

MODERN ENGLISH SCHOOL CAIRO - MAGAZINE

MESSENGER



THE MES CAIRO FAMILY IS ALL HEART!

EDITION NO. 72 JUNE 2023



24 Hour Run

We did it again! 24 Hour Run event raises 500,000LE for the Magdi Yacoub Heart Foundation

Whole School Book Week, Curriculum News, Trips, Sportsdesk, ...and so much more!

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FOREWORD



Members of our MES Cairo community who know me well, know that I am rarely lost for words. Whether it is addressing an audience, writing letters, or conversing with colleagues, parents and students, I usually have plenty to say! On the occasion of my Foreword for this edition of the MESsenger, however, words escape me.

On the one hand, I am awestruck as I reflect on the tremendous achievements of our school community in our post-covid resurrection, whereby academic progress is aligned to usual expectations (and beyond) once again. Equally impressive has been our return to an extracurricular offer which includes events, trips, sports fixtures and leadership opportunities which has enabled our students to learn beyond the classroom including destinations such as Italy, Switzerland, France, Cyprus as well as exciting locations closer to home.



On another, as I contemplate the awards, accolades and achievements of our students through the course of this year, I struggle to fathom that such talent is nurtured in our classrooms and corridors. The tenacity and determination of our students, well supported at home by the earnest intentions of supportive parents, and the extraordinary learning environment designed and delivered by our talented teachers, fills us all with pride, and takes my breath away.

This edition of the MESsenger, like others prior, is a wonderful testament to all aspects of the quality of education (in its broadest sense) that MES Cairo offers each and every one of our students.

Above all else though, my being lost for words is attributed to this being the last Foreword that I will have the privilege to write in the capacity of School Director. After 19 years in leadership at MES Cairo, and 7 as your serving School Director, I will return to New Zealand at the end of this year with my family. The memories we take with us, like the pages of this MESsenger publication, are brilliant. I look forward to continued involvement with the school community, albeit from afar, and wish the incumbent School Director, Mrs Melanie Midwood, every success in leading our school community into its bright future.

I take this opportunity to acknowledge the impossible: my gratitude to students, parents and colleagues who have been an integral part of my MES Cairo experience over these past two decades. Ms Ghada Dajani and Mrs Sawsan Dajani, both extraordinary educational leaders and visionaries, thank you for taking such good care of me, challenging me in ways that helped me to grow, and inspiring me each and every day. Words are simply not enough.

With love, gratitude and enormous pride,

Ms N Singleton - School Director

"HAERE RA AND KA KITE ANO" (GOODBYE AND SEE YOU SOON)

I have never been very good at saying 'goodbye'. I tend to wave from afar and mumble 'see you later' or 'see you soon' and walk away before anyone has had a chance to respond.

This is probably going to happen this June as I wave goodbye to Ms Nicola Singleton.

The first time Mrs Dajani and I met her was 19 years ago in the interview venue we used to meet and choose from amongst the candidates who arrived interested in working in Cairo and at MES Cairo specifically. We walked into the room and there she was, the only woman in a room filled with men in grey suits and similar ties. She spoke with such intelligence, warmth and sincerity. We were both sure she would be the right person for the job.

She joined us in the role of Deputy Headteacher, Secondary British Section, in September 2003. Her approach to leadership became instantly clear; a balance between passion and pragmatism with a sharp eye for detail. Within a few years, she was leading the Secondary British Section and then promoted to Whole School Principal and finally to School Director.



Over the years she has tackled the most difficult of issues: everything from the Secondary timetable to the turbulent times of January 2011. Change and challenge were always met with a cool logical head and an unparalleled loyalty.

Together, we initiated the IB Diploma Programme at MES Cairo, gaining authorisation in 2007. Together, and as a school, we created the IBSEA (International Baccalaureate Schools in Egypt Association). The leadership of the organisation remains with the school to this day. Ms Nicki was also an integral part and subsequent leader of the accreditation process through various Accrediting Boards over the years, steering us all to Outstanding status every time.

Her strong leadership skills were recognised and utilised by several prestigious organisations such as AoBSO (Association of British Schools Overseas) where she held the post of Executive Board Member and BSME (British Schools in the Middle East) where she held the post of Vice Chairman. This is a great honour and terrific

credit to both her as a professional and as a woman in a field often dominated by traditional placements and long-established expectations. Standing her ground and often shaking it a bit, Ms Nicki has made a lasting impression with these organisations, just as she has done over the years with MES Cairo.

After 19 years, Ms Nicki will be returning home to be with her family in New Zealand. For several months now I have been preparing myself to wave at her from afar. My consolation is that the concept of extended family is not foreign to her as a person nor in her culture. Whanau in Māori means exactly that.

Mrs Dajani and I, as do we all, wish you Ms Nicki, health, happiness, success and fulfillment moving forward. We are all so very grateful to you and for you.

You have touched so many lives and changed them for the better. You are truly our Whanau. Haere Ran and Ka Kito Ano ...

Sawsan and Ghada Dajani



MES Cairo raises 500,000LE for the Magdi Yacoub Foundation of Egypt!

24 Hour Run 2023



In support of the Magdi Yacoub Heart Foundation

In response to the fundraising campaign of the Magdi Yacoub Heart Hospital here in Cairo, Ms Ghada Dajani (Managing Director of Modern English School Cairo) inspired and motivated the whole of the MES Cairo family to participate in this year's MES Cairo 24 Hour Run which was dedicated to the cause. The Magdi Yacoub Heart Foundation (MYF) is an Egyptian registered charity NGO established in 2008 by Sir Magdi Yacoub, the late Dr Ahmed Zewail and Ambassador Mohamed Shaker. You can learn more about the Magdy Yacoub foundation by visiting their website: myf-egypt.org.

We were delighted to announce that we raised:500,000LE!



A great MES Cairo tradition

Since 2008, MES Cairo has organised an annual 24 Hour Run with the aim of raising funds to donate to a worthy Egyptian cause. The 24 Hour Run is a much-anticipated feature of the school calendar. It is with great pride that we continue to uphold this wonderful MES Cairo tradition and embrace the family spirit that is so important to our school. In keeping with tradition, we started this year's run on Wednesday 22 March 2023 and for 24 hours non-stop, we maintained activity on the school track to ensure that the sash moved continuously through day and night.





This exciting event was taking place during a very exciting week! The day before the start of the run, 21st March, was a very special day for us. There was so much to celebrate with it also being Mother's Day and World Poetry Day. Adding a special layer of happiness and warmth to the MES Cairo family celebrations, we were also celebrating the birthday of our beloved founding leader and Chairman of the Board, Mrs Sawsan Lababidi Dajani.



We began the event with a whole school assembly on the school field. After performances by the Secondary and Primary Choirs we enjoyed a special rendition of *Happy Birthday To You* for Mrs Dajani, Chairman of the Board, who commenced the first lap of the track with the selected staff and student representatives. We were delighted to welcome Mrs Melanie Midwood, our incumbent School Director, who walked with Mrs Dajani and participated in her first MES Cairo event. This first lap initiated 24 hours of exciting events on the track, field and basketball court.



All KS1 students had the opportunity to walk laps of the track with their class (Primary) and many were joined by their parents, who were invited to join their children on Wednesday morning. Some of our parents consider this event the highlight of the school calendar and as you can see, some of our parents are real superheroes!





MES Cairo students were invited to return to school with their families to complete laps of the track from 5.00pm until 10.00pm. They enjoyed artisan craft stalls and food kiosks in our school yards in the afternoon, soaking up the atmosphere of community and togetherness.



There were plenty of stalls to purchase delicious treats from. Parents and students from each year group enjoyed the opportunity to socialise and to support this fantastic cause.

On the basketball court, our House Captains and Senior student mentors hosted a wonderful Carnival Games Fundraiser, where participants competed for House points and individual certificates. A great amount was raised by this initiative, thanks to the efforts of Mr Taheer Kasmani and his team.

On the morning of Thursday 23rd March 2023, students and staff gathered on the field once again, for another school assembly to celebrate the event.

Mrs Dajani again donned the now famous MES Cairo 24 Hour Run red sash as she led staff and students in the final celebratory lap, and so concluded the 24 Hour Run 2023. We would like to thank the PE Department for their commitment and leadership of this event. Finally we thank the whole of the MES Cairo family for showing such great dedication and generosity. Your support is what made this event successful.

Thank you for all your contributions to another wonderful 24 Hour Run event.

Ms S Sheehan - Deputy Headteacher





UNIVERSITY of CAMBRIDGE
International Examinations

CAMBRIDGE INTERNATIONAL CENTRE

Cambridge Outstanding Learner Awards Ceremony

Over the years, Modern English School Cairo students have earned public recognition for their outstanding performance in IGCSE and A Levels and this year was no exception with MES Cairo students scooping up 17 Awards; more than any other school in Egypt.

Around the world over 10,000 schools in over 160 countries offer Cambridge International examinations, with 220,000 students sitting AS and A levels and 250,000 sitting IGCSEs in June 2022. All of which makes it more impressive that our students have been awarded Outstanding Learner Awards.

MES Cairo was also a recipient of a special Award at a recent Cambridge gathering for school leaders for offering the widest variety of A level subjects and entries in the 2022-23 examination series. Our broad and balanced curriculum being at the heart of our educational pathway enabling our students to access a host of university courses across the globe.

We are extremely proud of all our students who were awarded 'High achievement,' an award issued where there have been too few entries to award a 'Top in Egypt category'



'Top in Egypt', 'Top in Cairo' or 'Best Across', Outstanding Learner Award.



We look forward to seeing where our students educational pathway will take them. The Cambridge Outstanding Awards will be presented during our annual Awards Ceremony at the end of term, and we wish our students well as they continue their education or embark on their university studies.

A special shout out congratulations go to Fatima Abbady (Y12R), one of our Student Leaders, who was awarded Best across 5 AS levels and to Salma Assal (Y12G) who attained the highest mark in the world for Physical Education. Whilst not the most popular option choice in Egypt, it is popular in many schools around the globe.

We also wish Hana Amer (Class of 2022), who was awarded the highest mark in Egypt for Psychology at A Level and is now studying Psychology at AUC every success as she continues her university studies.

A number of our students were awarded 'Best Across' Awards. These highly sought after awards show outstanding commitment and learning across the full range of subjects on offer at MES Cairo.

Best across 7 IGCSEs:

1st place in Egypt - ZeinEldin Mahmoud (Y11G)
2nd place in Egypt - Sameh Elganzoury (Y11Y)
3rd place in Egypt - Omar Abdulaziz (Y11Y)

Best across 3 AS Levels:

1st place in Egypt - Ziad Zaki (Y12Y)
2nd place in Egypt - Mostafa El Feky (Y12B)
3rd place in Egypt - Ezzeldin Aboulezz (Y12Y)

Best across 5 AS levels

1st place in Egypt - Fatima Abaddy (Y12R)

Best across 9 IGCSEs:

2nd place in Egypt - Nour Aly (Y11B)
3rd place in Egypt - Dana Elsharkawy (Y11G)

Best across 8 IGCSEs:

3rd place in Egypt - Nour Aly (Y12B)

I would like to congratulate all our Outstanding Learner Award recipients. We are extremely proud of you all and know that you are on the path to success at school and beyond.

Mrs L Talbot - Secondary Headteacher, British Section



MES Cairo's Class of 2023

Matriculates Around the World

After thirteen years of schooling and months of completing and submitting applications for university, the Class of 2023 is making plans to take their next step after graduation. Our 156 seniors have submitted more than 1000 applications to universities in Egypt, the UK, Europe, Canada and the US. Now, as we approach graduation, they are receiving offers from their chosen universities.

UK

Students began working on the university applications as soon as they returned to school in September. Deadlines for university applications are as early as 12th October and continue through March. Students applying to the UK are able to submit up to five university applications through UCAS and this year 64 seniors submitted 307 applications to the UK. MES Cairo students enjoyed a very impressive 100% acceptance rate from 25 top UK universities.

USA

Many universities in the US use the Common App platform to submit applications. This year 23 Seniors applied to more than 100 Common App universities. There are a number of universities in North America that use other platforms and our students have been equally successful with them.

EUROPE

Many of our students have applied to universities around Europe, including the Netherlands, Spain, France, Germany and Hungary. The range of courses and qualifications in English from the European continent continues to grow and we enjoy significant acceptance rates for our students.

We will be reporting on final university destinations in Egypt and Overseas, in the next issue of the Messenger.

Congratulations Class of 2023! We look forward to seeing the impact you are going to have on the world.

Dr J Cates, Mr N DeSouza and Mr B Rainford
G12 Dean of Students and Y/DP12 Assistant Heads





MES Cairo's FIRST UNIVERSITY FAIR 2023

Last term we inaugurated a new tradition at MES Cairo: our annual University Fair. Organised by Ms Ghada Dajani (Managing Director) and our Admissions Team (led by Ms Salwa Lubani), the event was a resounding success, attracting hundreds of students and parents from all over Cairo. Visitors joined us through the evening to enjoy quality engagement with university admissions officers in attendance. The event provided an excellent opportunity for students to meet with representatives from a variety of universities and colleges.

One of the key factors contributing to the success of the fair was the extensive range of institutions represented. This diversity ensured that there was something for everyone, regardless of their academic interests or career goals.



In addition to the wide range of institutions represented, the fair also featured a variety of informative seminars and workshops. These sessions covered topics including the admissions process, providing valuable information to students and parents alike. By speaking with representatives from a variety of institutions and attending informative seminars, students were able to gain a deeper understanding of the different academic pathways available to them, and make informed decisions about their future.

Overall, the success of the university fair was a testament to the hard work and dedication of our team here at MES Cairo, as well as the enthusiasm and commitment of the students and parents who attended. The fair is a great addition to the university and careers counseling service that is already a well-established feature of a Modern English School Cairo education.

