demonstrated outstanding commitment and dedication during the trials and were playing to a very high standard.

The coaches made their cuts and the team managed to have a productive training session where some of the Junior Varsity players shone through and were asked to play with the Varsity team. One Varsity player, Omar Salah (G12B) has stood out over the past few years, offering positivity, fantastic ability and knowledge of the game, leadership skills and a very mature attitude in all aspects of school life. Omar was offered the Captaincy of the Varsity Football team. This is a highly sought after and respected position and can provide opportunities in the future for colleges. Well done, Omar.



The first game was at Cairo American College (CAC) where MES Cairo put on a great performance, taking home a 2-1 victory. Hamzah Azab (Y12Y) was awarded the MVP for this game.

The second game was a thrilling game against the American International School (AIS) which ended with a score of 4-3. We saw some very solid performances all around. Ismail Abdel-Ghaffar (Y12B) was awarded the MVP award for this game with a solid defensive performance.

We look forward to the CISSA tournament and hopefully we will bring home some silverware!

Mr J Keast - Secondary PE Teacher

COUGARS SWIM TEAM

The Cougars Swim Team held trials in Term 1, with dozens of students attending across both weeks. The trials were extremely competitive and successful, with a very high standard of swimming on display across the age ranges. During the trials, students were very supportive of each other and demonstrated excellent sportsmanship.

Congratulations to all those that participated. Regardless of times recorded, everyone can be proud of their efforts!

The KS3/Middle School Cougars swim team selection is as follows:

Boys Team

Amine Antably (G7B), Adham Maher (G7B), Omar Hussein (G7G), Ziad Khalil (G7R), Youssef Khalil (G7Y), Hesham Eita (G7R), Patrick Ibrahim (G7R), Ali Madkour (Y7G), Yussuf Kalila (G7B) and Kareem Taha (G7Y).

Girls Team

Hana Badawy (G7B), Dana Donia (G7G), Karma El Dessouki (G7Y), Talia El Dessouki (G7R) and Mariam Awad (G7Y).

The Primary School Cougars Swim Team selection is as follows:

Boys Team

Ahmed Mossoud (Y5B), Omar Kocak (Y5B), Youssef Ali (Y5B), Karim Riad (Y5O), Malik Abdelrahman (Y5O), Saif Ali (Y5O), Omar Darwish (Y5V), Tamim Zaafan (Y5V), Chris Botrous (Y5Y), Mostafa Abozeid (Y6V) and Ahmed Elkhoully (Y5R).

Girls Team

Klara Shouman (Y5G), Zeina Salem (Y6R), Farida El Sersy (Y6R) and Kenzi Shaalan (Y6V).

We are now training hard and aiming towards participating in friendly galas and competitions during the year. Team members have shown great commitment to developing themselves across the variety of strokes, and we look forward to competing!

Mr S Hawkins - Cougars Swimming Coach



MAGIC BOOTS BRING HOPE TO VARSITY GIRLS FOOTBALL SEASON OPENER

Zeina Salah (Y11Y) held her most treasured possession on the palms of her hands and blew one layer of dust into the surrounding air. Yet its true identity remained concealed until a few more puffs had cleansed their surface. Then there they were in all their glory. Her trusted football boots. Her identity. Her passion and her means of expression. It felt like an ancient magic spell had been released from a prolonged imprisonment.

The gap from competitive sports fixtures and indeed a severe limitation in sports practices may not have stretched back eons, but to a teenager it may just have felt that long. The MES Cairo Girls' Varsity Football team was yearning to kick a ball in anger again, after years of suspended games due to the global pandemic. They had heard about recent matches between other schools and finally today was their turn. Despite limited practice time and a depleted squad, the players wanted nothing more than an opportunity. An opportunity to test their skills against the best of opposition in a pre-tournament warm up game on 23 October 2022, but predominantly to learn. They knew all too well that was the priority given the absence of previous experiences.

The newly appointed Varsity Captain, Nour Reyad (Y12B) had done an amazing job in organising her team to be punctual, correctly attired and not least warmed up and ready. This included a selection of Junior Varsity players to supplement the depleted ranks of older students. Nour's qualities have been rapidly appreciated and utilised by her coaches and she has not disappointed. She would be first to admit other players are more naturally gifted with a football, but her responsibility for forging an effective unit and leading them against worthy opponents will be paramount to a successful season.

As the game commenced against local rivals American International School East (AIS) it was very apparent there was a huge lag in MES Cairo's development as a team and first game nerves took their toll, particularly in terms of massive gaps in midfield. Thankfully Salma Desouki (Y12R) displayed level headedness and courage in the goalkeeper position to limit the loss of goals even further. Unfortunately, there was little that vice-captain Amina El Mallah (G10R) and her fellow midfielders Nadine El Fiky (DP12R), Tasneem Abdelazim (Y11B) and Anoreen Hashad (Y12B) could do to turn the tide against the competent AIS express train dominating that sector. Indeed, it was with gratitude that substitutes were welcomed as relief for them in the forms of Salma Shokry (G12R), Lilly Elsabbagh (Y11G) and Leyla Zaghloul (DP12R), until the half-time whistle yielded a pause in what was essentially becoming a rout.

With time to reflect and after some key words of encouragement from Captain Nour, there was a much more positive response. Salma continued to impress in goal, denying her white clad opponents repeatedly, whilst Mariam Zekry (Y12Y) at times gave a masterclass in the art of defending. Flanking her and keen to emulate her style, were Talia Elsherif (G12R) and Farida Eita (Y12R). As an effective trio they managed to diminish the number of successful assaults on their defensive positions. In addition, the introduction of Mariam Allam (G10O) and her even younger teammate Jana Rabie (G9B) brought some much-appreciated stoicism to the midfield ranks. But where were the opportunities for goals going to magically appear from?

Just as AIS started to relax their efforts, Zeina's boots started to twitch. Some closer observers swore they actually sparked against the dull green turf. Retreating deep into her own half, Zeina was afforded a worthy pass for once and did not waste her opportunity. Silence cloaked the arena as watching spectators, officials and players were mesmerised by those shifting feet. They danced to an inaudible tune, but held their pursuers in a hypnotic trance. Two, three, four, and even five opposing defenders tried to intercept the black and white football which only stayed in the protective custody of Zeina's caressing footwork, as she progressed towards their goal. Then finally as the attention culminated on her, she gifted the perfect pass and wondrous opportunity for striker Shirley El Masarany (G10O) to shoot on goal and score. At last MES Cairo had learnt how to attack and despite the final losing scoreline, the team could be rest assured a lot of lessons had been learned and they would be even more ready for the trials of the season ahead. Perhaps with more assistance from some magic boots!



Mr S Perry - Varsity Girls' Football Coach



PRIMARY COUGARS ARE BACK!



