

# MESSENGER

**The Marvellous Madness of Science at MES Cairo!**



A host of Cambridge Examinations Awards for MES Cairo  
Wired News  
English Matters  
Pirates Invade Foundation Stage Two!  
Sportsdesk  
After School Activities  
Year Two Students dine aboard The Titanic!  
Pioneers  
...and so much more!

# FOREWORD



To see the 46<sup>th</sup> edition of the MESsenger is to smile as you read about all the events and activities that our students and whole school community have been involved in over the past three months. Truly, our MES Cairo Mission - Leadership through Education: Caring, Challenging, Inspiring - has come to vivid life in the pages which follow.



That our students are thriving academically is seen in a multitude of different areas, and exemplified in the truly superb work of a number of our British Section students as they garnered many top CIE Awards. Clearly, our IGCSE students are prepared well, starting with the consideration of Year 8 Options. You will also read about cooperative learning initiatives, as our teachers throughout MES Cairo prepare their students in both English and Arabic in best 21<sup>st</sup> Century teaching and learning practice - where the skills of oral and written communication, and teamwork, are key elements in preparing students for a

successful transition to university and beyond.

From the Primary Section, the memorable 'Mad Science', 'Pirates', and 'the Titanic' all in happy action, to the Secondary, 'English Matters', the educational initiatives of the Secondary Gifted and Talented students, and our Model United Nations Trip to Russia, MES Cairo students are embarked on so many wonderful teaching and learning adventures. And their teachers are guiding them in new and pedagogically challenging ways – please read about our WIRED teachers initiatives.

On the service front, read on about Secondary House and Student Council news, and about Cancer Awareness week, as well as about Healthy Cooking which is of inestimable lifelong value to our entire community of students and parents.

In the Arts, the 'Peri' students simply get better and better, the seasonal concert was such a happily tuneful occasion, and once again, the Primary staff have outdone themselves with Theatre in Education, where the tables are turned - and the students see their teachers in action!

Read on, your smile surely widening, about all the 'Primary Interhouse Sports Competition Days' which took place last term, the students clearly 'having a ball', together with the After School Activity successes in both Primary and Secondary. What fun as well to see our Pioneers sandboarding, and our footballers such wonderful ambassadors of MES Cairo, and Egyptian, sport when they played in Portugal.

And smile a final time as you reflect on all that makes MES Cairo great, and in anticipation of the next edition of the MESsenger!

A handwritten signature in black ink that reads "M Kirby".

**Mr. M. Kirby**  
**Whole School Principal**





skills (one of the 5Rs) to ensure we cooperate and give everyone the chance to share their ideas.'

In **Secondary English, American Section, Ms. Vallarino** has been creating U-Shaped carousels around a central question e.g. a character's name, vocabulary word or book title with her Grade Eight students. 'They are asked to collaborate together, all contributing to making notes as they work their way around the carousel. Sometimes this is used to review a topic, for brainstorming or to build upon prior knowledge. I've found that the students enjoy this kind of learning and find it helpful.' In the same department, Ms. Burton has been using collaborative learning and student-led learning to discuss novels, learn new English vocabulary and perfect writing skills in Grades Seven and Eight. 'Among other activities, we have participated in fishbowl discussions, spinning wheels (multiple short discussions of new topics between several class members), duelling sentences with vocabulary words, and writing workshops. These activities allow students to interact in an academic environment in a way that strengthens understanding of the subject. We are also introducing learning centres which will allow students to activate independent learning skills.'

**Year Five Team Leader Mr. Ebsworth** uses collaborative learning activities early on in lessons to generate discussion and inform him of any misconceptions students may have. 'I also use them as an opportunity to assess learning toward the end of a topic. In my class, more able children are now able to use strategies independent of a teacher, though with a prompt sheet, in a student led sense.'

**Mr. Davies in American Section Social Studies** has given his students in Grades Seven and Eight the opportunity to lead their fellow classmates and work cooperatively in a student-centered environment by fulfilling the role of a classroom teacher in their history class. Students were broken into small groups and assigned a specific topic of the overall unit in which they had studied. 'They created a mini lesson in which they were to read their selection, analyze it for the most important and significant details, and organize their information into a presentation of their choice format. Students created PowerPoints and a poster to present their lesson on the interactive Promethean board. Jigsaw techniques and rotational readings are also encouraged in class.'

**Mrs. Cole, Secondary English British Section** has been using collaborative and student led learning techniques with Year Seven through the use of research projects in the Learning Media Centre, as well as by introducing the use of the iPad in the classroom so that students can work together to produce videos demonstrating their knowledge and understanding. 'In a Year Eight class recently, I taught a group of students how to use an iPad app called Explain Everything, and they then taught and led their peers how to voice record annotations of a poster. I was impressed with how well the students coped with this type of task.'

**Mr. El-Hoss** has been using the learning strategy 'Think Pair Share' with his International Baccalaureate Diploma 12 students. 'As individuals in the class they have each researched one of the United Nations eight millennium development goals for Egypt. Students have then written down everything they have learnt on a piece of paper and shared their understanding verbally with the rest of the class. This has given everyone the opportunity to share their understanding and improve their contribution to learning inside the classroom.' Within this department, Ms. Ingham has been using the collaborative learning strategy 'Penalty Shootout' with her AS Business Y11/12 students. 'As teams, they are given a section of text to read and then take it in turns to come out to the front and 'shootout' against members of the other teams. The first team to survive with the most members still left to play is the winner. I have used different techniques for the questioning, which include me setting questions but also giving teams different sections of text and getting them to set the questions. The one which started the ball rolling was based on Tesco and how they motivate staff – it proved quite motivational for the students as well. This gives all the students the opportunity to participate, and to develop knowledge and understanding whilst working together towards a particular goal.'





Meanwhile, **Mrs. Sheehan, Head of British and IB Section English** has been using Socratic Seminars with her IGCSE Literature and IBDP11 classes. *'This type of cooperative learning enables students to engage in deeply analytical discussions where everyone gets a chance to participate and contribute. Socratic seminar debates are often springboarded by activities such as 'Think, Pair, Share' or 'Jigsaw' and importantly, they equip students with the best language to use in discussion and help students to organise their thoughts and to open up their minds to new ideas. They encourage students to think critically and to question their own presumptions – raising the level of their learning and facilitating more independent thought and analysis. This in turn enables students to write more analytically in their essays and exam papers and aim for even better results. The rest of the British and IB Section English teachers are also beginning to use Socratic style debate seminars with their students in Terms Two and Three.'*



Ultimately, as **Mrs. Jodrell, KS1 Primary Headteacher** summed up, *"Cooperative learning is one of the most interesting and fun ways to learn because it is sharing our knowledge with, and learning from, our classmates. Students are the 'teacher' AND 'learner' at the same time!"* Throughout the whole school, our students are being regularly exposed to strategies that aim to develop their literacy and ability to work together and independently so that they can grow into a confident and articulate MES Cairo graduate!

**Mrs. J. Cole - Secondary Learning Development Coordinator, British Section**



## A New Direction for the Arabic Department Cooperative Learning in Primary Arabic

Those parents who supported us by attending the workshops at the beginning of the year will know the importance of cooperative learning. By teaching others, children retain over 90% of what they learn. This is why we place such high importance on these strategies in the primary department.



One of the parents asked me, 'Why don't the Arabic teachers use these

methods, if they work so well?' I am pleased to say that this method is now being incorporated regularly by most of the Arabic staff, depending on the content of the lesson. I have been in to watch these lessons and was particularly struck by the look of enjoyment on the children's faces whilst taking part in cooperative learning activities. I took a visiting UK lecturer into a Year Four class and he was very impressed indeed by what he saw.



We are very lucky, at MES Cairo, to have teachers who are willing to change the traditional method of teaching and try something new, even if it is well out of their comfort zone. I would like to thank them all for their hard work and support in making our children's learning an enjoyable and worthwhile experience. At our recent parents' meetings, many parents commented positively about the increased enthusiasm for the Arabic lessons. I hope that this will continue and develop throughout the coming months.



**Mrs.M. Glancy - Assistant Headteacher Primary.**



# OUTSTANDING CAMBRIDGE LEARNER AWARDS



It is with great pride and delight we share this news that MES Cairo is again being recognised as a school of excellence by Cambridge International Examinations and the British Council, in collaboration with the British Embassy in Egypt. At the Outstanding Learner Awards Ceremony, MES Cairo students dominated the stage as a result of their tremendous achievements in the May/June 2013 CIE examinations. I offer heartfelt congratulations to these extraordinary students, whilst at the same time acknowledging that their success is contributed to by the dedication, professionalism and impressive competence of ALL the teachers who serve them (and their classmates) so well.

**Mrs. N. Singleton – Principal,  
British and IB Sections**



## The Secret Garden

by Mr. S. Perry - Deputy Headteacher, British Section

Amongst the familiar dusty and noisy streets of Downtown Cairo surrounded by grey monolith structures, the British Embassy grounds conceal sheer beauty in the form of a colourful garden. In direct contrast to the repetition of drab artificial concrete outside the walls, there within, flowers are in their full splendour expressively inspiring the various bees and other inquisitive visitors to engage them with all their senses.

On the plush verdant lawns, an audience was seated in eager anticipation and admiring the wonderful envelopment of this secret garden in the heart of a throbbing metropolis. In the midst of the excited chattering, conversations could be deciphered discussing the finer details of this prestigious occasion. Reading through the programme of award winners it became clearly evident one organization was dominating proceedings again.

“Modern English School, Modern English School, Modern English School. What is this Modern English School and why do they have so many awards?” came the mutterings from the rows of teachers assembled for their own schools’ achievements. “What is their secret? I want to know!”

In these plush surroundings of the British Embassy it was probably not the first time the word ‘secret’ had ever been used. However, this time the intrigue was not about diplomacy or even secret agents. This time people wanted to know the secrets of outstanding learning.

Out of 44 of the 2014 Outstanding Cambridge Learner Awards MES Cairo students had scooped 16, more than a third of the total. These are in IGCSE and AS-level assessments taken by thousands of young people in over one hundred schools in Egypt. As well as Top in Egypt and Top in Cairo individual subject awards, there were also the Best Across Seven and Best Across Eight IGCSE awards. Amazingly MES Cairo students took third, second and first place prizes (all the prizes) in these latter categories. There were gasps of awe from the audience when Nader Raafat (Y11R) was announced to have five separate awards followed closely by Marwan El-Hosseiny (Y11B) with a very impressive three. So what is the ‘secret’ of our students’ outstanding success? Certainly outstanding students, well trained teachers, supportive parents and visionary leadership are important factors. But the whole philosophy of our education is of paramount importance too.

When guest speaker Dr. John Guy, Senior Educational Advisor at CIE, addressed the young winners with a molecular model of diamond, a molecular model of graphite and a football, he made it very clear what the world needed





and what the world needed young people, like those in front of him, to do - "To prepare for jobs that haven't been created, using technologies that haven't been invented, to solve problems that we cannot foresee". The only way to approach this was not through repetition of the familiar but to be inquisitive and to engage - not just to learn, but to in fact to learn how to learn.

The secret was out!

The secret of MES Cairo success was uncovered and laid bare for everyone. However, in reality the way we approach education at MES Cairo has never really been a secret, for it's clearly stated for all in our mission statement entitled **Leadership through Education: Caring, Challenging, Inspiring**. Like the secret garden in the middle of Cairo the answer is always there for those who want to find it.

*Congratulations to all our 2014 award winners, their families and their teachers!*

## MES Cairo Students' Awards (In programme order)

### IGCSE

Marwan Ahmed El-Hosseiny	Economics Top in Egypt
Marwan Ahmed El-Hosseiny	First Language English Top in Egypt
Nader Nabil Adly Raafat	First Language English Top in Egypt
Malak Fouad	Literature (English) Top in Egypt
Nader Nabil Adly Raafat	Biology Top in Cairo
Nader Nabil Adly Raafat	Business Studies Top in Cairo
Nader Nabil Adly Raafat	Physics Top in Cairo
Nour Sami Jaouda	Design & Technology High Achievement
Ramy Mamdouh Awad	Best Across Seven Cambridge IGCSEs - Second place in Egypt
Nour Sami Jaouda	Best Across Seven Cambridge IGCSEs - Third place in Egypt
Nader Nabil Adly Raafat	Best Across Eight Cambridge IGCSEs - First place in Egypt
Marwan Ahmed El-Hosseiny	Best Across Eight Cambridge IGCSEs - Second place in Egypt
Salma Abdelhakim Amer	Best Across Eight Cambridge IGCSEs - Third place in Egypt

### AS-level

Ibrahim Mohamed Abo-Shara	Business Studies Top in Egypt
Sameh Tarek Massoud	Economics High Achievement
Sameh Tarek Massoud	Best Across Three Cambridge International AS Levels and First place in Egypt

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

# WIRED PRESS!

## WIRED Teachers at MES Cairo

MES Cairo Secondary and Primary staff join together once per month in staff development to investigate a host of collaborative tools available online to infuse technology into the curriculum.

Teachers meet in Google-style meetings called a 'Hack' and work with one another across subjects, Sections, and Year and Grade levels to think of ways to enhance the teaching and learning taking place in our classrooms. It is an exciting time as each member of the team blogs about their own learning, how these tools are being used within their own classrooms, and gauging student mastery of the content through the use of these 21st century tools.

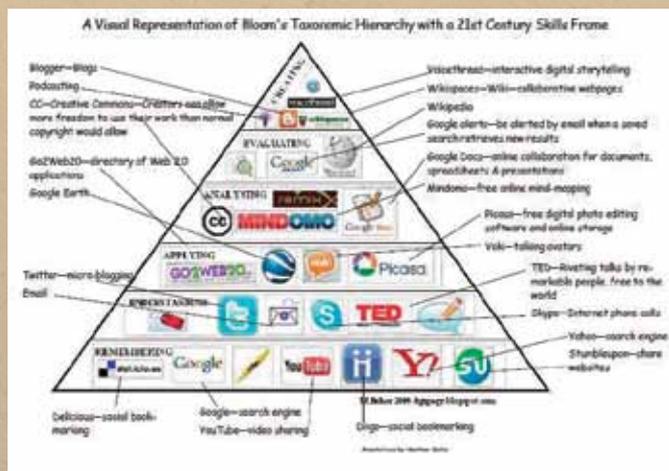
One goal of the WIRED group is to utilize interactive technologies in the classroom to engage all students in the learning process, constantly striving to provide each child with a technology-rich educational experience.

Students use collaborative tools to create and apply content-specific goals. The focus is on how students can use these tools to guide their own learning so they can become truly independent learners. During the month of October and November we have focused on digital tools like Smories, iMovie, Explain Everything, Blabberize, Tellagami, and Photostory, to tell stories and create documentaries about time periods, historical events, and characters in literature. These tools can also be used for students to explain their understanding – for example how to reach a conclusion for a math problem or to find scientific solutions to ecological problems our world is facing.

To enhance vocabulary the WIRED group used Snappy Words and Word Clouds like Tagxedo so students could see how words can come to life and the relationship between one word to another.

As technology is changing our world, so it is changing the way our children process information. It is an exciting time to see the students and teachers working together to provide positive learning experiences for all students.

**Mrs. D. Ballard - Vice Principal, American Section**



## Apple Dubai Middle Eastern Conference

I recently represented MES Cairo at the annual Apple Dubai Middle Eastern Conference. Educators from the UAE, Egypt, Saudi Arabia, Jordan, and Lebanon joined together to discuss and share best pedagogical practices to allow children of all ages to manage their own learning.

Topics discussed were how schools today create flexible learning environments and how to make learning available



anywhere and at any time. In this digital age where learning is now mobile, educators shared the importance of using iPad applications so students can think critically, analyze information, and gain insight into how they learn best.



The conference also focused on the importance of soft skill acquisition and the development of the seven crucial skills needed to thrive in a global market that values an array of skills needed in a knowledge economy. These seven crucial skills are deemed to be; critical thinking and problem-solving, collaboration across networks and leading by influence, agility and adaptability, initiative and entrepreneurialism, effective oral and written communication, accessing and analyzing information, curiosity and imagination.

## iPad Training for Primary and Secondary Teachers



Last November, Apple Dubai (represented by Imad Sinno), and an Apple Distinguished Educator from the UK (Oscar Wilde), led a day of training for both Primary and Secondary MES Cairo teachers.

We explored the potential of the iPad and looked at how the iPad and various applications can be used for the purposes of collaboration, student assessment, how students can use the devices to create content, and how schools can share and distribute content.

This important staff development opportunity allowed teachers and teaching assistants to think creatively about how to execute lessons where students, no matter what the Year/Grade level, age, or subject content, can make choices and take a leadership role in their educational experiences.



It was a stimulating and worthwhile learning opportunity for all and we are thrilled about how this will positively impact teaching and learning here at MES Cairo.



**Mrs. D. Ballard – Vice Principal, American Section**

## iPads for Learning in the Primary Section!



Last summer, MES Cairo purchased 52 iPad minis and 2 Apple Macbook Pros for the Primary Section. In the first term, four of our classes – FS2V, 2G, 4O and 5V - have had thirteen iPad each, to use in a pilot project to see how best we can use iPad to help us learn.

The four class teachers – Ms. Maria, Ms. Lianne, Mr. Mulligan and Mr. Robert, the class TLAs, and Mr. Bassem our Primary IT Manager, all took part in the training last November. *AppleTech* showed us how we can best use some of the applications, including

Puppetpals, iMovie, Explaineverything, Nearpod, Keynote and Showme.

Children have been creating films to explain to others how to do something (Show Me), creating and adding dialogue to plays (Puppetpals), making music (Garageband) and learning about other parts of the world (Applemaps). The children have been showing off their skills with the iPads and showing teachers apps they have used for learning at home.



The four pilot class teachers and some of the children have been sharing what they have learnt with their peers! Every class at MES Cairo now uses the iPads during most weeks. The iPads support learning in the classrooms and are additional to the ICT curriculum which the children follow in their ICT time in the technology suites.

Even our youngest FS children have astounded their teachers with their knowledge about iPads and their intuitive ability to use them. There have been some great conversations in FS2V with children working together, using appropriate English language vocabulary and phrases to support each other and to teach friends how to find an app or how to use the one that they are on.

We have used the iPad across the Early Years curriculum creatively; to do drawings, to record ourselves speaking and take photos of each other working. We have used a number of apps to support our literacy – recognising high frequency words, for letter formation (especially for children who are more reluctant writers). We have also used the apps for Maths and problem solving, recognising shapes and spotting the odd one out.

The children love using the lego app to do building. They also enjoy spot matching shapes and counting a certain number of coins to win a prize.

The best thing about the iPads is that the children really enjoy using this technology. It is fun and it is familiar as so many are using iPads in their homes.

The only danger is that they want to use the iPads all the time!

**Mr. D. Poad - Primary Deputy Head KS2  
and Mrs. M. Shooter - FS2V Class Teacher**

# LIBRARYTOPIA AT MES CAIRO!



Our Libraries are stocked with books on any topic you can think of!

**On** a typical day in the Key Stage One Library, one could find students listening to a story about world holiday traditions and then singing a song. Or, on the top floor in Key Stage Two Library, students could be found creating their own books on iPads. At the same time, in Secondary, students were using their laptops to research information after the librarian and classroom teacher had explained the process.

The library program at MES Cairo promotes both a life-long love of reading and a curriculum of skills for the 21<sup>st</sup> century learner.

In a world inundated with information, our

students are learning how to find and use information and ideas effectively. How do we accomplish this? Library staff members offer library skills activities, story time, book talks, and research lessons. Materials for the library collection are selected to align with MES Cairo instructional goals. To serve the school community, the libraries at MES Cairo have an extensive collection of books, periodicals, A/V items, story kits and online resources.

The Key Stage One Library is located on the ground floor in the Primary School, and serves our youngest students through Year Two. In this colorful, welcoming environment, classes meet weekly for lively activities planned to complement classroom curriculum and to borrow books.

The Key Stage Two Library is located on the second floor in the Primary School, serving students in Year Three through Year Six. In this sun-filled space, students participate in class-based activities borrow from our popular collection of books, find a comfy corner for reading and listen to audio books. Students access two computers for research purposes and search the library catalogue.



Secondary students enjoy studying in the LMC



Checking out books in Secondary



Group research project



Break time reading in Secondary

Grade/Year Seven through Twelve and IB Diploma students find the Secondary Library / Learning Media Centre (LMC) – an inviting learning haven with its abundance of natural light and welcoming environment. It is a popular place during free time: students borrow books, read, meet with friends to study and use one of the fourteen computers. Teachers schedule classes regularly for book checkout and plan collaborative research lessons with the librarian. With electronic resources, magazines, newspapers and over fifteen thousand books, students are taught how to access and use information effectively.

Our three libraries are the focal point of learning and research at MES Cairo. Find our catalogues at <http://library.mescairo.com>.



Valentine's Day in the Library!



I love reading!

Need to find a book, periodical or reliable Internet articles for research? Want to know the return date of your books, or put a book on hold? Look it up in the MES Cairo library.

Useful websites:

<http://www.studyguide.org/MLAdocumentation.htm> MLA is the citation style most used at MES Cairo

<https://owl.english.purdue.edu/owl/resource/747/01/> Another source for MLA style citations

<http://www.easybib.com/> A free automatic bibliography and citation generator.

<http://citationmachine.net/index2.php> A free automatic bibliography and citation generator.

<http://www.thewritesource.com/mla/> Official page for the MLA.

<http://www.refdesk.com/> Fact checker for the Internet, links users to online reference sources.

**Mrs. F. Klein - Head Librarian, MES Cairo**



Checking out books in Key Stage One



Reading on the iPad



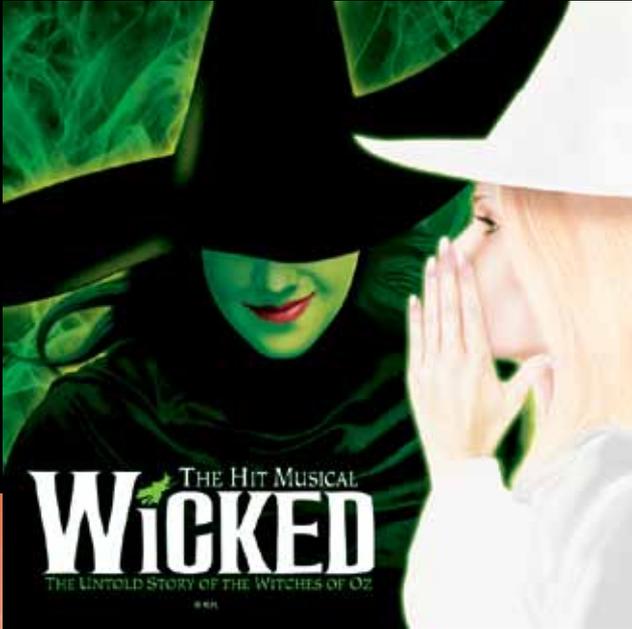
Checking out books in Key Stage Two



Reading is relaxing!



Super Star readers in Key Stage Two



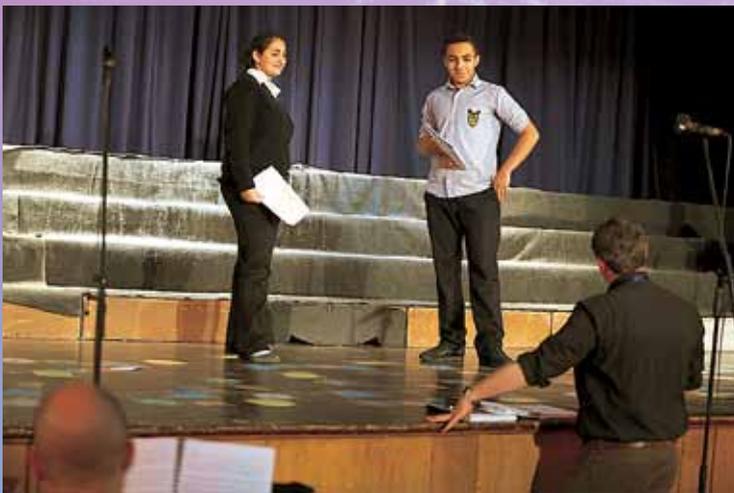
# Another Broadway Smash Set to Hit the MES Cairo Stage

“Wicked – The Untold Story of the Witches of Oz” opened on Broadway in 2003 and ten years later is still pulling crowds in all over the world. Based on a novel by Gregory Maguire, “Wicked” tells the story of the infamous Wicked Witch of the West from the much-loved L. Frank Baum story and subsequent movie, “The Wizard of Oz”. The plot revolves

around the character of Elphaba (who becomes the Wicked Witch later in the story) and her college room-mate Glinda. We learn how she earns the horrible nickname and why Dorothy ended up in Oz instead of Kansas. The show contains some incredible numbers, including “Defying Gravity”. It also contains some spectacular stage effects that only a Broadway or West End theatre can produce – unless you are MES Cairo!

