



ASA PROGRAMME



TERM 2
2019 - 2020

Care, Challenge and Inspire



Leadership Through Education

What Do You Enjoy Doing?

Sunday

- Primary Helpers
- Global Perspectives
- Outreach
- Creative Creativity
- Yoga
- El Cafe Latino
- Sphero SPRK+
- Jogging Club
- Life Skills
- Craft Club
- Science Club

Tuesday

- Homework Club & Maths Skills
- Challenge Club
- Ping Pong
- Youth Fitness
- Mathletes: WMTC
- International Award
- International Cookery Club
- Le Club de Français
- Curtain Calling
- MES Cairo Band
- Power Ride

Wednesday

- Catch-Up Club
- Mathematical Challenge
- World Cup Scholars
- Outreach
- Senior Video Production
- Tai and Chi Gong
- MES Cairo Band
- The Witty Writers
- Mini MUN
- Primary Helpers
- Stage Props (In the Heights)

Physical



Sunday

Yoga

This club meets every week on a Sunday between 3.00-4.00pm.

Stressed about exams? Need to relax? Join yoga to increase your fitness, flexibility and strength. Learn yoga asanas (postures), breathing exercises, meditation and understanding of how yoga helps the body, brain and heart.

Where: Primary PSHE

Staff: Ms N Hodkinson, Mr H Gilmore

Year/Grade: Y/G/IB 7-12

Maximum Participants: 15

E

Sunday

Jogging Club

This club meets every week on a Sunday between 3.00-4.00pm.

Short of breath when you are running? Want to run without stopping!? All you need is your feet. Turn up to the track and eventually you will be able to run a full 5K without stopping.

Where: Track

Staff: Ms F Elrify, Ms Y Youssef

Year/Grade: Y/G/IB 7-12

Maximum Participants: 15

E



Physical



Tuesday

Youth Fitness

This club meets every week on a Tuesday between 3.00-4.00pm.

Living healthily is about spirit, mind and body at every age. This class will focus on the discipline of Yoga, Pilates and weights. It will promote the importance of physical activity and learning how to make healthy lifestyle choices in a fun and in a supportive environment. This class is designed for ages 12 and up.

Where: Fitness Centre

Staff: Ms R Edmond, Mr E Ahmed

Year/Grade: Y/G/IB 9-12 (open to male and female students)

Maximum Participants: 15



Tuesday

Power Ride

This club meets every week on a Tuesday between 3.00-4.00pm.

Power Ride is a great cardio and power workout on static bicycles in a purpose-built facility in Swan Lake Compound. If you are interested in getting into cycling or keeping fit then this is the perfect ASA for you. Those dreaming of competing in a triathlon should definitely join us. Train indoors to enjoy outdoors.

Where: Swan Lake Compound (leave via Yard 6)

Staff: Mr E MacAulay

Year/Grade: Y/G/IB 9-12

Maximum Participants: 14



Physical



Tuesday

Ping Pong

This club meets every week on a Tuesday between 3.00-4.00pm.

Come and engage in a rousing game of tennis, but in miniature form. Interested in fun?

Interested in tournaments? Well, this is the ASA for you.

Where: MPH Basement

Staff: Mr J Henry, Mr E Ahmed

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Wednesday

Tai Chi and Chi Gong

This club meets every week on a Wednesday between 3.00-4.00pm.

This ASA is a relaxing form of exercise where you will learn basic Chi Gong and the Tai Chi Form - ([Look at Wudang Tai Chi 28](#)).

Where: Fitness Centre

Staff: Mr S Blan

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Skills



Sunday

Global Perspectives

This club meets every week on a Sunday between 3.00-4.00pm.

This 'by invitation only' ASA is designed to complement provision for our G/Y9 and 10 students who have proven academic talent, a committed work ethic and an evident interest in the world around them. The ASA shares its name with the IGCSE course offered by Cambridge International and it is the intention to prepare the selected students for this examination.

Global Perspectives will serve as excellent preparation for further study in both sections and is particularly relevant for students contemplating the IB Diploma Programme.