Our MES Cairo Cougar squads are back and ready to compete. For those students in Years 5 and 6, competing in the Cougars team is a valued opportunity. Our Primary Cougar teams include Girls and Boys Football, Basketball, Swimming and Girls Netball. With such a long-awaited return, we saw a record number of students trial for the teams. It was exciting to see students have such passion and drive to represent MES Cairo in a Cougars jersey. Training has already begun and fixtures are being organised. We are all ready to cheer on our Cougar athletes once more.

Ms Cara and Ms Shereen have high participation for our Girls Netball team with over forty girls joining the sport. All girls will be given the opportunity to represent MES Cairo Cougars. We will be showcasing a different team for each fixture. This is a new sport for most participants, but they are quickly developing the skills and understanding of the game.

Boys Football saw incredible numbers for the trials and as a result we were unfortunately unable to offer everyone a place in the final squad. However, the twenty boys selected have done a fantastic job in their first few training sessions, working on individual technique as well as group drills. Mr Tom is very much looking forward to our first fixtures and seeing what the team can produce!

Our Girls Football squad has around 25 members, all of whom are excited and motivated to learn the game and develop their skills. Led by Mr Richard, promoting girls in sport has been a big focus this year and we are extremely proud to have so many girls wanting to take part in this sport. With numerous fixtures on the horizon, we cannot wait to see what the squad has to offer when they take to the field competitively.

For our Cougar Swim team, the bubble is down, the sun is shining, and each swimmer is working hard to develop their technique in a range of swim strokes. Each week Ms Alisha and Ms Emily are challenging our students to not only develop their technique, but also increase their speed and stamina in the water. We look forward to seeing our swimmers in some upcoming swim galas.

With over sixty players coming to the tryouts this year, students have shown huge interest in the sport of Basketball at MES Cairo. Basketball Cougars are currently training once a week with a focus on skill development but also preparing for upcoming matches against other schools. Mr Carlos and Mr Joe, our coaches, are very pleased with the enthusiasm of everyone involved and we are all excited about facing our first match. This will be a good opportunity, for the girls and boys representing the school, to enjoy and show improvement after all the hard work put in these first weeks of training.

Go Team Cougars!

Mr J Vaughan - Primary Head of PE



PRIMARY PE

TERM 1

Students across the whole of the Primary School have jumped into PE with excitement and enthusiasm. It has been wonderful to see students out exploring new sports, learning new skills and enjoying the lessons. Primary students have been engaged in many different games. Every day we have seen students challenging themselves and supporting each other. Respect is a big focus in lessons which has seen students display increasingly more positive sportsmanship. Throughout PE lessons, students are enjoying the competitive element in games and the opportunity to earn House Points to help their House team win.

Key Stage 2

Students in Key Stage 2 have been focusing on invasion games. This encompasses a range of sports such as Football, Basketball and Netball. Rather than focusing on each sport individually, students have been developing skills that can be utilised across multiple sports. Students have applied skills such as passing into fun mini games as well as some small sided competitive games. The mini games provide students with an opportunity to apply these skills in a practical scenario.



Key Stage 1

Students have been focusing on basic instructional skills. They have been participating in a broad range of games from throwing bibs in the air, creating hula hoop satellites and even dancing. Many of these activities or games focus on developing students' listening skills and their ability to participate as an individual, partner or team member. Students enjoy adding challenges to games that they are already familiar with.



Foundation Stage

Students have been developing both their fundamental skills and basic instructional skills. They have participated in relay races, obstacle courses and tag games. While participating in these activities, students work on improving their movement control and coordination. Games which include imaginative roles are a favourite for the students and they can be heard giggling with delight as they run.

We look forward to seeing all of our students continue to develop their physical skills and understanding over the rest of the year at MES Cairo.

Mr J Vaughan - Primary Head of PE

PRIMARY ASAs BEGIN AGAIN!



As always with the beginning of the new academic year, a highlight was the introduction of this year's After School Activities, more commonly known as ASAs. Year 2 students were able to get their first grasp of what extra-curricular programmes we have on offer, enjoying a wide range of activities, both sporting and creative.

This year at MES Cairo we really wanted to push forward some great new ideas with regards to ASAs,

putting behind us the limitations of COVID and going full steam ahead. We were able to offer a horse-riding ASA this term, thanks to Ms Deena, where ten fortunate students were able to travel to a real, working stables and learn how to ride and feed the horses, learning special techniques and training on how to get stronger and have more independent control over the horses. Thuraya in Year 3 Blue has really enjoyed this ASA and said "I have loved the chance to work with horses and see how to run a stable. I have learned lots of new exercises to get stronger as well."

As well as the now titled MES Cairo Pony Club, we have had an external trainer come in to teach Martial Arts, two popular cooking clubs creating delicious culinary treats, our usual Team Games clubs, and many others. Creative 'Kidz' Club, run by Ms Tash, Ms Sara and Ms Aimee has also been hugely popular, and as you can see from the photos, the students have had fun crafting their own jewellery, bookmarks, and more!

Work has already begun on introducing some exciting new ASAs next term to go hand in hand with the ones introduced already this year, so watch this space!

Mr D Saberton - Primary ASA Coordinator



Secondary After School Activities (ASAs)

Term 1

Welcome back to the 2022/2023 academic year! This year has started off with a bang. With the reintroduction of the Cougar Programme, a significant number of students signed up for Football, Netball, Basketball and Volleyball. However, this meant that the teachers had to get creative with their ASA ideas, with over 30 ASAs on offer. There was a wide array of activities for students to choose from: art classes, music lessons and purposeful discussions, to Chess, educational board games and Science experiments.

International Awards and Global Perspectives continued to provide interesting and challenging aspects, encouraging problem solving and teamwork, along with an opportunity to gain additional qualifications. Homework Clubs have been offered this year to support students that need to make up missed work, or if they would like to get ahead of the game.

Thank you to all of the students and teachers that have been involved in creating a positive atmosphere and broadening their horizons by learning something new and taking on new challenges.

Mr J Keast - Secondary ASA Coordinator





PRIMARY PIONEERS ARE BACK!



I am delighted to announce that the Primary Pioneer Programme for academic year 2022-23 has officially begun and it is back better than ever! Since the beginning of October, Year 5 and 6 Pioneers have completed their first badge of the programme and are progressing well with their second badge.

Year 5 Pioneers

Year 5 Pioneers started the programme by taking 'The Photographer' badge. This badge was led by Mr Ed and Ms Georgia. During the sessions, the Pioneers learned a new photography skill each week such as how to take a proper portrait, how to take landscape images and how



to edit an image for effect. By week 4, all of the Year 5 Pioneers had created a wonderful photography portfolio showcasing all of these newly learned skills.