Ms S Sheehan - Deputy Headteacher



Celebrating Secondary Achievement



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 honored 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 honour 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 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 March and May:

March 2023



Abdallah El Nattar
(G8R)



Harsh Rupani
(G11R)



Kareem Taha
(G7Y)



Yaseen Fayed
(G10O)



Mark Hakim
(G12G)



Zeina Rashdan
(G9O)

May 2023



Abdullah Ahmed
(G11R)



Ahmed El Attar
(G7G)



Shahd Abdalla
(G8B)



Teymour El-Helw
(G9O)



Ziad Elsallab
(G10B)

Ms D Pfeil - Secondary Principal, American Section

Celebrating Secondary Achievement



In Celebration of British Section All Stars

I am extremely proud of our students who go above and beyond everyday in the classroom, in the sporting arena, representing their House, taking part in one of the many After School Activities and giving service to the school community.

We are fortunate to have so many positive ambassadors for MES Cairo who represent the school and I am able to recognise their achievements through the MES All Star Awards.

All Star Awards are also presented for students who embody the

PRIME Elements :

P Prepared - being equipped, focused and ready in their classes

R Reliable - being resourceful, a contributor and presentable

I Integrity - being ethical, honest and responsible

M Mindful- being empathetic, accepting and self-aware

E Effort - being an initiator, participator and persevering



Congratulations to all our All Stars Recipients who uphold the school values, are continually enhancing their leadership skills and using these skills to inspire others.

February All Stars

Well done to our students who have excelled in being a role model: Abdulrahman Ibrahim (Y10Y), Toulai Khalifa (Y7B) for outstanding effort and presence of learning in Maths; Farah Elgohary (Y7Y) for demonstrating mature engagement, effort and involvement in the Expressive Arts Showcase, Khadeeja Abdulghany (Y8B) for continued perseverance and effort in her learning and Mohamed Reda (Y8B) for focused learning and engagement in English.



March All Stars

Our Year 9-10 IGCSE students were nominated for their outstanding effort in their IGCSE and A level courses. Congratulations go out to, Mariam Abo Elsaad (Y9R), Abdullah Ibrahim (Y10Y), Hassan Matow (Y9Y) and Seif Abo Eleilla (Y10B). Congratulations also to Ismail Abdel Ghaffar, one of our National Honor Society students who simply embodies the Graduate Profile. His work ethos, respect for others and contribution to the school community is consistently outstanding. Congratulations!

April All Stars

Three talented Y10 Drama students stepped out of their comfort zone and gave up their time to support the Arts in school. Maryam Sharara (Y10Y), Louay El Habibi (Y10Y) and Omar Assal (Y10Y) took part in a devised piece written by an A level student. One of our sporting superstars, Youssef Amr Mohamed in (Y7G), is a keen triathlon participant and came 2nd this year in a competition. We look forward to seeing more success Youssef.



Ms L Talbot - Secondary Headteacher, British Section

Celebrating Secondary Achievement



IB Learner Profile Awards in Term Two

The International Baccalaureate Diploma Programme is a holistic model of education, first developed in Switzerland in the late 1960s, primarily to provide consistency across schools for the children of diplomats who were constantly moving from country to country. Throughout the 1970s, the IB began to spread around the world as more and more schools recognised its value. Today, nearly 7000 schools around the world are offering the programme, which has a cross-curricular approach to teaching and learning and is strongly values-based, using a framework called the Learner Profile to encourage students to be caring, principled, and open-minded, amongst a total of ten key attributes.

Here at MES Cairo we focus on all the attributes throughout the IB journey and each month we pay extra special attention to one of the ten attributes, as we aim to fulfil the IB Mission: “to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.”

Congratulations to the students who received these special awards from their teachers from December 2022 to April 2023.

December 2022: Inquirer

Mariam Sallam (DP11R), Omar Hassan (DP12R), Marcel Hebeish (DP11Y), Youssef Salem (DP11R), Lina Hilaly (DP11R), Nadine El Fikky (DP12R), Reem El Sabagh (DP12R), Adam Amin (DP11Y), Mahmoud Rostom (DP12R)

January 2023: Open Minded

Mariam Sallam (DP11R), Saher Dadij (DP12R), Nadine El Fikky (DP12R), Reem Sabagh (DP12R), Jomana Arnous (DP12R), Lina Hilaly (DP11R), Layla Zaghloul (DP12R), Habiba Shahin (DP11Y)

February 2023: Risk Taker

Hamza Ibrahim (DP12R), Youssef El Banhawi (DP12R), Omar El Ghoraihy (DP12R), Reem El Sabagh (DP12R), Mahmoud Rostom (DP12R), Farah Shedid (DP11R), Hana Aglan (DP11R), Jamila Afifi (DP11Y), Muhammad Shafie (DP11Y), Aya Digair (DP11R)

March 2023: Reflective

Lina El Hilaly (DP11R)
Yehia Aroussi (DP11Y)
Mariam Sallam (DP11R)
Lama Torky (DP12R)
Raghad Aboueldahb (DP12R)



April 2023: Knowledgeable

Lina El Hilaly (DP11R)
Mariam Sallam (DP11R)
Adam Amin (DP11Y)
Aya El-Digair (DP11R)
Youssef Salem (DP11R)
Hana Aglan (DP11R)
Bassma Eltarek (DP11R)



We look forward to sharing news about our May - November 2023 award winners in the next edition of the MESsenger!

Ms S Sheehan - Deputy Headteacher

MOTHER'S DAY IN FOUNDATION STAGE ONE



FS1 held a very special 'Mother's Day' event this term.

Historically, our Foundation Stage Mother's Day annual event has taken place as a large group occasion. This is the first year FS1 Mother's Day celebrations were held in the children's own classrooms and POD learning space, resulting in a warm celebration of joy and connection. In each of their classrooms, the children had prepared thoughtful creations for the special person in their lives. Beautiful cards and hand-crafted gifts were lovingly presented to each of our mothers and mother figures, along with delicious cookies. The children also rehearsed songs in their class group leading us to the event.

It was wonderful to observe the children's confidence and delight as they delivered a fabulous very first mini concert.



As a teaching team, we reflected on the mother's day FS1 event and thought of how our school values our parents not only as partners in our children's early learning and development, but also as the children's first teachers.

Our wonderful mothers and mother figures nurture our children's wellbeing, their intellect, humanity, and capacity. We place a great significance on the connection our mothers bring into their children's learning here at MES Cairo.



We asked children in FS1 Violet class what is 'Mother's Day?', our school's youngest learners summarised it best:

Taymour Anwar: It's the day we thank all our mums.

Adam Gendy: Mother's Day is when the children give them flowers, presents and biscuits.

Chloe Iskander: My mum takes me out for treats.

Grace Awadallah: It's about their own special day.

Sia El Hibri: Mummy will come to see me at school.

Aliaa El Din: It's a day for me to make my mummy things.

Farrah Atwa: So all the mums can come to see us.

Ms R Blylevens - FS1 Violet Teacher



FS2 CONCERT

We Love What We Do In FS2!



On Wednesday 22nd February, the stage was set for FS2's debut performance on the MES Cairo stage. The hard work that was poured into the show by the students and their dedicated teachers resulted in a delightful performance that ended the term on a joyous and proud note. The story was based on our topic "I wonder what happens to the characters in our stories?" Where we had been learning all about traditional tales.



Some of our children stumbled across a lost teddy and made it their mission to discover his true home and see which story he belonged in. They took an exciting journey across the different stories, enjoying some beautiful singing along the way. A particular favourite was our Arabic song "Fe Bahr Samaka" where everyone joined in, trying to cheer teddy up!



In the end we all decided that Teddy's home would be at MES Cairo where we know he will be loved, cared for and looked after, just like all the students in our lovely school. Everyone who took part in the concert had a fabulous time, with many very excited to perform on the stage again in the near future! Jamila in FS2 Violet said, "it was so exciting to be on the stage and have all the Mums and Dads watching the show!"



FS2 WORLD BOOK DAY

One such event was the 'World Book Day' that was celebrated with great enthusiasm and festive fervour in FS2. We celebrated World Book Day with costumes galore, story readings and science-themed activities throughout the week to help promote a love of book reading and sharing in our pupils. We had a fantastic range of outfits and even the teachers dressed up!



The school was decorated with different themes inspired by books and famous book characters. FS2 children dressed up as ancient Egyptians and explored how science was used in ancient Egypt. The celebrations began with a Red Carpet walk by a class of children from each year group in their rainbow colors from FS1 to Year 6 viewing each other's awesome costumes. This was followed by a visit to Year 4, who were the crazy scientists, sharing a variety of books with FS2 children. Some of the characters of the books came alive and enchanted our children with joy.

It was great to celebrate books and reading across FS2. Much fun was had by all.

Ms N Banks - FS2 Blue Class Teacher



KEY STAGE ONE NEWS

MES CAIRO PARENTS AS PARTNERS

The Importance of Healthy School Lunches



Throughout the first part of Term 2, parents of KS1 and FS2 students were invited into school to take part in a workshop focusing on the importance of providing their children with a healthy school lunch each day. Parents shared their success stories and concerns with each other before listening to some scientific facts and advice relating to healthy food choices and the impact of these on mood, learning readiness and academic achievement. Tips were shared about how to plan and prepare healthy lunches.

In KS1, the parents then used the resources provided to plan a menu of lunches for the following week, alongside their child. This plan included a handy shopping list to ensure all required items were available at home. In FS2, the students worked with their parents to draw and label a healthy lunch box. By including children in the planning and making of healthy lunches, teachers see that the students are much happier to eat all the food that is in their lunch box and then return to class ready to learn. For those parents who were unable to attend, the presentation and resources have been shared on Google Classroom.

It was lovely to see the buzz in the room as parents and children worked with each other. We are looking forward to continuing this tradition next year.

Ms H O' Neill and Ms M Glancy - Primary Assistant Headteachers

Developing decision making for children

Decision making is an important skill to teach children and can be taught from an early age.

Decision making involves making thoughtful choices and finding a solution to a given situation or problem. Decision making will:

- Teach children responsibility
- Nurture creativity
- Encourage a sense of value
- Promote physical and social well-being
- Make children independent and confident

How do we teach children decision making skills?

Questioning

- Children are naturally inquisitive
- Encourage your child to ask questions about the world around them
- Answer your child's questions accurately and patiently
- Use questions that make them think

Choices

- Giving children choices develops their decision making skills
- Provide you child with choices that are age appropriate
- Consider these two questions: "Which socks do you want to wear today?" and "Do you want to wear the red socks or the blue socks?" The first question gives the child too many options which can be overwhelming. The second question is simpler, allowing the child to decide on the choice successfully



- As children grow older, you can give them more choices until they are able to make a decision based on a range of options
- Practising making good choices and taking small steps from a young age helps develop a child's reasoning skills
- A question such as "Why do you think that's the best choice?" can be helpful

Exploring different ways to solving problems

- Allow time for your child to figure things out for themselves and try not to do it for them
- Support them and offer guidance and encouragement where and when necessary
- This will require patience on your part, but it will ultimately help them learn

Using games to teach decision making

- Using games is a great way to teach children good decision making as it allows them to see the results of their decision in 'real-time', based on whether they win or lose which in turn will help them learn better
- Play simple games like naughts and crosses, musical chairs or hide and seek

Learning from mistakes

- Children will make mistakes, so it is important that you don't pressure them to make the right decision all the time
- Help your child learn from their mistakes by talking to them about what they might do differently next time
- Asking questions like, "What could you do if you find yourself in this situation again?" and "How do you think the other person might feel in that situation?" will help your child reflect on their actions and help them to learn to do things differently

Involving children in correct decision making is well worth the time and effort and is an essential part of their lifelong journey. Children, even from a young age, should be expected to demonstrate responsible behaviour and make good and wise decisions that are appropriate for their age. If children are educated about the decision making process, they will gain experience which in turn will shape them positively into the type of young person and adult they will become.

Ms C Readman - Primary Headteacher, Key Stage One



YEAR ONE EXPLORERS



As children enter Year 1, they are introduced to a world of exploration and discovery. Over the course of this year the students have learned about many different exciting topics. Our latest topic was 'What qualities do I need to be an explorer?'. In this topic we focused our learning on space and polar explorers. Year 1 students embarked on an exciting journey of learning and impressed us with their knowledge of this subject. We encouraged the students to think critically by asking questions such as "What would happen if we lived on another planet?" or "How do astronauts eat in space?". These questions help children develop their problem-solving skills while encouraging them to think outside the box. Hands-on practical activities also helped develop their curiosity for Science and Technology.

The highlight of this topic was our concert. Year 1 put on a spectacular space themed concert that left the audience in awe. The concert was the culmination of weeks of hard work by the students, who sang and acted their way through a variety of space themed songs. The concert was held in the school theatre and was a much welcome return to our usual celebration of the arts. The concert began with the whole year group singing 'Space, If I Had a Rocket'. This song was the first song sung on the stage by all Year 1 students since the arrival of COVID so it was a really special moment. Each child sang with such passion and enthusiasm that it was impossible not to be impressed. After this each class sang their own song and interesting space facts were shared by selected students. We were so impressed with how clearly and confidently each and every student sang and spoke. The concert was a huge success and a testament to the hard work and dedication of the Year 1 Students. It was a wonderful opportunity for the students to showcase their talents and creativity, and to learn about the wonders of space in a fun and engaging way. The concert was a true celebration of the human spirit, and a reminder of the limitless possibilities that await us. With this foundation in place, these young learners are well on their way to becoming the next generation of scientists and explorers.



