

MODERN ENGLISH SCHOOL CAIRO - MAGAZINE

MESSENGER

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The MES Cairo Family Loves to Care...



Results, Scholars, Meet our new teachers... and so much more!

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Whole School Principal Foreword



Warm

greetings to the MES Cairo family from the desk of your Whole School Principal.

'One School' is the personal mantra that I have adopted in my new role as over-arching Principal. One school of multiple parts; one school of multiple people. One school that unites us all in our pursuit of excellence; our purpose to maintain a world class education for our students. And we have been very busy in our effort to achieve this aim as the pages of this exceptional publication illustrate.

The Term One MESsenger is an ideal venue through which to celebrate again the tremendous successes of our young men and women who represented themselves, and our school, particularly well in external examinations last academic year. Year after year the bar is raised with some extraordinary achievements in IGCSE/AS/A Level examinations, Advanced Placement courses and the IB Diploma. You will learn more of record results and personal

bests in the pages to come, as well as the adventures our recent graduates have embarked on at universities around the world.

In this edition, our 54th MESsenger, you will find reflections on the vibrant and action-filled conclusion to last academic year as well as the first part of this one. Not a week goes by at MES Cairo when there isn't something eventful and this publication is a wonderful souvenir of much of that excitement. Our 'Youm El Amanie' day, Adopt-A-School community project, assorted trips and excursions are all showcased for your enjoyment. You will get an insight, too, into the busy and productive work of our Primary classes, as well as the sporting success of MES Cougar athletes.

On each and every page you will see MES Cairo students being cared for, challenged and inspired...together, and as individuals in school...in our school...our 'one school'.

Mrs Nicola Singleton
Whole School Principal

WHOLE SCHOOL PRINCIPAL PHILOSOPHY

It is no surprise that my personal philosophy on education is reflected with mirror-like clarity in the mission statement of MES Cairo. I have been a part of the school for over a decade and have had the opportunity to influence significant developments in our school's evolution over the years as we have grown in ambition, in numbers and in diversity. When I first joined the staff at MES Cairo in August 2004 our American Secondary Section was still establishing itself, the IBO Diploma Programme was little more than a possibility



and the British curriculum in Primary and Secondary looked significantly different to how it looks now. A great deal has changed. In my new role as Whole School Principal much of my typical day is engaged in conversing with students, teachers, parents and school leaders about priorities for improvement. As

a conscientious and competitive organisation we constantly seek ways to hold our ground as the best; the reputation of our school, and most importantly the future of our students is at stake.

We know our strengths. We uphold outstanding outcomes in international accreditations, we maintain excellent results in external exams, and we have a long waiting list of families who would so desperately love their children to be part of the MES Cairo family. We have a strong leadership team with the experience and expertise to ensure continuous development. We have a teaching faculty of extraordinary colleagues who are highly competent in both subject content and the craft of teaching. We are well supported by administration personnel and our Board of



Directors who without hesitation support every aspect of our core purpose: quality teaching and learning.

In summary, we provide an ideal environment for optimal learning and engagement for the most important stakeholders in the equation: our students.

The stark and rather daunting reality for any parent, and teacher for that matter, is that education in our current reality is so remarkably different from the education that we ourselves experienced. Whilst classrooms and schools as organisations may not seem too unfamiliar, the science and the craft of the processes occurring within them do, and necessarily so. What we know for certain is that we are preparing our students for an uncertain world. Twenty years ago we would never have imagined a world where 86% of the world's seven billion people have a cell phone and where internet connectivity enables everyone to have instantaneous access to information about everything all of the time. We can print in the third dimension from home computers. We operate trains, planes and automobiles through remote control and from the other side of the world. We can now place information in a chip the size of a finger nail which would have required physical capacity the size of a football field when my own parents were at high school. Over the last five years we have witnessed advancement in the world of science, technology and medicine beyond what was created in the whole of time before it.



We live, and are raising our children, in a world which is both exciting and terrifying in equal measure because change is happening at such speed and with such intensity that we cannot even possibly imagine what life will look like twenty years from now when our students will be the adults in charge.

In light of such uncertainty the emphasis on education is having to change dramatically from that of mastery of subject knowledge



and content to that of skill. It is no longer good enough to simply know the answer; you must know how you know it, what impact it might have on others, and how you might do it better. In Primary, we talk of the 5Rs, in Secondary the emphasis shifts to the MES Graduate Profile; both underpin the essence of an MES Cairo education. Our belief is that education is just as much about the keys to unlocking academic success in a world where mechanisms to assess understanding have not quite caught up with the demands we anticipate the future holds, but as importantly (if not more so) the ability in our students to understand that their future success is reliant upon a profound ability to think creatively, connect with others and be courageous.



At MES Cairo we are genuine in our belief that it is every child's prerogative to dream big and have opportunities to transform their dreams into their reality. From a school in the desert on the Eastern outskirts of Cairo we are graduating students who go on to study at some of the most competitive universities in the world. There, just as here at MES Cairo, they are being encouraged to



believe that the impossible is possible; they are also being taught that they are responsible for making that happen. Amidst our student community past and present are individuals who will go on to lead the world in all areas of influence; they will cure cancer, solve regional conflict, address the climate crisis and stabilise the global economy. Why?... because they will have to! The alternative is disastrous for human kind.

MES Cairo is preparing students for the burden of such weighty responsibility by supporting them intellectually, socially and morally to make a difference in this world. When a teacher upholds an assignment deadline it is never just about the assignment; we are teaching them self-discipline, time-management, integrity. When a learning activity requires a student to think for themselves and not rely solely on the ideas of someone else it is as much about the challenge and commitment as it is about just getting it done. When a student is sanctioned for a behavioural infringement it is about social responsibility, accountability for one's actions, respect for self and others; it is never just about controlling a character. When we offer opportunities to learn outside the classroom it is not to indulge students in an opportunity to holiday or shop; it is always about the exposure of experiencing something new. It is about cultural exchange and a greater understanding that our own perception of 'normal' is very different to that of others.

To appreciate the true value of an MES Cairo education is to understand our purpose and aspiration. We place hope in each and every one of our students; hope in their personal success as much as hope in a better world and a future full of unimaginable possibilities.

When I walk around the school I feel the energy of children engaged in learning that is exciting, meaningful and significant. The wonder of an FS class when our youngest students learn through discovery and play, the proud moment when a mathematical application suddenly makes sense to a student in Middle School, the synergy of an A Level History class debating a single moment in time that profoundly shaped past and present are but a few examples of the magic that is happening in our school each and every day. Beyond the grades it is experiences like these that will prepare our students for the challenging future ahead of them.

Mrs Nicola Singleton
Whole School Principal

Modern English School Cairo's Fourteenth Annual Graduation Ceremony Congratulations to the Class of 2016!

MES Cairo's Graduation Ceremony for the Class of 2016 took place on a very warm evening in June. As MES Cairo's VIP guests, teachers, and the graduates' families and guests arrived, they were entertained by the delightful sound of musical items being played by a selection of

carried flags and lined the red carpet as the poem came to an end and all eagerly expected the arrival of the Class of 2016 into the Arena. Mr P T Godfrey (Member of Board of Directors), announced the arrival of the graduates and we soon heard the sound of Copland's "Fanfare for the Common Man" as the Class



young pianists enrolled in MES Cairo's Instrumental Programme. The atmosphere was filled with anticipation and excitement and it was clear from the start that the ceremony of 2016 was going to be as glamorous and stylish as MES Cairo's graduation ceremonies always are, with everybody enjoying the fantastic décor of the arena and the striking appearance of the beautifully turned-out guests.

As the ceremony began, the audience was suddenly silenced as a dramatic sound filled the air and Rudyard Kipling's poem, "If", was beautifully recited by current Drama students and a group of MES Cairo Alumni MESConians who had returned to MES to support the school's graduation ceremony and the Class of 2016. The music that accompanied the poem so effectively was composed by Mr Jonathan Todd (Dean of Students, Grades Nine and Ten), who also directed the performance. The theme of Rudyard Kipling's poem "If" revolves around the coming of age and the poem lists different virtues that would help a young person become an honourable adult. Younger student volunteers

of 2016 marched into the Graduation Arena. The processional march was proudly led by Mrs Nicola Singleton (then Secondary Principal, British and IBDP Sections) and Ms Dodie Ballard (Secondary Principal, American Section).

The National Anthem of the Arab Republic of Egypt was performed by the High School Choir followed by a beautiful Quran recital by Seif Wael Saleh (G12R), Class of 2016.

With great enthusiasm, the Secondary High School Choir then sang the school song "To MES Be True" (by Ghada Dajani and Daniel Tomlin), followed by a moving rendition of "Tala'a al badro Alayna".

Mr Peter Godfrey reminded the guests of the school's 'Outstanding' inspection report recently awarded by the British School's Overseas organisation and highlighted how this could not have been achieved without the teamwork and cooperation of all of MES Cairo's stakeholders – a truly tremendous achievement by all involved at the school. Mr Godfrey cited extracts from



the BSO report that praised the school's Board of Directors as being Outstanding and he accredited the school's success to its visionary leader, Mrs Sawsan Dajani (Chairman of the Board).

A pioneering leader, Sawsan Dajani is a role model for women everywhere. This is evidenced in the women she inspires around her on a daily basis and interestingly reflected in the data that shows the equal successes of girls and boys at MES Cairo. Mrs Dajani's success is based on a passionate belief in the power of education to improve the world. Anyone who has met her is immediately struck by her magnetism, vision, determination and her truly inspirational spirit. She inspired the Class of 2016 with her parting words to them in an address that was based on the theme of 'living in the moment'. "Tomorrow with all its possibilities, burdens, promises and potential adversities will come, whether in splendour of light or under a shroud of darkness...it will come. Until it does, we have no control over it until it's born and becomes Today. Think about it, you can fight the battles of one day...it is only when you add upon them the burdens of eternity (Yesterday and Tomorrow) that it fills you with either remorse and bitterness or anxiety and dread and sometimes a combination of them all... Which leaves us with the simple reality that living in the moment, fully, completely...makes life worth living and cherishing..."

Mrs Dajani connected the theme to memories of the recently deceased Mohamad Hasanein Heikal, who was the guest speaker at the very first MES Cairo Graduation Ceremony fourteen years ago. "He was a national and international treasure; a thinker,

a historian, a writer, a philosopher, a father and a very proud grandfather...He spoke about why his grandchildren, indeed all MES Cairo students, were lucky to be afforded the opportunity to learn in an open, civil and progressive environment. He mentioned what happens in our daily lives that allows us to forget to stop



and notice. So much so, that we tend to forget and subsequently take life for granted..." Full of wisdom and heartfelt advice, Mrs Dajani's speech captivated the audience and as they reflected in



silence, she introduced MES Cairo's Graduation Guest speaker, Ambassador Mervat Tallawy.

"Ambassador Tallawy is arguably one of Egypt's most recognisable female figures. She is a career diplomat with over forty years of experience and has held many prominent positions in the service of her country and in the diplomatic corps... Ambassador Tallawy has been awarded the National Order of the Cedar by the Lebanese Republic, the State Medal of Honour of Austria and has been decorated for being one of the first women to hold the position of Ambassador representing Egypt. Ambassador Tallawy recently spearheaded the adoption of a UN blueprint to combat violence against women and continuously strives to ensure that equality for women remains at the top of the UN agenda. We are privileged to have her with us tonight and it is with great honour and pleasure that I introduce her to you and invite her to address you."

Ambassador Tallawy spoke about education being the cornerstone of one's life and how education enables people to progress and make a difference. An inspiration to all young learners everywhere, she was not permitted to go to university when she first graduated from school due to the traditions of the very conservative and patriarchal society in Upper Egypt where she lived. She was determined, however, on reading for her degree (which she described as a 'right') and to prove her commitment, she took exams for her Secondary school certificate for three consecutive years as the certificate had to be recent in order for her to be accepted into university. It was her true grit that convinced her father to allow her to go to university and as a consequence, she was able to influence the world in so many positive ways. Her final words: "Believe in yourself", struck a deep chord and the audience was then entertained by a musical feature, "Tahya Masr", which was composed especially for the opening of the new Suez canal by an MES Cairo parent, Mr Amr Mostafa. The uplifting song was performed beautifully by the Year Six Choir and the MES Cairo Staff Band.

Representing the whole Class of 2016, the Graduating student address was a highlight of the Ceremony. This speech was presented by Carol Botros (American Section Scholar), Nour Bahaa El Din (IB Diploma Programme Section Scholar) and Salma Osman (British Section Scholar). 'Our teachers' was the theme of their brilliantly delivered address. "We will always be grateful to the many types of teachers who worked together to turn a blank canvas into the colourful Class of 2016, ready to go out into the world with so much knowledge and with so much to give. None of us could have reached graduation today without our families, teachers, and friends. This is dedicated to all those who have guided and so caringly led each and every one of us to the graduation stage we are standing on today..." They spoke with passion and their diction was superb, a real testimony to the



excellent education they have had. It was clear in their tone that they were very proud representatives of the Graduating Class. The speech was very well-received by teachers, peers and guests. Their message was one of gratitude for the past and hope for the future, along with a determined pledge to give back to their community and country as they continue on with their life-long learning journeys.

Rula Zaki performed a traditional favourite at MES Cairo graduation ceremonies; 'Helwa Ya Baladi'. At the end of the song, as the crowd warmly expressed their appreciation for Rula Zaki's lovely performance, the High School Choir and MES Cairo Staff Choir sang 'Time After Time' (by Cahn and Styne). Then the MES Cairo Staff Band and the recently formed Year Six Choir joined them to perform a powerful performance of 'You Raise Me Up' (by Lovland and Groben). As the graduates and their guests listened to the beautiful sound, they watched a stirring video made up of images of the Class of 2016, and the contrast between their infant and adult photos served as a poignant reminder of how quickly time passes and of the significance of the many formative years these young people have spent together at MES Cairo.

This was followed by the Presentation of the High School Diploma and Leaving Certificates. Each graduate was proudly introduced by Ms Ghada Dajani (Managing Director) and warmly congratulated by Mrs Sawsan L Dajani (Chairman of the Board), our esteemed guest Ambassador Mervat Tallawy, Mr P T Godfrey (Board member), and the Secondary Principals. The Class of 2016 threw their graduation caps high up into the air and as they soared into the night sky the image was reminiscent of a flock of birds flying out into the unknown, united yet strongly independent.

Ms S Sheehan – Assistant Headteacher, IBDP Coordinator





AMERICAN SECTION RESULTS 2016

The

AP results for the 2015-2016 school year were very good this year with some excellent achievements. There are 21,493 institutions world-wide that offer AP courses culminating in 4.4 million exams; Egypt has 24 institutions that offer AP Courses with 813 exams given last year. MES Cairo students scored 3 or higher (1-5 scale: 5 is the top score). This is quite an accomplishment as AP courses are the equivalent to a university semester course.

During the 2015-16 academic year, 60 MES Cairo students (16% increase from last year) took the challenge and enrolled in 106 (26% increase) college level classes and took the subsequent College Board examinations.

MES Cairo offered 15 different courses during the 2015-2016 academic year at the AP level. Of the 15 areas, MES Cairo scored higher than the Egyptian average in 8 of the 15 areas. It is important to note that MES Cairo posted its personal best in the following areas: Biology, Calculus AB and Studio Art 2D. It was our first year offering Calculus BC and our mean average score was higher than both the in-country and global averages. MES Cairo's mean average was also greater than the Egyptian and global averages in the following subjects: Art History, Biology, Calculus AB, Calculus BC, Chemistry and Studio Art 2D.

10 students were recognised internationally for their performance on their AP examinations earning the titles of AP Scholar, AP Scholar with Honors and AP Scholar with Distinction. This is the highest number of AP Scholars MES Cairo has ever had. Those that will be attending universities affiliated with the United States will be eligible for scholarship funds for their performance on the AP examinations.

*5 students in Grades 11 and 12: AP Scholars (took 3 or more AP examinations and scored 3.0 or higher); MES Cairo AP Scholars average scores = 3.0

- Youssef Abaza (G12G)
- Malak Arafa (G11Y)
- Omar Khalil (G12R)
- Hoda Sherdy (G11R)
- Nourhan Zein-El-Din (G12B)

*1 student in Grade 12: AP Scholar with Honors (took 4 or more AP examinations and scored 3.25 or higher); MES Cairo AP Scholar with Honors average score = 3.33

- Doss Bishay (G12Y)

*4 Grade 12 students: AP Scholar with Distinction (took 5 or more AP examinations scoring 3.5 or higher); MES Cairo AP Scholars with Distinction average scores = 4.0

- Rana Abdelhamid (G12B)
- Mohamed El-Refaei (G12Y)
- Sara Gamaleldin (G12Y)
- Sherief Hamdy (G12B)

The American Section graduates have matriculated to some of the top schools in the UK and the United States. Universities in the United States that American Section students were accepted to in the fall of 2016 include: University of California – Los Angeles, University of California – San Diego, New York University, Cornell University, Tulane University, University of Chicago, Carnegie-Mellon University, University of Tennessee-Knoxville, and the University of Arizona. Some of the UK universities that our graduates are attending are: London School of Economics, Kings College, University of Warwick, University of Kent, University of Surrey, De Montfort University – Leicester.

*Student classes refer to the academic year 2015-2016

Mr D Tomlin – Dean of Students, Grades Eleven and Twelve



Youssef Abaza (G12G)



Malak Arafa (G11Y)



Omar Khalil (G12R)



Hoda Sherdy (G11R)



Nourhan Zein-El-Din (G12B)



Doss Bishay (G12Y)



Rana Abdelhamid (G12B)



Mohamed El-Refaei (G12Y)



Sara Gamaleldin (G12Y)



Sherief Hamdy (G12B)



Living for Success

British Section Results

June 2016

Aisha felt the warm rays piercing the back of her head. Even in winter, the midday desert sun can be so unforgiving. She clung to the rocks around her, only too aware of her precarious predicament on the cliff. Her throat was parched and she felt a faint burning in her lungs as she gasped for breath with each attempt to fight gravity. As she paused momentarily, a fan-footed gecko glided by her with natural simplicity, unable to comprehend the extreme effort exerted by its temporary human companion. Despite her numerous life ambitions, Aisha only craved two things right now - oxygen and water! This put the rest of her life in perspective. The International Award programme at Modern English School Cairo was excellent at providing such an opportunity for reflection. The scaly beast still in close proximity seemed unimpressed so far, but it knew little of Aisha's other endeavours. She was studying for nine IGCSE subjects – including Global Perspectives as an extra After-school Activity. As if that was insufficient she also served as a member of the National Junior Honour Society and was actively involved in Model United Nations sessions. Aisha had heard from some that taking IGCSEs would mean no time for anything else but study. She would be chained to her desk day and night, or worse still locked away until the early hours at some unscrupulous tutoring

it rapidly disappeared into a stony crack leaving her briefly alone once more. Her loneliness was temporary. She looked down briefly to see the bare pathway all but fade away into the crevice she had passed a few minutes before, but she could hear the voices of her International Award companions. Many more like her were scaling this cliff, experiencing a wonderful life beyond just books. More fundamentally, she was aware of the achievements of numerous other students who had succeeded before her. Not just today but in previous years too. Organised, independent and determined, Aisha took her inspiration from those who had scaled the same path to success before her. Her older peers in Year 11 were storming to glory in their Advanced Subsidiary subjects whilst living their lives to the full in International Award too. These included Moataz Hamed (Y11R) taking Biology, Chemistry, Mathematics and Physics and Zayed Mohamed (Y11G) taking Business Studies, Economics, History and Mathematics. If she needed any further inspiration it could be found in Salma Wafa (Y11G) excelling in AS-level Arabic, Biology, Maths and Physics but also a notable National Honor Society member and Student Council representative. Furthermore, Miand Abd-el-Halim (Y11G),

centre, too exhausted for school the next day. But Aisha rejected those view points and wanted to live her life to the full. And that she duly did, not only by clinging to rocks!

The gecko may just have turned an eye in recognition, but then

was undertaking Community Service initiatives alongside studies in Applied ICT, Business, Mathematics and Physics at AS-level. In addition, Seif Toma (Y11R) was demonstrating how his excellent school attendance was a key factor in his progress in AS-level Arabic, Business Studies, Mathematics and Physics.

Modern English School Cairo had surrounded Aisha with examples of positive achievers, who balanced academic success with a thirst for enhancing life skills. She no longer looked down the cliff path, only upwards, the only direction she would be going. She could see her overall goal where the clear blue sky met the edge of the grey precipice. She stretched out her hands to grasp the uneven holds and drew on one final piece of inspiration. It was the 2015-16 British Section Scholarship Winner - Salma Farouk (Y12G). Salma had a conditional offer, which included attaining A* grades at A-level, to study at the world renowned London School of Economics. As well as succeeding in her demanding academic subjects of A-level Economics, History and Mathematics, Salma had continued to mentor younger students and play a fundamental role, as tough tackling defender, in the Girl's Varsity Football team's impressive season. That was the final proof of how to find success.

Aisha Morsy (Y10G) reached the top of the cliff as part of her International Award programme. She gazed out across the desert from her high vantage point proud in her own achievement, but also proud of all her fellow students who were taking the same pathway. For she knew it was the right one. They were grasping every opportunity to fulfil their lives which would ultimately bring them success in life. They were literally Living for Success.

British Section Top Performing Students and Grades

Year 10 IGCSE	Year 11 AS-Level	Year 12 A-Level
Aisha Morsy 8A*, 1A Yasser Khaled Dabees 7A*, Omar Ahmed Marouf 6A*, 1A Nay Assem Assassa 4A*, 4A Omar Tarek EIDamaty 5A*, 2A Shehab Mohamed Abouelfadl 5A*, 2A Karim Tarek El-Bouri 4A*, 4A Lana Alaaeldin ElSeesi 5A*, 2A Seifeldin Hesham Taha 3A*, 5A Karim Nagy 3A*, 4A	Miand Mostafa Youssef 4A Moataz Magdy Hamed 4A Mohamed Moustafa ElKhatieb 4A Salma Samir Wafa 4A Seif Nagy Toma 4A Zeyad Osama Mohamed 4A Ashrakat Tamer Nadim 3A Nader Ragab Soliman 3A Asser Nabil Ibrahim 3A Mariam Ayman El-Gabalawy 3A	Salma Sherif Farouk 3A*, Youssef Maged Helmy 2A*, A Farida Ihab Swellem 2A*, Hussein Hazim Rizkana A*, 2A Nour Ehab El-Tahhan A*, 2A Ahmed Leithy 3A Farah Abdelsalam Razek 3A Ali Akram Khadr A*, A Mai Ahmed Hindawi 2A Mina Ashraf Atta 2A Sama Assem Assassa 2A Tareq Atman El-Tantawy 2A

OVERALL RESULTS 2016

IGCSE/GCE (Year 10)	
% Total A*, -A	49.9
% Total A*, -C	90.2
% Total A*, -G	99.4
A-Level	
% A*, /A	33.3
% A*, -E	99.2
AS-Level	
% A	31.7
% A-E	82.2



Miand Abd-El-Halim (Y11G)



Seif Toma (Y11R)



Aisha Morsy (Y10G)



Zeyad Mohamed (Y11G)

“Sow the seeds of hard work, determination and endurance and reap the rewards of achievement, success and self-fulfilment.” Rashida Rowe

71% have final places at universities ranked in the top 10 by university or subject including Leeds, Edinburgh, Surrey, Sussex, Southampton, Birmingham, Royal Holloway, Kent and many more...



Moataz Hamed (Y11R)



Salma Farouk (Y12G)



Salma Wafa (Y11G)

**Mr S Perry – Deputy Headteacher,
Secondary British Section**

CELEBRATING SUCCESS



International Baccalaureate Diploma Programme Results MES Cairo's IBDP Class of 2016



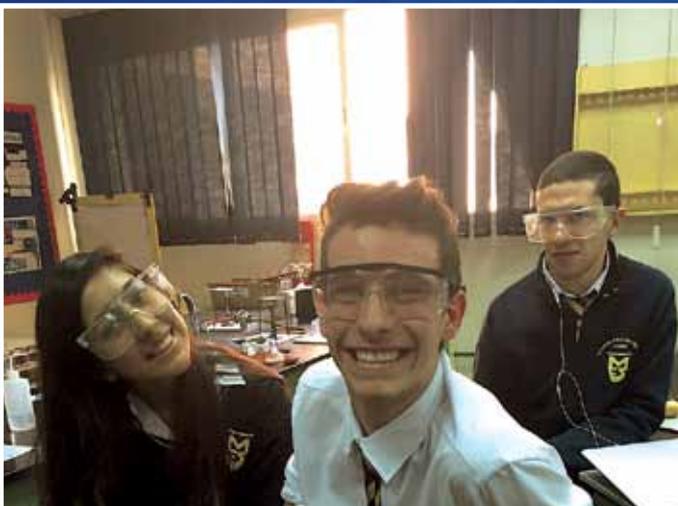
The

MES Cairo IBDP Class of 2016 celebrated great success when their results were released in July of 2016. Last September, we saw the majority of our IBDP 2016 graduates headed

to top universities in the UK. One of our IB graduates is now studying at the University of British Columbia in Canada and our remaining IB graduates are currently enrolled at the AUC and GUC here in Egypt.

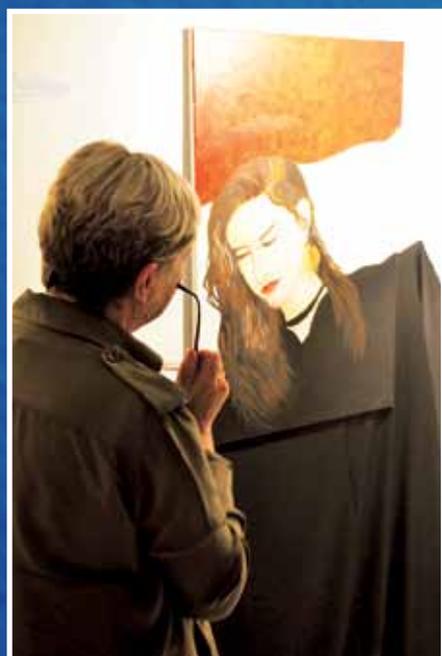
Students from the IBDP Class of 2016 who are currently studying in the UK are at top universities, including the University of Warwick, Kings College London, Edinburgh, Surrey and Southampton.

Students from the IBDP Class of 2016 who are currently studying in the UK are at top universities, including the University of Warwick, Kings College London, Edinburgh, Surrey and Southampton.



MES Cairo's IBDP Class of 2016 achieved an average score of 34 points. This score is four whole points above the global pass rate of 30 points, placing us in the top 20% of IB results around the world! The average subject level obtained at MES Cairo was 5.36 points, significantly higher than the average global level of 4.67 obtained worldwide in the same subjects. What makes these scores so incredible is that MES Cairo students sit the final IB examinations when they are one year younger than most other students around the world.

Nour Bahaa, our IBDP Scholarship winner for the academic year 2015-16, achieved an astounding 41 point



score, which is considered by the Qualifications and Assessment Authority in the UK to be higher than 4A* at A-levels or equivalent to 5.4 A-level A grades, and is typically only achieved by 5% of IB students worldwide. Nour is currently thriving at the University of Warwick, where she is studying Politics, Philosophy and Economics (PPE) - this PPE course is ranked as 2nd in the whole of the UK.