Year 6 Pioneers

Year 6 Pioneers first badge of the programme was a very exciting one! They were learning how to become a lifeguard! During these sessions students learned how to dive into water when going to the aid of a casualty in water, how to then transport an individual to safety and then finally how to communicate and work as a team to do this.

Mr T McDermott - Primary Pioneers Coordinator



MES CAIRO WELCOMES NEW TEACHERS

Ms Tabatha Pearson - Secondary English, American Section

My name is Tabatha Pearson, and I am very excited about joining the MES Cairo community. I taught in the United States for fifteen years and spent the last three years teaching in Taiwan ROC. I have taught Grades 1 through 12 and worked in various capacities, including English, Social Studies, co-taught Physical Science.



Mr Steve Perry - Secondary Sciences, British Section

Hello, I am from the UK and I am returning to work at MES Cairo after a four year sabbatical. I have been working recently in Bangkok, Thailand teaching Physics, including at advanced level and helping students with their applications to medical schools around the world.

It is truly wonderful to be back in Egypt receiving such a lovely welcome from locals, staff and students, and to also be back in my second home, MES Cairo. I am teaching A Level Physics and IB Diploma Programme Physics which I am looking forward to very much. This is a very interesting and rewarding place to work, given the wide variety of curricula and courses on offer to students. I have already been impressed and motivated by some exceptional colleagues at our school from all Sections.

Last, but not least, I shall also be returning to my position coaching football and will hopefully enjoy many moments with our eager sports stars in practices and tournaments over the season ahead.

Ms Joanna Ibrahim - Primary LDD Teacher

My name is Joanna Ibrahim and I have been living in Egypt for 23 years. I love living here and it has become my home. I am married with 2 children at university here in Egypt. I am originally from Kent in the UK and was lucky enough to study for my teaching degree in Exmouth, Devon, so got to study while sitting on the beach! I have been teaching for 26 years and have a passion for helping students overcome any barriers they have to learning and enabling them to achieve their highest potential. To help with this I completed my Master's in Special Education with Middlesex University. My hobbies include reading, swimming and kickboxing.



Mr James Lever - Primary Key Stage Two

Hello! My name is James Lever and this is my first time ever in Egypt. I am a huge fan of travelling and exploring new places, hence why I made the decision to come here. Prior to teaching across KS2 in the UK, I studied Social Anthropology at the University of Manchester and completed my Master's degree in Diplomacy at the University of Leicester. I also spent some time living in Denmark during my studies. In my free time, I enjoy rock climbing, football, hiking, playing chess and reading. I am excited to learn more about Egypt's rich history and explore the country's wonderful sights.

Mr Stephen Karnes - Secondary English, American Section

I am originally from the United States and this is my eleventh year as an English teacher as I join MES Cairo. I have a Master of Arts in Teaching and have taught all grade levels in my career including Special Education and English as a Foreign Language. I have lived all over the United States but I most recently called the northwest of Arkansas home where I enjoyed exploring the beautiful forests and rivers. In my spare time I love to cycle, make music, read, and of course travel. I am excited to explore this wonderful country and am looking forward to the new challenges of teaching here at MES Cairo.



Ms Emma Callowhill - Primary Key Stage Two

Hello, my name is Emma and I am thrilled to join the MES Cairo family as part of the Key Stage 2 Team in Year 3. I was born in Southend on Sea in Essex in the UK. I also have strong connections to Sligo in Ireland, and this is where lots of my family live. I went to university at the St Mary's University Twickenham to study English Literature and Language and Creative Writing (BA Hons). This included a semester abroad at a university in New York City, USA. Following this I gained my Post Graduate Certificate of Education specialising in Early Years and Special Educational Needs. Prior to joining MES Cairo, I have worked in two schools. In my previous school, I worked as a class teacher and the lead for Phonics and Early Reading. Teaching children to read is one of my greatest passions.

I have moved to Cairo to be immersed in exciting history, rich culture and delicious food! I love to travel and I can't wait to explore Egypt and all it has to offer. I hope to also use Cairo as a base to visit the Middle East, Africa and the Mediterranean. Aside from travelling I love to bake, read, go to the gym, scuba dive, spend time in nature and visit art galleries. Most children in my class can tell you by now that I am an avid Harry Potter fan and I love animals, in particular... dachshunds aka sausage dogs!

I am looking forward to seeing what the future holds at MES Cairo and all the adventures that await me!



Ms Menna Farag - Primary Key Stage One



I am the FS1 Red class teacher this year. This is my first year at MES Cairo, prior to which I taught at another British International school here in Egypt. I am from Manchester in the UK, but my family are originally from Egypt. After gaining my PGCE with a specialism in Early Years in the UK, I decided to move back to Egypt so that I could become acquainted with my cultural heritage and reconnect with my extended family. I have now been teaching here for five years. I have an academic background in Psychology which helped me in considering the unique differences every child possesses and enables me to be a compassionate and empathetic person.

Besides my career, I am fond of classic cinema, music and socialising with friends. I am an avid reader and own a variety of books.

Mr James Tubman - Secondary Science, British Section

I am honoured to join the team at MES Cairo. I am originally from West Yorkshire in the United Kingdom and I have studied at the University of Salford. I worked for 10 years in the pharmaceutical industry (for GlaxoSmithKline) as both a pharmaceutical Chemist and Microbiologist. In 2009 I trained at the University of Durham to begin my career as a Secondary Science teacher, following which I worked in Secondary education at different schools across the North-East of England. In 2016, I moved to the Murcia region of Southern Spain, where I taught Chemistry at the El Limonar International School, Villamartin. In 2018, I became the Head of Science.

In my spare time I love distance running, playing the guitar and getting lost in new places! I am extremely excited to be joining the warm and friendly MES Cairo community and to be experiencing the chaotic and vibrant culture of Cairo. I am looking forward to exploring more of Egypt and North Africa as the year progresses.



Ms Emily Reynolds – Secondary English, American Section



Hello! My name is Emily Reynolds, and I am proud to be a new addition to MES Cairo. I am overwhelmed with gratitude with the opportunity to teach English here and teach such eager scholars!

In High School, I was recruited to be an English teacher with the Mississippi Excellence in Teaching Programme. In fact, it was when I was in my AP Language class that I found my calling: teaching and writing about literature. I am lucky to teach AP Language at MES Cairo this year, along with Ms Sharpless. In each lesson, I am reminded why I love this profession. I taught English in Mississippi for two years before moving to Abu Dhabi, where I lived and worked for three years before moving here to Cairo. This year I am teaching AP Language and Composition, English III and Creative Writing.

I would like to thank everyone at MES Cairo for making me feel so welcome. Thank you especially to my students for their warmth, enthusiasm and koshari recommendations.