In the grand tradition of attempting the impossible, the MES Theatre, Music, Art and Design Technology staff are all working hard together to re-create the “Wicked” experience for the whole school family to enjoy. The cast have begun learning the music and the set is taking shape. As a Whole School Production, the cast includes students from Primary and Secondary, as well as a few members of staff. The stage crew are ready to go and places on the lighting crew are being hotly contested.

“Wicked – The Untold Story of the Witches of Oz” promises to be another soaring success in the MES Cairo tradition so make sure you do not miss the chance to experience it in March.



## Interview with Mr. Todd Director of Wicked

Interviewed by Omar Younes (Y7B) and Yassin McKay (Y7B)



### What were you looking for in your cast members during the auditions?

We were looking for incredibly good singers for the leads and people who are fun and not boring all the time

### Why do you think 'Wicked' will be a success?

It's a fun, crazy musical with special effects and a fabulous story.

### When the school chose 'Wicked' as the school production, did you agree?

I was one of the people that chose it and we all agree that we have made a great choice!

### What is 'Wicked' about?

It is about the Wicked Witch of the West's childhood and how she became wicked.

### Anything else you would like to say to the MESsenger readers?

It is such an amazing musical so people must get their hands on tickets quickly. If you are not familiar with 'The Wizard of Oz' then try to spend some time reading it, or reading about it, before you watch the play.

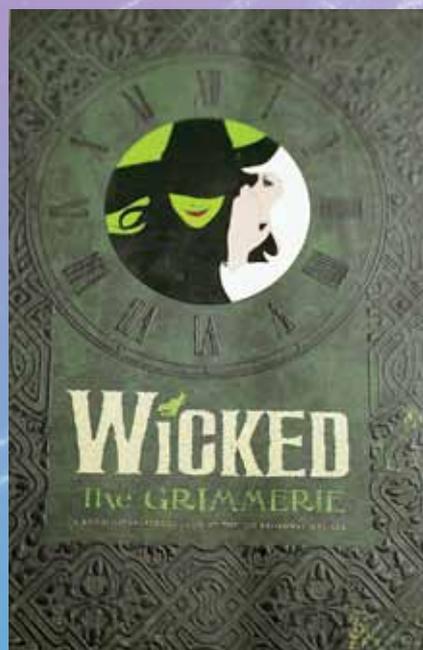
## Interview with The Wizard – Mr. Dodds

### Why did you decide to audition for the role of The Wizard?

Jonathan Todd talked me into it!

### Can you describe the character to us?

The Wizard has a bit of a dual personality...kind, cruel...frightening, soft...compassionate, hard.



### Do you think you are like the wizard in any way?

I would like to think I am not like the Wizard, but we all possess opposite traits, to some degree.

### What did you do to prepare for the auditions?

What did I do to prepare for auditions? As much as I hate to admit it, I really did nothing. I avoided Daniel Tomlin for I knew he would make me come in and sing at some point and I never felt prepared to do that.

### Tell us about the rehearsal process.

For me, the rehearsal process has been very light. This month...March...it will become much more demanding with staying late after school and adding in Saturday rehearsals.

### Do you think that 'Wicked' will be a success?

Of course! The students are extraordinary...the production team is stellar...the adults in the show are having so much fun that I am certain the audience will also. The visuals (set, costumes, lighting) will add so much for the audience to absorb and to be excited about. Yes, WICKED will in fact be a huge success and each of us are so honoured to be a part of this wonderful production.



## INDIVIDUAL GRADUATION PLAN (IGP) – PREPARING AMERICAN SECTION STUDENTS FOR THE FUTURE, BOTH IMMEDIATE AND LONG-TERM



Over the past few weeks American Section students have been meeting with members of the leadership team to discuss and plan for their progress through the American High School Diploma. Every student in Grades Eight and Nine were issued with an appointment to sit down, undisturbed, and discuss the important matter of which courses to aim for during their time in the High School.

The discussions begin with the all-important question: "What are you planning to major in at university?"

Every university course has its own particular entry requirements and so, working from the answer to that question, plans are drawn up to ensure that any high school courses required for a college major are within the student's path towards graduation. A check is also made that all graduation requirements, such as the need for two credits in the Arts, are met.

It is a true pleasure to hold this discussion with each of our students as it acts as a reminder of how seriously and passionately MES learners take their education. Many are already clear in their minds about what they want to do once their time at MES Cairo ends. For those who are

still considering various options, the meeting helps to focus thought and opens up essential dialogue about the future.

**Mr. J. Todd - Dean of Students, Grades 9 and 10**





# American High School 1st Trimester Honor Roll

**These** remarkable students achieved all A and B grades in all of their subjects in the first Trimester. Congratulations!

### Grade 9

Aly Heikal  
Hoda Sherdy  
Karim El Kersh  
Karim Morsi  
Kirilous Gindie  
Mahmoud Badawy  
Nadine Abougabal  
Salma Megahed  
Youssef Hana

### Grade 10

Abdel Rahman Abdel Hady  
Carol Botros  
Doss Bishay  
Fraida Makadi  
Hana Abaza  
Helal Hamdy  
Jomana Abu El Ela  
Karim Al Sandouby  
Laila Kouta  
Mahinar Galal

Mariam Toma  
Mary Apikian  
Menatallah Shaarawy  
Mohamed EL Refaei  
Mona Shaheen  
Omar Kamel  
Omar Khalil  
Randa Khalil  
Randa Zaki  
Seif Saleh  
Sherif El Assiouty

### American High School 1st Trimester Principal Scholar

These outstanding students achieved A grades in every single one of their subjects in the first Trimester. Congratulations!

### Grade 9

Malak Arafa  
Mariam Abdel Ghaffar

### Grade 10

Catherine Abdel Shahid



# Year Eight - IGCSE Options for the Future



Year Eight students recently had to make some very important choices regarding the Subjects that they would like to take in Years Nine and Ten. Many of our students needed some help in what to choose so this year each Department set up their own 'stall', providing valuable information about what it means to choose that particular IGCSE.



Parents and Students were invited in to a meeting led by Ms. Singleton and the Key Stage Three and Four Teams.

They then spent the rest of the afternoon visiting the Subject Stalls, asking questions and gathering information so that they could make the right selection of IGCSEs. Teachers were able to advise students on which subjects to take and what subjects to combine well, depending upon the student's ability, interests and what career path they are thinking of taking in the future.



**Ms. C. Downey – Assistant Headteacher Key Stage Three**



## WINNERS OF THE KEY STAGE THREE HOMEROOM COMPETITION IN TERM ONE

Congratulations to **Year Eight Red** who gained the most points in the Homeroom Competition. During the year, Homerooms accumulate points by carrying out simple tasks such as getting their Planner signed and updated and returning forms and letters from parents.

They also gain points for involvement in School Life such as charity work. Year Eight Red raised just under 3000LE! We also look at participation in ASAs, representing the school in Sporting Events and other contributions made to the life of the MES Cairo.

Year Eight Red enjoyed a pizza lunch at the end of last term.

*Who will win it this term?*

**Ms. C. Downey – Assistant Headteacher, Key Stage Three**



# CELEBRATING OUR STUDENTS IN KEY STAGE THREE

**Mrs.** Singleton, Principal of the British and IB Sections, hosted the very first Principal's Lunch on 15<sup>th</sup> December 2013. Nine students from Key Stage Three were invited to attend, as a result of their doing something extra special this term – from getting an 'Excellent' for effort in class to being a good citizen... from being an excellent sportsperson to being a Homeroom Representative.

We look forward to hosting more of these in the New Year!



**Grant Goddard (Y7G)**

Grant makes a stand for his peers when they need friends to support them. He also represents MES Cairo in the Basketball Team.



**Hussein Gad (Y7G)**

Hussein is working really hard in every lesson and so eager to do his best and to improve. He is also a valuable Homeroom Representative.

**Aisha Aziz (Y8B)**

Aisha is an extremely hard worker. She is stoic and friendly at the same time. She has shown courage and conviction this year.



**Ahmed El Masry (Y8B)**

Ahmed is always looking out for his friends, keeping the peace and his is a great mediator.



**Nafisa Jibrilu (Y7G)**

Nafisa is an exceptional athlete, involved in all sports teams. She is an excellent leader and Homeroom Representative



**Natalie Osman (Y8R)**

Natalie is a conscientious, hard-working student and an active member of the Homeroom Committee



**Ali Atia (Y8R)**

Ali has been working consistently hard. He is extremely conscientious and very well-organised. He had an excellent report, is a Pioneer, is on the Gifted and Talented Programme and has represented the school in the Spell Bee Competition.



**Ismail Rizkana (Y7B)**

Ismail is demonstrating excellent leadership skills. He represents MES Cairo on the basketball team and is an active Homeroom Representative.



# Secondary Curriculum News

## English Matters



### SPELLING BEE: WORDS ON THE BLOCK!



Year Seven and Year Eight were positively buzzing with excitement at the Spelling Bee held by the British Section English Department at the end of Term 1!

#### How did it all start?

All classes had spelling heats in class to determine which students would go through to the finals. Initially, it was decided that the two best students from each class would participate but as the students were so brilliant, some classes had four or five finalists as there were so many ties.

#### Let's spell it all out!

At the finals the students were understandably nervous. For a Spelling Bee you have to say the letters of the words (no writing or notes, no help from anyone – you are just there, put on the spot, with not much time to think). Additionally, a letter, once said out loud, cannot be taken back so you have to be very careful, although you can take time to think. Despite the pressure all the students performed wonderfully. We have some great spellers and all the participants are to be congratulated.

#### The Competitors

**Year Eight Blue**  
Aisha Abdel Aziz  
Marwa Gaber

**Year Eight Yellow**  
Salma Walid  
Salma Ahmed  
Laila Diab

**Year Eight Red**  
Aisha Morsy  
Ali Tarek  
Larea El Seesi  
Natalie Osman

#### Year Seven Red

Karim Ramadan  
Farah Kabesh  
Yousef Moustafa

#### Year Seven Green

Hala El Tawil  
Bassel Gergis  
Hussein Gad

#### Year Seven Yellow

Lina Ayyad  
Nadeen Nomros



#### Wonderful Winners

Our winners this term are:

#### Year Seven

First Place: Nadeen El Nomrosy (Y7Y)  
Second Place: Youssef Moustafa (Y7R)  
Third Place: Farah Kabesh (Y7R)

#### Year Eight

First Place: Salma Walid (Y8Y)  
Second Place: Marwa Gaber (Y8B)  
Third Place: Ali Tarek (Y8R)

#### The Future

Later this year we hope to take part in the National Cairo Spelling Bee Competition. MES Cairo was victorious in this competition last year so ... watch this space!

Last but not least, a big thank you to my department for all their help with the heats and especially to Ms. Downey and Mrs. Clingan for their support during the event.



Ms. T. Sliney – English Department, British Section

# English Matters

## iPads in the English Classroom



How can iPads best be used in an English lesson?

**Head of English, Ms. Sheehan,** told us: 'We are very excited by the addition of these devices to the array of tools we use to enhance the learning of our students. We dedicate a part of our Department meetings to investigating how to incorporate the technology into our schemes of learning and only use the tablets if we are sure that there is more to their presence in our lessons than a simple gimmick. If we cannot see a definite benefit to their use then we will rely instead on the plethora of tried and tested resources already in existence. Our aim is to utilise the best features of the iPads to complement our talent and skill as teachers. We do benefit from the attitude the students have towards



the tablets as they are very much a part of their daily lives. What is new and innovative to us is a standard tool to the students and their use seems natural to them. While we are still widening our eyes in wonder, the students remain entirely focused on learning English! The potential is massive, not only for English, but for developing a multitude of skills across the curriculum. By taking things one step at a time we are making sure that the iPads are used to best effect. We are a learning community here at MES Cairo and it is exciting to observe teachers and students developing these skills together!'

Year Seven Green students were eager to help Mrs. Cole in her experiment as she used the iPads in the classroom for the first time! As a class, we used Padlet which is an interactive wall where everyone in class can leave their ideas, thoughts and comments. We all shared our favourite Superheroes and Villains as inspiration for our narrative writing unit. Year Seven Green then showed their competitive spirit by playing on Woords, which is a fantastic free app which encourages students to play with letters to make new words. Manar was able to create a word using all nine letters and gained herself a merit! As we were brainstorming ideas about superheroes, we realised that the iPads were really useful as we had instant access to search engines such as google and google images. Everyone produced great notes in the lesson and most of all, had fun!

**Mrs. J Cole – English Department, British Section**

### READ FOR YOUR LIFE POEM OF THE WEEK



Each week, an MES Cairo Secondary teacher chooses one of their favourite poems and displays the poem on the 'Poem of the Week' display board. The students can see that Science, Geography, PE and even Maths teachers, all love to read poetry! This encourages us to read more poetry ourselves. As we read the new 'Poem of the Week' on the board

each week, we learn about the poem, its context and what it means to our teachers. Here are some Key Stage Three students enjoying Mrs. Cole's Poem of the Week during a recent break time.

**Mahmoud El Shabba (Y9G)**

### KEY STAGE THREE HOMEROOM READING INITIATIVE

Year Seven and Eight students are reading for their lives during Homeroom Registration time in the mornings. Twice per week, Year Seven and Eight students and their Homeroom Teachers are committed to spending the time engaged in silent reading. The scheme has been running for a few weeks and is proving to be very popular and successful.

We recently sent home a leaflet giving advice to parents: "20 tips to help your child to read at home". Keep reading everybody!

**Ms. S. Sheehan – Head of English, British and IB Sections**



# English Matters

## Talk for Leadership

### Socratic Seminars



**Socratic Seminar**

**Prewrite**

- Thoughts and ideas about text
- Questions on topics you may want to bring up

**Why?**  
To gain a deeper understanding of a text

**Seminar**

**Post Write**

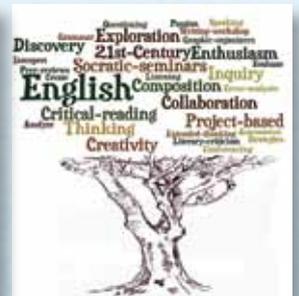
- Reflection
- What did you learn?
- How did you increase your understanding of the text?

***'True knowledge exists in knowing that you know nothing. And in knowing that you know nothing, that makes you the smartest of all.'***  
Socrates 469 – 399 BC

Y9 IGCSE ENGLISH LITERATURE

**OUR RULES FOR TALK**

- Everyone should be given time to share their opinions.
- It is okay to ask for reasons why.
- Be critical of an idea, not the person who put it forward.
- If people challenge your ideas, you can give reasons.
- Discuss all the alternatives before deciding.
- Concentration and self-discipline are crucial
- We can agree to disagree
- Respect other people's ideas.
- The group tries to agree before making a decision.
- The group should try to stick to the topic.
- All relevant information is shared among the group.
- In dialogic talk, build on what the previous speaker said.
- Be flexible and be prepared to change your mind
- Look at and listen to the person who is talking.
- In exploratory talk if someone gives a reason you don't think is good, you can question it.
- Don't take credit for other people's ideas
- Use appropriate terminology for discussion
- Don't let friendships get in the way of your opinions
- No gender based comments should be made
- This subject is taught in English so we must speak in English throughout
- Use positive body language and sounds when speaking and listening
- Do not interrupt when someone else is explaining
- In whole class discussions, put up your hand before speaking
- Sharing good ideas during group work doesn't mean cheating
- It is okay to gently prompt others if they can't find the word they need



If you step into a Secondary English lesson at MES Cairo these days, you would be forgiven for thinking you had stepped back in time to Ancient Greece. The Socratic Seminar model of academic discussion was developed by the Greek philosopher Socrates in 489 BC and is now revolutionising learning in Secondary English lessons here at MES Cairo.

Far from discussing Trojan wars and gladiatorial games, the students at MES Cairo are learning how to shape the language they use into the formal and academic language used to discuss current and complex ideas.

Ms. Sheehan, Head of English in the British section, sparked the use of this technique within her Literature groups, with roaring success. Students learnt, not just the subject knowledge required for their exams, but the ability to express their ideas and evaluate the contributions of others.

The basic structure of a Socratic Seminar is that a core group of students use 'frames' or 'sentence starters' to structure a response to text or question. Whilst they are discussing, the remaining students evaluate the way the students having the discussion perform. The key is that the students are heavily involved in the feed back and evaluation so they need to think critically throughout the process.

Since the idea was first introduced, it has blazed throughout the department popping up in all sorts of lessons from Year Eight lessons on 'Romeo and Juliet' to Year Nine lessons on 'Animal Farm'. However, the biggest claim to success this project can make is that the students love taking part.

As we all know, students at MES Cairo can talk, so this project is playing to the students' strengths as learners to better their intellectual output and ultimately, their examination performance.

Aside from these benefits, the students themselves lead the discussions, giving them the opportunity to take responsibility for their own learning. Producing independent and well-rounded learners is something MES Cairo has always aimed for and these seminars are clear evidence of success in this area.

In the English Department, we will not only continue to use Socratic Seminars to structure the learning in our own lessons, but we are anticipating other subject areas using this method too.

And if you're wondering what Socrates himself would have thought about this, maybe it would have been something like this: "Education is the kindling of a flame, not the filling of a vessel". Let's just be thankful that our students are plainer speakers!

**Mr. J. Wise - English Department, British Section**





# YEAR NINE DEBATE

The concluding lessons before the February half term break saw a flurry of excitement in Year Nine English lessons in the British Section.

Classes across the year group pitted their wits against each other to discuss inspiring words by one of Britain's most influential writers: George Orwell.

Orwell often provokes discussion, so what better way to start the study of one of his most seminal texts 'Animal Farm' than by discussing the ideas which will form the backbone of their contextual understanding of the novel?

During both discussions the students' enthusiasm was tangible but both Mr. Campbell and myself were left feeling a strong sense of pride as the students entered the room in composed manner, setting the correct tone for what was to come. There was precious little need to waste time reviewing the structure of the debate as it was clear that all the students had come prepared with an arsenal of points and objections to challenge their opponents.

As soon as the students started it was evident that a teacher's role in the lesson had come to an end. Articulate, polite and resourceful, the students exchanged viewpoints delving deeper into the subject matter. Whilst the students didn't always agree, they pushed their emotions aside and proved their mental facility by providing evidence to support their ideas.

The concluding statements spoke volumes for the students' ability to listen to each other and respond in a well thought out manner. To add a touch of sportsmanship, each team gave a resounding applause to their opponents.

While a lack of 'winners' or 'losers' was frustrating for some, the journey the students went through in their discussions unearthed some thought-provoking insights. This leads to the most important conclusion of them all: when discussion is polite, structured and meaningful everyone is a winner.

**Mr. J. Wise - English Department, British Section**



## Shaking up Shakespeare in Year Seven and Year Eight English



This term, Key Stage Three students have been studying 'A Midsummer Night's Dream' and 'Romeo and Juliet'. With Mrs. Clingan and Mr. Wise, Year Eight had great fun acting The Balcony Scene and getting to grips with some challenging Shakespearean language. Ms. Sliney, Mr. Campbell and Mrs. Cole's Year Seven students tried their hands at set design, as well as playing impressive roles in various scenes in the magical forest outside Athens! Look at the intricate sets Mr. Sliney's students designed for 'A Midsummer Night's Dream!'

**Ms. S. Sheehan – English Department, Secondary British Section**



# Magical Maths with Mr. Vandermarel!



MES Cairo does not only set high expectations with regards to the academic achievements of its students, but also considers it as its responsibility to positively develop students' personalities. This approach acknowledges the person as a whole and that students from MES Cairo are the future economic and political leaders of Egypt. For that reason, MES created a Graduate Profile listing attributes and skills which all students should work towards developing over their years in school and beyond.



The qualities of the Graduate Profile will not suddenly appear. They need to be developed, which requires time and effort. Students of Year Seven Blue and Yellow therefore tried several specially designed strategies in their Maths classes. All strategies aimed to develop students' independent learning skills turning them into more independent, resourceful, resilient, flexible and confident problem solvers.



First of all, students have been engaged with an activity called 'My Favourite No'. Students answered a question on a separate piece of paper by themselves and, when they were finished, gave their solution to Mr Marel. After three minutes, Mr Marel, instead of praising those students who approached to question correctly, celebrated one particular student who was wrong! This was Mr. Marel's 'My Favourite No'. During a class discussion, students analysed the mistake and thanked each of their peers for providing the opportunity for everybody to learn from each other's mistakes. Students realise that making mistakes is a normal part of their learning process. The activity encourages students to be creative and take risks finding their own method to solve a problem. Then, by reflecting upon each other's strategies, students, as independent learners, will improve their own.



The second activity students carried out, in preparation for their end of term examination, was a carousel activity. Students were divided into groups and had to create a mind-map about a particular topic. After five minutes, groups moved to a different table and added to and improved a mind-map on a different topic which another group started. Considering all groups were only allowed to use one marker and all groups had a different colour, students could easily distinguish between their and other groups' contributions. By expressing their thoughts, collaborating with other students and reflecting upon the inputs of the members of all the groups, students were able to organise their thoughts and improve their strategies. When the carousel made a full turn, each group studied all the contributions on the mind-map they started with. As experts of that particular topic, they then gave a short presentation in front of the whole class.



For their final activity, students created a maths dictionary and a learning journal. Students wrote all the subjects' keywords, those they encountered during this academic year, into their maths dictionary on their appropriate places. The creation of this document familiarised students with the necessary language needed for them to engage with the subject as independent learners. To make sure students learn to use those words in their appropriate contexts, students created a learning diary. In this diary students commented on their learning using sentence stems displayed in the classroom. The creation of both documents also gave students a sense of ownership over and responsibility for their learning.



Understanding that the development of the Graduate Profile's qualities will take time, Year 7 Blue and Year 7 Yellow students will continue to engage with these activities throughout the year. Mr Marel will also look for more opportunities for students to develop these important qualities while increasing their understanding of math and having fun at the same time!



**Mr. J. Vandermarel – Secondary Mathematics**

# COMMERCIAL STUDIES DEPARTMENT YEAR EIGHT INDUSTRY DAY



Last November, the Commercial Studies Department hosted Year Eight Industry Day. This was the third successful Industry Day since its introduction as a British section event in 2010. This year the school decided to begin to involve MES Cairo alumni entrepreneurs for the first time. Consequently we were delighted to welcome the budding entrepreneurs Laila and Adel Sedky back to school for the first time since 2003. The two founders of Nola Cupcakes inspired and motivated the students with their confident, articulate and visionary presentation.

Since the event's inauguration at MES Cairo, one entrepreneur has been hugely instrumental in its success. Mr. Amr Kamel, the manager of GTO and 5-d Consultancy, has presented and helped with the activities since the beginning. This year he presented a motivational speech on the future of marketing, focusing on the power of social media. Students found the topic immensely interesting and

engaging as many of them are already fully immersed in the power of Twitter, Facebook and Google+, to name but a few.

This year's challenging and exciting activities included the 'Balloon Challenge' where students had to construct the tallest free-standing balloon tower, drawing on skills they have been developing such as resilience, reflection and resourcefulness. These skills form an integral part of the MES Cairo Graduate Profile.

The second Activity was 'Sam the Van production line', where participants had to compete in teams to construct 3D vans and sell them to the local market place. This activity promoted the use of the division of labour and specialisation, encouraging students to understand the importance of teamwork, leadership and collaborative learning.

The final activity was 'Cadbury's Chocolate Challenge'; a team-building exercise in which students designed a marketing campaign for a Dairy Milk. The teachers were very impressed that the students managed not to eat the chocolate props kindly donated by Mr. Morris. I suspect, however, that the delicious cupcakes donated by the Nola helped to keep the participants away from temptation by giving them an extra sugar boost before the final presentations on stage!

Mr. El-Hoss would like to thank the entrepreneurs and all the MES Cairo staff who gave their time in helping to organise the day. The Commercial Studies Department was very proud of the quality of work and resourcefulness of the Year Eight students as they presented their marketing campaign and advertisement skits.

Finally, well done to Kheper House for winning the House Competition on the day.