Four of our twelve students - Zubaydah Jibrilu, Yasmina El Dairy, Yasmine El Shaer and Maryam Toma - achieved a fantastic score of 38 points, which

places them in the top 10% globally! An IB score of 38 points is deemed to be equivalent to 4.5 A grades at A-level.

An IB Diploma score of 30 points is enough to secure entry to most academically selective universities whilst many university courses accept a 'pass' of 24 points. A vast number of American universities offer credits and scholarships to IB students.

Modern English School Cairo has



been offering the International Baccalaureate's IB Diploma Programme since 2006. The programme is designed to give students a broad, well-rounded international education and develop the skills needed for success at university and beyond.

Students from MES Cairo join nearly 150,000 others in 136 countries who took the IB Diploma Programme this



year, and nearly 1.5 million others who have been educated by the IB since it was founded over 45 years ago.

On results day July 2016, Adrian Kearney, Regional Director IB Africa, Europe, Middle East stated: "By providing critical thinking skills in addition to a breadth of experience and knowledge, the IB Diploma Programme ideally prepares students for both higher education and the world of work. Those who have achieved their IB Diploma today should feel confident that they are already a step ahead. I wish students from MES Cairo the very best and I look forward to hearing from you and about your accomplishments through our global network of IB alumni."

Congratulations to the MES Cairo IBDP Class of 2016!

Ms S Sheehan - Assistant Headteacher/IBDP Coordinator



International Baccalaureate Diploma Programme An Introductory Experience

One

of the celebrated features of our school is that at the conclusion of Primary, students can choose to continue with the British curriculum, or they can migrate into the American Middle School Programme. At Year or Grade Ten, our students have another crucial decision to make: either to continue their education in



either the American or British Sections, or, to consider the International Baccalaureate Diploma Programme (IBDP). Many parents ask us about the IB Diploma Programme from as early as Foundation Stage One! Our third annual MES Cairo IBDP Introductory Experience was a huge success. We were joined by parents of MES Cairo students of all ages, as well as parents who have children at other schools both here in Cairo and abroad.

Parents and students discovered that the programme in its essence is holistic, visionary and inspiring. The IB Mission Statement and Learner



Profile, very close in their attributes to the MES Cairo Graduate Profile and Mission Statement, are a testament to the education of the whole person. The IB philosophy focuses on developing young people who are academically successful as well as being active leaders on the global stage and in their own local communities. IB learners are caring, analytical and internationally-minded individuals with strong leadership skills and a dedicated work ethic.

Upon arrival, visitors to the Open Day were guided to the school theatre where they were entertained by Aly Afya (DP11Y) as he played the piano beautifully and with confidence.

They were then given an introduction to the IB Diploma Programme structure and curriculum, and heard all about how it is a rigorous and rewarding programme that is respected by universities all over the world. Admissions

"If we are to teach real peace in this world, and if we are to carry on a real war against war, we shall have to begin with the children."
Mohandas Gandhi, Indian political leader

STARTERS

Linguistic Perspective	The Rule of Law
Global Resources	Global Political Challenges
National Interests	Cyber Threats
Interpretation	Sovereignty
Government	Industrialization
Civil Society Organizations	Wealth

MAINS

Cultural Perspective	Ethical Development
Understanding Complex Systems	Innovation
Problem-solving	Collaboration
Investigation	Population
Data Analysis	Post-conflict Reconstruction
Causation	Security
Consumer Awareness	Liberty
Communication	Decision-making

DESSERTS

Sustainability	Active Listening
Political Participation	Valuing Commonalities
Accountability	Fostering Compassion
A Peaceful World	Appreciating Diversity
Global Understanding	Responsibility
Cultural Awareness	Conflict Resolution

"We cannot solve the problem of global justice by arranging institutional cooperation as a contract for mutual advantage... We can solve them only by thinking of what all human beings require to live a truly human life - a set of basic conditions for all people."
Martha Stoutland, American philosopher

units at universities across the UK have recently lowered their entry requirements as they recognise that the DP is academically challenging and holistic. American universities have offered generous credits to IBDP students for many years, in recognition of the fact that IBDP students study a range of subjects to a high level, as well as producing a 4000-word research paper (Extended Essay). IBDP students also study the unique Theory of Knowledge (TOK) course and must complete the Creativity, Activity and Service (CAS) component. Whilst outlining the structure of the IB curriculum we explained to parents the differences and similarities to other Secondary curriculum options. We also described the qualities a student needs in order to thrive on the IB Diploma Programme.



The IB Diploma Programme



ensures that the 21st Century learning skills necessary for success in the future are developed in its students by placing these skills firmly at

the centre of the curriculum. These are strategies, skills and attitudes that permeate the IB teaching and learning environment. The aim is to empower students for a lifelong learning journey where our students' education is not only what they learn but also *how* they learn.

Students on the IB Diploma Programme at MES Cairo receive a very high level of support, not only due to the small class sizes but also through the DP teacher mentoring system, where a teacher is assigned to a student for weekly pastoral support, as an addition to the school homeroom and pastoral systems that are extremely supportive of all of our students here at MES Cairo.

We believe as teachers that by setting a good example to our students we are developing the leaders the world needs – analytical people who know how to collaborate and who understand the value of teamwork and international mindedness. Most of the decisions we make, together with our students, are strongly influenced by their university and career plans. Students are carefully guided to ensure that they are fully prepared for the next critical steps in their lives.

IBDP Students Leading the Way

Our IBDP students played an impressive role throughout the evening. In the theatre, they added variety and fun to the informative presentations given by Mrs Singleton (Whole School Principal) and Ms Sheehan (Assistant Head, IBDP Coordinator). The students acted as excellent ambassadors for the IBDP Section and for MES Cairo as a whole. They spoke with enthusiasm about how they were not necessarily 'straight A' students when they joined the IBDP, yet they are thriving on the programme. They also told us about how much they enjoy participating in



meaningful service opportunities and how important it is to be committed to the Creativity, Activity and Service (CAS) element of the

IB Diploma Programme. They shared two excellent videos they had made independently; one explaining the concept of International Mindedness and another sharing highlights of their life-changing CAS trip to Aswan. At the end of the theatre presentations Yassin Osman (DP11Y) played the piano with panache as our visitors lingered in the theatre just a little bit longer, enjoying the atmosphere.

MES Cairo IBDP Alumni, IBDP teachers and students from DP11 and DP12 then led groups of parents around the school in carousel groups, where they took part in four engaging activities. Parents and students of all ages enjoyed the stimulating learning settings. One was an introduction to the TOK course led by Mr Gibault (TOK Coordinator), the second was a Visual Art session run by our Visual Arts teachers and students and led by Ms Tapsell (Head of Art).



Our visitors also enjoyed a taster Science lesson led by Mr Rainford (Head of Science) which involved a thought-provoking experiment and generated fervent discussions. Last, but not least, our visitors were able to relax in the internationally-minded Café du Monde – where delighted clients could order



explanations of 'Linguistic Perspective', or 'World Peace' or 'Sustainability', from a rich menu that generated interesting debate between the visitors and our team of enthusiastic, suitably clad 'garçons' et 'filles' from DP11 and DP12. Led by Mr Todd (Dean of G9 and 10 students and IB Theatre teacher), our young 'waiters' spoke like experienced diplomats!

The final part of the Introductory Experience involved a Subject Fayre in the Multi-Purpose Hall where our University Counsellors were available to advise parents. Current MES Cairo IBDP students and alumni MESConians guided those in attendance around the subject stalls, as did our IBDP teachers and senior members of staff, enthusiastically answering questions and promoting a Programme that so many of us are passionate about.

Ms S Sheehan – Assistant Headteacher/IBDP Coordinator

MES CAIRO GRADUATES TRAVEL THE WORLD!

25% of MES Cairo applicants go to top UK Universities!

We are proud to announce another highly successful year for our students entering UK universities. The figures speak for themselves with 87.5% of MES Cairo alumni gaining places at top 20 UK universities by subject. This year's, Alumni were particularly keen on Surrey, Leeds, Warwick, Southampton and Royal Holloway. Equally, these universities have clearly been so impressed by our previous applicants that they had no hesitation in giving us more places than ever before. We are particularly impressed by the place for Nutrition at Kings College, which is number two by subject.

The most exciting statistic is that 25% have gained places on courses that are either in the top three by subject or overall. To gain a place at London School of Economics is a major achievement and do that for Economics is outstanding. We congratulate Salma Farouk, last year's British Section A Level Scholarship winner for doing exactly that! Warwick is an outstanding University and is always represented at the top, which is precisely where Nour Bahaa Eldin, last year's IB Scholarship winner, should be as she reads for a degree in Politics, Philosophy and Economics.

Just saying 'Imperial College' leads to excitement in the Engineering world and we are now at a point where MES Cairo A Level students are disappointed if we do not get more offers than the previous year. This year, we doubled the number of places we were offered and wish Hussein Rizkana success as he takes up his place to study Mechanical Engineering. Generally, places for Engineering have been impressive this year with offers from all the best like Bath, Southampton, Surrey, Birmingham and Sheffield coming in thick and fast. We are also proud of the students who gained offers to study Business in Bath, which was number one for Business in 2016.

This year, we are already receiving some impressive offers from Cardiff and Birmingham for Engineering and Durham, Birmingham, Nottingham and Warwick for Economics. Interviews are coming through for Imperial and we hope this will be true for Oxford too. More students have applied for Dentistry and Medicine than previously and we wish them luck as they compete with confidence again the world's best.

Ms S Clingan – Assistant Headteacher, Years Ten to Twelve, British Section



Class of 2016 – Universities attend by MES Cairo Graduates from the British, IBDP and American Sections

Canada	United Kingdom
University of British Columbia	Bath University
Egypt	Birmingham University
American University in Cairo	City University London
German University in Cairo	De Montfort University, Leicester
New Giza University	Edinburgh University
Spain	Exeter University
Barcelona University	Imperial College London
The Netherlands	Kent University
Amsterdam University	King's College London
USA	Leeds University
Arizona	London School of Economics
Carnegie-Mellon University	Manchester University
Cornell University	Newcastle University
Kansas State University	Reading University
New York University	Royal Holloway University of London
Northeastern University, Boston	Sheffield University
Penn State University, Pennsylvania	Southampton University
Purdue University, Indiana	Surrey University
Tulane University	Sussex University
University of California – Los Angeles	Warwick University
University of California – San Diego	Westminster University
University of Chicago	
University of Tennessee-Knoxville	

MAHMOUD EL SHABBA (DP12Y)

We are delighted to announce Mahmoud El Shabba as our IBDP Scholarship winner for the academic year 2016-17. An excellent public speaker who is articulate and confident by nature, Mahmoud is proving to be a fine ambassador for MES Cairo and for the IB Diploma Programme.



Varsity Football, Volleyball and Rugby teams and he has run fitness training sessions for students and teachers. He has also coached the Middle School and Junior Varsity Volleyball and Football teams.

with CISV which is a Non-Governmental Organisation that promotes peace education through activities revolving around Human Rights, Conflict Resolution, Diversity and Sustainable Development. Last year he was elected as a member of CISV's Junior Branch Board.



Mahmoud joined MES Cairo in 2010 and soon became a popular and lively member of Year Six Orange class. He was enrolled as a member of the MES Cairo's 'Gifted and Talented' Programme and was in the top group for Maths. He shone brightly in his Literacy classes where reading was, and still is, one of his greatest passions. He was such a voracious reader that he became one of the first Year Six students to be given access to the Secondary library. His impressive level of general knowledge led him to be selected to represent Anubis in the Year Six general knowledge quiz.



Today, Mahmoud is a great example of a truly balanced student who is able to excel in academics without compromising his participation in a wide variety of other interests. Throughout his time at MES Cairo he has been heavily involved in athletics (as a player and a mentor), in the performing arts (as performer and technician), in Model United Nations (MUN) as a participant and as chairperson), and as a Student Mentor. Mahmoud has been a key leader in our school's Outreach Programme for several years. He happily misses outings with friends and family in order to be there for his friends at the Daer El Faeza orphanage – he would not miss time with the children for the world!

Mahmoud takes every opportunity to participate in as many sports as possible. In 2015, he was awarded the Sports Personality of the Year at MES Cairo for his participation and contribution to the MES Cairo Cougar Athletics Programme. He has been a member of the



MUN has been a huge part of Mahmoud's personal and academic journey. Mahmoud has been lucky enough to have participated in over seven MUN conferences both locally and internationally and he was even invited back to the Junior Cairo International Model United Nations conference at AUC to be a secretariat of Security Council. This came after having won the 'best delegate' award at several conferences in a row.

Since late 2012 Mahmoud has been working

Mahmoud is a self-taught guitarist and has recently fallen in love with Jazz. He is a member of a band and they have played many gigs around Cairo including twice at the annual Cairo Environmental Fair and the AISMUN Conference closing ceremony. Hopefully, sometime soon they may even be featured on Nile FM!



Mahmoud is an excellent role model and a well-balanced all-round achiever. He is applying to read Philosophy, Politics and Economics (PPE) at a variety of top UK universities. We will be watching his progress with pride and we hope he will be back to visit MES Cairo on a regular basis.



Ms S Sheehan – Assistant Headteacher, IBDP Coordinator

Malak Arafa (G12B)

It is with great pleasure that the American Section announces Malak Arafa (G12B) as the MES Cairo



Scholarship winner for 2016-2017. Malak has been an academic, athletic and extra-curricular activities shining star at MES Cairo since she came to the Secondary school.

As an athlete, Malak has participated in Junior Varsity Basketball, she has been an Athletic Mentor in Grades Eleven



and Twelve, won the Athletic Mentor Effort Award last year and has trained in swimming at Cairo Stadium for the past eight years. Her other extracurricular activities include Model United Nations in Prague in Grades Ten and Eleven, Student Council Representing Edjo House in Grade Eleven, stage crew for Shrek and



Mary Poppins this year, and high school Choir for the past two years.

Currently, Malak is working on fundraising for the Prom Committee and organising



other various activities for the Senior Class along with the Scholarship winners from the British and IBDP Sections. Outside MES Cairo, Malak has been staying quite busy with volunteer work. She has worked with the MES Cairo Adopt-A-School Programme and regularly volunteers her time at the Yahiya Arafa Children's Charity Foundation.

Her academic performance is one to be admired by all her peers. She has received excellence awards in Sciences, English, History, Performing Arts and Arabic as well as

the MES Cairo Graduate Profile Award, AP Scholar Award, and she has been a Principal Scholar in Grades Ten and Eleven. Malak was inducted into the National Junior Honor Society in Grade Eight and then into the National Honor Society in Grade Ten. Outside of school, her desire to expand her knowledge has earned her the following recognitions:



Oxford University Summer School 2013: Creative Writing and Experimental Psychology. Malak received the Creative Writing Attainment Award

- Thebes Consultancy 2015: Malak worked an internship for this group
- Oxford University Summer School 2016: Global Leadership/Speech and Debate. Malak received the Global Leadership Attainment Award.



Malak's near future plans are to major in History at university and then earn an Education degree. In addition to all her achievements, Malak is an exceptional young lady. Her drive to better her school and community is rare and very appreciated. Her level of maturity is unmatched as well as her ability to find the best in others. She is well respected by her peers and her teachers. Malak is most definitely a student that has a bright and solid future and the ability to be successful in any area that she chooses.

Mr D Tomlin – Dean of Students, Grades Eleven and Twelve

SALMA WAFA (Y12G)



There can be no doubt that she represents academic excellence and was quickly identified as such through the MES Cairo Gifted and Talented Programme. This showed that Salma has outstanding ability in Mathematics and English, which has been proven to be true. However, she proved that her excellence extended beyond two subjects when she was awarded First Place in Egypt across seven IGCSE subjects in the Cambridge High



At first glance Salma appears quiet and self-effacing, but underneath there is a woman of steel! Salma won our respect initially when she beat a particularly challenging team of opponents from another school in the Spelling Bee, but only came second. We were impressed by this, but she was not! So, she practised and practised for a year to make sure that in the next Spelling Bee she would take first place. On the day, we were almost holding our breath knowing how devastated she would be if she didn't win, but due to her approach and sheer hard work, she did win, becoming a superb example of how resilience pays.



Achiever Awards. Yet again Salma proved that she should only be in first place! The teachers at MES Cairo really appreciate her tenacity and her intelligence. Students clearly trust her to represent them when it matters and had no qualms about voting for her as their Student Council representative.

engaged in all the opportunities to help others, including the Workers' Lunch. This is a lovely event when MES Cairo students provide lunch and entertainment for all workers at the school and represents exactly the kind of caring that Salma enjoys to be involved with. Equally, she is a star in her Community Service in Primary and is a fantastic role model and a lovely big sister to everyone. As a Student Mentor, she looks after and motivates Year Seven students every morning in Homeroom and can often be seen providing a listening ear.



It came as no surprise that she would rise to the top academically and as a caring member of the community when she was invited to join the National Honor Society. She took her role seriously and fully

Salma is set for success and has already gained offers for places at Sheffield and King's College London to read for a degree in Biomedical Engineering. We will be watching her progress with interest and pride.

Ms S Clingan – Assistant Headteacher, Years Ten to Twelve



Introducing our New Leadership Colleagues

MESsage from Mrs Linda Talbot – our new British Section Principal

My last message in our MESsenger was to introduce myself last September when I re-joined MES Cairo as an English teacher. This year I would like to take this opportunity to reintroduce myself to you as the Secondary British Section Headteacher at MES Cairo. I wish my predecessor, Mrs Nicola Singleton, every success as she takes on her new role as Whole School Principal leading the school.

It is a privilege to have been chosen to lead the British Section forward into the next part of its journey, I am no stranger to MES Cairo and Egypt having worked at MES 26 years ago and since then have held various senior leadership positions in the Middle East.

For me the needs of the students are always paramount in the life and decision-making within school. I strongly believe in providing students with exciting, creative and meaningful learning experiences, which



build their enthusiasm for learning. I expect students to be actively engaged in their learning, to know what experiencing success looks and feels like, to be motivated, to make consistent progress and to have high expectations of what they can achieve so they can succeed in their chosen future. I am passionate about working in partnership with students, staff and parents to continue to develop MES Cairo as an exciting, happy and successful school.



Outside my working life; travelling, reading, golfing (when the sun is shining) and sailing in all weathers are amongst my favourite things. Most of these activities have been nurtured from a young age and I encourage all students to make the most of the wide array of activities on offer here at MES Cairo.

I believe that we will have a positive and successful future working, growing and developing together so that MES Cairo continues to be a school that students love coming to and one which provides an outstanding, holistic educational experience in which everyone can flourish.

MESsage from Ms Amanda Holmes – our new Primary Headteacher for Key Stage One



My name is Amanda Holmes and I would like to take this opportunity to introduce myself to you as the new Headteacher of Key Stage One at MES Cairo. All the staff and children have made me feel very welcome and I am excited about being part of the MES Cairo family.

Firstly, let me begin by saying what a privilege it is to have been chosen to lead this section of the school forward in the next part of its journey. I am no stranger to international schools or life in this part of the world. I grew

up in Africa and more recently spent 25 years living in the Middle Eastern region. I was an Early Years classroom teacher in Abu Dhabi for ten years during the 1980s and later joined the Abu Dhabi Education Council as a coach and mentor for Principals in Abu Dhabi's government schools in 2006. At the end of my 5-year contract to support school improvement in the UAE, I took on the challenge of opening an Early Learning Centre in the heart of Dubai in 2011. Following this exciting venture, I went to Brunei as Deputy Headteacher for Early Years at Panaga School,



which is a founding member school for the International Primary Curriculum and Shell's largest company school.

I would like to thank everyone for helping to ensure that my transition to the position of Headteacher in Key Stage One at MES Cairo was as smooth as possible. Being an

experienced educator and school leader, I am very much aware of the responsibility that we have in ensuring that the highest standards of teaching and learning are maintained in all areas of the school. My priority as Headteacher for Key Stage One is to ensure that MES Cairo continues to perform as an outstanding school. Children's education including their social, emotional, moral, intellectual education and physical well-being are at the heart of all I do. I believe strongly that all children should enjoy learning, be actively engaged in their learning and know what experiencing success looks and feels like. Our aim is to keep them motivated and to ensure they are making consistent progress. I have high expectations of what they can achieve so they can succeed in their chosen future. I have come to an outstanding school and intend to ensure that we continue to 'Care, Challenge and Inspire' all of our students. I am enjoying the challenges and more importantly, the great rewards that go with being a Headteacher at MES Cairo.



WIRED UPDATE

Active Learning Through Technology

by Ms D Ballard – Secondary Principal, American Section

The WIRED teachers team represent Primary and Secondary teachers. The goal of our group is to learn through sharing, how we can engage students in the learning process and use technology to make learning interesting, enriching, and fun. The members of our WIRED team are as follows: Georgina Dean, Sam Cole, Dan Mulligan, Sarah MacDonald, Mohamed Mostafa and Alex Hinchcliffe from Primary; Jonathan Todd, Taher Naggar, Dodie Ballard, Jennifer Cole, Christine Downey, Tatiana Kolesnikova, Ahmed Eldin, and Kelsey Bull all

representing the Secondary school. Teachers work together and provide the whole staff with valuable professional development in the area of technology integration in the classroom. During our sessions we also look at how to ensure that we teach our students the soft skills needed to be successful beyond High School/Secondary School. Critical thinking, how to think creatively in many different learning situations, how to effectively communicate with one another, and the meaning of collaborative work are all embedded into each teacher training we hold and within their own learning spaces.

Focus this Year

Our focus this year will be to look at how we can use a combination of different online learning tools to design a dynamic learning experience for our students. This is called a *Mashup*. Educational mashups have become quite easy since so many online tools allow you to share information across different applications. A learning experience using mashups can be simple to the more complex. A common educational mashup is when teachers combine Google Maps, photos from Flickr, and videos from Vimeo or YouTube to create a picture map of a historical journey. This can easily be used to teach geography and history, visual arts, mapping, and could also include writing to teach literacy skills. By designing such a learning experience, we teach a combination of writing, reading, research, and presentation skills as well as enhancing each child's





technology skills. Our students have also captured their presentations in an application called SnapChat to create their own story from fieldtrips they have been on combining the use of a camera, PhotoBooth, and a Podcast so students can narrate their experiences.

During our first session, we looked at literacy and how to use tools like Destiny Quest and Newsela in combination with classroom tools in order to create a student-centric reading list matched to the student Lexile and reading levels. We also looked at how to use the Epic Series (online gaming tool), Canva, and Thinglink for student presentations and electronic journaling. Lastly, we examined how to create illustrative timelines that students can narrate with SeeSaw, Timeglider, and other tools like Tiki-Toki Video.

Classroom Experiences

Identifying the features of historical recounts by Sam Cole, Year Five Violet Primary Teacher

Today, Year Five Violet used the Show Me app to highlight and annotate an example historical recount. Then they compared this recount with The Spanish Armada recount they studied yesterday. At the end of the lesson, students fed back examples of useful historical vocabulary and time connectives/phrases that they could use in their own historical recount.

ThingLink – The Digital Poster by Kelsey Bull, American Section Head of English Department

Today, it was very exciting to experiment with ThingLink and then compare it to Canva in its uses and capabilities. While I have had students reflect on their literature using Storyboardthat, HaikuDeck, Prezi, Weebly, EdPuzzle, and various other websites, the idea of providing students with the opportunity to organically embed external resources, as well as their own reflections, has implications for individual understanding, metacognition, and self-efficacy.



I am looking forward to utilising Thinglink as a formative assessment throughout the reading/performing of the play The Crucible as students move from identifying the elements that make this play of literary merit an allegory to analysing its significance in history, today, and, ultimately, the future. There are already images on ThingLink that my students and I can use as a template and as a springboard for future creation and student collaboration.

Blendspace for Historical Research by Jenny Cole, Assistant Headteacher for British Section Key Stage Three

Students used a Blendspace page that I created to access different content (videos, games, websites and images) to research about the Viking raid of Lindisfarne in 793BCE. Students had the choice of which content to use to help them write their speech about the events of that day. One link was of the Padlet page the students created the previous Computing lesson to help them use interesting vocabulary in their presentations.



All About Foundation Stage One!



Foundation

Starting a new school can be very daunting for young children



Stage One has had a busy first term at Modern English School Cairo!

so to ease them in gently we decided the best topic to start with would be 'All About Me'. This topic offers the children the opportunity to share stories about home, talk about families and learn about ourselves through play.

We began our topic looking at 'ourselves' and naming different parts of our body through actions and songs. Everyone showed lots of enthusiasm when learning about bodies especially when it came to making our own skeleton pictures! We created skeletons using cotton buds and learned to identify different parts of the body, after reading the story 'Funny bones' by Janet and Allan Ahlberg.

We then moved onto focusing on 'senses' and enjoyed learning about the five different senses through various activities and by gaining hands on knowledge and experience of each different sense.

For example:

- Sight - exploring the sense of sight by making our own playdough and looking carefully to make sure we had the right consistency to our dough.
- Smell - by mixing different scents to make our own perfume.
- Sound - by matching pairs of sounds by shaking the eggs one by one.
- Taste - making our own freshly squeezed orange juice.
- Touch - exploring the senses of touch and smell when we made our own herb playdough.

We also talked about our homes and the different types of houses we lived in. We made our own houses using various materials and construction toys and in some classes we even tried to make a snowy house for 'Penguin Pip.'

During this topic we also discussed different people who help us and the important jobs they do. From our parents and teachers that guide us, to the doctors and nurses that make us better when we are sick; all of these people are important in our lives. Role play areas were adapted to create imaginative play areas like a vet or hospital. This enabled us to have lots of fun using our imaginations to build stories around resources and pretend to make the animals or each other better. Great team work, Foundation Stage One!



'All about me' has been a great topic and has enabled children to build self-confidence in sharing stories from home, building relationships with friends and caring for others. We are confident that this great enthusiasm for learning will continue into our new topic.

Ms H Emmerton
Foundation Stage One Yellow Teacher



It's 'A Bug's Life' in Foundation Stage Two!



What a fantastic start to the year in Foundation Stage Two. If it crawled, hopped, jumped, slithered or roared we have investigated it. All part of our Mini-beasts and Dinosaurs topic.

Each week has been a whirlwind of excitement and adventure. We have travelled millions of years back in time looking at ancient bones and hunting for different fossils. We researched the many dinosaurs that roamed the land millions of years ago; learning their complicated names, investigating their habitats and finding out how they lived. The teachers watched in wonder and amazement as the children turned into adventurers; exploring, hunting and rummaging to complete mysterious quests looking for some long-lost dinosaur eggs that had disappeared at MES Cairo. Eager to solve the mystery, the children worked together writing letters, sending postcards, building dinosaur cities, drawing pictures, making maps and much, much more. Even the parents got involved sending letters and helping us to take care of the eggs during the weekend.

Miss Kiernan was shocked to discover that the eggs were real and hatched into our very own mini dinosaurs! Let's hope they are herbivores! The fun didn't stop there. Having explored these wonderful giants, we turned our attention to the miniature ones. The children were captivated once more by an array

of caterpillars, butterflies, ladybirds, grasshoppers, spiders and snails. Just like that Hungry Caterpillar, the children have eagerly chomped their way through learning an array of letters and sounds and are well on their way to being transformed into dazzling readers and writers.