Mr Tommie Ebanes - Secondary Science, American Section

Hi everybody! My name is Tommie Ebanes and I am so excited to join the MES Cairo family as Grade 7 Science Teacher. I am originally from Stockton, California and have spent most of my life around the greater San Francisco area. This will be my eleventh year as a science teacher but also my first time teaching in Egypt. I spent the last 2 years teaching in Bogota, Colombia and prior to that I taught in California, USA. Before I was a teacher, I was actually a wildlife biologist! I have also worked as a lab technician in various laboratories ranging from microscopy work to developing new thermoplastics. I feel that my previous experience as a scientist gives me unique insight in what skills are necessary in our modern workforce. As a teacher, I always love to bring my passion for science and enthusiasm to develop our students as strong, curious lifelong learners.

In my spare time, I also love photography, birding and learning more about the world.



Ms Mirette Salib - Primary Key Stage One



Hello MES Cairo! My name is Mirette Salib and I teach Year 1 Orange. This is my seventh-year teaching and my first-year teaching at MES Cairo. I gained my UK qualified teacher status from the University of Sunderland. My specialism is in EYFS and KS1 and this is where my passion is!

I am married and I have two daughters, 9 and 5 years old, who have French nationality. In my spare time, I enjoy our family gatherings, travelling the world, cooking and swimming. Oh, I also love reading; yes, I am a book nerd!

I am honoured to have joined the team and I already feel that I am part of the family, everyone has been extremely welcoming and supportive. I am looking forward to an outstanding year with my class.

Mr Steve Hawkins - Business and Economics, British and IB Sections

I am delighted to have joined MES Cairo which is my first international posting. This is my fourth-year teaching Business and Economics, having previously taught in Comprehensive and Grammar Schools in Essex, England. Before teaching, I was a Business Bank Manager in South-West England, an experience I like to bring into my lessons as real-world examples.

In my spare time I enjoy watching and playing football, as well as swimming and going to the gym. I love to read books, my favourites being thrillers and sports autobiographies. I love to travel, and I am so excited to learn from the local people and culture as well as experiencing all the sights Cairo and Egypt has to offer!



Ms Merna Fahim - Secondary Counsellor



This is my first year at MES Cairo and I am looking forward to an amazing year as the Secondary Counsellor working across all sections (British, American and IB). I have lived in the beautiful city of Muscat, Oman for most of my life, but I am glad to be back home in Egypt.

I am a qualified psychologist and love being a school counsellor. When I am not in school, I enjoy travelling and scuba diving to explore wrecks and coral reefs. I also enjoy listening to music and playing sports, particularly volleyball and basketball. My all-time favourite hobby is discovering new dishes to cook and eat! Asian cuisine is probably my favourite to cook and eat. I am excited to be here and to get to know as many of you as possible!

Mr Daniel Banks - Primary Key Stage Two

Hello, MES Cairo community! I have been a teacher for around seventeen years now; a journey that has included teaching in South Korea and Turkey. My wife Nilda and I moved back to the UK in 2014, where we taught in the private school system. For the majority of that time, I taught Year 6 while also taking on some whole school responsibilities as Senior Teacher. After our two amazing boys were born in 2020, we decided the time was right for a new adventure. So far, we have been blown away by the welcome we have received from the school community.

When I am not trying to persuade my two-year-olds to eat their dinner or not turn on the shower while fully dressed, I enjoy most sports, particularly golf at present - although it doesn't seem to feel the same about me. I am a keen SCUBA diver, hiker and guitarist. We are all really looking forward to seeing the incredible historical sites Egypt has to offer as well as exploring the Red Sea.



Ms Rachel Blylevens - Primary Key Stage One

Kia Ora/Hello! Ko Rachel toku ingoa /My name is Rachel.

My educational background spans over 25 years both in my home country of New Zealand and Internationally.

I have three gorgeous daughters, the 'grown-up' older two are working back home, while the youngest is here with me in Cairo living her best life! We have loved living and teaching/learning abroad. The journey so far has been amazing and the best is now to come here in Egypt.



Ms Sabrina Al Abrache - Primary French



Bonjour! I am Sabrina Al Abrache and I am the new French Primary teacher. Although this is my first year at MES Cairo, I have been in Egypt since 2013. Time has flown by! I have been teaching since 2009. I fell in love with this job when I moved to the UK and worked as a Foreign Language Assistant in Bradford, West Yorkshire. In 2012, I started my PGCE year at the University of Leeds. I love working with children, they are so interesting, fabulous learners and always have crazy stories to tell!

Coming to Egypt was a life-changing experience, I will be forever grateful that I can call this country my home. I met my husband here and some amazing people. I blossomed as a teacher in fabulous schools and, most importantly, my children enjoy the privilege of growing up in Egypt where their roots are! Visiting Egypt is a dream for many, and I get to live here all year long! I am a family person, and I enjoy getting crafty or active with

my children. I am also a foodie and I love to eat good food. I have a passion for breads of all sorts!

I feel very fortunate to have joined the MES Cairo Community and I look forward to a great year with the students!

Mr Tom Kerins - Secondary Physical Education

Kia Ora everyone!

My name is Tom Kerins and I am one of the new members of the Secondary PE department at MES Cairo. I have come to Egypt from my home country of New Zealand and joined the ever-growing group of 'Kiwi' teachers at MES Cairo.

Having completed all of my tertiary study in New Zealand, I have spent most of my time teaching at home, aside from a two-year stint teaching in London. London provided me with a small snapshot into the exciting pace of teaching in a diverse and foreign environment and gave me the urge to try teaching abroad again.

My hobbies include sport, travel, reading and history - all of which I feel will be well catered for here in Egypt! I am enjoying the melting pot of culture and ethnicities that international schools provide and look forward to building new friendships and networks. I am looking forward to joining the established community at MES Cairo and contributing to it in my own unique 'Kiwi' way.



Ms Torey Krepps - Secondary English, American Section



My name is Torey Krepps and I am currently teaching Grade 8 and 9 English. Originally from the U.S., I grew up in and out of the country as I travelled with my family. As someone who grew up studying in international schools as a child, it has been a privilege and learning experience to become a teacher in international schools! This is my sixth-year teaching and fourth year abroad; before this, I taught in Shanghai, China, for three years.

I am excited to get to know Egypt better as I settle into life and teaching at MES Cairo. When I am not teaching, I enjoy spending as much time outdoors as possible. I love trying new things and exploring, so I am very excited to be in Egypt with many adventures ahead!

Mr Bryson Stout - Secondary Science, American Section

My name is Bryson Stout and I am beyond excited to be pursuing my dream of international teaching at MES Cairo. I am from a state called Idaho in the United States. I attended Utah State University (go aggies!) where I got my teaching degree and competed on the track and field team as a sprinter. I then worked at my alma mater Meridian High School where I taught High School Science for and coached for 3 years.

I am looking forward to learning as much as I can from the people of Cairo, growing as a professional at MES Cairo and building as many positive relationships as possible along the way.



