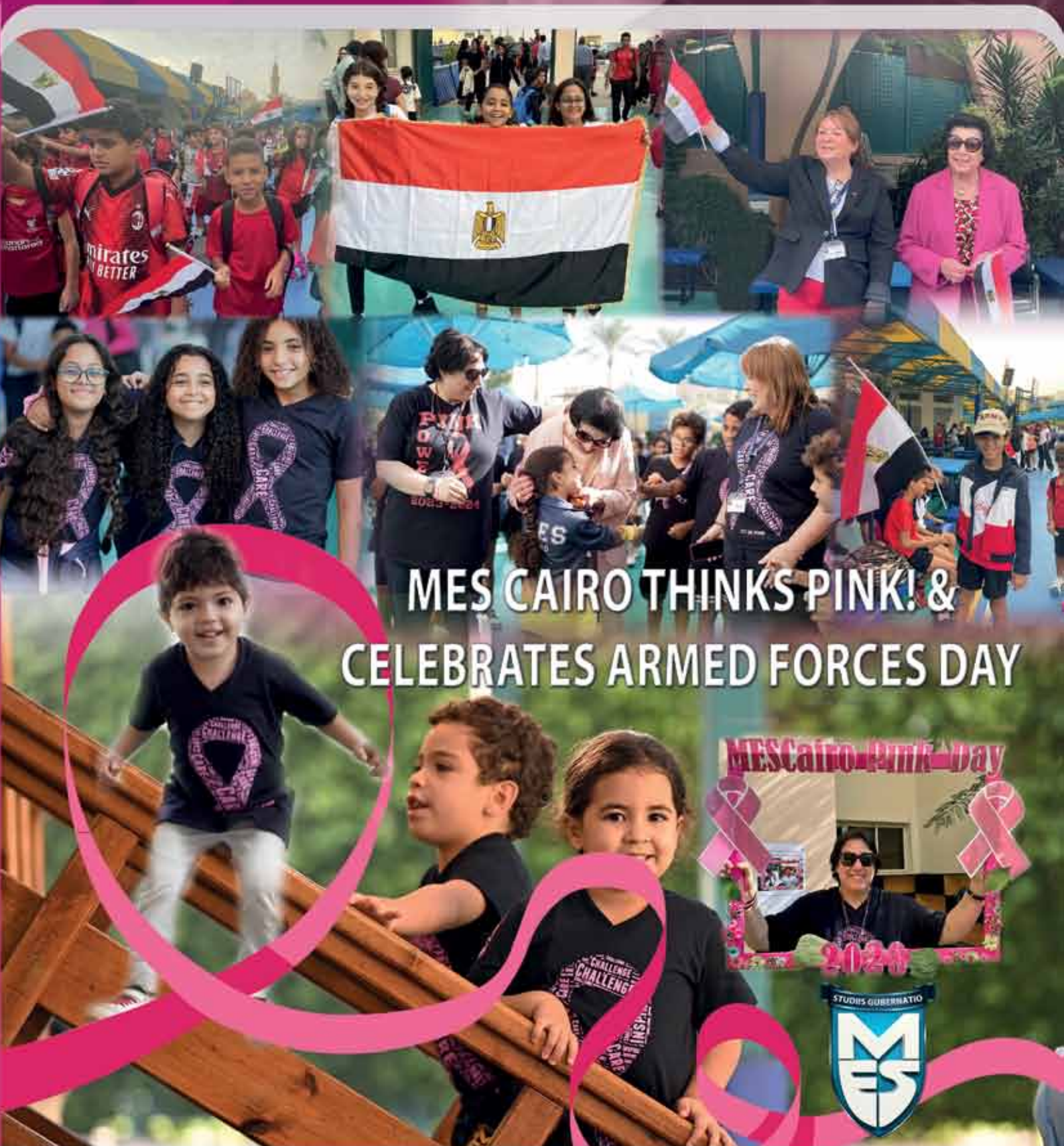


MODERN ENGLISH SCHOOL CAIRO - MAGAZINE

# MESSENGER

EDITION NO. 73 DECEMBER 2023



**MES CAIRO THINKS PINK! &  
CELEBRATES ARMED FORCES DAY**

Examination Results 2023, Pink Day, Keep Egypt Warm Campaign, ASAs, Sportsdesk...and so much more!



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# FOREWORD



MES Cairo is a very busy school, and in every corner of our buildings, there is a hive of activity that we will be able to see for ourselves as we navigate through the pages of this edition of the MESsenger. Back in September the school year was off to a great start with both students and teachers setting their personal goals and looking forward to some wonderful achievements.

The ASAs programmes have been running successfully and the students and teachers have been working really hard across a huge variety of activities. Our Cougars have been participating in many different tournaments and fixtures, across the several sporting disciplines and across the age range, and they have been hugely successful. They always manage to surpass expectations whenever they play on the sports field, playing courts, the gym or pool. We are very proud of them. Our talented musicians have been taking part in the Arts Academy Music Recitals and other prestigious performances and it's so nice to see their confidence levels grow when performing to a large audience.

In October, we celebrated World Teacher Day where we acknowledged our amazing teachers who work so hard to care for, challenge and inspire our students every single day. We also had a day of recognition of Armed Forces Day when staff and students wore the colours of the Egyptian flag. This was a joyful atmosphere which filled our campus as we demonstrated our pride in Egypt's history. It is important to us as a school that we look after our community, and so it was with great pride that we organised a spectacular Pink Day in support of the crucial work that is needed for Cancer research. We are involved in another very worthwhile campaign which is supporting the charity Keeping Egypt Warm. At MES Cairo, we focus on teaching our students about compassion, helping others less fortunate than ourselves and to behave in a selfless and humble manner. We raised a huge amount of money which will make a difference to so many lives. Thank you to everyone for the part they played in this.

Our Primary Pioneers have been preparing for a new and exciting programme this year and have engaged with many team building exercises. We have had several trips out to places such as Base Camp, Coptic Cairo, Snow City and so much more. In addition, right here at school we have held an action packed House Extravaganza, the International Adventure Bronze Camp out on our field and the Secondary Section's sports day. It really has been an industrious place of learning and growing and experiencing new things. How exciting has this term been?

In the classrooms, the students have been focussed on their lessons, and their relationships with their teachers and peers. We have spent time looking at positive behaviour strategies, and encouraging our students to work hard and be kind. The student voice has been very active through our excellent student councils across the whole school, our senior mentors and our National Honors students. Our students across the sections are developing into articulate and compassionate young people who represent MES Cairo so aptly.

As the term draws to a close, we are already looking ahead to Term 2 which has a plethora of events that are already on our calendar waiting for us. What we offer here, in terms of our rich and diverse curriculum, and all the wonderful opportunities for the students beyond the classroom, makes MES Cairo a very special family to belong to.

**Ms M Midwood - School Director**



# GRADUATION AND COMMENCEMENT CEREMONY CLASS OF 2023



A beautiful June evening in Cairo was the perfect setting for this year's much anticipated MES Cairo Graduation Ceremony - the 21st Ceremony to be held at our school.

Mrs Nicola Singleton (our previous School Director) introduced the Class of 2023 and the air was filled with the sound of Fanfare for the Common Man by Aaron Copland. The Class of 2023 entered the Graduation arena in a processional march, walking confidently towards the stage where they would receive their final school award, the graduation diplomas and certificates. Once they took their places, the audience stood for the National Anthem of the Arab Republic of Egypt which was performed beautifully by the Primary and MESConian Choirs.

Reem El Sabagh (DP12R) then took to the stage and read a verse from the Holy Koran.

This was followed by a musical feature in Arabic: Sohab Omry (by Basata Band) which was performed by a combined group of young and much older members of the MES Cairo family, all together in our newly formed Primary and MESConian Choir. In the lead up to the Ceremony, all of our alumni were invited to join us at Graduation to perform a rendition of this uplifting and heartwarming song. Our MESConians did not disappoint as they signed up for the choir with great enthusiasm and, together with our KS2 singers, they made a wonderful sound.





It was soon time for the highlight of all our Graduation Ceremonies as Mrs Sawsan Dajani (Chairman of the Board), took to the podium to give her farewell message to the Class of 2023. She first congratulated them before asking them to be present, and relish this very special moment. Mrs Dajani then explained that she would share her “recipe for wisdom”! The silence was palpable, as everyone present was very keen to learn from her. We were delighted by the possibility that we would be told her secret recipe at last! Not only is Mrs Dajani an outstanding cook, but she is also incredibly wise, and we are all witness to this incredible wisdom that has inspired us all.

### A Wise Recipe

“Sharing my wisdom is my responsibility to you, especially when we, together, embark on this night of farewells. I believe the recipe for all wisdom is:

- A pinch of all the mistakes you have ever made and learnt from;
- A spoonful of reflection and sometimes, remorse;
- A handful of good memories and the time it takes to build them;
- And finally, a warm serving while sharing it with others.”



This is wisdom indeed and the words had an immediately calming and peaceful effect on all present, as we were reminded that failure teaches us to grow and that we should be self-reflective and focus on the positive features of life.

“I hope that over the years, we have taught you to look forward to new challenges, to honour those in your life with love and thoughtfulness, to share knowledge, to realise and accept that actions have consequences, to hold on to your beliefs, defending your points of view while maintaining respect and appropriate boundaries, and to learn from every opportunity, and use it to help others. Seeing you out in the world in the years to come, meeting alumni on the airplane, or on the streets of foreign countries and generally in the most unexpected of places ... is one of the greatest joys of my life. It makes me proud to have contributed, in some way, in raising you and educating you and in preparing you to lead the world to come.”

### Dr Maya Morsy - President of Egypt's National Council for Women

Mrs Dajani received a rapturous response from her delighted audience, as she concluded her speech and fulfilled her promise to share with us her secret recipe of wisdom! She then introduced this year's Graduation Guest Speaker, Dr Maya Morsy, President of Egypt's National Council for Women. Dr Morsy obtained a BA in Political Science from the American University in Cairo and, from City University of Seattle, both an MBA and an MA in Public Administration. She went on to receive a PhD in Public Policy from the Institute of Arab Research Studies in Cairo. Dr Morsy is the third and the youngest President of the National Council for Women since it was established in the year 2000. In that capacity, she is also Head of the Executive Council of the Arab Women Organization, current President of the Ministerial Council of Women Development Organisation and Chair of the Executive Bureau of the Women Development Organization within the Organization of Islamic Cooperation. Before being appointed to her present position, Dr Morsy served as the Regional Gender Team Leader (responsible for the Arab Region) for the United Nations Development Programme in New York City. She also served as the Country Manager for the United Nations Development Fund for Women.



"Ladies and Gentlemen, it is with tremendous honour that I introduce Her Excellency, Dr Maya Morsi, President of Egypt's National Council for Women. Dr Morsi is one of the best public policy experts on social gender in Egypt and even in all of the Arab world."

**If you choose to shine, your light will be undeniable!**

Dr Morsi expressed her pride at being invited to speak at MES Cairo's Ceremony. She reminded the students of the endless possibilities and potential in each and every one of you... I want each one of you to have a journey and a story worth telling to other students at their graduation ceremony one day.



Dr Morsi praised the parents of the graduates and asked them to give their families and teachers a wonderful standing ovation. In return the parents also gave a standing applause to the graduates and also to Mrs Sawsan Dajani, "the real iconic figure behind us all". She thanked Mrs Dajani for "what you are doing for Egypt". The graduates were also reminded to cherish their childhood friends as "this kind of bond is irreplaceable". Dr Morsi gave a wealth of advice to our students, who were intently listening to her every word. "I know that this school has given you a lot and I also know that you were challenged every day, that you have worked very hard and that you have overcome many stumbling blocks to make it here today. I am not here to promise you an easy future but if you have the will, you might actually enjoy the journey and embrace every step. You will not always know what to do. I am lucky that I knew that I wanted to work for the UN. I am happiest when I know that I can help change one woman's life in my country or save one girl's future. I was lucky to meet my dream of protecting women's rights. Class of 2023 you are also lucky... you are the Chat GPT generation! Do utilise the tech but don't forget to always have your unique style printed upon your work. As a young graduate from MES you have the passion for dreaming big and for changing the world. You're equipped with the education and self-belief but to eventually win you have to go deep and learn the science behind your future craft. Your confidence and determination radiates, don't fall into the trap of questioning your capabilities. If you choose to shine, your light will be undeniable!

Dr Morsi's superb speech was followed by another musical feature: You Lift Me Up (Goransson) performed by the Secondary Choir and Staff Choir. It is always exciting to see members of the graduating class singing in the choirs and this year was no exception, as their bright blue gowns and distinct yellow sashes filled the enormous graduation screens, making sure that not a moment was missed by our delighted audience.

It was time to hear the thoughts and words of our very own graduating class. The Class of 2023 Senior Student Leaders gave an arresting address which focussed on the theme of History, and the lessons that can be learned from our history in



order to improve our future. Fatima Abbady (Y12), Mariam Awad (G12), and Youssef Elbanhawi (DP12) spoke with eloquently and with great impact, engaging the audience as they told the story of the history of the Class of 2023 and expressed the shared sentiments of the whole cohort.

The Student Leaders' speech was very well received by the audience; it left us feeling that we had also played an important part in the history of the Class of 2023. Each and every one of us felt a tremendous sense of pride, whether we were their teachers, family members or friends. The speech was followed







by another excellent performance, this time the song was Unwritten (Bedingfield) performed by the combined Secondary Choir and Staff Choir.

### Presentation of High School Diploma and Certificates

It was the moment we had all waited for. Ms Ghada Dajani (Managing Director) took to the stage and, despite the energetic bustle of the late evening breeze, one could still have heard a pin drop! The silence of our united anticipation was potent, until finally the audience erupted in applause as the names were announced and the graduates walked across the stage, each one proudly relishing this special moment in their lives.

Ms Ghada once told me that she practices the pronunciation of each and every name several times before the ceremony. This is a great testament to the value and importance of



each and every individual student in our large and busy school. As each young man and woman crossed the stage, they were celebrated warmly and presented with their High School Diploma and Leaving Certificates by Mrs Dajani, H.E. Dr Maya Morsy, Ms Singleton, Mrs Talbot, and Mrs Pfeil.

Once the awards were completed, Ms Singleton returned to the podium to finally release the Class of 2023 and send them off on the next stage of their journey. Clutching their diplomas and certificates very firmly in one hand (Mrs Dajani herself



had requested it after all!) and with their other hand poised in readiness...they waited on tenterhooks until...at last! Up, up, up into the air the joyful flock of graduation caps ascended. The joy of the moment that they had been advised could not be recaptured with a selfie, the joy of being present and the momentary joy that comes with the freedom of flight lasted for a few special seconds. Then as the caps came down one by one and the reality of the days ahead shone bright, they held onto the moment and kept it safe, as they remembered the recipe of wisdom that was shared with them earlier that evening. They left confident and secure in the knowledge that with "a pinch of mistakes, a spoonful of reflection, a sprinkling of good memories, and a warm serving of love, kindness and collaboration", the joy of this moment would not be lost and could easily be found again, and again, and forever.



"So now, we let you go.. and we send you out into the world with all our blessings..

May you find all that you dream of and work hard to achieve it;

May you have health and happiness.. always;

May you find love and friendship on your journeys;

May God Bless you and keep you safe."

Mrs Sawsan L Dajani

**Ms S Sheehan - Head of IB, Whole School Deputy Headteacher**



# ADVANCED PLACEMENT RESULTS 2023

At MES Cairo, we take pride in the extensive Advanced Placement programme we offer to our American Section students. Advanced Placement courses are college-level courses which our students can challenge themselves by taking in high school. Last year, we reached an all-time high in number of test takers, number of exams taken, and percentage of students achieving a passing grade or higher. Furthermore, we are extremely happy to report that 29 of our students achieved AP Scholars awards at different levels.

There are several different levels of AP Scholars awards as outlined below:

Award	Minimum Number of AP Subjects	Minimum Average AP Score
AP Scholars	3	3
AP Scholars with Honors	4	3.25
AP Scholars with Distinction	5	3.5
AP International Diploma	5 in 5 different content areas	3

As shown in the table above, to be able to achieve AP Awards, students need to successfully pass at least 3 AP Courses in varying subjects. This demonstrates our students' outstanding commitment to challenging themselves to higher level courses and performing consistently across these subjects. The following students achieved AP Awards last academic year:

## AP Scholars

### Class of 2023



Ahmed El Torky



Alia El Aarag



Amina El Boroossy



Hamza Badawi



Laila Bakry



Mohamed El Sherif

### Class of 2024



Abdullah Ahmed  
(G12B)



Alia Saba  
(G12R)



Aly Gaber  
(G12B)



Daniel Samuel  
(G12R)



Sherifa Badra  
(G12B)



Zeina Fouda  
(G12B)



## AP Scholars with Distinction

Class of 2023



Alia El Helw



Mariam Ahmed



Mark Hakim



Miray Wahib



Omar Kansoh



Tarek Abdel Ghaffar



Michael Hakim



Yassin Ibrahim

## AP International Diploma

Class of 2023



Adam Abuelail



Mariam Ahmed



Tarek Abdel Ghaffar



Mark Hakim



Michael Hakim

Mr A Labib - Dean of Students G10-G12, American Section



# International Baccalaureate Diploma Programme

## World Class Results for our IBDP Class of 2023

Once again, our IBDP students at MES Cairo celebrated the great success of achieving 100% pass rate when they received their results last July. All graduates received the full IB Diploma and all secured their chosen places at universities all over the world. The MES Cairo average score was again above the global average this year. Additionally, over fifteen IB subjects at MES Cairo achieved above the world average diploma score!

### IBDP Top Scorers 2023



Youssef Benhawi  
(Class of 2023)  
Design Engineering  
University of Illinois



Reem Sabbagh  
(Class of 2023)  
Physiotherapy - GUC



Lama Torky  
(Class of 2023)  
Marketing and Management  
- University of Sussex



MES Cairo has been offering the International Baccalaureate's IB Diploma Programme since 2006. Our IB students, through their experiences in the programme, develop critical thinking skills, communication skills, study skills and an enhanced ability to adapt and contribute to university life and beyond.

Students from MES Cairo join thousands of others around the world who completed their studies in the IB Diploma Programme this year, and over 1 million others educated by the IB since it was founded 55 years ago.

Olli-Pekka Heinonen, Director General of the International Baccalaureate, said: "I am delighted to congratulate this year's IB graduates. Their achievement in reaching this milestone is wonderful – and many will undoubtedly go on to achieve great things both at university and in their lives. Throughout its history, the IB has prided itself on giving the world many of its great change-makers, and this cohort will no doubt follow in this tradition. It is also exciting to be able to celebrate with students who have been able to experience the full breadth of what the IB has to offer after the many challenges of the last several years."

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

We wish our students the very best and look forward to hearing about their accomplishments in the years ahead.

**Mr B Rainford - Assistant Head/IBDP Coordinator**



Summer 2023 was another great moment for British Section Cambridge Exam results. After a year of challenging work our students rose to the challenge of a hectic summer exam window to achieve wonderful things and realise their undoubted potential.

In KS4, our Y10s produced some outstanding IGCSE results. As a group, Year 10 managed to achieve an incredible 77.9% A\* - C with 29.3% of students achieving A\*-A grades. Notable subject performance in History saw students achieved 100% A\* - C with 57% of those achieving A\* - A. Elsewhere, Computer Science achieved 54% A\* - A.



Karim Aboelsaad  
(Y10B)



Ali Elakaad  
(Y10Y)



Ahmed Kamal  
(Y11B)



Aysel Dwidar  
(Y10B)



Adham Bakr  
(Y10Y)



Omar Moustafa  
(Y10B)



Aly Taha  
(Y10Y)



Ramy Wahib  
(Y10Y)



Louay Elhabiby  
(Y10Y)



Emily Sigalas  
(Y11G)



Yassin Megahed  
(Y11Y)



Omar Haikal  
(Y12G)

Our high-flying achievers in KS4 include Karim Aboelsaad (Y10B) with 6A\*, 1A and 1B; Aly Elakkad (Y10Y) with 6A\*, 1B, and 1C; Ahmed Kamal with 5A\*, 2As and 2Cs (Y11B); Aysel Dewidar (Y10B) with 5A\*, 1A and 2Cs; Adham Bakr (Y10Y) 5A\*, 2As and 1C; Omar Moustafa (Y10B) with 4A\*, 3As and 1B; Aly Taha (Y10Y) with 4A\*, 2As and 3Bs; Ramy Wahib (Y10Y) with 4A\*, 3As and 1C; Louay Elhabiby (Y10Y) with 2A\*, 6As and 1C.