On the last day of school, our wonderful Mini-beasts crawled through the doors of Foundation Stage Two in an array of colours, spots, stripes and smiles, showing the fantastic hats and costumes they had made at home. Thanks to all the parents for their hard work! In a grand finale, we all settled down to a well-earned rest and watched the movie, 'A Bug's Life'. Just like the tiny ants in the movie, we are moving onwards and together, as one team, and we are achieving greatness.

Ms S Innes – Foundation Stage Two Violet Teacher



YEAR ONE NEWS!

What a great term Year One students have had. It is hard to believe we are already near the end of Term One, which has been filled with fun learning activities.



We started off the academic year with a book project where we jumped headfirst into a selection of great books, to inspire our imagination and creativity and improve our language skills. 'The Day

the Crayons Quit' was a favourite amongst the students and led to some wonderful conversations and activities, including some science activities. Have you ever tried to paint on ice before? If not, give it a try. It's lots of fun!

Following the book project, we got straight into our first topic 'Hello, I'm New Here', which was based on a beautiful book called 'The Day of Ahmed's Secret' that takes you on a journey through Cairo with a boy called Ahmed on a typical day in his life, ending with Ahmed sharing a very special secret. The students enjoyed the book and made great observations and reflections about Ahmed, where he lives and works, and on the differences between our life and his. The book is full of beautiful artwork that reflects life in Cairo, and it led to some excellent conversations about our surroundings and environment. Year One had a visitor called Charlie, who unfortunately got lost at school and had to rely on maps made by the students to find his way around. The students spent a lot of time looking at maps and making their own, using their observations and practical fieldwork skills to help. The teachers were all very impressed by the maps they made. They then moved on to look at the world at large, learning the names of the seven



continents of the world and some oceans and seas.

As part of our History unit, Year One studied King Tutankhamun and the discovery of his tomb by Mr Howard Carter. We had a visit from the King himself one day, which was very exciting. He made a grand entrance into our pod, told us all about his life and death, and answered lots of questions. We also enjoyed a trip to the museum to see King Tutankhamun's amazing treasures firsthand, and of course his famous mask. It was a fantastic trip that we all enjoyed tremendously. Our students were the youngest to have visited the museum on a trip and everyone was very impressed with their behaviour and maturity. Our



students clearly showed how the 5R's are lifelong skills, that apply not only to our learning at school, but to our lives in a much larger scope. Great relationships were shown between the students as they moved from one area of the museum to another. The students were reflective;



asking questions linked to their previous learning and answering questions posed by our tour guides. They also relied on their resourcefulness to make recommendations as to how the ancient Egyptians solved certain problems. Everyone was resilient, as it was a long day with so much to see, and even when they were tired and ready to come back, the students pushed themselves to go on and see more and more amazing treasures. Finally, everyone was a risk-taker, as going to the museum so far away from school needed the students



to be brave. Of course, there were some anxieties about seeing the Royal Mummies,



but in the end, everyone that took that risk was very glad they had done so, and was quite amazed by everything they saw.

The school recently celebrated 'Youm el Amanie', when everyone dressed up in traditional Arabic clothing and enjoyed a wonderful show of Whirling Dervishes on the field followed by a picnic where we ate far too much!



Phew, what a lot of action! We are delighted to report that there's still so much more to come. With such a great start to the year, Year One is set to succeed. We love to learn and every day we are adding to our bank of knowledge and skills. Look out for more updates in the next Messenger!

Ms D Abu Hassan
Year One Team Leader

YEAR TWO STUDENTS FOCUS ON THE VICTORIAN ERA!



Year Two Green students working together to create a Victorian timeline about famous inventions during this era



Miss Nissan introduces 'This is your Life' to Year Two students. Is that Miss Straub or Lewis Carroll?

Continuing with MES Cairo tradition, the start of the academic year for Year Two students and staff has been very busy. Students



Year Two students work collaboratively using QR codes to learn about The Victorian Period

have painted many pictures, displayed amazing work, analysed and answered mathematical questions, and amongst many other dazzling activities, written their very own stories with newly learnt connectives to up-level their standard of

writing. During Topic lessons, our area of study has focused on the Victorian Era in England, as part of our 'Hall of Fame' Topic studies.

Students have learnt a great deal about Victorian times in England between 1837 and 1901 known as the Victorian Period. Year Two 'Hall of Fame' began with the Year Two teachers creating famous Victorian people and introducing themselves to students during 'This is your Life' red book ceremony. 'This is your life' is a well-known TV

programme from the UK, where a celebrity (Ms Nissan) introduced, then proceeded to interview and discuss the lives of famous people.

David Livingstone, a famous Victorian explorer (Mr Downey) appeared in the Pod, before being followed down the red carpet by Lewis Carroll, a celebrated Victorian writer, (Ms Straub). Not to be outdone, Mary Kingsley, another prominent female Victorian Explorer appeared looking a lot like Miss Hamilton from Year Two Blue. A loud and brightly dressed Alexander Graham Bell, an iconic Victorian inventor, revealed how he designed the telephone, although in this instance it was Miss Dean from Year Two Violet and not Alexander Bell on his time machine! To everyone's amazement, the Monarch herself, Queen Victoria made a royal appearance to complete 'This is your Life' in the Pod two. Nobody realised that Queen Victoria was actually Miss Lidkea from Year Two Yellow, until a vigilant student asked, "Is that Miss Heather?" To everyone's astonishment ... it was Miss Lidkea and not Queen Victoria!

The stage had been set; all Year Two students had now met our "Hall of Fame" Victorians. Year Two teachers were very impressed with questions posed by students during the introduction to our topic. We are all looking forward to the amazing learning experiences that will take place this year.

Mr P Downey – Year Two Green Teacher



Adam Youssef (Y2G) completes his Topic project presenting information about Alexander Graham Bell



David Livingstone explains his life story to Year Two students, with the help of Miss Nissan



Miss Dean demonstrates to Year Two students how technology along with QR codes will help us research about famous Victorian icons

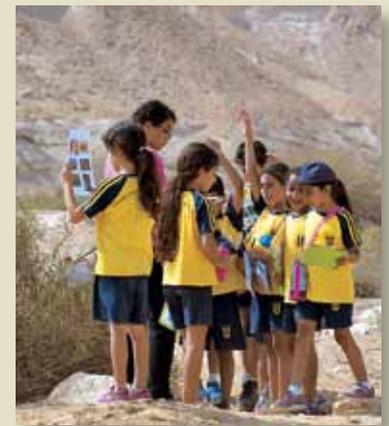
YEAR THREE ROCKS!



Year Three's first topic this year was "We will rock you!" an investigation into all things relating to rocks and the rock cycle.

Students learned all about how different types of rocks are formed and as a result, they have now become experts on the rock cycle. They have learnt about volcanoes and the molten magma that cools to form Igneous rocks. They can now describe the process of erosion and deposition that leads to sedimentary rocks being formed, and how these rocks can be transformed into Metamorphic rocks through heat and pressure. They have learnt how fossils are formed. Armed with all this knowledge, they recently visited the WESC Research Centre at Wadi Degla.

They discovered their own fossils and learned about the importance of protecting the natural environment by making sure to leave nothing and take nothing from the site. They performed experiments on various rocks and soils, discovering more about the permeability and porousness of them, before donning goggles and using hammers to test the rocks hardness. They even followed a map around the area, to discover many species of plants and learn how each was adapted to survive in the harsh desert environment.



The trip was a great success, with lots of positive comments from the MES Cairo staff and students. The WESC staff also praised our students on their enthusiastic approach to scientific investigations.

Next stop will be skeletons, muscles and healthy diets in our Funny Bones topic....

Mr M Ingham – Year Three Team Leader



After driving to the WESC Centre the students were then driven out into the desolate desert for approximately half an hour, leaving behind all signs of pollution and even mobile phone signals, to conduct a series of experiments out in the wilderness.



Year Four's Creative Sculpture Day 2016



“Creativity is contagious, pass it on.” Albert Einstein

Creativity is woven into all areas of the curriculum at MES Cairo, offering students the chance to explore, experiment and express themselves. It promotes critical and analytical thinking, empowers students, develops self-esteem, and forges connections between the different subjects at school, and between school life and the world. Becoming creative thinkers enables young people to think and act independently and encourages entrepreneurial and innovative thinking; skills which are increasingly important in a competitive and changing world.



On Monday 31st October 2016, the Year Four students were extremely excited by a visit from Mr Godfrey,

who set the scene for a truly inspiring and fun-packed Creative Sculpture Day. The theme of the event was ‘The Bottle People’ and students brought into school an array of objects to facilitate the creative process.

After discussing and modelling how to take a glass bottle, lightbulb, paper roll holder and some other knick-knacks to create a secure framework and detailed face for the models, it was time for the students to use their own creativity. Buzzing with anticipation, the students were eager to try out their own original and imaginative ideas.

Next, it was time to add more detail to the models. Again, Mr Godfrey showed the students how to create the arms and to dress their models before they went away and replicated the process.

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine, and at last, you create what you will.” **George Bernard Shaw** (Irish playwright)

With a little bit of advice, moral support and feedback from one another, the students’ imaginations started to run riot! They all displayed a positive attitude, creating some innovative and awe-inspiring sculptures full of brilliance and flair. It was great to see the passion, energy and resilience of the students as they tried to make the most unique sculpture that they could.

“An essential aspect of creativity is not being afraid to fail.” **Edwin Land** (An American scientist and inventor)

produced some thoughtful written work to describe their distinctive sculptures.

Thank you to all the staff and students who helped to make this event such a resounding success. It was an utterly wonderful and action-packed day.

Mr S Boswell - Year Four Team Leader

Finally, the students took a step back and analysed their magnificent creations. Feeling overjoyed and satisfied with their masterpieces, they went on to create passports for their bottle people, write instructions on how to make them and



Student Comments:

“Creative Arts Day was really fun and it gave me an experience that I had never had before at MES Cairo. I felt excited and wanted to make my bottle person as unique as possible.”

Hana Hazem Abdel-Wahab (Y4O)

“It was a very creative day and I feel that I improved my art skills.”

Tia Ramy Darrag (Y4G)

“Making bottle people improved my imagination and creativity. It was a fun day and I made something to be proud of.”

Mazen Ahmed Nabil (Y4O)

“All of our bottles were unique... I think that I speak for everyone when I say that they were all fantastic!”

Ahmed Youssef Ibrahim (Y4G)



Year Five Summer Fete and Primary French Day

The Year Five Summer Fete and the Primary Key Stage Two French Day joined forces in June 2016 resulting in a stand out event of the MES Cairo Primary calendar.

Year Five Summer Fete



Sweets, smiles and sunshine were the order of the day as Year Five students dazzled with their enthusiasm and energy at the fete, leaving the rest of the Primary school with a problem: How to carry away all of their prizes?

The theme of this year's Summer Fete was the 2016 Olympics and European Championships. Students designed their own stalls. From the initial concept and idea, all the way to creating

posters and promotional material, they were 100% in control of everything that went on their stall.

Some of the more popular stalls were the 'Fluffy Bunny' challenge, where students had to fill their mouths with marshmallows and say the words 'fluffy bunny'. On the day, the record was up to 17 marshmallows! There was also Year Five Red's 'Piñata Challenge', with piñatas made to look like footballs asking to be cracked open with lots of goodies awaiting the victor.

Some of the more interesting stalls on offer were Year Five Yellow's 'Minecraft' game; designed and programmed by the students of Year Five Yellow class themselves. Students were asked to navigate their way out of a fiendishly difficult maze in three minutes. Not many managed to solve this difficult puzzle, but nonetheless many walked away with prizes for entering.

As part the combined efforts with the French Department, there were also some fantastic French themed stalls, such as 'Chubby Baguette', a cheeky take on the aforementioned 'Chubby Bunny' game. There was also a shooting vocabulary game where students were asked questions and then had to shoot the corresponding word in French. There was also a chance to have a photo taken beside the iconic 'Arc de Triumph' albeit a fantastic artistic image of the iconic landmark!

The morning was very hot, but Year Five students rose to the challenges that the heat brought. All teachers agreed that what made the day so special was the amount of smiling faces that were on show; from the stall holders to the students who were trying their luck and spending their vouchers. All in all, the day was a great success, but it left us with one burning question: what will the theme of next year's fete be?

Mr G Lavelle – Former Year Five Leader



Primary French Day in Key Stage Two

The Primary school enjoyed yet another fun packed French day this year. Years Three and Four imagined that they were on holiday in France and designed their own postcards to send home to their parents. They used their French writing skills to talk about themselves and their artistic skills to design the front part of the postcard. Ironically, the Eiffel Tower and the French flag were both very popular icons on most postcards. At the end of the day, teachers

chose the top four postcards in the year group. The winning students were awarded a certificate and a French dictionary to take home.

Year Five students were extremely busy in the days leading up to French Day, creating games for all students to play on the yard. Malak Ramadan and Maya Ayoub of Y5Y were the creators of the game "Shoot the Word", where students had to pick out an English word and shoot at the equivalent French word. Hamza Soliman, Ahmed Zaytoon and Youssef El Banhawi of Y5V created the "Chubby Baguette Challenge" where students had to say French words with as many pieces of baguette in their mouths. Students seemed to find this quite challenging, yet entertaining at the same time.

Year Six spent their time recreating famous art work by well-known French artists, such

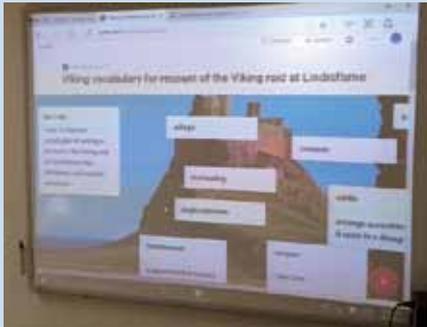
as Monet and Cézanne. Some groups chose to use oil pastels whilst others used colouring pencils. By the end of the day, students had created some excellent art work, of which some has been put on display, in the Year Six pod.

Students enjoyed playing French games on the yard and in class. "Who wants to be a Millionaire" was a popular game where students were put into teams, to test their knowledge of the French language and culture. All of the classes really enjoyed this game, despite there not being a prize worth a million pounds. Many classes also found time to listen to French music and complete French crosswords.

**Ms T Carydias
Primary French Teacher 2015 - 2016**



Mr Cole is Engaging Learners THROUGH TECHNOLOGY



What do we mean by engagement?

"The class enjoying and being absorbed in the challenge of their learning".

Andy Griffith and Mark Burns 2012

For teachers, engagement is the beginning of everything when planning lessons because we know that for students to learn they must be fully engaged. As part of the WIRED Team at Modern English School Cairo, I believe that technology is an essential tool in engaging learners.

In Year Five Violet, students have been regularly using technology in order to access their learning. During the first term, students used many different apps and websites as part of our 'The Vikings are Coming' History unit when writing a historical recount.



Firstly, students mashed up playing a Viking Quest game http://www.bbc.co.uk/history/interactive/games/viking_quest/index_embed.shtml with a Padlet page I curated (www.padlet.com). Students enjoyed playing the

game and noted any interesting vocabulary on the Padlet page. At the end of the session, we looked at the words they had found and their meanings: pillage, marauding, conquer etc. The aim of the session was to experience the raid through game-based learning and begin to generate useful vocabulary for a recount of the raid.

Next, students used a Blendspace page



(<https://www.tes.com/lessons>) that I created to access different content (videos, games, websites and images) to research about the



Viking raid of Lindisfarne in 793BCE. The aim of was to research the raid more deeply and write a speech in order to practise using the language necessary to write a detailed recount. Working in pairs, students had the choice of which content to use to help them create their presentation.

Writing a Historical Recount

Before writing a text, students must deconstruct and understand the common features of a text type. Year Five Violet used the Show Me app to highlight and annotate an example historical recount.



Then they compared this recount with the Spanish Armada recount they studied the day previous. At the end of the lesson, students fed back examples of useful sequencing phrases that they could use in their own historical recount to order events chronologically.

Following on from this, students mapped out an example text and used this to practise writing a recount. Once they had received feedback with targets for up-levelling their work, students wrote a second draft.

Finally, as they had now learnt how to write a historical recount, students had a free choice to research a historical event of their choice and then write an individual recount. Interesting topics of choice included: the sinking of the Titanic, the eruption of Mount



Vesuvius and even the French Revolution.

I look forward to using more technology to engage Year Five Violet in our next units of work: 'Space' in Topic and 'Explanations' in English.

Mr S Cole – Year Five Violet Teacher

Year Five Trades with the World!



Mid-June saw the inaugural Trading Game for Year Five students take place in collaboration with the Secondary Business Studies Department. Year Five students chose to become a particular country for the morning and produce materials in order to make money for their country. The more materials the country produced, the greater the capital generated.

Kuwait had a lot of oil to start with, but not many utensils to cut them out with, whilst the USA had a great deal of resources to cut and draw with, but didn't have much in the way of oil or diamonds.

Country	Value of Squares	Value of Circles	Value of Oil	Value of Diamonds	Total
Brazil					
China					
Germany					
Kuwait					
Mexico					
Moldova					
Russia					
Sierra Leone					
USA					



Mr G Lavelle – Former Year Five Team Leader

Student Comments

"Working as a team was the best part of the Trading Game because everyone had a job so no one was left out."

Mohamed Saleh Y5G

"I loved trading with other countries. Materials were cheaper and we also gained money when we traded with other groups. We traded mostly with Brazil as they had more pencils and scissors, which we needed!"

Tamara Lasheen Y5G

"When we were doing the trading game, people tried to trick us into making bad deals, so we got wise to this. We reversed the deal and took advantage of when people needed other things. We also learnt about using as much out of our resources as possible; we wasted nothing!"

Omar Kansoh Y5V

"I liked it when we worked together in a team. We learnt how to trade well with others and I loved the part when we had to re-elect a president. I was working in the Kuwait team and we made the most money by working quickly and efficiently."

Ismail Ghaffar Y5O



Students had various options to generate money, including using stencils cut into shapes which were representative of resources such as diamonds or oil that the countries themselves possess as natural resources. Each cut-out product was worth a different monetary value.

China had more students in the group to reflect the country's huge population. Moldova only had a few students and very little in the way of resources, reflecting the real life issues this country faces every day.

This is where students had to use their cunning and initiative, trading with the bank and with each other in order to attain different materials. Each trade was also worth a monetary value, encouraging students to work alongside each other and communicate in order to get the best deal possible for their country. Trading isn't easy, and many students commented that reaching an agreement that both parties were happy with was tiring and frustrating.



Students were completely engaged and focused on producing as many resources as possible. It was a delight to see them working together and supporting each other in what was a fun and action-packed morning.



surprisingly funny and upbeat movie that we all enjoyed.

All in all it was a wonderful day! Everybody had great fun and our students showed flexibility and maturity.

A message from Miss Kirby: Thank you, Year Six students for trusting your teachers to provide you with a celebration to match the great heights of our fantastic year together. We are sorry to see you leave but we know that you are ready to take on the challenges in Secondary and we wish you the best of luck for your future. Thank you for the memories, for all your hard work and positive attitude.

**Mr A Hainsworth and Miss A Kirby
Year Six Teachers 2015 - 2016**

Piñata quiz. Meanwhile Miss Lina, Miss Aba and Miss Amira were in charge of the Photo Booth for students to have a professional photograph to remind them of their happy days in Primary. It was hectic but lots and lots of fun!



After these activities we had a break to give us time for the Fashion Show. The Year Six Pod was turned into a catwalk for the smart, sharp suits and the beautiful dresses and stylish outfits. The students organised themselves into small informal groups and sashayed through the crowds, resplendent in their dazzling, glamorous attire. With barely a pause, we all then changed into our pajamas and dashed off to the theatre to watch 'Alvin and The Chipmunks 2: The Road Chip', a



What's Happening in Primary Computing?



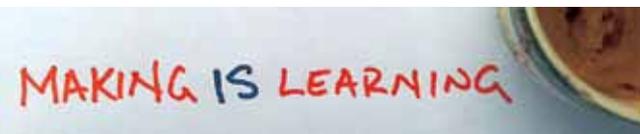
We are now into the third year of some fantastic work across our Primary school, following the introduction of the UK Computing Curriculum. This curriculum has taken us away from the dated ICT schemes that schools were following which used to focus mainly on computer literacy – teaching students, over and over

again, how to word-process, how to work a spreadsheet, how to use programmes that are often already becoming outdated.

Computing lessons teach students Computer Science, Information Technology and Digital Literacy: teaching them how to code and how to create their own programmes; not just how to work a computer, but how a computer works and how to make it work for them.

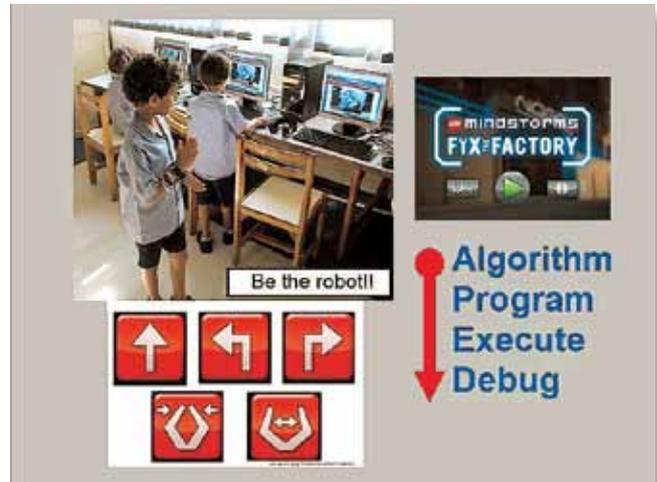
These ideas were directly influenced by technology companies crying out for skilled graduates. Microsoft and Google, along with BCS and the Royal Academy of Engineering were all involved in building the curriculum we now base our lessons around. There is more to this than future jobs, though. We think that learning programming skills benefits children in many ways whatever their ultimate career – like learning a musical instrument or a foreign language can do.

At Primary level, learning to write programmes helps students to be articulate and think logically; when they start breaking down what's happening, they can start predicting what's going to happen. It's about developing an understanding of how things are constructed.



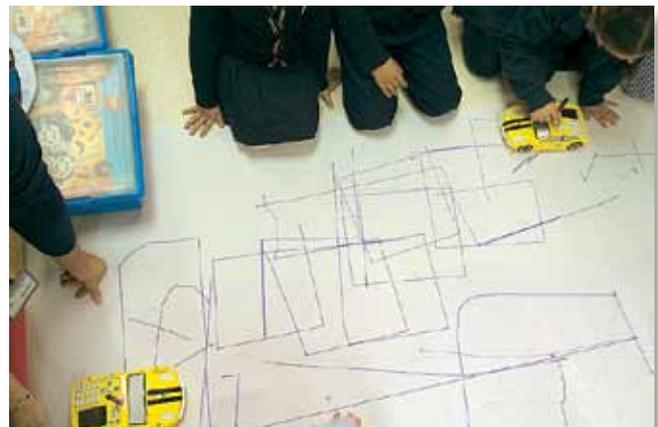
The basic idea of computing is getting a computer to solve a problem. You need to be able to come up with an algorithm, a set of instructions. If you can do that, it's a hugely valuable skill whenever you're working as a team for any kind of project.

When you learn computing, you are thinking about thinking and about how thinking works. You need to try to imagine how a computer is going to do something for you. If you can do this there are lots of transferable skills!



What are our students working on?

Key Stage One students are learning what algorithms are, which does not always involve computers. They also use programmable robots like Bee-Bots and Pro-Bots. They are creating and debugging simple programmes of their own, using Busy Things and Lego's Fix the Factory.



They are developing their logical reasoning skills and taking their first steps in using devices to create, organise, store, manipulate and retrieve digital content!



We are also working to blend computing skills with topic, Maths and literacy work. Using, amongst others, Minecraft to prompt writing, Kodu to build environments and Pro-Bots to work on shape and angles.

Key Stage Two students are creating and debugging more complicated programs with specific goals using Scratch, Tynker, Kodu and various other platforms.



This is something very exciting for students and teachers which is packed full of learning!

This year, we are also proud to have started a **Digital Leaders** programme – working with students from Years Two through Year Six. Digital Leaders are students who help lead and support the technology that is used in our school. They are students who are enthusiastic about using technology, with a willingness to learn and share. They spread good behaviour with technology, support teachers, support fellow students and they are capable of



They are developing their logical reasoning skills and learning to use websites and other internet services. They are finding out about what the Internet is and how it works and always refreshing their e-Safety knowledge and skills as all our students are!

Year Six students are currently working on constructing Anderson Shelters in a fantastic WW2 Minecraft world built and facilitated by our Secondary colleague, Mr Jonathan Todd. A perfect example of blending topic work and research with contemporary computing tools and teamwork to create something entirely new.



show-casing what is possible. More importantly, they develop their own skills and become examples for what is achievable in school. Miss Dean and myself are enjoying working with our groups; teaching, sharing and learning from each other as we go!

We are also running an ASA about Lego Mindstorms Robot Building and Programming, Digital Storytelling along with film making, green screening and digital photography.

Primary Computing has never been so exciting!

Mr D Mulligan
Head of Department, Primary Computing

Primary Teacher-Parent Day

Gentle

music, a calm, quiet atmosphere, fruitful discussion, smiling teachers and parents... what am I describing? It's the new format for MES Cairo Primary School Teacher-Parent Day. Previously spread over two evenings, the decision to dedicate a whole day to the event has definitely paid off. One parent stated: "I am really happy about this day".

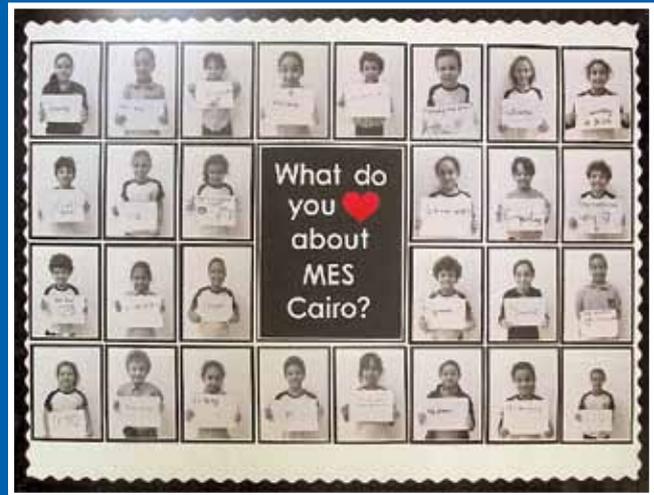


The decision to change the format of our parent meetings came from pleas made by both parents and teachers. Having the conferences after school meant teachers were tired from a full day's work followed by appointments with thirteen sets of parents (and many more for Year Groups with separate Maths classes). Parents and teachers sometimes complained of rushed conversations or inability to address all questions as fully as they might have liked, especially for those parents whose appointments were at the end of the evening. On top of



this, dozens of children had to hang around after school waiting for parents to arrive.