Ms S MacDonald - Year 1 Team Leader



YEAR 2 STUDENTS HAVE FUN AT FAGNOUN!



Year 2 had a fantastic time at Fagnoun Farm in Term 2. The students engaged in various activities including making pottery, baking bread, printing on fabric, feeding and petting animals, playing on swings and climbing homemade nets and climbing frames. It was a great opportunity to escape the hustle and bustle of the city and enjoy nature.

Once the students arrived, they were warmly greeted by the leaders of the farm. Rules and expectations were stated clearly and an overview of the day's activities was explained to the children who were buzzing with excitement!

First, the Year 2 students started off with pottery making whereby they combined their creativity, expression and hand-eye coordination to work with clay to produce unique pieces of pottery which they proudly took home with them. They learnt about the different techniques, tools, materials used in the process as well as the properties of clay and how it behaves when molded.

Next, they were taken to bake their own bread! The leaders showed them the ingredients involved in making bread and their uses. Each child took a piece of dough and kneaded it on a lightly floured work surface until it was smooth. Once the bread was baked, Year 2 students took time to appreciate their hard work and enjoy the delicious results!

Afterwards, the students were given some time to take risks and challenge themselves to climb nets and climbing frames. Children were encouraged to develop their resilience, self-confidence and perseverance as they attempted to climb higher and overcome obstacles. Moreover, climbing frames inspired some children's imaginations and some were using this playground structure as a castle, a spaceship, or a secret hideout allowing them to engage in imaginative play.

Later, students were given the opportunity to express themselves artistically and creatively by drawing and painting on bags and pillow cases which they happily showed to their teachers and parents. Last but not least, children enjoyed petting and feeding the animals on the farm. Interacting with the animals was a source of joy and happiness for the children as they experienced the positive emotions associated with caring for and connecting with animals.

Learning did not stop when the trip ended. After the children returned to school, they reflected on the activities and the learning that took place. Then, they wrote beautiful, descriptive recounts of the trip using interesting adjectives, time words and conjunctions.

Ms S Samy - Year 2 Teacher



YEAR THREE

A LEARNING EXPEDITION!

What an exciting and fast-paced second term we have had in Year 3! Our students returned to school after the winter break and immersed themselves in their learning, showing great enthusiasm for new topics and further embracing our new BYOD practice throughout the year group.



Our topic of inquiry linked to Journeys during the first half term and our central question was: How do we prepare for a journey? Our students set off on an expedition around the school in the first week, using a set of clues, as well as sound relationship and resilience skills to navigate their way to the Science Room. There, they investigated and categorised an array of rocks and minerals which linked to our Science topic. Students had the opportunity to study and write about the intrepid journeys of famous explorers, and we even hosted our very own explorer in the Year 3 Pod - Miss Judy, who informed the students about how she prepared for her 100km run through the Fayoum desert. Thereafter, our students enthusiastically prepared their own backpacks filled with essential supplies that would fuel them on their future explorations.



We went on to host a fun-packed Book Week where we focussed on the story of the Crayola king, Edwin Binney. Throughout the week, our students designed and constructed tray organisers which could accommodate the crayons featured in our story. Furthermore, they wrote and performed excellent and enthusiastic persuasive pitches linked to their handmade organisers. The week culminated in a wonderful costume parade where our students dressed up in book-themed outfits and joined in the whole school procession. We marveled at the way our students used their extensive creativity to design, construct and present effectively. There are certainly a number of excellent future entrepreneurs in Year 3!



The second half of the term brought about changes in our Topic learning as we took on the Science-related theme of Light. Our students faced the challenge of preparing investigations from beginning to end, getting to grips with concepts such as fair testing and providing accurate results. We were impressed with their teamwork skills and their ability to adopt new learning with ease and eagerness. From testing how shadows are formed to investigating the effects of UV light, the students thoroughly enjoyed their independence whilst learning valuable skills and knowledge. They were also given the autonomy to present their findings in a variety of different ways, and the teachers were amazed by the informative videos, team presentations in class and information slides that they produced, both in class and through their Home Learning efforts.



Sports Day proved to be a memorable occasion where the students partook in a number of team games, as well as the competitive track events. It was an opportunity for our MES families to watch our students' superb performances on the field. Another spectacular event hosted this term was the MES Cairo 24 Hour Run. Our students revelled in the opportunity to have families join us once

again on the school track to raise funds for the Magdy Yacoub Foundation.

It has certainly been a wonderful term of learning and enjoyment in Year 3, and we look forward with great anticipation to a fun-packed final term.

Ms S Underwood - Year 3 Team Leader

A TRIP TO REMEMBER FOR YEAR THREE

WALK LIKE AN ANCIENT EGYPTIAN!

At the start of Term 2 in January, Year 3 went on a series of trips to the Pyramids. In the days leading up to the trip the children were extremely excited. There were many questions about what we might do and see whilst we were visiting. When the days arrived for each class to venture out on the trip, everyone was prepared for a day of thoughtfully planned fun and activities.

As we arrived we visited the largest Pyramid, we were shocked by its giant size. Many of the students expected it to be much smaller. We learnt interesting facts like...

- The pyramids have more than one entrance - some have not been discovered yet!
- Each giant stone used to build the pyramids weighed 2 and half tonnes (that's the same as two and half cars!)
- The second pyramid is actually smaller than the first pyramid but it is on higher ground so they look the same.
- The Pyramids have names. They are called, Khufu, Khafre, and Menkaure named after the Pharaohs who built them.

After seeing the first pyramid, we drove over to the second pyramid. We saw camels, donkeys and horses on the way. As we arrived we stood in a circle with our groups. We used the 5Rs to be resilient and we ventured inside the Pyramid. The children were very adventurous and brave and crawled and climbed through the narrow tunnels to investigate what was inside the tomb. We found out the only thing left in the tomb was a signature on the wall from the man who discovered the tombs many years ago.

We needed a rest after all the listening and exploring we had done so we went to a viewing point where we sat and ate our snacks. The weather was sunny and breezy, just perfect!

To end our lovely day we visited the sphinx where we were told all about the many steps of the mummification process and we even learnt the famous Sphinx's riddle; "What goes on four feet in the morning, two feet in midday, and three feet in the evening?" (The answer is a man)



Red Class

Our most memorable moment on the Year 3 trip to the Pyramids was when we were inside the Pyramid. Climbing the small, dark tunnel was very exciting.

Orange Class

Our favourite part of the whole day out was using Ipads to answer questions, in teams, about the pyramids - while actually looking at these historical monuments right in front of our own eyes.

Yellow Class

The most exciting parts were working in teams to answer quizzes on the iPads and going inside a real life pyramid!

Green Class

The best part of the day was going inside the pyramid. It was amazing!

Blue Class

We liked going inside a real life pyramid and eating our lunch with a beautiful view!

Violet Class

We loved finding out how the sphinx lost its beard and going inside the tomb. We loved seeing how many bricks it took to build

Ms S Underwood - Year 3 Team Leader



Here Today... Gone Tomorrow?

"Did you know that dinosaurs roamed the Earth some 65 million years ago?"

Lilly Garwish (Y4R)

"Really? That means they are almost as old as Mr Barry!"

Adham Shady (Y4R)



This was just one of the many hilarious jokes and interesting facts the Year 4 students shared in their fabulous concert, Here Today. Gone Tomorrow? They were not afraid to ask the big questions - like how we are going to protect the animals of our planet as well as challenge their audience to make one small change, which can turn into a BIG change when made by many.

For the Year 4 students, their concert was more than learning catchy songs and groovy dance moves; it was a learning journey. Read on to find out how their Topic, Art and English learning alongside their Music lesson helped make their concert so powerful.

Topic - Extinct, Endangered, Existing Animals

Over Term 2a, we studied extinct, endangered and existing animals. As always, Year 4 students were very excited to get stuck into their new Topic learning and started off by playing 'Top Trumps - animal edition'. Students were able to learn about food chains, habitats, threats to habits, herbivores carnivores omnivores and vertebrates invertebrates. They showed off their new learning by creating a research portfolio. All students had the opportunity to attend a student conference with their teacher for specific ways to improve and refine their learning.



Art - Habitat Dioramas

In Art, Ms Amanda has a creative streak and planned an incredible Art unit for this half term: Project Habitat. Students started off by bringing in shoe boxes when they then transformed into habitat dioramas! Each week, students focused on a new skill: planning their diorama and materials, creating the background, making their animals and other features and, finally, presenting their dioramas to Ms Jane and other year groups. I truly think we have some budding artists, architects and designers in Year 4 as their creativity shone through in these projects and they should be very proud of themselves.



English - Biographies

At MES Cairo, we believe that integration of learning creates wonderful opportunities for developing new skills. As such, our English unit in Term 2a was all about biographies of famous conservationists (which we learnt is different from conversationalists!) such as David Attenborough and Steve Irwin.

We were even lucky enough to have Steve Irwin come and visit us in the Year 4 Pod! He answered many of our questions and shared lots of interesting facts about his life. Unfortunately, Mr Colin just missed out on meeting Steve Irwin as he was too busy.

Luckily, all the other Year 4 teachers had the pleasure of meeting this great man!



In conclusion, we sign off Term 2 as Teachers and TLAs who are incredibly proud of what Year 4 has achieved over this term, especially their inspiring and informative concert.

Ms A Keegan - Year 4 Team Leader

YEAR FIVE LOVES LUXOR!

DAY ONE

At 4:15am, Year 5 students arrived at Cairo airport buzzing with excitement and raring to go. We meandered our way through the airport and boarded the plane with success. Upon landing in Luxor, we headed straight to the magnificent Karnak temple. Admiring the hieroglyphics, we strolled around the complex and measured ourselves against the towering obelisks. We were taken aback by the jaw-dropping views and the sheer size of the grounds. After being awake for so many hours, we were then more than happy to settle into our luxurious hotel rooms. We unpacked, relaxed, and indulged at the nearby Italian restaurant. In the afternoon, we participated in several team-building exercises overlooking the stunning Nile, which ranged from directing each other through a maze of obstacles to rolling a ball through several tubes without it dropping. The activities were a fantastic opportunity for us to become familiar with our groups and form new friendships. Later on, we headed to a bountiful buffet and devoured many tubs of ice cream! Shortly after, we retreated to our rooms for some well-deserved rest.



DAY TWO

Day two started off very early. We were up, showered and had eaten breakfast all by 8am! We ventured to the West Bank of the River Nile. We learnt that the West Bank represented the “afterlife” for the ancient Egyptians. This is where the ancient Egyptians dug their tombs and expressed their beliefs on the walls and ceilings of the tombs. The first stop was Queen Hatshepsut’s Temple. Every one of us was blown away by the sheer size of it! Queen Hatshepsut’s Temple was dug into the side of a mountain. We found out that Queen Hatshepsut wanted to be remembered as one of the greatest Pharaohs of Egypt even though she was a woman. So in all of her statues, she was depicted as a man - to show that she was equal to men. After admiring her temple, we were off to the Valley of the Kings. We learned that all of the Pharaohs buried there were from the New Kingdom. The best part was getting to go down into the famous King Tutankhamun’s tomb. His mummy was even in the tomb, which gave some of us the chills. Everyone was so excited to see the hieroglyphics on the walls of the tomb. We admired the different

colours and the skills used to create such beautiful stories. Our last stop was Luxor Temple at sunset. We explored the area, gazing in wonder upon the dozens and dozens of perfectly aligned columns and thinking “how on Earth did they manage to build this?” It was then time to get back to the hotel, shower and have dinner then ready for bed. We all slept soundly that night, I can assure you!

DAY THREE

Day three started with another delicious breakfast buffet with the pancakes as a special favourite of the children! Following this, we had a mummification talk where we learnt all about the mummification process, including how they removed the brain from through their nose and the different organs they stored in different canopic jars. The children were so engaged and had many questions for our incredible teacher. After the talk, we had fun creating



our own live mummies! Finally, the morning was finished off with a visit to the mummification museum, where we had the opportunity to see a mummified human, duck and fish. Lunch was another delicious meal at the hotel and we were starting to get excited about visiting the Luxor markets. They certainly did not disappoint! The street was filled with treasures, from mini statues to musical instruments to wooden wonders, there was something special for everyone. Armed with 100LE, the children were challenged to buy four gifts, one for themselves and three to give away. Their bargaining skills were to be admired and the teachers watched as they agreed on some incredible deals. As the sun started to set, it was the perfect time to visit the Luxor Temple. The orange glow from the sun gave the temple an extra special glow, bringing history truly alive for the children.

DAY FOUR

Day four was filled with bittersweet feelings. Although we missed our family very much, we had experienced a truly wonderful visit where we learned many interesting facts, saw incredible monuments, delved deep into the history of Egypt and created ever-lasting memories with our classmates. At 8am, after a precious lie-in, we ate our breakfast together before returning to our rooms to get ready for the swimming pool. After a couple of hours of well-deserved relaxation by the pool, we packed our backs independently and awaited our final room inspection. Together, we ate lunch before returning back into our trip groups play games which required excellent communication skills. An hour before getting aboard the bus, we had a snack and said a heartfelt thank you to the chefs for providing us with such excellent food and service. Finally, we journeyed to the airport, spent our last money on food and souvenirs before returning back to Cairo on the aeroplane. We greeted our parents, who were thrilled to see us, and returned back to our homes with many, many stories to share.

WHAT WE DISCOVERED

Everything we do here at MES Cairo is underpinned by the 5Rs but especially our trips. One of the most important R in Luxor was applying our Relationship skills. Not everyone was put in a group or a room with our first choice which meant we had to exercise sound relationship skills to build new friendships, to get along and to enjoy our time with different people from different friendship groups. The second most prominent was Resilience. It was super tough being in a new place without our families for four days and we missed home, sometimes. It required resilience to see the positives and enjoy our time together even when we were a little homesick. We developed our Resourcefulness when sometimes, things did not go exactly to plan or when we had forgotten items that we needed. We were constantly reflecting on what we had learned in the classroom and applying it to the monuments we were visiting and making connections between what we were seeing on the trip and what we had already learned. Finally, some of us had never been away from our home and families for this amount of time which felt like a risk, meaning that we were all being risk-takers by merely attending!