Over and above this, Global Perspectives will serve to develop students' critical thinking abilities, research techniques, language competencies and other skills which are integral to students' success in other subjects, and indeed life in general! Our aim is to make sessions interactive and provocative. Rather than viewing this opportunity as 'more work', we want able students to participate in a course that will challenge them in different ways and require them to think about topical issues from different, global perspectives.

(BY INVITATION ONLY)

Where: SF10-SF13

Staff: Mr B Rainford, Mrs J Rainford, Ms F Kassaby

Year/Grade: Y/G 9-10

Maximum Participants: N/A



Skills



Sunday

Sphero SPRK+

This club meets every week on a Sunday between 3.00-4.00pm.

Equipped with Bluetooth SMART and a scratch-resistant, durable shell, SPRK+ takes hands-on learning up a notch. Programmable sensors like motor encoders, LED lights, accelerometer, and a gyroscope allow for countless experiences and coding conditions. SPRK+ will foster a love of robotics, coding, and STEAM principles... all through play.

(BY INVITATION ONLY)

Where: SS17

Staff: Mr T Kasmani, Ms S Sorial

Year/Grade: Y/G/IB 7-12

Maximum Participants: 8



Sunday

Life Skills

This club meets every week on a Sunday between 3.00-4.00pm.

How to LIVE!! Learn how to budget, fix common household appliances, and how to maintain the infrastructure around your house.

Where: SS14

Staff: Mr A Labib, Mr M Makram

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Skills



Sunday

Science Club

This club meets every week on a Sunday between 3.00-4.00pm.

Ever wondered how something works? Come along to Science Club and do some cool science activities and learn what the science is behind it. Some examples of activities that we will investigate include optical illusions and how to make a boat move with just soap.

Where: SS8

Staff: Ms S El Masarany, Mr J Hardisty

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Sunday

El Cafe Latino

This club meets every week on a Sunday between 3.00-4.00pm.

If you want to enhance your knowledge about the Hispano Hablante culture; hurry up !!! Food, drinks and Latino snacks will accompany our activities. Make sure that you bring some good shoes as we will be enjoying some Salsa and Tango moves. Hasta pronto amigos.

Where: SG4

Staff: Mr O Thiam, Ms O Del Pino

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Skills



Sunday

Craft Club

This club meets every week on a Sunday between 3.00-4.00pm.

Do you enjoy making things? Is there a problem to a real life situation, that you would like to design a solution for? if you have answered yes, then Craft Club is for you! Come along with some ideas of what you would like to design and we will guide you.

Where: W1

Staff: Ms S Taha, Mr G Puddefoot

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Tuesday

Homework Club & Math Skills

This club meets every week on a Tuesday between 3.00-4.00pm.

This ASA helps students catch up, keep up and get ahead in school. Students will have time to complete homework assignments in English, Social Studies, Science, Maths and World Languages. We also teach students to utilise the best methods and techniques for test-taking, time management and organisation. Subject specialists will be invited with a specific focus on helping Middle School students.

Where: LMC

Staff: Ms M Allen, Ms D Frick, Ms L Castleberry, Ms S Banks, Ms T Toney, Ms J Sculley
Mr H Hess

Year/Grade: G 7-9

Maximum Participants: N/A



Skills



Tuesday

Mathletes WMTC

This club meets every week on a Tuesday between 3.00-4.00pm.

Come practice for upcoming mathematics competitions. You will work on problems individually, with partners and in teams. We will engage and have fun completing practice relays and team competitions.

(BY INVITATION ONLY)

Where: SS20

Staff: Ms J Cates, Ms S Elrify

Year/Grade: Y/G/IB 9-12

Maximum Participants: N/A



Tuesday

Le Café Francais

This club meets every week on a Tuesday between 3.00-4.00pm.

Do you want to learn more about the French Speaking world? Do you want to improve your French communication skills?

Do you want to discover French traditions, music, cuisine etc? Then this ASA is the right one for you. If you enjoy your French lessons and want to go beyond and know more about the French Speaking world, we are waiting for you! A bientôt!