In KS5, our Year 11 and Year 12 students made us immensely proud by achieving impressive results in their AS and A levels. Year 11 achieved 73% at A – C for their A levels with an incredible 29% achieving A. Emily Sigalas (Y11G), Yassin Megahed (Y11Y) and Omar Haikal (Y12G) all achieved jaw-dropping 4As.

In Year 12, this cohort achieved a fantastic 80% A\* - C including 33% A\*. Special mention must be made of our wonderful Student Leader, Fatima Abaddy (Y12R). Fatima achieved an unbelievable 4A\* and 1A. Compare that to the fact that only 210 students took 5 or more A level examinations in England which puts Fatima Abaddy in the 0.1% achievers – Bravo!

Other notable achievers include Moustafa Elfiky (Y12B) with 3A\*; Mohamed Desouki (Y12Y) with 2A\* and 2As; Ziad Ibrahim Zaki (Y12Y) 2A\* and 1A.

A stellar performance from our KS4 and 5 students this summer and we looked forward to further success in 2024.

**Mr E Macaulay - Assistant Headteacher Y10-12, British Section**



Fatima Abaddy  
(Y12R)



Moustafa Elfiky  
(Y12B)



Mohamed Desouki  
(Y12Y)



Ziad Zaki  
(Y12Y)



# IB Schools in Egypt Association (IBSEA) ConnectED 2023

## MES Cairo hosts another successful professional development event to connect Egypt's IB educators

In the realm of education, the International Baccalaureate stands tall, known for its comprehensive and globally-minded approach to learning. At the heart of this system are the dedicated educators who champion its principles, and among them shines our very own MES Cairo Managing Director, Ms Ghada Dajani, a beacon of inspiration and innovation within the IB Schools in Egypt (IBSEA) community. As President of IBSEA, Ms Ghada Dajani, a seasoned educator with a passion for nurturing student agency, spearheaded another highly successful networking event for Egypt's IB educators.

Hosted with exceptional generosity and supported by our guest speaker, Dr Kawther Saa'd AIDin (Recognition and Development Manager, IB) this event has grown over the past few years to become a powerful nexus of knowledge-sharing and professional growth for over 650 teachers and school leaders in attendance. Meticulously organised under Ms Dajani's guidance, the event brought together educators from all over Egypt. Passionately committed to the ethos of the IB, they gathered together to explore and share their understanding of student agency; a concept intrinsic to the IB philosophy.

What sets this event apart is its emphasis on teacher leadership. Through workshops and collaborative discussions about innovative teaching methods, teachers became both learners and mentors as they exchanged insights and experiences.

Supported by the IBSEA Executive Committee and MES Cairo's own IB Leadership Team, Ms Ghada Dajani's vision became reality, as we all worked together to enable and empower educators to lead sessions and workshops, fostering an environment of peer-to-peer learning and growth. Teachers took centre-stage, sharing best practice, innovative pedagogical approaches, and successful strategies to cultivate student agency effectively. The impact of cascading knowledge left educators invigorated, armed with fresh insights and practical tools to use in their classrooms.

Here at MES Cairo we are excited in the knowledge that the impact of ConnectED will reverberate beyond the confines of any one classroom or school, transforming many more of Egypt's classrooms into vibrant hubs where students assume greater ownership of their learning journeys.





The success of the event served as the perfect birthday present for Ms Ghada and as the curtains closed on IB ConnectedED 2023, the legacy of her leadership shone brightly. The participation and contribution of every single member of IBSEA network stands as a testament to the power of dedicated and collaborative leadership. Educators from IB Schools across Egypt are proud to share their steadfast commitment to professional development, as we nurture the next generation of global citizens through the lens of the inspiring IB Mission.



## **IBSEA AGM hosted at MES Cairo by Kawther Saa'd Aldin (Recognition and Development Manager, IBO) and Ghada Dajani, (IBSEA President and MES Cairo Managing Director)**

The IB Schools in Egypt Association (IBSEA) General Meeting was held at MES Cairo on 4th December 2023. It was led by Dr Kawther Saa'd Aldin (IB Development and Recognition Manager) and hosted by Ms Ghada Dajani (IBSEA President).

The meeting was well attended by IB Heads and Coordinators from 46 IB schools. At this meeting, the collective aspirations and concerns of members converged in a unified spirit of progress for all IB Schools in Egypt.

A notable highlight of the AGM was a discussion focussed on IB fees. Attendees also acknowledged the good news that two Heads from member schools have been nominated for election onto the IBAEM Heads Council, a first for Egypt. Their candidacies speak volumes about the calibre and dedication prevalent within the Association, reflecting a commitment to steering the collective towards greater excellence. IBSEA meetings are greatly important as they provide fertile ground for united progress and for exploring collaboration opportunities for member schools.

The AGM's proceedings encapsulated the essence of collaboration, unity, and a shared vision among the IB schools in Egypt Association.

**Ms S Sheehan - Head of IB, Whole School Deputy Headteacher**







## WE CARED FOR, CHALLENGED AND INSPIRED THE WHOLE OF OUR MES CAIRO FAMILY TO BE PINK AND WE RAISED 300,000LE FOR THE BREAST CANCER FOUNDATION OF EGYPT!



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

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



Our whole school theme this school year is CARE, CHALLENGE, INSPIRE TO BE PINK, with our Pink Day T-shirt design was reflecting this. We are actively promoting our school mission, which resonates in the idea of charity. So with the words emblazoned on our Pink Day shirts, the whole school from FS1 to Y/G/ DP12 had the opportunity to pre-order a Pink Day T-shirt and proudly wear it on the day whilst engaging in a range of themed activities and celebrating the spirit of supporting a worthy cause.



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

Our students led and participated in a range of activities to raise funds, including, pink nail painting, pink hair spraying and pink face painting! In addition, our MES Cairo Pioneers held Bake Sales in both Primary and Secondary and hosted stalls of pink merchandise to add to the excitement of the day and generate more fundraising for the worthy cause. Our Senior student leaders promoted the event in advance, presenting their thoughts to the younger students both live





and by video messages during Homeroom and at break times, and as the event got closer, the excitement kept growing.

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

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

Our Primary FS2 Team won the best dressed department prize!

**Secondary Students Create Message of Hope for Pink Day!**



On Pink Day, Secondary students participated in several activities promoting cancer awareness, including a quiz game to check their knowledge. Year and Grade 10 students attended an informative awareness assembly led by Mr B Rainford, IB Coordinator. Throughout the day, students wrote messages to their real life heroes on pink ribbons and earned House Points for participation.

All profits made from the sale of the Pink Day 2023 T-shirt were donated in full to the Breast Cancer Foundation of Egypt on behalf of the MES Cairo community.

**Ms S Sheehan - Head of IB, Whole School Deputy Headteacher**





## MES CAIRO'S 2ND UNIVERSITY FAIR

Our annual University Fair was held in November 2023. Hundreds of students and parents joined us through the evening to enjoy quality engagement with university Admissions Officers in attendance. Visitors were able to consult with Admissions Officers from 19 Egyptian universities as well as 8 international universities. It was a hugely successful event which was attended by students and parents from schools across Cairo. The fair is a great addition to the university and careers counselling service that is an integral part of a MES Cairo education.

Ms Levin, our University Counsellor, stated: "This event, which has grown significantly since last year, was a great opportunity for our students currently pursuing university placements to speak directly with their universities of interest about programmes, requirements, and deadlines, prior to application submission. Beyond this, we did a lot of outreach in our lower Secondary classes prior to the fair to encourage attendance. One of the main goals of our programme is to cultivate and build our university awareness early on so students can prepare themselves adequately for their desired courses of study and career pathways. It was wonderful to see so many students from G/Y 8, 9, 10, and 11 investigating opportunities for study in Cairo and abroad."

**Ms S Sheehan - Head of IB, Whole School Deputy Headteacher**







# MEET OUR 2023-2024 SENIOR LEADERS

Chosen for their standout academics, contributions to the school community and leadership capabilities, the MES Cairo Senior Leaders have started this school year with tremendous energy and a commitment to making their Senior year one to remember. The 2023-24 leaders from the American Section are Abdullah Ahmed (Leadership) and Tasneem Mohamed (Scholarship). Representing the British Section are Zain Elsayed (Leadership) and Dana El-Sharkawy (Scholarship). From the IBDP Section are Lina El Hilaly (Leadership) and Mariam Sallam (Scholarship). These six students have been tasked with ensuring that all communication, events, and activities for their cohorts run smoothly and represent the interests of the Class of 2024 - no small task!

Here is a Q&A for you to get to know each of them a little better.

## ABDULLAH AHMED (G12B) (American Leadership)



**Motto:** Fall forward.

**What is something I know now that I wish I would have known when I was in Y/G 7,8, or 9?**

Time flies by, so take a moment whenever you can to stop, look around and cherish the moment.

**What are you most excited for this year?**

Graduating and beginning a new chapter of my life.

**What is something you've learned that you will take with you from MES Cairo no matter where you go in the future?**

Be curious, try new things, and always give it your all.

**What is a change you hope to make in the world?**

Inspiring others to act upon their dreams.

**What is a quotation you love?**

"If you die today, what ideas, what dreams, what abilities, what talents, what gifts, would die with you?" (Les Brown)

## TASNEEM MOHAMED (G12Y) (American Scholarship)



**Motto:** Always be optimistic!

**What has the best part of your senior year been so far?**

The best part of Senior year so far has been connecting with everyone in the Year group from all sections in the senior yard during breaks and free periods.

**What is something you've learned that you will take with you from MES Cairo no matter where you go in the future?**

Responsibility and leadership are skills I will take with me from MES no matter where I go in the future.

**What are you most excited for this year?**

I am most excited about all the special things about Senior year, like the events and graduation day. I want to make the most out of this year.

**What is a change you hope to make in the world?**

I hope to spread positivity to as many people as possible and at all times so people look forward to doing productive and good things.

**What is a quotation you love?**

"Try to be a rainbow in someone's cloud." (Maya Angelou)

### ZAIN ELSAYED (Y12G) (British Leadership)



**Motto:** Practice makes perfect.

**What has the best part of your Senior year been so far?**

My favourite part of senior year so far is how all 3 sections have gotten closer through the many senior events and trips we have had so far.

What is something you've learned that you will take with you from MES Cairo no matter

**Where you go in the future?**

MES has taught me resilience and diligence; two traits that I will continue to apply wherever my future takes me.

**What is something I know now that I wish I would have known when I was in Y/G 7,8, or 9?**

It's always ok to ask for help. No one is alone on this journey, so make the most of it.

**What is a change you hope to make in the world?**

I hope to make education more accessible to children all around the world. Everyone should have the opportunity to receive a proper education, no matter their background.

**What is a quotation you love?**

"The joy of living is his who has the heart to demand it." (Theodore Roosevelt)

### DANA EL-SHARKAWY (Y12G) (British Scholarship)



**Motto:** If there is a problem with no solution, create one.

**What has the best part of your Senior year been so far?**

Pink Day!

**What is something I know now that I wish I would have known when I was in Y/G 7,8, or 9?**

Enjoy the time you have before your exams start to matter.

What is something you've learned that you will take with you from MES Cairo no matter

**Where you go in the future?**

To always challenge myself.

**What is a change you hope to make in the world?**

I hope to one day help develop technology in third-world countries so they can stand on equal ground with "developed" countries and not be required to rely on Western countries for survival.

**Where do you hope to be next year at this time?**

In my dream college.

### LINA EL HILALY (IDP12) (IB Leadership)



**Motto:** All you have to do is try, without trying you automatically fail without a chance of success.

**What has the best part of your Senior year been so far?**

Senior Dinner

**What are you most excited about this year?**

I'm really excited for our last 24-Hour Run, with joining MES Cairo when I was in FS1 I don't remember 1 year where we didn't have a 24hr run, it's an event I hold very close to my heart so I'm excited but also a bit sad to experience my last one as a Senior.

**What is something you've learned that you will take with you from MES Cairo no matter where you go in the future?**

That I should always work hard and persevere. In my 14 years at MES Cairo there have been many times academically where I felt very lost, hopeless and felt that I was failing, but MES Cairo taught me to always and continue through all hardships to then reach my dreams.

**What is a change you hope to make in the world?**

I hope to find a way to increase the kindness and compassion of the people in the world, especially people's kindness and compassion towards themselves as I believe that is one of the most important aspects of a happy and collaborative society. Furthermore, I also hope to encourage people in the world to be more open minded, open mindedness allows for different people's perspectives to be heard and understood, which I think will reduce tension between different groups of people and to overall make again a more collaborative society.

**What is a quotation you love?**

"Have the courage to follow your heart and intuition. They somehow know what you truly want to become." (Steve Jobs)



## MARIAM SALLAM (IDP12) (IB Scholarship)



**Motto:** Love over fear

### **What has the best part of your Senior year been so far?**

One of the most memorable and heartwarming experiences of my Senior year so far has been witnessing the unity and nostalgia that comes with seeing everyone I grew up with from FS1 wearing our Senior shirts. It's incredible to think about the journey we've all been on together, from our early years of education to this significant milestone in our lives. The Senior-planned events have also been a highlight, as they have provided us with opportunities to celebrate and create lasting memories. From senior dinners to special outings, these events have brought us closer as a Year group and allowed us to cherish our final year together. Each moment has been filled with laughter, joy, and a sense of camaraderie that is truly special. As we approach the end of our high school journey, I am grateful for these experiences that have made our senior year unforgettable, and the experiences that are yet to come.

### **What is something I know now that I wish I would have known when I was in Y/G 7,8, or 9?**

Reflecting on my Middle School years, I've come to realize a valuable lesson that I wish I had known back then: everything truly does pass. In those moments when I was buried under the weight of exams, caught up in drama with friends, or overwhelmed by the challenges of growing up, it felt like those struggles would never end.

### **What are you most excited for this year?**

I'm beyond thrilled to finally apply to university! I've been dreaming about this moment since I was in Grade 5, and I can't believe the time has finally come.

### **What is a change you hope to make in the world?**

I have a strong desire to make a positive change in the world. That's why I am determined to study International Development and Relations. I want to dedicate my career to the humanitarian field, working to help countries develop and supporting those who are in worse circumstances than myself.

### **What is a quotation you love?**

"Challenge the status quo, question societal norms, and dare to dream big. It is through these acts of rebellion and audacity that we can create a world that is more inclusive, compassionate, and fulfilling." (Yes Theory)

**Ms A Levin - Assistant Headteacher, Secondary University and Careers Guidance**

# SENIOR DINNER

In October we kicked off a year of exciting Senior events and experiences with the ubiquitous Senior Dinner. This year was a glamorous affair sailing on the Nile aboard the 'Liberty'. Mr Labib, Mr Rainford and Mr Macaulay were in place to welcome the students at the door.



One by one the cars arrived and out popped the MES Cairo glitterati – that was just the teachers!

The students arrived beautifully presented with huge smiles on their faces. Such was the excitement we managed to set sail only fifteen minutes beyond schedule.

On board we laughed, danced, sang and even had time to celebrate three birthdays! The food was fantastic and there wasn't a single Kofta in sight after the boys got their hands on the buffet. It was a great start to our Senior celebrations for this year and a great memory for us all to share.

**Mr E Macaulay - Assistant Headteacher Y10-12, British Section**



# UNIVERSITY AND CAREER COUNSELLOR CORNER:

## A NEW ROLE AND A NEW LOOK FOR MES SECONDARY

Hello and greetings from the University and Careers Counsellor Corner! This year MES Cairo has unveiled a new position in the Secondary school: Assistant Headteacher overseeing University and Career Counselling. Our new counsellor, Ms Levin, will be working collaboratively with Principal Mrs Pfeil (American), Headteachers Ms Talbot (British) and Ms Sheehan (IBDP), as well as all the Assistant Heads and Deans from G/Y7 through G/Y/DP12 to support all of our students in the pursuit of their post-secondary options. To ensure our students receive the best guidance and support, students will have the opportunity to schedule one-on-one meetings, meet with the counsellor and their families, and receive guidance through workshops and presentations in Prime Time and after school. Ms Levin will be the point of communication for ascertaining information about application requirements, writing support, exam registration, as well as sharing insights around different university options to find the best fit for each of our students.

In our ongoing efforts to help our students meet their goals and aspirations to attend universities in the UK, the US, Canada, Europe, Australia/New Zealand, and of course here in Cairo, our students now have a single access point for support to help them build robust and stand-out applications for admission. So far this year, more than 100 one-on-one meetings with students have taken place, and many MES Cairo families have met with Ms Levin to discuss options, strategies, and get answers to questions about anything from career tracks to financing higher education.

Already this year students have submitted applications to universities including, but not limited to, the following:



Imperial College London  
University College London  
University of Birmingham  
University of Brighton  
University of Cambridge  
University of Exeter  
University of Glasgow  
University of Hull York  
University of Lancaster  
University of Leeds  
University of Leicester  
University of Manchester  
University of Newcastle  
University of Nottingham  
University of Oxford  
University of Sunderland

Queen's Belfast  
Columbia University  
Florida Atlantic University  
Florida State University  
Georgia Technical University  
Morehead University  
New York University  
North Carolina State University  
Northeastern University  
Northwestern University  
Pennsylvania State University  
Princeton University  
Rutgers University  
Tulane University  
University of Chicago  
University of Florida

University of Illinois Urbana-Champaign  
University of Kansas  
University of Massachusetts Amherst  
University of Miami  
University of Minnesota  
University of North Carolina Chapel Hill  
University of Pennsylvania  
University of Southern California  
University of Texas Austin  
University of the Pacific  
University of Washington  
FIDI Italy  
IED Barcelona  
MDA Marbella

On 18 October, there was a presentation for parents and students in Y/G/DP11 covering information about applying to universities overseas. The presentation was well attended and followed by a Q&A opportunity for parents to get more specific points of clarification. The resources offered at the presentation were made available for parents to ensure that any who could not attend would have access to the information.

Beyond working with the parents, teachers, and students of Y/G/DP12, this new role also will be expanding our university application preparation to the entire secondary school. As a first step, students in Y/G/DP11 attended presentations specifically for targets for their current year of study and tips for how to get a head start on the process to make their next year smoother. Some of the key takeaways were how students can maximise the potential of our schoolwide university and careers platform, Unifrog. This is a tool all students should be familiar with in the early stages of their university searches and it is a critical element of the application process in Y/G/DP12. In Terms 2 and 3, the work of the new counsellor will expand further and presentations and workshops for KS3, Middle School, and Y/G 9-10 will be offered.

**Ms A Levin - Assistant Headteacher, Secondary University and Careers Guidance**



## Celebrating Secondary Achievement



### American Section

## Students of the Month



In the educational journey, the consistent celebration of student success plays a pivotal role in shaping the ethos of our school community. Much like the theme of consistency that runs through our commitment to recognizing achievements, being consistent allows us to repeatedly revisit core concepts and ideas, fostering a training rather than a learning mindset. This approach taps into the reservoir of long-term memory, a more reliable and efficient means of storage, laying the foundation for sustained success. The key to long-term success lies in the cultivation of good habits, and the driving force behind consistency is unwavering effort.

As long as individuals remain focused on a task, it becomes ingrained as a habit, contributing to the overall fabric of our academic environment. Just as being consistent in our approach to learning enhances retention, consistently celebrating our students throughout the academic year fortifies the bonds within our community, creating a culture that values and encourages both individual achievements and collective growth.

#### October

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

Being consistent is a dynamic process, requiring effort as its driving force. As long as individuals remain focused on a task, it becomes ingrained as a habit, a principle that holds true for our Students of the Month. Recalling our own school days, many of us cherish the memories of being selected as the 'Star Student,' 'Spotlight Student,' or 'Student of the Week.' These students, now celebrated in the same tradition, have demonstrated exceptional consistency by taking key action steps.

Our Students of the Month are recognized for being consistent risk-takers, venturing beyond their comfort zones to explore new academic horizons. Their exemplary consistency in showcasing creativity demonstrates a commitment to innovative thinking, enriching not only their own learning experiences but also inspiring peers.

Moreover, these honored students consistently show empathy and compassion, creating a positive and supportive atmosphere within the learning community. They have become champions of consistently positive work ethics, setting a standard for diligence and perseverance. Each student's consistency in effort and attainment is not merely a product of routine but a deliberate choice to uphold academic pride.

To become a 'Student of the Month,' teachers, Head of Faculty, and the Deans of Students meticulously select individuals who embody these principles. They recognize students not only for their academic achievements but also for their consistent development of character. Each honoree serves as a testament to the philosophy that all individuals, regardless of age, can achieve in myriad ways through consistent effort, positive habits, and a commitment to the greater learning community.