Fortunately, MES Cairo teachers are all experienced professionals who have always been able to ensure Parent Evenings were successful, and that important information about student progress was shared. However, we continually evaluate our practice and look for ways to improve. Although Parent Evenings are perfectly adequate platforms and do achieve their aim, we decided that in this first term, where parents are meeting new teachers, it was only fair that we offer something more. Holding this first term event during



the day meant every parent could spend enough time with teachers to properly discuss student progress and attitude in their new classes.

The impact for Specialist teachers has also been positive. Parents of children in Years Five and Six were able, for the first time, to make appointments to see their child's Maths teacher. Specialist teachers reported an increase in numbers of parents who came to speak to them. A delighted parent said, "It's the first time we have been able to see all the teachers we want, Maths, Art, PE.... everyone!" As these subjects are a vital part of every child's development, having a massive impact on student concentration and enjoyment of learning, it is important that parents are given the opportunity to hear from these teachers.

There are still some areas to improve on for next year's event, of course. However, when parents are saying to me: "It's great to see teachers so relaxed and 'It's wonderful; the teachers are fresh,'" I know we made the right decision to make the change for this event – the first Parent/Teacher Conference of the academic year.

Ms C Jama – Primary Headteacher, Key Stage Two





The American Section

is “Moving Forward”

“Don’t dwell on what went wrong. Instead, focus on what to do next. Spend your energies on moving forward toward finding the answer.” **Denis Waitley** (Author and motivational speaker)

Too often we, as human beings, can dwell too much on the past. We either let the mistakes we have made affect our decisions or, what is even worse, do not recognise our mistakes and therefore fail to learn from them.

The students of the Modern English School Cairo American Section were asked, at their first assembly of the 2016-2017 academic year, to consider how they would move themselves forward this year, both learning from past mistakes and



What obstacles prevent us from moving forward?

distancing their future selves from them. The message was received by many of the students with enthusiasm. The question of how exactly does one move forward remained for many of the students.

To begin to answer this monumental question, the story of ‘The Tortoise and the Hare’ was presented to the assembly. The message of a



Sure and steady wins the race

sure and steady pace, as opposed to sporadic bursts of activity, is one that resonates with the path to success in the American High School Diploma. The gradual accumulation of knowledge, understanding and skills results in young adults ready to graduate, embodying the MES Cairo Graduate Profile solidly.

“Looking back isn’t going to help you. Moving forward is the thing you have to do.”
McKayla Maroney (Olympic gymnast)

Mr J Todd – Dean of Students Grades Nine and Ten, American Section



Ready to move forward

MES Cairo Escapers



Imagine! Sixty Grade Seven students found themselves locked in a room, surrounded by clues about how to get out, with only one hour to escape. On 10th October 2016, students and teachers made the short journey to 'Escapers' at Downtown Mall where they were introduced to the ever-popular Escape Room challenges. Varying in difficulty, students became investigators searching for clues and patterns that would lead them to the conclusion of their scenario. In groups of five, teams entered rooms with various themes including: A Mad Scientists' Lab, A Crime Scene Investigation, an Ancient Pharaoh's Tomb and Aladdin's Magic Lamp.

unlock the secrets of each room. Laurina Salama (G7Y), reported, "I learned that I have to use my mind and to use the help of my teammates." Adam Salama (G7Y), noted, "I used Mathematical problem-solving methods to solve the puzzle."

Students were constantly analysing clues in order to move forward and found themselves in challenging situations. Many students recognised the skills they have been developing in their classes at MES Cairo. G7Y student, Razan Hassouna, recalls, "I had to use teamwork to solve all of the rules on time just like finding evidence in Social Studies." While students were accompanied by a teacher and monitored by the 'control room', they were on their own to make decisions and execute tasks. By the conclusion of the activity, students began to make connections between the experiential trip and a regular school day at MES Cairo.



Adham Abdel-Majeed (G7B) noticed, "We can use these skills at school by cooperating, thinking fast, and brain storming." All of those skills have an important place across the seventh-grade curriculum.

Escape Rooms aren't just for kids! Many students are anticipating the fun they will have when they return with their families to the Downtown Mall Escapers. "My Dad would love this," one student exclaimed and I could be in charge!" Critical thinking and problem-solving are hallmarks of the 21st Century learner. It is wonderful to see these skills in action here at MES Cairo!

Ms S Scott – Secondary English Teacher, American Section

Inside each room, a series of clues and locks awaited each team of investigators. Problem-solving skills were put to the test as students worked collaboratively to



GRADE SEVEN BACK TO SCHOOL NIGHT

EXPERIENCE LEARNING

The American Section Middle School Seven Grade teachers held 'Back to School Night' on 4th October 2016 where we were happy to welcome so many parents. The evening opened with a brief presentation in the theatre by the Grade Seven team teachers where they talked about the key components of Middle School – setting high expectations, engaging students, becoming independent learners, and experience “learning



by doing.” It was a great opportunity to begin building positive relationships between home and school to build community and for all of us to have a better understanding of one another.

Parents experienced the average day of a student by spending quality time in small groups with each of the core academic team teachers: Ms Shelby Fowler, Social Studies; Ms Susan Scott, English; Ms Laura Royster, Math, and Mr Seth Gibson, Science. While in those small-group sessions, teachers shared the variety of learning tools the students used in class, information about homework and classwork, instructional strategies and lesson design, the content that would be studied, and how to stay connected and in contact for the better of the students.

After the more formal session, parents were able to visit with teachers for all exploratory classes in a fair-style where they were

able to examine resources and see student work for the following classes: Arabic, French, Spanish, Visual Art, Theatre, PE, and Design Technology. Parents examined both online and hard copy resources and course outlines to have a better understanding of what would be expected and studied during their first year of Secondary school.

At the end of the evening, all parents were invited to the Learning Media Centre for a short question and answer session. Heads of Department, Teachers, and School Administrators were all on hand to assist parents with their understanding of the Middle School programme. The feedback from the teachers and parents was positive and parents remarked that they had a better understanding of what will be studied and how to best help their child at home. The Grade Seven team of teachers are dedicated to the social and academic well-being of each child they serve and strive to provide excellent support both pastorally and through the students' studies.

People grow through experience if they meet life honestly and courageously. This is how character is built. Eleanor Roosevelt

On behalf of the Grade Seven Team, we would like to thank all the parents that came and shared in this special evening. We look forward to working with you, now and in the future. Do not hesitate to contact us if you should need anything. We endeavour, as always, to provide the best learning *experiences* to all our students.

Later this year, there will be some really exciting information regarding local programmes so students can engage in experiential learning both on and off-campus. We cannot wait to unveil the *Week Without Walls* programme and feel completely sure that we will have 100% participation. Thank you again for your support.

Ms D Ballard – Principal, American Section



Grade Nine Parents Go Back to School



Parents of our Grade Nine students, new to the American High School Diploma, were invited to our annual “Grade Nine Back to School” afternoon, giving them the chance to experience a condensed “day in the life” of their children.

The afternoon began with an introductory session in the school’s theatre, where details of how the programme



operates were presented. Parents also had the chance to meet their children’s Homeroom teachers and learned how they could best support the students’ transition from Middle School to High School.

Following a “timetable”, the parents then journeyed around the Secondary building, meeting the Grade Nine teachers in their classrooms and discovering how each course would run, including assessment tools and course content.

A final Question and Answer session with Ms Dodie Ballard (American Section Principal) and Mr Jonathan Todd (Dean of Students, Grades Nine and Ten) concluded the very successful afternoon. Parents left the campus secure in the knowledge that, with all of us working together, MES Cairo offers one of the best educational experiences anyone could wish for.

Mr J Todd – Deans of Students, Grades Nine and Ten





Student of the Month September 2016



Laurina Salama (G7Y)

Laurina sets a positive example in Science and Social Studies classes. She always follows directions without having to be told. Her participation in class offers a unique insight about the current topics. Laurina consistently shows up to class on time and is extremely organized. All of her teachers have noticed what a strong student she is both as a student and a role model.



Omar Helmy (G8B)

Omar has an enthusiasm for learning which helps create a positive environment for the entire Social Studies and Math classes. He has shown great improvement and maturity in his 8th Grade year. He arrives to class on time, gets settled quickly and immediately engages with the learning activities. He asks great questions and uses every opportunity to demonstrate higher-level thinking. He is a great role model to his peers.



Ibrahim Hamouda (G9Y)

Ibrahim is an active and engaged member of his Global Studies class. His hand is constantly raised, except when he is producing some excellent writing. He is an excellent role model for his peers.



Mohamed Moustafa (G12Y)

Mohamed is a polite, committed and intelligent young man who is willing to do whatever it takes to succeed when facing challenges. Mohamed has already shown a level of dedication in his AP Chemistry course that is impressive, and he often spends break times and stays after-school to finish experiments.



Marihan Hamdoun (G11R)

Marihan is a dedicated and inspiring member of her Algebra II class. She is committed to the activities, critical in her analysis of ideas and acutely aware of how applications can relate to the real world. Moreover, Marihan displays life-long learning by referencing previous learning concepts or projects when analysing a new topic.



September Students of the Month



Student of the Month October 2016



Yassin Afifi (G9Y)

Even though Yassin has a recent leg injury, he still manages to arrive to class on time. Yassin leaves the yard early allowing extra travel time so he isn't late. Yassin has proven himself to be an excellent leader in his current Global Studies Group. He has helped to make his team one of the most successful of all the Grade Nine classes. Yassin is having an excellent year.



Ahmed Ibrahim (G11Y)

Ahmed has consistently good attendance, a good work ethic and is an excellent participator in AP Biology class. Ahmed is helpful outside of the class, is always well-organised. He is ambitious and wants to achieve his very best.



Mark Eshak (G10G)

Mark has impressed teachers with his progress so far. He is always kind and respectful towards his teachers as well as his fellow students. Mark demonstrates maturity and leadership skills in his PE class and always puts forth his best effort and attitude. He is a good role model to his peers



Lara Gamaleldin (G7B)

Lara is always very respectful of classmates. She is willing to help and eager to contribute to class in a positive manner.



Wageih Gerguis (G8R)

Wagih is a well-behaved and polite student who works hard and tries his best in all his English and Social Studies classes. Teachers recognise his organisational efforts and commitment to staying on top of his coursework. He has made a strong effort to help new students in his homeroom feel very welcome and fit in; showing them around school and naturally taking on a role as buddy.



Ahmed El Sayad (G12R)

Though a young man of few words, Ahmed has a way of bringing calm and poise to any environment. He has a pleasant disposition and a respectful attitude. It has been a pleasure having him in class so far and we are looking forward to even better things from him in the future.

Year/Grade Seven and Eight Students Celebrate Ahmed Zewail Day

Ahmed Zewail Day celebrates an Egyptian-born chemist who won the Nobel Prize for Chemistry in 1999 for developing a rapid laser technique that enabled scientists to study the action of

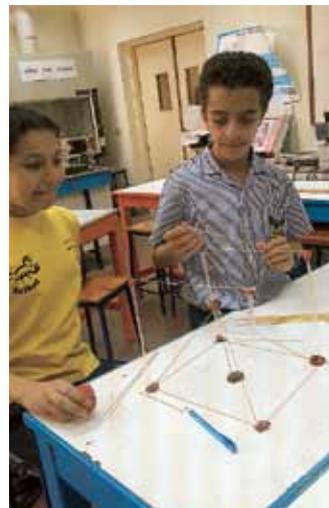


atoms during chemical reactions. This breakthrough created a new field of physical chemistry known as Femto-chemistry. The 2016 MES Cairo celebration, a House event, was devoted to young Egyptian scientists from MES Cairo Middle School and KS3, and was an amazing success.



Students from Year/Grade Seven and Eight competed in hands-on Science competitions to earn house points. The Year/Grade Seven challenge was to build the tallest, strongest pasta tower and they went to work eagerly planning and building. In the one and a half hours they were given to complete the task, they faced the challenge of building a stable tower that could support a cup in which weights could be added for additional points. Their success was due to working as a team, preplanning and improvising.

The Year/Grade Eight challenge was to build a rollercoaster from newspaper and tape that would keep a marble in motion the longest. Collaboration (sometimes conducted in loud tones) and sheer determination by many groups turned this task into a masterful feat of engineering. By the end of the day, long paper tubes with lots of twists and turns travelled all around the room.



Student Comments

"Never give up when it falls."
Mohamed Tarek Wahby (G7B)

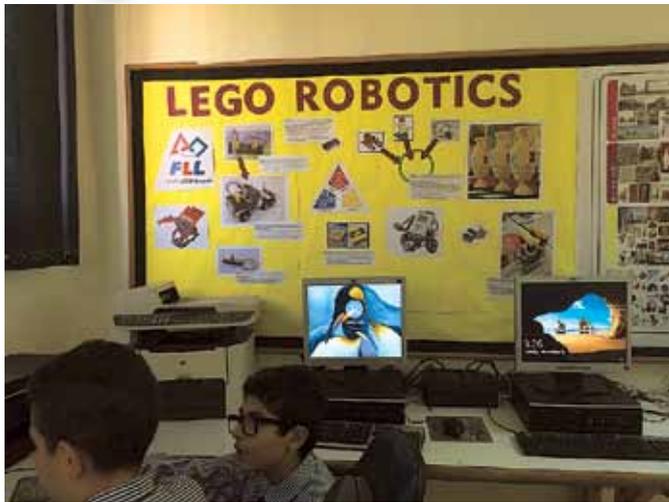
"I should always push myself and even if we fail and start looking down, we fail together. Perfection isn't important."
Omar Sabbour (G7B)

"I love these days" **Kirmina Sadek (G8R)**

Ms L Castleberry – Secondary Science HOD, American Section

ICT/Design Technology Update

Lego Robotics ASA



Following the success of the Lego Robotics ASA last year we are once again running this popular activity. This year it has grown much larger and we

hope to enter two teams into the competition which will be held over a weekend in the Spring next year. We have a great mix of students from both Year and Grades Seven to Nine. The students are learning how to programme robots using simple drag and drop software as well as building the robot and preparing a presentation on this year's theme of Animal Allies.

They will be judged in each category by some of Egypt's top engineers, research scientists and academics.



The competition consists of several parts:

- Robot Design – where the ability to design and build a reliable and sturdy robot will be assessed along with how effective and efficient the programming is
- The Robot Game – this is a very exciting and visually interesting part of the competition where the team's robot tries to complete as many challenges as possible in 2 ½ minutes. Examples of challenges are; releasing animals into the wild, feeding the correct food to the correct animal and transporting a shark safely and all made from Lego, of course!
- The Research Project this year is all about humans and animals interacting. Students will need to find a problem that occurs when the humans and animals worlds collide either by accident or intentionally. To give an example of this, in Kenya lions used to come into villages and kill farm animals to eat. Previously the solution used a gun, but it was discovered that flickering lights was enough to scare the lions away from the villages leaving the lions, cattle and the villagers safe and happy.
- Teamwork and Core Values – this is where students will display gracious professionalism. How they show respect to their competitors and to each other will be judged as it is considered to be of utmost importance.

The competition days were very long last year, though they had to be with so many teams competing – almost 100 from all over Egypt.

We will let you know how we get on in the next MESsenger!

Mr B Higgs – Design and Technology Teacher



Teaching Computer Science without a Computer!



It was an October morning and the ICT/Computer Science classroom was being used for a Cambridge IGCSE ICT examinations. All computer rooms in the school were booked! So how do you teach a Year Ten Computer Science group without access to a computer?

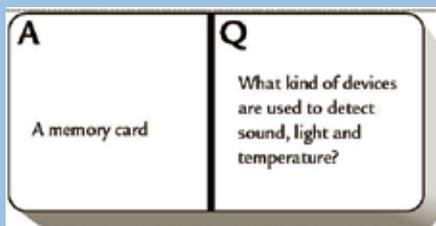
It was time for some 'outside-of-the-box' thinking about the best way to proceed. I suddenly remembered a resource that I had used successfully several years ago but first I had to find the resource again. Once I found it, the answer was simple, it was to use small pieces of paper cut up into tiles, which the students would re-arrange to form the correct answers.

The students were taken onto the school yard as we needed a large surface to complete the activities. Some thought that the school yard was a strange place to be taking a Computer Science class!

Once on the yard the activities were explained to the class. The students were working in small groups, no more than four per group and they were going to complete four different activities which were in the form of dominos, triominos, input/output devices, etc. which would reinforce the Computer Science course theory content.

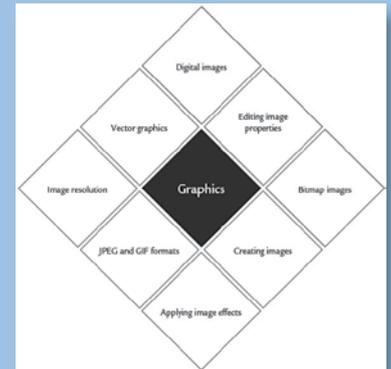
The students had to work together to complete the activities, discussing what would be the correct answer and ensuring that the tiles were placed in the correct order. This involved the students sharing knowledge and ideas and this process helped them to develop their own knowledge and

understanding without having to resort to searching on the internet for the correct answer. They had to work together and think!



In the first activity, the students had a collection of twenty-four dominoes', each of which had a question and an answer written on it, similar to the one shown here. Their task was to match the correct question with the answer. When the activity was complete the dominoes would form a square or a loose circle.

The second activity was similar. However, this time they were presented with a series of diamond shapes, eight of which were coloured. Each of these shapes provided a title, The students had to find the eight items that went with the title. A completed example is shown here.



The third activity was similar. However, in the fourth activity the students were presented with three title slides which contained an image and the words: Input Device, Output Device, Input/Output Device. The students then had to match computer components to their correct function. The items on this list included mouse, keyboard, touchscreen, etc. They had to correctly match thirty-three components to their correct function.



As you can see from the photographs, the students enjoyed the activities and asked if they could do this again!

The teaching material was created by Richard Lord and taken from a resource called Friday afternoon ICT.

Mr M Howe – Secondary ICT/Computer Science

IBDP Business Management

LEGO LEGENDS

During our inaugural meeting Ms Sheehan set the IBDP teachers a challenge to create the Learner Profile using Lego! Once we had finished, and the even-handed judgements were passed along, she offered the Lego kits for use in class whenever we wanted.



I do love being able to do things differently on occasion and remember with fondness the time I had my A Level Law students create a murder scene out of Play Doh! I decided that the best way for me to use the Lego with my Business Management class was to design a lesson where the students were split into teams and then had to work collaboratively to create representations of each of the main sectors of business – for those of you who don't study Business yet that would be primary, secondary and tertiary.



Students were tasked with using whatever Lego was in their group's box to create a representation that would instantly bring to mind the sector involved. They had ten minutes to discuss, decide and create their model, and then my role was to guess what they had built (hence the reason for the instant recognition).



The representations were very recognisable, and in my opinion the tertiary sector provided the students with the widest and most notable inspiration for their Lego models.

Hashem Affi, Jessica Aziz and Yassin Abouelleil (all DP11Y): 'The Lego activity was enabled us to present and explain the different sectors in any business. It was a challenge to create these models/structures because we had limited Lego blocks and we did not have a wide range of colours. It was a good test of our knowledge and basic understanding of

these sectors. It helped improve our creative minds and it helped us think quickly and efficiently because it was a time related activity.'

Nada Hussein, Zeina El Bakry, Sherifa Osman and Nabil Lotfi (all DP11Y): 'It was a fun experience, we had to use a creative mindset to create the Lego models. We learnt a lot from working with each other and developed our collaborative skills.'

Ms M Ingham – HRCF Coordinator

MES Cairo IBDP teachers using Lego to collaboratively build IB Learners!



Year Eight Survival ToTAL IMPACT Day!



Culture and a Minister for Education and attended cabinet briefings before going back into class to debate their ideas and arguments on how resources should be used to create the best city for the local community and citizens from the perspective of their role.



Year Eight engaged in the task of rebuilding the city enthusiastically and with maturity. They used specific skills to do well including numeracy, literacy, drama, geography, politics and critical thinking. Some very intelligent and thoughtful comments were made by students and their reflections demonstrated that they had started to think critically and considered the need to prioritise. They appreciated the need to develop their team work and debating skills if they wanted to succeed and it made them start to think deeply about the Survival theme. Teachers particularly enjoyed watching the 'Chancellors' from the Treasury who relished the role as the ones who held the purse strings and the power over their peers!

After creating their cities in groups, students received eight rounds of scenarios that awarded or deducted points from each city depending on the choices they have made. For example, if a group chose to spend money on basic school buildings so all young people could go to school up to the age of 16, they would lose points if there was another earthquake. Alternatively, a group built fewer quake-proof schools would be rewarded. Winning teams were awarded with merits and were proud to have been part of the best city in each class.

On Monday 31st October, the Year 8 cohort had a ground-shaking start to their new ToTAL learning theme of Survival. They attended a special in-house event led by their homeroom teachers during periods three, four and five where they experienced an 'earthquake' and had



to rebuild the city of Cairo whilst in role as a variety of different imaginary government departments. The event started with a 'Duck and Cover' emergency drill, where students took cover under their desks as they would in a real earthquake scenario. Students were then assigned different roles such as a Chancellor in the Treasury, a Minister for Environment, a Minister for Health & Lifestyle, a Minister for

The event was inspired by real-life events in Egypt and abroad. Following this event, students will learn more about survival in their different subjects across the Year 8 British curriculum and will conclude with a celebration event at the end of term.



We would like to thank Mr MacAuley from the Humanities Department for creating the resources and also the Year Eight Homeroom Team for helping our students to get into role and enjoy the special event!



Mrs J Cole - Assistant Head Years Seven-Nine, British Section

YEAR EIGHT ToTAL Survival Trip

From

22nd to 25th November, 51 Year Eight students embarked on a four-day desert adventure to Wadi Hitan and Tunis as part of their Year Eight ToTAL Survival Unit. In classes, students have been learning about many different aspects of survival and the trip was a good opportunity to link together what they had learnt and to encourage deeper thinking about what we need in life to survive in the 21st Century.



Our home for the first two nights was an Eco Lodge in Tunis Village. The Eco Lodge was chosen to give the students a taste of a simpler life

and a chance to really experience village living. This village has become well known for its pottery products after the opening of Fayoum Pottery School, established by the Swiss Potters Evelyne Porret and Michel Pastore in 1960.

Each day the students had the opportunity to walk through the narrow streets of the village to reach their arts and crafts workshops. They got to see first-



hand other villagers and what life can look like outside of the hustle and bustle of Cairo. Under the supervision of professional local potters, the students visited the well-known Fayoum Pottery School for two sessions of pottery making. They also visited the Caricature Museum to learn about the work of Egyptian artist Mohamed Abla followed by a session of caricature making. In addition to this, all students experienced an Interactive Method Workshop where they painted each other using plastic sheeting.



Whilst in Tunis, we had an interesting lecture about the Egyptian Desert and Bedouin life one evening before dinner, as well as an educational session about horses in the village stable.



The most exciting day for many of our students was when we transferred from Tunis to Whale Valley by 4x 4 vehicle. We stopped for photos at the beautiful waterfalls of Wadi El Rayan before driving into the desert of Qusour El Arab. The rock formation in the desert made the students feel like they were on another planet. We visited the reserved zone of Wadi El Hitan (The Whale Valley) which is an area of important paleontological interest due to the existence of a wide variety of fossilized flora and fauna. In 2005, the site was designated as a UNESCO World Heritage Site owing to the importance of forty-million-year-old whale skeletons found there. Almost four





hundred skeletons have been found to date with four sub-species identified. The fossil remains are believed to be of the first primitive whales and ancestors of modern day whales. Students had the opportunity to visit the recently opened Whale Museum which helped us all understand the significance of this very special place in Egypt as well as understand why these species of whales did not survive.

Following a delicious BBQ lunch in the desert next to the spectacular Magic Lakes, students were excited to have an opportunity to try sandboarding down the high but soft dunes. For some



students it was their first experience, and for others it was a chance to hone their skills, but for all it was an afternoon filled with laughter, resilience and fun.



Our third night was spent at the Helnan Auberge in Fayoum. This allowed us to spend a morning next to the beautiful Lake Quarun whilst participating in team-building activities.



Students got to know each other better before competing in tug-a-rope competitions, blind folded direction games and sack racing. Again, there was much laughter as students pulled together as a team.



For us chaperones, it was wonderful to see how students recovered from the initial shock of no wi-fi, television and phones at the Eco Lodge and developed a sense of respect and appreciation for the natural environment

around them. A big thank you to our Science teachers Ms El Geoshy, Mr Bullough, Ms El Rify and Mrs Barakat for helping to chaperone the trip and ensuring that the students had a safe but enjoyable adventure.



Student Comments:

"It was such a fun and joyful experience and I can't wait to do it again." **Zeina Fawzy Y8O**

"The trip was a great time for me, I learnt a lot. I loved the sandboarding. Thank you to the teachers for organising it." **Youssef El Refaie Y8B**

"The trip was amazing. My favourite part was the sandboarding. I would definitely recommend going." **Adam Oates Y8Y**

"The trip taught me a lot of survival skills and I hope the school can organise another trip like this one." **Hussein Soliman Y8O**

**Mrs J Cole - Assistant Headteacher,
Years Seven-Nine, British Section**

Home Room Community Forum

Where do we go from here?

The question on everyone's lips once they reach DP, Grade or Year Twelve is 'where do we go from here?' The Senior year is flying by once again and



during the first HRCF lesson, at the start of the year, Mr Tomlin and Ms Clingan pooled their expertise to provide our current Seniors with some much needed advice and guidance about their possible choices of university or college. Ms Sheehan started the assembly by explaining that for European university applications, students are guided on an individual appointment basis – her area is one where there are so many countries and variations that the process could not possibly be covered in one presentation.

The presentations were very thorough and peppered with humour from both Mr Tomlin and Ms Clingan, and sometimes the humour came from our students. Not everyone approaches their final year with a fixed idea about where they want to go to college or university. Those who want to stay in Cairo are usually fairly



certain but those who wish to go further afield are often a little perplexed about whether they will choose to go to the USA, the UK or Europe. One of our Seniors is applying to universities in Australia!

The number of our Seniors who choose to go overseas has increased year on year, and it means that staff need to provide references and UCAS recommendations very early on so that the students don't miss important deadlines. Mr Tomlin and Ms Clingan are true experts in the requirements of colleges and universities in the USA and UK and were keen to share information with the Seniors as early as possible this year.

Advice varied from the types of courses on offer, flexibility of institutions if you decide you don't like your first choice of degree/major, campus life and deadlines. Such topics formed the basis of the presentations with Seniors invited to ask questions at all stages. It was a lively session and the Seniors proved to be a captivated audience. They asked intelligent and focused questions throughout. Individual appointments were also offered to any student having specific questions arising from the information session.

Our Seniors are very well catered for in terms of the independent and expert advice from our team of seasoned professionals and the number of those getting their first choice placements increases every year.

We wish all of our Seniors good luck with their university applications and hope that they all get into their first choice university following the exam results next summer.

Ms M Ingham – HRCF Coordinator



YEAR SIX TRANSITION TO YEAR SEVEN!



Last June, the Transition Day for Year six students going into the Secondary British Section was an excellent opportunity for our soon-to-be Year Seven's to get a feel for Key Stage Three. They were given an opportunity to navigate themselves around the Secondary buildings, and they were introduced to their teachers and the exciting learning that awaits them.