Where: SG23

Staff: Mrs E Thiam

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Skills



Tuesday

Curtain Calling

This club meets every week on a Tuesday between 3.00-4.00pm.

In this ASA , you will work in groups with the support of the adults involved to create a production ENTIRELY of your own choice.

This could be Shakespeare rewritten in the modern day, an adaptation of your favourite movie, or a brand new invention; you will be actors, producers and directors!

Your finished masterpiece will either be filmed or performed to a small group of friends, family and supporters.

Where: W3

Staff: Ms E Dowler, Ms Amie Bowker

Year/Grade: Y/G/IB 9-12

Maximum Participants: N/A



Tuesday

The Challenge Club

This club meets every week on a Tuesday between 3.00-4.00pm.

Develop your talents and interests at the Challenge Club - a club for Gifted and Talented students to engage in challenging projects and competitions. Join us and unleash your creativity and imagination!

Where: SF11

Staff: Ms T Kolesnikova, Mr H Cordy

Year/Grade: 7-8 (**GIFTED AND TALENTED STUDENTS ONLY**)

Maximum Participants: N/A



Skills



Tuesday

MES Cairo Band

This club meets every week on a Tuesday between 3.00-4.00pm.

Come and perform at concerts and events in school and further afield. The Orchestra will be open to all orchestral instruments including guitars. We will perform music from the classics to the modern repertoire. Musicians should be able to play at a basic standard and those who are just starting instruments will be able to join in the future. Music will also be adapted for the more skilled and experienced musicians who will lead by example.

Where: SG6

Staff: Mr G Thomas, Mr C Graham

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Wednesday

World Cup Scholars

This club meets every week on a Wednesday between 3.00-4.00pm.

Students will prepare to compete in the following events at CAC in April: Scholar's Bowl, Collaborative Writing, Scholar's Challenge, Team Debate.

Where: SF17

Staff: Ms S Caswell, Mr A Ayele

Year/Grade: Y/G/IB 9-12

Maximum Participants: N/A



Skills



Wednesday

Stage Props (In the Heights)

This club meets every week on a Wednesday between 3.00-4.00pm.

Help us prepare for our Secondary Production "In The Heights" by painting and assisting with props for the big show in March!

Where: SG19

Staff: Mrs R Seabrook, Mrs L Lee, Ms C Comerford, Ms J Walker

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



Wednesday

Mathematical Challenge

This club meets every week on a Wednesday between 3.00-4.00pm.

This ASA will allow students to develop their skills of problem-solving by collaborating with like-minded mathematicians to explore non-routine problems.

Students who attend this activity will also be invited to take part in events such as the United Kingdom Mathematical Challenge and the British Schools in the Middle East Cairo Inter-School Mathematics Competition.

Where: SS21

Staff: Mr S Rayner, Mr P Carr

Year/Grade: Y7-8 (**BY INVITATION ONLY VIA LETTER**)

Maximum Participants: N/A



Skills



Wednesday

The Witty Writers

This club meets every week on a Wednesday between 3.00-4.00pm.

Be guided through the process of completing a book or novel, and how to properly outline and create dialogue. We will study the structure of some famous authors and their work. When the framework manuscripts are ready, we will teach writers how to properly edit and then query their manuscripts to publishers. We will also discuss the inner-worlds of both traditional and self-publishing.

Where: SF25

Staff: Ms D Quarles, Ms A Hawthorne-Kuhl

Year/Grade: Y/G/IB 7-12

Maximum Participants: 10



Wednesday

Catch-Up Club

This club meets every week on a Wednesday between 3.00-4.00pm.

This ASA helps students catch up, keep up and get ahead in school. Students will have time to complete homework assignments in English, Business, Science and Maths. We also teach students how to utilise the best methods and techniques for test-taking, time management and organisation.

Where: LMC

Staff: Ms R El Geoshy, Mr W Prout, Ms A Adi

Year/Grade: Y 7-12

Maximum Participants: N/A



Creativity



Sunday

Creative Creativity

This club meets every week on a Sunday between 3.00-4.00pm.