**Ms D Pfeil - Principal, American Section**



#### November





# In Celebration of British Section All Stars



## OCTOBER

Our British Section October All Stars, have been nominated for being outstanding role models to our student community. Our students saw a need during Pink Day and took it upon themselves to clean up after the event. We are proud of our young students who showed passion for the event and have the capacity to inspire others.

Congratulations to Top left Leah Bridges (Y7B), Brian Riad (Y7Y).

Bottom Left William Dawes (Y7B), Sophie James (Y7B), Talia El Sharkawy (Y7R) MES Cairo All Stars, is a long standing British Section tradition.

All Stars recognises the MES Cairo Prime Elements of Preparedness, Respect, Integrity, Mindfulness and Effort in our student body and enables us to celebrate how students contribute to the school community in a variety of roles as well as recognising significant academic achievement whether it be for excellence or improvement. Our students have shown endless determination and a constant positive, 'Can do,' attitude which has resulted in outstanding results and superb role models for our student body. We look forward to celebrating student achievement during the year.

**Mrs L Talbot - Headteacher, British Section**







# IB Learner Profile Awards

**The** International Baccalaureate (IB) Learner Profile is a set of attributes that aims to develop students into well-rounded, internationally-minded individuals.

These attributes encompass various qualities, encouraging students to become inquirers, knowledgeable, thinkers, communicators, principled, open-minded, caring, risk-takers, balanced, and reflective.

So far this academic year, MES Cairo's IBDP students have received awards for two of those attributes. We award one attribute per month and it is always delightful to see our students demonstrating these qualities in their daily behaviours as they continue to learn and grow.

Congratulations to all of our LP Award winners this term so far.

The IB Diploma Programme fosters critical thinking skills, encouraging students to analyse information, solve complex problems, and make informed decisions.

Effective communication, both verbal and written, is promoted to ensure students can express ideas clearly and work collaboratively with others.

Effective communication, both verbal and written, is promoted to ensure students can express ideas clearly and work collaboratively with others.

Incorporating the IB Learner Profile into the educational journey offers students a holistic approach to learning, preparing them for success in higher education and beyond. This unique framework not only enhances academic skills but also cultivates qualities that contribute to personal and global betterment.

Our students develop these Learner Profile attributes as part of the IBDP learning journey. We wish each and every one of our students continued success in the year ahead and we look forward to seeing many more award winners in the next issue of the MESsenger.

**Ms S Sheehan - Head of IB, Whole School Deputy Headteacher**

### September - Thinkers



Adam Elhady (DP11Y), Abdullah Shalaby (DP11R), Ramy Wahib (DP11Y), Louay El Habibi (DP11Y), Omar El-Ezabi (DP12R), Adam Nasr (DP11R), Neamatalla Hindem (DP11Y), Layla Qasem (DP11R), Malak Abou Laban (DP11Y)

### October - Communicators



Louay El Habibi (DP11Y), Lina El Hilary (DP12R), Adam El Hady (DP11Y), Ramy Wahib (DP11Y), Mostafa Abbas (DP11R), Maren Breitingner (DP11Y)





# NHS/NJHS INDUCTION CEREMONY



**ON** the evening of November 8th, our school's chapter of the National Honor Society and National Junior Honor Society held its induction ceremony where new members were formally introduced to the organization. The organization recognizes students who excel in four qualities – service, scholarship, character, and leadership. Applicants had to meet rigorous requirements including consistently strong grades, active leadership in and out of school, and a record of hands-on community service.

Our keynote speaker, Mrs Jennifer Rainford, was introduced by **Aya El-Digair (DP12R)** as a teacher whose “teachings went beyond the chapters of our textbook. She imparted the kind of knowledge which impacts our lives in meaningful ways.

She radiated a contagious warmth when walking into the classroom and I knew that I'd laugh or smile during every one of our lessons.” Ms Rainford's speech described how the obstacles she faced throughout her academic and professional career shaped her character. She left students with this inspiring message: “Perseverance, resilience and ensuring you are a good person are three aspects of character that have underpinned my life. They got me here, to where I am today. Character - who you are as a person, how you approach your journey and challenges, underpins everything else that we do.”

Graduating seniors offered reflections on their experiences in the National Honor Society. The following are excerpts from some of the speeches:

**Aly Gaber (G12B)** discussed how his own definition of scholarship has changed throughout his high school career: “Scholarship deals with the idea of an everlasting pursuit of knowledge. It deals with dedication and discipline. Those who succeed are the ones who put themselves out the most, attempt the most challenges, and do the most difficult things they can; and they do it with constant integrity and curiosity, knowing that the key to success is constant failure with the caveat of always trying again.”

**Hassan El-Nemr (G12R)** reflected on how his dedication to service has shaped his character and his cultural awareness: “Inside and outside of school, I found myself taking part in various charitable activities that I would not have participated in otherwise such as volunteering for the Egyptian food bank or the Workers' Iftar. These activities helped me improve my character for the better.”

**Khadija Awad (Y12Y)** looked at the long-term results of community service: “In my perspective, service is a chain reaction that starts with the provider but doesn't just end with the receiver. It follows through, as a message of hope, that can be spread by the receiver to others to create positive change in our world.”

**Lina El Hilaly (DP12R)** described how the programme helps promote leadership in students: “The NHS creates leaders through giving students opportunities to gain the skills to guide their community. Giving them the freedom to make decisions, be independent and develop their resilience.”





**Youssef Sallam (G12R)** left younger students thinking about character-defining challenges: “Character isn’t just about being honest and respectful; it’s about having the moral courage to do the right thing, even when it’s difficult. It’s about treating everyone with kindness and empathy, regardless of their background or beliefs.”

Students also had the opportunity to visit the Adam Henein Museum in Harraneya on Saturday 4th November. Henein was a great sculptor of the mid-twentieth century famous for working with traditional methods and media such as papyrus, marble, and fresco. We saw the artist’s entire career laid out in the museum and roamed the garden full of sculptures and interesting landscaping. Students watched an artist working on three small bronze sculptures of birds, learning how heat produces chemical reactions that affect the color of the metal. A visit to the Wissa Wassef Art Centre showed us traditional weaving techniques being practised by the women who work there. Students were amazed to learn how she plans the details of a four metre tapestry in her mind.

“It was fascinating to see how he blended modern sculpture elements with Ancient Egyptian themes.” - **Mariam Miller (G11R)**

“I enjoyed getting to learn more about the different styles of art. At the Ramses Wissa Wassef center, I was intrigued by the level of detail in the tapestries and found myself wanting to learn more about the history and setting of the place.” - **Nour Kamel (G12Y)**

“I enjoyed the trip as we were able to see some very unique art from an Egyptian Artist who I had never heard of before, The Adam Henein museum is really a hidden gem in Cairo.” - **Abdallah Shalaby (DP11R)**

Attending the Adam Henein Museum was an eye-opening experience. I was not sure what to expect from a sculpting museum as I had never been to one before. In every inch of the museum, I could see the legacy he left behind in his paintings, his sculptures, his tapestry, his poems. - **Zain Elsayed (Y12G)**

**Ms M Arafa - American Section Global Studies Teacher**





# International Baccalaureate Diploma Programme IBDP News

## CAS Corner



The IBDP students ventured to Basecamp in Ain Sokhna for an induction trip that showcased the Activity section of their CAS requirement. CAS, which stands for Creativity, Activity, Service, is an integral component of the International Baccalaureate Diploma Programme (IBDP), designed to encourage students to engage in creative pursuits, physical activities, and community service, fostering their holistic development.

Basecamp, renowned for its high ropes course and team building activities, provided the perfect setting for our students to challenge themselves, overcome fears, and foster strong bonds of teamwork. From scaling heights on the high ropes course to engaging in collaborative games, this unforgettable adventure not only fulfilled the activity strand of their IBDP CAS but also left a lasting impact on their personal growth, igniting a passion for experiential learning.

**Mr G Scott - CAS Coordinator**



## TOKtober 2023!

Throughout October our hardworking and enthusiastic IBDP12 students participate in our annual month-long celebration known as TOKtober. Inspired by the thought-provoking International Baccalaureate course, Theory of Knowledge (TOK), this captivating event aims to explore the depths of knowledge and critical thinking and allows our IBDP12 students to plan engaging activities and mind-bending questions for the school community.

During TOKtober, the spirit of knowledge permeates every corner of our school. IB students take on the role of mentors, visiting younger students' homerooms to share exciting mini-lessons inspired by TOK. With their creative presentations and interactive discussions, they ignite a spark of curiosity and encourage their peers to ponder the mysteries of knowledge. These empowering exchanges foster a sense of community, bridging the gap between different grade levels and promoting the importance of lifelong learning.

One highlight of TOKtober this year was the creation of fortune cookies with TOK questions concealed inside. As students



cracked open these delightful treats, they also cracked open their minds to explore knowledge questions hidden inside. These thought-provoking questions challenged individuals to reflect on how we acquire knowledge, encouraging them to analyze the sources of their knowledge and consider the biases that may influence their thinking. It's a playful yet profound way to stimulate intellectual growth and spark engaging conversations.

TOK-themed games and captivating displays further enhance the TOKtober experience. Students immerse themselves in interactive activities that challenge their reasoning skills and expand their understanding of the world. Whether it's unraveling logic puzzles, participating in debates, or exploring the problems of the world, TOKtober instills a love for critical thinking and equips students with the tools they need to navigate a complex and ever-evolving world.

TOKtober is a remarkable celebration that not only brings our school community together but also fosters a lifelong passion for knowledge that lets us embrace the spirit of curiosity and delve into the wonders of what we know, how we know it, and the limitless possibilities that lie before us.

**Mr B Rainford - Assistant Head/IBDP Coordinator**



## Cooking Up a Storm: DP11 Students Showcase their Culinary Skills

**What do you get when you mix flour, eggs, cheese, and a lot of creativity?**

A delicious and fun cooking competition, of course! That's what the DP11 students got up to during their Prime Time in school during the opening weeks.

They split into four teams and each team prepared a dish to be tasted by everyone. It was a great life skills lesson but also a lot of fun for everyone involved, teachers included! Each team was given 30 minutes to prepare and serve their meals, which also simulated real time constrictions in people's day to day lives.

The cooking competition was a great success and a memorable experience for the DP11 students. They arned how to work as a team, how to plan and execute a dish, how to use different ingredients and techniques, and further developed their appreciation of different cuisines and cultures.

They also had lots of fun and enjoyed tasting each other's dishes. The students have all reported that they would love to do it again and try new recipes and challenges. Cooking is not only a life skill, but also a creative and social activity that can bring people together. The DP11 students proved that they can cook up a storm and have a blast at the same time!

**Ali Taha (DP11Y) - MESsenger Journalist**



# A LEVEL INFORMATION TECHNOLOGY

## Unleashing Creativity: A Journey from AS to A Level in Graphics and Animation

As students transition from AS to A Level at Modern English School Cairo's Information Technology class, a remarkable metamorphosis unfolds in their skills and creativity. Term 1 shines a spotlight on Graphics Design and Animation, revealing the extraordinary journey of these students as they aim for mastery in the art of visual communication and animation.

## Crafting the Future: Adobe Illustrator Unveiled

As in their quest for excellence, students immerse themselves in the captivating realm of Adobe Illustrator. This advanced software becomes their creative playground, enabling the crafting of both Bitmap Images and precise Vector Graphics tailored for specific applications. As they delve into vector drawing, selection, fill, and node and path editing, students refine their technical skills and deepen their understanding of design principles. The fusion of creativity and precision in the classroom equips these budding artists to shine as graphic designers and animators in the dynamic field of technology and visual communication.

## Animating Brilliance: Adobe Animate Takes Center Stage

Embarking on the animation leg of their creative journey, students seamlessly transition from Adobe Illustrator to the captivating realm of Adobe Animate. They configure stages, import vector objects, and wield 'Tweening' tools for fluid transitions. From setting paths to mastering layers, our students craft intricate animations with flair. The curriculum not only hones their grasp of animation principles, types, and variables but also allows them to refine colour, size, and aspect ratios with finesse. Rulers, guides, and advanced techniques like tracing bitmaps come into play as students bring their animations to life, showcasing a fusion of artistry and technical prowess. This dynamic process ensures our students not only express creativity but also wield the precision of animation experts.

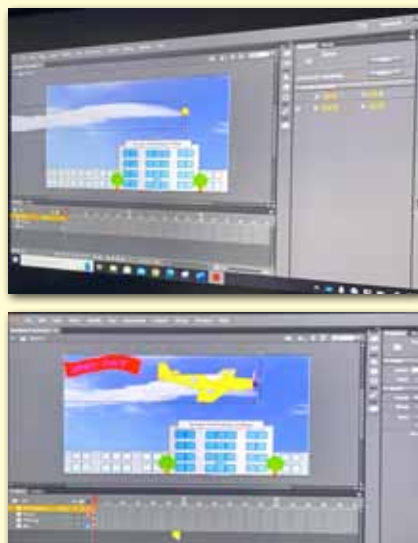
## Voices from the Classroom

"Choosing to study A2 Information Technology was an easy decision after performing well in IGCSE IT and developing an interest in various A-level topics, including Graphics, Animation, Sound, and Video editing. The course blends both theory and practical aspects with a small class size to actively practise and learn what we are taught. Through theory, I enhanced my understanding of topics such as new and emerging technologies and algorithms and flowcharts. On the practical side, the course offers training in problem-solving and technical programming skills with a focus on Video editing and Web Programming. Overall, A-level ICT has been a great course that is preparing me for a wide range of careers and further study options."

## Farah Bahaa-El-din Y12 Red

Nurturing brilliance in Graphics and Animation is not just about learning skills; it's about opening doors to a world of possibilities. Our students are not merely creators; they are the future leaders in industries where visual storytelling is paramount. In conclusion, the journey from AS to A Level in Graphics and Animation at Modern English School Cairo is more than an educational transition; it's a voyage into a world where creativity and precision converge to shape the visual communicators and animators of tomorrow.

**Mr Y Alkaabi - Information Technology Teacher, British Section**





## Exploring the World of Experimental Biology: A-Level Students' Exciting Endeavours



In AS-Level Biology this term, students embarked on an exciting curriculum filled with experimental work that nurtures their scientific curiosity and hones critical skills. Just one example of this is their undertaking of an extended investigation into catalase enzymes from sweet potato. The students started by conducting preliminary work to find the appropriate volumes of hydrogen peroxide and sweet potato extract to enable them to collect data to calculate initial rate of an enzyme-catalyzed reaction, they then applied this to investigate the effect of varying substrate concentration.

Practical investigations in class offer our students a hands-on opportunity to understand the intricate workings of enzymes before studying their mode of action and role in biological processes. By engaging in such practical work, students gain a deeper understanding of biological concepts and cultivate valuable skills that are applicable to the Advanced Practical Skills exam and also transferable to various academic and professional domains. These experiences lay a strong foundation for further scientific exploration and future careers in the sciences.

**Ms E Dawes - Science Teacher, British Section**



# BRITISH SECTION SCIENCE



## Exploring the Wonders of Science at MES Cairo A Journey Through Biology, Physics, and Chemistry

In the bustling halls of MES Cairo's British section, students are not merely memorising scientific facts but embarking on an exciting journey through the realms of biology, physics, and chemistry. The curriculum is designed not just to impart knowledge but to cultivate a deep understanding of the scientific principles that govern the world around us.

### Diverse Subjects, Dynamic Learning

Biology, Physics, and Chemistry form the cornerstone of the science curriculum at MES Cairo. Students dive into the intricacies of life sciences, unravel the mysteries of the physical world, and explore the composition of matter. The comprehensive approach to science education equips students with a holistic understanding of the natural world.

### Practical Investigations and Skill Development

A distinguishing feature of the Science programme is the emphasis on hands-on learning. The well-equipped laboratories become a hub of activity as students engage in practical investigations. From dissecting specimens in biology to conducting experiments in physics and chemistry, students are not just learning theories but applying them in a real-world context. These practical sessions not only deepen their understanding but also hone essential skills for future scientific endeavors.

### Safety First

In the pursuit of knowledge, safety is paramount. MES Cairo places a strong emphasis on instilling a culture of safety in the laboratory. Students are not only taught theoretical aspects of safety but actively practice precautionary measures during practical sessions. This ensures a secure environment where curiosity can flourish without compromising well-being.

### Technology Integration in the Classroom

Recognizing the evolving landscape of education, MES Cairo incorporates technology seamlessly into the science curriculum. Interactive simulations, virtual experiments, and multimedia resources enhance the learning experience. This integration not only makes complex concepts more accessible but also prepares students for the tech-driven future of scientific exploration.

### Science in Everyday Life

Beyond the classroom and laboratory, students at MES Cairo are encouraged to recognize the relevance of science in their everyday lives. Whether it's understanding the physics behind everyday phenomena or appreciating the biological processes that sustain life, the curriculum bridges the gap between textbook knowledge and real-world applications.

### Culmination at the Science Fair

The pinnacle of the students' scientific journey at MES Cairo is the upcoming Science Fair for KS3. This event serves as a platform for students to showcase the skills they've acquired throughout their science lessons. From presenting innovative experiments to demonstrating a profound understanding of scientific principles, the Science Fair promises to be a celebration of curiosity and ingenuity.

As MES Cairo continues to foster a vibrant scientific community, the study of science in the British section goes beyond textbooks and exams. It's a dynamic exploration, a journey of discovery, and a preparation for a future where these budding scientists will undoubtedly make meaningful contributions to the world.

**Ms R El Geoshy - Head of Faculty Science, British and IB Sections**







# Y8 SCIENCE IS BUZZING IN THE BRITISH SECTION!

In a buzzing British Science Department at Modern English School Cairo, Year 8 students have been diving headfirst into an electrifying half term of scientific discovery. This term, the young scientists have embarked on an incredible journey, starting with the fundamentals of a healthy lifestyle, delving into the intriguing world of the periodic table, and finally, unravelling the mysteries of electricity and magnetism.



The term began with a focus on personal wellbeing and healthy living. Students learned about the importance of a balanced diet, regular exercise, and the effects of various habits on their health. Engaging activities, such as designing nutritious meal plans and exploring the benefits of physical fitness, made learning about health exciting and relatable.

As the term progressed, students took a deep dive into the periodic table, uncovering the hidden beauty of the elements. From the noble gases to the transition metals, Year 8 students explored the periodic table's intricate organisation. The periodic table turned from a seemingly complex chart into an engaging puzzle to solve. Students even had a chance to conduct experiments, observing the distinct properties of different elements and their reactions.

The grand finale of the half term was an electrifying journey into the world of electricity and magnetism. Students marveled at the invisible forces that power our everyday lives. They explored the principles of electrical circuits, magnetism, and electromagnetic fields. Hands-on experiments with simple circuits and magnets left the young scientists in awe of the power of electricity and magnetism.

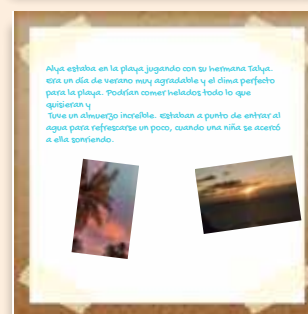
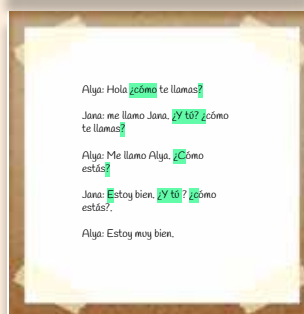
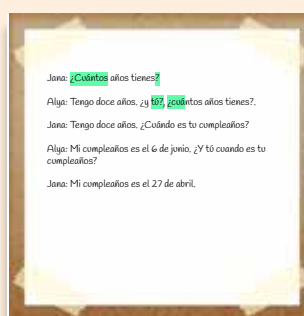
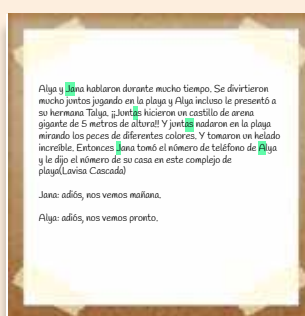
**Ms H DeAsha - Science Teacher, British Section**

## Hola From Year 7!

Y7 students are doing a great job in Spanish and becoming IT experts. They have not only learned how to introduce themselves, give, and ask for personal information but have also used several websites to create wonderful pieces of work such as comics to represent introductory Spanish conversations.

This is an amazing example of a Y7 Book Creator project.