Ms E Rek - Year 5 Team Leader





BIOLOGY IN YEAR SIX!

We want to take this opportunity to share with you what we have been learning about in Term 2a: Mammals! We began by trying to label the human organs inside the human body - this was a lot of fun and we made many mistakes; however these mistakes became our learning journey for the rest of the unit. We learned all about the way our organs work together. Did you

know that our kidneys are a part of our digestive system? They act as a filter within our bodies! Our heart is a very important part of our body as it pumps the blood around to our organs. We enjoyed learning about this, as we acted out the journey of the blood: some of us acting as blood and others as organs. We also learned about deoxygenated and oxygenated blood and that they are different colours. Our arteries carry oxygenated blood to our organs and our veins carry deoxygenated blood away from our organs.

We also learned about health and fitness and the importance of keeping our heart healthy. Have you ever wondered why our heart beats so fast during exercise? Do you know if it's better to have a lower resting heart rate or a higher resting heart rate? To find out the answers, ask one of our Year 6 students. Healthy eating and exercise is vastly important to our bodies - exercise boosts our heart rate and keeps the muscle strong. Did you know that the heart is a muscle? We measured our heart rates in class before and after exercise. We were shocked to see the difference!

We uncovered a lot of fascinating information about animals. We learned about many different types of adaptations: the way that animals are able to live in their habitats and environments. We created our own new animals inspired by existing ones. If you want to know what a penguin living in a jungle might look like, check out some of our artwork on

your next visit to Year 6! We rounded out our learning journey by designing human body T-shirts: complete with all internal organs that are painted, shaded and highlighted. This project took us many hours to complete and we are very proud of what we achieved! All of our learning from this term has been placed into our class floor books. Come and see them at the next Parents' Day!

Ms S Morgan - Year 6 Team Leader



Book Week 2023



Book Week in Primary

Primary Book Week opened with a bang when students in Year 1 and 2 were entertained by Ms Ghada, Ms Singleton and a host of visiting friends from the story book. The students were astounded when they entered Yard 4 to see it transformed into fantasyland; they were entranced as they listened and watched the story unfold.

Visiting Story Wizards entertained the students in the library sessions and break times with stories from Harry Potter, Julia Donalson and a host of other famous authors. KS2 students had fun engaging in the famous Quidditch Game from the Harry Potter series while in KS1 the students tried to identify the character behind the book.

The focus of book week in the Primary Department was 'Once Upon an Invention'. Students were able to enjoy both fiction and nonfiction books relating to real life inventors and inventions along with inventions in fiction, like George's Marvelous Medicine. Students from FS1 to Year 6 were involved in designing their own inventions from making potions to turn their friends into something, like George, to creating their own recipe resulting in some fabulous culinary creations!

The week concluded with a colourful costume parade with a range of creative ideas and designs on display. Students shared their learning from the week with VIP guests from across the school who visited the presentations displayed in the Atrium.

Mrs T Nissan - Deputy Headteacher, Key Stage One



Book Week in Secondary

Book Week in Secondary involved English Department and Homeroom House competitions, along with plenty of additional literary fun taking place in the LMC. Homeroom groups were all invited to participate in a door decoration contest with the following requirements for each door:

- Must be clearly based on one book
- Must include a 3D element
- Should only be completed by the students in the Homeroom!

A group of staff judges voted for their favourite door. The students competed hard, as everyone wanted to win the first prize - a pizza party!



Secondary students also took part in a book hunt, where they had to find hidden books and place them in their House postbox. Books were hidden around Secondary and at the end of the week, the House points were tallied up. Each day during Book Week, Homeroom groups worked together to try to identify the mysterious people behind the books! They submitted one response per Homeroom. The winning Homeroom was the one from each section with the most correct answers.



Secondary LMC

In February, our whole school participated in a marvelous Book Week, promoting love for books and reading! The Secondary LMC was proud to host our own MES Cairo published author, Social Studies teacher, Ms. Dawn Quarles. Ms. Quarles spoke before a packed audience of secondary students about researching and writing her books, which included the book she co-authored with her father, "Witnessing the American Century," the true story of Captain Allen Brady's extraordinary life. Students were fascinated and inspired by Ms. Quarles' presentation about the art of authorship and her premise that anyone can become an author! During Book Week, other library activities included a book cover design contest and a library scavenger hunt. We also collected lightly used children's books to donate to those less fortunate! Many thanks to those who donated books!

Ms M A Osborne - Secondary LMC Coordinator



IBDP VISUAL ARTS EXHIBITION

IBDP Visual Arts students of 2023 really impressed the school and visitors with an exhibition that was engaging, emphatic and well considered. The students showed real dedication and determination to deliver a high quality Visual Arts show. They have been motivated by individual themes which explore global issues.

The exhibitions explore the themes “The Beauty of Manipulation” and self acceptance , “Immigration”, “Conflict” and “Corruption”. Students have communicated their ideas to the viewer through different mediums such as Photography and Digital media, Painting and Installation.

The IBDP Exhibition really is a whole school celebration. students have worked incredibly hard but have had excellent support from myself, Ms Sheehan, Mr Rainford and Ms Lamia. I would also like to say a big thank you to our excellent maintenance and IT teams, without them the students’ artistic visions would not transform into outstanding visual concepts.

A special thank you is extended to the MES Cairo Board of Directors for their support of the Exhibition.

Miss R Seabrook - Expressive Arts Teacher, British and IB Sections



ADVANCED PLACEMENT (AP) ART

By the time Messenger goes to print, students in AP art will have submitted their final exam portfolios for consideration by the College Board in the United States. Students spent the entire year pursuing a sustained investigation where they followed a personal line of inquiry. They were asked to identify the questions or line of inquiry that guided their investigation. What follows below are responses from three students, with names withheld for anonymity.

“Physical appearance is one of the first individual characteristics noticed by others in women and has an essential impact on social interactions, therefore, it has become a very important construct in past and contemporary societies. How can being put under pressure to fulfill this specific stereotypical image of a “perfect woman” be mentally and physically draining on women? How can you visually display this depressive state and the gradual return of confidence?”

“How can I visually represent how each woman feels, show her beauty, and illustrate her accurately? How can I capture a moment of time in a drawing or painting and make it feel organic. Is there a way, to take the phrase “Through Her Eyes” in a more imaginative way? If so, then how would I do that, and what would it mean?”

“How can I use different mixed media and techniques to express personal emotions within my artwork and contribute to a larger cultural conversation about mental health and wellness? What specific struggles and triumphs that stem from my own experiences can I incorporate into my art that allow the viewer to relate to or understand the artwork’s concepts and meanings better? Where can you find feelings of wholeness and emptiness in everyday life and how can they be portrayed through various visual metaphors and symbols?”

Mr B Austin - Art Teacher, American Section



Taya Galab (G12G)



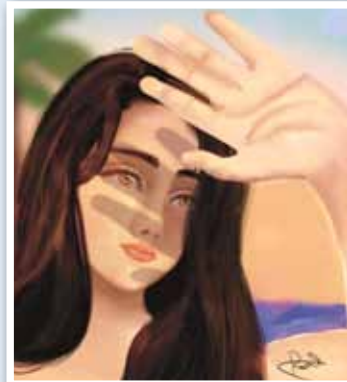
Alia El Helw (G12Y)



Talia Al Sherif (G12R)



Zeina Mostafa (G12G)



Rand Al Gailani (G12G)



Haya Emam (G12R)

ARTBEAT

YEAR 7 ART

Recently, preparations for the art showcase began. This is planned to be held in June and the theme is climate change and global warming. Students have been learning about the folklore tales from the region of polynesia, an area that is under threat from the effects of climate change. Here are a few of the designs students have been working on.

Ms L Lee - Expressive Arts Teacher, British Section



Julia Sultan
(Y7R)



Habiba Khalaf
(Y7G)



Omar Afifi
(Y7G)



Omar Aglan
(Y7R)



Maya Saeed
(Y7R)

YEAR 8 ART

Maori culture and art has been the inspiration for Year 8 during the second carousel. They have researched the symbols that represent nature, hunting and survival so that they understand the meaning. The students have then created a drawing that incorporates symbols with an image of a maori animal. Students have also responded to the work of artist Raewyn Harris by producing beautifully coloured paintings that explore nature and incorporate the Koru symbol. I have been so impressed by the work that they have produced.

Ms Seabrook - Expressive Arts Teacher, British and IB Sections



Farida Badawy (Y8G)



Zeinab Assam (Y8G)



Halla Sheriff (Y8G)



Ahmed Shebieka (Y8G)



Yehia Elshfy
(Y8G)



Bana Swilam
(Y8R)



Alia Zahran
(Y8G)



Ahmed Shebieka
(Y8G)



Janat El Gohal (Y8G)



Lily Kabeel (Y8G)

ARTBEAT

YEAR 9 ART



Zeyna Abdel Majid
(Y9R)



Jameela Hamouda
(Y9Y)



Angelina Woongyungan
(Y9Y)

Our artists in year nine have produced some amazing pieces so far this year. They are currently getting to grips with a project on portraiture. Here are a few examples of their work.

YEAR 10 ART

This term year 10 Art students have been busy completing their exam and coursework portfolios. All exam work has already been sent away to be assessed and the coursework will be due shortly. The images shown here are a small selection from a wide range of individual interpretations to this year's exam questions. Examples of the themes include "Windswept", "Around a Table" and "Buttons, Bangles and Beads".

Ms L Lee - Expressive Arts Teacher, British and IB Section



Abdulrahman Ibrahim (Y10Y)



Malak El Saadani (Y10B)



Haya Addas (Y10B)



Taline Sabbour (Y10B)



Neamatalla Hendam (Y10R)



Ayssel Dwidar (Y10B)



Zeina Mohamed (Y10B)



Hana El-Helepi (Y10Y)



Noora Abbady (Y10B)

MES CAIRO ARTS ACADEMY

The success of the reintroduction of instrumental teaching at MES Cairo, culminated in the three Recitals which took place in each term of teaching. We have been fortunate enough to work with Tango Music Center who have provided enthusiastic and professional tuition throughout. Students from Primary and Secondary have enjoyed learning different instruments and have made progress to work towards beginner level standard or Trinity examinations. All students were invited to demonstrate their progress in one of the Recitals that were organised. A Recital is a performance to a small audience, usually in a more intimate setting. This gave students the opportunity to begin their musical careers in a less formal environment and with the support of the parent audience.

All students performed terrifically well, while overcoming nerves and making the effort to practice over a long period of time. We look forward to the next academic year where there will be further opportunities to perform in school.

If you would like more information on how to receive musical instrument tuition at MES Cairo, please contact the Administrative Officer, Ms Mona Abbas.

Mr G Thomas - Head of Expressive Arts, British Section



Secondary Pioneers

The Pioneers have once again taken part in some exciting visits and activities during the year. Pioneers developed new skills when taking part in Sandboarding, Skiing and team building in the Wadi. They also made a significant contribution to the many charity events that MES Cairo supports, including Pink Day, Keep Egypt Warm and Kindness Week. Pioneers have given up their time to develop charity events, like bracelet making and have provided blankets for the Keep Egypt Warm Campaign.

More recently, Pioneers visited the Pharaonic Village where they learned about the daily lives of ancient Egyptians. They toured the village and took a boat excursion on the Nile to learn about papyrus making and of the Pharaohs that once governed these lands. The visit to Ski Egypt was another enjoyable day out, where students of all abilities took to the slopes to learn new skills. The Pioneer programme has enabled students to come together from both the American and British Sections and to develop relationships as a team. Pioneers have experienced new activities and they have worked to develop as leaders within their peer groups.

We look forward to the next academic year when Grade/Year 8 will take part in their last year as Pioneers and also as we welcome the new Grade/Year 7 students as they progress to secondary.

Mr G Thomas - Secondary Pioneers Coordinator



Expressive Arts in The British Section

Year 7 and 8 Showcase





Mathematics Success in the British Section

Last February MES Cairo Key Stage 4 Mathematics students participated in an annual competition that is organised worldwide by the UK Mathematics Trust (UKMT). The Intermediate Mathematical challenge is a 60-minute, multiple-choice Challenge. It encourages mathematical reasoning, precision of thought, and fluency in using basic mathematical techniques to solve interesting problems. The problems on the Intermediate Mathematical Challenge are designed to make students think. Most are accessible, yet still challenge those with more experience.

The following students made all of us proud with their achievements:

Gold Certificates

Karim Aboelsaad
(Y10B)



Abdel Rahman Rostom
(Y10Y)



Silver Certificates



Omar Mira
(Y10R)



Salma El Gohary
(Y10B)



Ramy Wahib
(Y10Y)



Ahmed Kamal
(Y10B)

Bronze Certificates



Omar Mostafa
(Y10B)



Farida El Fiky
(Y10Y)



Ali Elbeleidy
(Y10R)



Deema El Alfy
(Y10R)



Aly El Akkad
(Y10Y)



Adam Hetebe
(Y9B)



Omar Wahby
(Y9R)



Ali Abdallah
(Y9B)



Kenzy Ammar
(Y9Y)

Mr M Mahmoud - Head of Mathematics, British Section

Hands On Biology in the British Section!



In the last term, IGCSE Biology students were actively involved in a number of practical activities that helped them develop both their scientific skills and knowledge. The activities included performing a kidney dissection, dissecting a flower, and creating “kittens” by randomly selecting alleles for phenotypic characteristics.