**Mr. D. El-Hoss – Head of Commercial Studies Department**



# HUMANITIES HEROES!

# Wow!

**Congratulations to the following Year Seven and Eight students who have so far been awarded prizes in the Humanities Heroes awards.**

Students are recognised as Humanities heroes after fulfilling several of the attributes of the MES Cairo graduate profile. These students are at the top of their game in Geography and History and have really impressed not just their class teacher but all of the teachers working in British section Humanities!

Well done and keep up the great work!

Remember, next time it could be you!

**Youssef Moustafa (Y7Y)**

**Salma Walid (Y8Y)**

**Aisha Morsy (Y8R)**

**Nyra Soliman (Y7G)**

## Year Seven examine the world's worst natural disaster!

# This

term, Year Seven have been looking at some of the world's worst natural disasters.

We have focused our studies on the catastrophic Indian Ocean Tsunami of December 2004 and the Japanese Tsunami of 2011. Students have investigated the reasons for these natural disasters, as well as how the rest of the world helped these countries to recover.

Year Seven once again excelled themselves with the quality of work they produced in their mid- topic projects. Students were asked to research, plan, develop, make and present a project on the Indian Ocean Tsunami of 2004.

Key aspects of the Tsunami had to be covered as part of the project, including:

- What happened?
- Where?
- When?
- How?
- What aid was put in place to help the countries affected?
- What were the social, economic and environmental effects?

Many students decided to make models replicating what happened and how.



Some developed their own documentaries and appeal adverts, many videoed themselves as newsreaders reporting on the disaster and one group even wrote their own song!

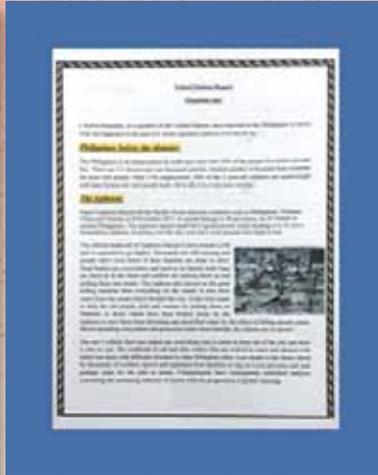
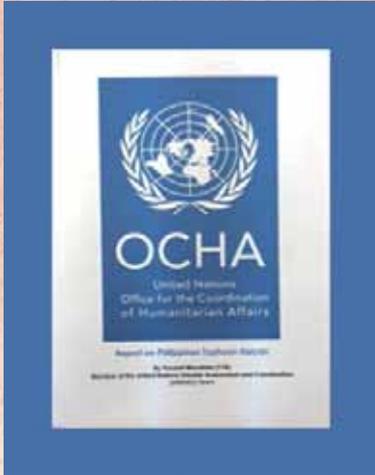
Mrs. Rainford and Miss Dickens were really blown away by what we saw and it was clear that a huge amount of time and effort had gone into the projects. Many students were even coming to Mrs. Rainford's room during their breaks to finesse their models and videos, demonstrating just how dedicated and enthusiastic they were.

Well done Year Seven! Keep up the excellent work.

**Mrs. Rainford - Head of Humanities, British section**

# Geography in the real world!

## Typhoon Haiyan



**Key** Stage Three students put their Geography skills into practice last term. They became United Nations ambassadors on a mission to the Philippines to survey the damage caused by Super Typhoon Haiyan. The Super Typhoon hit the Philippines on Sunday November 10<sup>th</sup> 2013. Winds of up to 240 miles per hour ripped through the small island in the Pacific. Thousands of people lost their lives and millions are left without food, water and shelter.

This disaster is happening right now. As we were learning about the typhoon in the comfort of our classrooms here at MES Cairo or seeing it on the news and in the newspapers, thousands of people

were still looking for their families and friends amongst scenes of devastation. Thousands of people were living it!

The Humanities department wanted to raise awareness of this deadly natural disaster to enable our students to link what they learn in the classroom to real life. Mrs. Rainford explains 'It is important that students understand and appreciate that Geography is happening right now, all over the world. It is not just something we learn about in the classroom, but is something that we are living through day in, day out'. A unique lesson and task was therefore designed for students in years 7 and 8 allowing them to become United Nation ambassadors for the lesson. It was their job to investigate what happened in the Philippines in relation to Typhoon Haiyan.

Students were shown various sources of evidence from what happened on that fateful day. News bulletins, photographs, news articles and maps of the areas affected. It was their task to assess the causes of the typhoon, the impact it had on the people, the environment

and the economy and decide what help we could give to the people of the Philippines in their time of need.

Year Seven and Eight students took the task very seriously, engaging with the information being given to them and discussing the various causes and effects of the disaster. Students were asked to place themselves in another person's shoes to really get a feel for what life is like in the Philippines after the Typhoon struck. Mrs. Dixon said, 'It was a pleasure to teach this lesson to such compassionate and emphatic young people. Many students were visibly shocked and upset by the scenes of the typhoon that we looked at together, and dealt with such a difficult topic in an extremely mature way. Maybe we have some future UN ambassadors amongst us at MES Cairo!'

Feel free to visit the British Humanities department in N building to take a look at some of the reports our key stage three students have produced.

**Mrs. J. Rainford - Head of Humanities, British Section**



### Grade Twelve Photography Class of 2024 The Future of Egypt

The exhibition of portraits displayed in this gallery is the result of a month long collaboration of FS1 students and Grade Twelve American section Photography students. Applying skills and techniques learned in the classroom, Grade Twelve Photography students set off to complete a real life photo shoot. They spent several weeks gaining the trust of younger students in the hopes of capturing an image that would communicate each child's personality and unique qualities. The final result was more than a collection of amazing photographs, but an experience that brought together the complete MES Cairo family.

**Mr D. McKoski – Photography Teacher**



Taking photos of the little kids in Primary was both a great and challenging experience. I had never before been put in a position where I had to be in charge of a child and also be the photographer at the same time.

First we were assigned the names of the children and we were in charge of calling each student out to photograph. I wasn't sure what to expect from the kids, but as we visited each class a couple of times to reshoot, I figured that things worked out best when they feel like they're in control. I usually started off by telling them "Ok, we're going to take pictures at these two locations, where do you want to go to first?" Just that little amount of control over the situation is often enough to get them excited.

There was this one specific boy, all he wanted was to take photos using my camera. He would turn around every time he saw the camera facing him. So I made a deal with him, for every two good pictures I take of him I let him take a picture himself using the camera. He gave me his back for a couple of seconds, and then he turned around wanting to shake hands to make a deal. I was finally able to take great shots of him, as long as I kept my side of the deal.

Yasmine Ashmawy (G12B)



# Art Beat

## American AP Art & Photography



Alaa Sayed (G12B)



Soha Mahgoub (G12G)



Khalid Samy (G12R)



Rana Nassar (G12G)

### Class of 2024 Photo Gallery

#### The Future of Egypt

There was great excitement when the Grade Twelve students first arrived in the FS1 pod. Who are these giants and what do they want? They are so big! The FS1 children soon made many new friends and were very excited to show the Grade Twelve's around our pod and classrooms. Taking photographs of some of them proved very difficult in some cases as a FS1 child can move as fast as lightning! The Grade Twelve students demonstrated great patience and enthusiasm and were very creative in choosing many different ways to take photographs of our children. They were very kind and caring and the results of the project show the lovely relationships they made with our children. The pictures were displayed in the entrance of the FS1 pod and we were extremely proud to share them with our parents during our parents evening. The photos will be given to the parents as a lasting memento, as part of their child's FS1 Learning Journey. The FS1 team would like to thank all the Grade Twelve students for their hard work. We are all so proud of them.

**Mrs L. Mobasher – Foundation Stage Teacher**



Ahmed Mosalam (G12R)



Ahmed Badawy (G12G)



Eisha Shokeir (G12Y)



Sohila Eita (G12R)



Nadine El Essawi (G12B)



Mostafa El Masry (G12Y)



Amr Wahba (G12B)



Mireille Bedros (G12B)



Mohab El Sayed (G12G)



Yasmin Ashmawy (G12B)

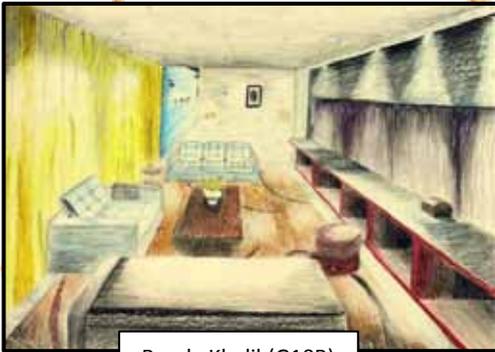


Nour El Haddad (G12Y)

## Grade Ten

### One-Point Perspective Project

Grade Ten students have used their prior knowledge of coloured pencil blending techniques and enhanced their drawing skills in this project. Using a secondary source of an interior showing one-point perspective unique to each student, they were able to create the drawing using the colour scheme and perspective of their source. **Ms J. Tompson – Art Teacher**



Randa Khalil (G10R)



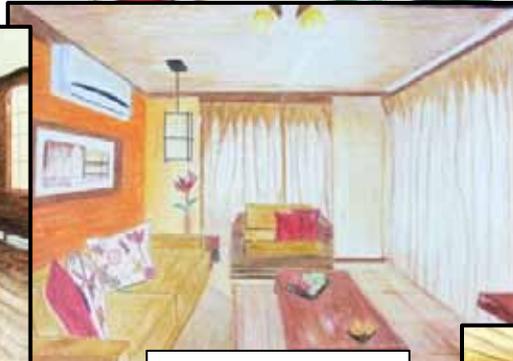
Jumana El-Safty (G10G)



Mena Shaarawy (G10B)



Mahinar Galal (G10G)



Careen Bablli (G10R)



Farida Makadi (G10B)



Carolos Botros (G10Y)



Farah Gouda (G10Y)



Catherine Abd-El-Shahid (G10Y)

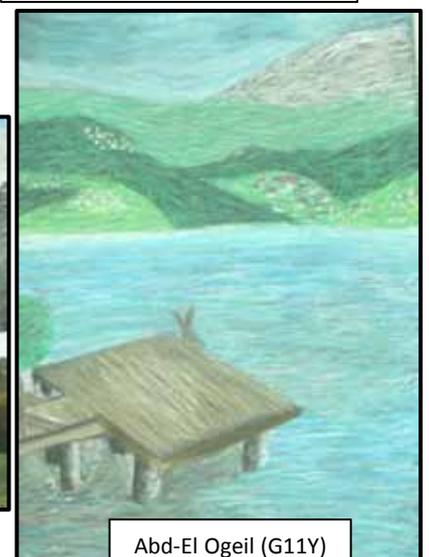
## Grade Eleven and Twelve Landscapes

The objective of this project was to draw a landscape with an image in the foreground. Using a secondary source(s), Grade Eleven and Twelve students became immersed in this project through their development of chalk pastels. They explored the numerous special techniques this medium has to offer and are delighted with the results of their piece.

**Ms J. Tompson – Art Teacher**



Meriam George (G11Y)

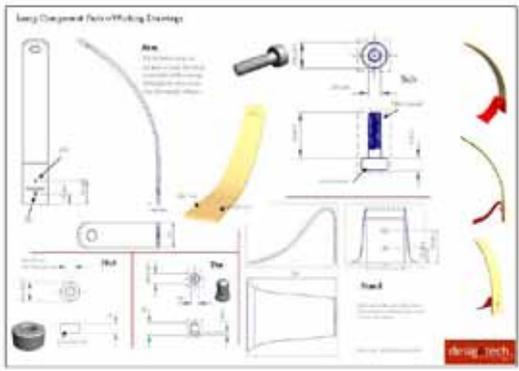


Abd-El Ogeil (G11Y)

## Edexcel A Level Design and Technology – Product Design

September 2013, saw the introduction of A Level Design and Technology into the curriculum at MES Cairo. The first cohort of students have recently completed their Portfolio of Creative skills. In this unit, they have had the opportunity to develop their creative, technical and practical skills through a series of product investigations, design and manufacturing activities. This accounts for 60% of their AS final grade. The remaining 40% of the course being the final external examination. The present cohort of students are from both Year Eleven and Year Twelve, some of which did not study Design and Technology at GCSE level prior to embarking on this AS course.

Mr T. Cooke – DT Teacher



Edexcel's GCE in Design and Technology: Product Design course seeks to develop students' knowledge, understanding, skills and application for designing products. Product design encompasses a wide range of design disciplines but is firmly rooted in the skills required to design and make high quality products. Products that are fit for purpose, satisfy wants and needs, enhance our day-to-day lives and, most importantly, give students the opportunity to demonstrate their design and technology capability.



Next year, the students will use all the skills learnt in the AS course to design and make a product that meets the needs of a client/user group. The project must be approached in a commercial manner, reflecting how a professional designer might deal with a design problem and its resolution. The choice of the design project should have a real commercial use in that it should be useful to a wide range of users and it should be designed to be commercially manufactured.

With the enthusiasm of the present students and the new metalwork equipment in the workshop, we are expecting some very exciting project outcomes in the new future.

Students in the workshop working on the lamp project

### DT in Key Stage Three and Year Nine

It has been an exciting and busy first term for DT students. Year and Grade Sevens and Eights completed their Sketching Unit with all students producing a final Rendered 3D Presentation. The standard of work produced was excellent Year Sevens and Eights are now manufacturing their respective models in the workshop having researched, investigated and designed their solution. Year Sevens are making a wooden Paper Gripper while the Year Eights are manufacturing a Desk Tidy using wood, plastics and metals. Future projects include a 3D modeling software task and more workshop based manufacturing.



Our Year Nines are also busy in the workshop producing a wooden storage box using all the skills they have built up over the past Term. The students have generated a huge range of interesting lid designs and are now making them in acrylic. The rest of this term will see them progress onto the design and manufacture of a metalwork project, and develop their computer aided design skills using Pro-Desktop software.

Mr D. Walker – DT Teacher

### Mid Year Exams

It was that time of year again, when the mid year exams are scheduled, and Years Ten, Eleven and Twelve get the opportunity to practise and refine their skills in preparation for their exams later in the year. It is a particularly important time for art students to experiment with a wide range of mediums and really explore in depth how they will develop their ideas, showing them both visually and in written form. We wish all our students good luck in their exams and hope that they work hard over the next term to fulfill their potential and obtain the best grades they can.

**Ms K. Tapsell – Art Teacher**

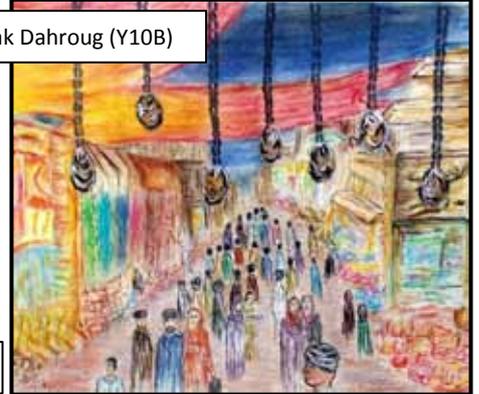
Year 11 and Year 12 – AS and A2 Examinations



Year 10 – IGCSE Exam Final Pieces

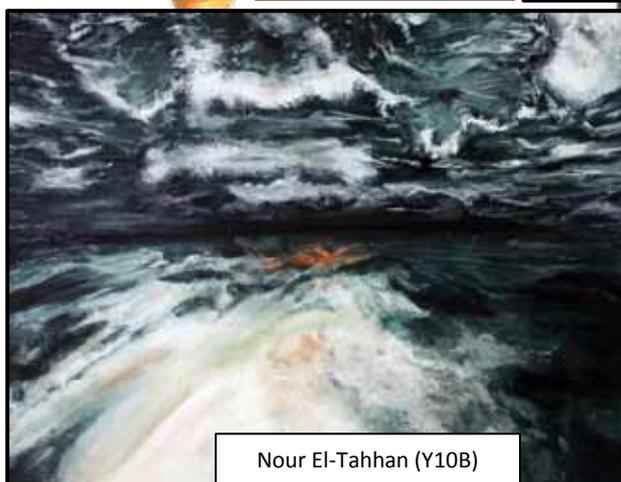


Malak Dahroug (Y10B)



Aya Wahdan (Y10B)

Alara Kalafat (Y10R)



Nour El-Tahhan (Y10B)



Aalaa Yassin (Y10Y)



Yasmina El Dairy (Y10B)

# Art Beat

## British IGCSE/AS/A2

Alya Yakout (Y9R)



Lama El-Shazly (Y9B)



MES Cairo is proud to be able to offer IGCSE Photography as an exam option this year. Year Nine have begun Term One with a series of practical lessons investigating photographic rules; the formal elements of art and their digital camera's functions. They will move onto contextual studies in Term Two with a series of research and exploratory projects to develop their understanding of photography as a fine art, a craft and its place in modern history. These projects will underpin the creative processes they will use for their exam submissions next year.

**Ms K. Tapsell – Art Teacher**

Year 9 have explored lights and how to create silhouettes...

Tuleen El-Shazly (Y9B)



...then experimented with digital manipulation by using Photoshop to create 'Apple' advert style images...

Youssef Saied (Y9B)



Alya Yakout (Y9R)



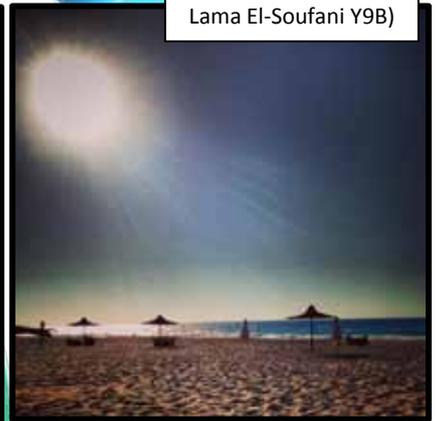
Mahmoud Bedier (Y9B)



Hatem Osman (Y9R)



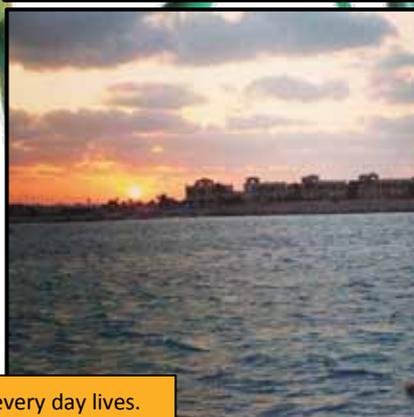
Lama El-Soufani Y9B)



Mahmoud Bedier (Y9B)



Hatem Osman (Y9R)



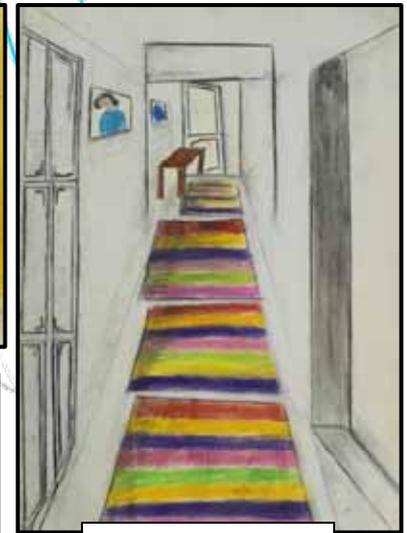
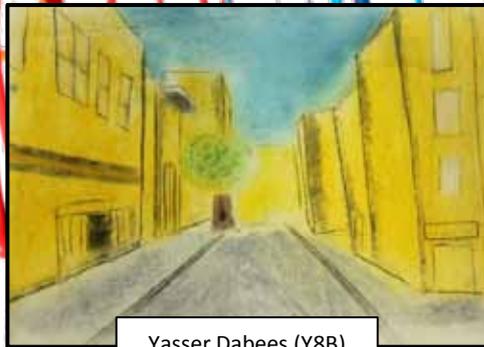
...and photographed the beautiful natural light in their every day lives.

## Happy New Year MES Cairo Artists!

Seif Taha (Y8Y)



Yasser Dabees (Y8B)



Hassan Amer (Y8Y)

Year Eight have been very busy this term working on a perspective project. They have explored both one-point and two-point perspective in a range of exercises and have experimented with tone to create strong 3D effects. For their final pieces they have devised their compositions by taking photographs of their own built environment and could choose between using either types of perspective. Students used their secondary sources to plan and develop their compositions and create a sense of space. They have explored a variety of mediums including pencil, charcoal and white chalk, as well as being introduced to chalk pastels, which is a very tricky medium to use. It can be used to create both hard and soft effects but however it is used it is very messy and students had to factor this in and learn how to control it well.

**Ms K. Tapsell – Art Teacher**

Aly Ahmed (Y8Y)



Farah Moustafa (Y8R)



Khalid Sabek (Y8R)



Farida Soliman (Y8Y)



Omar Sadek (Y8Y)



Lana Al-Seesi (Y8R)



Natalie Osman (Y8R) successfully completed her class project and was set the challenge of an extension project. She could choose to draw the inside of any of her cupboards at home and apply perspective. Here she has used perspective to create a fantastic image of bottles, with lots of detail and a strong sense of foreground and background. Well done, Natalie!

Karim Nagy (Y8Y)



Natalie Osman (Y8R)



# Secondary Learning Development Department News



The Secondary Learning Development Department has been working hard on several initiatives this term in terms of training, technology and enhancing our online presence via Moodle.

Our department has held two dedicated 'Think Tanks' on how to identify and support students with dyslexia and ADHD in the classroom. We used the Think Tank as a springboard to generate practical ideas and advice for students and their parents, as well as teachers. We were also lucky enough to be able to attend a special tailor made session on nutrition and its impact on academic performance and

behaviour, from our in-house 'expert' Science Teacher Suzanne Barakat. Her three top tips, which would be useful for any of our students, were to always have a healthy breakfast, to try and include protein in all meals and snacks and to drink water throughout the day. By continually developing ourselves as professionals with training, we keep up to date with recent developments in education as well as building on the varied experiences of the department.

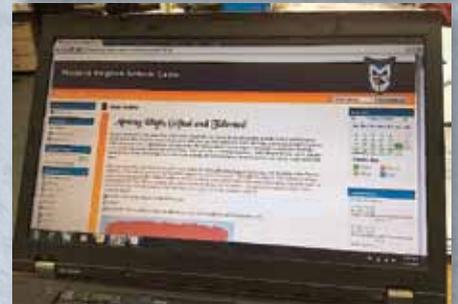
Our team has been embracing the opportunity to learn about new technology and how it can be used in the classroom. During two dedicated sessions, we had the chance to use the school set of Apple iPads first hand and discover ways that they can enhance the learning experience. From using Virtual Heart App which lets young scientists explore multiple real time views of the human heart, to Puppet Pals, a fun and interactive app which allows students to create unique videos with animation and audio, the team soon got to grips with the iPad potential. Built in multi lingual dictionaries and other useful accessibility options mean that students are able to independently create and learn in class. The Apple iPad technology allows students to create and design, especially when using story telling apps, animation creators and being able to generate their own videos which consolidate their learning.

The Learning Development Department has also been developing our online support presence for both Gifted and Talented students through the 'Aiming High' dedicated Moodle page, and the wider access support forum of 'The Learning Hub' which launched in November to all students. 'Aiming High' contains useful documents, links to websites and educational but fun video links designed to challenge and spark curiosity of our most able students. Linking to the popular TED Talks, the videos chosen hope to be thought provoking, inspiring and enlightening. 'The Learning Hub' has everything from suggested reading ideas to goal setting advice to access to online dictionaries and tips for spelling. As a department, we have been delighted to see how many students have started to regularly access and use the resources available to them via these Moodle pages at home.

## Our top learning tips for the term ahead...

- Find a quiet, well lit and comfortable study space for doing homework and revision
- Visit 'The Learning Hub' on Moodle for lots of support and advice!
- Eat a healthy breakfast every day and always carry a bottle of water with you to school
- See your teachers if you have any questions about what you are learning and need assistance

Mrs. J. Cole - British Section Secondary Learning Development Coordinator



# GIFTED AND TALENTED NEWS

**This** term we welcome our latest Year and Grade Seven recruits to the MES Cairo Gifted and Talented programme. They join our existing Year and Grade Eight students.

Throughout the academic year, there is an eclectic range of After School Activities on offer; allowing our students to explore the breadths and depths of their talents and abilities. Students on the Gifted and Talented programme are encouraged to participate in a minimum of one club of their choice. As well as having full access to the ASA programme, we also run some specialised clubs. So not only are students able to participate in Video Game Design, Debating, Stage Art Production or the Gravity Project; they were also invited to Gifted and Talented only opportunities such as 'Little Einsteins', 'Newtons Neutrons' and 'Little Shakespeares'. These three clubs are designed to stretch our students in the core subject areas of Maths, Science and English. In Term Two, 'Little Shakespeares' converted into 'iCreate' where students are able to develop their literacy skills through the use of iPad technology. This allows students to create short videos, animations and books both collaboratively and independently. Several of our Gifted and Talented students have also chosen to be involved in the Whole School Production of Wicked.