**Ms I Niscemi - French Teacher, British and IB Sections**





# The British Mathematics and Computing Faculty

MES Cairo KS5 and IB Diploma Programme students have participated in the annual Mathematical Challenge that is organised worldwide by UKMT on Tuesday 3rd October 2023. The Senior Mathematical Challenge is a 90-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 Senior 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 and Best in Year

Karim Abouelsaad  
(Y11B)



## Silver



Dana El-Sharkawy  
(Y12B)



Zein ElSayed  
(Y12B)



Omar Haikal  
(Y12B)

## Bronze



Seif Elgazzar  
(Y12B)



Ramy Wahib  
(IBDP11)





# Mathematics Success in the British Section

MES Cairo KS3 Mathematics students participated in the annual Junior Mathematical Challenge competition that was organised worldwide by UKMT April. The Junior Mathematical Challenge is a 60-minute, 25 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 Junior 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 and Best in Year

George El-Masry  
(Y8B)



## Silver



Farah El-Gohary  
(Y8B)



Ziad ElDegwi  
(Y8G)



Mohamed Reda  
(Y9R)



Lara Sallam  
(Y9G)



Layla Saleh  
(Y9G)



Abdullah Abdelhady  
(Y9R)

## Bronze



Malek Gaffar  
(Y8R)



Habiba Khallaf  
(Y8B)



Hamza Abdel Fattah  
(Y8G)



Tia Ibrahim  
(Y9Y)



Hanya Maraie  
(Y9G)



Rital Aly  
(Y8G)



Ammar Mohamed  
(Y8G)



Talia Elsafty  
(Y8Y)



Miriam Attalla  
(Y9B)

Mr M Mahmoud - Head of Mathematics, British Section

# YEAR 7 STUDENTS BEGIN THEIR JOURNEY INTO THE WORLD OF HUMANITIES!



Year 7 has started their year off positively in Humanities. History and Geography are taught as stand-alone subjects in the Secondary school, and students have been getting to grips with what the subjects have to offer. In History, we have studied at key historical skills that will be of benefit to students throughout their educational career. The unit ended with a key historical investigation about 'The Tollund Man'. Students had to unlock the clues to this old mystery to decide how The Tollund man had died..... was it murder? Sacrifice? Or an accident? Using their educational inferences and a variety of source material, students had to decide and justify what happened to him, writing an essay explaining their decisions and thought processes.

In Geography, students have been studying hugely important map skills. Compass points, grid references, contour lines and map symbols

have been learnt, with students using and applying their new knowledge to find their way around Hogwarts!

There has never been a more important time to study a humanities-based subject than right now. Humanities students hold the key to solving many global issues, from tackling climate change to understanding the causes and consequences of war and ensuring we learn from past mistakes.

## Why are the Humanities so important?

The Humanities are about what it means to be human. Geography, history, psychology, and global perspectives teach invaluable transferable skills that you will use in everyday life and that employers look for, long after you leave a formal educational setting.

In all humanities subjects, you are taught and encouraged to think. You are taught to deal critically and logically with subjective, complex and often imperfect information. You learn how to weigh up a variety of evidence and consider more than just one side of a story. By choosing to take a humanities subject at IGCSE and beyond you will also learn new skills in writing and critical reading. You will be encouraged to think creatively and question the material presented to you.

## Skills developed

Humanities subjects develop a range of transferable skills within our students. From handling data, to writing complex reports, asking questions, and finding answers, making informed decisions, analysing material, communicating opinions, and thinking creatively and independently. A humanities subject is worth its weight in gold when you are thinking about your 'Plan4grad!'.

**Mrs J Rainford - Assistant Headteacher/ECT Coordinator**





# YOUNG ENTERPRISE DAY IN YEAR 8

In October, all Year 8 students participated in our annual Young Enterprise Day, hosted by the Commercial Studies Department. The aim of the day was to kickstart the 'Plan4Grad' scheme and introduce subjects to students that are available as IGCSE Options, to help them in making informed decisions about their future studies.

The students were tasked with working in teams within their MES Cairo Houses to design a Theme Park for the New Cairo area. Commercial Studies teachers led the teams through the project design with different activities covering a variety of Business and Economics topics, including; marketing and branding, business finance, household income and budgeting, human resources and operations.

Fantastic teamwork was demonstrated by our creative students, with excellent discussions and critical thinking displayed. These skills will be crucial to the study of Business or Economics if chosen as IGCSE options. We are very confident that Year 8 has some entrepreneurs of the future!

**Mr S Hawkins – Head of Faculty Humanities & Commercial Studies, British Section**



# WHOLE SCHOOL GOOGLE TECHNOLOGIES

Celebrating our successes...

TRANSFORMING LEARNING



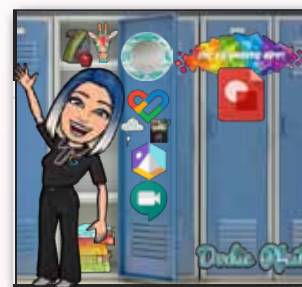
## UPDATES FROM OUR GOOGLE TEAM!

In the ever-evolving landscape of education, technology plays an increasingly pivotal role, empowering educators to create engaging and collaborative learning environments. Google's suite of educational products stands at the forefront of this transformation, providing a wealth of tools designed to foster teamwork, enhance communication, and promote deeper understanding among students.

Our school proudly embraces Google's vision of collaborative learning, seamlessly integrating its products into our curriculum to create a dynamic and stimulating learning environment. With Google Classroom, teachers can curate and share digital resources, assign tasks, and provide real-time feedback, fostering a sense of community and shared purpose among students.

Our school's commitment to leveraging Google's collaborative tools is further strengthened by our distinction as the only institution in Egypt with Google Certified educators, mentors, and coaches. These dedicated professionals possess a deep understanding of Google's educational products and are committed to sharing their expertise with their colleagues, ensuring that all teachers are equipped to effectively integrate these tools into their classrooms.

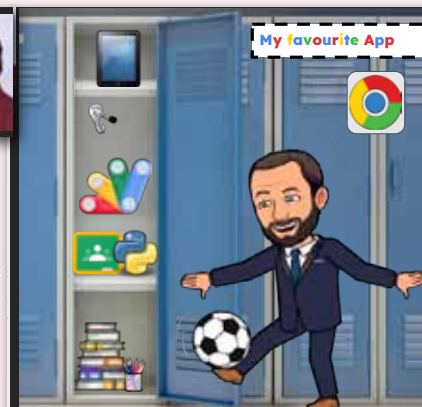
**Ms D Pfeil - Principal, American Section**



Since our return to school campus post-Covid 19, our students and staff have moved forward with technology exponentially. The ever advancing technological world continues to amaze and excite students whilst introductions of AI in education and the wider world make our role as educators more challenging. Constantly, I am reminded of an important question: How do we prepare students for a world we have not yet imagined?

Through our use of Google Workspace tools, the students are now more connected than ever with our classrooms. With students across KS2 bringing their own devices to school we have now embedded Google skills into our curriculum and we constantly explore new ways to engage, motivate and support students effectively. Our IT teams have developed practises and policies to safeguard students and troubleshoot issues as they arise. My usual tip for students is to use Google Chrome for browsing on their device. Having worked with the Google Team through the last few years I am proud of our achievements with the Google suite of education tools but am also mindful of the challenges that lay before us. At MES Cairo we are proud are more ready than before for world that awaits them.

**Mr A Hinchliffe - Primary Computing Teacher and Online Education Coordinator**



I am very excited to have the opportunity to join the Google Team at MES Cairo this year. I have always been a passionate advocate of the use of technology to enhance learning and I love to try out novel technologies with my students whilst embedding best practice into my own teaching.

Joining the Google trainer community is an amazing chance to work with, and learn from other educators, from around the world. Google's global reach enables educators to collaborate and support one another, sharing new technologies and resources, dispensing tips and tricks to enable us to get more from every learning opportunity. MES Cairo is trailblazing in this respect with so many amazing MES Cairo colleagues working together to support and enhance the use of Google technologies.

I look forward to bringing my years of experience in staff development and training to support my colleagues to make the student learning experience as engaging and productive as possible.

**Ms E Dawes - Science Teacher, British Section**

Secondary Google Team Lead



EMMA  
DAWES





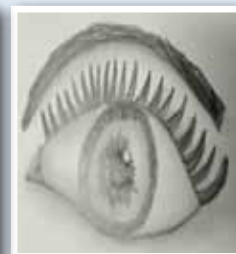
# ARTBEAT

## YEAR 7 ART

Year 7 students have been focusing on an introduction to skills in art and design. They have developed an understanding of line, tone, colour, scale and proportion. Recently they began a self-portrait task as part of the Me and My Community project. Here are some examples of their work.



Tia Abdel Maaboud  
(Y7B)



Younis Wahby  
(Y7B)



Sarah Aboulhassan (Y7B)



Sophie James (Y7B)



## YEAR 9 ART

Year 9 students are completing the first project in the IGCSE course. They have been learning about still life compositions. There was also a focus on the famous American artist Georgia O'Keeffe.



Alia Zahran (Y9Y)



Halla Shreif (Y9Y)

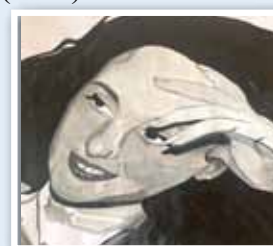


Lara Abd ElHakim (Y9R)

## YEAR 10 ART

Year 10 students began producing artwork for their IGCSE coursework portfolio at the beginning of Term One. There are some interesting examples based on individually chosen themes, some interesting examples include, "Childhood", "Family", and "Islamic Architecture."

**Ms L Lee - Expressive Arts Teacher, British Section**



Zeyna Abd El Majid  
(Y10R)



Jameela Hamouda (Y10Y)



Angelina Woongyung  
(Y10Y)

# ARTBEAT

## Expressive Arts in Term 1

The Digital Art II class was showing off their talent in their first project this year. Mareeka combined water and fire in a creative way to demonstrate her technical skills balanced with a great grasp of composition. Mohamed delighted in creating an underwater traffic problem complete with the emotions one would feel. Technically superb. Mostafa tells a story and puts it in a bottle in a convincing way.

Our students are off to a good start as digital artists this year. The Pre AP Art/Art III class has begun the year by exploring Modern art periods and movements to get thinking creatively, outside the box and exposing themselves to new artists and styles they are unfamiliar with. Our first project was to explore the idea of the subconscious through surrealism and find ways to represent ideas subtly, with symbolism and imagery that can have multiple interpretations.

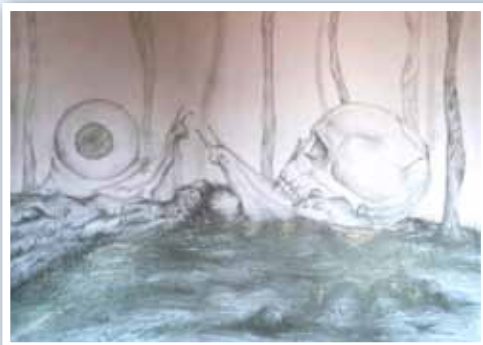
### Ms A Smith - Expressive Arts, American Section



Tala Hamza (G11G)



Lily Elsayed (G10G)



Janna Elbeleidy (G11O)



Hana Sherif (G11O)



Habiba Abou-Gabal (G11O)



Adam Shalaby (G9Y)



Karma Abougabal (G11O)



Freddie Abadir (G9Y)



Nouray El Ghalban (G9R)



Maya Fawzy (G9R)

## Pre AP and Art III

The Pre AP and Art III class started the year by exploring Modern Art periods and movements to get thinking creatively, outside the box and exposing themselves to new artists and styles they are unfamiliar with. Our first project was to explore the idea of the subconscious through surrealism and find subtle ways to represent ideas using symbolism and imagery that can have multiple interpretations.

Art and Design I students drew a self-portrait using the grid method to help them achieve realism of proportion, value, and texture. While this project is challenging, perseverance and taking risks with new media and techniques are essential skills in the expressive arts.

### Ms K D'Amato - Art Teacher, American Section



# ARTBEAT

## AP 2D Art and Design

Students in AP 2D art and design select their own Sustained investigation topics and produce works of art that they design to complete a portfolio of work over the course of the year. Most of the learning takes place in living and processing the actual experience of making the art, and then articulating in words the changes that resulted from practice, experimentation and revision, and how those changes affected the course of the inquiry itself.

## Art and Design II

Art and Design II students have spent the bulk of Term 1 focused on developing an understanding and working process of drawing people and portraits of people with correct proportions. The process they have been shown is an iterative process whereby basic ratios lead to a framework and simple shape construction of major elements such as torso, head, posing of the arms and legs, and all the variations that result from transforming these through choosing a vantage point.



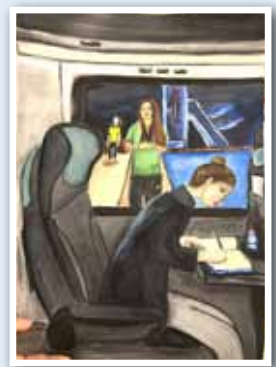
Malak Hakky (G10R)



Qismat Morshidy (G10Y)

Omar Alsaftawy (G11Y)

Nour Abdelgeleel (G12B)



Carla Yassa (G12B)

Alia Saba (G12R)



Amina Hebeika (G11O)



Maya Mahmoud (G10O)



Habiba Assassa (G10R)



Habiba Mofta (G10Y)

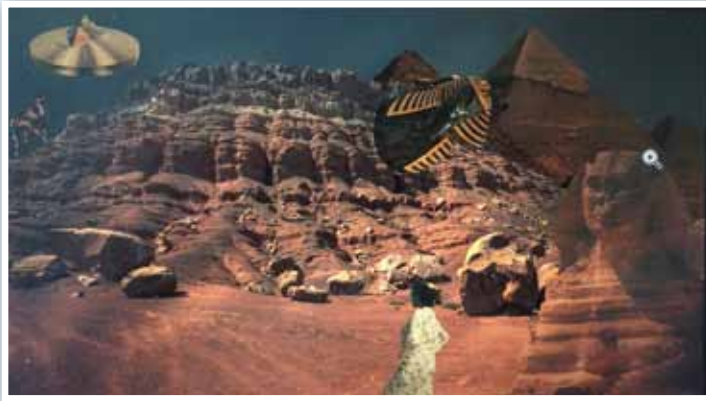


Maya El-Zuhairy (G11G)



Leila Abdel-Gabbar (G10Y)





Youssef Nazim  
(G10B)



Tasneem Mohamed  
(G12Y)



Aamena El Shawaf  
(G10O)

## Photography

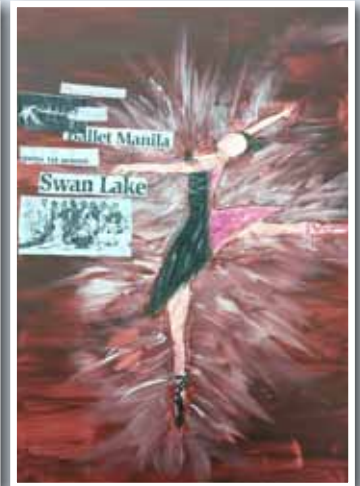
Photography Students have completed Projects in cropping, light, shadows, and reflections, all the while creating compositions that rest upon sound use of the elements of art and principles of design. Students also explored the ways in which photographers control exposure: shutter speed, aperture, ISO and white balance.

## Digital Art and Design II

Digital Art and Design II students have completed two projects where they created in one an image of a unique playing card (King, Queen or Jack), and they created in the other an image of Egypt in the future. In the former project, the focus was on basic transformations and working with symmetry and transparency, while in the latter the focus was on constructing elements in an imaginative way, using photos of consistent light source, and then using photoshop tools to make adjustments to create a believable, consistent light in the resulting fantasy image.



Laila El Sherif (G11R)



Nadia El Tantawi (G11G)

**Mr B Austin – Art Teacher, American Section**



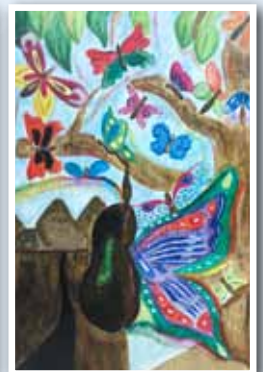
Miriam Faragalla  
(G10B)



khadiga Abdelaal  
(G10R)



Judey Shafiek  
(G12R)



Hana Mahmoud  
(G12B)



# ARTBEAT

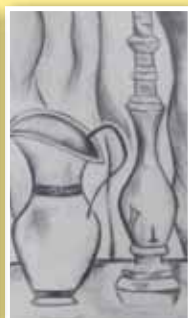
## IBDP VISUAL ARTS



These images are from the DP11 Visual arts students sketchbooks.

Students are studying artists which they create, experiment and evaluate different processes and methods. Students discuss how to refine their responses and select a media to work in, such as a canvas painting as a final response.

**Ms M Parr - IB Visual Arts Teacher**



Layla Qusem (DP11R)

Habiba Al Ayouti (DP11R)



Malak El Saadani (DP11R)

## MES CAIRO ARTS ACADEMY

After the success of the Arts Academy inaugural year in 2022, it was lovely to see lots of the students from Primary and Secondary return this year to continue learning their instrument.

Students worked towards performing in small Recitals to develop confidence and experience and as they make further progress (with lots of practise) with the aim that they will take part in performances to larger audiences and take part in other events both in and out of school in the future. Students have enjoyed learning with their instrumental teachers and also meeting new friends of different ages from across the school. We look forward to the next Recital on 29th November and all students will be invited to perform at one of the three Recitals throughout the year. We also look forward to the Arts Academy Singers performing at this years Seasonal Concert. If you would like further information about instrumental lessons (for Year 4 upwards) at MES Cairo, please contact [gthomas@mescairo.com](mailto:gthomas@mescairo.com).

**Mr G Thomas - Head of Expressive Arts, British Section**



## MES CAIRO AND SANDY SPRING MARYLAND (USA) AP ENGLISH STUDENTS EXCHANGE IDEAS

### “What do you think of when you think about home?”

This question asked Ms Sharpless and Ms Reynolds's AP English Language scholars to reflect upon their memories, the place, and the people that embody “home.” MES Cairo AP Language students each shared an image of the family, pets, and landscapes that make them feel a sense of belonging.



They were not the only students asked that same question.

Donté Tate and Rebecca Sachs, AP Language educators at Sandy Spring Friends School in Maryland, USA, asked their scholars the same question! The four AP Language educators then created a Padlet gallery wall and randomly assigned each student to rhetorically “read” another student’s photo from across the Atlantic, analyzing the transcendent values we associate with home and belonging.

In addition to this Padlet exchange, our AP students read Toni Morrison’s “Home,” a short convocation speech that explores how one defines home and foreignness in conflict. Then, during an in-school field trip, students met synchronously online and engaged in some small-group and large-group conversations about the personal importance of home, visual/verbal rhetoric, and the politicised nature of hospitality and belonging.

This exchange is one of AP Language’s exploration of rhetoric, argumentation, and conflict transformation in the real-world. Emily Reynolds and Donté Tate’s collaboration originated through Middlebury College’s Bread Loaf Teacher Network & BLSE’s Teaching, Acting, and Writing for Change Fellowship, two collectives for educators committed to sharing practice, scholarship, community, and activism. However, this exchange would have been impossible without the support of MES Cairo’s supportive administrative team, and the brilliant AP Language students in both schools. We are eager for more engagements that bridge together our shared humanity.

**Ms E Reynolds – English Teacher, American Section**



## THE GIFTED AND TALENTED CLUB

Is a club designed for students who have outstanding abilities in a range of subjects. The school uses CAT4 and MAP testing to identify the students along with recommendations from teachers, throughout the year.

By invitation only, the Gifted and Talented Club provides opportunities to think creatively about worldly, conservation and environmental issues; the development of debating skills and applying these skills in a thoughtful and sensitive way both visually, in the written form and orally. Presenting our ideas is something we have extended.



Last term, the Gifted and Talented Club completed a project which raised awareness of the natural wonders of Egypt, the art of Arabic Calligraphy, visual mind mapping, digital art and extended their fine motor skills. The students displayed their work in the LMC.

This term we are now extending our skills and learning about publishing; having chosen a charity both local and international, and of a personal interest to each student. We are extending our writing skills to develop imagery through poetry and will produce a book which we will learn how to bind. Learning different ways of

presenting our work, to a high standard, is a lifelong skill especially for success in future university courses.

Previously the Gifted and Talented Students have had guest speakers, engaged in origami projects and participated in electronic electronics and robotics sessions.

**Ms C Clark – LDD Coordinator, Secondary British Section**





# PRIMARY SECTION NEWS

The Primary Section has had a very successful start to the 2023-2024 academic year and we have already seen excellent examples of dynamic and exciting teaching and learning opportunities being provided to the students.