The day began with an assembly, highlighting key events, trips, challenges and expectations in Year Seven. The students also met the staff team that would coordinate all of this. The students were organised into four groups who each had an academic mentor from Year Eleven or Twelve,



who guided them through the day; participating in the various activities and answering their burning questions.

Each group participated in five engaging practical lessons. In Physical Education, they took part in several sports activities on the field, exploring an HRCF theme. In Performing Arts, they acted and participated in rhythm making sessions using their bodies. The students enjoyed role play and interactive games in French and Spanish classes, they learned about volcanoes and wrote articles in Humanities and, in Design Technology, they made Perspex letter key rings. The Upper School mentors attached to each class assisted the students and provided excellent role models for the younger students to aspire to. The groups rotated throughout the day with two breaks, allowing them to regroup and experience life on the Secondary yard.

The behaviour and standard of work produced on the day was impressive to say the least, leaving the staff with a fantastic first impression and a very positive outlook to the year ahead. Feedback from the students indicated that they too had thoroughly enjoyed the experience and rather than feeling nervous about the transition from Primary,



they “could not wait” to walk through the school gates as Secondary students on the first day of Year Seven.

And why wouldn't they with so much to anticipate? There is no denying that the promise of and opportunity for growth both academically and socially in the Secondary British section are reasons for great celebration.



A few highlights to watch out for this academic year:

- Educational trips to the Pyramids, Islamic Cairo and Sekem Farm and residential trips to Spain and Hurghada
- ToTAL units of learning with impact days and celebrations, and where themes are explored over the range of subjects taught
- Completely new subjects to study including DT, Spanish and Drama
- ASAs such as Trampolining, Lego Robotics, Crossfit and Secondary Concert Band
- Pioneer activities and excursions such as sandboarding and visits to Well Springs
- Our Gifted and Talented programme designed to challenge students to reach their potential
- Student led bake sales and talent shows on the yard
- Performances on stage in concerts, musicals and the KS3/Middle School play
- Sporting competitions and special events on and off campus
- Charity and community-centred activities



And let's not forget the icing on the cake for all Year Seven students; their own LOCKERS!

Ms C Williams - Assistant Head Years Seven-Nine, British Section

YEAR SEVEN **ToTAL TRIP** TO OLD CAIRO 'ME AND MY COMMUNITY'



On 16th and 17th October 2016 our Year Seven students immersed themselves in their community by visiting Al-Mu'izz Street for the day. The educational trip was part of their ToTAL unit, 'Me and My Community'. On the day of their trip, the students, grouped in Houses, participated in several different work stations which were run by our English, Maths, Arabic Social Studies and Humanities teachers.

The students learned about the history of the Madrasa of Sultan Qalawun, described their impressions of Beit-al-Suhaymi using their five senses, observed the geometric patterns decorating the Madrasa of Sultan Barquq and explored the features of the Mausoleum of Sultan Qalawun.

The trip allowed students to be inquisitive and reflective and they were able to see how what they have been studying in class relates to their real-life surroundings. The students

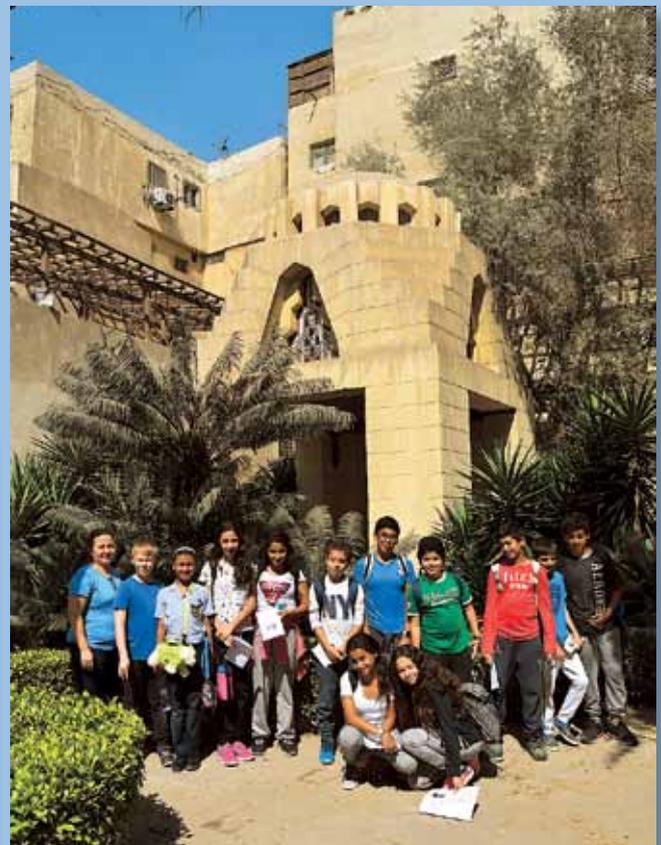
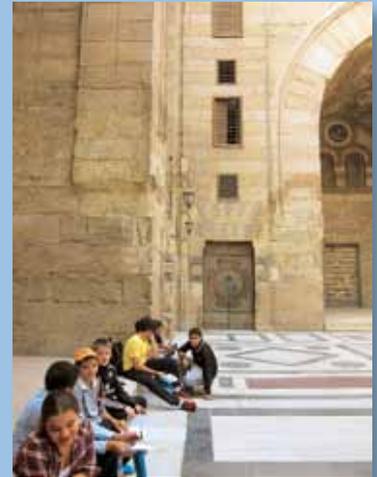


will go on to link these experiences further in all areas of the curriculum; conducting research, creating projects and preparing for our Celebration Day.

The Year Seven students were excellent ambassadors for our school and showed great respect for their community. The staff chaperoning the trip were very proud of the students' levels of engagement and behaviour.

I would like to thank our Year Twelve Student Mentors who accompanied us on the trips; Doris Merhom (Y12B), Amira Madbouly (Y12Y), Omar El-Dessouky (Y12B), Miand Mostafa Abd-El-Halim (Y12G), Hana Mattar (DP12R) and Sarah El Taweel (DP12R).

Ms C Williams – Assistant Head Years Seven-Nine, British Section



Year Seven Maths Competition

Summer 2016



hidden clues. Each clue led to the next, and eventually to a secret message.

The next challenge was all about shape and space: a task devised by the famous American puzzle designer Sam Loyd. The students had to cut a square into five pieces and then use these pieces to make other shapes, such as a trapezium, a rectangle and a plus sign. This was not as easy as it sounds, but it was good to see that most students kept on trying even though the solutions were not obvious.



They answered such questions such as "what is the name of the slope of a straight line?" and "what is the name of a number that can be written as a fraction?" This activity introduced some mathematical



In the third challenge, the students went out to

concepts that students will meet again later in school at IGCSE and maybe at A level.

With the hard work of the exams over, it was time once again for the annual Year Seven Maths Competition, which this year was a House event. The four Houses were given a set of six challenges in which they had to put all of the Maths they had learnt during the year into practice.

First, the students went out and about, in the 'S' building and the Secondary yard, to discover the Maths that is all around them. They looked for shapes and symmetry, and practised their skills of estimation, estimating the height of the building by measuring the stairs, and estimating the number of students who could sit down at the same time on the benches in the yard. They had to follow the Maths trail, finding the



explore the school again, collecting numbers and then using them to evaluate and write mathematical formulas. More number work was involved in the "1234" challenge, where the students had to make all the numbers from one to thirty using basic mathematical operations and only one each of the numbers one, two, three and four.

Finally, there was more algebra. The students were given expressions to simplify, which they matched with symbols hidden around the 'S' building. When all the symbols had been collected, yet another secret message was revealed.

All the students did very well and showed a lot of enthusiasm, both for the competition itself and for the Maths. All the students' scores were added to their House total, and the final results were: Edjo in First Place, followed by Kheper in Second, Amun in Third and Selket in Fourth.



The students' ICT and independent research skills were tested in the next challenge. Students used iPads and the internet to research and discover new mathematical ideas.

Mr S Rayner - Head of Mathematics, British Section

Making Groups Work in Year Seven Mathematics

At MES Cairo, group work is an important part of our students' learning experience. However, do our students really know how to work effectively in groups? In Year Seven Mathematics, we saw the beginning of the year as a great opportunity to model and discuss what good group work should look like. These lessons formed part of the "Me and My Community" ToTAL unit, as the students were given the opportunity to examine their role in the classroom community.

The students were put into groups of four and given a number task to complete. Each student in the group worked with a different colour of pen, so that it would be clear that all students were contributing to the task. The students had a fixed amount of time to complete the task. When the time was up, each group's score was noted.

BEFORE...



The groups were then given time to closely examine the task and discuss any strategies that would help them to complete the task more effectively. Then, taking these strategies on board, the students attempted the task again. It was no surprise that, without exception, the scores on the second attempt were higher than the scores on the first attempt.

AFTER...



The idea of group members working together and focusing on the same task is essential. We can see from the 'before' and 'after' photographs that in Year Seven Mathematics we have laid the foundations for future meaningful group work from which our students will benefit.

Mr S Rayner - Head of Mathematics, British Section

Year Nine students opting to make a fantastic start to their IGCSE studies!

Year

Nine is an exciting time for our students in the MES Cairo British Section as this is when students begin to study the subjects they selected from Year Eight. Our cohort has set themselves high expectations as they start their four-year 'Plan 4 Grad' journey to university with the most popular aspirations being to study Medicine or Engineering at the world's top universities in Europe, UK, USA or Egypt.



At MES Cairo we offer a wide range of subjects from which our students can choose alongside the compulsory subjects of English, Maths, P.E and HRCF. Options on offer this academic year included Biology, Business Studies, Economics, English Literature, ICT, French, Chemistry, Drama, Design and Technology, Geography, Physics, Spanish, History, Arabic, Travel and Tourism and Photography.

Our Year Nine students have had a great start and have shown a positive commitment to their new subjects. Here is a flavour of what they have been doing in some of their chosen classes...

IGCSE History students completed some extensive research from the perspective of an assigned country; Britain, France, US or Germany to carry out a role play debate of the Paris Peace Settlements in 1919. This led them to come to their own conclusions on how to go about creating peace after World War I.

IGCSE ICT students have been learning the skills necessary to present information to selective audiences. Using Microsoft Office Power Point, they have been able to design their own slides through using master slides. In theory, they have been learning all about components of the computer including hardware and software. Our Computer Science group have been looking at number systems used by computers and are currently using HTML to create their own web pages. They are doing this by using code only,



they cannot use an editor, so they have lots of code to learn. The students have also completed an end of unit test for number systems whereby they had to convert Binary, Denary and Hexadecimal numbers. They all did very well in the test with the top marks in excess of 90%.

Our Year Nine English Literature class is studying Priestley's well-known play, 'An Inspector Calls', and its exploration of social responsibility. In the play, a young working woman named Eva Smith is found dead in a possible suicide. Inspector Goole arrives at the house of the prosperous Birling family because it seems they were all, one way or another, connected to the unfortunate young woman. The play asks to what extent each one of them is responsible for her death and just how far we *should* be responsible for each other. Priestley's famous drama also has a surprise ending... but no spoilers!

IGCSE Drama students





IGCSE Geography students have been looking at the world's growing population and examining the causes and consequences of this. Students have looked at case studies of different countries, such as Nigeria, to find out the real issues of living in a country that is overpopulated. They have also looked at government policies, such as China's One Child Policy and the positive and negative effects that it has had on the country.



IGCSE Travel and Tourism students have been looking at reasons for domestic and international tourism. They have paid particular attention to Egypt and have researched the most popular tourist destinations here. This culminated in them producing and presenting an itinerary for a seven-day trip to Egypt.



have made a phenomenal start to the year; they have been developing their awareness through engaging with Viola Spolin's improvisation techniques which require students to respond to each other and their characters' situations spontaneously. Through this they are becoming confident and flexible, can relate well to others, take appropriate risks and show appreciation of individuals' rights and responsibilities. Spolin's techniques will underpin many future drama skills development activities throughout the IGCSE course starting with Commedia dell'arte, for which students have already started creating their masks.



IGCSE Physics students have been considering the difference between mass and weight. They have explored via a project how you can be weightless and not massless. They have also been looking at how the volume and hence the density of regular and irregular objects can be measured and calculated using displaced water. The students created picture stories to tell the famous folk story of how Archimedes discovered this principle whilst taking a bath!

IGCSE Business Studies students have been learning about the different types of business sectors and economies; what makes entrepreneurs who they are and why they want to take a risk to start their own business.



Well done to all our students for making a great start to the Year Nine studies and thank you to their teachers for providing such a range of interesting activities for them to engage with!

Mrs J Cole - Assistant Head Years Seven-Nine, British Section

SPOILER ALERT!

Another Supercalifragilisticexpialidocious Production is on its way to MES Cairo!



Once again staff and students at Modern English School Cairo have begun preparations for another theatrical treat. Every other year, the entire MES Cairo family comes together to present a Whole School Production, involving students and staff working both on-stage and behind the scenes to create the impressive shows for which we are famous.

This year, the family favourite "Mary Poppins" will fly onto our stage and is sure to be as professionally produced as ever. The story of the magical nanny who appears just when the strained Banks family need her most is a beloved set of books and a Disney film. In 2004, a stage musical arrived in the West End, based on both the novels and the film. It has been delighting audiences all over the world ever since and now is poised to amuse and delight the MES Cairo family.

Keep an eye out for your opportunity to secure tickets for the spectacle when it opens in early March 2017.

Mr J Todd - Director

SPOLLER ALERT!

'Ali Baba and the Forty Thieves - A PANTOMIME'



The MES Cairo Performing Arts Department is proud to present its Key Stage Three/Middle School production of 'Ali Baba and the Forty Thieves' - a pantomime. The production will be presented on 5th and 6th December 2016 in the school theatre for both parents and students of MES Cairo.

We decided this year to do another pantomime around the holiday season, which is a great tradition in the UK. The fun and excitement generated by the Cinderella pantomime two years ago inspired

us to go back to this tradition once again. The students working on the show are extremely excited about it and their energy and enthusiasm is already on full display at rehearsals.

'Ali Baba and the Forty Thieves' is a classic tale of magic and wonder. It tells the story of poor Ali who wishes to marry the slave girl, Marissa his great love, but cannot because he is too poor to pay for her freedom. With the help of his uncle they find a massive treasure hidden in a secret cave, but this treasure belongs to one of the most notorious thieves in all the Middle East, namely Abu Hassan. Will Ali and his uncle Ahmed be able

to steal the treasure from Abu and will they be able to get away with it? Will Ali and Marissa finally be together in this tale of love and adventure?

You will need to come and watch the performance to find out the answers to those questions.

We have been working very hard since the beginning of September rehearsing twice a week. Actors have been working with both myself and Ms Hanlon and the chorus has been working with Ms Fowler and Ms Hanlon on the choreography. The Art Department has been hard at work painting and building

sets led by Ms Tapsell and Ms Lacey. Although we are still only part way through with rehearsals and set building, we are sure the production is going to be a huge success and something to delight your memories for years to come.

We look forward to seeing you at one of the performances!

Mr J Colley – Head of Performing Arts



VISUAL ARTS NEWS

The Visual Arts Department welcomes Jeanne Walker to the team. Hailing from Indiana USA Jeanne specialises in sculpture and is an expert in curriculum development. She brings to us her passion for 3D techniques and has introduced us to many fantastic new artists and concepts.



Grade and Year Seven have had a great start to the year. Students in Year Six took the 30-Day Art Challenge this summer to prepare themselves for their first year in Secondary school. We received some very lovely drawings including some great examples from Laurina Rafik (G7Y), Razan Houssana (G7Y) and Hana Amer (Y7B) showing us what talented artists they already are.



Hana Amer (Y7B)



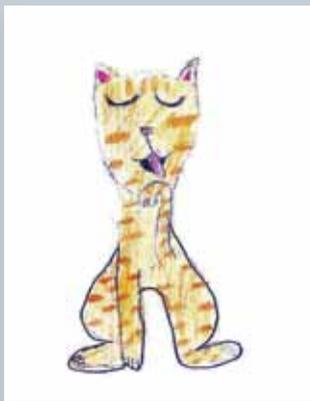
Hana Amer (Y7B)



Laurina Rafik (G7Y)



Laurina Rafik (G7Y)



Razan Houssana (G7Y)



Malak Farrag (Y10B)



Lama Amin (Y11Y)

Year Ten IGCSE Art and Photography students have steamed straight into their critical essays, the coursework for their exams.



Mariam Talaat (Y10Y) IGCSE Photography



Jana Rashed (Y10B)



Farida Nasser (Y10B) IGCSE Photography



Sama Genena (Y10B) IGCSE Photography



Nafisa Jibrilu (Y10Y)



Tala Mosalam (Y11R)



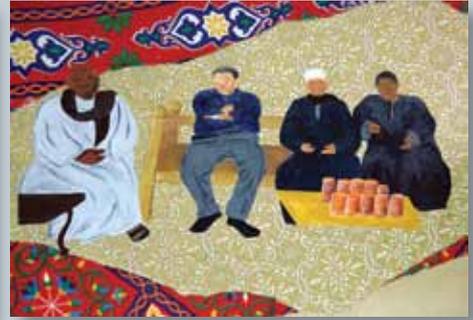
IBDP Students at work



Yola Elwy (DP12Y)



Zeina Elbakry (DP11Y)



Ali Bahaa-Eddin (DP12R)



Farida El-Ogail (G11B)



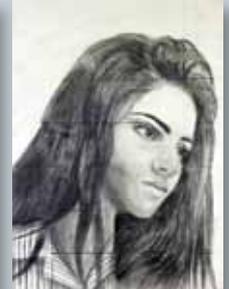
Alia El Bassiry (G11Y)



Bushra Mettawa (Y11B)



Farida Badie (G12Y)



Haifa El Hout (G11Y)



Hana Moamen (G12R)



Rozan Saber (G12B)

Year Eleven AS and DP Eleven students have chosen their coursework themes. DP Twelve students have started planning for their Final Exhibition. This year there is a wide range of themes chosen such as 'Smoke', 'Mini Worlds' and 'Abstract' photography, along with investigations into 'the beauty of Egyptian culture' and the artists Salah Taher and Eddy Kamuanga. We wish them all the best of luck in their final year.



Hussein Mahmoud (G11G)



Omar Hegazy (G11B)

Pre AP and AP Grade Eleven and Twelve Art students are enjoying honing their drawing and painting skills and preparing their breadth and concentration portfolios.



Khadiga Sayer-Dayer (G12R)



Hana Moamen (G12R)



Hassan Azazy (G12B)



Amir Riad (G12Y)

Grade Twelve Photography students have been grappling with their new DSLR cameras, discovering all the functions through practical sessions. The students have explored shutter speed and the effect on aperture through taking 'action shots' with no blurring of movement and they have enjoyed some amazing results.



Shady Hamza (G12R)

Ms K Tapsell – Head of Visual Arts Department

Athletic Mentor Programme 2016-2017

At Modern English School Cairo we have some of the most dedicated and inspiring young leaders. Two years ago we decided to create the Athletic Mentor



Programme to allow our Senior athletes to share some of their knowledge and skills with our younger athletes and help inspire the next generation. They took on the role of assistants to our current coaches of the Cougar Teams.

In some cases, they took on the role of head coaches! This year the PE Department team nominated a higher number of potential mentors than ever before. This was the easy part; the rest of the process is tough. The successfully nominated students had to then apply for the role and prove their certification. After this process, we had the incredibly hard job of choosing the final group. We eventually selected twenty-five superbly dedicated



Senior athletes from Year/Grade/DP 11-12 to help support our Cougar teams.

Some of our Senior mentors are taking charge of our younger teams, with staff coaches acting as assistants to

the Seniors! Our newer Athletic Mentors are enjoying learning and improving their skills under the watchful eyes of other Senior Mentors or current Cougar Coaches. Our Athletic Mentors are involved with Middle School and Junior Varsity in the Secondary school. New this year, we have a lot of our mentors helping with Primary classes ranging from Years Three through to Six. They are coaching a variety of sports including Football, Basketball, Netball, Swimming, Rugby and Volleyball. This programme gives an opportunity for our young athletes to be coached by some of their role models in the Secondary school, which inspires them even more.



I would like to take this opportunity to thank the Athletic Mentors for their great work so far. I hope it continues and that the year is filled with many team successes.

Mr J O'Connor – Secondary PE Department

BOYS' JUNIOR VARSITY FOOTBALL

My name is Liam Beckford and I am thrilled to be coaching the Boys' Junior Varsity Football Team along with the help of Mr Joe Phillips.

The season began with trials, where I had the difficult job of deciding on a squad for the upcoming season. The standard was high and the players were all keen to impress. With the help of Mr Carroll, I selected a strong team and we were tasked with a tournament on the back of the trials, without even a training session to prepare. The boys took this in their stride and, despite losing to an already established Hayah team, they went on to win the second game convincingly against a strong Canadian International School. They



showed immediate improvements and an ability to learn from previous mistakes. Following this, the boys have shown a good commitment in training sessions and they are playing more cohesively as a team.

We played Hayah in a standalone fixture and the boys were 3-0 down at half time. However, a strong second half performance saw the game finish 4-3, with MES Cairo unlucky not to draw on this occasion. A notable mention must go to Ameen Abdelaziz Mettawa (G9Y), who scored a second half hat-trick and was a constant threat to the opposition.

We look forward to developing further on the training pitch, and hope that our efforts will culminate in some strong performances and wins in future fixtures.

Mr L Beckford – Team Coach

MES CAIRO VOLLEYBALL

Volleyball is off to a great start this year as all our teams have been participating and competing at a very high level. Junior Varsity boys and girls have finished their season and many of the players are now playing on the Varsity team due to their continued development.

The Middle School Girls' team had their first tournament in November at Hayah International and they were very excited about the opportunity to play in the tournament. For many, it



was their first MES Cairo competitive tournament.

Both the Varsity teams had their first tournament of the year earlier in November and both teams put their best efforts onto the court. The games were played with confidence.

Read the next Messenger to find out how the team did in their final tournament of the year, which took place early in December 2016.

Mr A Koene
Head of PE Department



THE CAPTAIN'S TABLE

Junior Varsity and Varsity Girls' Football Start of Season 2016-17

I found Mariam El-Gabalawy (Y12G), enjoying her sandwich in her usual spot, at a table shaded from the burning sun by a canopy opposite the canteen. It is traditionally a prime location for the Senior students at break times. They can relax a little between the demands of strongly academic endeavours, whilst keeping an eye on their younger peers, including those they mentor in Grade and Year Seven.

However, I was not visiting Mariam to discuss her studies or her role as a Senior Mentor on this occasion. My purpose was rather different. As usual, she welcomed me with a warm smile, even though I suspect she may have been thinking, 'What does he want this time? Doesn't he know I have three A-levels in History, Literature and Psychology to work on. This is the only chance I get to relax!' Mariam was always diplomatic and principled. I thrust the paper I was carrying into her palm and gave her brief instructions, then moved on rapidly to my next rendezvous. There was little time to waste, so much to do. As I glanced back I was pleased to note Mariam was reflecting on the wording she had received, as it now took prime position on her table.



After a few brief interactions with some staff and students, I had crossed Yard Six and was in the throng of a livelier group of younger people. Adjacent to the far wall, facing the

bus chute, Fatimah Alharbi (G11B), sat reflecting with her cohort of Grade Elevens over collaborative project work. It felt guilty to disturb them, but Fatimah also had to know the information I was carrying. With quick acknowledgement, she agreed to give it due attention and it was given equal prominence at her table too.

I then located the nearby Leila El Taweel (G10Y), enjoying a snack next to the green foliage that borders the main yard. She was in good company and thriving on her popularity. Leila was younger and newer to her role, therefore she naturally had some questions about the procedures she was to follow. However, she was also very resourceful and articulate so these things were rapidly clarified. Her friends soon made space at Leila's break-time table for the fresh reading material which she began to decipher pro-actively.



Finally, for my last encounter, before the end of break bell, I had to move swiftly. Lara El-Tobgui (Y9G), rarely sits down, even to eat. Relating so well to others is one of Lara's key strengths and she is invariably involved in intense group discussions and this was probably no exception. If only she had a table to be found at! Eventually I spotted her in a circle of other girls, apologised for the interruption and left her with the orders. Her first response was to utilise a nearby table to carefully dissect the task she had been set.

My Girls' Junior Varsity and Varsity Football team coach mission was accomplished. The squad lists and match instructions had been delivered to the appropriate leaders and I had utmost faith that things were now in very capable hands. This is where success on the field of play starts, and I had the best people for the challenges ahead.

By the time the teams were assembled in full kit for their next matches, the squad lists had been scrutinised, forwarded, returned and amended accordingly. I knew exactly who was fit or injured. On the pitches players were already highly organised, put into positions, motivated and had completed their warm-ups, then were engaged in ball control drills, in perfect harmony. This was all thanks to our confident and resourceful quartet of captains and vice-captains. Away from home on 11th October



2016, against New Cairo British International School, the Varsity team recorded their second friendly victory of the season led by **Captain Mariam El-Gabalawy** and **Vice-captain Fatimah Alharbi**. An unbeatable leading partnership. Fatimah analyses every fragment of football detail, constantly advising and guiding her teammates, whilst being respected for the quality of practical skills she possesses. In the meantime, Mariam works on the emotional and psychological

aspects of the players. She identifies weaknesses and eliminates them using the strength of unity within the team, and more fundamentally leading by example with passion and zeal. If a player falls exhausted claiming they cannot continue, Mariam's courage convinces them they can. If the team appears lost and unfocussed, Mariam's inspiration re-directs them to their cause. She may not be the best passer, shooter or tackler we have, but hers is always the first name on the team sheet, because she is the team's heart!

The following day, the Junior Varsity element of MES Cairo girls' football faced a challenging encounter against Hayah Academy with an under-strength squad, including a late withdrawal by our injured goalkeeper. However, even with many inexperienced players to organise, **Captain Leila El Taweel** and **Vice-captain Lara El-Tobgui** did not fail to impress with their leadership qualities. Even before kick-off Lara's priorities switched from football to empathy and support for her goalkeeping teammate. Without hesitation, she then duly offered her services to replace

her in goal, even though in truth she was daunted by the prospect. Meanwhile, repeatedly throughout the game Leila made heroic interceptions to minimize the damage unleashed on her team by a far more experienced opposition. The JV team's first loss in a friendly in a while was disappointing, but Leila and Lara ensured that heads could still be held high in terms of a determined performance. More importantly the integrity of MES Cairo was preserved as the opposition were congratulated in the most sporting manner possible following the final whistle.

I have no doubt both teams will continue to learn, develop and improve with more practice and encounters with opponents before their respective final tournaments of the 2016-17 season. This belief is in no small part to the confidence I have in the respective team leaders we have selected. The selection process is thorough and aims to identify as many areas of the MES Cairo Graduate Profile the individual already fulfils. As well as leaders in football, they are also ambassadors for their sport and their school, in addition to acting as role models for the younger students around them. It is not an easy job, particularly alongside academic demands and other extra-curricular commitments. However, I am certain these four have what it takes. When the next proposal for a football match comes my way, I know exactly where to go to ensure another successful performance – it all starts at the Captain's Table.

Mr S Perry – Team Coach



SECONDARY NETBALL

The Netball season has had a sensational start this year with more than sixty girls from Year/Grade Seven through Eleven attending try-outs for the Under-13 and Under-15 teams.