The students showed exceptional performance in these practical activities, demonstrating

their ability to work independently and with precision. The kidney dissection required the students to identify and locate the different structures of the kidney, which helped them understand the functioning of the urinary system. Similarly, dissecting a flower allowed the students to explore the structure of the ovary and reproductive structures of plants, which gave them an insight into the process of pollination and fertilization.

The activity of creating kittens by randomly selecting alleles for phenotypic characteristics was an exciting and unique experience for the students. It allowed them to understand the inheritance patterns of traits and the role of genes in determining physical characteristics.

The practical activities helped the students develop various skills, including observation, analysis, and critical thinking. They also learned to work collaboratively and communicate their findings effectively. Additionally, these activities helped them improve their understanding of the biological concepts and theories they had learned in class.

Practical activities, such as those undertaken by IGCSE Biology students in the last term, are highly beneficial for their development as Scientists. They gained hands-on experience, improved their skills and knowledge, and developed a deeper understanding of the biological concepts they had studied. These practical activities are an integral part of the IGCSE Biology curriculum, and they provide an excellent foundation for further studies in the field of science.

Ms E Dawes - Biology Teacher, British Section



WORLD SCHOLARS CUP COMPETITION

Six students from MES Cairo attended the World Scholars Cup Competition at Cairo American College (CAC) this Term.

The World Scholars Cup hosts competitions regionally around the world, bringing together students who value learning.

The six students competed as two teams in the following formats: debate, collaborative writing, and a quiz bowl. Both teams finished in the top three positions, earning both individual and team medals and trophies.

Ms S Caswell - Social Studies Teacher, American Section





International Baccalaureate Diploma Programme IBDP News

Extended Essay Workshop and EE Research Visit to AUC



This term we held an exciting Workshop to introduce IBDP11 students to the International Baccalaureate Extended Essay. The Extended Essay challenges students to conduct independent research and produce an academic paper on a topic of their choosing, allowing them to explore their passions and extend their learning beyond the classroom.

The Workshop was designed to inspire and motivate students to begin thinking about their Extended Essays, providing them with a wealth of resources and guidance to get started. IBDP11 participated in a range of workshops, led by experienced teachers and our IBDP12 Senior students, that focused on various aspects of the Extended Essay process. We covered topics such as developing the research question, conducting research, writing an effective introduction, and formatting and presenting the final paper.

Throughout the day, students had the opportunity to ask questions, receive feedback, and engage in discussions with their peers and teachers. They were also provided with access to online resources and research databases, giving them the tools they need to succeed in their Extended Essay journey.

A month after the workshop the essays were well underway. IBDP11 students were invited to the AUC where they carried out more research for the Extended Essays. They were given a rare precious book room tour with AUC librarian Ms Morgan. AUC librarian Mr Muehlhaeusler directed students in finding resources in the superb university databases. This incredible opportunity for our IB students is unique to our students and it has truly complimented the research they are already undertaking in our own LMC.

The EE Workshop and AUC research visit were both very successful, with students leaving feeling inspired and confident in their ability to tackle the Extended Essay. We can't wait to see the amazing work that our students produce as they embark on this exciting challenge. We wish them well as they continue to make excellent progress with their Extended Essays in what is considered to be outstanding preparation for academic work at university. We can not wait for them to share their findings with us here at MES Cairo... and with the whole world!

Ms M A Osborne - Secondary LMC Coordinator



Theory of Knowledge (TOK) Exhibition



In March MES Cairo held a successful International Baccalaureate Diploma Programme Theory of Knowledge (TOK) Exhibition Day, where students demonstrated how three objects exemplify the manifestation of TOK in the real world.

The student exhibits focus on a prompt such as “How can we distinguish between knowledge, belief and opinion”, and the three objects represent different aspects of answering that question. Each exhibit was accompanied by a written explanation that explained how the object demonstrated key TOK concepts and terms. Students used their critical thinking and research skills to develop their exhibits, and they had to explain how each object could be used to illustrate a specific knowledge issue.

Visitors were able to walk around and engage with the exhibits, asking questions and learning about the different aspects of TOK and students and teachers from across the school came to visit the event. The assessment criteria for the exhibition were based on the presentation of the objects, the clarity of the knowledge issue being addressed, and the coherence of the explanation provided.

Overall, we are very happy with our students who have demonstrated their understanding of TOK in a creative and engaging way. The IB TOK Exhibition Day is a powerful reminder of the value of a well-rounded education that focuses on critical thinking, creativity, and global awareness. We look forward to next year’s event and the opportunity to showcase our students’ learning journey once again.



Group 4 Project

The International Baccalaureate Diploma Programme is designed to prepare students for life in a global community. One of the key components of this programme is the Group 4 Project, which requires students to work together across scientific disciplines to address a problem or a question.

At MES Cairo, students in the IBDP12 recently completed a successful Group 4 Project that focused on the concept of food. The project involved students from Biology, Chemistry and Physics, who worked together to develop innovative solutions to their chosen question. Over the course of two days, the students conducted research, designed experiments, and collaborated to develop a comprehensive answer to their food related problem. Projects included making ‘dessert pizzas’, testing the shapes of pasta and reconverting processed and fast food into designer food.

Their efforts paid off, and the students were able to successfully answer their questions and present their findings, often accompanied by food samples of varying quality and appeal to the rest of the IBDP section here at school. The success of these projects demonstrates the power of collaboration and interdisciplinary learning. By working together across scientific disciplines, these students were able to address an issue and produce significant work and evidence.

Congratulations to our students for their successful Group 4 Project! We are proud of their work and look forward to seeing the positive impact they will continue to have on the world around us.

Mr B Rainford - Assistant Headteacher/IBDP Coordinator





CAS CORNER

CAS Trip to Dahab - January 2023



Our IBDP11-12 students returned from their CAS trip to Dahab and St Catherine feeling a sense of tremendous achievement. During the trip, students engaged in meaningful service projects, including preparing and distributing meals to local residents in need. In addition, the group raised awareness about the harmful effects of single-use plastics in Mashraba marketplace and concluded their adventure by hiking up Mount Sinai to witness a breathtaking sunrise. The trip provided students with a unique opportunity to explore new cultures, build meaningful relationships with local residents, and develop their skills in leadership, communication, and teamwork. We are proud of our students for their dedication to making a positive impact in the world, and we look forward to more opportunities for service and exploration in the years to come.

Mr G Scott - IBDP CAS Coordinator





Theory of Knowledge trip to the National Museum of Egyptian Civilization



Recently, the TOK students from MES had the opportunity to visit the National Museum of Egyptian Civilization, where they explored ancient artifacts and gained a deeper understanding of the history and culture of Egypt. The purpose of this trip was to provide the students with a first-hand experience of the knowledge and perspectives that have shaped human and Egyptian history. Through this immersive learning experience, the students were able to reflect on the different ways in which knowledge is constructed and how it is influenced by cultural and historical contexts.

During their visit, the students were able to observe the ancient Egyptian artifacts and ask questions about their origins and significance. The students were particularly struck by the diversity and complexity of the ancient Egyptian civilization, and how their beliefs and practices influenced the development of later civilizations. They also reflected on the impact of colonialism on the interpretation and understanding of ancient cultures.

Overall, this trip was an excellent opportunity for the TOK students to develop their critical thinking skills and gain a deeper understanding of the complexities of human knowledge. By experiencing different perspectives and engaging with historical artifacts, the students were able to expand their cognitive abilities and appreciate the diversity of human thought and experience.

We are proud of our TOK students for their passion and commitment to learning, and look forward to seeing the impact that this experience will have on their future academic pursuits.

Mr B Rainford - IBDP Coordinator

IBDP Class of 2025!

Y/G10 students and their parents attended an inspiring information session about the IBDP curriculum pathway to graduation last term.

Our IBDP programme is well-established and students reliably achieve results beyond the global standard. Students in Year and Grade 10 are already demonstrating the Learner Profile attributes around school as they complete their end of year examinations and prepare for their IB Induction period.

Our admissions office is still accepting external applications for IBDP 2023/24. Email: admissions@mescairo.com for more information.

Ms S Sheehan - Deputy Headteacher



Secondary Sportsdesk



SECONDARY COUGAR ATHLETIC PROGRAMME

We are back! After a two year hiatus, the Cougar Athletic Programme is back in full swing. It has been a busy year with over 250 student athletes representing MES Cairo at different sporting events. Each individual has upheld the respectful values that the Cougar Athletic Programme enforces and the acknowledgement of this is something we take pride in as a school. I am extremely proud of the accomplishments we have achieved to date and I am looking forward to what is yet to come.

A special thank you to the coaches, who genuinely share their love of the game and for making sure the Cougar Athletic Programme is as successful as it is. In addition, the programme would not run as smoothly without the support of Mr Haitham Tayel; it is his hard work and essential communication with many valued members of staff that help with the organisation of the sporting events.

Finally, I would like to wish our senior players the best of luck with their future endeavours. Your commitment to the Cougar Athletic Programme over the years has been greatly appreciated. Keep up the good work!

Ms L Shepherd - Athletic Director



Secondary Sportsdesk



JUNIOR VARSITY AND VARSITY NETBALL

Following a well deserved rest over the winter break, the Junior Varsity and Varsity Netball teams were eager to start training again in preparation for their upcoming tournament.

The tournament was held at British International School Cairo, so we gathered at MES Cairo nice and early, excited for the day ahead. Throughout the day both of the teams demonstrated a great level of skill, which was a testament to their hard workout throughout the season.

At the end of each game the opposition nominated one player that they feel deserved the Player of the Match title. A special mention to those who received this: Shirley El Massarany (G10O), Amina El Mallah (G10R) and Mariam Allam (G10O) from Varsity and Layla Saleh (Y8Y), Maleeka Ramadan (G10Y) and Farida Attiah (G10R) from Junior Varsity.

The Junior Varsity team showed great resilience playing against some tough competition. Although they did not come away with the result they were hoping for, they kept their heads held high and should be very proud of this. The team has come so far throughout the season and I am excited to see what the future holds.

The Varsity team had an outstanding performance, winning all of their games in the tournament. To add to this, they have been undefeated throughout the entire season. The team has worked on applying strategies and tactics to overcome challenging competition as well as improving their skill and fitness levels. A huge congratulations to all of the team for this incredible result.

In true netball family tradition, we ended the season by celebrating our successes. As always, I am proud of every team member and all that the teams have achieved this season. I would like to say a big thank you to our senior players that will be leaving this academic year: Malak Ramadan (Y12B) (Captain), Lama Torky (DP12R) (Vice Captain), Alia El-Aarag (G12B) and Laila Bakry (G12G). You will be dearly missed, but wishing you the best of luck.

Ms L Shepherd - Netball Coach



MIDDLE SCHOOL FOOTBALL



This year's Middle School Football Team is one of the strongest teams we have seen come through MES Cairo. As they progress through MES Cairo I am confident that they will be very strong contenders in future tournaments.

The turnout for the trials was incredible, over fifty students tried out and the standard was extremely high. The coaches managed to make first cuts but still needed to cut more

and the decisions were difficult to make. Finally, we had our squad.

The Captain of the Middle School team went to Yahia Labib (Y8Y) and the Vice Captaincy went to Aly Khalil (G8R). Both of these players led the team well, offered advice, support and demonstrated a genuine desire to make sure the team were cohesive, respectful and organised. They did a great job.

The main event this season was the CISSA Tournament. The tournament witnessed some fantastic football from start to finish with all schools demonstrating a very high level of football ability and understanding of the game. MES Cairo did very well and made it to the Semi Final. We faced a very big, strong and physical team that won their group. A particular recognition for Ahmed Badawy (G8R), this player man marked the opponents biggest and most dangerous player for the whole match and shut him out of the game.

At the end of the game, it was a Tie, every player's worst nightmare...penalty shootout. Unfortunately, we did not score enough goals in the penalty shootout and did not make the final. The team showed real fight, passion, skill and teamwork and left the tournament with their heads held high. I very much looking forward to coaching this group again and showing the other schools what we are capable of.

Mr J Keast - Secondary PE Teacher





MIDDLE SCHOOL GIRLS LEFT WITH THE AGONY OF DEFEAT AT CISSA FOOTBALL TOURNAMENT



The expansion in the number of private football clubs catering for female athletes in Egypt obviously has its positive side. Why should girls not have the same opportunities to enjoy the world's most popular sport as their male counterparts? When our players from Grades and Years 7 and 8 completed their first match relative euphoria ensued reflecting on a 5-2 drubbing of their counterparts from Choueifat. Yet the two goals conceded, though insignificant numerically, were a bad omen of the problems to come. It appears that the many hours spent, let's say experiencing, rather than learning, the art of football at private clubs has misguided some on the most important part of the game - THE TEAM!

Hence, when MES Cairo faced their next opponents, CAC, it was highly significant, but also unsurprising that the advantage was lost twice immediately following the goals that had been scored to put the team in the lead. Even more frustratingly, the positive teamwork used to score, was then abandoned with a lack of focus on defending the lead for even two minutes on two occasions! The 3-3 final score meant AIS-East had to be defeated to finish top of the group or be left with a reliance on the goal difference to ensure a semi-final berth. With the absence of the first choice goalkeeper and little enthusiasm from others to step into her boots, the inevitable 2-0 defeat that followed meant the latter. Fortunately CAC were unable to match MES Cairo's goal difference so a semi-final game with hosts CES appeared on the horizon.