Our school's mission statement, **Leadership through Education: Care, Challenge, Inspire** has been a focus for our staff and students and continues to underpin everything we do here at MES Cairo.

Along with this, and to ensure a successful year for all students, we in Primary have developed a mantra which is easy to remember and can be applied to every situation that we face throughout the school day.



## Be Ready

- We are ready for learning - ensuring we have our workbooks, our devices are charged, we have all the stationery and any other resources we need for our day of learning
- Being on time for school and attending school every day is important - every minute counts
- Routines ensure we are ready for school - routines before school, after school, bed times, sleep and diet are all important
- Wearing our uniform with pride sets the tone for our readiness for school; it reflects our attitude towards how we feel about ourselves and our school

## Be Respectful

- Think before you speak and think about the language you use, the tone of your voice and your body language
- Smile! Make it a habit to smile and say 'good morning/good afternoon' or just 'hi'
- Say 'thank you'
- Showing care towards others at all times ensures a respectful culture - thinking about how we interact with others in the playground, how we speak to others by using kind words, thinking about how others might feel, showing empathy and understanding our actions do impact on others
- 'Respect is caring enough to consider how words and actions impact others' (Colleen Doyle Bryant)

## Be Safe

- Keeping ourselves safe by thinking about our behaviour and how we act while in the classroom, moving around the school, during lessons and in the playground
- Making sure we use equipment safely and by taking care of school property means that you and others are safe
- Remember on the bus - wearing our seatbelts will keep us safe



Being Ready, being Safe and being Respectful ensures that every student at MES Cairo will be happy at school and will achieve their full potential. It sets the scene for how successful we are and enables us to make the most of every opportunity throughout our school day and also in our life outside of school.

**Mrs C Readman – KS1 Headteacher**

# Robots Visit FS2!



## Would be better to be a human or a robot?

Very early on Sunday 24th September, after an exciting week of learning - a very cheeky robot visited the FS2 pod whilst the students were at home. The robot searched around the pod looking for someone to play with but nobody was in school. Later that morning, the teachers realised someone had been into school and checked the security cameras. The children were amazed to see some photos of the robot caught on camera! Our investigation about robots and in particular, this mischievous robot, began with lots of questions;

"Where did he come from?" - Camellia (FS2Y)

"Does he have a family?" - Emma (FS2B)

"Does he have a name?" - Hanzada (FS2V)

"Why did the robot choose our school?" - Farouk (FS2O)

"Does the robot have a grandma?" - Mailka (FS2B)

"Does the robot want to join our school?" - Lara (FS2R)



What was the robot doing in our home corner?

Learning about robots helped us in areas of our learning. We read lots of books including;

*Harry and Robots* by Ian Whybrow

*The Robot and the Bluebird* by David Lucas

*Winnie's Big Bad Robot* by Valarie Thomas

*Rusty the Squeaky Robot* by Neil Clark

We learnt twenty sounds and three tricky sounds and we even used 'robot speech' to help us sound out words to help us with reading. We counted 10 Little Robots, we compared the sizes and amounts of them. We made giant robots and little robots. We built them with lego recycled materials. We even did robot dances.







The robot wanted to create some art. The robot was busy looking for playdough.



## What were our highlights of the term?

### Red Class

- We have been learning how to read and write cvc words using the phonics sounds we have learned.
- We have been making robots in many different ways and we have enjoyed using the large foam shapes in outdoor learning to make life size robots.



### Orange Class

- Making a giant handprint flag on Armed Forces Day was so fun!
- Making Junk Model Robots was great in the Robot Workshop Mr Ben made for us.
- Learning to write our names - it's so fun to use our phonics skills.
- Baking cookies with Ms Nada and sharing them with our friends - they were so yummy! We loved visiting the kitchen.

### Yellow Class

- We liked looking for that cheeky robot and reading robot stories every week.
- We worked well together to try and make a giant robot as a class.
- Learning our sounds and starting to read has been great too!

### Blue Class

- Making our class robot was so much fun. We used lots of skills including; painting, fixing and decorating. Our teamwork was brilliant!
- It was fun taking part in messy play and making magical potions to create a robot.



### Green Class

- We enjoyed the flag day with lots of amazing activities such as: making a flag, bracelet, bunting to decorate our classroom and dressing up in flag colours.
- We have been enjoying learning phonics sounds, spotting initial sounds (e.g b, b, butterfly) with colour mixing and decorating pictures using cotton buds.

### Violet Class

- We have loved creating and making our own robots
- We loved making magic potions to make them come to life.
- We loved making friendship bracelets and talking about how we're all kind friends.
- We loved sharing our family pictures and discussing what we love about our families.

## Magical moments

Early Years and Foundation Stages are just the start of a love of life-long-learning. This half term all the students participated in some very exciting 'firsts' with their classes.

- They learnt 20 sounds and have started to learn to read words!
- We've started learning to count to 20.
- We're using the sounds we know to start writing words and start reading.
- We've started using the computer suite.
- We've made new friends and met new adults who love to teach and help us.

All the students have worked really hard and the teachers have loved seeing everyone settle into the busy life of FS2. Well done, everyone! Who knows what exciting things are to come for the rest of the school year?

**Ms E Callowhill – FS2 Yellow Teacher**

# INDUCTION DAYS IN FS1

What a fantastic start to the year in FS1! Over the course of two days, we welcomed the newest and youngest cohort to the school with our Induction Days. This gave the children and their parents an opportunity to come into school and get a taste of what school life is like in FS1.

In FS1 we provide a high quality learning environment for the children in order to create a real love of learning and curiosity about the world around them. The classrooms and Pod were set up with exciting and interactive games and activities for the children and parents to engage with together. Each class had a different theme of a Nursery Rhyme and all the activities in the classroom linked to this. There were crafts activities, Small world, Construction and playdough activities for the children to engage with.

The children could also play in the role-play area or share a story from the class or Pod libraries. The parents had an opportunity to meet the teachers and other parents and see their children in their new learning environment. It must have eased any anxiety they had as they watched their children making friends with their new classmates, exploring their new surroundings and getting to know their new teachers.



It is always wonderful to see the children so excited to be joining us at MES Cairo. They wear their new school uniforms with pride and it always amazes us with the confidence they have when they come into their new learning environment. We value and celebrate each child in FS1 and it is so exciting to be part of their learning journey at MES Cairo.

**Ms L Kiernan - FS1 Orange Teacher**





# YEAR 1 NEWS



It is an exciting time for students entering Year 1, as this pivotal year marks a significant step in their educational journey at MES Cairo. Year 1 is the first year of the UK national curriculum and sets the stage for a year filled with growth, learning, academic achievement and memorable moments. In Term 1A we focus on friendships, personal relationships and transition from FS2 to Year 1. We place great emphasis on a smooth transition between year groups, in particular when year groups are shuffled. Throughout the year we plan a range of activities and opportunities to ensure that the students feel happy, secure and familiar with the Year 1 environment. These transition sessions have paid off as each student has settled well into their new classes. Everyone is making new friends and we are always amazed by how quickly the students form a tight knit class. Getting to know each student individually is a top priority in Term 1, as is creating a warm and welcoming environment for each child. We encourage every child to share their experiences at school, helping them to articulate their thoughts and feelings about new friendships. PSHE lessons are held throughout the week as we recognise the importance of social and emotional development. It is important for the students to understand and articulate their feelings and emotions in a positive manner as well as learning about respect, empathy and self-awareness.



Year 1 is a critical time for building foundational skills in English and Maths. Reading and writing activities will take center stage, with a focus on Phonics. You can help your child at home by ensuring that you hear your child read daily and by asking them comprehension questions. In Year 1 we focus on fluency and prosody and therefore they should be able to read their home reading books with ease. To foster a positive learning environment we encourage the students to develop a sense of independence and resilience. Teachers will guide students in understanding classroom routines and expectations. We are also encouraging the students to take care of their belongings, manage their time effectively and increase their listening and concentration skills.

Young children learn best when they are able to learn actively. In Year 1 we follow a play-based curriculum, which means the students learn through hands-on experiences, creative projects and interactive lessons that engage their imagination and natural curiosity. To support this, ask your child open-ended questions about their day to encourage them to share what they have learned and discovered.

We have many exciting experiences planned for the year ahead including our first trip to Horseville. We look forward to spending a memorable year with your child and are excited to see all that they can achieve.

**Ms S McDonald – Year 1 Team Leader**

# Are You Ready Paddington Bear?

In our first topic in Year Two we had a visit from Paddington Bear. Paddington asked the children, "Am I Ready?" and they decided he was not ready to be visiting Cairo. He was wearing wellington boots, a big fluffy coat and a furry hat. We decided Paddington was not ready for warm climates because his clothes were too thick.

Next Paddington needed to visit the rainforest but he was not ready because he did not want to get wet. The students investigated waterproof materials and decided to make an umbrella for Paddington out of plastic. The Year 2 teachers were very impressed with our resourcefulness when we were planning and conducting our experiments.

Then Paddington wanted to visit the pyramids but he wanted to protect his eyes. The students investigated how light passed through different materials and decided Paddington needed sunglasses made from a translucent material to be ready.

After that, Paddington needed to be ready for a party, by building a durable treehouse. Students in Year Two, showed great relationships and teamwork by working together to build strong and durable treehouses out of different materials. We tested these treehouses by seeing if they were strong enough to hold Paddington.

In English lessons, we described Paddington and wrote our own Paddington story. Our teachers were very happy with the resilience shown in these lessons and our improvements in our writing.



Lastly it was our time to show we were ready. Paddington invited us to Snow City and we had to think about the types of materials we could use to keep us warm. We all packed jumpers, coats, hats and scarves. When we got to Snow City we were given warm and waterproof clothing to put on top of our own. We also were given a helmet to protect us. We thought about the material used and reflected on if we were ready to enter Snow City.

When we got inside Snow City, we loved playing in the snow. We had snowball fights and made snow angels. We showed risk-taking by going on the various rides. There were snow mobiles, slides and zorbs. Some of us enjoyed going on the sleds and others loved playing football or volleyball in the snow. We all had a wonderful time and felt like we were ready.

Our teachers were delighted with our behaviour and how we demonstrated the 5Rs.

**Ms S Rawlings - Year 2 Violet Teacher**





# ON TOUR WITH YEAR 4



On Wednesday 18th October, Year Four parents and families ensured their seats were in an upright position, tray tables stowed away and seatbelts fastened; they were ready to embark on a musical journey with Year 4 students exploring the continents of Asia, Australasia, North America, South America, Europe and Africa.

The following six students were winners of 'Miss Annette's MESsenger Competition' and proved their writing was good enough to be published in this magazine! They were asked to tell you more about the Year 4 Concert and how the 5Rs were shown by all Year 4 students.



Last term, Year 4 had their concert and it was outstanding. The topic was, 'I Wonder... Where Am I?' They learnt about the seven continents and all about where their teacher is from. They showed the 5Rs by being resilient and not waving to their parents - even when it was impossible! They were Risk-takers by performing on stage despite their nerves. Also, all of Year 4 got to participate in a Scavenger Hunt. They used a compass and went all around the school. Green and Violet class both won the Scavenger Hunt.

**Saja Hemdan (Y4G)**



The Year 4 Concert has been one of the most creative concerts I've ever seen! It is not just that we had fun, learned new things, and turned the theatre into a giant aeroplane. It was that EVERYONE was smiling and joining in with the magnificent songs because they were just so good. The first song was a year group song: Continents. Then, Going Xi was performed by Red class, Tena Koe by Green class, Mas Que Nada by Yellow class, Country Road by Orange class, Un Elephant by Violet class, Welcome to Africa by Blue class and, last but certainly not least, Footloose by all of the Year 4 students. The Year 4s showed they were Risk-takers by performing on stage in front of a large audience. They showed resilience by practising day after day until they finally got it.

**Celine Hashem (Y4B)**



In the beginning, it was hard and we struggled sometimes but we kept on practising and the songs became easier. We were resilient because we had to keep trying to make it the very best it could be.

I really appreciate how hard the teachers worked to put together this marvellous concert. The jokes were funny, the singing was beautiful and the way Mr Barry spoke as Captain McCormick was extraordinary. Also, the narrators were amazing at saying their lines. We can't forget the Music teachers and the hard work they put into the songs. It was an amazing experience and I think Year 4 were incredible.

**Hana El Saadany (Y4O)**



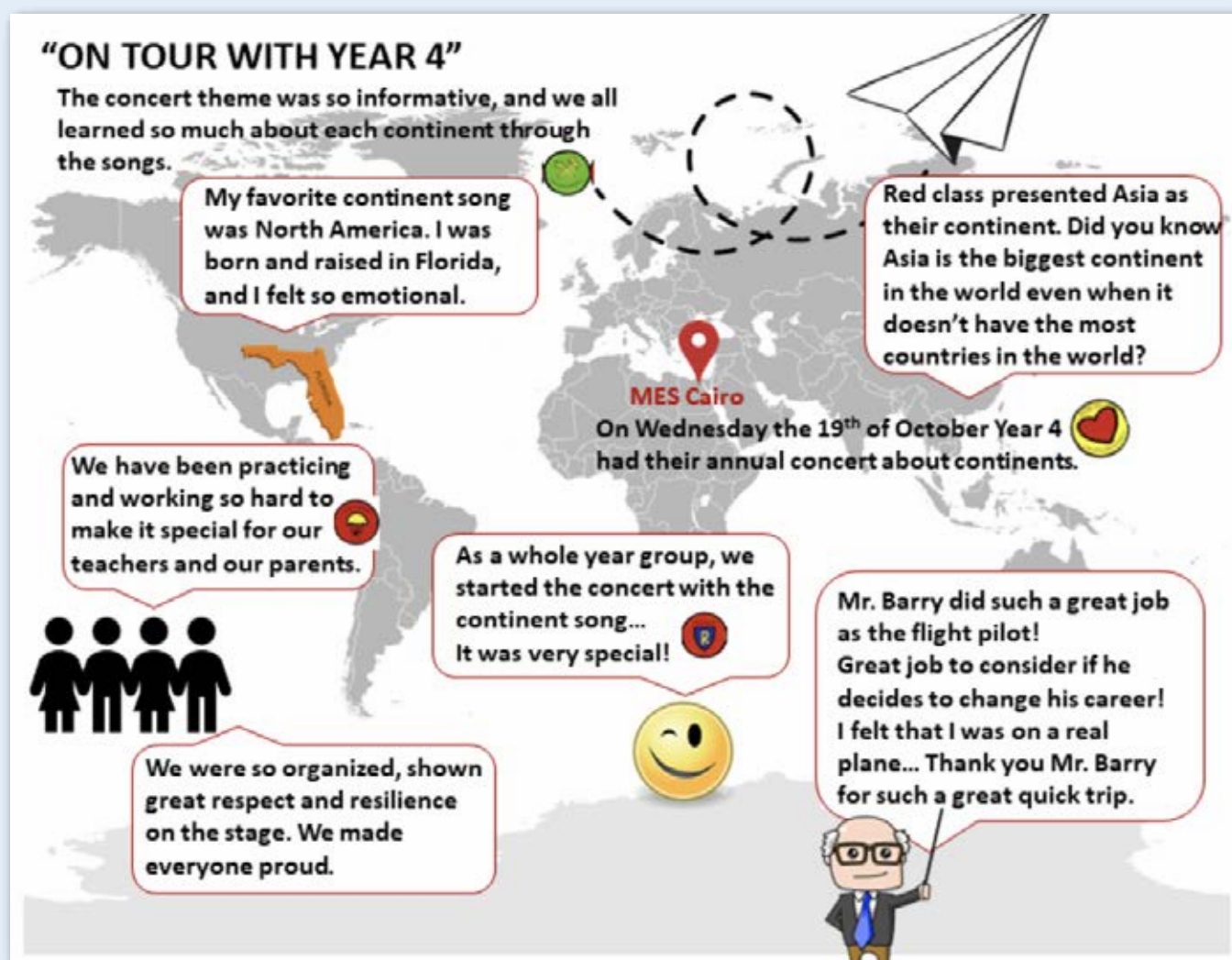
I started the week feeling worried about our performance but that was not going to stop me. I am a Risk-taker! I made lots of friends from other classes. I was shy

but I said to myself, "Let's give it a try!" I am Resilient! I sang excitedly and couldn't wait to impress my Mum and my teacher. My class song was Mas Que Nada. Did you know Brazil is in South America? Most of it is a rainforest and the weather is cold. What an amazing concert!

**Yehia Hanafi (Y4Y)**

I enjoyed every second I sang with you and performed in the concert. The lyrics were amazing and were finely chosen. Mr. Barry's great voiceover made it feel so real - like I was on an actual plane! My peers who performed as narrators were perfect and they looked like their real explorers in their attire. Most importantly, I sang perfectly and enjoyed the experience with my classmates as I tried to make my voice reach the whole theatre. It was an interesting, creative way to learn about the whole continents of the world. Year 4 friends and teachers - we made it! Here's to more amazing concerts.

**Khadija Abutaleb (Y4B)**



**Youssef Rizeak (Y4R)**

To conclude: Year 4 students - your energy, enthusiasm and dedication is unparalleled. We are so lucky to be your teachers this year and we are very proud of you all and your performance in our concert.

**Ms A Keegan – Year 4 Team Leader**



# TO INFINITY AND BEYOND!

## YEAR 5 NEWS

In English this term, we have been learning about both poetry and non-chronological reports. Within our poetry lessons, we learned about how the use of figurative language, such as similes and metaphors, can help the reader understand what the poem is about. We also had opportunities to perform poems to each other as well as our rainbow class in Year 1, who thoroughly enjoyed our visit. In the second half



of the term, we had lots of opportunities to research information on various planets and organise this into sub-headings which would then form a non-chronological report. We used editing skills to ensure our final written reports included fantastic sentence openers, technical vocabulary and clear content that we could share with other classes in Year 5.



In Maths this term, we have focused on Place Value and the Four Operations. We challenged ourselves by rounding numbers all the way up to one million and being able to write the numbers in both digits and words. We wanted to inspire younger students to love maths so we collaborated respectfully in our groups to create colourful eye-catching posters to help younger students understand some of the more tricky concepts in Place Value.

Our first learning inquiry in topic lessons this year allowed the children to journey to the stars and consider how humans might one day travel to Mars. As part of this learning, the children were introduced to our solar system and the celestial bodies that can be found in it. The children considered the materials that each planet is made of; their relative sizes and orbits and what the environment is like on each of them. We also learned about how the Sun lies at the centre of the Solar System and the heliocentric model of the planets' orbits. The children also learned about the Earth's position in the solar system, why there is day and night and why we have seasons. We also discussed why there is life on Earth, and why life has yet to be discovered on other planets. We then moved on to considering what life in space might be like and how people might travel to other planets. We also thought about what challenges people might face living on other planets. To summarise our learning, the children planned their own mission to Mars. They needed to consider all of the ideas that they had previously learned in the unit to come up with their own plan as to how they might travel to and make a new home on Mars.



We have been learning about the features of poetry, how figurative language helps to build strong imagery and the authorial intent behind it all. We then practised identifying and writing our own examples of similes, metaphors, alliteration and onomatopoeia before applying them to our very own poems. We then shared these with Year 1 in our very own 'Poetry Slam' and paired up with Year 2 to share our reading books. Part of the guided reading focus for this term was also developing our knowledge and skills of prefixes, suffixes and root words.



In PSHE, our focus has been on RESPECT. We have discussed and shared ideas about what respect looks like and how we show respect to others and ourselves. Not everyone will always be respectful so as a class, we have also discussed strategies in how we respond to hurtful behaviour. We've also discussed what discrimination means, how we recognise it and ways in which we can challenge it. We have regular opportunities to reflect on our own interactions within our community and document our thoughts and feelings.



**Ms E Rek - Year 5 Team Leader**



# EXTREME EARTH IN YEAR 6!



Year 6 has been having a great time learning about how extreme our Earth can be. They've been learning about the following natural disasters: earthquakes, volcanoes, tsunamis and tornadoes. Did you know that Earth's tectonic plates are a major cause of natural disasters? Each week, they have been strengthening their map skills using their Atlases, researching areas where natural disasters are likely to happen, and placing them on a world map. Year 6 discovered a geographical area known as the Ring of Fire. Ask any Year 6 student what they have learned about the Ring of Fire! Each class has been adding their learning to their class Floorbooks.

Many students completed absolutely fantastic Home Learning projects at home. They had the choice to complete two out of six options and showcase them to the class. We saw some amazing volcanoes that erupted before our eyes in our classrooms! We also saw some creative ways to display a tornado, complete with houses and animals collected up by the strong winds. Some students chose to complete a video as a news reporter, reporting about a natural disaster that had happened. Presentation skills are important as our students make their way into secondary education, so some students chose to create presentations to educate the rest of us about time zones across the globe!