The competition for a place in the teams was fierce and thirty girls were selected to attend training in Term One with Mrs Mackenzie, Ms Walker and Ms El Sadaany. The remaining thirty students have been invited to train in Term Two. This ensures that the Netball programme at MES Cairo is continually growing and providing students with an opportunity to develop their skills, fitness and leadership.

This term, the MES Cairo



Netball team were also invited to attend a BSME tournament in Abu Dhabi from the 17th to 19th of November 2016. The team accepted the invitation with delight and twelve girls from across Year/Grades Eight to Ten have travelled to the UAE to represent MES Cairo in the international competition.

In preparation for the tournament in Abu Dhabi the team participated in a tournament at BISC and we also had a practice match against NCBIS where we secured a comfortable 10-1 win.

We look forward to hearing all about the tournament in the next MESsenger.

**Ms C Mackenzie
– Secondary PE
Teacher**

Varsity Boys' Football

This season saw the fusion of last year's Varsity and Junior Varsity teams, bringing great excitement and expectation from the players, and from myself as their coach.

The players returned to school from the summer slightly out of shape, which meant they were subjected to vigorous and intense training sessions. The training sessions paid off as the team showed a huge improvement in fitness and organisation on set plays, to add to their major strength which is ball retention.

The season was fairly successful with the team demonstrating their footballing ability and dominance in possession in all their friendly games. The last friendly before the CISSA Tournament was against an extremely talented CAC side, who were shocked to find themselves struggling to cope with our physical authority and aesthetically pleasing football style. The game ended 1-1, but brought renewed hope leading into the tournament, of which we were reigning champions from last year.

Friday 4th November 2016 was the date of the pinnacle of our season, the CISSA tournament hosted by Choueifat.



We started the first game with only ten players, which resulted in us conceding an early goal. Nevertheless, we demonstrated we were clearly the better team, despite losing 2-0 against AISE.



This next game was the last of the group stage, and if we lost it we would have been out of the tournament, but thankfully the team responded well, with an influx of goals from Nour Mahfouz

(G11Y), Mazen Fouda (G11Y) and two from Seif Gaafar (Y12R), ending the game with a convincing 5-2 win.



That ensured our progression to the semi-finals, where we faced hosts Choueifat, who finished top of their group. Choueifat started cautiously and seemed fatigued as our boys



penetrated their defence time after time, totally dominating possession and territory. The hosts broke into our half for the first time and won an extremely controversial penalty, which they converted. To our boy's credit, they didn't let that demotivate them as they continued to press the opposition and play positive football. In the second half, we finally got our well-deserved goal, our rock from the back, David Shenouda (Y12Y), met a high cross with an authoritative

header into the back of the net. We continued to control the game after the goal, in search for the winner, but to our despair, Choueifat scored again denying us a place in the final. The opposition and spectators alike agreed MES Cairo were the better team and deserved the win. But that is football, and nobody has won a competition without a little luck!



We finished the tournament by playing HIA for third place match. Seven of our players were injured so we were down to the bare eleven. Both sides performed below par and it was not an enjoyable 2-1 loss, although Mohey Khalil (G12G) did score an impressive goal.



Overall, this squad proved they had huge potential and could have won the tournament. Unfortunately, punctuality issues at the beginning of the tournament set the tone for the day and it was difficult to recover from.

Omar Soliman (G11B) was the best goalkeeper in the whole competition and pulled off some miraculous saves. Amir Riad (G12Y), our Captain, led the team courageously from the back and drove the team forwards with great skill and passion. Omar Hegazy (G11B) and Seif Gaafar (Y12R) displayed the most natural skill and talent throughout all of the teams. But the man of the tournament award, the MVP, goes to David Shenouda (Y12Y) who saved the team with last ditch tackles, made up ground with blistering pace and pushed his body beyond its limits throughout the day. David has a special talent, he is a tremendous sportsman and true role model for aspiring young footballers and indeed all students, both on and off the pitch.

Mr C Carroll – Team Coach

Whole School Swimming Gala at BISC



The event itself was scored by points earned from each race. MES Cairo finished in a very respectable Third Place overall. This achievement is fantastic as MES Cairo had by far the youngest team of all eight International schools that attended the swimming gala.

All in all, a very positive start to the season for our swimmers and we will hopefully enjoy many more successes throughout the year.

Mr J Currie and Ms Olivia Walker, Head Swimming Coaches

Friday

14th October 2016 saw a combined Primary and Secondary Swimming Team

participate in an invitational swimming gala at the British International School in 6th October Cairo. The combined team competed in Under-11, Under-13 and Under-15 races.

This was the first swimming competition of the year for the students and a first school swimming competition for one student!

The students had only received two training sessions prior to the event. However, in both of those sessions we focused on starts and finishes. MES Cairo was the only school without a disqualification in any of the 42 races and that is great credit to how hard our students concentrated in training.

During the gala, MES Cairo had a number of good results. From a Primary perspective, the Girls' team demonstrated great swimming prowess. Malak Altaf (Y6R), Laila Bakry (Y6G) and Nour Sarhan (Y6G) all secured victories in their preferred swimming strokes.

In the Boys' events, we had a number of second place finishes. Mahmoud El Walid (Y5V) demonstrated good stroke technique to power to Second Place. Both Under-11 Boys' Relay teams finished in second place. A special mention must also be made to Abdallah Gemeiye (Y4V) who was the youngest member of the squad yet he performed excellently against older opposition.

In the Under-13 team, Mostafa Tarek (Y8R) finished in First Place in the 50m butterfly race and 200m individual medley, demonstrating excellent technique and determination. Abdullah Ahmed (Y7Y) and Aly Abdelhady (Y7R) gained a Second or Third Place in all their races! In the Under-15 team, Abdelrahman Gemeiye (G8R) was courageous, competing against many swimmers who were older than him and finishing in Third Place. Together with Zein El Helw (G9B), Seif Mazloum (Y9R) and Peter Ibrahim (Y9R), we had a very strong relay team, narrowly missing out on third place in the freestyle and medley relays.



WHAT'S HAPPENING IN PRIMARY PE?

ACROSS

the Primary school, students are working very hard in PE lessons and progress is being made throughout!

Key Stage One

In Foundation Stage One, the children have been learning all about the different ways their bodies move and experimenting with exciting pieces of PE equipment. Following on from that children are dabbling in gymnastics and creative movement where they will be learning to dance and perform different types of rolls. In Foundation Stage Two, the children have learned new games such as Budge and Minefield. All games require children to change direction and speed, in order to avoid being caught by their peers. Year One students have been practising their agility, balance and co-ordination through different sports and games. They have learnt different ways to dribble a ball using tennis rackets and hockey

sticks and their own bodies. Year Two students have been practising their team work skills. They have been using the 5Rs to develop their leadership and enhance their ability to learn new games quickly by following the rules.

Key Stage Two

In Years Three, Four, Five and Six, students have developed skills across many different sports including swimming, gymnastics, benchball, football, netball and tag rugby. Many students have made excellent progress in their swimming lessons developing their different strokes. During gymnastics lessons, students are learning how to perform handstands and handsprings. In preparation for this, they worked on their body tension. Year Six students worked very well together when they learned a new sport – tag rugby, where they have developed their passing and receiving skills.

Look out for further updates in the next Messenger!

Ms L Young – Primary PE Teacher



Team Cougar Trials

Early September was a hugely competitive week for students from Years Two through to Six as this was the week of the Team Cougar Trials! In a number of sporting activities, including football, swimming, basketball and netball, we had over 300 different students attend a trial in at least one sport.

Whilst it is fantastic to see so many students try their hardest to make it onto one of the Cougar teams, it made it especially difficult for the coaches to select their squads. Over



sixty students attended the trials for football and basketball! With coaches looking to select a maximum of twenty-five students in each training squad, the coaches had the unfortunate task of saying 'no' to the majority of those in attendance.

As training for Team Cougar continues, our coaches have all reported that their teams are progressing well, with students across all sports showing a great willingness to improve their skills and techniques. Of particular note is the great attitude, behaviour and sportsmanship the students are showing during training. They are proving that they are ready to proudly represent MES Cairo against other schools in the various fixtures and competitions planned for them this year!

Mr H Gad – Primary PE Teacher





MES CAIRO FOOTBALL ACADEMY

BEND IT LIKE BECKFORD!

MES Cairo Football Academy welcomes its new Academy Coordinator



For those of you who haven't met me yet, my name is Liam Beckford. I have a lifelong passion for football and I have played football myself, in various professional Youth academies, as well as at Northern Conference level. I have been a Level 3, UEFA

Football Coach for the past ten years. My coaching career started whilst at college and I quickly worked my way through the different coaching licenses, so that I could become a fully qualified football coach and work with young people. Once qualified, I coached at a local soccer school in Manchester. I was then given the amazing opportunity to coach at Manchester City Football Club. This started with coaching holiday camps and community projects. Later, I coached the U9 Boys' team. As a lifelong Manchester City fan, this was a dream come true and I thoroughly enjoyed



my time at the club. I had to leave when I started my degree but still coached part-time at the local soccer school. Once I had completed my degree and started working at Wright Robinson College, I coached a very successful U14 Boys' football team that went on to win the Manchester and County Cup and finished runners-up in the U14 Boys' National Championships. My wife and I decided to make the move abroad in 2014, soon after we got married. We moved to Kuala Lumpur, Malaysia and I started coaching full time again with local and international students. This was a fantastic opportunity for me to work with young people in a

sporting capacity and, when I was given the opportunity to do this again at MES Cairo, I literally jumped at the chance!

What is the MES Cairo Football Academy?



The MES Cairo Football Academy is open to all students currently studying at MES Cairo in Years One to Six. Players are placed into one of three specially designed programmes

based on age and are given quality coaching based on the English FA curriculum. The Academy operates throughout the school year in three blocks and students are evaluated at the end of each teaching block. The individual needs and capabilities of each player is addressed whilst always maintaining a fun and positive environment.

The three programmes are:

- Fundamental Stage (Nippers - Years One and Two)
- Learn to Train Stage (Kickers - Years Three and Four)
- Learn to Compete Stage (Pros – Years Five and Six)

Session highlights include:

Passing, running with the ball, dribbling, ball protection, defending, shooting and finishing, heading, turning, receiving and control, crossing and movement and mobility.

Although the first block of the MES Cairo Football Academy is sadly over, students have made remarkable progress in all aspects of football over the six sessions. This is in no doubt because of their good attitude and dedication to improving their footballing skills. The behaviour and sportsmanship displayed throughout has been exemplary and typical of MES Cairo students. To celebrate all the players hard work they were all presented with a gold medal, certificate, and evaluation form. This was well deserved and brought huge smiles to all the players faces.





We would like to thank all parents for their outstanding support and for helping to make the Academy the success that it is. Thank you also for participating in the 'Players v Parents' matches, which are a fitting way to finish the blocks. Our young players thoroughly enjoy competing against their parents and lots of laughter can be heard across the MES Cairo football pitch as the matches come to an end. We now look forward to the start of block two where we hope to see even bigger improvements in our students' footballing ability.

MES Cairo Football Academy offers:

- Each teaching blocks costs 850LE per player
- Licensed coaches who are fully trained and qualified
- MES Cairo Football Academy kit
- Specialised goalkeeping and conditioning training
- Full evaluation of Academy performance
- A levelled award based on specific achievements during the academy

Signing up for the MES Cairo Football Academy

Sixty-five students from Years One to Six signed up for the first block and their standard of football has far surpassed all expectations. Places are limited for each block and students are signed up on a first-come first-served basis.

My past experiences, both playing and coaching, have shown me that there is a need to create technically good footballers, who



are comfortable with the ball. This is achieved by spending a lot of time focusing on ball mastery and I have taken this philosophy forward into my own coaching sessions. I have already been impressed by the standard of the players I have encountered thus far. I see a lot of potential in the players and I am excited to watch them flourish. Playing football has given me many opportunities and possibilities, both socially and professionally and I hope that our young players can benefit from similar opportunities in their futures.

Mr L Beckford – MES Cairo Football Academy Coordinator

"Players need freedom of expression to develop as creative players... they should be encouraged to try skills without fear of failure." Arsene Wenger

Student Comments:

"I really enjoyed the Football Academy. I learned how to do a 'Caesar' and I improved my dribbling skills. It was great fun and Mr Ahmed is a really great Coach."

Lilly Hussein (Y40)

"Football is even more fun now. Coach Liam is great. I was not very good at football but I am getting better because I enjoy it."

Zain Amgad Shaalan (Y20)

"It's so good because it's fun. I like it at the end when we play matches with the other teams. I've learned new skills so I can play football better and score goals."

Findlay Macdonald (Y1B)

PRIMARY ASAs UPDATE

The Term One ASA Programme has just started and it is bigger and better than ever! We have more clubs for students to choose from and more students are signing up.

Our students have been able to choose from a wide array of clubs this term with activities that include basketball, Drama and reading. They are also signing up to enjoy yoga, Zumba, construction, poetry, cooking, Spanish, Lego Mindstorms and ICT.

All of the students that have signed up appear to be enjoying themselves very much! If you are reading this and thinking that perhaps you are missing out, then make sure you get involved in Term Two!

Mr A Tromp – Primary ASA Coordinator



Secondary ASAs

From *Table Tennis* to *Girls' Fitness* and *Lego Robotics* to *Formula 1 in Schools*, it has been a busy beginning to the ASAs at MES Cairo after a long summer break. Mr Erbach's Pioneers have been collecting a range of badges from the variety of ASAs on offer whilst Ms Flakes' NJHS and NHS students have been filling their log books with fantastic experiences.

What ASAs are Secondary students doing this term?

Students are getting creative with Ms Tapsell and her Art Team in the *Stage Production Superstars* ASA and we will all get to see the fruits of their labour on display at the Middle School and Secondary productions this year. Our talented musicians are working under the excellent tutelage of Ms Gilmore in the ever-expanding *Secondary Concert Band* – look out for their performances in upcoming productions and celebrations in December.

Our Creative construction ASAs are proving to be extremely popular, building on the success of last year and our first entry to the First Lego League competition. Mr Higgs' *Lego Robotics* ASA is producing some excellent results and they will be hoping to eclipse their performance last year given they are now experienced Lego engineers. In addition, Head of Design and Technology, Ms Taha, has doubled efforts to combat congestion on the ring road and save time on the school run with her *Formula 1 in Schools* activity.

Whilst the Cougars are training hard, many students are also getting active in our range of alternative physical challenges offered by the ASA programme. Ms Ortiz and Ms Luna have added some Latin flair to Mr De John's Texan brawn and as a result, participation in *Table Tennis* has exploded. So much so, that we've had to run it on two evenings per week to satisfy demand. The team have also enlisted the calm serenity that is Mr Lawrence to sate our excited table tennis masses.

Special mention must be made for Mr Ayele, building on last year's grappling success he is at MES Cairo every night after school offering students training in *No-Gi Grappling*. His trusty band of dedicated wrestlers can be seen putting their endurance to the limit on the field most days of the week. Also out on the track and field arena, is the just as taxing – for both body and mind – is *Walk and Talk: Bring a Book*. If

you'd like to chat about a favourite book whilst exercising then look out for Ms Battioni and Ms Scott on a Sunday.

This term we have a lot of head-scratching activities that are asking our students to consider the 'big question' in life. Mr and Mrs Rainford have been running the extremely popular *Global Perspectives* ASA which prepares students for a GCSE qualification.

Ms Neal has been expanding the minds of her growing number of *Brainiacs* – even rewarding them with gifts from Spain.

Our goal for a technology rich learning environment has been further enhanced beyond the classroom by Mr Nager and Mr Howe. Mr Nager has been harnessing the skills of future coders during his *Create Your World with Code* ASA whilst Mr Howe has been developing programming during *Introduction to Computer Programming using Python*.

Our *Outreach in Egypt* ASA has proved very popular this term and the students have been working hard, designing two programmes to be delivered to the orphans at the Dar El Yousra and Dar El Faza. With visits underway, our team of student teachers travel to the orphanage and deliver lessons on a variety of subjects every Sunday and Wednesday with French being the topic of the month for Wednesdays in November. In addition, the orphans visit MES Cairo and participate in IT, sport and art activities on both days. The students are doing a great job to grow the service education programme here at MES Cairo. There great efforts are continually expanding opportunities in our local community so look out for updates on our upcoming partnership with a large local Primary school.

If you're reading this and thinking you are missing out – then get involved yourself! Term Two ASAs will start at the end of January, and we want to see every student in Secondary either participating in a Cougars sports team or an After-School Activity. Term Two will be even bigger and better.

Mr E Macaulay - ASA and CAS Coordinator



MES CAIRO ACHIEVERS

The MES Cairo family celebrates sporting success

Everyone at Modern English School Cairo is very proud of our terrifically talented sporting stars and we are looking forward to hearing more about their progress in the future!

Farida El-Shabrawy (Y9G) - Trampolining



During the summer, Farida El-Shabrawy (current Y9G) participated in the African Gymnastics Championship in Namibia as part of the Egyptian Gymnastics Federation team.

The trampoline team arrived in Namibia a few days prior to the competition in order to allow time for the team to get their bearings. Farida was training twice a day, every day before the event to ensure she was in peak condition. The event was intimate, with the audience mainly consisting of other competitors and their families.

Farida was delighted to be ranked within the top six competitors coming a very worthy 4th Place overall with her team coming in 2nd Place. Naturally, everyone was thrilled, having achieved more than they could have dreamed of.



Mostafa Khalil (Y3G) – Judo



Mostafa started going to Judo at the Heliopolis Club in September 2015. He was encouraged to apply to take part in the Cairo and Giza Judo Competition as he was very strong with good technique.

Mostafa did take part in the competition and took first place winning a Gold Medal.

Rawan Abou El Fadl (Y9R) – Swimming



Rawan has participated in many national and international championships over the last year and she is now part of the Egyptian National Swimming Team, taking 1st Place in the most recent national competition and beating the national record in her age group by 3 seconds!

Rawan has earned an array of medals and trophies and is doing an excellent job of balancing her school work with swimming. She is very committed and gets up for early morning training sessions at 5.00am before coming to school to begin her school day.

Ms C Boswell – Publications Officer

International Award News



Brilliant Bronze conquer the Wadi!



Our new Bronze Award students have started their International Award with great success. The Award is a challenging youth programme and we aim to test our students through all aspects of the Award and assessment. We started our training programme with team activities at school during our ASAs - practising camp craft, survival techniques, first aid and cooking on camping stoves.

On a cool morning in October, our students met at the school car gate with their backpacks, sleeping bags and food for the weekend. We travelled to the Katameya side of Wadi Degla and the students navigated their way through six kilometres of the windy ridge at the top of the Wadi. Our students were supported but had to find the route and lead themselves. At this point the sun has risen and they had to contend with dehydration and sunburn. Once dropping down a treacherous pathway, to the floor of the Wadi, our students showed their fitness and pace by marching back up the Wadi and scrabbling up to the top and back to the visitor centre.

The group then travelled back to school to construct their campsite for the night, demonstrating their teamwork whilst cooking on stoves. They entertained themselves with stories and team games before getting some sleep and before their 6am wake-up call!

The strength, determination, resilience and teamwork of this group was outstanding! Whilst we still have training to complete during our upcoming ASAs, we are confident that these students will successfully complete their Bronze International Award later this year. Well done all!

Ms K McTigue – International Award Coordinator



International Award Student Comments:

“The practice journey helped us all come together as a team and brought us even closer together. It made us surpass the expectations we had of ourselves.”

Maya Abdelrazek (G10R)

“The International Award has taught me how important it is to act independently and it is a vital characteristic that I need for the rest of my life.” **Natalie Matta (Y10Y)**

“The International Award has shown me how beautiful the world is and how much fun you can have without having a screen in front of you.”

Ismail Rizkana (Y10R)

“The Award teaches you a lot about leadership, problem-solving and team work.

It makes you determined to push myself more.” **Ziad Ayoub (Y10R)**

“The International Award has made me realise that I want to explore the world and that I don't want to lack the courage to get out and about.” **Jumana Kharagi (Y10G)**



“The practice journey helped me develop my skills and find my weaknesses. I have developed qualities such as leadership, teamwork and resilience. Taking up the challenge has really inspired me.”

Maya Mehrez (G10B)



Wadi Warriors: The International Award and Secondary Pioneer Programmes Conquer Wadi Degla



On Saturday 1st October 2016, the Secondary Pioneer Programme and the International Award Programme came together for the first Wadi Degla trek of the year. Through sheer willpower and incomparable positivity, our brave students conquered the insufferable heat and fourteen tumultuous kilometres that Wadi Degla threw at us. With nearly eighty students and eleven teachers this event proved to be the largest MES Cairo hike in recent memory. A huge thank you is owed to all of the teaching, security and administrative staff members who made this undertaking possible.



Us Pioneers would like to especially thank the older IA students who were splendid role models of strength and determination. Our hope is that, in a few years' time, our students will prove to be just as excellent of role models to the next generation of the Secondary Pioneer Programme.

Mr D Erbach - Secondary Pioneer Programme Coordinator



Pioneer Student Comments

What I enjoyed the most about our hiking trip was the interaction and independence that everyone showed. I also noticed how we pushed our bodies to the limit and even though it was hot, our legs were tired and we couldn't go any further, we carried on walking. I think that everyone who went on this trip ended up developing valuable skills such as risk-taking or independence. **Hana Afifi (G8Y)**

This was my first time hiking. It was great walking fourteen kilometres in the desert in the hot sun. I was one of the last people to finish, but had a great time. It was fun to walk with our teachers; they were awesome. Next year I want to do it again! Thank you, Pioneers!

Adam Khalil (G7R)



Secondary Pioneer Programme Update

A Look to the Past

In June of last academic year the Primary and Secondary Pioneer Programmes came together to celebrate another year of growth and success. It was an afternoon of applause as parents gathered to watch their children receive their certificates of graduation. The spirit of the ceremony is best captured in a speech by now Grade Nine student, Zein El Helw, who encouraged younger students as follows:

“I would like to think that somehow the Pioneer Programme has helped me to grow as a person. It changes you. You make friends with people you might not have, if you were not in such a group. You learn and develop useful skills that help bring people together to work as a team. (I still use the camping skills that I learned back in Year Five, every year on annual camping trips with my uncle and Grandfather). Most importantly you learn about yourself, and about your previously undiscovered natural abilities. You also learn about how you must challenge yourself to push through your own boundaries!”

Our End of Year Ceremony is truly a bittersweet affair. First and foremost, it is an amazing night of celebration. In 2016, we saw 61 students complete their year of the Pioneer Programme and eleven students earn the distinction of “High Achiever”. Students received the badges that they had been striving for all year. On the other hand, it is during this event that we said goodbye to our Year and Grade Eight Pioneer students. Many of these students had been in the programme since Year Five! Whilst I am sad to see them go, I am excited to watch as these young adults become the pioneering leaders of MES Cairo.

Starting Anew



The month of September has brought new life into the Secondary Pioneer Programme as we gear up for our 2016-17 campaign! We are proud to welcome 64 stellar Pioneers this year and we have had a whirlwind start to the term. In two short months, the Secondary Pioneer Programme has engaged in three separate off-campus events. The theme of Term One’s activities is “Building Skills”, and we aim to provide our Pioneers with opportunities

to try new things. In October, we joined the International Award Programme on a fourteen kilometre hike through Wadi Degla. Next, we travelled to Gravity Code trampoline park for an acrobatic afternoon. The first weekend of November will see the Secondary Pioneers engage in our ultimate event of Term One, a trip to Ras Sudr to practise windsurfing.

This year’s pioneer cohort has already shown an unparalleled enthusiasm for the programme. With an ambitious schedule of events and a burning desire to challenge themselves, it is already

clear that 2016-17 will be a year to remember for the Secondary Pioneer Programme!

Bond and Bounce: The Secondary Pioneers Take on Gravity Code



On Saturday 8th October 2016, Secondary Pioneers and 5 MES Cairo teaching staff gathered together for the programme’s first ever visit to the Gravity Code. Located just a few minutes from school, Gravity Code offers adults and kids alike the chance to hop on to the trampoline park trend. With huge smiles and great enthusiasm, the Pioneers leapt at the chance to show off their moves. The ensuing array of flips, spins, bounds, and bounces impressed even the most cynical onlooker. Two hours was enough to totally sap away our strength and send us packing for home.

While it is doubtless that we had fun on our trip, a deeper and more important purpose inspired our trip to Gravity Code. One of our goals this year is to foster a sense of community and belonging amongst the members of the Secondary Pioneer Programme. The trampoline park provided the perfect setting for our students, especially those new to the programme, to grow closer as a cohort. The most rewarding part of the trip for us staff members was to watch our Pioneers reach out to each other, open-up their social circles, and plant the seeds for friendship to grow. Based on the positive energy emanating from our short bus ride home, it’s safe to say that the Bond and Bounce trip was a success.

Mr D Erbach - Secondary Pioneer Programme Coordinator

Pioneer Student Comments

The Secondary Pioneer Programme organises beneficial and fun trips. On the first Pioneer trip, we went on a Wadi Degla Hike that was thirteen kilometre long and we ended up in Maadi. This trip taught me several things... I learnt that we don’t have to spend a lot of time on our phones to be happy. However, you can stare at nature all day long and still have twice as much fun as you can on your phone. Also, it taught me what it’s like to be a survivor and a risk taker. The next trip was the Gravity Code. It was the best trip I have been on went to during school. We bounced, we played, we had such a lovely time... Pioneer Trips are like no other.

Laurina Salama (G7Y)



PRIMARY PIONEERS UPDATE!

The Pioneer Programme



The Pioneer Programme accepts students who are excellent role models in class and good ambassadors for MES Cairo.

Pioneer badges are divided into four areas; Physical Recreation, Spatial Awareness, Creative Skills and Life-saving Skills. Opportunities arise for students to develop their physical and problem-solving skills and upon successful completion of the programme, students can earn up to five badges throughout the course of the year.

At the end of last year, the Pioneers worked hard to complete all their badges. They faced the final challenges with dedication and all showed good resilience. In addition to this, the Pioneers developed their relationships by supporting each other and working as a team, leaving no person behind.

Pioneer Graduation Day

On the day of the Graduation in June 2016, the Pioneers were all dressed smartly in their uniforms. They presented themselves well and were role models to their peers. Alya Moemen (Y6O) spoke clearly and eloquently for the Primary Pioneers. Her speech was inspired and showed a level of reflection usually seen in someone



much older. Alya was confident when speaking in front of an audience and represented the Pioneers excellently. The event went smoothly and set the standards even higher for the new Pioneers beginning in September.

Current News



This academic year, the Pioneers are sponsoring a local school in the Katameya area of New Cairo. The sponsor school is called Al Shohadaa school and already this term our Primary Pioneers have visited on two occasions. Small groups of Pioneers from Years Five and Six visited Al Shohadaa school, smartly dressed and impeccably behaved, to hand out bags of school equipment including books, pencils and rubbers. Children at the school were also delighted to receive a bag of delicious treats. The children of our sponsor school were very happy to see us and were excited about their gifts.