Ms Caroline Keane - Primary Key Stage Two

Hello! My name is Caroline Keane and I am delighted to be the Year 3 Green teacher this year. I am Irish and lived in London for many years where I completed my teacher training and then taught in some lovely schools there. Four years ago, a sense of adventure inspired me to move half-way around the world to a Primary school in Hanoi, Vietnam. While I was there, I thoroughly enjoyed my time and loved teaching my young students as well as exploring the city and beyond. Since moving to Cairo this summer, I have felt privileged to experience the warm welcome from MES Cairo students, staff and parents, which has helped me to settle in quickly and feel right at home already. I am really looking forward to new experiences here and a wonderful year ahead with 3 Green!

**Mr Anthony Prince - Primary LDD Teacher**

Hello! My name is Anthony Prince and I have recently joined the Primary LDD team at MES Cairo. I am originally from London; however, I have been teaching internationally for almost ten years, in international schools in China, Romania and Slovakia. This has included working in both Primary and Secondary schools and in a variety of departments. This is my first year teaching in Egypt and I have received a wonderful welcome from the MES Cairo community. In my short time here, I am already really enjoying working with our amazing students!

**Ms Mary Osborne - Secondary Librarian**

Hello! My name is Mary Alice Osborne and I am the new secondary Librarian at MES. I have been fortunate to help design and run new libraries in cold, snowy Vermont in the USA, (See photo!) Tunisia, Saudi Arabia, China and Italy. Wherever I go, I love helping to connect young people with books and ideas that further their learning and help them to discover their unique talents and abilities. I have teaching degrees in Elementary Education and Special Education from the University of Vermont, and a Masters in Information Science from Syracuse University. I also studied Talent Development at the University of Connecticut. I am thrilled to now be here at MES in Egypt, one of the most rich and dynamic cultures in the world with some of the kindest people I have met. I look forward to helping make the MES LMC a welcoming, engaging and dynamic place.

**Ms Omnia Elgamal - Primary Psychologist**

I recently moved to Egypt. Although from an Egyptian background and very familiar with the culture, language and food, I have never lived and worked in Egypt. I was born and brought up in London, UK and that is where I completed my studies. I have thoroughly enjoyed the move and I enjoy being at MES Cairo. I am the Primary Child Psychologist, and I love what I do. I studied Psychology for my bachelors then completed a Masters in Child Development at University College London. I then worked in a couple of schools supporting students and young people before deciding to move.

I recently got married and I am therefore doing of the big life changes at once! Looking forward to working with everyone at MES Cairo and supporting the wonderful students to ensure they are being heard, guided and assisted in the best possible way. I am excited to see what this year brings.

**Ms Natasha Steenson - Primary Key Stage Two**

Hi everyone! I am so excited (and feel super lucky) to be working here in Year 6 at MES Cairo! I am originally from Ireland but spent four years studying a BEd Honours in Edinburgh University, before completing my probation year. After I left Scotland, I spent just over a year travelling and visited several countries including China, Thailand and Australia. I ended up staying in Australia for an amazing, fun-filled year. My highlights included scuba diving the Great Barrier Reef and driving a bus around Cairns for the tourists (YES, I drove a bus!)

Before coming to Egypt in June this year, I lived in Kuwait for ten years (I had originally gone there thinking I would stay for just one). During this time, I taught KS1 and KS2 and also learned a little bit of Arabic - I definitely need more practice though! It has always been my long-term dream to move to Egypt one day and settle here. I met my wonderful husband ten years ago in Kuwait and we always spoke about our future plan of living in Cairo; our dream came true! So far, the experience has gone well above any of my expectations. The community, family feel of MES Cairo and truly supportive, welcoming staff have made the transition to a new country and new school a super positive experience. I feel really blessed to work with such an amazing team of professionals and I am already hoping to stay for many more years to come.



Ms Jill Fitzgerald - Secondary Humanities, British Section

Hello, my name is Jill Fitzgerald and I am the new Humanities teacher for Year 7 through to Year 9. I am honoured to work here at MES Cairo. I am originally from the Republic of Ireland and I have more than eleven years' experience as a teacher. I have a Masters Degree in Geography and an Honours Bachelor of Arts Degree in History and Geography. I have taught in a number of different schools in Ireland and in various countries such as South Korea and Ukraine.

In my spare time I enjoy travelling, seeing new places, reading, cinema, cycling, swimming and international cuisine. I feel very lucky to be here in Egypt and I cannot wait to see more of this beautiful country.



Ms Shereen Edgecombe - Primary Key Stage Two

My name is Shereen Edgecombe and I am the new teacher for the Year 5 Blue class. I am from New Zealand which is known for its picturesque landscapes (cue Lord of the Rings fans) and the All Blacks Rugby team, of course! I studied a Masters in Interior Architecture at Victoria University and worked in the design industry for two years whilst on my first, big overseas stint in London. After returning to New Zealand, I studied at Waikato University obtaining a Graduate Diploma in Primary Teaching.

I enjoy travelling, reading, cooking (mainly for the 'eating' part), playing Netball and relaxing. I am excited to start my teaching journey at MES Cairo and look forward to immersing myself in the rich, unique culture of Egypt at every opportunity.



Ms Michelle Barnes-Roberts - Primary Key Stage One

Hi! My name is Michelle, and I am the teacher of FS2 Yellow this year. This will be my 3rd year teaching in Egypt and I am hoping, the first of many more at MES Cairo. I am living here with my youngest daughter (who is in Year 1) and our two adorable cats. My eldest daughter is currently at Nottingham University and is training to become a Primary teacher. We are hoping that she can one day work in the same school as me! I have loved teaching since the day I began, some twenty-five years ago. I have been lucky enough to teach all school years from Nursery to Year 6, but my passion is for EYFS. My home country is Wales, however I grew up living in countries like Papua New Guinea and Bahrain, before returning home for formal qualifications and to train to be a teacher. So, it is no surprise that I love to travel and have chosen to experience working in places such as China, UAE, Thailand and of course the UK. My travels have allowed me to experience some of the most interesting and delicious foods, which I also love to cook. At the weekend we love to find a pool to swim in and in colder months we like to explore the country we are living in. I love to sing...so you may hear me when you walk along the corridors sometimes!



Ms Billie Sedgwick - Primary Key Stage One

Hello! My name is Billie Sedgwick, and I am the FS1 Blue teacher. This year is my first at MES Cairo, and I am so excited to start this learning journey with my class, who are also new to MES Cairo. I am originally from Scotland, but I grew up in Saudi Arabia before returning to the UK for university. I completed my Bachelor of Science degree at the University of Cumbria in Applied Psychology before completing my PGCE at Northumbria University. I taught for two years in England before starting my next adventure to Egypt.