In addition to attending the extra-curricular programme, our G&T students are encouraged and expected to read daily as the benefits are tremendous. The majority of students visit the LMC as part of a regularly scheduled English lesson and it is also open to them before school and at break times. The LMC is a great resource for our Gifted and Talented students with a wide range of books; modern and classics, as well as a wealth of newspapers and quality magazines including BBC History and National Geographic. Popular books with our G&T boys right now include the Percy Jackson series, as well as Harry Potter and the Hunger Games trilogy.



Within the classroom, our Gifted and Talented students are largely catered for through differentiation planned by their teachers. Teachers do this for all students in their class as well as considering the particular needs of the more able and talented. There are several ways that a teacher may opt to do this as differentiation can occur by variation in task, outcome, resource, dialogue, pace, choice or support.

In the British Section English department, Year Seven and Eight students complete an Independent Reading Project throughout the year. They are able to choose books that they wish to read during weekly library lessons, according to their ability and interest and then complete a series of activities that allow them to demonstrate their knowledge and understanding of the stories they have read. In Geography, Year Seven students were given an open ended project task on the theme of Tsunamis and were able to present through a medium of their choice. Some chose videos, plays, songs, and models to present their findings to the rest of the class. In Year Eight, students completed a French Revolution research and video project which allowed for differentiation by outcome. It allowed them to be inventive and creative and showcase their talents and what they had learnt.

In American Section Social Studies, students read from a variety of non-textbook sources, with more challenging options available to those who are interested. Some grades have been studying history through historical artifacts, learning to visually analyze objects while contextualizing them. Grade Eight American Section English students have been reading a novel exploring life in the American South called 'Roll of Thunder, Hear My Cry'. They have then participated in a project which has them create a blog about a theme of their choice such as gender, equality or racism. The work is differentiated by their reading lexile level as well as their interest.

Outside of the classroom, we have continued to develop our online presence via the Aiming High: Gifted and Talented Extension and Resources Moodle Page. Students can now find an even wider range of activities, support and challenges especially chosen to stretch and develop their understanding of a variety of topics. We have uploaded some thought provoking, enlightening and inspiring videos from TED Talks. TED is a nonprofit organization which uses the internet as a platform to share ideas worth spreading from the worlds of Technology, Entertainment and Design. The videos we have chosen are to give students a flavour of what is possible and to pose as a spring board for their own research to find out more. An example of what is on offer includes a series of three fascinating short videos about Fibonacci Numbers which encourages students to see Maths as it occurs in nature.

Every time we offer a student a chance to create or design, evaluate or analyse, we allow them to access the highest level of their cognitive thinking skills. Through the MES Cairo curriculum, the excellent resources we have available, complemented with fun, exciting and engaging After School Activities, we are able to offer our Gifted and Talented students plentiful opportunities to learn, grow and thrive as individuals.

**Mrs. J. Cole - Secondary Learning Development Coordinator, British Section**



## BEATING THE BARRIERS BOYS AND LEARNING

**Worldwide** it is acknowledged that boys and girls learn differently and that boys often underachieve in traditional school activities that insist on sitting still, being silent and writing down what the teacher says. Sometimes this is necessary, but not always and MES Cairo is at the forefront of making sure that the education we offer is modern, well researched and relevant to our students.



Raising achievement is a priority in whole school development plans, staff training and classroom practice. There is much proof that what works for boys also engages girls and our student seem to be enthusiastic about the range of activities and learning styles on offer.

In Physics, students used 'Spaced learning' as a way of learning complex information and committing it to long term memory – ready for the exams!

Mohamed Dahroug explains, 'In Physics this year, we have done many interesting things. Miss Cornish, helped us interpret and process Physics in many different ways and exercises, which helps the information stick in our long term memory, ready to be called upon when it's needed in our final exams. What was most effective and unique was using our creativity to try and solve different problems. For example in class, we had fifteen minutes where Miss Cornish went through a lot of slides quite fast, and when she was done, she gave us ten minutes to make something creative using play dough. To give our minds time

to work, she then gave us a quick quiz on what was explained, to see if we were good at interpreting information through reading and listening. I found this very useful and it really helped me like and understand Physics more.

Kinesthetic learning and competition are major factors in making learning effective and enjoyable for boys. We have trained staff to use teaching and learning methods that work. In Year Eight boys are totally focused on poetry as they compete for best poem choice. Yousef Shukry with "Our Generation" by Jordan Nichols, won, and what a great sales job he did. Surely, if you can sell a poem, you can sell anything!

In Psychology, arguments are practised and decided with the sort of excitement usually reserved for football! The classroom is divided into areas that physically show who is 'for' and 'against' a contentious statement. Students then argue their position, this shares the learning throughout the group before writing clear understanding down, making sure that solid learning is readily available for exam revision in the future.

MES Cairo boys are being given the best to beat the rest!

**Ms. S. Clingan – Assistant Headteacher Key Stage Five**





# CAS Students Go Global!

## Creativity, Action, Service in the IB Diploma Programme

**Whilst** most MES Cairo students were enjoying their weekend at home, on Sunday 15<sup>th</sup> February five IB Diploma Programme students made a historic first; by representing MES Cairo at a meeting for CAS students from schools across Cairo. This meeting was the beginning of the very first Cairo-wide CAS Project that will see MES students work alongside their counterparts from CAC, NCBIS, GPIS and Oasis International School.

Mohy Abu Alam, Hana El Beltagi, Hany Salama, Farida Karawia (all IBDP11) and Mohamed Gad (IBDP12) were selected to represent MES Cairo at the meeting because of their proven leadership and organisational skills and interest in the project theme: the environment. Mohamed Gad worked with his peers last year to tackle the issue of recycling at MES Cairo on their CAS Project Day in June 2013 and continued this work into IBDP12, however he will soon hand over the reins of the project to IBDP11 students as he begins to focus on his final exams. Mohamed said, *'I think that it is important to participate and raise awareness. I am excited that DP11 are taking over this project and I think that they can really make a change.'*

The first task for our CAS students was to identify the projects that currently exist at MES Cairo on the theme and note their ideas for future projects that could be developed. Much work already takes place at MES to recycle paper, so the group has chosen to examine our energy resource use and efficiency with the hope of identifying ways that MES Cairo can sustainably use the precious resources that Egypt has. *'I see the problems on the streets of Cairo every day; by using meeting points for our buses we can be efficient in our use of fuel, reducing CO2 emissions and the congestion on the roads'*, said Hany passionately. Mohy added, *'I am aware of the international problems concerning water supplies that Egypt is experiencing and I believe that this global problem is something we can start to address at a local level.'* This whole project will build upon work that started on the CAS Camp in Fayoum in November 2012, where IBDP students conducted an environmental audit of a government school there.



The next stage of planning this CAS project meant that our students then had to put their interpersonal skills to the test, as they met in groups with representatives from each participating school to brainstorm and plan a single central event on the given theme. All five MES Cairo students demonstrated the graduate profile with ease as they were articulate and confident in these small groups, whilst respecting the views of others. After the meeting Farida said, *'This is a new experience for me; to plan a Cairo-wide event. If we succeed then it's going to be a huge event that will raise significant awareness of these issues. Running a successful event will be a real achievement for all the students involved as this is a student-led project; our teachers aren't running it, it's all down to us!'*

So where do we go from here? Hana El Beltagi has taken on the role of Communication Officer and will be responsible for liaising with representatives from the four other IB schools involved. *'I chose this role because it will be a chance to meet new people and work with people I've not worked with before,'* Hana said. Whilst MES Cairo was represented at the meeting by five students, the actual CAS Project will involve the whole of the IBDP11 class. Mohy Abu Alam has taken on the role of School Site Coordinator and will need to coordinate all of the activities taking place at MES. *'I know that Mohy will enjoy the challenge of bringing his class together for this project'*, said Ms. Gonzales, IBDP11 Homeroom Teacher, *'He is confident and pro-active and I look forward to seeing what the whole class can achieve when they listen to each other and work together.'*

### Get involved!

We would love to hear from the wider MES Cairo family if you have a particular interest in sustainability and the use of energy resources or if your business is interested in undergoing an environmental audit by our students and attaining the MES Cairo 'Green Star'. Please contact [aallsop@mescairo.com](mailto:aallsop@mescairo.com)

**Mrs. A. Allsop – CAS Coordinator**

# COMMUNITY SERVICE IN YEAR ELEVEN

## Giving back the MES Cairo way



**MES** Cairo provided all students in Year Eleven and Year Twelve with the opportunity to play an active part in the growth and learning of younger students. Most of the participating students thoroughly enjoyed helping out in Primary. When signing up they had the chance to specify which area they wanted to help with, such as Maths, English, Art or Music. Some even helped with repairing equipment. This was a great opportunity for the older students to interact with the budding young minds, watching them grow and develop throughout the year. Community service was also a brilliant chance to interact with the talented and incredibly patient teachers in the Primary Section.

All of this was a great way of giving back to the MES Cairo community and a safe way of offering the charitable services that so many university applications require.

*"It was nice co-operating with the younger students and helping them out and sharing my experiences with them." Khaled Akran (Y11G)*

A few chose to support Year Seven in English and Mathematics. A small group had the privilege of assisting the Y7 English classes. They formed special bonds with the younger students and developed a stronger sense of responsibility, whilst also broadening their horizons.

*"I remember Year Seven like it was yesterday and I wish I'd had someone to look up to at the time. This was a fabulous opportunity for me as well as our thriving young Year Sevens" Malak Maurice (Y11R)*

*"Watching the younger students grow throughout the year has truly made me appreciate the opportunity that was so generously given to me. I hope to continue helping out in any way I can next year." Solange Henawi (Y11B)*



One of the benefits has been for students to understand education from a wider perspective and to understand the high level of both planning and patience that is a normal part of a teacher's life.

*"It has allowed me to see things from the teacher's point of view." Marawan El-Hosseiny (Y11B)*

As well as the emotional and spiritual gain, this was a great way to prepare us for college life, the stressful journey ahead, and how to interact with the outside world. Dealing with difficult situations put into perspective the effort that the teachers and MES Cairo have invested in us - the future.

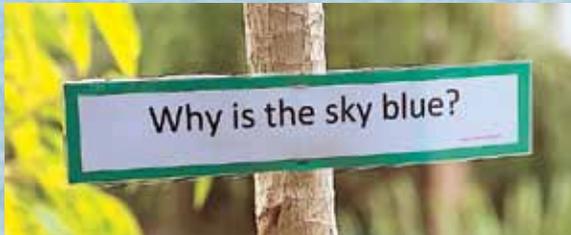
*"I believe that MES Cairo graduates will be the future leaders of the world." Gina Adel (Y11R)*

Overall, this was an enriching and empowering experience benefitting both Primary and Secondary greatly and further proof that every year there are new and exciting opportunities for all at MES Cairo.

**By Malak Maurice , Solange Henawi, Hana Seif El Nasr, Habiba Salama and Gina Adel - Year Eleven**



# THE MARELLOUS MADNESS OF SCIENCE AT MES CAIRO!

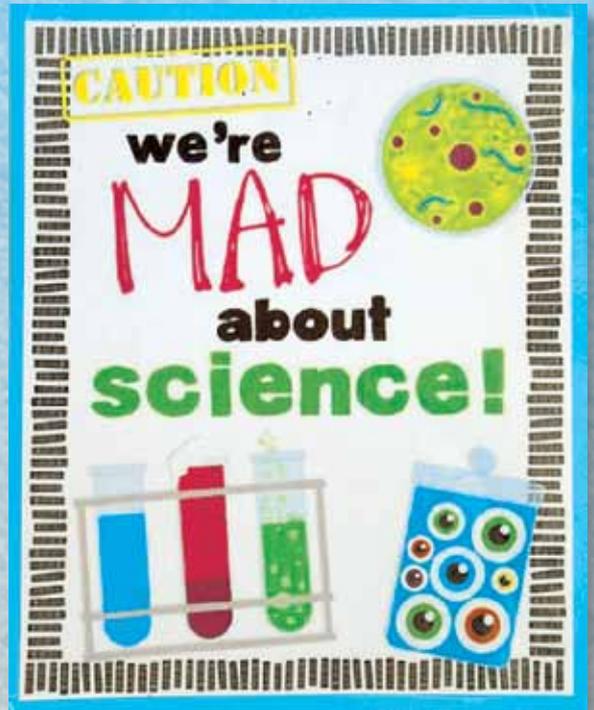


**Big** hair, huge glasses and white lab coats were all donned for 'Crazy Scientist Day' as part of MES Cairo Science Week!

Students were asked to dress up as crazy scientists and they did not disappoint; the playground was awash with white! The day was in conjunction with MES Science Week, a week dedicated to scientific investigation and study. In Year Six, students were exploring 'The Scientific Kitchen' and understanding tricky terms such as 'solubility', 'reversible changes' and 'irreversible changes'. Some of the experiments that were undertaken were cooking different types of eggs, making strawberry dessert and filtering a mixture of sand, sugar and water.

Here are what some of the Year Six students remarked about their day:

"Science Day was an amazing experience. I learned how to separate a solid from a liquid, even if it is dissolved! I also learnt about physical changes. Science Day was a lot of fun and educational." Yasseen Eladi (Y6B)



"Science Day was one of the most amazing days at MES Cairo. Everyone from Year One to Year Six dressed up as Mad Scientists. Our teacher, Mr. 'Mad Scientist' Cole, taught us about filtration and dissolving materials. He also taught us about materials which do not dissolve and how to separate them from water. It was a really excellent day!" Hana El Hilaly (Y6B)

A huge thanks goes to Mrs. Trout, who planned and resourced all the lessons that we undertook. We look forward to Science Week next year; this year's will take a lot of beating!

**Mr. G. Lavelle – Year Six Teacher**



# Pirates Invade Foundation Stage Two!



The first curriculum diversity topic in Foundation Stage Two this year was titled 'Ahoy There, Me Hearties', and gave the children a chance to learn about pirates. This topic was chosen because it is a fun and engaging way to learn many of the objectives that are addressed as part of the Early Years Foundation Stage curriculum, such as 'shows interest in different occupations and ways of life' for the 'understanding the world' area of learning, 'creates movement in response to music' for expressive arts, and 'is able to follow directions' for communication and language.

To make the learning more relevant, the topic was opened with a visit from a real pirate – Captain Dave came to the playground to tell us that he had lost his merry band of pirates somewhere on the seven seas and that he needed some new recruits to train up and come to help him. The children were then excited to learn new pirate skills over the coming weeks so that they could graduate as real pirates. Each week focused on a different theme: 'What is a pirate?' looking at how pirates dressed and talked, and what things they liked to do; 'How pirates travel,' looking at constructing boats, exploring floating and sinking and drawing the Jolly Roger flag using different media; 'Pirates songs, dances and games,' helped the children extend their repertoire of songs and dances and play cooperative games; and 'Pirate treasure and maps,' involved lots of counting, numeral recognition, drawing maps and following directions.

At the end of the four-week scheme, Pirate Dave returned to present certificates to the children, all of whom had learned enough skills and facts to enable them to graduate as young pirates. On this day the children came dressed in their own pirate costumes, to make the experience feel even more real. This is a topic that is still fondly remembered by the children. By making the learning relevant to them, the skills and knowledge they have gained will stay with them into the future.

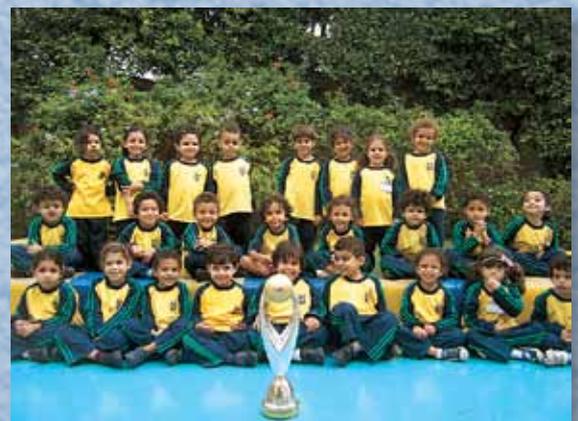
**Mrs. H. El-Hoss – Teacher of FS2 Orange and FS2 Year Team Leader**



## El-Ahly Coach shares African Champions League cup with FS1 Green champions!

Last November, FS1G had a lovely surprise! Mr Mohamed Youssef, parent of Adam in FS1G, came in to school with the African Champions League Cup! Mr. Mohamed Youssef is the football coach of El Ahly Club and was proud to share his team's recent win of the African Champions League with the staff and children of FS1 Green.

After looking at the cup together we had a lot of fun posing for photographs and pretending we were the winning team! Adam told us that he had slept with the cup for two nights and he was very proud to share his Dad's success with his friends.



## Key stage One News

### Molly Brown - A Survivor's Tale

# The Titanic

Year Two students have been looking back to 15<sup>th</sup> April, 1912 when the Titanic took its maiden voyage from Southampton (UK) to New York (USA).

At that time, the ship was the biggest liner ever built and was described as 'unsinkable'. On that tragic day, the Titanic hit an iceberg in the North Atlantic Ocean and sank.

Molly Brown was on the ship but was one of the 711 lucky ones who managed to survive. She is significant to the story of that day because she persuaded the crew of the lifeboat to turn around and rescue some of the people who were in the freezing water.

Molly Brown came to visit Year Two and tell her story to the children. They listened whilst she recalled what she did that day. She also spoke about how for many years after the disaster occurred, she continued to help and support the families of those that didn't make it. The children were then invited to ask Molly questions about her life. It was a great experience for everyone in Year Two!

## Year Two Dine Aboard The Titanic A First Class Dining Experience

One of the most interesting topics that Year Two study is entitled, 'Ship Shape and The Baker's Mistake.' It revolves around two historical events – The Great Fire of London and the maiden voyage of the Atlantic liner 'MS Titanic.' The children are fascinated to be learning about how life was for people in the past.

After studying events on board the Titanic for several weeks, the Year Two children were invited to attend a dinner aboard the ship. This re-enactment took place in the MES Cairo multi-purpose hall - although it was hardly recognisable as the school hall! Blue and white silk



hung from the ceiling, a glitter ball hung above the dance floor, the stage was set for the band and the tables were beautifully arranged with lavish decoration all ready for a first class dining experience.

The children arrived that morning looking simply stunning! The girls wore their best ball gowns, long gloves, fancy shoes and ribbons and feathers in their hair. The boys looked dapper in dinner suits and colourful bow ties. As we entered The Titanic dining room, our breaths were taken away by the splendour of the whole thing. Waiters bedecked in red cummerbunds were lined up to greet us and we were escorted to our tables where we found beautiful menus wrapped in a special ribbon and flowers creating marvelous centre pieces. As we sat down to enjoy our sumptuous dinner, we were presented with a glass of sparkling apple juice to whet our appetites.

We were not disappointed by the feast we were presented with. A delicious roast chicken dinner with all the trimmings and gravy followed by apple pie and ice cream, a feast which was enjoyed by all. The food also gave us a glimpse of the style of food enjoyed in the 1900s by first class passengers aboard what was then the world's most luxurious liner.

After the dinner, we were invited to the dance floor where we waltzed the afternoon away. The children had been taught to waltz over the past few weeks under the watchful eye of talented ballroom dancer Ms. Lynda Dermody who we are lucky enough to have working in the Year Two team. "One, two, three, one, two, three," the children whispered as they swirled around the dance floor.

The next delight of the afternoon came in the form of the Titanic band. Mr. Briggs, Mr. Tomlinson, Mr. Milton and special guest clarinet player, Mr. Tramner from Secondary, who provided a selection of dance tunes which were jazzy and fun to listen to. The children enjoyed the music greatly and begged for more at the end of the performance.

It was a fantastic day for all of Year Two and a day that we will never forget. The splendour of the scene was outstanding and a fantastic stage for learning through real-life experience, in true MES Cairo style.

**Ms. N. Bancroft - Year Two Teacher**



# Music Department Concert Band



**The** Key Stage Two Library pod was transformed into a small concert venue on Wednesday 11<sup>th</sup> December, as the Primary Concert Band performed a concert to their parents. For some of them, this was their first performance with the band since joining the Concert Band programme in September.

The new students were:

Enji el Hoss(Y4R), Razan Hassouna (Y4V), Moritz Breitinge (Y4G) and Ferial Abdel Hamid (Y5B) playing the flute, unfortunately Mohamed Hashem (Y4O) was absent on the day;

Hannah Breitinge(Y6B) and Malak Dessouki(Y6V) playing the clarinet;

Yassine el Antably (Y4O) playing the alto saxophone;

Michael Aziz (Y5Y) playing the drums.

They were helped along by the 'old hands' in the band:

Fayrouz Badr (Y5B), Farah Moaman (Y5B) and Hana Afifi (Y5V) on the flute;

Jana Medhat (5B) and Connie Bancroft(Y5G) playing the clarinet;

Yassin Gamal (Y5R), Camilia el Shaer (Y5B) and Mariam Bedair(Y5O) on the alto saxophone;

Zeina Soliman (Y5B) and Kareem Asad (Y5R) playing the trombone and trumpet respectively.

They were, of course, assisted by the 'even older hands' of Mr. Briggs on the piano and Mr. Tomlinson conducting.

Afterwards, they were asked why they enjoy playing in the Concert Band and what they think they learn from it, both musically and educationally.

*"I like that you learn about musical notes that you might not learn about in music lessons and that it links to the 5Rs, like risk-taking."* Razan Hassouna (Y4V)

*"I like learning lots of musical notes and rhythms and if I don't get it right I'm resilient and I keep on trying. I'm also trying to get my sister to join as well!"* Enji el Hoss (Y4R)

*"I've learned that music can change your feelings. It makes you cheerful when you play a happy song. I've also learned that working as a team is very important and makes you feel better when you play music together."* Kareem Asad (Y5R)

The MES Cairo Primary Concert Band was started with one aim in mind- to get more of the students playing musical instruments and enjoying performing together. As you can see from all the other articles in this magazine, MES Cairo is blessed with some extremely talented students. Many of

these students are enrolled in our successful peripatetic programme and we are starting to see some great results from these students in their Trinity Music exams. But I felt that, as a school, we were still missing something- so the idea for the concert band was formed.

The Primary Concert Band programme is loosely based on the 'Wider Opportunities' programme that has been running in the UK over the last few years. I wanted to provide an inclusive course for students and be able to provide opportunities that they didn't already have at MES Cairo. I envisaged the Concert Band programme to run alongside the existing peripatetic department, not instead of it. The peripatetic programme caters for the current students of voice, guitar (electric and classical), bass guitar, drums and violin and is continuing to take new students (both Primary and Secondary). The Concert Band programme deals entirely with wind instruments (flute, clarinet, alto saxophone, trumpet and trombone).

However, the Concert Band programme was designed as exactly that- a whole band programme. At all times the students are working with each other, teaching and learning, collaborating with each other. It fits perfectly into the school's current push for students to be involved in collaborative learning. It could, after all, be viewed as a jigsaw- students spend time learning their own instruments and then piece it all together on a Wednesday afternoon during band practice.

The programme is split into three parts:

- Tuition lessons- these are usually offered in pairs so that children can help and support each other. It also helps the children because one-to-one tuition can be very intensive and so they get a break, both mentally and physically, when there are two students in the lesson. They are usually run by external teachers.
- Concert Band rehearsals- these are run by MES Cairo Primary Music teachers and involve all of the students in the programme.
- Breakfast Club- this is also run by MES Cairo Primary Music teachers and focuses on the theoretical side of reading music notation.

I hope that this has piqued your interest and, more importantly, I hope that more students in Years Four to Six will join the Concert Band in the coming months.

Finally, I owe a lot of thanks to the following people: Ms. Moatza, Ms. Williams, Ms. Marian and Mr. Tomlinson. Without the hard work of these people, the project would never have got off of the ground. Thank you!