It was time for some deep self reflection and player initiated problem solving. They came up with a plan which may have reflected their club experiences more than a response to the issues playing quality school teams. Yet sometimes learning the hard way is the most effective route to improvement. Again there were periods of dominance in the match from MES Cairo which they failed to capitalise on, against a well organised and tough tackling defence. An early headed goal, conceded from a corner, epitomised the general lack of awareness of marking and positional play. A moment of positivity in the second half resulted in an equaliser which led to the dreaded penalty shoot out decider, which was lost. It was a narrow defeat and the sadness and bewilderment on the player's faces bore testament to how close they had come to the final. Next season they will make their abilities count and show the true team spirit necessary to succeed.

Team: Rokaya Alyan (G7R), Rawaa Zaki (Y7Y), Hana Shalaby (G7Y), Karma Hassan (Y8G), Joudy ElFaramawy (G7B), Talia Hassan (Y7G), Talia Khalifa (Y7G), Nour Afifi (G8R), Maya Hussein (G7B) and Celine Farah (G7R).

Mr S Perry - Basketball Coach



Varsity Girls play for the greatest prize at ***CISSA Football Tournament*** *Game of Life*



Dear Varsity Girls Football Team, When I returned to MES Cairo to coach football again, I could never have imagined the same level of enjoyment, passion and fulfilment would return so readily. Despite our results, the improvements in performances both as individuals and as a unit have been truly rewarding to experience as a coach. However, it is beyond the realms of football that our achievements really deserve to be celebrated and lead us to hold our heads high with pride. For you faced all the challenges presented fairly and humbly and took the disappointments maturely, alongside the moments of elation.



Tasneem Abdelazim (Y11B) and Salma Shokry (G12R) you were both hungry for game time, I know, and helped maintain the standards of football when you played. Most exemplary of all was your maturity in accepting your position when substituted and even more so in the positivity you showed in supporting your teammates on the pitch.

Mariam Allam (G10O) and Jana Rabie (G9B), excluded from the starting line up in our first game against Choueifat, it must have been so frustrating to see us concede the first half. However, your patience was transformed into a dominant display in the second period, whereby you both assisted in turning the game in our favour through your determination and skills.

Amina El Mallah (G10R), as our vice-captain, you bridge the gap between our youngest to oldest players ensuring both youth and experience were valuable assets to our team. Your footballing brain was paramount in scoring our first goal of the tournament to prevent a losing start. Typically you were humble when congratulated, 'It was just a tap in'. Yet let's be clear, good players get easy tap ins because they are in good positions. You read the game so well.

Anoreen Hashad (Y12B) and Leyla Zaghoul (DP12R), you complimented each other so well on the wings, sharing the efforts as you repeatedly replaced each other. Leyla you proved me wrong to doubt your ability. Anoreen you proved me right to highlight your progress.

Talia Elsherif (G12R) you were so consistent as our left back I could never imagine that position without you. You were as focused in your marking and tackling, as you were determined to furnish our forwards with the opportunities they yearned for.

Nadine El Fiky (DP12R), you made such an impact on our chances when returning to our attack against Choueifat. Your ability to find space to receive possession then split defences in pieces with your accurate passing was a game changer. However, we will always remember that penalty scored against our hosts, CAC. What confidence you exhibited in taking on the responsibility and what skill you showed in executing it! The strike was unsaveable. It left this dimension I am sure. One moment the ball was on the spot, then it was crashing into the upper netting. Pure genius!



Shirley El Massarany (G10O), you were as ever a bundle of positivity and joy, passionate about creating chances and frustrated about the off-side





law. However, in our final game against AIS, after a bitter battle at 0-0 we let our guard slip to concede. I thought we were going to capitulate to them again, but you had other ideas. The way you immediately answered calamity with composure and determination to equalise left me breathless, especially after I shouted repeatedly until hoarse, "That's how we respond

to conceding, that's the way to respond!"

Mariam Zekry (Y12Y), over the short season you gave an exemplary exhibition in the art of defending. You are incredibly accurate with your tackles but also with your passes. You ran the most yards and placed the most kicks (mostly on the ball). Your boots will need replacing soon I am sure. Without your constant efforts we would have been mere victims of enemy attacks.

Salma Desouki (Y12R), to be able to field a goalkeeper with your strengths and attributes is a distinct advantage, however, it is for your bravery you will be most fondly remembered. Conceding that fluke goal to CAC was a devastating blow to your self-esteem, it was clear. However, I definitely meant my response, "Forget that! We know that's not you, we know that's not you. You are Salma Desouki and we want our Salma back!". Then Salma Desouki truly returned. Your performance for the rest of that game, with save after magnificent save, even got the Egyptian referee's response when he came to our team bench



and said in his best English, "You have the best goalkeeper, the best!" I know he really meant the way you had turned catastrophe into magnificence. You deserve the highest respect.

Farida Eita (Y12R), I would never have predicted at the start of our challenging journey we would be celebrating your accomplishment as our player of the tournament. What an amazing rate of progress you have made to be our star player, defending with assurance through intelligence coupled perfectly with force. Even the caution you received for foul play was 'all in a day's work' for someone who

has consistently put their team before their own personal well-being.

Finally to Nour Reyad (Y12B), our team captain, leader, organiser and inspiration. Words cannot convey highly enough the esteem with which you are held by us all, particularly by me, your coach. Selecting you for this position was a master stroke which has to be credited to Ms. Shepherd and Ms. Lee, who recommended you so strongly. Whilst still developing as a player yourself, you displayed care and compassion towards your teammates. You led by example with your exemplary conduct alongside grit and determination to succeed. When we were fearful you gave us courage, when we were in despair you gave us hope. You are a true leader with integrity Nour and the world needs more like you.

So Varsity Girls' Football Team, as we can conclude, you certainly improved in the game of football, but more importantly, you are turning out to be true winners..... in the Game of Life.

Mr S Perry - Varsity Girls Football Coach



Secondary Sportsdesk



VARSITY BOYS BASKETBALL

The Ten MES Cairo Cougars that played in the CISSA Varsity Cougars Basketball Tournament represented the best of our school. They played six hard fought games with adversity at every corner. They stayed together as a team, listened to their



coaches, were gracious in losing and winning, improved drastically every game, and gave it their best effort every time they stepped on the court. They were not the best basketball team according to the scoreboard, but they showed themselves a class of their own with how they treated each other, the refs, the opponents, and themselves. This was shown when they brought it together for their first and only win of the day in the last game. Beyond proud of what these ten young men accomplished!

Mr B Stout - Basketball Coach

CISSA VARSITY GIRLS BASKETBALL

MES Cairo Varsity Girls Basketball took a squad of eight girls to CAC on Friday 3rd February to compete in the annual CISSA Varsity girls basketball tournament. The girls performed admirably given their disrupted training schedule, with a number of the senior girls absent due to trips and other commitments. Talia Shalaby (Y8R) and Tia Zarifa (G10O) were called in as cover and did not look out of place playing against much older girls. Overall the girls went home with one win over ISC Chouefat and competed strongly in the other games against stronger opposition. Well done to all of the players, and best of luck all of our departing senior players; Malak Abdelwahed (Y12R), Farida Eita (Y12R) Jana Fayed (G12Y), Miray Wahib (G12G) Nour Reyad (Y12B)

Mr S Perry - Basketball Coach



Secondary Sportsdesk



GIRLS MIDDLE SCHOOL BASKETBALL

This year we have welcomed the Girls Middle School Basketball Team to the Cougars Programme. We held a very successful basketball trial with over forty students attending. The level of athleticism, enthusiasm, and teamwork demonstrated was beyond impressive. Twelve girls were selected to curate our basketball squad: Captain Talia Shalaby (Y8R), Vice-Captain Laila El Saady (G8B), Lara El Din Nagy (Y8R), Rehab Tayel (G8B), Lamar Abdeldaim (G7G), Lara Sallam (Y8G), Alia Zahran (Y9R), Khadeeja Khalil (Y8R), Amina Farghali (G8Y), Karma Morsy (Y8B), Kenzie Mourey (G8Y) and Layla Saleh (Y8G). Our first game of the season allowed the girls to taste victory in a 21-12 win against CAC. We are hoping for similar results in the upcoming tournament in May. Let's Go Cougars!

Ms S Freeman - PE Teacher, Secondary



Primary Sportsdesk

MES CAIRO U-11 TEAMS PLAY AGAINST GES CAIRO IN TERM 3



Our U-11 boys and girls Cougar football teams enjoyed friendly matches against GES Cairo in Term 3.

A great afternoon of sport was the result, with victories to sweeten the day for both of our teams. Well done, MES Cougars, and thank you to our friends from GES.

Mr J Vaughan - Football Coach





The big focus for Term 2 in the Primary PE Department was to prepare for Sports Day and the big event itself. It was fantastic to welcome our parents back onto campus for Sports Days. Each day during Sports Day week had an incredible atmosphere, with lots of encouragement and cheering from parents and family members. The level of competition was also incredible, with many fantastic performances taking place throughout the events.

Foundation Stage Sports Day

It was a big and exciting day for students in the Foundation Stage, with all of them participating in their first ever Sports Day with family and friends present. The students in Foundation Stage worked hard all term learning how to compete in the various events offered. They developed a range of skills when preparing and participating in their events. Students happily showed their families what they were capable of and families got to witness future MES Cairo sport stars in action. They were running, hopping, bowling, throwing and balancing. They were all eager participants and demonstrated good sportsmanship. It was a great day for all involved. Well done to all Foundation Stage students!

Key Stage 1 Sports Day

For the first time ever, students in KS1 have been placed into our MES Cairo Primary Houses of Anubis, Horus, Ra and Thoth. This provided an additional level of competition for our Year 1 & Year 2 students on their sports days. Each of the team games were competed in with lots of fun, respect and enjoyment by all. It was great to have students part of the House system and contribute to their House Points during these events.

Key Stage 2 Sports Day

Key Stage 2 Sports Days always offer a fantastic and frantic day of competition, whether it be in team games on the field or through the Track & Field Athletic events, there is something for everyone to excel at. As we have had such a long break from full Sports Days, the preparations for the Athletics events were the main focus for our students in the build up to their big days, with many events being completely new to our Year 3 and Year 4 students. Nonetheless, everyone performed at the highest level and produced some fantastic moments of competition based on mutual respect.

Mr J Vaughan - Head of Primary PE





PRIMARY COUGARS

Cougars Netball

The students have had an enjoyable experience representing the MES Cougars netball team. As the season progressed their netball skills and understanding of the game improved significantly. These improvements were particularly clear when competing against other schools in tournaments and matches.

At the tournament MES Cairo hosted, we were able to enter three teams which is a record number of players for netball.

The quality of netball that all students performed on the court

was outstanding. The most exciting part of the season was seeing the students find a new passion for a sport they've not been a part of before. The team had an overwhelmingly positive attitude for netball. They wanted to train more, play more and learn as much as possible. Although they didn't win all their matches, this didn't dampen their positivity. Oftentimes coming off the court, sharing positives they saw from their teammates and even their opponents with a general buzz of excitement. The girls should feel incredibly proud of their achievements this season. They have represented MES Cougars well both on and off the netball court.



Cougars Basketball

All players keep progressing and improving week after week. After working on some essential skills, our players have recently had more game time both in training sessions and tournaments. Last month, Cougars Basketball Boys participated in the U-11 Egyptian Games and showed a clear improvement. During the tournament, we faced teams that we had faced earlier in the year, and according to both results and feelings, the progress is evident. The girls Team that is showing great improvement in the training sessions, could not attend this tournament, however we look forward to potentially facing other schools in friendly competition in the future. We have a young team and we are very optimistic about the future if we keep the good work and commitment.



Girls Football

What started as a group of girls coming together for afterschool football, culminated in MES Cairo Cougars being represented by three girls' football teams at the Egyptian Games competition held at BISC. It was fantastic to have so many girls interested in playing and representing the MES Cairo. In both competition and training the girls represented their shirts and their school with pride, passion, and determination. The year six girls were exemplary role models for Year five, and solid foundations and expectations have been set for next year's MES Cairo Cougars Girls Football squad.

Boys Football

The boy's football team have had an excellent season so far and have shown real signs of progression across all areas of the pitch. Whilst our attack did not quite click in our first couple of fixtures, our defence stayed solid and ensured we remained unbeaten. By putting in some hard work on our finishing in training, the goals soon began to flow and we went on a great run. This culminated in our Egyptian Games tournament victory here on home turf, a proud day for all involved. The whole squad has had a positive impact on our journey this year. An incredible twenty-one different players have represented the team in competitive fixtures this year, and every individual has made a difference both on and off the pitch. We have shown an impressive team spirit and created some great memories. I look forward to seeing what else we can achieve this year!

Cougars Swimming

The swimmers have worked tirelessly in the pool this year to develop their fitness and technique in a variety of swim strokes.

The hard work each student put into these sessions was demonstrated by some fantastic performances at the two Swim Gala's that took place at BISC and ISC-Choueifat. Some notable performances came from Zeina Salem and Malik Abdelrahman.

There was also success in the boys relay race who took a brilliant second place finish. Well done to all competitors who have been part of the Cougars swimming this year.

Mr J Vaughan - Head of Primary PE

SECONDARY HOUSE NEWS

Wow! What a varied amount of exciting activities there have been since the previous MESsenger magazine. Special thanks go to your Heads of Houses; Ms Walker (Amun), Mr Ehaib (Edjo), Ms Freeman (Kheper) and Mr Romaniewicz (Selket) who have been at the forefront of everything!

End of Term Quizbowl

On Monday 19th December Year/Grade 7 and 8 students excitedly entered the theatre in anticipation of the first live Quizbowl in two years. Selected students representing each Year/Grade for each House took to the center of the stage and competed against each other in one of the four topics; World Cup, Movies & Shows, Brainteasers and Countries & Capitals. All four Kahoot Quizzes were highly competitive with some questions from each topic proving to be highly challenging. Congratulations go to the Amun Y/G7 team who came first in Brainteasers and the World Cup quizzes. Special shoutouts also go to the Kheper Y/G8 team and Selket Y/G7 team who came first in the other two quizzes. The audience was amazing throughout the event, cheering on their House mates, providing tips while at the same time taking part in their own Quiz trying to identify all the images that were present in each Kahoot question. Overall House AMUN were the victors!