I love traveling, reading, and spending time with my family. I am enjoying becoming a part of the MES Cairo family. I have loved getting to know the children and working with my fantastic team in FS1.



Ms Nilda Banks- FS2 Blue Class Teacher

Hello, my name is Nilda and I am here in Cairo with my husband Daniel and our twin boys Ashton and Ruben. It is my first year in Egypt. I am really enjoying Cairo so far with its friendly people, great food and lovely weather. The MES Cairo family has welcomed us warmly and have been helping us settle. I am really excited by the opportunity to teach at Modern English School Cairo.

I have been teaching for thirteen years in EYFS and KS1. I worked in England for eight years where I also completed my Masters Degree in Education at Oxford Brookes University. Four of those years were in FS2 and Four in Year 1. I also taught in Turkey for five years. I am now ready for our new adventure in Egypt.

I enjoy travelling, exploring new cultures, reading, swimming and spending time with my family. I am really excited to explore Egypt and learn about its incredible history.





Ms Emilee Bias - Secondary Music, American Section

My name is Emi Bias, and I teach music and choir in the American Section. I am originally from Oklahoma in the United States. Before coming here, I received my Bachelor's degree in Vocal Music Education and a Master's degree in Choral Conducting from the University of Oklahoma. I have taught all ages and levels of music, ranging from Kindergarten classes to collegiate and professional ensembles. This is my first international posting, and I am so grateful to continue pursuing my passion for teaching music here in Egypt.

Mr Devin Naccarato - Secondary Spanish, American Section

¡Saludos! I have joined the Secondary American Section to teach Spanish this year. This is my tenth year as an educator and my first time in Egypt. I am excited to experience the culture and way of life here! Although I am new to Egypt, I have lived in five other countries including the U.S., Mexico, France, Germany and Ghana. I enjoy exploring new places, cooking and baking. I recently made basbousa and was told by my Egyptian coworkers that it wasn't bad.

Since I am a language teacher, it is no surprise that I enjoy learning new languages. My main five languages are English, German, Italian, French and Spanish, but I have knowledge of over ten languages in total and I now hope to add Arabic to that list!

Prior to my position at MES Cairo, I worked as a High School teacher of French and Spanish in the U.S., a MYP French teacher in Ghana, and then a Middle School and university instructor of Spanish in the U.S. again. I am looking forward to continuing my learning adventure overseas and I cannot wait to see what MES Cairo and Egypt have to offer!



Ms Malak Arafa - Secondary Global Studies, American Section

Hello! My name is Malak Arafa and I am excited to be back at MES Cairo. I graduated from MES Cairo in 2017 and left to pursue an undergraduate degree at the University of Chicago. I went on to complete an M.Ed. in Learning Design, Innovation, and Technology at the Harvard Graduate School of Education. Being back at MES Cairo, in a different capacity, has been incredibly special. MES Cairo has always been my home and I am excited to continue learning and growing here.

Mr Chioma Emuka - Social Studies, American Section

Greetings! It is an honour and privilege to be welcomed to MES Cairo. I was born and raised in Houston, Texas, USA. I played American Football for a large portion of my life and competed at NCAA Division 1 Texas State University in San Marcos, Texas where I graduated with a double major in Economics and Communication Studies. I went on to earn a Master of Science from Texas A & M University - Commerce. I come from a family of educators and after a short career in Digital Media, I decided to pursue my passion for education. Thus, I have taught since 2015.

I am passionate about language, literature, and social sciences. This year I am teaching American Section Psychology, AP Psychology, and Global Studies. I have lived and taught in the United States, Bahrain, Turkey, and most recently in the United Arab Emirates. I look forward to a great year and many more to come.





SECONDARY PIONEERS



It has been a busy and fun packed start to the new year for the Secondary Pioneers. We welcomed the new Year 7 Pioneers to the group during a get to know you day in September, where teambuilding and planning ensued which culminated in some fun group games. It was a great way for all the Pioneers to get to know each other. The first trip of the Year took us to the Wadi Al Rayan where Pioneers enjoyed learning how to sandboard on the picturesque dunes overlooking the Magic Lakes. Pioneers enjoyed being in each other's company and had a great day out.

Student Review:

In Fayoum, Wadi El Rayan we were mostly doing sandboarding. It was a great experience and taught us many things. It taught us never to give up even if something is difficult. It taught us independence and to keep trying and to keep your head up at all times. Sandboarding is an amazing sport with many techniques and skills to learn. It is honestly pretty hard to learn at first but eventually we got the hang of it. I tried sandboarding from a really steep part and so did my friends. I was amazed by the amount of sand that got in my mouth, but it was definitely worth it.

Miriam Fawzy (Y7Y)

On Thursday 27th October 2022, the Pioneers took an important role in the fundraising aspect of Pink Day. A major tradition of the school and the important charity work that MES Cairo is proud to lead in the community. Pioneers were able to make and sell bracelets to celebrate Pink Day and were proud to raise a significant amount of money in aid of the Cancer Charities of Egypt.

Pioneers will continue in this vein as we approach winter and the Keep Egypt Warm campaign, when they will lead other fundraising activities.

Mr G Thomas - Secondary Pioneers Coordinator



Selection Process for Bronze Award

When we started with the International Award recruitment process, myself (the coordinator) and the rest of the International Award team met to begin the process of student selection. Over 180 students from Year/Grade/DP through 10, 11, and 12



applied for the limited spots. The high number of students applying comes from the various benefits the International Award carries, such as improved health and fitness, increased engagement with charitable causes and added value to students' university applications.

Practice Expedition

A range of students from Group One took part in their practice expedition for the Bronze International Award in October. Students began the first day learning about packing their kit including their tents, water and food before heading to Wadi Degla. Once there, students worked together showing good communication and





teamwork to complete the challenging 18km hike before setting up camp for the night. After a cold night of not much sleep, day two was another 18km hike.

Participants managed to complete their daily hike within 6 hours on both days. All the students were tired but very happy to have accomplished the mental and physical test unlike what they experienced before. Students experienced life beyond their familiar environment and were inspired to develop a sense of responsibility and further develop their teamwork, navigation, communication and planning skills.