**Mr. A. Briggs - Head of Primary Music**



# SEASONAL CONCERT



## Key Stage One

The Key Stage One was a traditional re-telling of the Nativity. The lead roles of Mary and Joseph were played by Emily Sigalas (Y2V) and Pierre Shenouda (Y2O). They sang and danced their way through songs such as 'Welcome, Welcome', 'Knock, Knock, Knock', 'Twinkle, Twinkle', 'Away in a Manger' and 'Ring Out the Bells', describing the journey from Nazareth to Bethlehem, the visit of the shepherds, the journey of the Kings and the proclamation of the birth. The court dancers in Herod's court were quite engaging! Their costumes were striking, as was the dance they performed and we heard quite a few amusing comments from members of the audience. We also had our very own 'corps de ballet' emulating famous ballerina Darcey Bussell and dancing beautifully to the music of Leo Delibes. The



costumes helped to create the magical, glittering and colourful atmosphere.

Audience members were delighted by the antics and gusto undertaken by the perfect angels from FS1 and FS2, who fully involved themselves in the movement and songs of the show.

Musical accompaniment was provided by Mr. Neil Milton on the piano and the rich sounds of Ms. Natalie Bancroft's violin.

The performance was directed by (for the last time) Ms. Barbara Evans. Our very own Dame Barbara directed and choreographed the show with her usual style and panache. How can the same story get better and better each year? It was our best ever performance! This was a truly enchanting, polished performance that enabled us to share the joy and spirit of the season with the very young children.

***Well done Dame Barbara! We hear this is your last MES Cairo Nativity but ...is it really?***

## Key Stage Two

The Key Stage Two programme has taken a different slant in recent years. Although many adults love to hear the traditional carols being sung at Christmas time, they are not always the easiest songs for Key Stage Two children to perform due



to difficulties with pitch and tempo. So a programme was chosen that was more engaging for the children. They performed the music from 'Seven Lessons & Carols' by Sheila Wilson. It consisted of two traditional carols (Away In A Manger and Ding! Dong! Merrily On High) and five original compositions (Let The Bells Ring, No Christmas Trees, Treading In The Footsteps, Gloria! and Prince Of Peace).

The last of these carols was sung by a small group of singers: Freya Millington (Y4G), Maria Hanna (Y4G), Enji el Hoss (Y4R), Kiki Bancroft (Y4V), Tia Botros (Y5V), Hannah Breitinger (Y6B) and Kirmina Sadek (Y6G). Again, musical accompaniment on the piano was from Neil Milton.

### Secondary

The High School Choir opened the concert with a truly moving rendition of 'Ave Maria' by Franz Biebl. They returned later in the show to perform the popular festive carol, 'Here We Come A-Caroling' accompanied by Mr. Phil Tranmer on oboe and Mr. Jonathan Todd on violin.

The MES Cairo Staff Choir took to the stage to sing two uplifting pieces; 'A Christmas Blessing' and the exciting 'Jingle Bells Dash'.

The Secondary and Staff Choirs combined to perform the traditional final piece of the MES Cairo Seasonal Concert and the audience were gasping in awe at the powerful sound of their accapella version of 'Gaudete'!

**Mr. A. Briggs - Head of Primary Music**

**Mr. D. Tomlin - Secondary Choir**



## British Embassy Carol Service

As Christmas was approaching, a number of children from Year Five and Year Six travelled to the British Embassy to help lead the annual Christmas Carol concert. Keeping with tradition, they were joined by children from five other international schools as well. The British International School Cairo, Maadi British School, New Cairo British International School and El Alsson all sent children to perform, which made a total of approximately 100 children this year.

The concert was opened by Rev. Chris Cholton. Then it was over to the children. They sang traditional Christmas carols, such as 'Hark! The Herald Angels Sing' and 'O Come All Ye Faithful' and also some seasonal songs like 'The Shepherd's Calypso' and a medley of songs including 'Jingle Bells' and 'Rudolph the Red-nosed Reindeer'. The whole concert was finished off with 'We Wish You A Merry Christmas'.

Continuing on from last year's concert, the accompaniment was provided by a brass ensemble (featuring our very own Mr. Tomlinson on the valve trombone). It also included some NCBIS students playing the trombone and so hopefully it won't be long before some of the MES Cairo Primary Concert Band students will be able to play as well.

Many thanks to Mrs. Glancy for her help and support throughout the afternoon and evening.

**Mr. A. Briggs - Head of Primary Music**



# Music News

## from the Peripatetic Music Department

This

February, MES Cairo students treated their audience to yet another delightfully entertaining performance at this years' Primary Peripatetic Showcase. An impressive 35 students from Year One to Year Six performed solos and duets on piano, guitar, drums, violin and voice. Each student in turn, presenting themselves and their performance piece over the mic. The students clearly

enjoyed the experience of performing in this formal setting, in front of an audience made up of their families, teachers and peers. It was fabulous to see some students enthusiastically take to the stage for the first time, including our youngest musicians from Year One; Omar Magdy (Y1Y) and Zeina Mortada (Y1G) on piano, Amina El Mallah (Y1R) on guitar and Sara Samy (Y1Y) singing. I was also proud to see how others showed great advancement in their chosen instrument and higher levels of self-confidence since their performances last year.

The grand finale saw two bands, made up solely of Key Stage Two students. The Golden Rockers band; Ali El Koussi (Y3V) on guitar, Enji El Hoss (Y4R) singing, Jana Shahin (Y3B) on piano and Zein el Din El Helw (Y6B) on drums, performed 'Titanium'. They were followed by Frozen Notes who performed 'Roar'; Ali Kamel (Y6O) on guitar, Mariam Walid (Y5O) and Lobna Kebir (Y6G) singing, Kenzi Shaltout (Y6B) on piano and Zein el Din El Helw (Y6B) on drums.

What a joy it was to see such musical skill and teamwork in action. These students devoted many break times under Mr. Samuel's careful guidance in order to perfect their pieces. Bravo!

This year, the department has made 'performance' a special focus. Alongside teaching the theory and practice skills required to learn to play an instrument, we aim to give our students as many opportunities as possible to get on stage and play live. Opportunities include regular parent evening shows in the atriums and break time gigs in the yard, performances at the graduation ceremony as well as our annual showcase. Our professional team of music teachers have shared techniques with their students to improve their presence on stage. The students have been coached not to rely on their scores and to use body language effectively during their performances in order to really engage with their audience. Truly, so much benefit can be gained from the experience of performing live; beyond that of making our loved ones proud, which of course goes without saying.

I would like to take this opportunity to congratulate all of the students who took part in the performances and to thank the parents, whose patience, enthusiasm and support spur each of our students on in their musical journeys. Thanks also to all the Peripatetic teachers and staff who made this event happen, I look forward to many more wonderful shows in the future.

**Ms. C. Williams - Peripatetic Music Coordinator**



# Emmius Saves the Day Theatre in Education



**We** are very lucky to have a group of teachers who were willing to be part of the MES Cairo Theatre in Education production. This year the scene was set in Ancient Rome and the children were greeted by a range of characters as they entered the theatre.

The play was set in the house of Domina, a rich and very bossy socialite who took the opportunity to plan a party whilst her husband was away in Egypt at the court of Queen Cleopatra. Emmius, her faithful slave was busy cleaning the villa when

the villain of the play Mucus, joined by the kitchen wench Salmonella once again spoiled the hard work by dirtying the clean floor. Gluteus encourages Emmius to be resilient and helps him to make the floor sparkle again. Calculus helps Emmius work out how many glasses are needed for the party by being reflective. Emmius was also resourceful as he came up with a plan after Mucus has poisoned the party food. Mucus tried to blame Emmius for planning to let rats loose during the party, but by being a risk taker Emmius grabbed the sack of rats and threw them away. Mucus was exposed for being a liar and was sacked by Domina, however because Emmius was also good at relationships he pleaded for the reinstatement of Mucus. Domina relented and the household lived happily ever after.

The children thoroughly enjoyed the jokes and audience participation throughout the play and particularly enjoyed watching the teachers attempt a 5R Rap complete with air guitar. We hope that by watching the play they have seen in action how the 5Rs can be used. The teachers are looking forward to seeing continued examples of the 5Rs as a result of the play. Thanks go to the actors Ms. Meason, Mr. Lavelle, Mrs. Millington, Miss Hayes, Mrs. Glancy, Mr. Poad, Mr. Mulligan in the sound and lighting box and last but not least Mrs. Trout who wrote and directed the performance.

**Ms. M. Glancy - Assistant Headteacher Key Stage Two**

**Ms. B. Meason – Deputy Headteacher Key Stage One**



## INTER-HOUSE SPORTS COMPETITION Year Three 'Two Square Endzone'



Salma Assal (Y3V) and AAli El Kousi (Y3V) raise the trophy for Anubis House



Fast movement from Jana Shahin (Y3B)

This year's Inter-house competition saw the Year Three SUPERHEROES compete in the game 'Two Square Endzone'! This is a game that needs good skills of rolling, catching, throwing, movement and above all, communication and teamwork to be successful. The aim of the game is to roll or throw the balls across the opposition's DEFENSIVE area to your 'endzone' catchers. For each ball that is caught the team earns a point towards their total. All players have the chance to be a roller, thrower or an endzone catcher throughout the game as you swap catchers with every point that is scored.

The Year Three students played with such enthusiasm and effort that all the matches were close and ended with only a small number of points between each team. The first games of the competition saw Anubis taking on Horus and Ra facing Thoth. A frantically active start saw balls flying everywhere and players sprinting and jumping to defend balls from crossing their defensive zone. From the first game onwards tactics got more advanced and skills became more refined resulting in some amazing games towards the end of the competition.

A particular mention has to go out to Ahmed Khalil (3G) from Horus, who scored a last minute point against Ra to secure overall victory in the match. All the Year Three teachers noted how Ahmed demonstrated outstanding effort and resilience throughout all his team's games. A huge congratulations to Anubis house! Their collective team effort made them overall winners of the Year Three competition.

Mr. O. Morgan - Primary PE Teacher



Ahmed Khalil (Y3G) after scoring the winning point!

### Year Three Results

Rank	Boys Competition	Girls Competition	Overall (Boys +Girls points)
1 <sup>st</sup>	Horus	Anubis	ANUBIS
2 <sup>nd</sup>	Anubis	Thoth	THOTH
3 <sup>rd</sup>	Ra	Ra	HORUS
4 <sup>th</sup>	Thoth	Horus	RA



Action shot of the boys playing on the playground



Omar El Abd (Y3R) throwing for Ra



Year Three in action

# YEAR FOUR FOOTBALL



Tight tackling! Karim Abdel Hady (Y4B) and Omar El Habibi (Y4G)



Goal Celebration. Hana Hady (Y4R)

The sun was shining bright on the afternoon of the much anticipated Inter-House Football Competition. All the children had been practising their Football skills in lessons and were keen to use these to defeat the other houses.

Matches started with Anubis verses Horus for girls and boys, and what a start it was, with the girls' Anubis team winning 5-1 and the boys' Horus team winning 5-2. This set the standard for rest of the tournament, with nail-biting matches and some tremendous goals.

After all the matches, the teams gathered for the final scores. The boys' tournament had a clear winner, Horus, who won all of their matches, closely followed by Ra who only lost one match. The girls' tournament was even closer, with two teams with the same amount of points, goals scored and goals against, so the competition came down to a head-to-head, which Anubis won!

## Year Four Results

Girls Competition: 1<sup>st</sup> Anubis, 2<sup>nd</sup> Horus, 3<sup>rd</sup> Thoth, 4<sup>th</sup> Ra

Boys Competition: 1<sup>st</sup> Horus, 2<sup>nd</sup> Ra, 3<sup>rd</sup> Thoth, 4<sup>th</sup> Anubis

Ms. L. Morgan – Head of Primary PE



Team Anubis cheering their win



Team Horus celebrating their win. Zaynah Jibrilu (Y4B) and Adam Kirollos (Y4G)



Great goalkeeping

# YEAR FIVE NEARLY NETBALL



Amir Aziz (Y5V) and Layla Sadek (Y5R) collecting the trophy for Ra



Ali Badawy (Y5R) and Soliman Soliman (Y5Y) competing to win the toss-up from Miss Laura at the start of the match

After all the games were played and the scores were taken to the score table, the calculating of the results began. Students assembled on the playground, in their house groups, and waited patiently to find out the results. There was a nervous and excited buzz in the air as the PE teachers came over to the playground with the results. Each team clapped for each other as the results were announced. The biggest, loudest applause was saved for the winning team which this year was awarded to the house...Ra! Congratulations to all children that took part in the tournament and very well played to everyone in Ra.

**Miss L. Fawke – Year Five Netball Coach**



Mariam Khalil (Y5O) ready to pass to her team in the Horus versus Thoth game

**O**n Thursday 19<sup>th</sup> December children in Year Five took part in a Nearly Netball Tournament. They were playing in house teams and the points they scored went towards the overall score for Year 5 for their house.

On the playground the girls' teams competed enthusiastically in the sunshine, whilst team mates cheered and supported from the bleachers. We witnessed some fantastic competitions where all the girls gave it their all on the court. The girls passed quickly and moved into space to support their team. They encouraged each other in an exemplary manner both when the team had success and also when they lost the ball or missed a shot. When teams were on the sidelines they could be heard chanting their house name, cheering and clapping which gave the tournament a great buzz.

The boy's teams, competing on the basketball courts, showcased an equally fine display of competition and sportsmanship. Matches were high paced and energetic. The skills that the children had worked hard on in lessons leading up to the tournament were used effectively and the PE teachers were impressed with the progress shown by many children. Each time a team scored the students spectating would erupt in cheer and support. At the end of each match children from each team shook each other's hands and said: "Good game!" which added to the friendly, competitive atmosphere of the tournament.

After all the games were played and the scores were taken to the score table, the calculating of the results



Ra and Horus teams watch anxiously to see if the ball goes in the net



Ra and Anubis cheer on their teams from the sidelines

# YEAR SIX TOUCH RUGBY



Jumana Mourey (Y6B) and Ammar Heidar (Y6B) proudly display the Interhouse trophy!

**This** year saw Year Six practice a new sport in preparation for their Inter-House Sports Day. Year Six learned how to play Touch Rugby in PE lessons. Initially this was quite difficult because it is one of the only sports in the world where you have to run forwards... but pass backwards!

However through hard work and determination the students demonstrated some fantastic touch rugby skills throughout the Inter-House Sports Competition. They showed a good understanding of the game and massively improved rugby ball handling skills.

In the Year Six Boys' competition, the boys were divided into three countries (Denmark, Ecuador, and France) and they worked collectively to try and win for their house team. The boys' competition was particularly close. The winning team was Anubis. They managed to secure victory by winning against Ra and Horus and drawing with Thoth. They were followed by Horus who just managed to secure 2<sup>nd</sup> place due to scoring more tries than Ra. 4<sup>th</sup> place was of course Thoth who despite finishing last showed tremendous team spirit.



Birds eye view of the competition in full flow!



Hussein Hatem (Y6O) attempts to beat the Thoth defence



Shahd Ayman (Y6Y) trying to evade the tag

The girls' competition was hugely competitive and the results reflect this! Anubis and Ra finished in a two-way tie for first place! Again the winner was decided according to tries scored. Anubis demonstrated great passing skills to score seven tries in all and secure first place. They were closely followed by Thoth and Ra who finished in 3<sup>rd</sup> and 4<sup>th</sup> place respectively.

In order to decide the winners of the overall competition the scores from both the boy's event and the girl's event were combined. Anubis were fantastic in each of these, securing two first places.

**Mr. J. Currie – Year Six Rugby Coach**



Seif Mazloum (Y6O) diving to tag an opponent



Incredible scenes as Anubis are declared champions!

# Varsity Boys CISSA Football Tournament

By Karim El Alfy (G12B)



**I**t was a Saturday morning, the sun was shining, a Saturday like any other Saturday... except this Saturday was the much anticipated CISSA Football tournament!

The sun beamed down on ISC and rank upon rank of footballers came marching towards the bleachers, their boots clamping against the hot ground. There were six schools playing for this monumental tournament, a tournament like no other.

The MES Cairo players gathered and began preparing mentally for the challenges ahead, when they were confronted with troubling news. Shahir Samy (G12R) (a Left-Back and Central Midfielder) informed the team, that Amr Mursi (G12Y) (Midfield), Zeyad Salah (Y12R) (Midfield), and Mohamed Wegdan (G12G) (Winger), would not participate in the tournament; all three being crucial members of the starting eleven. The team's aspirations for victory stagnated to an utter low. How could they win anything without those integral members of the team present? True, MES still had a good squad, but even great players might suffer on a rainy day.



The team stumbled into its first game, against El-Alsson. In the first five minutes an unknown Alsson player scored a goal due to a rare goalkeeping error. From that moment it was an uphill battle and the team's already low morale plummeted even lower. The match raged and even though MES Cairo had moments of sheer class, it wasn't nearly as clinical as El-Alsson. There were moments when MES showed there then-undiscovered goal-scoring ability. Fady El Ehwany (Y11Y)(Left Back) led an attack on the left wing and crossed the ball into the box, where Marwan Al-Saloussi (G12Y) headed the ball into the back of the neck. The goal gave the team confidence that it might be able to strike back, but it was too late, the game was already lost.

The team regrouped after the match for a post-match team talk. Mr. Fearn and Mr. Shooter gave the team an inspirational team talk, talking about the team's untapped ability, tactical tweaks, and to make it short reinserting belief into the team.

The match between El-Alsson and AIS was crucial; if AIS defeated El Alsson, MES Cairo would have been out of the semis. MES needed a win by El-Alsson or a draw; either would give MES a fighting chance to qualify for the semis.

After a long and tiring forty minutes, the match ended in a draw, giving MES Cairo a chance.

After a short break and warm up, MES Cairo regrouped for a pre-match team talk. Here Mr. Fearn and Mr. Shooter gave another heartfelt speech about belief and tactics, along with encouragement from our two center backs, Seif Mattar (Y12Y) and Captain Youssef Abouelnour (Y12R). The match started and MES dominated the ball especially the center of midfield with Shahir Sammy and Omar Saeid dominating possession with



tiki taka like football, and also winning the ball back with German organization and discipline. A few minutes into the first half, an AIS player unable to cope with Sammy's flamboyant skills, attempted a dirty tackle giving MES a free kick. Little did he know however, that Omar Saied (G11G) would delicately place the ball in the back of the AIS net; AIS were devastated. The first half came to an end with MES in full domination of the ball. Mr. Fearn and Mr. Shooter reminded the team not to be complacent and sent us back in. MES domination continued, then an unfair foul for AIS was called by the referee, outside the box. An AIS attacking midfielder shot the ball and due to a rare goalkeeping error scored. There was only 10 minutes left and MES knew that if they drew they would be out. Mr. Fearn and Mr. Shooter launched a very risky formation where they put three strikers up front, Mohamed Selim (G11Y), Marwan Saloussi (G12Y), and Karim Dakroury (Y12R). The clock was ticking, and each minute that passed added extra pressure on the team. Two minutes were left; the AIS dugout began patting each other on the back, preparing victory celebrations. A final long ball was launched into the box and Karim Dakroury (Y12R) was able to smash the ball into the back of the net at close range, launching MES into the semi-finals. MES Cairo had pulled off an unforeseeable upset.

MES Cairo then went into the semis against ISC-6, where we truly totally dominated the pitch. However, despite dominating possession and having defenders Seif Mattar (Y12Y), Youssef Jerome (Y12R), Youssef Abouelnour (Y12R), and Fady El Ehwany (Y11Y) manhandle the opposition's attack, and Shahir Sammy(G12R) and Saeid running circles around the opposition midfield, we were unable to prove clinical. Due to another arguable free kick decision ISC-6 were able to score a late goal, which launched them into the semis. However, it was known all over that MES had deserved that trophy and as luck would have it did not.

After that MES Cairo went to play for 3<sup>rd</sup> and 4<sup>th</sup> position against El-Alsson. Though it ended in defeat it was a spirited performance against a tough El-Alsson squad. Though the team lost 6-3 it was noted by El-Alsson's coach that they were playing a much improved team from the first encounter earlier in the day. The match had been close at the beginning with Youssef Abdelnour (Y12R) giving MES the lead with a well-struck penalty down the middle of the goal. However, due to fatigue we were unable to hold onto the lead and soon lost it. The team continued to fight and finished the day strongly as Karim El Alfy(G12B) took an amazing through ball from Amr Emara(G11Y) up the flank and passed to Karim Dakroury (Y12R) who passed it calmly into the back of the net.

Needless to say it was a spirited performance in a tournament with several key players missing, a sign that MES Cairo can only improve further and further and hopefully win all coming tournaments.

**By Karim El Alfy (G12B)**



# ISAC Girls Varsity Football December 2013

## LOYAL VARIETY PERFORMANCE

“Welcome to the ISAC Semi-final at AIS-Egypt between MES Cairo and American Community School Beirut. It’s a bitterly cold, wet and blustery day, more appropriate for December in London than Cairo. The captains are just determining how the match will be started with a shivering Laila Farouk DP12R representing MES Cairo. Things should soon warm up with some action however. The Cairo team has kick-off in their resplendent blue and yellow shirts, attacking to the left of the commentary position.



“The starting eight are: the young Laila Kouta G10B (Goalkeeper); Mahira Ahmed G11Y (Right-defence), Laila Farouk DP12R (Centre-defence); Nouran Jaouda G11B (Left-defence, replacing the injured Nardeen Massoud G11G); Randa Kalil G10R (Defensive-midfield); Habiba Hussein G12R (Left-wing); Bana Al-Bitar G12G (Attacking midfield) and Nour Mashhour Y11R (Right-wing). The substitutes are Mariam Wahsh G11G and Merna Youssef DP11R.

“The whistle gets proceedings under-way and immediately the ball is fed back to Bana who initiates the first attack with a fine pass to Nour Mashhour who beats her marker on the right. A useful cross is intercepted and cleared by the team in black. (Nour scored twice in the group encounter between these two sides yesterday.)



“Beirut are all back defending and feeling the pressure but win a tackle and start a counter attack. Their Number 7 has escaped her marker, Randa, with dazzling speed. She meets the intended pass and skips with the ball past the stunned Laila Farouk drawing in towards the goal. Mahira’s belated dash across the field is futile and with one superb clinical finish the keeper is beaten for an early lead to Beirut.

“MES Cairo restart and settle down to their passing game. Again they take play deep into Beirut territory with Bana conducting her orchestra centrally and beautifully. She cuts the defence open with an eyes-closed pass through to Habiba on the left, which collides with the raised hands of a defender in the penalty area. There are shouts for a decision but the referee appears to have missed the foul completely and play must continue. Beirut try to locate their key player, Number 7, but this time Randa is first to the ball. She’s tracking her opponent meticulously now and setting the scene for a magnificent battle with no quarter given. A jet-heeled shot from Bana just brushes outside of the left post.

“Nour Mashhour is having the game of her life out on the right. A ball falls just short. The defender scrambles to it first, but Nour’s outstretched foot hooks it back to its intended recipient and she’s off beating the next player. An accompanying faint smile betrays her satisfaction.

“This is all MES Cairo pressure now. Beirut players are truly on the back-foot trying to protect their lead. Their attacks are limited to high balls easily mopped up by the ever capable Laila Farouk, hero of the Algarve final earlier this month.

“The referee calls for the end of the first half. Both teams gather refreshments and cluster in intense focus around their respective coaches. The second half soon begins. This game is still open and there for the taking by either side. Cairo has had most of the possession and chances, but as Beirut resume play, attacking to our left, it is they who have the 1-0 advantage.

“Both teams appear truly energized by the short rest and are still evenly matched. Then suddenly there’s a break by Beirut and they have breached the right side of the defence. The ball is played into the penalty area and a defensive hesitation enables two attackers to interchange a pass. A strike rebounds off of a player into the goal. It’s 2-0 and a disaster for MES Cairo. Beirut have made about two real chances and scored from both.

“An MES Cairo substitution: Merna Youssef for Mahira Ahmed.

“A midfielder for a defender and MES Cairo are throwing caution to the wind now to pull back the deficit. As play resumes there is only one way the Cairo side know to respond – with the philosophy that allows players to move with freedom through



all domains on the field. Randa's exhilarating contest with Number 7 continues with a crunching midfield tackle. Temporarily losing possession, Randa pursues and comes out back the other way with the ball. This is fantastic commitment especially with the score as it is. Forget energy - pride and loyalty to their cause are fueling this fight back now.

"MES Cairo's playing superiority is paramount. There's a pentagon of harmonious possession between the spectacular Bana, cerebral Randa, thunderous Merna, sublime Habiba and magical Nour Mashhour. For now Beirut cannot get that ball and are being largely bossed around by the Cairo team. Another crack from Bana smashes on the wrong side of the cross-bar.