Break Activities

During a cold Winter's break in January students in each House jumped to the challenge and participated in the Basketball Free Throw competition. Each House tried to score



as many baskets as possible from their allocation of ten, hoping to score more than the House that they were competing against. House Selket proved to be the ultimate masters with the most victories overall! Such excitement was generated that further Basketball competitions and sports activities will be prevalent in Term 3 and the years ahead.

During Book Week, students searched corridors and the yard for small laminated books and deposited them into their House boxes. Team Kheper showed off their scavenging skills and found the most books. Thanks go to Ms Hice, Ms Adi and the English Departments for organising this event.

Grabbing their Joy Cons and moving to the motion, students faced off against other House in Nintendo Switch minigames that included running, climbing, barrel rolling, baseball swinging and dancing to the beat. Team Edjo showed their skills and were worthy winners.

More than Twenty Year 7-8 students entered the annual chess tournament, striving to be MES Cairo Chess Champion 22/23. Brains were racked, nerves held and the tension was immense as students calculated and plotted ways to "Check Mate" their opponent. Hats off to all students who entered the competition and a warm congratulations to Ebrahim Shaher (Y8R) from House Selket who won all five of his matches and was victorious.

Keep Egypt Warm and Kindness Week

Once again students earned one point for their House for every item that was donated to the Keep Egypt Warm Campaign. Overall Amun students donated the most items!



Ed Sheeran once insightfully said “Be nice to everyone, always smile and appreciate things, because it could all be gone tomorrow.” Hence, for Kindness Week the House boards showcased student and staff Smiling selfies to brighten up the days of all of those wondering by. Massive thanks to all who took their time to submit a selfie and kudos to Edjo students and staff for being the House of Smilers.





Current Standings

Currently only 100 points separate Amun in 4th place and Edjo in 1st place with Kheper and Edjo tied somewhere in between. Be sure to take part in as many activities as possible and represent.

Mr T Kasmani - Secondary House Coordinator



International Award at MES Cairo

This year saw a high number of students committing to the International Award. Several have now successfully completed both their International Award Bronze Practice and Assessed expedition. Then they worked on the Online Record Book to add their Physical Logs, Skills, and Voluntary Service components of the course.



BRONZE AWARD SUCCESSES

Congratulations to the following students who have successfully completed their Bronze International Award. They have shown a high level of commitment, organisation and the determination needed to be successful.



Judy Habib
(Y10R)



Emily Sigalas
(Y11G)



Zain Elsayed
(Y11G)



Selim Younes
(Y11Y)



Ezz Eldin Abuelezz
(Y12Y)



Karma Abougabal
(G10R)



Nour Kamel
(G11G)



Mariam Awad
(G12B)

This incredible achievement adds value to a student's portfolio and helps students to stand out when applying to their chosen universities.

Practice and Assessed Expedition

Students began the first day learning about packing their kit including tents, water and food supplies before heading to Wadi Degla. Students worked together showing good communication and team work to complete the challenging 18km hike before setting up camp for the night. After a cold night with not much sleep, day two was another feat to be conquered and ended in 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. 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.



Taking part in the IA expedition hikes has been a tremendous eye-opener. I observed and studied the human impact on the environment, which urged me to be more conscious of the issue on a global scale. Being part of this also allowed me to improve my collaborative skills, which I've always needed to work on. Overall, being a part of this camp has given me so much in return as well as being fun!

Norhan Hussein (D11Y)



My experience on the International Bronze Award was one of a kind. It was one of those experiences where I was pushed out of my comfort zone, but in the best way possible. I was able to make new friends, work with them well, and experience events that brought us closer together as a group. Hiking is an unusual activity for me that I do not do very often, so being able to hike 32 kilometers within 2 days made me feel empowered and confident. Along with the support of the teachers that were with us throughout this experience, I can confidently say that it was an unforgettable weekend. This is something that, if I got the chance to, I would do again.

Hana Mahmoud (G11B)

The International Award Bronze Expedition in Wadi Degla was a truly unforgettable experience in my opinion. As I hiked through the canyons and climbed the steep cliffs, I was persistently challenged both physically and mentally. The hikes were tiresome, but the breathtaking views of the desert landscape made it all worth the effort. Luckily, I also had the opportunity to practise essential survival skills such as cooking and pitching up tents. Overall, it provided me with an overwhelming sense of adventure and a newfound respect for the natural world.

Omar Magdy (Y11Y)

International Silver Award in Cyprus 2023-2024

We have been in touch with the team in Cyprus to plan the Silver Award for the next academic year it will hopefully take place in March 2024. Students who have successfully completed their Bronze this year it will hopefully will have the opportunity to move to the Silver Award in 2023 - 2024.

Mr Y Al Kaabi - International Award Coordinator



SNOW SPORTS TRIP 2023

This year we were able to offer students from Year/Grade 8 and 9 the opportunity to visit Crans Montana in Switzerland for a week of snow sports. We had an overwhelming amount of interest for the trip. Therefore we offered two trips to accommodate all students.

The main focus of the trip is for our students to learn and/or develop their skiing skills. They spent a total of five days skiing on the mountain as well as participating in a variety of other snow activities.

Trip 1 **Saturday 4th March - Saturday 11th March**

The outgoing journey was smooth as we traveled from Cairo International Airport to Geneva Airport in Switzerland. On arrival we were greeted by a member of the Les Elfes team who traveled via coach with us, as we set off in search of the mountains.

Students spent the first couple of days on the beginner slopes, developing the basic skills and the necessary safety knowledge needed for mountains. For many it was their first time skiing and it is safe to say our students definitely demonstrated resilience for the amount of times they had to pick themselves up and carry on.

By day three all of the groups had moved on from the beginner slopes and were skiing up the mountain. The conditions were tough as there had been little snowfall over the past 2 months. This meant that the ski slopes really challenged our students' capabilities. This did not however hinder their spirits and they did a great job at developing their skills.





Trip 2

Saturday 11th March - Saturday 18th March

The second group of students were extremely excited for the trip, having spoken to their friends that attended the first trip, they had a good idea of what was in store.

On day one the students had a fantastic morning on the beginner slopes, with the instructors commenting on how impressed they were with the progress they were making in such a short amount of time. So much so that by the next day all of the groups had progressed and were skiing up the mountain on the more difficult slopes. This did come with its challenges which may have resulted in students opting for sliding down the slope instead of skiing down.

As a result of the heavy snowfall from the past few days the students were extremely lucky with the conditions they had for skiing. This, combined with our students' determination meant that they were all making great progress. By the end of the week, albeit with a few bumps and falls, all groups were able to ski back to the chalet.



Additional Activities

In addition to skiing, students from both groups participated in a variety of activities throughout the week. The first group enjoyed sledding whilst the second group humoured one another by attempting to ice skate. Other activities included bowling, hiking, visiting the glacier, climbing, cinema, chess tournaments, trampoline park, snowball fights and shopping. It was great to see our students trying out new experiences, encouraging each other, growing in confidence and building stronger friendships.

Both groups demonstrated respect, resilience, curiosity and a great deal of enthusiasm. I am confident that the memories our students made on this trip will be something they will cherish forever.

Ms L Shepherd - Secondary Athletic Director

Senior Trip 1



Merci no gracias **Seniors pay homage to Catalonia,** **November 2022**

The proximity of Catalonia and its principal city, Barcelona, between the rest of Spain and the French border has made for some unique merging of cultures, as experienced by Senior MES Cairo students last November. Not least is the usage of a sprinkling of French words into the local dialect of Catalan. It was quickly appreciated that a reversion to the language of Castile may not be so welcome in these parts!

It was with this newly acquired empathy for local customs that MES Cairo Senior students began to explore the Barri Gòtic (Gothic Quarter) on their first night in Barcelona, which culminated in a tour of its medieval streets, encompassed by ancient Roman walls. It was here that, as a visitor, one first realised the true complexity of the city's identity with a vision of hope for the future, adjacent to some of the dark revelations from the past. As brightly coloured independence flags fluttered high on balconies in the cold November air, attention was turned towards the more chilling inscriptions on the 15th century stone walls beneath. As students read them aloud, they identified the names of people, only to be informed by their guide they were reading gravestones of the victims of the infamous Inquisition. Poor unfortunate souls, whose tombs had been desecrated and robbed for building material in one of Europe's most shameful chapters of history. The night suddenly turned blacker, but there was a sense of realisation that the pathway to a truly brighter future for Barcelona would involve transparency about the ghastliness of its past.

The following morning, our student athletes were especially excited and bouncing with anticipation as they breakfasted on churros and tortillas before departing from their centrally located hotel for probably the most popular expression of Catalan nationalism, at Camp Nou. They cherished this golden opportunity to tour the stadium of FC Barcelona, treading in the footsteps of legendary players including Messi, Maradona, Cruyff and 2022 Ballon d'Or Féminin winner Alexia Putellas. In fact, the Barça Femení team had cemented a victory over FC Bayern Munich the previous evening in front of 47,000 spectators. Even though the Nou Camp was nowhere near capacity on our visit, there was still a sense of wonder and an even firmer sentiment that this was more than a big football club. It was the identity of Catalonia and an expression of its success on the world stage, but also of its inclusivity and reach to hundreds of millions of adoring fans, including a few Egyptian ones strolling its passageways open-mouthed! The recovery to that came in the form of a tax breaking afternoon shopping session at La Rocca Village.



In 1992 Barcelona hosted the Olympic games and although this pre-dated the births of even our oldest seniors, on the third day of their visit MES Cairo students were given a scenic bus tour of the still much appreciated facilities of the Olympic sites. They learned how this edition of the games was significant from the moment paralympian archer Antonio Rebollo lit the torch, including the return of a unified Germany and a multicultural South Africa.

It was in honour of the 'Father of Catalan Modernism', architect Antoni Gaudi, the rest of the day, (and one could say the entire visit) was dedicated to. Art students were not the only ones to be completely mesmerised and enthralled by the experience of the Park Guell with its organic configurations assimilated in harmony with the surrounding nature. This was followed with a pass-on of his House of Bones and La Pedrera (Stone Quarry), two unique world Heritage Sites.

The culmination of our appreciation of the architectural triumph in Barcelona had to be the tour of the world renowned and still under construction La Sagrada Familia. Words cannot convey the encounter with this wondrous basilica, except to recall the look of amazement on the faces of students bathed in the natural brightly coloured illumination from Gaudi's masterpiece.

An early evening ride on Segway transporters offered a chance to reflect on such a memorable day. On reaching the harbour there was a strong connection with home as we gazed out at the Mediterranean Sea. Egypt didn't seem far away at all.

The final full day of the trip was occupied with the excitement of PortAventura, one of Europe's leading theme parks and included entry to Ferrari Land. The journey through Barcelona's incredible history and culture had finally concluded, fittingly, in such a modern setting. We are so grateful to this wonderful city for reminding us of the importance of cultural diversity, freedom of expression and of course the joy of travelling. Merci Barcelona!

Mr S Perry – Science Teacher, British Section



Senior Trip 2

BARCELONA OTRA VE2! BARCELONA

Our third and final senior trip to Barcelona was a great success. Students thoroughly enjoyed visiting Las Ramblas, the Gothic Quarter, Playa de la Barcelonetta and Camp Nou. For many of our students Camp Nou may be more than a club just like MES Cairo is more than a school. Can you see MES in the background?

Our adventures continued with touring the Basilica La Sagrada Familia while engaging in symbiotic virtual learning led by tour guides. Students marveled at how Gaudi's magnificent sculptures and architecture were inspired by nature. We also visited Parc Guell where we were reminded that sustainable energy has been a global concern throughout time.



We were also able to enjoy some time up in the forest canopy as we climbed and ziplined through the Barcelona countryside. The Senior students had a wonderful time and created many memories to carry with them when they leave MES Cairo.

Dr J Cates - Dean of Students G11 and G12 Mr N DeSouza - Assistant Head Y11 and Y12



Senior Trip 3

A Trip to Remember: Exploring Rome and Florence

In March, a group of lucky seniors from our school had the opportunity to embark on an unforgettable four-day trip to Rome and Florence. From the rich history of Renaissance Rome to the magnificent art at the Uffizi Gallery, every moment was a once-in-a-lifetime experience.

On the first day, we explored the wonders of Renaissance Rome. Our tour guide took us to some of the most iconic landmarks, including the Pantheon and the Trevi Fountain. We also visited the Spanish Steps, where we saw the Church of Trinità dei Monti and the Barcaccia Fountain. The architecture and art in this area were breathtaking and the gelato delicious.

The second day was spent at the Basilica of St. Peter in the Vatican. The grandeur of the church and the stunning art inside was incredible. The knowledge of our guide only added to the experience as they explained not only the significance of the art, but also the rich history of the Catholic church. We saw the famous sculpture of Madonna della Pietà by Michelangelo, which is one of the most impressive marble sculptures from the artist.

On the third day, we travelled to Florence to explore the old city and Uffizi Gallery. We walked along the Arno river and visited the Piazza della Signoria, where we saw the famous statue of David by Michelangelo. We also visited the Basilica di Santa Croce, a beautiful church that houses the tombs of many famous Italians, including Michelangelo, Galileo, and Machiavelli.

At the Uffizi Gallery, we got to see awe-inspiring works of art by some of the greatest artists in history, including Leonardo da Vinci and Botticelli. We saw Botticelli's *The Birth of Venus* and *Primavera*, which are two of the most famous paintings from the Italian Renaissance. We also saw da Vinci's *Annunciation*, his earliest work.