In addition to this, Students have applied their learning and knowledge to their creative English writing where they wrote tragedy stories involving their chosen natural disasters! They explored rubble and dust left from natural disasters and found some precious lost items within it. These items became their inspiration for the character they created for their story. Some items included: jewellery, a fishing net, a telescope and a compass.



Many students created fantastic stories. Ask a student what their story was about and what their favourite part of their story was!

Many students created fantastic stories. Ask a student what their story was about and what their favourite part of their story was!

**Ms S Morgan - Year 6 Year Team Leader**



# LIBRARIES AT MES CAIRO

## KS2

The KS2 Library is for the children from Year 3 to Year 6. The KS2 Library contains age appropriate titles for the children to enjoy at home. This year the library is encouraging children to find the right book for them, this is not always an easy task! To encourage the children to pick a book they perhaps would not normally pick, the reading levels within the Library are no longer being used. Having the opportunity to select a book to take home to read for pleasure, should be a fun activity. The children already have guided reading within their classes, so a library book is a book that they may never get the opportunity to read normally.

At the beginning of the school year, all of the KS2 children were encouraged to take any book they would like from the Library, as long as they tried to use the new 'Five Finger Rule'. This is a tip for all readers all the way up to our Seniors. Here is how it works; take any book that you think you might like, open the book on any page and read from top to bottom. For each word you come across that you do not know, put one finger up. If you only have one finger up at the end of the page, then perhaps the book is too easy, two to three fingers and the book should be just right. If you have four fingers up, the book will be a challenge, but you should try the book. If you have five fingers, then the book is too hard FOR NOW! Come back to the book in a few months time when your reading has improved and the book that you may have found too hard then, could well be your book now.

The children have embraced this and the variety of books being taken from the library is certainly impressive, although the choices of some of our younger students can be quite ambitious so we ask that perhaps a parent or older sibling help them out a bit!

The KS2 library was also very lucky to receive many new books over the summer break. New books keep appearing on the shelves as the busy librarians add them to our collection, book by book.

As well as new books, we also have a new Librarian and Library Assistant. We are very excited to be in the KS2 Library this year. A great deal of work was carried out over the summer to make the Library a welcoming environment for our students. We are also keen to see how the children begin to make their choices when faced with the entire library to choose from. It is really very interesting for me to see what books and subjects interest the children. We plan to guide them effectively and help them find 'their book' this year and and to nurture a love of reading in all students.



Mrs K Bridges - Librarian, Primary KS2

# SECONDARY LMC

The MES Cairo Secondary Learning Media Centre is off to a great start! Students in Middle School in both the British and American sections, are focusing on how to find books that they will love to read. They are learning strategies such as surveying their own interests, exploring different genres in “book tastings” and they are beginning to explore research skills in a Genius Hour project. We are excited to help them achieve a love of reading and life-long learning!



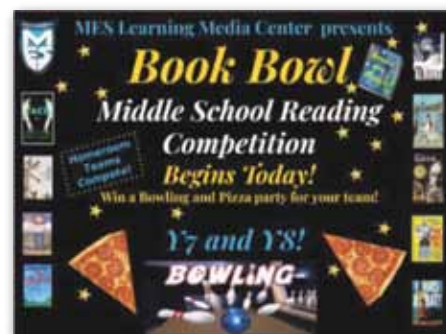
## Genius Hour

Genius Hour Projects allow students to research a topic they are passionate about. This is different from most school work which is curriculum driven. In Genius Hour, students ask themselves: “What am I interested in?” “What do I personally want to know more about?” and “How can I solve an authentic problem?” Genius Hour was first developed by Google as a way for their employees to pursue new ideas and be innovative.



## Middle School Book Bowl

We were excited to begin the Middle School Book Bowl Competition on 8th October. The programme is a reading incentive competition to encourage students to read and talk about literature. The programme causes a “buzz” about reading in a fun and education-oriented way. In the programme, students read books in teams and then compete to win a Bowling and Pizza party. There are nine books, of varying reading levels and from different genres to choose from. The programme culminates in a round robin style competition in late November in which students answer questions about the books.



## IBDP Students Research in AUC Library

On 15th October, the International Baccalaureate (IB) students in DP12 visited the American University Cairo, (AUC) Library to complete research for their Extended Essays. The Extended Essay is an important component of the IB Programme in which students research an authentic multi-faceted question and then write a 4000 word essay on their findings. The Extended Essay helps our students stand out among their peers and be ready for university level work. Mr Hawkins, IB Business Teacher and Ms Osborne, Secondary Librarian accompanied the students to support their work. AUC Librarian, Mr Muehlhaeusler was extremely helpful and assisted our students with finding appropriate resources for their topics. We are most privileged to be able to visit the library and make use of their varied and vast selection of databases for our students' research.



## Ms M A Osborne - Secondary LMC Coordinator

### Library Fun for KS1!

FS1, our youngest students, are now settled into learning at MES Cairo. They enjoy having precious storytime in the Library using a variety of story sacks. Ms Nancy and Ms Mimi love watching their curious faces travel to faraway places as they listen intently to the very exciting stories!

FS2 and Year 1 students are learning library skills. They know how to return a book to the correct shelf and they are using library terminologies like; Author, Illustrator, Publisher, Spine, and Blurb! Every week in Year 2, one student from each class is chosen as Librarian of the Week! To be chosen, a student must demonstrate:

- a great sense of responsibility,
- a positive attitude towards the library rules,
- a good example to peers at all times.

We look forward to updating you about our marvellous KS1 readers in your next issue of the MESSenger!

## Ms Mimi and Ms Nancy - Librarians, Primary KS1







We have begun this academic year in PE with a SPLASH! All our students throughout KS1 and KS2 have been participating in swimming lessons. It has been a great opportunity for our students to build their confidence in the water. We have seen some wonderful progress from students submerging their heads for the first time through to older students performing a beautiful dive off the blocks. Students have shown a great deal of excitement to participate in swimming lessons with many of the students in KS1 having their first ever lessons in the school swimming pool. There were a large variety of learning opportunities for students. In KS1, students focused on collecting objects when submerged, floating, basic stroke development and jumping confidently into the water. KS2 were able to focus on stroke development, diving and water polo skills. The PE teachers have been delighted to see many students showcase their excellent swimming skills in the pool.



Students also started the year by participating in team building games. This is a great way for classes to learn to work positively with one another to achieve a goal. Through a variety of games students also worked on their mindsets and attitudes in lessons. All students discussed positive behavior for lessons and

positive behaviours in game play. They were then able to demonstrate this in the many fun games PE teachers provided. Students in both Key Stages also participated in a net/wall games unit. They



discussed and practised skills that are transferable in a variety of sports. The majority of students focussed on developing their skills in volleyball learning how to dig and set for some great rallies.

Our smallest students in the school have been very eager and excited to participate in their PE lessons. FS1 have been exploring different movements and getting an introduction to what a PE lesson looks like. Students have really been testing their listening skills with many different games. They especially enjoyed tag games, the parachute or copy cat games. To develop students' balance, strength and mobility skills they all went on a 'bear hunt.' Their PE teacher read them "We're Going on a Bear Hunt" story and they tested their skills on so many different obstacles. They were climbing, crawling, jumping, hopping, sliding, balancing, rolling. Students demonstrated the 5R's by being Resilient when something was hard, by being a Risk-taker when they were nervous to try something and Relationships by helping their friends on various obstacles.

**Ms C Bridgland - Primary PE Teacher**



# PRIMARY COUGARS - TERM 1

Primary Cougar teams have started this year off with a BANG! For students in Years 5 and 6, competing for a Cougars team is a fantastic opportunity to represent the school, and earn some valuable experiences outside the classroom. It is also a great responsibility, as being a part of the Cougar set-up means you are a role model to all your peers! All our teams have been adorned with brand new team kits, and are looking very smart when competing against other schools!



Our Primary Cougar teams include Girls and Boys Football and Swimming, as well as Boys Basketball and Girls Netball. This year, we have also introduced Boys and Girls Volleyball, which is the first time our Primary students have had the chance to play volleyball for the school team. Coached by Mr Richard and Mr Connor, the volleyball team is busy picking up the basic skills on which to build a foundation for future success in the sport. We look forward to seeing them grow as individuals and as a team.

This Cougar's Netball season, we have seen our best participation numbers yet. Over 30 girls have decided to take up the challenge of learning a brand new sport. The excitement and enthusiasm for being a part of the Cougars Netball team is highly positive. The students have been developing many different skills for the sport and are slowly learning the rules and positions. One of the most positive aspects of the team has been the Year 6 girls who played last year taking on a mentorship role with the new Year 5's. Ms Cara and Ms Shereen are really looking forward to seeing the girls demonstrate their new skills in upcoming fixtures.

Boys football saw incredible numbers for the trials, as usual, with over 100 boys trying out this year. As a result we were unfortunately unable to offer everyone a place in the final squad. However, the squad selected have done a fantastic job in their first few training sessions, working on individual technique as well as group drills. Coach Ben is very much looking forward to our first tournament, and seeing what the team can produce!

Our Girls football squad, led by Mr Cole, have been busy with training sessions, working up to competitive fixtures in the next few weeks. It has been a pleasure witnessing the increase in enthusiasm towards Girls football at MES Cairo, and our current squad has the perfect mix of skill, passion and sportsmanship. I am sure they will make us all proud!

For our Cougars Swim team, the sun is shining and each swimmer is working hard to develop their technique in a range of swim strokes. Each week Mr Gareth and Ms Jasmine are challenging our students to not only develop their technique, but also increase their speed and stamina in the water. As a result, we have been successful in our first two tournaments of the year, swimming numerous medals, and even an overall trophy at our most recent swimming gala!

With over 60 players coming to the try outs this year students have shown huge interest in the sport of basketball at MES Cairo. With several players on the team having experienced basketball for Team Cougar last year, the team is a mixture of experience, passion and skill. Basketball Cougars are currently training once a week with a focus on skill development but also preparing for upcoming matches against other schools. Mr Carlos is very pleased with the enthusiasm of everyone involved and we are all very excited about facing our first match soon.

**Go Cougars!**

**Mr H Gad - Head of Primary PE**







# ***VARSITY BOYS FOOTBALL***

The Varsity Football Team came out in huge numbers for trials, a very strong squad was selected and Hazem El Fadl (G11R) was chosen to be the Varsity Team Captain. Hazem has demonstrated a mature and positive attitude towards his Cougar sports, he is always polite and works hard in school and is a fine representative of an MES Cairo student.

The Varsity Football Team played away at AIS for their second friendly of the season. After playing with each other before, the team had a greater understanding of their teammates.

The game was very close with some fantastic dominating play by MES Cairo and AIS put up a good fight, the final score was 2-2.

The next game was VS CES, MES Cairo had a strong start and went 3-0 up within 15 minutes. The team were looking very strong and certain for a win. A few substitutes were made to ensure all players had an opportunity to compete and unfortunately the game ended in a 3-3 tie.



The CISSA tournament arrived, the players were in good spirits and were focused. The first game was vs AIS, the opposing team were putting on a lot of pressure and had some fast players that kept penetrating the MES defense. It was a loss for MES Cairo, but the standard was set that had to be met, it was high!

The second game was against the winners of the tournament HIA, the game was very close with both teams playing great football and creating chances. Late into the game HIA managed to sneak a goal with a ball in behind the MES defense and made it 1-0 and a loss for MES Cairo. CES managed to get a strong victory against MES Cairo.

Thank you for your hard work and commitment throughout this season.

**Mr J Keast – American Section Lead PE Teacher**



### ***VARSITY GIRLS FOOTBALL***

The MES Cairo girls have shown their passion for football consistently through tryouts, training sessions and matches. The dedication of the girls shines through week in, week out.

Captain Kenzi El-Sayed (G12R) and Vice Captain Mariam Allam (G11R) have done a great job of leading the girls and supporting the coaching staff throughout the season. The whole squad is happy to take responsibility and accountability in a variety of ways which propels the team forward as they continue to excel and improve.

The girls have had a mix of results in their friendly games but they have worked extremely hard in all of these matches and consistently communicated and worked as a team.

The season came to a close on 10th November with the CISSA Tournament. The CISSA tournament was a great day of football for everyone involved and yet again the girls gave it their all. The girls played very well in the group stages, winning both games to finish top of their group and go into the semi final. The girls played brilliantly and finished in 4th place against difficult opposition. Honourable mention to Captain Kenzi El-Sayed who played her last match for MES Cairo at the CISSA Tournament Thank you for your contributions to the school team.



**Mr G Coppel - Varsity Coach**



### ***MIDDLE SCHOOL COUGARS SWIMMING***



Building on a successful season last year, trials were held in September for the Middle School Cougars Swimming Team. Trialists showed great enthusiasm in showcasing their abilities and were also supportive in their encouragement of each other.

The team selected is as follows; Amin Elaref (Y8Y), Mohamed Hassan (Y8G), Omar Hanafi (Y8Y), Yassin Ismail (Y7Y), Dana Donia (G8Y), Hana Badawy (G8G), Karma El Dessouki (G8G), Karma Teima (Y7Y) In October, we competed at a Gala hosted by BISC. All our students represented MES very well in the spirit of fair and good-natured competition. The following students achieved places in each of these races;

Karma El Dessouki - 50m Breaststroke 1st Place  
Karma Teima - 50m Butterfly 2nd Place

Dana Donia - 50m Freestyle 2nd Place  
Hana Badawy - 50m Backstroke 2nd Place

Karma El Dessouki, Dana Donia, Karma Teima and were also joined by Haya Haitham (Y6R) - 50m Freestyle Relay - 3rd Place. Congratulations to all our swimmers! We are now working hard in training, aiming towards further galas & competitions during the academic year. A special thank you to our Senior Athletic Mentor Yassin Samad (Y12Y) who has provided ongoing, consistent support in coaching our Middle School swimmers. Team members have shown great commitment to developing themselves across the variety of strokes, and we look forward to competing further!

**Mr S Hawkins – Swimming Coach**



## Secondary Sportsdesk



### ***JUNIOR VARSITY AND VARSITY NETBALL***

Following on from the success of last season, there were a lot of familiar faces hopeful of making it into the team and continuing their winning streak. As always it is great to see so many students interested in the sport and we thank all of those students who attended the trials.

The Junior Varsity team have approached the netball season with enthusiasm and determination.



The girls have won one of two games and demonstrated progression following each match and training session. Congratulations to Captain Alia Elzuhairy (G9G) and Vice Captain Layla Saleh (Y9G) for their newly appointed positions and for maintaining team morale.

The Varsity team has since played two games and won both. Some members team have been playing together since Y/G7 and their chemistry on the court plays a huge part in their success. The team was led by the recently appointed Captain Hana Aglan (DP12R) and Vice Captain Khadiga Mashour (G12R.) Both Hana and Khadiga have shown commitment to the MES Cairo Netball Team throughout their time at MES Cairo and are valued members of the Cougar family. Congratulations to them and the team for the positive start to the season.



**Ms L Shepherd - Netball Coach**



### ***JUNIOR VARSITY AND VARSITY VOLLEYBALL***

Following from the great success of last season, we had many familiar faces excited to try out for the MES Cairo volleyball team. As always, it is brilliant to see so many female students interested in the sport and the development of their skills as they progress to the next age group. Thank you to all of those that attended trials and congratulations to those that were selected to represent the teams.

Being part of the team comes with the opportunity to apply for the role of Captain or Vice Captain. These roles are both essential for making a well rounded team, their responsibilities include communicating with the Coach and Referees, listening to their players concerns and motivating their team through training sessions and games. Congratulations to Rehab Tayel (G9G) (Captain) and Miriam Faragalla (G10B) (Vice Captain) on the appointment of your roles for the Junior Varsity team. Both students have demonstrated excellent leadership qualities and are both a great asset to the team.

The Varsity team will be captained this year by our most experienced player, Mennah Dewidar Y12R. Mennah also has the opportunity as an athletic mentor to build on her leadership skills within the team, particularly while training with the Junior Varsity team. The group this year blends a nice mix of experienced players with youthful enthusiasm, with a few girls joining Volleyball for the first time this year after other sports. The coaching team looks forward to seeing how the girls progress and compete this year.

**Ms Laura Shepherd - Junior Varsity Coach**

**Mr Tom Kerins - Varsity Coach**



### *MIDDLE SCHOOL NETBALL*

The Middle School Netball team has had a good start to the season! For many of the girls on the team this is their first experience playing netball and they have approached training and games with great enthusiasm. It is exciting to see the progression the team has made in just a few weeks of training and we hope to see more success in the future. Congratulations to Team Captain Farah ElGohary (Y8B) who helped lead the team to their first victory of the season.



**Ms S Freeman - Secondary PE Teacher**



### *BOYS VARSITY VOLLEYBALL*

The Varsity Boys Volleyball team this year is a group of mixed ages and backgrounds. Experienced Volleyball players from previous Cougars teams are joined by new recruits some with experience in other sporting fields and now giving Volleyball a try for the first time.

The boys are working hard within training to become a cohesive unit and put their combined skills and strengths together to make a competitive side for the upcoming CISSA tournament. The team is captained by Abdullah Ahmed (G12) and Adam Nasr (DP11), who have shown good leadership qualities throughout the warm-up friendly fixtures against AIS that have seen us compete well but lose narrowly on both occasions.

The coaching team is excited by the team's potential and looks forward to building a competitive outfit for future friendly matches and the final tournament.

**Mr T Kerins and Mr J Keast – Boys Volleyball Coaches**







### *MIDDLE SCHOOL BOYS BASKETBALL*

We have a select few KS3 and Middle School boys who have committed to getting better both on and off the court. We have been getting better and better each practice and game. The boys who show up each practice and each game have a lot to be proud of.

**Mr B Stout - Middle School Boys Basketball Coach**



### *KEY STAGE 3 AND MIDDLE SCHOOL GIRLS BASKETBALL*



Our Middle school and KS3 basketball team has become a shining example of determination and growth, as they consistently showcase improvement with each game played. The players' dedication to refining their skills and working together as a cohesive unit has been truly commendable. Initiating the season posed a challenge in garnering the team's commitment to practice and hard work; however, they have begun to realize that their persistent efforts are yielding positive results.

One of the driving forces behind the team's success is the invaluable contribution of Coach Ms El-Masry, an esteemed alumni of our very own Courage Basketball Team. Coach Malak's deep connection to the school and her firsthand experience as a player on the Courage team have proven to be

a tremendous asset to the program. Her passion for the sport and dedication to nurturing the talents of our Middle School and KS3 athletes have played a pivotal role in fostering a positive and growth-oriented team culture. With her guidance, the players have not only honed their technical skills but have also imbibed the values of sportsmanship and teamwork that are central to the spirit of Courage Basketball.

Guiding the middle school basketball team are Lamar Abdeldaim (G8Y) and Julia Sultan (Y8G), who have each navigated early-season challenges, showcasing resilience and determination. Despite facing obstacles in the initial stages, both young leaders are optimistic about steering the team towards victory by the end of the season.

Joining the team as a co-coach has been a great experience and working with such disciplined young ladies in our MES Cairo team has been wonderful. Practice time flies by and the girls give 110% into every single challenge they are given. Being a co-coach with the amazing Coach Ms Abrahams has been such a great combination, with her previous experience training and playing basketball she has brought so much more added value to the team practice.

Coach Abraham's relentless work with the girls has not only improved their skills individually but also as a team. Her invaluable input and coaching has helped the girls grow, being able to shoot, pass and move across the court with great skill. Coach Abrahams has been an excellent addition to the cougars and the MES Cairo family; she has been a pillar of strength and motivation, when the team has felt demotivated. We are excited as a team to join the CISSA Tournament and show what the MES Cairo Cougars' can do, after their rigorous training and exceptional efforts this term.

**Ms A Abrahams - Secondary American Section Math Teacher**



# SECONDARY ASA NEWS

The ASA programme in Term 1 offered a vast array of activities for the MES Cairo students; from Self Defense, Science Experiments and Choir, to International Award, Global Perspectives and Artistic ASAs. There was a great commitment from many students and several ASAs were a huge success. Some of the inspiring teachers provided some feedback from their ASAs and we all hope that the success of the ASA programme can continue to grow.



## Global Perspectives

This term's after-school activity for IGCSE Global Perspectives has been a resounding success. Students actively engaged in thought-provoking discussions, critically analyzing global issues, and developing their research and communication skills. The sessions fostered a collaborative and inclusive learning environment, empowering students to become informed global citizens. Overall, it has been a rewarding experience for both students and educators alike.