"Beirut are away on their right but Nouran Jaouda makes a timely interception. She is deputizing effectively for the usual left-back Nardeen and amazingly covering for the other missing defender too. We've seen exceptional performances from Nouran before, but this latest version is the best yet. This is Nouran Jaouda 2.0. The ball finds its way to Bana again in the centre and she commences a dazzling run through one, two and then a third opponent only to see her final touch result in another collision with a post. Lucky, lucky Beirut!

"Every header is MES Cairo, every successful tackle is MES Cairo, every completed pass and every attack is MES Cairo. What total domination but without goals! A cross finds Bana who unleashes a tremendous effort, but the left post is the only recipient. Beirut survive again.

"A last substitution: Mariam Wahsh for Habiba Hussein. But she's gone straight into the striker position. They must be counting on her powerful kicks in the hope of finding the net.

"A melee and loose ball in front of goal, Wahshy is there! You can hear the "silence" as she waits for the ball to drop ..... but she fails to connect. On a normal day that would have been in. On a normal day MES Cairo would have had five goals by now.

"The final whistle declares the end and players line up to shake hands. Smiles of joy from Beirut players meet the brave resolute expressions from their MES Cairo counterparts. Opposing coaches embrace, smiling and reflecting. Two well taken goals, two posts struck, one cross-bar smashed, a valid penalty claim and a missed sitter. This was one of the greatest performances by a losing team ever seen in ISAC. "The team with the least possession and territory goes to the final. But that's football and why we love it! We'll be back for more next season."

**Post-match note:**

Later that morning MES Cairo went on the destroy hosts AISE 5-0 for the third-place award before the match was abandoned under the mercy rule. Similarly, the final itself was also prematurely terminated because Beirut were demolishing NCBIS 3-0 with little response in adverse weather conditions. It appears the match of the day had already been played in the previous round.

Results may be recorded in writing but their impact fades over time. Whereas, great performances like these - loyal, full of variety and thoroughly entertaining are forever engraved in our hearts.

(Thank you to Mr. Kevin Campbell for coaching the team over the two days of the competition.)

**Mr. S. Perry - Varsity Girls Football Coach**



# For Our Homeland, Our Loves and Our Hearts

## Girls Varsity Football International Schools Algarve Cup 2013

**As** soon as the last player's second and correct passport arrived at 4.30am to Cairo Airport Terminal 1 the Girls' Varsity Football team were ready for take-off! With trepidation in their hearts following the humiliating exit in their previous tournament, the sportswomen waved goodbye to their homeland and loved ones to face the unknown competition in Portugal's beautiful Algarve region. A short connection change at Paris Charles De Gaulle airport gave a brief opportunity to acclimatise to the lower European temperatures. Unfortunately, as the second plane soared higher and higher on its way to Lisbon, this was not the case for some of the luggage that had been left grounded on the runway. It was evident this would be an interesting trip requiring a lot of patience and fortitude.

Fully kitted out following an early morning delivery by the 'Air Chance' lost baggage bus service the girls faced their first encounter of the weekend against American School of Tangiers. Caution was the name of the game and no more chances were taken. After Bana Al Bitar (G12G) had given the team a deserved first half lead, substitutions were made to save energy. Nardeen Massoud (G11G), a footballing artist in an athlete's body, dominated the game. A penalty scare near the completion of the second half nearly upset matters, but a lucky crossbar stood firm to cement a 1-0 victory. In the other group game it was very clear who had matters under control, as St. Julian's School of Lisbon thrashed Russell College of Istanbul 5-0. MES Cairo proceeded steadily but realistically to their afternoon encounter.

Still adamant that small, cautious victories were preferable to all out energy sapping displays of domination, MES Cairo dispatched Russell College 2-0, again with Bana's sweet right foot ensuring the necessary result was attained. In one final effort of the day, as the afternoon sun slunk towards the horizon, Mahira Ahmed (G11Y) complemented Bana's flair with a solid defensive performance on the right side. Another 2-0 victory against Casablanca American School ensured there were maximum points for the day.

However, it was only good for second place in the table as the growing nemesis in the form of St. Julian's materialized with supremacy across the grassy landscape. Their green and white clad warriors, tall and resplendent, walked with boldness and confidence towards the transporting buses. Their own scores of 5-0, 6-0 and 4-0 showed that no one stood in their way. They were relishing the opportunity to add MES Cairo to their group game scalps on the following morning.



As fresh as could be expected from a noisy night, MES Cairo donned their second kit yellow shirts whilst their more favoured blue ones were cleansed of sweat, mud and a little blood, ready for another day. The final group game between these top two sides was not a final in itself and could not be approached as such. Only placements were at stake, not cups, therefore some key players were rested, including Bana after she had given her team a shock lead against the run of play. Merna Youssef (DP11R) confirmed her claim to the left side of midfield with unashamed bravado. Mariam Wahsh (G11G) banished all her demons from her last competition and impressed well in centre-defence. However, the green and white opponents were like a determined and relentless machine, and as the pressure mounted so did the MES Cairo errors. From two corners St. Julian's first equalized then took the lead. They appeared unstoppable in the air from set pieces and clarified exactly why they were thrice champions three years in succession in this cup. They appeared unbeatable.

With the second place in the group finalised, MES Cairo was matched again with American School of Tangiers for their semi-final game. Initially nerves got the better of them and too few opportunities emerged. Typically, a bit of magic from Bana made the difference and this was followed by a well celebrated first goal for Nour Mashhour (Y11R). Tangiers were not going to yield easily however, and it took the skills and focus of Laila Farouk (DP12R) defending centrally to ensure there were no late scares. Finally, as legs tired in the opposing players, Bana assured a well-earned victory with a 3-0 score. Pleasingly, Enjy Heshmat (Y12R), Meriam George (G11G), and Farida Halwagy (G12B) all enjoyed key roles in the contest too. Needless to say, St. Julian's had progressed flawlessly to the other final spot and awaited their prey with relish. MES Cairo players were in no doubt about the enormity of the task ahead with both fear and excitement ensuring interrupted rest that night.

To St. Julian's, to the other teams, to the organisers, to the spectators and even to MES Cairo themselves the final game was clear. There was one dominant side and their latest victim to come – a huge green mechanical monster and its next lunch. St. Julian's prepared methodically with their tall blond Germanic like forwards meeting exquisitely perfected crosses with their heads. One player towered over all the rest like a graceful giant. She looked unstoppable. In contrast, the MES Cairo team were nowhere to be seen. Had they given up already? Perhaps they had skulked away to hide in dark corners near the cliffs cowering in dread. It was not clear, but they were certainly absent from either pitch warming up. The colossal green machine continued its pre-match routine around the field in a well-orchestrated zig-zag march with a head of leading players followed by a formidable snaking body and tail. Every move was perfectly programmed and exhibited with absolute efficiency. Neutral spectators nodded to one another in agreement with regard to the sheer invincibility on display. The only debate concerned how many goals the Egyptian team would concede.

Then suddenly a faint noise from the surrounding hillsides became evident. Growing steadily louder and braver, becoming more and more audible as it got closer.



“Biladi, Biladi, Biladi, Laki Hubbi wa-fu’adi!”

Heads turned in the direction of the strange voices but still there was no conspicuous source.

“Biladi, Biladi, Biladi, Laki Hubbi wa-fu’adi!”



Finally materialising on the precipice overlooking the arena were fifteen blue and yellow shirts jogging in team formation with an equal number of clear loud voices booming with pride.

“Biladi, biladi, biladi, Laki hubbi wa-fu’adi!”

“If you love Egypt, say aiwa!” “AIWA!”

“If you love MES, say aiwa!” “AIWA!”

“If you love Salma, say aiwa!” “AIWA!”

“If you love Mahira, say aiwa!” “AIWA!”

On it went, echoing around the enclosure.



This jolted everyone into a conscious reality that this Egyptian team actually had some fight in it and may not just roll over and be devoured like all the others had been.

The green assemblage below ceased its preparations to investigate the unusual occurrence. Then suddenly charging down the hillside, came MES Cairo. Their mood had changed. The fear had evaporated and transformed into a determination to perform - to perform for their school. To perform for their loved ones in the homeland left far behind. And most importantly, to perform to their very best level, measurable only within their own hearts.

At kick-off MES Cairo were again on the offensive but mindful of the technical prowess of St. Julian’s. Mistakes would certainly yield misfortune and marking was so physically tight and always goal-side. As the blue defenders cleared and Bana collected possession, confidence grew. High balls were met successfully by Nour Mashhour, who had transformed into a heading marvel. Finally a knock-down found Bana in a little space. A momentary isolation allowed control and re-positioning for an accurate shot into the bottom left of the net. If anything, this insult to St. Julian’s pride only increased the first half pressure as the counter attacks mounted relentlessly. The talisman, Nardeen, limped off as her old ankle injury flared agonizingly joining the already sidelined tough tackler Nadia El Bostany (G12Y). But the defence simply had to hold out. “Goal side and tight! Goal side and tight!” was the instruction at every set-piece conceded. In addition, Salma Amer (DP11R) had transformed into a miraculous saver in goal, and things remained at 1-0 to MES Cairo. At half-time it was St. Julian’s who had the problems to solve.

For the second period the Jaouda twins, Nour (Y11B) and Nouran (G11B) were brought into the fray to solidify matters with their determination and energy. Habiba Hussein (G12R) had a run out for the exhausted Nour Mashhour. Naturally the green team continued their relentless pursuit of an equalizer whilst MES Cairo tried to clear balls to safer ground. Laila Farouk dominated the whole contest heroically in the air and across the grassy surface too. She appeared to be everywhere. As legs tired and nerves grew more tested the green machine’s accurate passing propagated into numerous chances. With a couple of minutes left, and their backs to their goal, the MES Cairo team let one opportunity slip into the hands of the St. Julian’s captain, who made no mistake in burying her accurate strike home.

With a 5-minute extra-time insignificant to the 1-1 score, the dreadful lottery of penalties became reality. Merna, Nouran, Bana and Nour Mashhour all scored from their attempts, then the first miss for St. Julian’s left the score at 4-3. Laila Farouk stepped up, charged with winning the entire tournament with one kick. What pressure!

The miss devastated her, but the truth was MES Cairo would never have held out this far without the magnificent Laila. When all the registered kickers had finished, less fancied players had to join the shoot-out and that was where St. Julian’s took the advantage overall to seal a 5-4 victory.

To be the first team in four years to shake the very foundations of the St. Julian’s dominance and remain unbeaten in open play of the final was incredible. When the overall positions were announced by the organisers, all the MES Cairo squad players felt immense pride in their achievement, including Bana Al-Bitar who was awarded Most Valuable Player of all the teams participating. This was a fitting attribute for the supreme antagonist of the great green machine.

To their immense credit, St. Julian’s Varsity Girls football team continued their incredible success in the Algarve and were, in reality, a very talented and respectful group of young sportswomen. As MES Cairo left this beautiful region of Portugal on their 18-hour journey home, they reflected not on the outcome, but what really mattered – their performance. Their truly magnificent performance - For Our Homeland, Our Loved Ones and Our Hearts!

A special thank you goes to Ms. Downey as our female chaperone, as stand in coach and most importantly as our best supporter!

**Mr. S. Perry - Varsity Girls Football Coach.**

# GIRLS VARSITY VOLLEYBALL - CISSA TOURNAMENT

We are extremely proud of the Varsity Squad this year. It has been a very busy term with many disruptions so training proved difficult. However, the squad held it together and committed to training as best they could. This year saw a rare team made up of only Seniors. An average of fifteen Seniors were training regularly, some of them already busy with Varsity Football. This made it very difficult to cut the team to form the squad.

The first game of the day is always the hardest as it takes a while to warm up. Menora Thomas (G12R) led the team as Captain. Fatma El Garhy (Y12R) was the obvious choice of first server due to the speed and power of her serves. Nada el Barkouky (DP12R) and Nada Sherdy (G12R) role as setters hold the sequence of passes together. Aya Galal (Y12Y) and Salma Hassan (Y12Y) played great defensive volleyball.

The second set of the first game saw Injie Enan (G12B) and Reem Khamis (G12G) step up to the mark, again playing good defensive volleyball.

Game two against Choueifat saw the debut of the dark horse of the day – Nourhan Farrag (Y12R) who had an excellent tournament. Sandy Williams (G12R) stepped in for Setter in game three, as did Enjy Heshmet (Y12R) who did a great job of bumping the ball for setter.

It was a pleasure to work with such a dedicated, hard-working and mature group of athletes. The only regret is that the season is now over. We wish them lots of luck in their future studies and hope to hear about their places on university teams in the future.

**Ms. C. Dowrey - Girls Volleyball Coach**



# JV Volleyball Tournaments

The girls' and boys' JV volleyball teams kicked off their season with the ISAC tournament which was hosted by AIS and MES Cairo, and held on the AUC campus. Teams from Lebanon, the United Arab Emirates, and the greater Cairo met and provided an amazing three days of volleyball with each team playing at least seven matches and hoping to reach the semi-finals.

## Girls

A huge 'Congratulations!' and 'Well Done' go out to our JV girls volleyball team for their outstanding performance and behaviour during the ISAAC tournament.

The MES girls finished in fourth place and received the fantastic 'fairplay' award for their encouragement and support of other teams within the tournament.

Congratulations girls - you made us very proud.

Credit goes to girls volleyball coach Mrs. J. Rainford! Coach Rainford provided excellent leadership and modelled positive sportsmanship!

**Ms. L. Quarin - Athletic Director**



# Boys

## Congratulations to the boys' JV Volleyball team!

The boys claimed the prestigious title of ISAC Junior Varsity Volleyball Champions.

Following three full days of gruelling, hard hitting volleyball, the boys entered the final round seeded in first and did not let up until the final whistle.

The MES Cairo trophy case and banner wall welcome the new hardware!

The boys' volleyball teams are coached by Mr. B Rainford and Mrs. D. Ballard, who consistently impressed upon the team the importance of good sportsmanship and strategic ball placement both when serving and when attacking the ball.

**Ms. L. Quarin - Athletic Director**



# MIDDLE SCHOOL BOYS' BASKETBALL



The Middle School Boys' Basketball team this year went far beyond simply the tournament roster of twelve. This year we had an exceptional season from our initial try out session right up until our spectacular triple overtime defeat in the CISSA final. Two of the reasons this season was so exceptional were our two student coaches: Karim Ramy (G11Y) and Fawzi Ezzeldin (G11R). These two young men demonstrated admirable leadership and commitment in teaching, motivating and guiding our young basketball players. Over the course of the season our student coaches built a strong rapport of mutual respect with our young athletes that proved extremely productive. Our older boys, while drawing from their own extensive talent pools to teach the game to our middle school boys, also continually instilled crucial qualities such as respect for opponents, referees and teammates, sportsmanship and tenacity in their charges. The results of their hard work speak for themselves.

Although the season-ending CISSA tournament only allowed a roster of twelve, our weekly two hour practices had a regular attendance of over twenty boys. The commitment from all and consequent improvements were impressive. All of those who regularly attended had the opportunity to participate in a number of friendly matches, against NCBIS and AIS, and proudly represented MES Cairo in the Cougar blue and gold. All of our preparation resulted in a considerable improvement in the individual skills and tactical understanding of all of the boys, building a solid base to our MES Cairo Cougars boys' basketball program.

The following young men were eventually selected to represent MES at the CISSA tournament at CAC on a horribly cold and rainy day in December: Aly Siam (G9G), George Apikian (G8Y), Grant Goddard (Y7G), Ismail Rizkana (Y7B), John Assad (Y7Y), Khaled Youssry (G7Y), Marwan Seoudi (Y8B), Seif Taha (Y8Y), Adel Adel (Y9G), Abdallah Gabr (G7Y), Samy Shelbaya (G9B) and Abdul Rahman Abdul Khalik (Y9B). Following a hard-fought morning of pool play the boys finished 2<sup>nd</sup> in their group, advancing to the semifinals. In the semis, our boys valiantly defeated the only team who had beaten them in the group stage, and advanced to the championship. In one of the most suspenseful finishes of the year, the Cougar squad took the championship game into three overtime periods, narrowly missing the first place banner when the final whistle had blown.

The dedication that was shown from both the players and their student coaches throughout the entire season resulted in significant gains in skill and game understanding. The Cougar coaching staff are excited about the potential for future success as a result of the hard work of ALL our Middle School boys Basketball players.

**Mrs. L. Quarin – Middle School Boys' Basketball Coach**



# Middle School Girls' Basketball



After a long off season, the MES Cairo junior Cougars were ready to pounce on their competition. This year's team was much different from the past as this year's team was made up of new students who entered Secondary last September.

The athletic talent within the team was evident throughout training and

throughout the tournament. The team ended in a tie for first place within their pool, after beating a strong team from AIS. Unfortunately, the first tie breaker was down to points scored and MES ended up coming in second losing the tie breaker by only two points.



After hearing the news the girls were devastated but fought back to win their last game of the day. The team showed true sportsmanship throughout which earned them the Fair Play Award for the tournament.

I would like to thank all the girls who came out to play this year and I am extremely excited about hearing how they do in the future, as this team will be strong for years to come.

**Mr. A. Gross – Middle School Girls' Basketball Coach**



# Secondary Swim Meet



**MES** Cairo hosted their first secondary Swim Meet against NCBIS in November 2013. The meet was the final event for the swimmers after they demonstrated great dedication and commitment at training with Coach Haytham and Ms. Walker. The swimmers had worked hard to improve their fitness and stroke technique, perfect their race starts and were signed up for their races and raring to go.

NCBIS arrived and they were welcomed by the MES Cairo PE staff and swimmers. After the team warm up and explanation of the rules and expectations, the atmosphere was buzzing. The middle school boys took to the pool first and opened the meet with an exciting 50metres freestyle race. The middle school girls were next to swim the freestyle race, and the MES Cairo Swim Team were already starting to collect the points. Five points were awarded for finishing a race in 1<sup>st</sup> position four points for 2<sup>nd</sup> position and three points for 3<sup>rd</sup> position. Competition was tough between the NCBIS and MES Cairo JV boys swimmers and Mr. Haytham had some difficult decisions to make when placing the swimmers after some very close finishes.

Support from the spectators was excellent and the cheers and applause from parents and

swimmers motivated both teams as they flew up and down the pool, completing lengths in record times. The Swim Meet was closed with the most exciting races – the Team Relays. Four swimmers were in the team, and each swimmer had to swim 25m freestyle. The swimmers waited nervously on the starting blocks, listening carefully for the whistle to start. Luckily there were no false starts, and the race was on! The MES Cairo swimmers once again displayed excellent swimming form and dedication, winning more points for the team.

After an eruption of applause, the Swim Meet was over. It was time to find out which team had gathered the most points and won the Swim Meet. The atmosphere was tense.... and it was announced, the MES Cairo Swim Team won the competition by two points! What a close competition. Well done to all swimmers, and a special mention to the Middle School swimmers – many of who participated in their first ever Swim Meet.

Special thanks to Ms. Quarin who took some fantastic photos of our swimmers in action, the Senior students who helped organise the swimmers and Mr. Hasham on the score table.

**Ms. O. Walker – Secondary Swimming Coach**





## MES Cairo Junior Rugby League Cougars



Following on from their victory last season against The British School (TBS) Rehab, in the Inaugural Inter-School Cairo Junior Rugby League Challenge, the squad has been training since September. They have been preparing for the possibility of taking a squad to play in the MENA U14's International Schools 9's tournament in Beirut later in the season and to take on any local challenger. Up stepped El Alsson, west side of the river, coached by recent arrival to Cairo Mr. Faulkner, assisted by Miss Gough and the ever present Miss Cook.

MES Cairo hosted the fixture. El Alsson arrived to newly erected rugby posts and fresh line markings, setting the scene for the first fixture at Junior level between these two fierce rivals. El Alsson brought a team, mainly consisting of Year/Grade 8 students, so in true MES Cairo spirit the squad agreed to join forces with El Alsson. Mahmoud Shabba (Y9G), vice-captain, enthusiastically agreed to play and to act as co-skipper for El Alsson, taking with him a number of other MES Cairo players including Omar Yasser (Y9B) and Bassil Abdel Aal (G9R) to give the El Alsson team much needed presence and agility. Samy Shelbaya (G9B) took the helm for the MES Cairo team.

Before the game started the teams got acquainted with each other and the coaches from both teams offered a thirty minute coaching clinic on positional play and basic tactics. Mr. Kirby was also on hand to offer rugby related advice.

The game started with strong defence from both sides, no team wanting their line broken; remembering from training that 'a chain is only as strong as its weakest link'. MES Cairo put on the pressure and with thunderous defence from Ziad El Tobgy (G9B) and Asser Taher (Y9R) MES managed to dominate the early exchanges. The first team to break through was MES, with fast hands out to Samy Shelbaya (G9B) showing strength and great pace to narrowly beat the outstretched covering defence to score in the corner. MES Cairo continued to dominate the first half with solid defence and free flowing rugby. Further tries from Shelbaya and El Tobgy helped to move MES Cairo into a 36-6 half time lead.

All players welcomed the half time whistle; playing high octane sport in the blistering Cairo sun. The players were switched again, with Samy Shelbaya entrusted to motivate the El Alsson team and to allow maximum participation for all the eager squad members. El Alsson started the second half strongly, with some powerful running from Mohamed Mostafa (G9B) and Salah Addas (G9B). The new combination of Shabba and Shelbaya proved to be too strong for the weakened MES team and El Alsson staged a second half comeback. However, time ran out and the final score was MES 48 - El Alsson 32.

The day proved to be a resounding success and coaching clinic for the future development of the game in Egypt. Unfortunately, MES Cairo are unable to travel to Beirut for the MENA U14's International Schools 9's tournament due to the recent problems there. However, to maintain the momentum of this keen junior rugby team, MES Cairo are planning a British v American section clash under the 9s tournament rules! We will invite other teams from Cairo for a festival of rugby league. See the next edition of the MESsenger.

**Mr. S. Morris – Junior Rugby League Coach**



# PRIMARY AFTER SCHOOL ACTIVITIES (ASAs)



Captain Moyasser helping our pupils Taekwondo moves

This year has seen one of our biggest ever Primary ASA programs. In addition you can now see photos and reports of you child's clubs by visiting our Facebook site (search Modern English School Cairo) or our Twitter account (@MESCAIRO or search #MESPrimaryASA). So far we have added over twenty photos of the various ASAs that are happening this term.

Over the past two terms the teachers have been working hard to offer as many different activities for children from Year Two to Year Six to enjoy. Term One saw over twenty ASAs offered by our dedicated teachers with nearly 400 children enrolling in an ASA. The activities range from cooking and baking with Mrs. Anne and Mrs. Jeannie to Hula Hooping with Mrs. Bancroft. Ms. Mona was inundated with students from Years 4 – 6 to make and create jewelry and Mrs. Perry held an always popular PE club for our Year Two pupils who played the games they were learning in PE lessons.

Term Two welcomed back some old clubs and a return of some of our outside coaches. Mrs. Lian's Dance Company are now in school and are teaching our students a variety of dance classes, including Ballet, Street Dance and Fun Dance for our younger students.

In addition to this, Coach Medhat is back offering basketball to all our students from Years 2-6. With additional clubs being offered by the Music and PE Departments, as well as our coaches, we have offered 30 ASAs and had about 500 students sign up and participate in something highly enjoyable.

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Search and like our Facebook page: Modern English School Cairo

Follow us on Twitter: @MESCAIRO or search #MESPrimaryASA

**Mr. O. Morgan - Primary ASA Coordinator**



Bonjour from the French speaking and cooking ASA



Careful crafting by Karin Youssef (Y2Y), Carole Babli (Y2R) and Jana Kassem (Y2R)



Marwan El Kholy (Y4V) and Hamza Sayed (Y4V) playing classic Top Trumps at the Cards and games ASA.



Sohayb Hamdy (Y4R) showing his skills in Yoga



Primary students gather in the MPH before going to their chosen club



Science Club investigating nature on the field



Action at the Hula Hooping ASA



Beautiful Ballet



Origami

# SECONDARY AFTER SCHOOL ACTIVITIES (ASAs)

## After School Activities in Secondary

**After** a relaxing and well-deserved winter break, the Secondary students and teachers are once again back into the full swing of After School Activities. From musicals to athletics, a large number of MES Cairo students have been taking full opportunity what our school offers. As in the past, the teachers have once again stepped to the forefront and have surpassed previous years with regards to the After School Activities programme. We offered over thirty After School Activities in Term One. There is an activity suited to each and every student, from the Gifted and Talented Programme for Year and Grade Seven and Eight, to Gymnastics, Yoga, Tai Chai and Scrabble Club. If you have yet to register for an ASA, please make sure you GET INVOLVED in Term Three!