On day four, we visited the Colosseum, one of the most impressive structures from ancient Rome. We walked around the amphitheater and learned about its history and significance. We also visited the nearby Arch of Constantine, a triumphal arch that commemorates a significant victory in Roman history. In the afternoon we visited the Roman Forum, which is a large area in the center of Rome that was the center of political and social life in the ancient city. We walked through the ruins and learned about the history of the area. We also saw the Temple of Saturn, which is one of the oldest temples in the Forum.

Overall, the four-day trip to Rome and Florence was an incredible experience that our seniors will never forget. We learned so much about the history and culture of two of the most beautiful cities in the world. We're grateful to our school for giving us this opportunity and hope that future students will get to experience this amazing journey too.

**Mr B Rainford - Assistant Headteacher
and Ms C Downey - Deputy Headteacher**





Model United Nations

Earlier this year, we had the honor of attending and participating in the 15th annual PRAMUN conference held in the Czech Republic. This trip was one of the most memorable experiences we've had over the past few years as MES Cairo students. We met new people, made international friends and created memories that will last a lifetime!



Debating with students from different countries was quite a refreshing experience as it helped us see their perspectives regarding real-life issues that presently threaten our generation, while proposing solutions on how to solve them. The discussions we took part in during our committee sessions were very informative as they helped share various outlooks regarding the future of digital security and cyberterrorism.

As the delegates of Turkey in both the Cybersecurity Committee and the Economical and Financial Committee, the two of us were able to draw links between both committees by discussing the effects of cryptocurrency scams on Turkey's economy and how virtual tools can be implemented to try and reduce the amount of cryptocurrency scams that occur in the country. Ending the conference, we all participated in the General Assembly where multiple students from our school were chosen to present their committee's resolution.

In addition to the conference sessions, we embarked on several tours through the stunning city of Prague, visiting many historic landmarks that are over six centuries old: gothic cathedrals that dated back to the 13th century, iconic graffiti walls such as the renowned Lennon wall, and the crypt beneath the Church of St Cyril and Methodius where valiant Czech freedom fighters gave up their lives fighting to liberate Czechoslovakia from the German occupation during World War II.

Casually strolling down the snow-ridden streets of Old Town Prague while the frosty January wind struck our faces was a wonderful and enriching experience. These tours aided our exposure to Czech's rich history and its distinct culture. Overall, it was an astonishing trip where we made memories that will last a lifetime. From trying traditional folk dancing to speaking in front of hundreds of people from all around the world, we all agree that this was the trip of a life time.



Yassin Tarek (Y11R) and Zain Elsayed (Y11G)

National Honor Society

Workers' Iftar 2023



On the evening of Monday 27 March our school's chapter of the National Honor Society (NHS) and National Junior Society (NJHS) held and organised their annual Workers' Iftar. Getting to know and give back to the people who work to enrich our experience at MES Cairo makes this event extremely special to our community. Current members of the NHS and NJHS gathered and worked together to ensure the success of the iftar. The workers' iftar allowed us students to show

our appreciation to the 200 workers at MES Cairo, by setting up the venue, serving the food, joining them for iftar, and cleaning up afterwards. After eating, we got to speak to the workers and got to know them better.

To ensure that the iftar went smoothly, we were split into stations where we worked together to organise everything in time for everyone to eat. Groups of students worked together efficiently to help get everything done. One station served dates to each table, one station prepared tea, and one station was in charge of sugar and distributing Ramadan drinks.

Once we finished setting up, it was time to prepare the meals. We worked effectively together, with some students serving the meal and others distributing it. Seeing the workers' happiness as we offered them the food and wished them an enjoyable Ramadan was a great highlight of this event for me. After the iftar, four students delivered speeches of gratitude to the workers in attendance. Their words reflected the appreciation of all MES Cairo students for the bus drivers, bus matrons, cleaning and maintenance staff that work tirelessly to help our school run as well as the spirit of giving and gratitude that characterizes Ramadan in Cairo.

"It was truly the highlight of my Ramadan and NHS experience this year. It was a great way to give back to our MES Cairo Family and to be able to connect with the staff who work extremely hard for us as students every day. I had an amazing time and can't wait to do it again next year." **Lina El Hilaly (DP11R)**

"The workers at MES Cairo are some of the most giving and genuine people I have met, and so it was great seeing them being taken care of by us and seeing them outside their work habitat. I was able to sit down and talk to each group individually, and thank them for their help and support all year long." **Hana Mahmoud (G11B)**

Laila El Moallem (G10R)





Seasonal Concert

December 2022

This academic year MES Cairo presented a Seasonal Concert like no other. Over 500 students participated in our spectacular celebration of this wonderful season. The concert was staged outdoors on the school field.

Parents, teachers and guests started arriving at 5pm. They were astounded to find Yard 3 transformed into a magical winter market filled with festive decorations and glistening lights. Visitors strolled through the magical Winter market, enjoying the food and craft stalls. Santa and his helpers had set up our wonderful Santa's Grotto before the first visitors arrived and our youngest students were able to have their faces painted by our talented Seniors who were hosting the Seniors stall.

At 6 pm the stage started a rotation of performances by instrumental soloists from our MES Cairo Arts Academy, as well as our Year 10 Rock Band, coordinated by Mr G Thomas (Head of Expressive Arts, British Section). The Year 10 Rock Band of Adam El Hady, Omar Assal, Louay Habibi and Ali Taha (Y10Y) set the festive atmosphere for the event when they opened the show with their rendition of Merry Christmas Everybody by



Slade. Throughout the intervals we enjoyed listening to the performers from across the Secondary Sections, Michael Zaher (Y7R), Judy Ahmed (Y9R), Salma Abdelaal (G8G), Kenzy Gohar (Y7G), Hassan Motawea (Y9Y), Malak Nosseir (Y9Y), and Judy Gonhiem (Y9Y).

With Ms Ghada Dajani and Ms Singleton compèring the show, we were guided through the set throughout. After sunset, we enjoyed a delightful performance by our youngest students in FS1, who sang Snowflake, Snowflake and I'm a Little Snowman with great enthusiasm. They were followed by FS2 who sang Jingle, Jingle, Little Bell and Icy Toes, Chilly Nose.





Year 1 arrived on stage with great excitement as they had been practising hard and were keen to show us that they knew all the words of, He Has a Red Red Coat and Decorate the Christmas Tree.

Soon we were entertained by our Year Two singers who gave uplifting renditions of Up on the Housetop and Santa Claus is Coming to Town. Little did they know at the time that Santa really was on his way...!



Primary Students then presented the much loved poem - The Night Before Christmas.

Directed by Ms Nissan (Deputy Headteacher KS1), students reenacted the story of how a group of mice and a family were awoken on Christmas Eve by the sound of reindeers up on the roof. Much to their surprise, who should arrive but Santa, down the chimney, all covered in soot. Much to the delight of the children he left the presents under the tree and filled their stockings before disappearing up the chimney, wishing the audience a Merry Christmas.

Then to the amazement of everyone Santa suddenly did arrive, sweeping across the stage and waving to the audience as he passed by, driven not by reindeers ... but in a Tuk Tuk! He was followed by his two faithful elves who had been left behind. Santa's flying visit had the whole school in a state of great excitement. There was a lively buzz of anticipation as Year 3 arrived on stage to sing their song: All I want for Christmas is My Two Front Teeth. They performed the actions in perfect time with the music.. After Year 3 came the Year 4 choir, again showing perfect pitch and timing in their performance of Cold Snap and Rockin' Around the Christmas Tree.

The Year 5 and 6 Choir entertained the crowd next with Winter With You and I Wish It Could be Christmas Every Day. We really



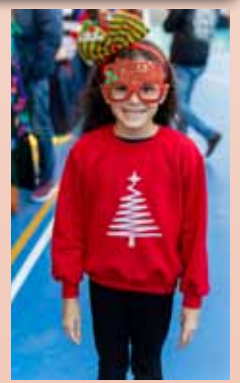


did wish it could be Christmas every day when we then heard them singing Let There Be Peace on Earth in beautiful harmony with the Staff Choir, the CAScade Choir and the Secondary High School Choirs.

The Secondary Choirs continued to make an impressive sound with their performances of Mister Santa (CAScade Choir), Winter Fantasy (Choir 1), Jingle Bell Dash (Choir II/III/IV). These glorious performances were moving and dramatic, serving as a wonderful build up to the finale pieces which created a powerful sound as the choirs sang out loud across the winter sky. Joy to the World, Silent Night and finally, We Wish You a Merry Christmas.

We would like to thank our talented and dedicated Primary and Secondary Music staff and all the supporting staff musicians for bringing the whole of the MES Cairo family together to enjoy this heart warming concert on our stage.

Ms T Nissan and Ms S Sheehan - Deputy Headteachers



WHERE IN THE WORLD IS OUR MESSENGER!

Members of the MES Cairo family take the MESsegner all over the world to enjoy reading during the holidays. They also like to share the MESsegner with family members who live far away, so that they can read all about our exciting activities and events here at MES Cairo.

The staff pictured below enjoyed reading the last edition of the MESsegner over the winter break.



Can you guess **where** each one is?

Please email your
answer A-H to
pandm@mescairo.com by
10 September 2023



MESMERISED



MESMERISED



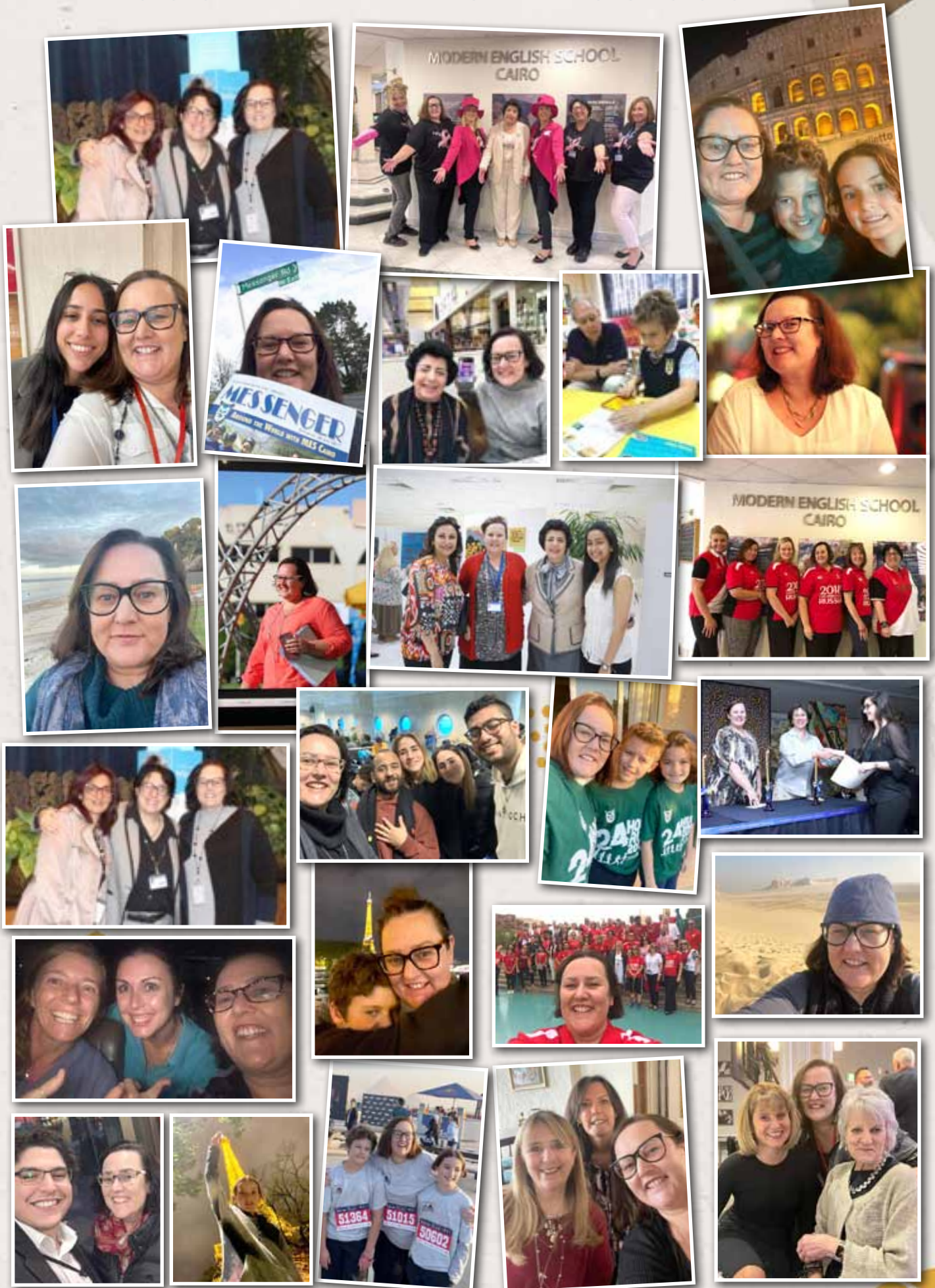
MESsenger 72 Team

Ms E Mahmoud, Ms N Ezz, Mr M Ali, Ms S Sheehan
With special thanks to Mr S Mohy for Design

"HAERE RA AND KA KITE ANO"



"GOODBYE AND SEE YOU SOON"





New Cairo, South of Police Academy

Tel: (202) 2618-9600 Hotline: 19836 Fax: (202) 2537-9400

Website: www.mescairo.com

E-mail: mescairo@mescairo.com

Mailing address: P.O.Box 5, New Cairo, Tagamoa Khamis, 11835, Cairo, Egypt