Explore the creative world by working on projects involving journalism, videos, campaigns and marketing.

Where: SF21

Staff: Ms S Sheehan

Year/Grade: Y/G/IB 11-12

Maximum Participants: N/A

E

Tuesday

International Cookery Club

This club meets every week on a Tuesday between 3.00-4.00pm.

You will acquire basic cookery skills such as chopping, baking and making your own food.

You will also discover a range of world dishes and learn to make your favourite food in under an hour.

Where: Primary Kitchen

Staff: Ms M El Abd, Ms L Ghoweiba

Year/Grade: Y/G/IB 7-12

Maximum Participants: 20

Rd



Creativity



Wednesday

Senior Video Production

This club meets every week on a Wednesday between 3.00-4.00pm.

Ever watched a video and wondered how did it all come together? Wondered what makes a video powerful? Have you ever felt like sending a powerful message and did not know how to express yourself? Here is your chance to do so now!

Where: SG9

Staff: Mr T Naggar

Year/Grade: Y/G/IB 12

Maximum Participants: N/A



Community



Sunday and Wednesday

Outreach

This club meets every week on a Sunday and a Wednesday between 3.00-4.00pm. Here at MES Cairo there is a long-standing tradition of building community ties. The opportunities we access allow us the chance to help those around us. Are you interested in making a difference in your community?

Students will be working with children from a local orphanage delivering various activities including art, computers and sports.

Do you have the spirit to give? Come and join us!

Where: Yard 5

Staff: Ms J Hainsworth, Ms S Barakat, Mr Y Alkaabi, Mr C Stock, Mr K Abdulrahim, Mr A Elashry, Mr K O'Connell, Mr S Morris

Year/Grade: Y/G/IB 9-12

Maximum Participants: 20

Rs



Community



Sunday and Wednesday

Primary Helpers

This club meets every week on a Sunday and a Wednesday between 3.00-4.00pm. Here at MES Cairo there is a long-standing tradition of building community ties. The opportunities we receive allow us the chance to help those around us. Are you interested in making a difference in your community?

Secondary students will be working with our Primary students in various activities including art, computers and sports.

Do you have the spirit to give? Come and join us!

Where: Yard 4

Staff: Mr M O'Connor, Ms S Blan, Ms C Berthiaume, Mr J Berthiaume

Year/Grade: Y/G/IB 7-12

Maximum Participants: 20



Co-Curricular



Tuesday

International Award

This club meets every week on a Tuesday between 3.00-5.00pm.

The International Award is a globally recognised qualification that aims to help students become more independent whilst also developing new and existing skills. You will have the opportunity to help out in your local community and take part in an adventurous journey/expedition.

The IA is open to students who have the ability to show commitment and dedication to developing themselves and helping others. Not only that but you can also get the chance to take part in a 2-3 days expedition, pushing you both physically and mentally.

Bronze is open to all students aged 14 years and over and usually takes 6 months to complete. Silver is open to students aged 15 years and over and can take between 9-12 months to complete.

Where: NF6

Staff: Mr J Rogers, Ms S Gijtenbeek, Mr G Scott, Ms S Elrify

Year/Grade: Y/G/IB 10-12

Maximum Participants: N/A



Co-Curricular



National Honor Society/National Junior Honor Society

The National Honor Society (NHS) and National Junior Honor Society (NJHS) are the premier organisations in the USA established to recognise outstanding high school and middle level students. The initiative is recognized globally by universities and beyond, and is adapted for MES Cairo students to be relevant across the sections.

More than just an honor roll, NHS and NJHS serve to honor those students who have demonstrated excellence in the areas of Scholarship, Leadership, Service, and Character. These characteristics have been associated with membership in the organisation since their beginnings in 1921 and 1929. Chapter membership not only recognises students for their accomplishments, but challenges them to develop further through active involvement in school activities and community service.