### Mr. A.Gross – Secondary ASA Coordinator

**Clogging** ASA was introduced to the MES Cairo curriculum this fall. The enthusiastic mix of staff and students made every session enjoyable. During Term One, the class mastered steps such as the cowboy, triple brushes, rocking chairs, and vines. We danced to many types of music, including Katy Perry, Lady Gaga, Zac Brown Band, Owl City and Miley Cyrus. Clogging is a fun American folk dance that is similar to tap dancing, but with a much more relaxed feel. The fun continues!

### Ms. Stern and Ms. Lieb

In 'Little Einsteins' students are encouraged by Ms. Anne and Mr. Marel to discover creative strategies in order to solve a variety of mathematical problems. During competitive games against each other, students are also stimulated to apply their mathematical knowledge and skills in new contexts and situations. MES's 'little' Einsteins, by using their creative abilities, enjoy exploring and discovering the world of maths instead of others telling them what it looks like.

### Mr. Marel and Ms. Symank

**Female Fitness** is an ASA designed exclusively for female students and staff who want to get fit, have fun and learn about healthy eating. During the first term our varied work-outs included; INSANITY, Zumba and Jillian Michael's 30 day Shred. One of the highlights of the term was learning how to make healthy breakfast smoothies. This has inspired us to get into the kitchen and make/share healthy recipes, something we hope to do more of during the second term of Female Fitness. Girls, if you'd like positive encouragement to lead a healthier lifestyle please join us in Female Fitness on Sunday afternoons!

### Ms. S. Barakat

Here is a taste of just a tiny sample of the other clubs we have on offer this term!

In the **Debate Club**, Mrs. Prebble and Mrs. Rainford offer students the chance to 'learn to create a balanced argument for or against an idea and craft your language to win an argument. This ASA is open to Year/Grade/DP 10-12 students who are interested in developing their public speaking skills and challenging their own perceptions of the world around them. The term will culminate in a live debate in front of other students'!

**Snakes, Clubs and Creepy Things** is an unusual and fascinating club offered my Mr. DeNevers and Mr. Hay. 'Do you love the outdoors? Do you love Science? If so you must





join us in this amazing adventure. We will walk near the school, at the Stone Forest, and at Wadi Degla looking for interesting creatures. We will also spend afternoons in the Biology lab looking at specimens with dissecting microscopes.'

**The Cougar Road Runners Club** is run by Ms. Statz and Mr. Dean and they ask students if they have 'ever dreamed of running a 5k? What about a 10k? No matter what your current running level is, this club will help you improve your endurance to achieve your running goals. Meet us at the bleachers at 3.15pm on Wednesdays decked out in your PE kit and trainers ready to run. Don't forget your trainers, water and sunscreen.'

The **International Award**, offered by Mr. Gross, is a practical vocational qualification that requires the candidate to set him/herself individual and group challenges. These challenges cover service, skills, physical recreation and an adventurous journey. The IA is a respected international qualification.

In Term Two there are several **Homework Club** opportunities where students can receive extra help with assignments. Some of our students choose to take up this opportunity for a one-on-one session with a teacher.

Do you have the spirit to give? MES Cairo ASAs can really **Make A Difference in Egypt!** Here at MES Cairo there is a long standing tradition of building community ties. The opportunities we receive at MES Cairo allow us the chance to help out those around us.

**The Art of Quilling** run by Quilling expert Mrs. Alincai, is also known as paper filigree, paper scrolling, or paper rolling. It is a paper craft that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs. The name is believed to be derived from the feather quill on which the strips of paper were rolled.

Mr. Campbell and Mr. Wise offer students a club called **University Challenge**, which is a weekly quiz based general knowledge fun! Perfect for university entrance interviews in law, humanities and literature.

**Newton's Neutrons**, a club offered by Science teachers Ms. Castleberry, Mr. O'Hara and Mr. Andre, who urge participants to 'come and explore new and interesting methods in both the Mathematics and Science curriculum. Experiment with different techniques. See how to apply your mathematical skills while developing your problem-solving creativity.'

Last but certainly not least, students are invited by Ms. Sheehan and Mr. Rayner to 'have fun helping with articles and photos for the **MESsenger Magazine**. Activities include interviewing, writing, photography and design.



# Our Secondary ASA - Orphanage Visits

By Gina Osman (Y11Y)



**When** we visited the orphanage for the first time, I was taken aback by the enthusiasm the children had, they had many questions to ask us, like how to translate certain words into English.

In class, they were eager to learn, we played 'I have...who has', which all of us enjoyed thoroughly. By the end of the first lesson, they were all singing 'Heads, shoulders, knees and toes', a song we taught them during class, at the top of their lungs!

Those of us who participated in this After School Activity all agree that we did not choose this activity just to add to our CV, or in order to make us look good! It's something we thoroughly enjoyed and we are proud of what was achieved during our visits. Spending time with the children could

be viewed by some as only beneficial to the kids, but that's not true, it is a mutually beneficial experience. They brought us an incredible amount of joy.

*"It made us feel like we accomplished something great!" Dunia Wasfy (Yr11G)*

Witnessing our efforts develop into some progress was extremely rewarding and made our work worthwhile; it was so fulfilling to know we made a difference in their lives.

*"We felt blessed to have what we have and made us appreciate our friends and family more" - Solange Henawi (Y11B)*

Not only were the children fun to work with, but spending some time with them enabled us to realise how lucky we are. They taught us the value of the things they were deprived of, and showed us another side of life we haven't fully understood before.

Personally, this opportunity helped increase my self-worth and allowed me to discover a new passion. I am now very passionate about teaching!

I definitely recommend this ASA to other students!

The Orphanage Club provides a medium for MES Cairo students to interact with less advantaged children from Egyptian Society. We visit the Orphanage and host the children on the MES Cairo campus for a variety of activities. Throughout the year, we fundraise to help donate necessities required by the Orphanage. This activity is offered as a badge option for Pioneer Programme participants.



# Secondary House News



**The** MES Cairo House competition got into full swing in November with plenty of House points to be earned. The first event lead by the Commercial Studies Department was the Year Eight Industry Day. Students in House teams competed with each other to complete various business related tasks, culminating in a marketing campaign and pitch delivered to all Year 8 students. It was a close competition right up to the final task until Kheper delivered a very professional pitch that impressed the judges to allow them to take first place. Please see page 23 for a full article about Industry Day!

Early December witnessed the 'Musical Intro' event, an MES Cairo favourite and always a Secondary yard-filler. Students and staff were keen to demonstrate their musical knowledge and name the song and artist from an eclectic mix of tunes, ranging from jazz funk to heavy metal. Heads of House recruited known musical maestros from students and staff and competed fiercely to be crowned champions. Edjo took an early lead, with Miss Shanab at the helm, using her vast musical knowledge and assisted by Mr. Erskine - they were going to be hard to beat. However, Mr. Prebble, assisted by Mr. Allsop

and Mr. Shooter were not going to give up without a fight. It was very close all the way up to the final song when Kheper managed to get ahead and beat Edjo by just one point. Selket came third, and Amun came fourth. Mr. Gross and Mr. Vandermarel were a little disappointed at the lack of Canadian and Dutch songs in the mix.

House points were awarded during the Cancer Awareness week (please see page 70 for a full account of this event), and Edjo proved to be the most generous House in raising money, followed closely by Selket, with Kheper third and Amun in fourth.

The New Year saw the start of the Junior football competition. This event was open to all students in Year and Grade 7 and 8 and, like the Senior event, it included new rules to encourage female participation. Once again Primary allowed Secondary to use the whole field during a very busy break time for this very popular competition. The crowds gathered for the first round of fixtures and the field was packed with students cheering on their House. Kheper were keen, arriving promptly, warming up and stretching like true professionals. This preparation gave them the edge to beat a determined Selket 2-0. In the other fixture Amun and Edjo played out a hard fought 0-0 draw. Moving into the final round, there was going to be an epic battle for first place between Kheper and Amun, whilst Edjo took on Selket to avoid the 'wooden spoon'. Coach Prebble, assisted by Samy Shelbaya (G9B) managed to guide Kheper to victory with a solid display to defeat Amun 1-0 and maintain their 100% record. Edjo beat Selket 2-1 to leave Selket bottom of the table without a win. Amun and Edjo tied for second place. Another Kheper victory!

Into February, on Sports Day 'sign up' day, keeping with the theme of sport, the Secondary yard witnessed the inaugural event 'Question of Sport'. Students and staff were keen to demonstrate their sporting knowledge or lack of, in the case of Amun, who finished last. It was a close battle for first place, ending in a tie between Edjo and Kheper, with Selket and their disappointed Head of House finishing third.

Kheper have maintained their dominance in the House competition this year, continuing to top the Leaderboard. Edjo have brought themselves from the bottom of the table to be contending with Kheper for the top position. Selket have held onto 3<sup>rd</sup> position, whilst Amun have fallen to a disappointing 4<sup>th</sup> spot - but we all know that with big House points up for grabs for the upcoming Sports Day, these positions can change dramatically.

## Leaderboard (3<sup>rd</sup> March 2014)

- 1<sup>st</sup> Kheper
- 2<sup>nd</sup> Edjo
- 3<sup>rd</sup> Selket
- 4<sup>th</sup> Amun

**Mr. S. Morris – Secondary House Coordinator**



## MEssage from your Head of House!

### Amun – Mr. Vandermarel

Over the last few weeks, Amun students have shown some exceptional talents. Year/Grade Seven and Eight students gave it their best on the pitch in their attempt to defeat the other Houses during the Junior Football Competition. Their efforts, under the guidance of some enthusiastic and fanatical Year 9 coaches, led to a well-deserved second place. Well done to all of those involved! During the various quizzes in the secondary yard, Amun did not excel as much as one would expect. However, members of Amun are known to focus on the real important issues this world produces instead of simply generating trivial knowledge as machines. I am therefore positive Amun will thrive again during the Secondary Sports day and other athletic competitions. I will finish with a quote from Youssef Sabry's passionate speech during the last House assembly.

Youssef, a proud Amunian and vice-chairperson of the Student Council, stepped up, took a risk and made a difference by inspiring all Amunians, students and staff. *'Do not only compete against your friends, which you will all do of course anyway. More importantly, compete with yourself. Be a better person than you were yesterday and try to be even greater tomorrow'.*



Mr. Vandermarel



Miss Shanab and Mr. Prebble in House action

'First' should be Kheper's moto. FIRST in the Extravaganzas, FIRST in Speed Stacking, FIRST in Musical Intros, FIRST in Industry Day, FIRST in Junior Football and at the time of writing this article, FIRST in the Sports Quiz...Kheper are on a roll! An amazing 2013/14 so far but it's still tight at the top with Edjo scoring big points where it matters. What can you do about it? Keep turning up to the yard during 2<sup>nd</sup> break to take part in events AND keep collecting house points for your great work and behavior in lessons. Just a few months to go now, we can do it: Keep Calm and KHEPER On!

### Edjo – Ms. Shanab

This half term Edjo were off to another rocky start with Junior football but after a few re-shuffles within the squad and help from Omar Soliman and Seif Taha we managed to get our act together and finish off joint second with Amun. Our elected Edjo representatives have been hard at work within the Student Council, having carried out the Cancer awareness fundraiser week successfully, they are currently helping out with the 24 hour fun run to raise funds for the "Ana El Masry" charity. They are also tackling some of the issues the general student body has brought to their attention like canteen opening hours, wi-fi

speed and accessibility and air conditioning control. During the Sport trivia challenge on the 19<sup>th</sup> of February, we managed to get joint first place with Kheper, mainly due to the extensive knowledge of Mr Erskine! We are currently looking forward to Secondary sports days on the 12<sup>th</sup> and 13<sup>th</sup> of March. Edjo members seemed to be bursting with enthusiasm during the sign up sessions, and I personally cannot wait to see what they bring to the field! Come on EDJO! We can do this!

### Selket – Mr. Gross

Despite a slow start the Selket yellows have started to take shape and become what was once a power house in the House system. After the winter break the Selket team has slowly crept back up the standings towards the top where they hope to repeat as champions from last year. With sports day approaching, there is no doubt that Selket will again become a force to be reckoned with.



Mr. A. Gross

# MES Student Council News

**The** MES Student Council Elections took place in November. The nominees had worked tirelessly in preparing their campaign and it was now finally time to deliver their speech to their peers. The elections went smoothly, with a high caliber of nominees, which left some difficult decisions for the voters. The votes were quickly counted and recounted to ensure there were no errors or controversy. Nominees had a nervous wait and they were eager to know the results after weeks of hard work. Congratulations to the following students to be elected and form the MES Student Council 2013-14:

AMUN	KHEPER	EDJO	SELKET
Hussein Hassan Gad (Y7G)	Farida Shafie (Y7R)	Omar Bakr (G7G)	Kareem Soliman (G7G)
Yasser Dabees (Y8B)	Shehab Abo-El-Fadl (Y8B)	Omar Sadek (Y8Y)	Ismail El Mahdy (G8B)
Asser Taher (Y9R)	Sammy Shelbaya (G9B)	Lara Shaheen (Y9Y)	Zeyad Hussein (Y9G)
Mai Hindawi (Y10R)	Mohamed Assem (G10B)	Abdulaziz Sarg (Y10Y)	Faheed Bakr (Y10G)
Youssef Sabry (Y11)	Nour Tobgy (G11Y)	Nader Raafat (Y11R)	Omar Khalil (G11G)
Sandy William (G12R)	Omar El-Deeb (G12R)	Nadia El-Bostany (G12Y)	Nada Sherdy (G12R)

The Council quickly organised their first meeting to take place just days after the results were announced. In this very important meeting it was decided that the council needed an Executive Committee comprising of a Chairperson, Vice-Chair and Secretary. In addition to this, smaller committees would need to be formed from the 24 council representatives to allow a more efficient and productive Student Council.

The first committee, the Fundraising committee was formed immediately with the aim of focusing on the upcoming Cancer Awareness week. This committee consisted of Sandy William, Youssef Sabry, Nader Raafat, Lara Shaheen, Zeyad Hussein and Ismail El Mahdy. They soon proved to be a very effective committee, meeting regularly, dividing up roles and completing various tasks to help to raise money for this worthwhile cause. The Fundraising Committee helped to raise 20,000LE from the collection boxes alone. The success of this committee set the impetus for future Student Council initiatives. Youssef Sabry reflected passionately on the success of this campaign and implored that Student Council representatives get involved as much as possible in 2014.

Soon after this event the Student Council met and asked for nominees for the Executive Council; each Y/G/11/12 student was given a Job Description of the three roles; a number of senior students put their name forward. The council elected Sandy William as Chairperson, Youssef Sabry as Vice-Chair and Nader Raafat as Secretary.

The Student Council resumed in January but was unable to meet regularly due to mid-year examinations. Once these examinations had finished the Student Council went into overdrive. A Football Fun-day committee was formed to help Mr. Gross with this event and a Fun-run committee was formed to help with the 24-Hour Fun Run.

On Monday 20th January, Sandy William, Nour Tobgy and Nadia El Bostany represented MES Cairo at the 2nd National Council of Student Representatives Conference hosted at the DEO (German) school in Dokki. The aim of the conference was to construct the guidelines, structure and constitution for a National Council of Student Representatives within Egypt; and 19 International Schools from Cairo and Alexandria were in attendance. The students aimed to establish a constitution which set out the rules for the council and how it should be run. The MES representatives exchanged ideas with the other participants and the conference was a great success for all involved.

Moving into February, the council called meetings up to three times a week to discuss very important issues regarding school life at MES. Nader Raafat, as Secretary has been instrumental in communicating all this information to students, staff and SSLT. Since their first meeting in November the MES Student Council have gone from strength to strength and they really are making a difference.

**Mr. S. Morris – Secondary House Coordinator**



# MES Student Council update from the Executive Committee

Our

latest development as your elected Student Council was to form committees to be responsible for improving specific aspects of your experience as a student. These committees were formed to provide effective and efficient solutions to the problems we all face as students (and teachers too!).



**Executive Committee:** Chair: Sandy William (G12R), Vice-Chair: Youssef Sabry (Y11), Secretary: Nader Rafaat (Y11R)

The five committees and their respective targets for this year are as follows:

**Canteen Committee:** Chaired by Sandy William (G12R)  
This committee will conduct a survey to identify exactly what you as students wish to improve about our school canteen, whether it be prices or portions or quality, and then seek to implement these changes by approaching Jared's and SSLT with our proposed solutions. The goal is to have made a real change in the canteen for next year.

**Athletics Committee:** Chaired by Samy Shelbaya (G9B)  
This committee will be responsible for enhancing your athletic experience as an MES student. Their targets include signing up for new leagues (aside from CISSA and BSME) so that we have

fresh competition, as well as providing you with the opportunity to participate in more overseas tournaments. Furthermore, they will come up with ideas for other sporting events like Football Funday, as well as improving existing ones like Sports Day. Aside from all this, they also hope to raise money to improve the fitness centre facilities and equipment.

**Senior Affairs Committee:** Chaired by Nada Sherdy (G12)  
This committee's main purpose is to improve the experience of senior students (namely G/Y/DP 11-12) in order to prepare them for their lives beyond MES as well as making their last memories of MES good ones. Some of the issues handled by this committee include: Improving Senior Common Room facilities, discussing senior student privileges with SSLT (e.g. allow students to buy food during free periods), as well as requesting CV-boosting opportunities like arranging work placements/internships and having events like Career Day to allow students to make more informed choices about their future careers.

**Events Committee:** Chaired by Fahd Bakr (Y10G)  
This committee will be responsible for suggesting event ideas to be added to the MES calendar, as well as coming up with new ideas for House events (e.g. a general knowledge quiz). Also, they will be the ones suggesting new charities to be supported by MES and co-ordinating any fundraising events/weeks.

**Facilities Committee:** Chaired by Lara Shaheen (Y9Y)  
Students and teachers alike have some common complaints regarding school facilities and equipment, which this committee has been set up to resolve. They will be responsible for passing on your suggestions to SLLT to make your experience as an MES student more productive, comfortable, and enriching.

So this is what we have been up to as your Student Council, we hope you will support us by suggesting your ideas to your house representative, as well as answering any surveys honestly. We hope we won't disappoint you!

**Nader Raafat (Y11R) – Secretary of the Student Council, 2013-2014**



# CANCER AWARENESS WEEK

## The MES Cairo Family Raises 30,000 LE!

Recently, the newly formed Student Council fundraising committee began their tenure by holding a Secondary School fundraiser for the Children's Cancer Hospital located here in Cairo.

This event was a tremendous success and was a great start to a productive and successful student council. Members of the newly formed committee were each assigned to a role, to record and organize meetings, contact outsources and spread the word and advertise the event to the whole school.



The MES Cairo secondary students were able to raise a tremendous amount of money for a very valuable cause. The grand total raised by the students was just under 30,000LE. Through private donations, our House competition boxes and the support of students and parents, we were able to succeed and perhaps make someone else's day, month and make a difference to some people's lives.

Along with private donations, each house had their charity box donation contest set up in the school atrium. The final results placed Edjo in first place narrowly beating Selket by just 100LE. Placed third and fourth place were Kheper and Amun respectively. Along with the House competition that took place throughout the week, we held a non-uniform day where students were asked to wear the colors of Cancer Awareness, pink, white, blue and yellow. For the most part all students complied with the rules and made MES Cairo a sea of individuals who were helping raise awareness about Cancer.



Special thanks must be given to the Year seven and Eight students who spent hours baking cakes, cupcakes and other treats. The Key stage Three students were able to raise just over 2,500LE for the event!

The work done behind the scenes by council members, Sandy Williams (G12R), Nader Raafat (Y11R), Youssef Sabry (Y11G), Ismail Mahdy (G8G), Lara Shaheen (Y9Y) and Karim Soliman (G7G) must be acknowledged, along with other helpers. This event would not have happened without the hard work of these individuals.



Student Council and the Heads of Houses would like to thank all staff and students for their goodwill and donations to a worthy cause. This productive start to has inspired us to continue and I soon hope to be engaging students with our Public Relations Committee. We want your full support to achieve our goals for the MES Cairo student community.

**Youssef Sabry - Vice Chairperson, MES Cairo Student Council**





# MES CAIRO PIONEERS

## Emblem Contest

Modern English School Cairo's Pioneer Programme sent a call for students in Year Five through Year and Grade Eight to help design an emblem for the Pioneer Programme. Keeping themes such as Service, Skill, Adventurous Journey and Physical Recreation in mind, students set out to design an emblem that would truly represent all aspects of the Pioneer Programme. With an impressive number of over 100 student entries, the designs were whittled down to 13 finalists. The winning design incorporated aspects from the entries of Farah Kabesh (Y7R) and Nooran El Masry (Y7B). Congratulations to all of the finalists!

**Ms. E. Vallarino – Secondary Pioneer Programme Coordinator**



Ferial Isam Y5B



Farah Kabesh Y7R



Lara Salem G8B



Khalid Sabek Y8R



Lara Mobasher Y5R



Natalie Osman Y8R



Jana Ehab Y50



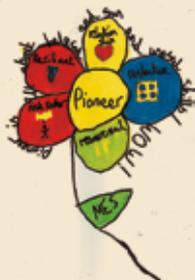
Salma Abdelghaffar Y8Y



Malak El Ahwal Y8R



Mariam Hany Y50



Natalie Emile Y5G



Yassien El Gazzar Y5R



Nooran ElMasry Y7B

## Secondary Pioneer Programme - Bonding Afternoon

**On** Thursday 14<sup>th</sup> November the Secondary Pioneer Programme had its first bonding afternoon of the 2013-2014 school year. It was held in the primary kitchen after school. It was great!

First, all of the Pioneers were assigned into groups. Each group had to do make a course of a meal that would ultimately be a part of a four-course meal that we would share together at the end of the afternoon. The first group squeezed oranges to make orange juice; the second group mixed and baked brownies; the third group baked garlic bread; and my group made spaghetti with tomato sauce.

I think that everybody had fun, and more importantly, the food was delicious. This bonding afternoon gave me the opportunity to work in the brand new Primary kitchen as well as work with people that I have never worked with before. It also gave me a chance to spend time with new friends and have experiences with people I don't normally have the opportunity to meet.

The Pioneer Programme runs from Year Five through Year/Grade Eight. The Pioneer Programme is a great opportunity for everyone involved in Pioneers to meet new people and gain some new skills and life experiences. In my opinion, the Pioneer Programme is a fantastic programme and I am looking forward to more bonding afternoons this year!

**By Salma Khalil - Grade 8 Blue**



# SANDBOARDING ADVENTURE



**O**n 7<sup>th</sup> February, the Primary and Secondary Pioneer Programme, as well as a few International Award participants went to the Qataneya Dunes for a Sandboarding Adventure. The dunes are located about 80km west of 6<sup>th</sup> of October.

The sandboarders met at Modern English School Cairo, where they scrambled into Toyota Landcruiser 4x4s. The two hour journey to the dunes passed quickly, as the convoy drove through nearly empty Friday morning Cairo roads.

Upon arriving at the dunes, participants were given sandboarding instructions by the Go To Know Tour instructors. All of the students were asked to take off their trainers and start climbing the high sand dunes in their socks and colorful sandboards in hand. The Go To Know staff set up eco-friendly gender segregated bathrooms and tent shelters. Some students enjoyed the facilities so much, Tala Mosalam was heard saying: "that was such a fascinating bathroom!"

The sandboarders were excited to begin, and first sat down on their boards and practised on the smaller dunes. Their skills quickly progressed and soon students were up and sliding on their feet. This resulted in sandy trousers, baggy socks, and sandy hair and eyebrows, to say the least! Students were even seen spitting sand out of their mouths and shaking out their shorts. But it was all worth it.

Omar Soliman (G8Y), was flying down the dunes. Samy Shelbaya, an IA student, was dressed in a purple onesie (yes, you've read that right—like a giant baby!) was seen shredding 360s down the sandy slopes. Omar Dajani (G8Y) was grasping sand left and right as he careened over steep slopes. The way Badr Fikry (G8Y), was standing, looked like he was surfing a sand sea. Ahmed Shahin, G8Y, going full speed ahead, flipped and ended up with a sandy head of hair. Grant Goddard (Y7G) was spraying sand as he flew down the hill.



With all that talent and fun happening on the sandy peaks, it was surprising to see Nour Abed G8R, Tala Mosalam (Y8R), Lara Salem (G8B), Salma Khalil (G8B), Malak el Ahwal (Y8R), and Nay Assassa Y8R taking endless selfies at the bottom of the dunes near the tents. We were left to wonder, did they even get up on the hill?