## Performing Arts

The Choir started the year with a number of students from across secondary learning about different warm ups and vocal techniques. Students began to learn different songs with a focus on the Seasonal Concert and the school Production. The Production is now in full swing and set up to be a fantastic event!

## Pioneers

The Secondary Pioneers continued the programme this year with a visit to the Saqqara complex where they learned about the history of ancient Egypt. Pioneers have also taken part in charity events like Pink Day and raised a substantial amount for this great cause. They will soon be venturing to the Wadi Degla to hike and will for the first time sing at the Seasonal Concert.

**Mr J Keast - Secondary ASA Coordinator**

## PRIMARY ASAS CONTINUE TO CHALLENGE AND INSPIRE

As the dust began to settle from the beginning of another academic year, students in Years 2 through 6 were given the opportunity to sign up for one of our exciting ASAs offered by all teachers in Primary. These ASAs were chosen by the teachers, with the thoughts and wants of the children in their care at the forefront of their decisions. As such, we were able to offer an extensive list of After School Activities. These ranged from improving already fantastic sporting prowess in Year 5 and 6 Football, to learning the skills of cartoon character drawing to create our very own MES Cairo comic books. Feedback from children has been hugely positive, with almost all receiving their first choice ASA.



Cooking Club made a long awaited comeback this term as both Year 2s and Year 4s were offered the opportunity to expand their culinary expertise and learn some new skills, all well organized and run by their enthusiastic teachers. Team Games for both Year 2 and a combined ASA for Years 3 and 4 gave the children the opportunity to spend an hour outside, learning different ways to work as a team through various games including dodgeball, tug of war and football. The long-awaited return of Mr Andrew Hainsworth meant that Touch Rugby could continue in the absence of Mr Ross, who took over the Pioneers position last year. Touch Rugby continues to be one of our most popular ASAs as a result, boosted by the Rugby World Cup taking place this year, won by South Africa, and therefore a victory for all Africa which promises to boost the sport on our continent. Another ASA which proved popular this term was our 'Teaching Arabic to Teachers' club. Many teachers, myself included, are unfamiliar with any Arabic beyond basic 'Uber Arabic'. This ASA gave children the opportunity to work with members of our Arabic Teaching Staff to teach our teachers from abroad some basic phrases to help us navigate Cairo and the wider country.



I would like to place on record my thanks to all teachers in Primary who have displayed incredible dedication this term to ensuring ASAs provide a caring and stimulating extra-curricular activity for all children. I look forward to this continued commitment as we aim to prove ASAs that further challenge all the wonderful children at MES Cairo. If any children reading this also have an ASA idea that they wish to communicate with me, please come and see me in my Year 2 classroom, my door is always open and I will no doubt feel inspired by some of your ideas.

**Mr Daniel Saberton – Primary ASA Coordinator**



# MES CAIRO ASAS - FROM THE HEART

In our first term at MES Cairo, we have seen a healthy, vibrant mix of ASA choices. Students have had a wide variety of options, passions and pastimes to choose from. Some range from activities to boost academic excellence, some boost skills in wider but equally important areas of life, and others are as simple as spending your day, as the sky's palette turns orange, engaging in the visual arts.

To really delve into the machine of MES Cairo After School Activities, it felt proper to ask the students themselves. In the Visual Arts ASA with Ms Lee, we had one particular young student, full of passion for art. The student, Omar Wahid Khalil (G7O), said: "I joined the Art ASA because I love art and I love drawing, and I draw all the time at home."

The Visual Art ASA, gives people like Omar a place where he can freely express his ideas, where he can be productive and also learn. While learning, the ASA coordinators ensure every stroke of paint has a unique story to tell behind it, where some artworks can even be displayed for all to see in art exhibitions.

However, the ASA's at MES Cairo can also take a competitive turn. The World Scholars Cup, a prestigious competition held regionally and globally, is practised vigorously within the school walls. In this competition, students must demonstrate skills in debate, writing and general knowledge about all of life's detailed subjects.

Hassan El Nemr (G12R), with five years of experience with the ASA, described the World Scholars Cup in one word: "Fascinating".

**What makes it fascinating, you may ask?**

**He replied, "Diversity of competitors age, skill and commitment."**

ASAs like the World Scholars Cup are not just for the experienced veterans of the subject, even newcomers have a welcome seat.

Noora Abbady (Y11B), when asked what really enticed her to join the World Scholars Cup stated that: "Debate seemed like the perfect opportunity to speak my mind."

Debate, the core and most prominent aspect of the activity, really shines through with the exchange of ideas between students, where feedback is freely shared and points are indiscriminately made.

Sometimes, students need a break. In such times, ASAs like the Anime Club can really shine. After a long weekend of studying, a relaxing end to a Sunday could very well be sitting with your friends and watching a show. It's not all fun and games, though, as students are encouraged to search for meanings in the plots, and analyse different characters and their motivations. Even the simplest, fun amusement can be turned into a moment of learning.

In the realm of sports, there is a hard working, encouraging environment for the student athletes to prosper in. After a gruelling try-out period, students train, often, after school to hone their skills in a chosen sport. The selection ranges from Basketball, Football, Netball and so much more. The training is not in vain, as MES Cairo competes with various other schools in Varsity matches.

Even the musically talented can find their rhythm and melody with the ASAs. There is a wide catalogue of instruments to learn with MES Cairo after school, with professional, qualified instructors, to ring the halls with catchy tunes. Students can find their preferred genre and form their own styles as they learn the theory behind the strings and keys. If instruments are not to a student's liking, they have the opportunity to join the Choir; in such cases, students can be a part of various school events. This includes the Winter Concert in December, where festive jingles are practised and performed every year.

As the sun sets upon the school day, the heart of the After School Activities at MES Cairo can be seen in allowing students to express themselves in whichever medium they feel most comfortable in. ASAs create an environment where friendships are made, skills are cultivated and paths are paved.

**By Louay El Habibi (DP11Y) - MESsenger Journalist**



# MES CAIRO SENIOR MENTOR PROGRAMME

## REIMAGINED AND REFOCUSED FOR

### 2023-2024

On 12 September 2023, a week before returning to school for their Senior Year, our 2023-24 Senior Mentors met at MES Cairo for their Welcome and Induction Day. Students were welcomed to a lively and enthusiastic environment where they had a chance to reconnect with various faculty and staff and catch up with their friends after the summer holiday. The day officially began with the introduction of the new Mentor Programme Coordinator, Ms Levin and the Mentor Supervisors, Mr Magdy (Peer Mentors), Ms Quarles (Academic Mentors), Ms El-Kassaby (Student Mentors), and Mr Kerins (Athletic Mentors).

The Induction Day offered the chance for the Mentors to get a clear understanding of the purpose and direction of the programme for the upcoming year, as responsibilities and expectations were outlined. With a large and energetic group, the chance to get excited and ready to start the school year strong was the perfect way to kick off the many Senior events and activities at MES Cairo this year. Students participated in team building and reflective exercises in which they had a chance to consider how they

can show up as the best and most authentic version of themselves, setting goals for themselves as well as for the programme.

The Senior Mentor Programme is a significant commitment that these students make to contribute positively to the school culture and community. Choosing to be a mentor is not something that should be taken lightly and students know that there will be sacrifices including giving up breaktime, and free time for the program.

The programme also requires that students take full responsibility of their time management and workload management, as the responsibilities of a mentor do not stop for exams and extracurricular activities.

The MES Cairo Senior Mentor Programme is open to any rising Senior to apply to, and there are four unique service opportunities within it. Students can apply to be one of the four unique types of mentors based on their personal preferences and skillsets. This year our mentors have an amazing opportunity to build their skills in a variety of areas as they learn and practise strategies to support students in KS3 and G7/8. Mentors are given training from their supervisors and participate in ASAs to review, reflect, and improve. The mentor

supervisors offer tools and techniques to ensure the mentors are able to provide their mentees with guidance, coaching, and an empathetic ear for those challenging times we all face some times. The different mentor roles include the following:

- Student Mentors who support students in their transition to Middle School and teachers in YG7 & 8 Homerooms and Break
- Athletic Mentors who support the Cougar Programme through active involvement in sports ASAs and teams and also support schoolwide sports related events
- Peer Counselling Mentors who will be trained in techniques to help them grow their self-awareness and psychological flexibility to become more resilient and mindful; these techniques will be used to support their peers with everyday life issues







- Academic Mentors who support students in specific academic classes as a way to ensure the students are maximising their learning time within it, Under the guidance of Dr Magdy, our new MES Cairo Counsellor, our Peer Mentors are learning how they can move through the world in a way that supports their mental health and personal development so that they are also able to impart these skills to younger students. Dr Magdy explained, "Our peer wellness programme aims to promote the mental health and wellbeing of students. The mentors work with the younger students towards helping reduce their stress, as well as improving their social and emotional skills, such as communication, empathy, resilience, problem-solving, and self regulation." Self-regulation is a key to being able to manage stress and frustration and using their ACT matrices, the Peer Mentors are showing impressive growth. The goal of their training is to improve their psychological flexibility to help them and other students be more resilient and mindful.

Working diligently with Ms Quarles, our Academic Mentors have completely changed how this role is seen at MES Cairo. In spite of working with the logistical challenges of

multiple timetables depending on sections and availability, our Academic Mentors have had a tremendous impact this term. Ms Quarles spoke to the success of the Academic Mentors this year saying, "The Seniors have a special quality about them that we teachers just don't have... it's the 'Cool Factor.' The Senior Mentors are able to inspire the younger students to take an interest in their schoolwork in a way that adults cannot. They make maths fun. They make science interesting. Younger students see Seniors taking their academics seriously, and they suddenly want to do the same. The impact of our Academic Mentors is unmatched. They're a valuable addition to any teacher's classroom."

Here is some of our teachers' feedback:

"Hamza was an incredible help - as he always is. Thank him for all his hard work." Ms Thorne, Y8 Maths

"Omar, I wanted to email and say a huge thank you for your support with Y8 Green today in Science. Your support not only made it possible for the group to safely and successfully complete the Electromagnetics practical, but I can see from the graphs that the students produce in class with your help that you really helped them to improve." Ms Dawes, Y8 Science



"Dana was WONDERFUL and such a huge help! Thank you!" Ms Smith, Theater Arts

"This is such a blessing, seriously - thank you for taking the time to organize [the Senior Mentor] programme." Ms Boggess, Music Under the ever-present and effervescent leadership of British Sec-

tion Business & Economics teacher (and MESconian!) Ms El Kassaby our Student Mentors have found their home in the KS3/MS Homerooms. Offering a way for students to connect with older students so they have a chance to know what awaits them our students have benefited greatly from the opportunity to get to know their Senior Mentors as role models of Care, Challenge, and Inspire. In describing her Student Mentors, Ms El Kassabi explained their role this way: "Our seniors visit a Middle School Homeroom once a week to help the teacher, but primarily to

connect with the students. Because they were in those shoes not that long ago, who can



relate more to our MES students than MES Cairo students themselves? It has been a great partnership and cohesion of stakeholders in our MES Cairo community. We are excited to see how this programme advances and continues to make a positive change in our school culture."



When asked about serving in the Homerooms the seniors collectively said it has been great. One of the Student Mentors, Hana Aglan (DP12R) who is supporting Ms Terry's Y7 Homeroom has really been enjoying her mentorship. She says, "I think I have had a positive influence on the kids because I feel like being more like a peer to them means more to them. They have lots of

questions about school and what advice I have for them about classes and what it is like to be a senior. A lot of the students I work with look for me in school and they like to text and check in on me if they don't see me each day. They are helping me grow as well, teaching me how to be patient and how to communicate in different ways."

The Athletic Mentor programme under the dutiful watch of Physical Education and Health teacher, Tom Kerins, our Athletic Mentors have already had a huge impact on events like our House Extranganzas and Sports Day events. Additionally, our Athletic Mentors support individual Cougar sports programs and sports ASAs where they can showcase their skills and talents on the playing field as a way to inspire future greatness in our young athletes. Working with sports teams gives students the chance to build skills around communication, time management, and fair adjudication of rules in addition to letting our very talented seniors demonstrate their noteworthy athletic abilities.

The MES Cairo Senior Mentor programme is making an impact across the school and we are proud of these students and grateful to them for their service!

**Ms A Levin - Assistant Headteacher, Secondary University and Careers Guidance**



## Secondary Pioneers

The Secondary Pioneers attended their first visit of the year to the Saqqara Necropolis on Saturday 14th October 2023. The visit was part of the Historic Egypt Badge, which included a number of tasks relating to the history of the area and its impact on tourism. Also important to observe was the building of relationships and teamwork as Pioneers collaborated to complete given tasks on Tablets. Students were able to enter the Complex of Djoser to view the Hieroglyphs as well as a guided tour of the Serapeum. It was good to see students enjoying a day out with friends and experiencing the rich history of Egypt. The next excursion will however be more demanding when the Pioneers will take part in a Wadi Hike.

As well as the many visits in which Pioneers take part, it is the contribution to Charity events that is of most importance. Once again the Pioneers took on a leading role to make Pink Day a special day for the community. Pioneers organised a Bake Sale and a Bracelet Sale. Many of the Pioneers had made cakes and bracelets themselves and endeavoured to sell them to raise money for the Breast Cancer Charity. Again, it was great to see the Pioneers enthused, working

**Mr G Thomas - Secondary Pioneers Coordinator**





# SECONDARY HOUSE NEWS

What a truly fantastic Year we had last year. Extravanzas, Quizbowls, Break Boardgame Activities, Book Hunts, Enterprise Day, Sports Days to name but a few of the exciting events held. The House Leaderboard fluctuated throughout the year until ultimately Selket proved to be worthy winners. Their first time in claiming the House Trophy in over twelve years!!! All credit must go to our amazing Heads of House!



## Head of House Selket

Last year was monumental for Team Selket as we won our first House Championship for a long time! Following the reintroduction of House events at break, extravaganzas and quiz bowls, we worked hard as a team across all challenges and fully deserved our trophy. The House system is now in full swing, the healthy contest between houses has been invigorated and I look forward to another year of competition and hopefully a Selket repeat! My name is Jozef Romaniewicz and I am a British Section Chemistry teacher. Aside from science, I enjoy making and listening to music, playing basketball and reading history in my spare time. I've lived in Egypt for 5 years and have developed a dangerous love for feteer, om ali and all things sweet! **Mr J Romaniewicz**



## Head of House Kheper

Hi everyone, my name is Ms. Shelby Freeman. I teach Secondary Physical Education & Health in the British and American Sections. This will be my second year as Head of House Kheper and my third year living and teaching In Egypt. I love to play netball, listen to music, cook, paint and play padel in my spare time.

As Head of House Kheper I have had the opportunity to be involved in many whole school events, my favorites being the student extravaganzas and staff potluck. Student feedback has been very positive and excitement towards break activities and extravaganzas increases each term. This is a fun-filled year for Kheper as the new Y/G7 students are very vocal about adding to Kheper success and regaining the House Champion title. There is growing anticipation for inter-house competitions that will take place on sports day that is creating a great competitive buzz! I am grateful to be part of a team that is creative, thoughtful and deeply cares about enriching school culture. Let's Go Team Kheper! **Ms S Freeman**

### Head of House Edjo

Hello everyone, my name is Mr Ehaib, you might know me as Mr E. I teach Secondary Mathematics in the American Section. This is my sixth year at MES Cairo and my second year as Head of House Edjo. My life's call and passion is not just to educate young individuals. I strive to empower them, guide them toward their aspirations, and mold their future. In my free time, I enjoy expanding my understanding of Mathematics, delving into self-improvement books, and embarking on adventures to discover new horizons. I'm a gym fanatic, and football enthusiast and I have a deep affection for cats!

I want to express my immense gratitude to everyone participating in the various events held last year. Thank you for your involvement and support; I couldn't be more proud of you! I am delighted to share that the feedback from students and teachers has been overwhelmingly positive and their enthusiasm for competitions and extravaganzas continues to grow with each passing event. I do not doubt that we can get first place in all the challenges this year. I believe that with our outstanding energy and unbeatable drive, we can do so! I can't wait to meet all of you at our upcoming house event! Go Team Edjo! **Mr Ehaib**



### Head of House Amun

My name is Ms Walker, your friendly Middle School Social Studies teacher bringing the Sass and Smiles! I'm sooo excited to be the AMUN MASCOT for the 2nd year in a row! I love nerding out with my Junior Historians who always bring the #scholarenergy and I love to have FUN! As I move through campus, I can feel the determination, energy and competitive spirit of my fellow Amunians! First term we've done a brilliant job working together at the Middle School Field Extravanzas, and mini competitions during break times. Let's make this year count AMUN! We want to be in the Winner's Circle! **Ms Walker**

### Events Held So Far

The momentum of last year carried on through to the start of this year, beginning once again with our inaugural event; the Staff Extravaganza. Staff were once again given the opportunity to take part in either the 3rd Annual Staff Quizbowl or "Minute-To-Win it" activities which included new games such as Water-Pong, Chop Stick Relay and a now firm favourite; Red Rabbit. Watch out for more of these games during breaks in Term 2. Following the Staff Extravaganza was House Colour Day, where you, our super students, attended school in your vibrant House T-Shirts! During the break many of you challenged and competed against friends at Connect 4 and Switch Minigames whilst in Homeroom many of you attempted to be the Quiz Master Minds of MES Cairo. Selket Students also had the opportunity to pose with the House Trophy!

Following House Colours Day, the House Team organised two Student Extravanzas. Our first House Extravaganza took place with our busy and dedicated Seniors. They fully embraced the opportunity to get outside, move and compete! Many informed the House Team that this was a welcome break from the stress and excitement of challenging courses and applying to university. They approached each game strategically with a determination to win and earn points for their House. Seniors became especially competitive during more physical activities like Tug-of-War. Just as they proudly wear their senior name jackets, many students puffed out their chests with pride as they dominated games and overtook their peers! The following day, the Seniors stepped up to the plate and showed their leadership skills by assisting and running the same games for G9/10 students. With a huge variety of activities such as Knee Trembler, What A Character and Pictionary, it was great to see scholars exercise in a showcase of school spirit and friendly competition. FUN WAS HAD BY ALL!

Keep an eye out on the House Boards for Up-To-Date House Scores and upcoming events.

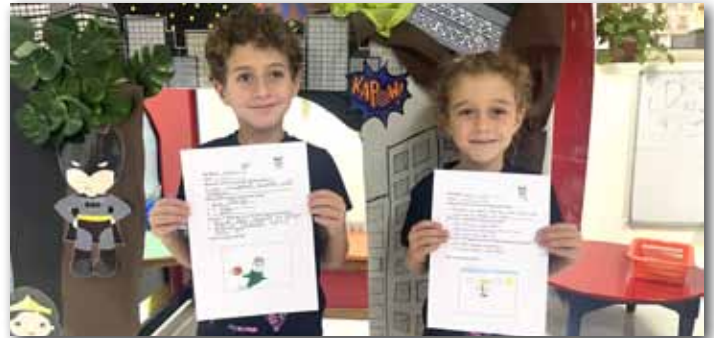
**Mr T Kasmani - British & IB Section Math Teacher - House Coordinator**



# SECONDARY STUDENT COUNCIL



The Student Council is an essential part of MES Cairo. It is comprised of a group of elected students, one from each Year and Grade from 7 to 11, who work alongside the Student Leaders and Scholarship Winners from Year/Grade/DP12. The Student Council meet fortnightly after school to actively encourage positive changes that benefit the students, school, and community. In the next issue of the MESsenger, the Student Council will discuss Student issues that they have been able to solve as well as how they have helped to improve Student Wellbeing and happiness.



## Our Student Council of 2023-24 are;

Sarah Aboulhassan (Y7B)  
Amina Elsheirf (G7R)  
Kenzy Gohar (Y8B)  
Patrick Ibrahim (G8Y)  
Yusuf Farghaly (Y9R)  
Leila Zaytoon (G9R)  
Adam Hetebe (Y10B)  
Leila Abdelgabbbar (G10Y)  
Zeina El Helepi (Y11R)  
Adam Mansour (G11B)  
Neamatalla Hendam (DP11Y)  
Dana El-Sharkawy (Y12G)  
Zain Eldein Elsayed (Y12G)  
Tasneem Mohammed (G12Y)  
Abdullah Ahmed (G12B)  
Mariam Sallam (DP12R)  
Lina El Hilaly (DP12R)



**Mr T Kasmani - House Coordinator, Mathematics Teacher British & IB Sections**

# International Award at MES Cairo

## Celebrating Success: Students Triumph with Bronze and Silver International Award

As we embark on a new academic year, it's time to applaud the outstanding achievements of our students who dedicated their summer break to conquering challenges and earning their Bronze International Award. The commitment, organisation, and sheer determination exhibited by these individuals are truly praiseworthy.