(BY INVITATION ONLY)

Where: As directed by staff

Staff: Mr T Roodvoets, Ms J Scully, Ms F Kassaby

Year/Grade: Y/G/IB 8-12

Maximum Participants: N/A

E



Co-Curricular



Model United Nations (MUN)

Model United Nations: participation is by approved application only; for G/Y/DP 10-12 students.

Students gain a sense of international empathy as they research world issues and conflicts from the perspective of a foreign country. Within the MUN venue, students will collaborate with students from other international schools, representing a broad range of perspectives and value systems. The goals of the conferences are not only individual and team achievement within the MES Cairo student cadre, but also an increased sense of international empathy. Students will participate in a UN-style session, attempting to build consensus on some of the most difficult and complex issues of the modern world.

(BY INVITATION ONLY)

Where: SF16

Staff: Mr T Roodvoets, Ms C Flake

Year/Grade: G/Y/DP 10-12

Maximum Participants: N/A

E

Junior Model United Nations (MUN)

This club meets on a **Wednesday** between 3.00-4.00pm and is open to students in Y/G 7-9. Are you interested in current, global affairs? Are you passionate about making positive changes in our world? Do you like researching and debating REAL issues? Then Junior MUN is for you! We have an exciting programme of challenging global affairs that we want your opinion on.

Where: SF6

Staff: Mr M Walsh, Ms D Merritt

Year/Grade: Y/G 7-9

Maximum Participants: N/A

E



Co-Curricular



Secondary Pioneers

MES Cairo's Pioneers Programme involves G/Y7-8 students from both sections of the Secondary school.

Pioneers consistently exhibit qualities of the school's Graduate Profile. Students participate in the programme by attending weekend excursions and ASAs. Through these activities, Pioneers gain new skills, show leadership, provide service, make new friends, and challenge themselves. The programme builds confidence and instills values and life lessons in students. Participating in weekly ASAs and weekend trips allows for these lessons to be put into action.

Check the Student Bulletin for information about upcoming events!

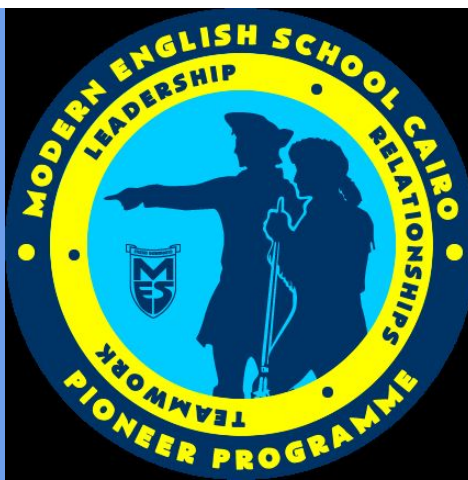
(BY INVITATION ONLY)

Where: SF10.1

Staff: Mr S Cole, Ms C Downey, Mr G Hayes

Year/Grade: 7 and 8

Maximum Participants: N/A



Athletics



Cougars

Cougars is a big part of life at MES Cairo. The opportunity to compete in athletics at MES Cairo is an honour and a privilege.

There are a number of Cougar teams and members can look forward to training sessions and taking part in tournaments and other competitive opportunities throughout the year including CISSA (Cairo International Schools Sports Association), ISAC (International Schools Activities Conference), New Cairo League (NCL) and Middle Eastern Unity Cup (MEUC).

Training sessions fall on the following days:

Varsity/Junior Varsity Boys' Volleyball – Sunday

Varsity/Junior Varsity Girls' Volleyball – Tuesday

Varsity/Junior Varsity Boys' Football – Tuesday

Netball U18- Tuesday

Basketball- Wednesday

Middle School Boys' and Girls' Volleyball– Wednesday

Varsity/Junior Varsity Girls' Football – Wednesday

(BY INVITATION ONLY FOLLOWING TEAM TRY-OUTS)

Where: Sports Facilities

Staff: Mr E Newton, Ms L Shepherd, Mr J Keast, Mr G Loftus-Byrd, Mr Haytham Tayl, Mr J Romaniewicz, Ms S Elsaadany

Year/Grade: Y/G/IB 7-12

Maximum Participants: N/A



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