At 1:00, the students were treated to a delicious BBQ lunch, prepared by the Go To Know staff. BBQ chicken, kofta, crisps, tahini and salad were presented in a delicious spread.

After the students were full, they were back up on their boards and surfed for the rest of the afternoon. Others chilled in the shade of the tents. Students tried different heights and positions, even lying on their bellies! Meaningful interactions together without electronics. It was shocking to see not even one student checking their mobile! Smiles, laughter, and good cheer spread throughout... this was a time to use physical skills and enjoy the peaceful desert. Ahmed Shahin (G8Y), said it best: "This is way better than playing GTA all day!"

At the end of the day, students emptied sand out of their pockets, dumped out their socks, and it was time for a goodbye. The drive back to Cairo in the Landcruiser was spent bonding, responding to survey questions and building stronger friendships.





*The Pioneer and IA Programmes would like to thank their Primary and Secondary teacher chaperones for providing such wonderful support and guidance throughout the day: Ms. Charlotte Trout, Mr. David McKoski, Ms. Elizabeth Vallarino, Mr. Jordan Currie, Ms. Jordana Godber, Mr. Khalid El Metaal, Ms. Lauren Fawke, Mr. Louis Fearn, Ms. Olivia Walker, Mr. Phil Downey, and Ms. Sheila Fiddy. A big thank you to the Go To Know Tour Company and staff for providing an excellent adventure.*

Contributing Authors: Ahmed Shahin (G8Y); Hussen Gad (Y7G); Nour Abed (G8R); Tala Mosalam (Y8R); Marina Ghattas (Y8R), Ms. Vallarino, Secondary Pioneers Coordinator.

We had an amazing time on the unforgettable Sand Boarding Pioneer adventure. It blew my mind just reading about our trip. It left me with awesome memories. Just getting on that board and surfing the dune gave me a magnificent feeling. I can still feel the thrill of going down the dune and I can feel the wind in my face and the adrenalin flowing. I enjoyed doing all the three common moves; the sitting position, standing up and the superman.

**Saif El Bialy (Y6G)**

As I stepped onto the warm sand, a feeling of excitement coursed through my veins. I could see a long row of colorful boards that lay heaped a short distance away. "Throwing litter on the sand will ruin this beautiful place," were the words of our instructors, and, looking around me, I have to say I wholly agreed. About half an hour later, I was making my way up the dune again, a heavy but precious board tucked under my arm...

**Ali Tarek (Y8R)**



By the time the food was ready, we were starving after climbing up and down those dunes. For lunch, we had some delicious chicken and kofta with a pepper salad and corn. It was a long queue, but it was worth the wait. After that, we continued sandboarding until eventually, the wonderful day came to an end.

**Adam Abu Shady (Y8R)**

## Primary PIONEERS join Secondary PIONEERS for a Whole School Adventure!

This was the first time a whole school trip has been collaboratively planned between Primary and Secondary Pioneers, along with International Award Students from Secondary helping out. The trip took place on Friday 7<sup>th</sup> February, involving 89 students and 11 staff in total. It was an amazing success. Please read the 'Trip Advisor' reviews from the youngest group of Pioneers - Year Five. Maybe you too would like to try sandboarding one day!

**"An awesome trip to the dunes!"**

OOOOO 12 Feb 2014

*Adham Khabeel (Y5O) (1 review)*

A cool slide down the sand in the dunes! We ate barbecue such as Kofta and chicken. WE climbed up to the top of the sand dune. We had so much fun... WOW!



**"An awesome day!"**

OOOO 12 Feb 2014

*Yassin Elze Hazmy (Y5R) (3 reviews)*

As soon as we got to the dunes everybody was excited! The pioneers and teachers got out of the van and sandboarded. At 4.30pm we left and went back home.

**"Go to the western desert!!"**

OOOOO 12 Feb 2014

*Wagih Gergous (Y5G) (14 reviews)*

Go on the best trip ever, any time, to have a great time sand boarding in the desert. I would love to go on this trip again and recommend it to all those people who enjoy the great outdoors!





**“THE Sand Boarding Trip!”**

**OOOOO** 12 Feb 2014

*Hussein Soliman (Y5O) (1 review)*

The journey took roughly two hours but it was a fantastic trip to the desert. What we had to do was get a board and put wax on the back. We could sit down, stand and do superman. It is simple to do and ...amazing!

**“A Sand Boarding Adventure!”**

**OOOOO** 12 Feb 2014

*Adam Nagy (Y5R) (10 reviews)*

Sand boarding was spectacular! I really loved the view from the modern 4 x 4 Jeeps. As well as this it was comfortable. The staff who supervised the sand boarding were kind and helpful. The lunch was a BBQ buffet. I really liked sand boarding!



**“Sand Boarding is Fun!”**

**OOOOO** 12 Feb 2014

*Youssef Badawy (Y5B) (8 reviews)*

We went there and tried sand boarding. I kept trying to stand up and in the end ... I did it. Then we went back home. I had a great time.

**“A Great Trip!”**

**OOOOO** 12 Feb 2014

*Amr Samy (Y5B) (1 review)*

It was 7.40 in the morning, we went to school and rode in the amazing land cruisers. We arrived at 10.00 and it was so much fun. At first it was hard to do but we all had fun and we all arrived safely.



**“So awesome! ”**

**OOOOO** 12 Feb 2014

*Ziad Shamma (Y5V) (11 reviews)*

It was so much fun when we went to the desert in the Jeeps. I loved standing but sometimes it was so hard! The hardest thing was ‘Superman’ but it was so much fun!

**“Sand Boarding was Exciting!”**

**OOOOO** 12 Feb 2014

*Amr El Toukhy (Y5R) (1 review)*

We had a BBQ for dinner, it was amazing! We learned how to stand up while sand boarding! After perfecting the ‘Superman’ move on my board, standing was easy. I would recommend this trip to everyone !



Thank you Ms. Godber and Mr. Downey for putting the Trip Advisor report together.

# HORSEBACK RIDING ADVENTURE

On Saturday, 8 March 2014, Modern English Cairo school buses were filled with 57 enthusiastic Secondary Pioneer Programme and International Award students. We headed to Al Sorat farm, located in Sakkara.

Upon our 9:30 arrival, we were greeted by the owner, Ms. Maryanne Gabbani. She talked about different aspects of the farm: its involvement in cooperative initiatives within its local community; providing free veterinary assistance to villagers; initiating a women's co-op to create cheese from goat's milk; providing work exchange opportunities from neighboring farms; employing local workhands and providing training opportunities for them.

Ms. Gabbani then asked us to split up into five groups. She explained that each group will rotate through a variety of stations: horse care, horse riding, organic farming and poultry.

The first station we visited was the bird pen. We learned about chickens, ducks, geese, and a very irritable turkey. An interesting fact we learned was when the turkey got mad, its wattle would change color from red to white.

We then headed to the goat pen. We were fascinated by the range of different ages and colors of goats. We even got to carry a few of them-- the soft and cuddly baby goats particularly touched our hearts. Salma, the farmhand, taught us how to properly trim a goat's hoof.

After the goats, we set off for the horse stable, where we learned how to properly groom a horse. We grabbed a bristled black brush and gently stroked it against the horse's back—cleaning off excess horse hair. Pretty soon wisps of blonde, white, and brown strands of horse hair were all over our shirts and trousers. Who knew that horses were so furry? Some of us even learned how to clean dirt and muck off of a horseshoe.

Next, we giddy-up-ed on over to the horseback riding station. The levels of experience differed with each student, but it didn't matter. We were soon saddled and trotting up and down the paddock. Some horses even took three students at a time!

Finally, we meandered over to the organic farm. We learned about growing dill, parsley, basil, cabbage, and other plants without using pesticides or chemicals. We even got to taste a few of the leafy greens! After our interaction with the greens, we were also surprised and impressed to hear that the farm operated on solar energy.

We checked out the many solar panels set up around the property.

After visiting the last station, we had some free time available to go back to activities we particularly liked and were able to try them out again.

A traditional Egyptian lunch was served around 12:30 p.m. in the garden. Many students were lounging on the grass, relaxing in the hammock, and hanging out with friends. After an entertaining and educational morning on the farm, it was time to head home.

**Thanks to Ms. Maryanne Gabanni, Al Sorat Farm, Sakkara for hosting the Secondary Pioneer Programme and International Award Participants. Contributing authors: Malak Arafa, G9B; Mariam Abdelghaffar G9R; Nadine Abougabal G9Y; Ms. Elizabeth Vallarino, Secondary Pioneer Coordinator**



# Model United Nations

*“Everyone thinks of changing the world, but no one thinks of changing himself.”*

- Leo Tolstoy

Model United Nations Conferences provide a life altering experience for the students at MES Cairo. It offers an opportunity to not only increase knowledge of major world issues but as well to evaluate personal views of the world- to challenge preconceptions, view them through a different lens and establish a more informed opinion. Exposure to new and different countries, histories, people, ideas and cultures nurtures this change. 35 MES Cairo students embraced this change and participated in the IMUN and PRAMUN Conferences this year in Ivanovo, Russia and Prague, Czech Republic, while a final student group prepares and awaits the St. Petersburg, Russia conference in March. Student delegates represented their assigned countries in a mock UN setting, debating and compromising on global issues. Research and resolutions in hand, they entered committee rooms determined to change the world. Days later they emerged from those same committee rooms with the change being in themselves.

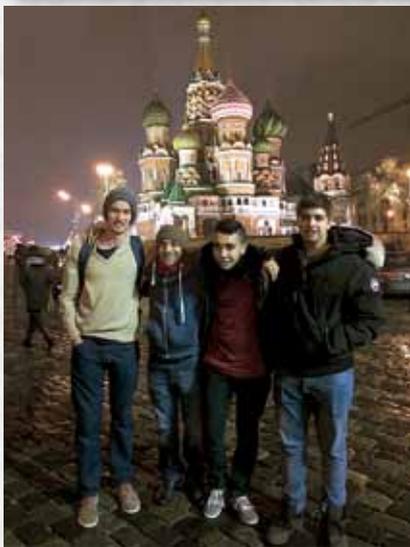
**Christine Flake, MUN Coordinator**

## **IMUN Conference, Ivanovo, Russia, November 2013**

I will never forget my trip to Russia this year, as so many parts of it were unforgettable, not just the conference itself! I was amazed by how busy we were from day one right until heading back to the airport to fly back to Cairo. So many things stick out in my memory when thinking back on the trip. The Schmolls (MUN conference organizers), the Trekyakov art gallery, the circus, the Kremlin, Bulgakov's house, and that was just on the first day! The bells of Rostov, the last Orthodox Church built before the revolution in Ivanovo. The singing monks at Suzdal, the Volga River, the art workshop, the Egyptian embassy in Moscow, eating a Georgian pizza, and all that doesn't even include the conference!

How could I forget going bowling with Russians and Italians at a mall, after a fun time at the conference, which was a great opportunity for both the Russians and Italians to practice their English. I was exposed to so much Russian culture, and I won't forget the conversation that was had with a couple of the Schmoll's friends, an elderly couple who had lived through Soviet times. It was truly fascinating, and I am eternally grateful to the Schmolls, as well as Ms Flake and Mr. Roodvoets for taking us on the trip.

**Will Kirby DP12R**



Before talking about the trip I would like to mention my relation with the region of Russia. I am half Russian from my mother's side, and I proudly carry the citizenship and speak the language. But this experience was special to me for the reason that this was my first time not only to participate in Model United Nations but to travel the motherland without my family. The advantages of being the only one who can translate were not many, but the experience was to truly indulge within the Russian culture by myself, or rather with my peers. To be in a foreign land that I call my own was uplifting to the heart. My encounters with the art and history were enlightening.



As for the conference itself, I am proud to say the MES Cairo students were active and passionate participants. We approached the conference together as a team. I, as the delegate of Bosnia and Herzegovina, along with the delegate of Japan, Selim El Badry, both received best delegate awards. From my perspective I loved the conference. It was one of the most enlightening 3 days of my life. 3 days of pure improvisation. Pure guts and showmanship.

Overall a beautiful journey, filled with good times, deep and informative lessons, and as cheesy as it sounds, new forms of friendship. I would like to thank Mr. and Mrs. Schmoll, the founders of the Ivanovo MUN. And of course, thank you to our loveable chaperones Ms Flake and Mr. Roodvoets, whom without we would not have gone and I would not have had the best apricot pie known to man.



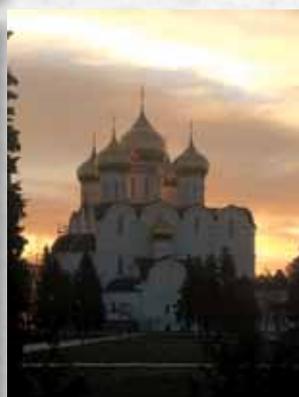
**Yousef Sabry Y11G**

### **PRAMUN Conference, Prague, Czech Republic, January 2014**

The MUN trip to Prague was an amazing experience for me. From the moment I stepped out of the plane in Prague, until I was about to leave, the people were very kind and welcoming. It is a beautiful city with many wonders to explore. It is like a massive museum, there is literally something historical or meaningful on every corner in the city. The city passed through many important historical events from different time periods that are still evident on buildings, streets, and bridges today.



Aside from the beauty of the actual city, I had a great time at PRAMUN itself. I met new people from different countries who were all really nice people and I made new friends who I am still in contact with. The conference was also really interesting; especially the lobbying where you get to talk about your resolution with other delegates and get to know your chair and the delegates in your committee. My favorite part of the trip was the closing ceremony where we could all vote on the resolutions of all the committees. Overall it is a stunning city with many different things to do and all the people there were very welcoming. I would definitely do it again next year.



**Youssef Abaza G10Y**





PRAMUN 2014 was a really rewarding experience for all of us! We got to meet people from all over the world and make plenty of new friends while also raising our cultural awareness as we became more acutely aware of the differences between our unique Egyptian culture and the other cultures throughout the globe, which I must say was very enriching. Also, having to work with complete strangers in our committees and delivering speeches in front of the whole conference required us to overcome our shyness and do things we would never have imagined possible; markedly improving communication skills for everyone. The sightseeing itself was also very interesting as we learned about Czech history in the heart of one of the most beautiful cities in the world. A definite highlight was the 1989 Velvet Revolution presentation. It allowed us to draw parallels between our own revolutions and the Velvet Revolution. We were able to relate with the revolutionary feelings that was evidently pulsing through the Czech youth's veins in 1989.

As part of the Historical Crisis committee, I had the opportunity of changing history and participating in complex and thought-provoking debates. Our committee aimed to resolve two historical crises; namely the establishment of Israel in 1947 and the Suez Crisis of 1956. Sadly, one could say we 'failed' as our committee proceeded with Israeli-Arab conflict, suffered a nuclear World War 3, and disbanded the UN. But we all enjoyed and learned much in these debates and were definitely grateful that matters of international diplomacy aren't entrusted to teenagers.



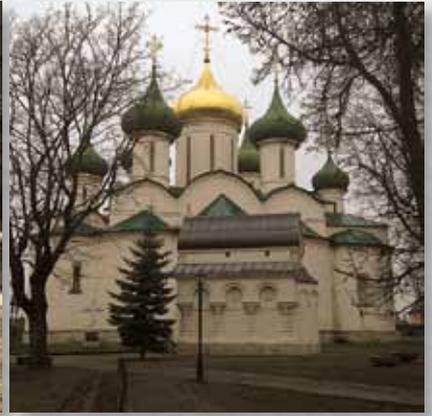
**Nader Raafat Y11R**

During my Senior year I have had the honour of going to two MUN conferences which I firmly believe are one of the highlights of my Senior year and school career. I went to Russia in November and to the Czech Republic in January, and even though they were both MUN trips, the experiences I had were very different.



The Ivanovo MUN highlights were very much different from the Czech Republic trip, which I had not expected. The best things about the trip to Russia for me were the history of Russia, and for the first time journeying into the countryside and the smaller cities of a foreign country. It was unique in how it gave me insight and a much more in depth perspective of Russian culture and people, as well as its diverse history. The things you learn in history classes was now evident in its streets. For example I could now see the difference between pre-communist era buildings and communist era buildings. It was incredible to see how over time new ideas and governments tried to put their mark and often erase or distort their predecessors' mark. It was also amazing to see Russian architecture and the influences of concepts and styles I have studied. So for me Russia culturally and historically was very significant. Having two history teachers supervising the trip only made it sweeter. I also met a very wise Russian man, who had helped organize the first MUN trips in what was then the Soviet Union and it was one of the most insightful discussions we had as we critiqued books and discussed the infamous philosophical question of good and evil. For me it was a once in a life time opportunity and very insightful, listening and trying to understand a man who was much older than me, lived very





different experiences (ones I can only access through history books), culturally very different, and at the same understand where he is coming from and admiring not only his knowledge but his grasp of current events.

For Prague MUN the highlights were the people I met as well as the roaming around Prague and trying to adapt while learning streets and areas. During the Czech trip I met very interesting people from all over the world. Most notably were a Ukrainian boy and a Venezuelan girl, who I got to know really well after our discussion of a range of subjects from current events, history, personal lives, political theory, culture and traditions, movies, etc. during a conversation that lasted until the wee hours of the night. That discussion for me was really interesting and to be honest very educational, because we all carried messages from our homelands, we all carried our culture with us, we carried different experiences. I mean a bucket-load of differences: a Slavic boy, a Latina, and an Arab. Yet we could identify with one another not only personally in terms of our personal lives and emotions but also politically. Through this trip I can say I became much more aware. The other highlight for me was getting to explore the city with my peers and the freedom we had in experiencing and finding our way around the city was really a worthwhile experience. After only 5 days in Prague I could find my way around many parts of the city.

Aside from that, both conferences were great. MUN helps your speaking skills as well as debating skills, and my peers in both conferences were very interesting and friendly, so that increased the fun in it.

In conclusion, I would recommend MUN trips to anyone, even if you're not into politics, debate, or history; you will have a great time. You will be surprised how much fun you will have and the amount of new friends you will make, from both MES and from around the world.

**Karim El Alfy G12B**

## Senior Common Room



**The** Common Room is my seniors' lounge and their second home. I always try to establish a family-friendly environment in what I truly consider to be a warm and welcoming place for them to study. They are my students and children, but first and foremost, they are my friends.

Throughout the course of the academic year, I watch them grow, mature, and win in many ways. Here, the winning I speak of is in both academia and sports. You see, time spent in the Common Room is a time to study, but equally, it is a time for them to relax and have fun. The Common Room, of all places, is one which has witnessed many generations of memories.

Of course, amongst the most memorable memories are the yearly Seasonal events (Secret Santa), and Valentines' Day (Cupid's Quest), as I watch the Seniors collaborate with one another and develop a stronger sense of teamwork and family.

The word 'love' would not be sufficient in describing what it is I feel towards them, for it is far greater. And I can honestly say that these Seniors, my children and family, are my fountain of youth.

**Ms. Mary Soliman – Senior Common Room Supervisor**





## MES CAIRO ACHIEVERS

### Spotlight on Omar Salem (Y7B) – Tennis Champ!

Omar Salem in Year Seven Blue plays tennis at the Heliopolis club. The main reason he plays tennis is because his father encouraged him to try it and his mother never allowed him to skip sessions! I used to play for two hours per week but now I play for two hours every day! I wouldn't miss a training session for anything! I am determined to achieve my goals and win big matches. This is my picture winning the Egyptian National Doubles Tournament early in 2014.

**Keep up the winning streak Omar! MES Cairo is proud of you.**

## Omar Hany Mazloun (Y4G) and Mohamed Hany Mazloun (Y5R) JUDO SUPERHEROES!

Omar and Mohamed were featured a while back in the MESSenger and ... here they are again! They continue to both excel at their chosen sport of Judo. They have been doing Judo for six years now and they train at the Heliopolis Club. Omar is now a 'brown belt' and Mohamed is a 'light brown belt'. They have been both competed in a lot of tournaments lately and have done extremely well! They have won an impressive range of trophies and medals.

Most recently, they won the first place in the Egyptian National Judo Challenge Tournament. Mohamed competed in the 25Kg category and Omar in the 45Kg category. The competition was held in the El Seid Club.

They have been awarded a certificate from the Egyptian Union Judo Academy, and are also in the squad of Egyptian Union Judo Players. Members of this squad are often selected to compete in tournaments outside Egypt.

**Congratulations Omar and Mohamed! The MES Cairo family is very proud of you and is so very glad that you are 'on our side'!**



## Let it Snow...

### MES Cairo students snowball to fame in national press!

I was with Tala Mosalam (Y8Y) and Shahd El Sonni (Y8Y) and we were all sleeping over in Shorouk. I first woke up and saw the snow from the window and woke up the two other girls to tell them. They didn't believe

me so I took them to the window. We were all so shocked and delighted to see snow outside and we rushed out to play in it. We put on our jumpers and ran outside to have snowball fights. We had fun until our fingers almost froze off! Later on Tala's mum took some pictures of us outside in the snow and sent them to her friend. The pictures spread around everywhere on the internet. Somehow they ended up on Al Ahram, the online English language Egyptian newspaper. When we saw it we were really surprised and excited to see our faces in the news. It was great!

**Mia Jodrell (Y8Y)**



# MES Cairo Teachers Learn About Healthy Cooking

## 'Healthy & Delicious' Cooking Classes for MES Cairo Teachers

*Healthy AND delicious?* This is not an oxymoron. Most of us would like to eat healthy food and we definitely want it to taste good. Sometimes it's hard to know where to start.

As a *Health Coach*, I know that sustained healthy eating has to start in the kitchen. By learning how to cook simple, healthy meals that replenish and fuel our bodies (and taste good!), leading a healthy lifestyle becomes more enjoyable and attainable.

With this in mind, MES Cairo is offering a series of 'Healthy & Delicious' cooking classes for our teachers. We held the first class, 'Healthy Breakfasts,' in December. We kicked off with this class because we should all ensure that the most important meal of the day (breakfast) is a healthy one.

A fun, interactive and yummy time was had by a group of teachers sharing the common interest of wanting to give their current diets a 'healthy facelift'.

### On the menu:

Surprise Muffins

*Egg and Beef Bacon Muffins*

*Whole Grain Waffles with Strawberry Sauce*

The class was a success. We mixed, whisked, blended and baked. We ate, laughed and marvelled at our healthy, yet very delicious, creations. And we can't wait to do it again! Teachers, get your chef hats ready. Upcoming classes include 'Smart Snacks' and 'Salad Attack'.

Just a reminder that my door is open (when I'm not teaching that is!) to anyone interested in healthy recipes or nutrition advice.

Here are some **Healthy Cooking Substitutions/Tips** to try the next time you're in the kitchen:

1. Substitute a portion of the oil or butter called for in a recipe with **applesauce**. Start off by substituting only half the amount. If a recipe calls for 1 cup oil, use ½ cup oil and ½ cup applesauce.
2. Low-fat recipes tend to dry out when over-baked, so keep a close eye and make sure not to over-bake your goodies.
3. Chopped **walnuts** are great additions to your baking recipes. They boost your intake of heart-healthy antioxidants and omega-3 fats.
4. Use **coconut milk** instead of dairy cream. It's a great substitute for heavy cream in soups, stews and baked goods. Don't let the word 'coconut' scare you away. Coconut milk doesn't have a strong flavour. I even use it in my coffee!
5. Substitute **almond flour** for wheat flour. This gluten-free switch has the added benefit of a dose of protein, omega-3s and a delicious nutty flavour.

**Mrs. S. Barakat – Secondary Science Department**





# MESMERISED



**Caring**



**Challenging**



**Inspiring**



MESsenger Team: Ms. S. Sheehan, Mr. P.T. Godfrey, Ms. G. Dajani, Mr. G. Lavelle, Mr. J. Todd, Ms. N. Bancroft, Mr. S. Morris, Mr. S. Rayner, Ms. H. Amgad, Ms. O. Mawla, Ms. R. Sharkawi, Ms. V. Mounir. MESsenger Club contributors: Adam Abu Shady (Y8R), Ali Atia (Y8R), Gina Osman (Y11), Malak EL Fegy (G7G), Omar Younes (Y7B), Salma Abdel Ghaffar (Y8Y), Yasin McKay (Y7B). Photography - with thanks to Mr. Tawfik Dajani  
With special thanks to Mr. Elham Tadros at Glow Printing.

# Modern English School Cairo



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

## Our Mission

**Leadership through Education: Caring, Challenging, Inspiring**

### We believe in:

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



*IBO World School*

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*CIE Fellowship Centre Status*

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*DfE - Department for Education (UK)  
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*Fully accredited as an International  
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