It has been an excellent start to the year for the new Pioneers. All the Year Six Pioneers have really impressed the teachers in their sessions so far. They have continued their enthusiasm for their badges, outdoing teachers' expectations already! The Year Five Pioneers have started the year with a bang. All arrived to their first session looking smart and ready to learn. They have already displayed excellent manners and many of the qualities of the MES Graduate Profile!



Well done to all the Pioneers for an excellent start to the year!

Ms J Godber – Primary Pioneer Coordinator

CREATIVITY, ACTIVITY, SERVICE (CAS) RESIDENTIAL IN ASWAN

MES Cairo's IBDP students get to the heart of ancient Egyptian culture and take heart from the charitable nature of one of Aswan's most famous sons.

In mid-October, our IBDP students enjoyed a fruitful and fulfilling experience on their Creativity, Activity, Service (CAS) residential in Aswan. The experience incorporated several aspects of the curriculum, satisfying the eight CAS outcomes and emphasising the



concurrency of learning in the Diploma Programme. In addition to visiting a world famous area of historical significance, an area many were visiting for the first time, the students further developed their Graduate Profile attributes by engaging in community research, planning and service.

Building on last year's successful visit, students were split into groups on the first afternoon and morning of our visit allowing activities to be personalised to target specific skills progression for all. DP11 set off to explore the many cultural offerings of Aswan whilst DP12 returned to the Nubian Village to visit the site of their hard work from 2015 and find out how the

widows were enjoying their renovated homes one year on. Unfortunately this year's renovation work would have to wait until their first full day in Aswan. The students' excitement was quenched by a fantastic visit to the legendary market of Aswan in search of spices and handcrafts.

As we woke on our first morning in Upper Egypt, the crisp golden sun bounced off the clear water of the still Nile river. The students discussed the exciting day ahead before jumping aboard the boats that would whisk us to our destinations for the day. DP11 headed to the remarkable Agilkia Island and the breath-taking Temple of Philae. Having basked in awe at the sun-drenched historic site, the students relaxed in the shaded courtyard and were treated to a re-enacting of the story of the goddess Isis courtesy of our IB Theatre students. On their second outing, they marvelled at the sheer scale of engineering feats achieved by the Ancient Egyptians. At the site of the Unfinished Obelisk, the DP11 students investigated the different theories that abound about just how these grand structures were erected thousands of years ago. The final stop for the day was the fantastic Nubian Museum. Completed in 1997, the museum houses an incredible array of historical artefacts including the oldest prehistoric human skeleton ever discovered in Egypt.

Whilst the culture vultures were exploring the past, DP12 were looking to the future in Nubian village. They were split into two teams and conducted field studies in two different villages. The students could use their experience from the previous year to inform their planning of future renovations as well as rationalising the work that lay ahead of them and DP11 the very next day. This allowed DP12



take the important step into leadership of the project and engage with the planning and prioritising of future renovations.

Having reconvened on Elephantine Island, it was time for DP12 to share their research with DP11. The students set a great example of articulate presentation skills. They shared their well-considered research when explaining their decisions for future



renovations. In addition, the DP12 finalised the plans for the renovations the next day by splitting the cohort into specialised renovation teams of engineers, artists and an ethical committee group.

After a good night's sleep, we made our way to the Nubian village and as we passed through the fast running currents of the Nile, the excitement amongst the group was palpable. When we arrived, the students worked tirelessly in tremendous heat collaborating on what, as you can see from the pictures, was a thoroughly successful day of renovations. Here are the thoughts of some of our IBDP students...

Of all my year's travelling, the Aswan trip is my favourite. I have learned far more

than I thought I would about my culture and history. We observed ancient temples, museums, the great dam, markets and much more. But the most significant part of the trip to me was, renovating the Nubian village. I felt engaged and motivated to help construct the roof. We worked for over five hours, each second of which I enjoyed. The weather was dry and hot, but that didn't stop us from working. We worked consistently throughout the day to provide a better home, while our art team repainted the walls and created textures that matched the Nubian culture. I also enjoyed socialising with the other students. It helped us engage in conversations and get to know each other. To conclude, the activities in the trip not only



contributed to society (through our work in the Nubian village) but gave us a more vivid image of our own culture and history. We all left with a heightened sense of

responsibility to help others and contribute to society. **Yassin Osman (DP11Y)**

The trip to Aswan was a very enlightening and eventful trip. During the trip, we visited many landmarks including the Unfinished Obelisk and the Temple of Isis. The highlight

of the trip for me was the day we visited the Nubian Village and helped renovating two houses. Some of us helped build a roof while others painted the walls and decorated the house. I was part of the engineering team and this experience taught me how to work collaboratively with other people in my team. Because we worked so well together, we finished the roofing and then helped the painters finish painting and decorating the walls. Overall it was a very enriching experience, I was delighted to be a part of it and I can't wait until the Aswan trip next year! **Laila Diab (DP11Y)**

I felt very honoured and privileged to be a part of this amazing and interactive project to renovate the Nubian homes. It made me realise how privileged and lucky I am to have the life that I have. It also made me realise how good deeds can make the world a better place filled with compassion, care, and love. It was the renovation of the houses that made me wake up to the big world around me. The Aswan trip made me also aware of Aswan's significance in Egyptian history by visiting the temple of Isis and the Museum of Nubia. I look forward to this trip next year and will take my experience from this year to help develop the next DP11 group. The DP12 students



took very good care of us and made sure that all our questions were answered. This trip was a life-changing experience. **Hashem Afifi (DP11Y)**

The trip to Aswan had a great effect on all of us. It shed light on many things that we did not think about or give any attention to before. Helping with the renovation of the Nubian village showed us how the simplest things we have around us in our daily lives could change someone's life completely. Also, our visit to Magdi Yacoub Heart Foundation showed us all that there is a lot of good out there in the world, since all of the rooms and equipment that they use is funded by charity money.

Haya Ibrahim (DP11Y)

Mr Bullough, Ms Creak, Mr Macaulay and Ms Sheehan, the IB team that accompanied the students, are immensely proud of our students and honoured to have been part of such a rich and rewarding visit.

Mr E Macaulay – IBDP CAS Coordinator



Before
After

Secondary House News

The four Heads of House returned to school in August eager to begin the annual House competition, and add the first points to a fresh score board. The question is: Who will be the winners of the MES Cairo House Competition 2016/2017? Amun, Edjo and Selket are all desperate to put an end to Kheper's winning streak, as they have retained their title as House Champions since 2013! The results from last academic year were announced in the House assembly at the end of Term Three in June, after the Heads of House competed in a tense gameshow playing 'Taboo'.

Continuing with MES Cairo House tradition, the first House event of this academic year involving all Secondary staff took place on the afternoon of Wednesday 31st August. New and returning staff were involved in a treasure hunt around the Primary and Secondary buildings, following cryptic clues to collect as many small and jumbo Jenga bricks as possible. Jenga bricks were buried in the long jump pit, hidden in the FS yard and in the swimming pool! The staff then had to build a house with the bricks, which was judged by two of our scholarship winners Malak Arafa (G12B) and Mahmoud El Shabba (DP12Y). The eagerly anticipated results were announced after the scholarship winners provided constructive feedback to the Heads of House regarding their construction skills.



Staff House Extravaganza Results					
1 st	Kheper	179 points	3 rd	Selket	137 points
2 nd	Edjo	147 points	4 th	Amun	121 points

The second event on the House calendar was the Student Extravaganza, which took place on Thursday 8th September. This House event is the biggest one on the calendar, involving over 1000 Secondary staff and students on the field competing in a variety of team building and sporting activities! The Heads of House, Senior Mentors and Senior Athletic Mentors worked very hard before the event, participating in Extravaganza training so that the mentors could lead the sixteen activity stations. New stations this year included 'Name that Tune', 'Pictionary' and 'Guess the Baby', where students had to name their teachers by looking at their baby photos! The final team building event involved one representative from Year/Grade Seven to Year/Grade/DP Twelve from each House passing a hula-hoop from one end of the chain to the other as quickly as possible. Each House was cheering, singing and encouraging their peers as the final points were calculated at the score table. Well done to all staff and students for an incredibly fun and competitive Extravaganza afternoon, and particularly to the Senior Mentors and Athletic Mentors who organised and led the activity stations. The overall points are below!



Student House Extravaganza Results					
1 st	Edjo	1189 points	3 rd	Kheper	1021 points
2 nd	Amun	1140 points	4 th	Selket	1019 points

In October, the House competition calendar saw the return of the very popular 'Keepy-up Challenge'. House teams collected one point for every time they kept the ball up using their foot, knee or head. Once the player



lost control of the ball, another player from the same House took over and tried to keep the ball up as many times as they could. Any member of staff who participated in the competition wearing a House t-shirt scored five bonus points for their House. Well done to Edjo who scored thirty-five bonus points! However, this was not enough to take first place overall. The winners were Kheper, who managed to keep the ball up 1295 times in fifteen minutes! Edjo scored 1005, Amun scored 1000 and Selket scored 884 overall. This House event may make a return this academic year due to high demand...

Year Seven students have also been busy collecting House points for their respective Houses. On Sunday 18th September, students in Year Seven participated in a Scavenger Hunt around the school. Students from Kheper

collected the most points and finished in 1st Place. Amun were 2nd, only 1 point behind! Edjo finished 3rd and Selket finished in 4th Place. Great work Year Seven students; every point counts!



The Heads of House were also busy preparing for the Student Council Elections that took place in November. Ms El Rify, Mr DeJohn, Mr O'Connor and Ms Lacey starred in their first movie, promoting the Student Council, democracy and the development of the Graduate Profile characteristics at MES Cairo. The elections will take place on Moodle and students will vote for the candidate that they would like to represent their House. Elected students will meet on a monthly basis to represent the student body and put forward their ideas and views.

Keep up to date with all Student Council and House news including events and results by checking the House boards, the MES Cairo Facebook page and the student bulletin!

Ms O Walker – Secondary House Coordinator

Update from the Heads of House

Selket House

Welcome back team Selket, and here's to another great year.

A huge amount of appreciation to all of you who got involved in the different events of last year. We had a fantastic year with a phenomenal end result, coming second for the first time and a huge improvement on previous years' placings. Some of the highlights of the year were the extremely popular Pictionary with some very enthusiastic players, the Jenga competition and the outstanding performance from the Seniors in the MESTars competition, who competed bravely and were unlucky to lose out in the final round. The final competition of the year was the chess battle which saw the Selket team thrive in the heat of strategic competition. Well done to our chess champions and all of you who got involved in different events last year.

This term we have had a slow start. However, I am very hopeful of a winning position, in the final results. This year I would love to see all of you involved in an event whatever your talent may be. You could be the creative designer, a Maths champion or an outstanding linguist. Whatever your talent, we have an event for you. Show your allegiance by wearing your House t-shirt and please come to support as many events as possible. If you have an idea for a fun and exciting event come and see me in the Art Department and the House team will do everything we can to make it happen. Good luck and fingers crossed for a winning year! GO TEAM SELKET. **Ms L Lacey**

Edjo House

Heed the call of the House of Edjo! The sting of last year's 3rd place finish still pains us Edjolites. But, like fierce cobras we stand tall, fatally striking when our prey is mesmerised into a trance. Our staff competed ferociously in the annual Staff Extravaganza. Edjolites sighed in disappointment as the 2nd place finish was announced. The first defeat only strengthened the House of Edjo's resolve. The Student Extravaganza was a different matter. The tallies were close, and the final competition was upon us. Tensions mounted as the hoop passed through the unbreakable Edjo chain. When the announcement came, the jubilations of Edjo House were deafening; Edjo House had won the Student Extravaganza. Following the Student Extravaganza, the competition continued with a 'Keepy Up Challenge', which requires students to juggle a soccer ball continuously. Though we expected to win this year, (as we did last year), we unfortunately finished in 2nd place. However, it is evident that Edjo morale is strong, as they accounted for the most t-shirts during the challenge. Edjo gave its starting salvo to the other Houses, and we made them tremble. Our students and faculty will not rest until complete honour is bestowed upon Edjo House and the cup is raised at the year's end. As stated by Grammy Award winning artist, Lady Gaga, "we are on the Edj-O glory!" Edjo Glory! **Mr S DeJohn**

Kheper House

Last year was an incredible time to be part of Kheper House – we had many ups, and very little downs and finished the year strong on top, taking the gold medal, 1st place! I am already hoping to continue that success this year and believe that with our energy, drive and enthusiasm we can do so. So far this year our Kheper staff took first place in the staff extravaganza. Staff were running hectically around the school, figuring out clues and looking for Jenga bricks as prizes. Kheper won that challenge and even won the last overall challenge – so well done teachers! Up next was the students' chance to shine. However, we had a little stumble and ended up finishing in 3rd place. We promised to come back stronger and we did with an incredible performance in the first 2nd break house event, the 'Keepy Up Challenge'. We are currently in the process of selecting students for the Secondary Student Council, and I want to take this opportunity to thank you and wish good luck to those successful students. We hope to continue with our successes as the year goes on, good luck to our Kheper students as they participate in as many events as possible, and as many challenges during lessons, whatever you do: **"Keep it Kheper!"**

Mr J O'Connor

Amun House

We started from the bottom now we're up! After coming first from the bottom in last year's Student Extravaganza we came back strong this year with fighting spirits we were in the top two coming in second place in the Student Extravaganza. It has already been a successful year and I am sure that we will only be going from success to success. We have had House challenges including the popular 'Keepy Up Challenge', well done to Ahmed Badawy (G11R) for putting in his best efforts and helping us score 1000 points, and to everyone who participated and came to encourage their peers. I want to take this opportunity to introduce Mrs Caitlin Mackenzie who will be stepping in during my maternity leave. I am certain that with her spirit, Amun will continue to shine! I believe she is the best candidate for this honourable Amunian position. I wish you all a great year. Go, Amazing Amunians! **Ms A El Rify**

STUDENT COUNCIL MEMBERS – 2016-2017

AMUN	EDJO	KHEPER	SELKET
Jannah El Shoura Y7R	Lara Gamaleldin G7B	Omar El Habibi Y7B	Adam Khalil G7R
Jana Nabil Y8B	Nour Darrag G8R	Nadine Helmy Y8O	Youssef El Refaie Y8B
Nadia El Gohary Y9Y	Fady Moshir Y8O	Youssef Abdelgelil G10Y	Farah Rady Y9Y
Habiba El Shamy Y10G	Farah Kabesh Y10G	Nour Rizk G11B	Zeina El Bakry DP11Y
Laila Diab DP11Y	Salma Khalil G11Y	Laila Gamaleldin G11G	Ahmed Radwan G12Y
Bahira El Kerdani Y12G	Nour El Refaie G12B	Hana Mattar DP12R	Zeyad Hussein Y12G

National Honor Society and National Junior Honor Society



Induction Ceremony

On

Monday 30th May 2016, the National Honor Society (NHS) and National Junior Honor Society (NJHS) held their annual Induction Ceremony.

NHS and NJHS recognises students who demonstrate excellence of the Four Pillars: Scholarship, Leadership, Service, and Character. The ceremony inducted a total of twenty-three new NHS and twenty-eight new NJHS members.

The ceremony began with Malak Arafa (G11Y) introducing

the keynote speaker, Ms Heather Statz. Ms Statz shared with the audience the lessons she learned while teaching students at MES Cairo. Her greatest lesson learned was love. By loving her students, she felt able to communicate with them more effectively and develop a trusting relationship with them in the classroom. The brief message shared by Ms Statz was inspiring and emotional with many in the audience wiping away tears.

The Induction Ceremony also included speeches from graduating Seniors about how the Four Pillars of NHS/ NJHS influenced and inspired them throughout their High School careers. Sherief Hamdy (G12B) spoke about the importance of Scholarship and being a life-long learner; Mohamed El Refaei (G12Y) discussed the humility learned by completing Service to others; Sara Gamaleldin (G12Y) expressed how important it is to have good Character, even when others are not around to see your actions; and finally, Seif Saleh (G12R) discussed Leadership and how Egypt will need excellent leaders in its future.

We welcome and congratulate all new members and look forward to working with you in the 2016-17 school year.

Ms C Flake – NHS/NHJS Coordinator



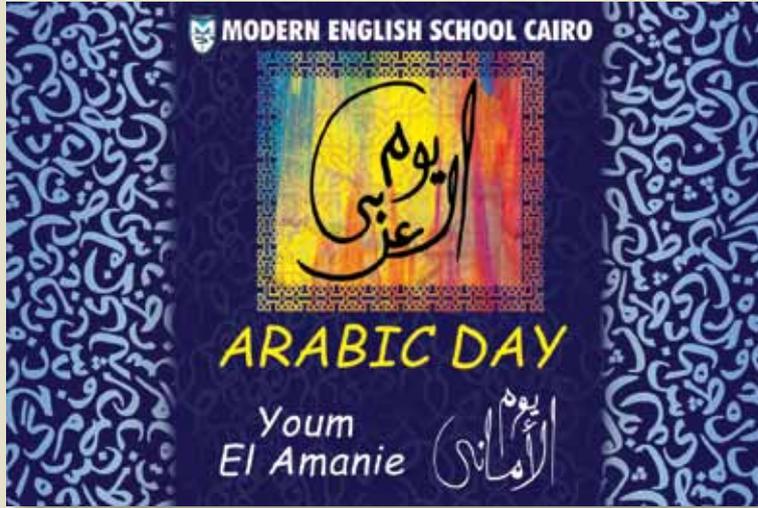
ARABIC DAY 'YOUM EL AMANIE'



اليوم العربي (يوم الأمانى)

قمنا بعرض فيديو للطلاب فى الفصول يوضح الدول العربية على خريطة العالم وما يميز كل دولة ثم قمنا بعمل مسابقة للمعلومات تلاها

مسابقة أخرى عن أهم وأبرز الشخصيات العربية حيث تم عمل لوحة خاصة بكل شخصية ثم عرضها فى أماكن متفرقة فى المدرسة ثم طلبنا من الطلاب البحث عن هذه الشخصيات وكتابة اسم الشخصية وأين وجدها الطالب وما سبب شهرتها



قامت المدرسة الإنجليزية الحديثة القاهرة، بعمل احتفال كبير يوم ١٠ أكتوبر ٢٠١٦ موضوعه اليوم العربى (يوم الأمانى).

هذا اليوم نقوم بالإعداد له منذ بداية العام الدراسى وذلك حيث إنه يمثل احتفالية كبيرة للوطن العربى بأكمله ولذلك فإنه كان من الضرورى أن نقوم بإمداد الطلاب بمعلومات عامة عن جميع الدول العربية من حيث عدد الدول العربية وأهم الأحداث والمعالم وأعلام الدول وكذلك

وصلنا إلى اليوم العربى

حيث تم تقديم العروض ذات الأصل العربى مثل فرقة (التنورة) التى تجذب الكبير والصغير كذلك تم إعداد بعض الأطعمة العربية الشهية .

ثم جاء دور المسابقة النهائية للطلاب فى مسرح المدرسة وتقديم الهدايا للفائزين وذلك بعد جمع درجات كل ما تم إنجازه من أعمال، وكانت هذه المسابقة تجمع بين المعلومات العامة وأبرز الشخصيات وأهم المعالم وكل ما حدث خلال الفترة التى سبقت هذا اليوم.

ولغرس روح الانتماء للوطن لدى تلاميذ الصف الأول والثاني الابتدائي فقد استضافت المدرسة أ/ جيهان نبيل (راوية للتاريخ والتراث) والتي قامت بسرد قصص مصورة توضح تاريخ بعض المباني المصرية القديمة وكم كانت مشوقة ومسلية وسعد بها الأطفال.

أخيراً لماذا سمي هذا اليوم بيوم الأمانى؟

إنه عرفان وتقدير للدور الذى كانت تقوم به السيدة أمانى فريد (رحمها الله) مع قسم اللغة العربية على مدى سنوات طويلة وخصوصاً فى اليوم العربى بالإضافة للدور الذى كانت تقوم به فى المدرسة بشكل عام.

وإلى اللقاء فى أيام أخرى أكثر بهجة وسعادة .

وكل عام وحضراتكم بخير

أهم وأشهر الشخصيات وأشهر الأزياء والأطباق التى تقدم فى كل دولة.

أيضاً هذا اليوم يحتاج إلى الكثير من التحضير لأننا نقدم الصورة الكاملة عن جزء مهم فى خريطة العالم وهو الوطن العربى بكل ما يحمله من حضارة وعراقة وأصالة ولقد كان للطلاب أيضاً دور مهم لا يقل عن دورنا وهو البحث والاطلاع لإضافة المزيد من المعلومات وعمل المشروعات والأبحاث للوصول إلى بعض الحقائق التاريخية مثل:

من هم العرب، وكيف أضاءوا العالم بعلمهم من قديم الزمان حيث برعوا فى الفلك والصيدلة والهندسة والفلسفة وغيرها من العلوم، وكيف أضاءوا العالم بحضاراتهم فى مصر والعراق وغيرها، وما زلنا إلى الآن نرى منهم العلماء والناخبين فى كل المجالات من أجل خدمة البشرية والذين سجلوا أسماءهم بحروف من نور فى صفحات المجد والخلود.

عملت المدرسة كلها كفريق واحد وتم توزيع المهام فكان هناك من هو مسئول عن الترتيب والتنظيم ومن هو مسئول عن جمع المعلومات وآخر مسئول عن عمل مسابقات تتناسب مع طلابنا فى المراحل المختلفة.

وتصادف احتفالنا باليوم العربى مع ذكرى انتصارات السادس من أكتوبر التى تدفعنا إلى المزيد من العمل والجهد لتحقيق مزيد من التقدم على جميع المستويات.

HALLOWEEN HAPPINESS!

THE scene was set and the fun was about to begin! The Senior class of 2016 turned the Multi-Purpose Hall into a spooky haven of



delight. Bats and pumpkins, friendly ghosts and scary spiders decorated the walls and the ceilings bowed under the weight of spiders' webs and warning signs written in red paint!

Year and Grade Seven and Eight arrived, but not as we know them! A plethora of witches and Frankensteins appeared, with a particularly effective bride of Frankenstein stealing the show. There were some very scary costumes indeed! It is probably fair to say that this year, parents and students exceeded all previous best costumes, and all students looked stunning!



So, the costumes were on, the stage was set and the music was pumping, what could the scary Sevens and Eights do except dance? The floor disappeared under more than a hundred witches, wizards, Frankensteins and so many more creative characters all rocking to the beat. There can be no doubt that they had a ball!



Next, came the flying bat piñata and the students with big sticks! They bashed and they crashed and the sweets came tumbling down, to everyone's' delight. The sweet theme continued with spooky cakes that the Seniors had baked the day before and a range of themed sweets and treats. Just to balance all that sugar, most students indulged in a little savoury Halloween pizza.

Still the fun continued with Karaoke and the ever popular, photo booth, which recorded the fun and will make sure that the best Halloween social ever at MES Cairo is never forgotten!

Well done to all the Seniors for the huge amount of effort that went into making this event such fun for the younger students. We are proud of you all and particularly of Malak Arafa (G12B) who proved that she has the potential to organise any number of students, regardless of age or Section, in order to achieve a spectacular event!

Ms S Clingan – Assistant Headteacher, Years Ten to Twelve



SECONDARY LEARNING DEVELOPMENT DEPARTMENT NEWS

Introducing new staff to the Department!

Mr Liam Beckford



Liam Beckford

I am new to MES Cairo and Egypt. Originally from Manchester in England, I have been living in Kuala Lumpur, Malaysia, for the past two years. I had a fantastic time in Malaysia and enjoyed all of the travelling my wife and I were able to do. We enjoyed going to places such as: Japan, Australia, Thailand, Singapore, Bali, Vietnam and Cambodia.

My first impressions of Cairo are that it is vibrant, friendly and happy. The thing I have enjoyed most since being in Cairo was, undoubtedly, going to visit the Pyramids.

I love sport, especially football, and have supported Manchester City for nearly twenty-five years. I used to play football but had to retire due to a knee injury. Now, I just keep fit by going to the gym.

Ms Dina Ghalwash

I hold a Master of Arts in Comparative and International Education from The American University in Cairo, specialising in teaching. For my BA, I majored in Sociology and minored in Psychology. In addition to this, I am an internationally certified life coach and have been practising coaching since August 2014. I am also a part-time instructor in the Professional Educators Diploma at AUC and I enjoy it greatly. Apart from my passion for education, I am a voracious reader and writer. I am very excited to be back in the MES Cairo community as I am a proud graduate of MES Cairo myself.



Dina Ghalwash

Ms Therese Slincy

This is my ninth year working at MES Cairo but my first term working in my new role as LDD Coordinator for the British Section. I have been an English teacher in Secondary for most of my time here although last year I spent some months in Primary, which was incredibly interesting. I'm very much enjoying my new post though much is new and it has been



Therese Slincy

an extremely busy time. It is lovely getting to know students and parents on a slightly different basis, as well as still being able to teach English.

The A Stars Club

A Fun Way to Improve your Skills - Super Studies!



During the school day, the LMC is a great place to study but did you know that you can also come after school? Not only can you receive help from teachers and students which will deepen your understanding of subjects, but you can also study peacefully and yet be supported if you need to be. There is always a range of teachers and students with different subject specialisms who are on hand to explain away any misunderstandings you may have and encourage you with tasks. Whether you want to practise your latest Maths problems or are stuck on a History project, the A Stars is a way of getting ahead.

Variety is the Spice of Life!

With its congenial atmosphere and numerous round tables, the LMC is ideal for one-to-one or small group study. This setting not only enables students to focus on a subject and develop their skills but also enables a range of subjects to be accommodated in one place. Students can also work on more than one subject, moving from table to table, to allow them to dip into more than one area.

Students Teaching Students

A special word about our amazing team of older students. They are great role models for our younger students, providing support and inspiration, and showing they can lead by example. They also demonstrate several of the qualities necessary for the MES Cairo Graduate Profile. These students show that they are confident and articulate as they are ably explaining difficult concepts to a number of different students. They are able to communicate fluently, have recognised a personal strength and can relate well to others.

It's a Small World



Studying with other students is a sure-fire way to accelerate and strengthen understanding. The club is less formal than a classroom so students have the opportunity to ask questions, clarify ideas and practise skills. As the club is small group environment, the 'A Stars' provides a forum for studying at a superior level.

Ms T Slincy - Secondary LDD Department

Gifted and Talented News!

To prepare our Gifted and Talented learners for success in the 21st Century, MES Cairo offers a broad range of After-School Activities including 'The Challenge Club' which is centred around real-world challenges that excite, inspire and extend the Gifted and Talented students outside of school hours.

The start of a new school year always brings with it endless possibilities and fun learning experiences for our Gifted and Talented students at MES Cairo. It has been the most hectic and highly energetic launch with *hands-on making* and interactive STEM activities, *Project-Based Learning (PBL)*, *Socratic Seminars*, interactive presentations, and challenging Maths problems. It seems incredible how much our Gifted and Talented students



have managed to learn and accomplish in such a short period of time.

Gifted and Talented students participated in problem-solving STEM activities, 'Building Junk Boats' and 'Planet Maker'. The challenges immersed the students in hands-on inquiry and open-ended exploration. The students were challenged to use junk materials, build and race the fastest boat.

Making is a fun way to transform ideas into physical artefacts and encourage experimentation and imagination. Cooking challenge fostered the "Makers" in the Gifted and Talented students and gave them an opportunity to learn making or do-it-yourself



(DIY) skills, create, try and share their own food recipes. Maker activities promote a wide range of skills through the making of unique products.