Students Comments about their Practice Expedition

"The practice expedition was a very challenging experience for me as I have always thought of myself as a strong athletic person able to overcome any physical challenge. The weekend was not only about the physical challenges, but it was also a mental challenge because we could not see the end point during our hike. We had to encourage each other as a team to complete the expedition and reach the final checkpoint". **Ali Fekry (Y11B)**

"The International Award was a very good experience. It taught me how to adapt to different environments and become more independent. I pushed myself as much as I could to complete the hike even though it was very challenging. I really enjoyed it and I have enjoyed working with my team and meeting new people." **Nadine El-Rashidy (G100)**

"The International Award was a great opportunity for me to make new friends and become more independent. I really enjoyed making my own camp at night and preparing for dinner by cooking my own food. It allowed me to push myself mentally and physically, especially when hiking long distances. The hardest part of it, for me, was walking in the sun with a heavy bag, but overall, I really enjoyed it and cannot wait to go again next week." **Maya El-Zuhairy (G100)**

For me, my leadership and communication skills came in most useful, always assuring that my team stayed together and that we were going on the right path. Making sure everyone was encouraged and healthy and initiating group decisions were different ways in which I was able to practice essential skills that the International Award programme encourages. **Farida El Fiky (Y11Y)**

International Award After School Activity

The International Award is offered in over 130 countries, but each award is different. Students choose their own programme to increase their fitness levels, cultivate a sense of adventure and volunteer in the community.

The main focus of the After School Activity (ASA) is to teach students how to use maps and compasses to be able to navigate during their assessed expedition. As well as classroom teaching, participants learn about how to set up their tents, cook and how to be fully prepared for the expedition.

New students used the ASA class time to register on the Online Record Book to add their logs and record their activities.

Mr Y Alkaabi - International Award Coordinator

SECONDARY HOUSE NEWS

This will be a year of excitement, energy, enthusiasm and joy which for which we owe a great deal of gratitude to our four new Heads of Houses. I would like to begin by taking this opportunity to let them introduce themselves:

Head of House Amun

House of Amun! You may know me as Ms Walker, your friendly Middle School Social Studies teacher. I love teaching my junior historians who bring #scholarenergy to my room each day and I love to have FUN! Becoming Head of Amun House in my 3rd year at MES Cairo is just another reason I love Egypt! As I move through campus, I can feel the determination, energy and competitive spirit of my fellow Amunians. In the first term we have done a brilliant job working together at the Key Stage 3/Middle School Extravaganzas, and mini competitions during break times. Keep up the great work AMUN!



Head of House Edjo



Hello everyone, my name is Mr Ehaib, you might know me as Mr E, and I am the Head of the house Edjo. I am a Mathematics teacher in the American Section. This is my fifth year here at MES Cairo and my first year in charge of Edjo House. Growing up in New York, one of the main diversity centres of the world, has helped shape the person I am today. I graduated from the City University of New York. My passion for travelling the world has encouraged me to move to Spain to study and explore life. My life's call and passion is not just to educate young individuals, but to empower them, help them attain their dreams, and shape their future. In my free time, I love to build my Mathematical knowledge, read self-development books, ski, and explore the world. I am a gym fanatic, football enthusiast and I love cats! I can't wait to meet all of you at our upcoming House event. Go, Edjo!

Head of House Kheper

Hi everyone, my name is Ms Shelby Freeman and I am Head of Kheper House. I am a Secondary Physical Education Teacher in the British and American Sections. This will be my first year being Head of House and my Second year living and teaching in Egypt. Three things that I enjoy about the rich Egyptian culture is the food, music, and beautiful weather. I have had a great time working at MES Cairo and being Head of House for the current Inter-house Champions KHEPER. I am grateful to be part of a creative and strong Head of House team that organise our popular and anticipated House Extravaganzas that have been successful and extremely fun for students and staff. Let's go, Team Kheper!



Head of House Selket

I am honoured to be the leader of Selket House and hope to finally win the House Championship this year! My name is Jozef Romaniewicz and I am a British Section Chemistry teacher. I am proud to be a member of the House Team and look forward to the reintroduction of the various events we can run as we move forward from the Pandemic. We have already made a great start and will put in all my efforts to make sure it continues. I really enjoy the interaction between different year groups, sections and staff that the House system brings and the sense of school community that it builds - with a *tiny* bit of healthy competition built in! Aside from science, I enjoy listening to music, playing basketball and reading history in my spare time. I have lived in Egypt for four years and have developed a dangerous love for feteer, om ali and all things sweet!



House Extravaganzas

Staff Extravaganza

The first House event took place on 1st September and was the traditional Staff Extravaganza. This allows new members of staff to be initiated and immersed into MES Cairo culture. It gives returning members of staff a chance to catch up with colleagues following the summer holiday and a frantic week of planning and preparation. Once again, staff were given the choice of participating in a Quizbowl or “Minute to Win It” activities. The Staff Quiz bowl was delightfully hosted by Mr Desouza and Mr Harper. Staff competed in five rounds answering questions about when they were young, CityScapes, Sports Quiz, name the movie/actor/actress and Egypt.



The Quizbowl was highly spirited and at times contentious. With only four correct answers separating 4th place to 1st place. Once again, the Selket staff showed that they are the Quizbowl Queens and Kings winning the Quizbowl for the second year running.

Meanwhile, approximately fifty members of staff separated into House groups battled it out competing in “Minute to Win it” mini games. Expertly enforcing the rules of the eight games were the Heads of Houses. Again, following tradition, the Edjo staff were victorious in this competition.

Senior Mentors Extravaganza

During Senior Mentor training held before the week before school began, the Senior Mentors took part in a mini extravaganza. Once more the quizzes were mind boggling and the action frantic. The Amazing Amunians proved victorious!

Student Extravaganzas

By far the highlight of first term has been the reintroduction of Student Extravaganzas. The Student Extravaganzas have always encouraged our students to work together with students from other classes/grades showing comradery within Houses, healthy competition against other Houses whilst also encouraging students to see the PRIME elements out of a





normal lesson environment. At the time of writing this article there have been two House Extravanzas; Year/Grade 8 and Year 7. Both events were full of frenzied action and students thoroughly enjoyed the experiences. I have no doubt that Grade 7 will have had an exuberant Extravanza on Wednesday 23rd November. We have plans to hold events for the remaining Year/Grade/DP groups following the Winter Break. Credit for these events must also go to the Student Mentors who worked tirelessly explaining the rules, judging and supervising students.

Student Council



45 Prepared, Reliable, Integral, Mindful and Effortful students created vibrant and vivid campaign posters and election videos whilst they stood for student council elections. All students inspired the school community. Congratulations are in order to the 17 elected members of our Student Council:

British Section

Faysal Almallah (Y7R), Michael Zaher (Y7R), Danny Zaher (Y8R), Lara Sallam (Y8G), Farida El-Adl (Y9Y), Judy Ghoniem (Y9Y), Reda Mohamed (Y10Y) and Omar Mohamed (Y11R).

American Section

Celine Farah (G7R), Mohamed Mohamed (G7R), Christiano Habib (G8B), Salma Abdelaal (G8G), Leila Abdel-Gabbar (G9Y), Omar Omera (G9O), Adam Yahya Mansour (G10R), Shirley elmasarany (G10O) and Giada Canelli (G11Y).