Congratulations to the following students who successfully completed their Bronze International Award during their summer break:

1. Judy Sherif Habib (Y11R)
2. Kamal Mohamed El-Gohary (Y12B)
3. Maya Mohamed Elzuhairey (Y11O)
4. Mohamed Magdy Hamed (Y12Y)
5. Nadine Mohamed El-Rashidy (G11O)
6. Norhan Mohamed Hussein (DP12Y)
7. Omar Magdy Abdel Aziz (Y12Y)
8. Yassin Tarek Abdel Samad (Y12R)

This remarkable achievement not only adds significant value to their university applications but also serves as excellent preparation for their journey into adulthood.



## A Challenge Conquered: Practice and Assessed Expedition

The journey began with students learning the art of packing - tents, water, and food supplies carefully stowed before heading to Wadi Degla. Teamwork and communication took center stage during the challenging 18km hike, leading to a night under the stars. Day two brought another 18km hike, and after a chilly night with little sleep, students emerged victorious.

Completing the daily hike within six hours on both days, students not only battled physical fatigue but also embraced the mental and emotional tests. This expedition propelled them beyond their comfort zones, fostering a sense of responsibility and honing vital skills like teamwork, navigation, communication, and planning.

## Reflecting on the Expedition

"This was an incredible adventure for me, marking my inaugural foray into the world of hiking. The experience proved to be exhilarating, fostering a profound connection with nature. I embraced the challenge, testing my limits to see just how far I could walk and hike, all while basking in the warm embrace of the sun. Accomplishing a feat of 30 kilometers or more left me not only physically invigorated but also filled with a sense of pride and accomplishment".

**Maya Mohamed (Y11B)**







"The international Bronze Award became a transformative journey for me. Navigating a 30-kilometer hike and spending a night in the desert not only deepened my connection with nature but also instilled valuable lessons of patience and resilience. Completing the hike left me with a profound sense of gratitude and tranquility, a testament to the power of embracing challenges and finding beauty in simplicity."

**Mohamed Magdy Hamed (Y12Y)**

"The International Bronze Award was an unforgettable experience. I learned to be independent while relying on my teammates during the 30-kilometer hike, armed only with a compass. Spending the night outdoors and cooking for myself taught me valuable lessons that I hadn't realized I needed. Upon completing the hike, I felt a profound sense of accomplishment, which served as the culmination of my efforts to overcome the challenges."

**Jasmine Ibrahim (G11Y)**

"I would like to express my gratitude for the fantastic experience we had on the trip this weekend. I thoroughly enjoyed the hikes and learning about survival skills during camping. It was a genuinely enjoyable and educational experience, and I eagerly anticipate the opportunity to participate again next weekend. Thank you."

**Nour El Bakry (G11Y)**

## Exciting Horizons: International Silver Award in Cyprus

We are thrilled to announce that we have successfully recruited 21 students to embark on The International Award Silver level. Enthusiastically, many students, particularly those who have previously experienced the adventure of the Bronze Award, have expressed keen interest in taking on the Silver challenge. Eager for a more demanding environment, they are anticipating the opportunity to explore a foreign country, relying solely on compass and maps – a deliberate choice to embrace a genuine, tech-free experience.

These students are eagerly looking forward to hiking through unfamiliar terrains, navigating the complexities of a foreign landscape, and experiencing a profound connection with nature. The Silver Award represents not just a progression but a transformative journey that promises to push boundaries, fostering personal growth and camaraderie among the participants.

Stay tuned for the unfolding of this thrilling chapter in their expeditionary pursuits. In conclusion, the International Award programme is more than just a badge of honor; it's a transformative journey for these students. Here's to more achievements and expeditions in the years to come.

**Mr Y Alkaabi - Information Technology Teacher and International Award Coordinator**

# YEAR AND GRADE 8 TRIP TO KINGSWOOD, ASHFORD, UK.

Our UK Trip focused on offering our students adventure and a variety of high adrenaline experiences building resilience, confidence and life skills and memories.

72 students and 8 staff set off from Cairo to Grosvenor House, a facility for Inspiring Learning, set in the grounds of a former manor house in Kent. Initially our students were taken out of their comfort zone, making their beds before settling down for the night, eating in a canteen setting and ending the evening with a sports extravaganza in the impressive onsite gymnasium.

The use of the outdoors was a vehicle where learning and personal development enhanced students' social, entrepreneurial, and problem-solving skills. The Laser tagging and the Blind Obstacle Course required excellent communication skills, conveying







the information appropriately and in ways that can be understood. Students enjoyed competing against each other in archery, learning the importance of focus and precision. Bush craft skills activities required students build shelters in the wood and attempt to set a campfire alight, a tricky task with only a rudimentary flint and survival skills. Students also enjoyed the autumnal woodland colours and the local squirrel population as they foraged for acorns before winter sets in.



The highlight for many students and staff were the Zip Lines and the 3G Drop, this required teamwork, strength and courage as students dropped from high before hurtling down the zipline in tandem, accompanied by a few screams and whoops of delight.

After a few days of exhilarating outdoor activities, we headed to London to visit several museums, taking in the London sights en-route. Splitting into two groups, students visited The Natural History Museum which offered our students the opportunity to walk beneath the largest animal on earth, the amazing 25.6-meter Blue Whale suspended in the air in the magnificent Hintze Hall. Students also experienced the 1995 Kobe earthquake as they stood in a supermarket simulator as they walked through the Earthquake and Volcanoes gallery. Our students were also enthralled in the Science Museum in the Transportation wing, culminating in the awe-inspiring Space Gallery and the Interactive Human Body Exhibition. After a hectic day, students looked forward to a short visit to West Shopping Mall before heading back to Kent ready to pack for the flight home.

**Ms L Talbot - Headteacher, British Section**

# WELCOME NEW TEACHERS!

## Mr Sakariye Moumen - Secondary Business and Economics Teacher

My name is Sakariye Moumen. I am excited to be joining the MES Cairo family this year. I grew up in North London and graduated with first-class honours in Economics from QMUL. Ever since I have been working in schools in the UK starting back at the school I attended as a student..

I enjoy playing/watching sports in particular football as well as spending time and travelling with my family. I look forward to exploring all the aspects that Egypt has to offer. Finally, thank you to all the staff and students who have welcomed me to the MES Cairo family.



## Amanda Levin - Secondary Counsellor & Careers Guidance

I am so excited to be the new University and Careers Counsellor at MES Cairo this year - a new role for me and our school. It is wonderful to be working with our Y/G/DP 12 students as they prepare for the next (huge!) steps of their academic journeys. I have been working with high school students since 1995 as a Social Studies, Humanities, and English teacher, and have been supporting students as they investigate career pathways and choose university options since 2006. The university experience, from application to graduation, has changed so much in the past decade and definitely since I graduated [UC San Diego, BA; University of Nevada, MS] and as such I am thrilled for the opportunity to support MES students and families as they navigate this dynamic process. Originally from San Francisco, California, I've worked in schools close to home in the Bay Area and Lake Tahoe, as well as abroad - most recently in Hong Kong. However, I'm not sure I've been as excited to come to a new place as I am to be here in Cairo. Outside of school I am fanatical about basketball, I love travelling, yoga, reading, trying new foods, and animals - especially cats. I'm grateful to be a part of the MES Cairo community and cannot wait to see what this year brings.



## Amina Elkerdani - Year 1 Teacher

Hello MES Cairo! My name is Amina Elkerdani and I teach Year 1 Violet. I grew up with the loveliest memories at this school and graduated in 2015. I obtained a bachelor's degree in Psychology and am still planning on furthering my education within the field. I returned to MES Cairo after university and learned I also have a passion for teaching, which motivated me to get my PGCE from the University of Sunderland. I am thrilled to have the opportunity to continue to grow and learn from this place that truly does feel like home.



## Andrea Watson - Primary Music Teacher

Hello! My name is Andrea Watson and I am so excited to join the vibrant Music Department at MES Cairo. I am teaching music to students in lower Primary - namely Year 1, Year 2 and some of the Year 3 classes and I love the involvement of playing in the live band for our student concerts and productions! I have been teaching in Cairo already for three years and prior to Egypt I have taught in Italy, China, Thailand, Angola and Vietnam. I have studied at universities in the UK, Australia and in Canada. Music has been my passion since the age of 5 when I started going to school! My first instrument was the recorder and I quickly moved on to the guitar, which I have been playing ever since. I hope to instill the passion I had for music at an early age to the students I am teaching - music is a part of our everyday lives and understanding more about it can enrich real life experiences and express so much. Outside of school I love to travel and have a strong sense of adventure. There is so much to experience in Egypt and I am delighted to join MES Cairo as part of my own personal journey.





### **Anna Thorne - Secondary Mathematics Teacher**

My name is Anna and I'm so excited to be joining the MES Cairo community and to be living in Cairo. I trained as a teacher in London where I worked in a state school in Lambeth. Prior to teaching, I worked for the UN and in the development sector. I lived in Jordan and travelled to countries including Bangladesh and Kenya.

I love Cairo and Egypt as a whole – as well as the bubbly, intelligent students who I have the pleasure to work with here. I'm looking forward to the months and years ahead at MES Cairo.



### **Ben Dowson - FS2 Teacher**

Hello, my name is Ben Dowson and this is my first year teaching in Egypt. My wife Natacha teaches in Year 3 and we moved here in the summer with our Three children.

I previously taught Foundation Stage and across KS1 and KS2 in the UK after graduating from the University of Cumbria with a degree in Early Years Education. I was lucky enough to attend the world famous Charlotte Mason College in Ambleside where I met my wife Natacha. We enjoyed living in the Lake District in the north of England for eight years but moved to the Cotswolds in the south of England for seven years prior to moving to Egypt.

When I am not teaching I enjoy playing football and days out with the children.

We felt lucky to join the MES Cairo family and we know that living in Egypt will be an incredible adventure for all of us. The support we have received helping us settle in has been fantastic and the family are very much enjoying life both in and out of school!



### **Brooklyn Dunn - Year 2 Teacher**

Kia Ora, my name is Brooklyn and I'm the new teacher in Year Two Red. I was born and raised in Hamilton, New Zealand where I trained to be a teacher and I have spent the last two years teaching in New Zealand and have worked in both year One and years Five and Six. I feel very lucky to have taught in many year groups so early on in my teaching career. I am excited to be working here at MES in Egypt and to be experiencing a new country and all the beautiful things it has to offer. Outside of school I love spending time with my family and friends, reading and travelling. I am looking forward to a fantastic year ahead.



### **Cerys O'Connor - FS1 Teacher**

Hello, my name is Cerys and I am extremely excited to be working at MES Cairo in FS1. It is my first time in Egypt and I am eager to explore the wonderful breadth of culture that this country has to offer. I was born in the UK and studied Primary Education at Northumbria University with a specialism in Early Years.

Prior to beginning my international teaching career at MES Cairo, I worked in Durham teaching both FS1 and FS2 for five years. In my personal life, I enjoy reading, I have a passion for music and I am a trained dancer. I am thrilled to be in Egypt and I look forward to seeing what the future holds at MES Cairo.



### **Gareth Martin - Year 6 Teacher**

Hi, my name is Gareth Martin and this is my first time teaching internationally. I've moved to Cairo with my wife, who is teaching in Year 5, and my two children, Lucy and Jude. Lucy is 6 and has started in Year One and Jude is a little too young for MES Cairo just yet. I'm from a little place called Northern Ireland and have been teaching for close to ten years. Before teaching, I studied Sport Science and Nutrition, specialising in Diabetes and performance. Since then, I have worked in different management positions in the health and fitness industry, eventually giving it up to pursue a career in teaching. This career change took me to Sao Paulo, Brazil, where I began my teaching journey as a TEFL teacher and TLA. Fast forward quite a few years and here we are now. I'm looking forward to what Egypt and international teaching has to offer.



### **Daniel Greenwood - Secondary Drama Teacher**

Good day. My name is Dan Greenwood and I have joined MES Cairo as a Drama and IB Section Theatre teacher. I am in my 5th year living in Cairo and enjoy being able to bring the arts to my classroom on a daily basis.

I came to Cairo from Manchester, England (I am a red, yes, I know!). Whilst in the UK I graduated with a BA (Hons) degree in performing arts. During this time, I studied modules such as: acting for stage, acting for film, scriptwriting, and editing, which really ignited my passion for the arts. Before becoming a teacher, I worked in retail management for over a decade, which really helped hone my communication and problem-solving skills. I then decided to follow my passion for theatre into teaching and prior to moving to Cairo, spent time teaching acting and employability skills to college students, some of whom I have since seen both on the television and on stage.

As a teacher I enjoy seeing the development and growth of the students I work alongside. Giving students a safe, happy environment to both learn and have fun in is important to me and mutual respect is a basis of which this foundation is built. I am very excited to see you all push your boundaries and achieve things that you never would have thought imaginable. Outside of teaching, I'm still a fan of the arts. The theatre, live concerts and the cinema are three places I attend as often as possible. I have seen everything made by Marvel studios and my favourite movie is Christopher Nolan's epic 'inception'. I also like to travel when I can, so please do give me suggestions of places you have visited so I can add them to my ever-growing list!



### **Ms Jasmine Gallagher - Primary KS2 Teacher**

Hello! My name is Jasmine and this year I have the pleasure of teaching Year Six Blue. Though most of my family live in the UK, I was born and raised in Australia. I am lucky to have spent most of my life in the beautiful island state of Tasmania, famous for its rugged mountain ranges, white sandy beaches and the Tasmanian Devil.

Initially I studied Law, before finding my passion for teaching and graduating from Swinburne University Melbourne with a Bachelor of Education (Primary). This is my first international posting and I am so pleased to be spending it in such a warm and beautiful country.



### **Joanna Martin - Primary KS2 Teacher**

My name is Joanna Martin and I am from a little town called Larne, in Northern Ireland. I studied at Strathclyde university in Glasgow and have been teaching for fourteen years in different countries; Northern Ireland, Scotland, Brazil and once before in MES, Cairo. I have taught in many different year groups and love engaging in all the different styles of teaching depending on the age group.

When I first lived in Cairo, thirteen years ago, I was part of a dance crew called Swaggers. We used to perform in many shows and competitions throughout Egypt. I also had the opportunity to enter Arab's Got Talent! I moved back to Egypt with my family to show them the wonders of this fabulous country. I have two lovely children, Jude and Lucy, and they have been enjoying their time here, embracing the warmth and sunshine. In my free time, I enjoy going on family excursions, playing netball, going to the gym and relaxing while listening to music.



### **Lamia Mokbel - Secondary Psychology Teacher**

Hello, my name is Ms. Lamia Mokbel and I am excited to join the MES Cairo family this year as an Economics and Psychology teacher in the British and IB Sections. Prior to MES Cairo, I have taught Social Studies and humanities to high school students in Egypt and in Canada for 23 years. I have acquired two teaching certificates from Michigan, USA and Ontario, Canada and received my Master Degree in Teaching and Curriculum from Michigan State University. I have a special passion for the extracurricular activities of Model United Nations and Speech and Debate Clubs where I teach communication and diplomacy.

I enjoy traveling, reading, and history and I am looking forward to learning from my students as much as I teach them.





### **Marika Terry - Secondary English Teacher**

Hello! I'm very excited to be part of MES, having heard about its good reputation for years. I love Egypt and have lived and worked in Alexandria for 7 years before finally choosing to settle down in Cairo. I'm a Brit, with a Japanese mother, who spent her childhood abroad and experienced the joy of international schools such as MES Cairo growing up - which is why I'm so dedicated to them now! I feel international schools really developed me into a well-rounded person with an open mind and heart for other cultures. Before teaching, I was a freelance Journalist and earned a qualification in Counselling, but I found my niche, and have been teaching and leading departments for nearly fourteen years. I'm a passionate English and Literature teacher with Music and Drama experience, currently enjoying teaching years 7-10 at MES Cairo, plus IBDP 11 Literature. I am a keen traveller, Advanced Diver, and play guitar, ukulele, drums, and sing for fun. Please come and say hello some time!



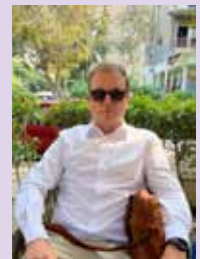
### **Matty Cole - Primary KS2 Teacher**

Kia Ora! I'm Mr Matty Cole, and I'm thrilled to be teaching Year 6 Violet this year. My roots trace back to South Africa, but I've spent most of my life in the beautiful country of New Zealand. For over a decade, I've been a passionate educator, including teaching experiences overseas in South Korea.

When I'm not in the classroom, you can find me indulging in a variety of hobbies. I'm an avid golfer, and I love a challenging book. My creative side comes out in the kitchen, where I enjoy cooking and baking. I'm also a fan of video games, photography, and football.

I'm incredibly excited to embark on this new adventure at M.E.S and explore all that Egypt has to offer.

I'm eager to learn as much as I can about the rich culture and history of this amazing country.



### **Michelle Parr - Secondary Art Teacher**

My name is Miss Michelle Parr and I have been living in Egypt for six years. I was previously teaching in Alexandria and from that I fell in love with Egypt, the people and culture feels home to me. I am from the UK where I was teaching GCSE, A Level and BTec Art and Design. I have a masters in Fine Art which has really enriched my teaching of Art. I love many sports and coach Judo and Ju Jitsu. I believe that life has a lot to offer and any opportunity should be made the most of. I excited to be at MES Cairo and already I feel part of an amazing teaching team.



### **Mina Fouad - Secondary Physics Teacher**

Hello! My name's Mina Fouad and I'm super excited to be back at MES Cairo. I graduated from MES in 2011 and now I'm teaching in the Secondary British section. My memories at MES as a student have been joyful, positive and inspirational and I am confident that my journey here will be filled with rich, exceptional and colourful teaching and learning experiences.



### **Gareth Martin - Primary KS2 Teacher**

Hello, my name is Natacha and I am thrilled to join the MES Cairo family as part of the Key Stage 2 Team in Year 3. I am here in Cairo with my husband, Ben, and our three children, George, Isabella and Madeleine. This is our first time living and working abroad, but as a family, we love an adventure and this is certainly one of our highlights so far!

I would like to thank everyone at MES Cairo for making me and my family feel so welcome.



### Ms Sally Sandiford - Primary KS2 Teacher

Hello, my name is Sally and I am thoroughly enjoying my time here in Cairo and at MES Cairo. I feel very privileged to have this opportunity as it is my first international teaching position. I am from Somerset in the UK, a beautiful part of the world and completely different to Egypt. I have been teaching for ten years after obtaining my BEd Honours in Teaching and Learning at Worcester University, a long held dream finally achieved. I went on to become the SENDCo as well as teaching in a small village school. I have two grown-up children who live in England and two grand kitties. I love immersing myself in other cultures when travelling, reading and playing board games. I am excited to explore all that Egypt has to offer and I have loved getting to know the students and my fantastic team in Year Four.



### Dr Ahmed Magdy - Secondary School Counselor

This is my first year at MES Cairo, and I am looking forward to an amazing year as the Secondary School Counsellor working across all sections (British, American and IB). I have an MD from the University of Alexandria, Egypt, and I have a PhD. in Psychology from the University of Connecticut, USA. I am a Certified ACT Matrix Facilitator.

When I'm at school, I enjoy spending my time with the students I meet. When I am not in school, I enjoy spending my time with my family.



## REMEMBRANCE DAY



To commemorate the annual Remembrance service, MES Cairo was invited by The British Ambassador, Mr Gareth Bayley, and the Ambassador of Canada, Mr Louis Dumas, and their Defence Attachés to attend the Commonwealth War Graves Commission Cemetery in Heliopolis on Sunday 12 November.

Our four student ambassadors had the opportunity to lay a wreath and meet and talk to a number of dignitaries at an event held at the Canadian Ambassador's residence. They also took the opportunity to spend time after the ceremony to reflect on the impact of war in terms of human cost.

Many at the reception commented on how important it is to see the younger generation attend and were impressed by our students' demeanour during the ceremony and were complimented on their behaviour and smartness. Our students epitomise The MES Cairo Graduate Profile and are a credit to our school.

**Ms L Talbot - Headteacher, British Section**





# MESMERISED



## MESsenger 73 Team

Ms E Mahmoud, Mr C Ballard, Ms N Ezz, Mr M Ali, Ms S Sheehan

With special thanks to Mr S Mohy for Design





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