The Challenge Club creates a technology-rich learning environment and empowers Gifted and Talented students to use online tools for project-based learning. Students were challenged to access the NASA online multimedia module 'Astro-Venture'. The Astro-Venture Academy is a virtual academy that gives students an opportunity to train and work with NASA scientists, as they explore the fascinating field of astrobiology; the study of life in the universe. To introduce a wide variety of concepts, to spark conversations, and to build 21st Century communication skills, 'The Challenge Club' has launched a series of MES Cairo TED Talks. Inspired by the powerful ideas of our guest speakers, students learn to think critically and communicate effectively.

Oral and written communication, public speaking, presenting and listening are the foundations of successful entry into the modern workplace which is why the Gifted and Talented students are encouraged to take part in Socratic seminars and to create different forms of presentations.

In Year Eight English students have been exposed to a variety of animal poetry texts with increasing complexity. Y8G Gifted and Talented students had the option to compare two poems in a comparative essay instead of writing about one poem only and were able to choose which poems they wished to write about. They also had the opportunity to write their own poem, using the wide range of poetic techniques that they had studied.

Grade Nine Global Studies Gifted and Talented students read and analysed an article from the New York Times independently, collaborating on understanding and responding to it. They also have challenging reading options for nearly every topic of study.

'The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand'. Vince Lombardi text box please

Our Gifted and Talented students are paving the way to success and developing skills they need to succeed in the 21st Century workplace.

Dr T Kolesnikova - Gifted and Talented, American Section

'Adopt a School' Update



MES Cairo Adopts Local Primary School, Al Shohadaa

On Tuesday 27th September 2016 thirty students from MES Cairo made a visit to distribute backpacks filled with school supplies to the 1500 Primary students at Al Shohadaa Primary School. This year's participants included members of the National Honor Society, the Junior National Honor Society, Primary and Secondary Pioneers and two of the school's three scholarship winners from the American and British Sections.

Making a difference, leading by example, and recognising personal strengths and

passions were just a few of the attributes of the MES Cairo Graduate Profile students demonstrated on their visit to Al Shohadaa Primary School.

The visit to MES Cairo 'Adopt a School' offered a chance to reach out and provide support to individuals in their community and at the same time reflect upon experiences. Primary classrooms were visited and backpacks filled with notebooks, colouring books, pens, pencils, pencil cases, sharpeners and other brightly coloured school supplies were distributed. Smiles and shouts of excitement were common throughout each classroom as the contents of backpacks were emptied

onto the Al Shohadaa Primary students' desks.

The visit went beyond distributing school supplies as the experience offered students and staff the opportunity to experience a different school environment, reflect upon their own education, and think about how personal strengths and passions can be used towards the betterment of our community.

Students were asked to submit an account of their experience on the trip that morning. Extracts from several of the entries are published below.

Ms C Boswell – Publications Officer



Student Accounts - Visiting Al Shohadaa Primary School

"On Tuesday 27th September 2016, a large group of Primary and Secondary students embarked on a powerful and emotional journey to the local Primary



school. Before we boarded the buses, Ms Ghada Dajani told us the gut-wrenching story of how this school came to be. After a natural disaster in the form of an earthquake in Mokattam displaced thousands of families, they moved to the Fifth Settlement to begin their new lives. The combination of eager parents and restless children (sound familiar?) pushed the government to build and fund a massive public school to admit all of the students affected by the disaster. It warms my heart to know that these children are being able to continue their schooling.

As I walked through the slim doorway of a classroom stuffed with up to fifty students, I felt my heart sink to the pit of my stomach. The goal of our trip was to distribute bags filled with colourful school supplies and edible goodies to the children so I got on with my task but I was overcome with guilt and regret. As I looked into a little girl's sparkly eyes, I felt our two worlds collide. Although we come from different backgrounds, we share the same hopes, dreams, fears and worries. Her smile felt so familiar and comforting, I couldn't help giving her a hug. It struck me, how, even through adversity, her smile has not waned and her kind disposition has not been affected by her harsh reality.

As we have only adopted this school recently, there is extensive work to be done. Agriculture is part of the school's curriculum but they are at a disadvantage as they do not have the resources to complete the curriculum. MES Cairo students enjoy a 1:1 table to student ratio, whilst these students are squashed together to fit 3 to a table. It is not enough to be thankful for what we have, we must

work to give back to our community. With the support of the MES Cairo community, these children can have a brighter future with better facilities in a warmer environment." **Malak Arafa (G12B)**

"It means a lot to me to be visiting and helping other schools and students. It is a wonderful opportunity and I am happy and proud to have participated in the visit to distribute bags to those less fortunate than us. It has made me realise that I should never ask for more than I need."

Razan Hassouna (G7Y)

"I was lucky enough to be able to participate in the 'Adopt a School' project along with some of my fellow Pioneer students. When we arrived at the school, the first thing I noticed is how many students were squeezed around just one desk. There were sometimes three or more students to a desk. Having my own desk is a luxury I thought everyone had. We handed out bags full of school supplies to all the students, all of which were gratefully received. The visit has



made me realise that we take things for granted at MES Cairo and we should be more thankful for what we have."

Lara Gamaleldin (G7B)

"It was a privilege visiting the new school that MES Cairo has adopted. We handed out bags filled with school supplies to the children. I realised then how easy it is to brighten someone else's day with the smallest of gestures. We learnt that dedicating some of our time to help improve the lives of others is a simple way of expressing our love towards them."

Salma Wafa (Y12G)

"As students and members of the MES



Cairo family, it is our responsibility to be aware of what is happening outside of our community. This visit enabled me to see first-hand how other people cope in our society. Resourcefulness, kindness and the ability to make a difference are just a few of the attributes that were displayed by the MES Cairo students that day. As we handed out our gifts of bags full of school supplies, we were met by bright smiles and excitement from the children receiving our gifts. This was one of the most unforgettable experiences of my life. The visit has made me reflect upon my life and, on the education that I am lucky to receive. Everyone should have the right to a great, safe and motivational learning environment." **Farida Hassan (Y11R)**



WELCOME!

MEET OUR NEW MES CAIRO TEACHERS

Ms Eileen Nonis – Primary Key Stage Two Teacher

This is now my eleventh year of teaching and I am very excited to be spending it at MES Cairo! Prior to working at MES Cairo I taught in Dubai and before that in schools across London. In my time as a teacher, I have had many different responsibilities, including Year Group Leader, English Coordinator and SENCO at a National Support School in London. In Dubai, I was English Coordinator and Year Group Leader. English is a passion of mine and I love sharing my love, especially of reading, with the children I teach. My two children, Erin and Jake, are both attending MES Cairo and so far, they agree that it is the best school in the world! I am the fourth (sixth if you include in-laws!) member of my family to work at MES Cairo and I am thoroughly enjoying my time at MES and in Cairo!



Ms Caroline Clarke – Primary Learning Development Department (LDD)

I am very excited to be part of the teaching team at MES Cairo and about being in Cairo once again. I have previously worked in America, Romania and Hurghada and have now been based in Egypt for six years. I am a Specialist Teacher for the specific learning difficulties and I am currently on the MMU Doctorate programme identifying Dyslexia in multi-lingual first language Arabic speakers, learning English. Previously, I was a County Advisory teacher for young people with additional needs in Suffolk, England and had a strategic role in leading inclusion in the Secondary sector.

I love playing tennis, swimming and painting. My work was part of a 'Women by the Sea' Art Exhibition in El Gouna. I have a daughter and granddaughter called Leveah, (pictured with me) who live in the UK. Last summer we enjoyed travelling to Budapest in Hungary, Belgium and Holland.

Ms Arminda Ortiz – Secondary Chemistry

Hello, my name is Arminda Ortiz, and I'm pleased to be joining the MES Cairo community. I'm originally from the Canary Islands, Spain, an archipelago of seven islands popular amongst European holidaymakers for its beautiful beaches and mild temperatures all year round. I studied Environmental Sciences in Spain and completed my graduation project in Sweden.

After obtaining my teaching licenses in Chemistry and Physics over ten years ago, I started my teaching career at a public High School in Kansas, USA, before making the move into the international school circuit. I have an inquisitive nature for Sciences, and I strive to promote that curiosity in my MES Cairo students as well. Before coming to Egypt, I worked at an International School in Malaysia, where I had the opportunity to teach the British and IBDP curricula, while enjoying tropical jungle hikes and spicy food! I have visited Egypt in the past, and I look forward to exploring the unique archaeological sites and impressive geological formations of this country.



Laura Granger – Secondary Mathematics

Hello, my name is Laura Granger and I am very happy to have joined the American Section Mathematics team where I am teaching my favourite subjects; Pre-calculus and Statistics! I was born in the state of Georgia and moved across the United States until settling down with my own family in the Seattle area where all three of my children still live. I have been teaching Maths for fifteen years and started teaching internationally five years ago in Ulaanbaatar, Mongolia. My daughter travelled with me the first year, volunteering in the Primary classrooms while I taught Secondary Maths. She is pictured with me here on the Great Wall of China. We had an amazing time teaching and travelling together during that first year! After teaching in Mongolia for two years, I taught a little closer to home for the next two years in Mexico and now I am happy to settle here in Cairo. Along with travelling, I have a passion for health and fitness. I was a trainer and fitness instructor for twelve years and I am very excited to have just completed my diver certification in Dahab. Egypt is a beautiful country and I look forward to exploring more of it!



Ms Heather Lidkea – Primary Key Stage One Teacher

Hello! I'm Heather Lidkea, a teacher from Victoria, Canada. I am thrilled to be here in Cairo, and to be a part of the Primary team at Modern English School Cairo. I have several years of experience teaching Primary and ESL in both Canada and South Korea, and over ten years of experience working with children and young people at the YMCA.

I grew up in a creative family of world travellers, so when I began touring Europe, Asia and North America with a choir, it sparked my passion for travel. After completing my BA with a major in English at the University of Victoria, I accepted my first overseas contract in Sokcho, South Korea, and, upon completion, was inspired to pursue my Bachelor of Education, also at the University of Victoria. Since then, my love for teaching has taken me back to Korea for over two years, to pursue my yoga teacher training in India and to do some volunteer teaching work in Vietnam. As part of the MES Cairo Primary team, I am excited to be one of the Cougars' swim coaches. I grew up competing in the pool and I'll even be competing in a triathlon in Sahel Hasheesh this December! This year has been excellent so far!

Ms Angela Creasy – Primary Key Stage One

I am from Canada and I hate being cold! Therefore, I got my education degree with two things in mind; I would get to teach children and I could travel the world. Upon receiving my degree, I went to a place where I knew I would not be cold, Australia. I got my experience working in Primary while I was in Australia. I then moved to Korea where I was placed in FS. I found out that I liked the younger children. It was a fun and rewarding position. After I had learned about the language and culture in Korea, a unique opportunity fell into my lap. I was offered a position to help bring a brand new kindergarten in Germany to life. I excelled at this job and quickly became the Headteacher of the kindergarten. With my help, we soon opened a second branch and I was managing two kindergartens! Although I loved this job and opportunity, I still had the travel bug and I wanted to be warm once again. Therefore, I came here to Cairo to teach these wonderful young children. It is going to be an amazing year at MES Cairo.



Mr John Roman – Secondary Maths

I am happy to have joined MES Cairo as a Secondary Maths teacher in the American Section. I am teaching Grade Eight Maths and Geometry. I was born in Seattle, where I grew up with my four brothers. I earned a Bachelor's degree from the University of Washington, and a Masters in International Business from the University of South Carolina. I then had a rather lengthy corporate career, most of which I spent with a large specialty chemicals multinational company based in Philadelphia. My favourite job during that time was working as the financial

manager/treasurer of our subsidiary in Mexico City for five years.

Thirteen years ago I left the business world to start teaching in the Philadelphia school system. At the same time, I was raising my two sons, who are now out and on their own. Taking advantage of my new freedom, I began looking for a teaching job overseas, and it looks like I have found a good match with MES Cairo.

Ms Katie Gillen – Primary Key Stage One Teacher

Hello, my name is Katie Gillen and I am very excited to be returning to the classroom with my favourite age group in Foundation Stage One. I never have a dull day with these little folks!

I have been in Cairo for four years working at a different school and before that I lived in Alberta, Canada where I taught Early Intervention classes helping children with learning needs get ready for a successful start at school.

I am originally from Cheshire in the UK, which confuses people as I have a British/Canadian accent. I love Egypt and have really enjoyed travelling all over since I've been here. One of my favourite things to do in Egypt is go snorkelling in the Red Sea- it's great to send home pictures of the beach when your friends and family are buried under snow!



Ms Jeanne Walker – Secondary Art

I am very excited to work at MES Cairo and be a part of such a caring and dedicated community. I love Egypt and the amazing art and architecture, tombs, pyramids, and temples. It is such a fascinating and exciting place to live and work, and I thoroughly enjoy meeting new friends and colleagues while learning this new culture. It is always sunny in Egypt!

I have taught Art for eighteen years, and received my Bachelors of Fine Arts and Arts Specialist Teaching Certificate from the School of the Art Institute of Chicago and her Masters in Interdisciplinary Arts from Columbia College in Chicago. I have received several awards and grants including a Chicago Fund for Teachers Fellowship for installing a mosaic mural at an Aids clinic in Rwanda and a sister mural at Ruth M. Rothstein Aids Clinic in Chicago, numerous Oppenheimer grants, three Intuit Fellowships, and I am a Golden Apple Teacher of Distinction.

I am looking forward to a great year getting to know my students and to making great art together!

Ms Stacey Innes – Primary Key Stage One Teacher

Hello, my name is Stacey Innes and I am very happy to be here teaching at MES Cairo. I am teaching the British Early Years curriculum in Foundation Stage Two. I was born in the UK in a small town called Cheltenham where I grew up with my mum and dad. I started my career in marketing, travelling around the world to corporate events and advertising for a telecommunications company. Three years into my career, I had the opportunity of working on a special project for a children's charity. I spent six months in California working directly with children suffering from chronic and terminal illnesses. It was the most humbling and inspiring experience I have had, and to this day I still think about how amazing those children are. From that moment on, I knew I wanted to become a teacher and I left the corporate world to qualify as a Primary teacher in the UK. These past six years I have taught in several different countries across the world including Tunisia, UK, USA and Egypt. I absolutely love inspiring children and every day I feel that I am learning and developing. In my spare time, and in the summer holidays, I love to travel with my husband and I volunteer my time to working with street children in orphanages. I have lived in Cairo for four years, teaching in different British International Schools and this year, I celebrated my wedding with my family in Alexandria. I am looking forward to exploring Cairo further and learning to cook the local dishes.



Ms Caroline Underwood – Primary Learning Development Department (LDD)

Hello! My name is Caroline Underwood and I have just moved to Cairo, for the second time! I initially moved to Cairo fifteen years ago and worked at MES Cairo for seven years in the Secondary School Learning Development Department. I have now returned and I am enjoying working in LDD again, but this time with Year Six students. I am here with my husband, Clive, who teaches History, and my two sons, Owain who is in Year Two and Sion who is in Year Seven.

After leaving Cairo eight years ago, I moved to Prague where I worked for five years before returning home to Wales where I have spent the last three years. I also previously worked in Bangkok; my love of travelling continues!

Outside of school I enjoy reading, cooking and watching my sons play football. I am also a PADI Dive Master and hope to start scuba diving in Egypt again soon. I enjoy keeping fit, particularly running, and completed my first half marathon in March of this year. I completed the Anglesey Half Marathon and was very proud of my time of 2 hours and 5 minutes!

When I am not running, I love eating chocolate and drinking coffee, and eating chocolate and drinking coffee, and eating chocolate and drinking coffee...



Mr Mazen Abdelmoteleb – Secondary Geography and Travel and Tourism

Hello! My name is Mazen Abdelmoteleb and am excited to be working at MES Cairo. I was born and grew up in South Wales, and yes, I can pronounce the longest place name – llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch!

After studying for my Bachelor's degree in Geography in Wales, I moved to England to study a PGCE and taught there for several years. I am no stranger to Egypt as I have visited many times before and have been living and working here for the past seven years. I enjoy learning new languages and as I am currently living in Cairo, I am constantly striving to improve my Arabic, in order to make my time here even more enjoyable! I have always been interested in Geography, maps and learning about new cultures and I am enjoying teaching Geography and Travel and Tourism here at MES Cairo this year.



Mr Kevin Kelly – Secondary World Languages

My name is Kevin Kelly, I graduated from University of Kent and I am part of the Secondary World Languages team at MES Cairo this year.

I like sumo wrestling and Japanese food and my two favourite countries are Austria and Japan – for the food, the mountains, the people and the snow. I am enjoying Egypt very much and have seen many beautiful places. I am looking forward to seeing many more.



Ms Ms Gloria Quashie - Primary Key Stage One Teacher

Hello, my name is Gloria Quashie and I am delighted to be teaching here in Cairo. I am teaching in Foundation Stage Two. I was born in London in the United Kingdom. I studied at the University of North London (now London Metropolitan University) where I completed my Education degree. I have always had a passion for working with children and young people. I have worked as a youth and community worker and Dance teacher. My teaching career has taken me to Saint Lucia and Ghana. I am enjoying working at MES Cairo and exploring Egypt.





Ms Patricia Hamlett – Primary LDD Department

What a wonderful 'welcome back' I have received from all staff at MES Cairo! It has been very touching and has made my transition back to Egypt a happy one. We attended the new teacher activities back in August and soon settled back in, having many dinners and social outings with old friends.

I had a great year in the states last year. We planned the wedding of our oldest daughter last summer, and helped the younger one get organised and move to Florida. I also completed thirty plus years as a classroom teacher, teaching Year Three students.

Returning to Egypt as an LDD teacher is the highlight of my global, educational studies. Since my college days of student teaching in Europe, I've had the desire to teach in another country. Completing my global studies certification at my school in the states brought me closer to that goal. Through that programme, I traveled to Costa Rica to study the Rain Forest. I also travelled to Honduras with Heifer International, to study the economic impact of teaching farming skills and raising animals, to South Africa for a community service project with upper school students, and to China to study the culture of modern day cities like Shanghai and the ancient culture of Monks in Tibet. Those experiences left me wanting more of a global experience.

I am enjoying using my many years of teaching experience to work with individuals and small groups in the LDD department. I consider it an honour to end my career living in Cairo, Egypt, and teaching at MES Cairo.

Ms Jennifer Neal – Secondary Spanish

Hello everyone. My name is Jennifer Neal. I was born in Newton, Massachusetts and left the US at fourteen weeks of age. I spent the next twenty-two years living in Africa, Central and South America and Europe. I am the middle child of seven children and the daughter of a former diplomat. I graduated from Bates College with a double major in Spanish and History. I received a Master's in Education from Cambridge College, Massachusetts, with an emphasis on Multiple Intelligences. I am qualified to teach both Spanish and History and I have been teaching Spanish at Secondary level for the past seventeen plus years. Before moving to Egypt, I taught in Connecticut in the USA. Although this is my first teaching position overseas, I am a product of international schools, so I have a great appreciation for them. I love teaching and I believe that when students are taught other languages and cultures, it allows them to understand and appreciate people from other cultures.

For fun, I love to travel, volunteer, read and watch movies. I have been volunteering all my life. For the past ten years, I have been helping people from Spain and Poland improve their English abilities. I also help raise money for breast cancer research and my final passion is to improve literacy worldwide. There is nothing in the world as good as a book!

I have been in Egypt for a little over two months, and so far, I love this country. I have been fascinated by Cleopatra since I was a child, and I am trying to take advantage of learning about the history, culture and language in Egypt. I am trying to learn Arabic, with help from a lot of friends. I am lucky that I have found so many kind and patient people at MES Cairo to help me with anything that I have difficulty with (especially my Arabic pronunciation).



Ms Rachel Bennett – Primary Key Stage Two Teacher

Hi, my name is Rachel Bennett and I am very excited to be teaching here in Cairo. I am Year Leader of Year Six in the Primary section. I was born in a small town called Shoreham in the South of England (near Brighton) and I grew up in a seaside town called Worthing, a town that is often referred to as 'Sunny Worthing' although we only get a few weeks of real sunshine! Worthing is very different to Cairo.

When I was five years old and first went to school, I told my Mum that I wanted to become a teacher. I never changed my mind and went straight from school to college, to university to do a teaching degree and then in 2007 I became a teacher. I love my job and enjoy working with children every day. I have been teaching for nine years in Primary schools and have been lucky enough to have had the opportunity to teach in each Year group - from Year One to Year Six.

Outside school, my main interests are football, socialising with friends, reading and watching films. I am an avid football fan - supporting Tottenham Hotspur – a team that brings me many highs and lows! I also love, and know a lot about, Harry Potter and the tv show, Friends.

Whilst working in Cairo I am looking forward to the opportunity to travel more and to see different parts of Egypt.

REMEMBRANCE SERVICE

SUNDAY 13TH NOVEMBER 2016



Each

year MES Cairo is lucky enough to receive an invitation from the British Consulate inviting students from Commonwealth countries to attend the Remembrance Service at the Commonwealth War Graves Commission Cemetery in Heliopolis. This year we were also asked to provide a school choir.

On Sunday 13th November 2016, a group of staff, Primary and Secondary Section students from Commonwealth countries and our American Section Choir, all looking very smart indeed, proudly represented MES Cairo at the Remembrance Service. Our students were reflective and respectful as they slowly walked along row upon row of Armed Forces graves of military personnel from many countries, who fought and died in Egypt in the Second World War. The students asked questions about the number of graves and nationalities, eventually understanding that many Armed Forces members had been sent to hospitals here in Egypt and this is where their lives came to an end.

The cemetery is home to 1,742 Commonwealth casualties of the Second World War. There are also 83 war graves of other nationalities – a true reflection of the international nature of modern conflict.



As we neared 11.00am, the students and staff gathered to reverently make their way to the Memorial Cross of Sacrifice to take their places for the start of the Remembrance Service which was conducted by Reverend Kerry Buttram from All Saints' Cathedral in Cairo.

The Remembrance Service itself was poignant, as over twenty military and civilian representatives from around the world solemnly approached the Memorial and laid remembrance wreaths at its base. This was followed by two Egyptian military buglers from the Staff Band of the Armed Forces of the Arab Republic of Egypt playing 'The Last Post' to mark the beginning of a two-minute silence.

Throughout the entire service, our students behaved impeccably, listening carefully and always being polite and respectful to all those they met.

Ms C Boswell – Publications Officer





MES Cairo Team Wins 100km Pharaonic Race

The idea of the 100km Pharaonic Race was first initiated when, in 1977, the Egyptian Egyptologist, Ahmed Moussa, discovered a piece of rock telling the story of Pharaonic



soldiers running a race of 100km. This race took place in 690-665 B.C, during the reign of King Taharka, when the king went to inspect an army camp and found the soldiers in perfect physical fitness. It was then that he laid down the rules for the running race. The race was held in the area between Sakkara Pyramid and Faiyum Oasis, passing by Memphis, Dahshur Pyramid, Elleshet Pyramid, Kefren Pyramid and ending at Hawara Pyramid at Faiyum. The King himself participated in part of the race to show his interest in the sport. The surprise in the translation of the hieroglyphic scriptures was that the winner completed the race in just eight hours. To revive this memory, the modern race takes place in the same area, with almost the same route albeit apparently in reverse!

Our team for this year's event featured Mr Darren Brown (Year Three), Mr Jordan Currie (Primary PE), Mr John McCole (Year Six), Mr Dan Mulligan (Primary Computing) and, long-time friend of the school, Mr Adel Khalifa. MES Cairo teams have been taking part in this event for many years now. The Army and Egyptian athletics clubs have always won this race in the past.

Mr Dan Mulligan – Primary Computing

Mr McCole's Perspective

The racers assembled at an earth-shattering 3am in Giza. My fellow runners met in the lobby of the Pyramids Park Resort. Other teams from MES Cairo were also present including Ms Heather Lidkea, Ms Judy Hamilton and Ms Georgina Dean, all from Year Two. We climbed aboard our team minibuses and headed Southwest in convoy towards Fayoum.

At the start line in front of Hawara Pyramid we had a photoshoot with

all competitors posing in the desert darkness. At 6am the race started suddenly with a 3, 2, 1 and a cracking pistol shot! 100km to go! Our first runner was Adel who ran 10km making a very solid start. Our position was around 3rd or 4th place with Maadi Runners and two serious teams from Cairo and Alexandria in front of us. The sun started to rise and the heat of the day began to build. The locals were cheering in the villages and children were screaming and giving everyone high fives... It was becoming clear that this was now between four teams only all who were desperate for victory!

After roughly 60km, our team were locked in a fierce battle with the team from Alexandria who were employing some questionable tactics but their rivalry brought us into contention with the race leaders at the top of a huge hill near Dashur Pyramid. Amid a flurry of elbows, protests and minibuses horns we were forced back into third position. We decided that the only way to get back into contention was to run shorter legs of 1km instead of 5km, but to try to run the legs faster! It was working, we were about to catch the lead team with only 10km left to run, but then disaster struck! The police sent us the wrong way with the lead team giving the 3rd place team pole position! Undeterred, Mr Darren sprang into action and took over. His adrenaline gave him new found energy and he whipped into the lead! His effort was backed by Mr Jordan, Mr Adel and Mr Dan who ran for 400-800m, then swapped team members so they could collapse in the minibus for a rapid, gasping recovery.

We had taken the lead and our bus driver, Abdou, was screaming "Number 1, Number 1" and leaning on his horn as 'Coach' Adel organised the running order and howled encouragement to all. We were almost at the Sakkara Pyramids... the finish line. I decided to take a longer leg and battle up the hill with Mr Jordan and Mr Dan putting in intense bursts on the steepest sections. It worked but as we sped towards the line, the Cairo and Alexandrian teams were only 50m behind and determined to catch us. It came down to a last dash changeover between myself and Mr Darren. Mr Darren sprinted to victory to the cries of delight from all our team members, especially Abdou! The victory margin was two or three seconds, incredible after 100km and six hours and fifty minutes of running! What an amazing race! We were faster than Pharaonic soldiers and so proud of the teamwork that got us over the line. There were tears and shouts of disappointment from the other teams but the grins that were plastered across our faces have still not faded.



MESMERISED



MESsenger 54 Team
 Ms C Boswell, Ms S Sheehan, Ms G Dajani, Mrs N Singleton, Ms R Sharkawy, Ms O Mawla
 With special thanks to Elham Tadros at Glow Printing.



Modern English School Cairo is a learning community which provides a high quality education for children from Foundation Stage One to university entrance level, serving the needs of Egyptian and international families in Cairo. Our broad education is based upon the British Curriculum in Primary. In Secondary, we offer a choice between a British Curriculum, an American Curriculum and the International Baccalaureate Diploma Programme. Arabic and Religious Studies are taught throughout the school.

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Leadership through Education: Caring, Challenging, Inspiring

We believe in:

- recognising the value of each individual and his/her relationship with others;
- promoting international understanding and responsible citizenship in a multicultural context, reflecting the best of Arab, Western and other world cultures;
- providing a supportive, inspiring environment which encourages learners to aim high and achieve their aspirations;
- creating opportunities for all to develop confidence, responsibility and integrity.

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