International Baccalaureate Section

Mariam Sallam (DP11R)

The elected students are also joined in the Student Council by the Year/Grade/DP12 Student Leaders and Scholarship winners. Together they meet fortnightly to discuss, plan, organise and carry out school activities and service projects that will contribute to the school and community spirit.

As well as the Student Extravanza we have exciting and entertaining activities planned for break, some of which you will have experienced in the time it takes for the MESsenger magazine to go to press. If you can think of any other activities that you would like to take part in, please speak to your Head of House.

Mr T Kasmani - Secondary House Coordinator

WELCOME TO OUR WELLBEING MENTORS AT MES CAIRO

Care, Challenge, and Inspire. At MES Cairo, wellbeing is a fundamental part of our ethos. Our very own Wellbeing Mentors have endeavoured to care, challenge and inspire their peers through a number of ventures. They support peers in academics, offer social guidance during breaks and are now researching ways to support MES Cairo families at large in these two relevant topics. We hope their words are insightful and we look forward to seeing them continue doing what they do best - Care, Challenge and Inspire.

**Ms C Downey - Deputy Headteacher
and Ms M Fahim - Secondary
Counsellor**



MES Cairo 2022-2023 Wellbeing Mentors

From left to right: Mohamed Elsherif (G12B), Farida Eita (Y12R), Rand Al Gailani (G12G), Ireny Morcos (Y12Y), Salma Assal (Y12G) and Mohamed Desouki (Y12Y)

MESConian News



WHERE ARE THEY NOW?

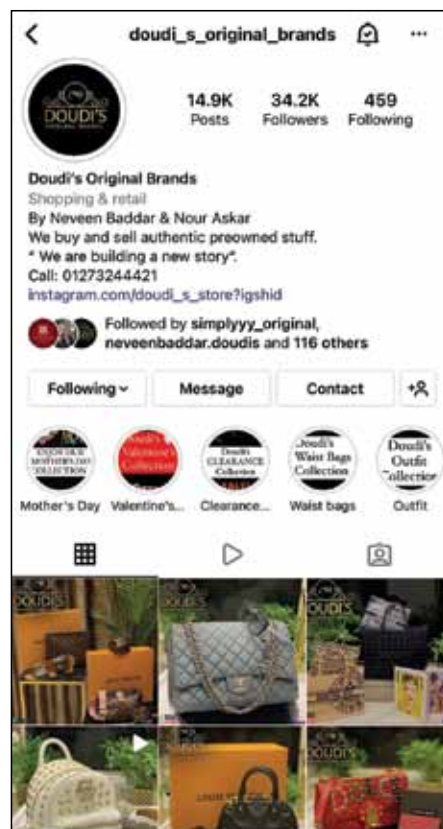
Nour Askar (Class of 2018)

I graduated in the summer of 2018 from the American Section before undertaking a degree in Sociology at the American University Cairo (AUC).

I started my own business with my mother. We specialise in women's fashion. I started out by selling preowned high-end designer bags before realising my passion in this area and so I decided to make a career out of it! I wanted to expand my project from a social media page into a proper store. My dream finally came true when in 2020 I opened a showroom and started upgrading the bags I sold to include some items of brand-new stock as opposed to selling solely preowned bags. I worked hard to improve my knowledge and I became a consultant in how to spot fake and original bags. My perseverance paid off as I have always believed in my dream. It is important to never give up. I work to succeed, and I believe in myself.

Thank you, MES Cairo, for giving me the opportunity to be who I am today and for being a special part of my journey. I take pride in telling people that I am a MESConian.

Ms Nour Askar - CEO of Doudi's Original Brands



Senior Dinner Class of 2023



In the first of our Senior events this academic year, the Class of 2023 enjoyed a dinner under the stars with their teachers. To their surprise and delight, our Seniors arrived to find their school lit up with a captivating display of celebratory lights, and their favourite music playing in the background. They enjoyed a delicious buffet and relished the opportunity to gather together, making memories as a cohort.

We asked them if they had enjoyed this special occasion...

Maya Youssef: This is one of my favourite memories of school so far this year and I am happy to be part of the Class of 2023. We are all looking forward to many more memories to come.

Taya Galab: Not only memorable but delicious too!

Adam: The food was perfect and the experience was wonderful.

Miryam Awad: The atmosphere was magical. It was an amazing opportunity for us all to dress up and be together and being with all my friends from the whole cohort was the cherry on top of the cake.

Yassin Omera: It was an amazing experience especially that we were the first group to hold this event at school. We all would like to thank all MES staff for their efforts on making our senior year a year to remember.

Omar Saeed: This event was special because it was the first and last time the whole year group ate together in one setting.

Raghad Aboueldahb: It was a very fun night! I enjoyed the atmosphere and my friends' company.

Omar Hassan: The variety of food was good and the taste was great.

Reem El Sabagh: It was a great bonding experience between students and teachers. We enjoyed the delicious food!

Dr J Cates - Dean of Students G11 and 12 and the Class of 2023



Our IBDP12 Seniors give KS3/MS students a HALLOWEEN PARTY TO REMEMBER!



Our Y/G 7 and 8 students enjoyed some super scary fun at the MES Cairo Halloween Social 2022, led by the spooky Senior Class of 2023 who remember the great Halloween Socials that took place pre-Covid!

Organised as an IB CAS Service and Creativity project by Mr Rainford (IB Coordinator), Mr Scott (CAS Coordinator) and the IBDP12 Class of 2023, the event also involved support and input from Seniors across all Sections. The Seniors planned every single detail of the event, from the tickets to the refreshments and food, to the layout of the Multi-Purpose Hall, the DJ, music, dance and costume competition. We are very proud of their efforts and commitment. The event was supervised by all the Y/G 7 and 8 Homeroom Teachers and the whole team of MES Cairo's Secondary Senior Leaders.

The students raised funds for this year's Senior charity projects, enabling them to strengthen their community bonds and service participation by giving back to their community while having a great deal of fun.

A horribly fantastic time was had by all!

Ms S Sheehan – Deputy Headteacher



MESMERISED



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MESsenger 71 Team

Ms C Boswell, Ms S Sheehan, Ms E Mahmoud, Ms G Dajani,
Mrs N Singleton, Ms R Sharkawy and Ms O Mawla.

With special thanks to Elham Tadros at Glow Printing.



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.

UK Department for Education (DfE)
(Registration Number 7036316)

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Accredited by Middle States Association
(MSA-CESS) of Colleges and Schools

*

Accredited by Cognia

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Accredited as an International School by
Ministry of Education, Egypt

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IB World School

*

Accredited Member of Council of British
International Schools (COBIS)

*

Member of British Schools in the Middle
East (BSME)

*

Member of Association of British Schools
Overseas (AoBSO)

*

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

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Member of Council of International Schools
(CIS)

*

Member of European Council of
International Schools (ECIS)

*

Member of IB Schools in Egypt Association
(IBSEA)

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