



## Executive Director's Message



MR. ANDREW FREZLUDEEN

Dear Met Community,

I wish to thank you for another extremely successful year where the support of all parents has been vital to our prosperity. I would like to inform you that after four very good years, I will not be returning to Metropolitan School in August 2022. But, I leave your children in very good hands:

**Mr. Ernie Espino**, the current Elementary Principal, **has been appointed as the new Director** of the school in August. **Mr. Matt Novak** will take on the **Elementary Principal** role in August, to replace Mr. Ernie.

The other **Principals and Vice-Principals will continue with their normal roles and duties.** It is every Director's wish to depart from a school, knowing that he/she has positively contributed to the development of the school's overall foot print. Without any shadow of a doubt, I can state that Metropolitan has definitely evolved over the past 4 years of my tenure and I am sure it will continue to blossom with the great leadership team it already has in place. Met is only 7 years old and has achieved an extremely commendable standard of excellence in a very short time span. Few schools have the capacity to actually do this.

No Director does this in isolation and my teams work **WITH** me, not for me. So, a **VERY SPECIAL THANKS to the Board, my Academic Leadership Team(s), the Administrative Team(s) and Teachers** who work assiduously each day, to make Metropolitan's atmosphere is conducive to learning for our students. **Thanks to all parents and students** who make Metropolitan a special place to grow and learn. It was a pleasure to meet and interact with all of you and to have learned from you.

Finally, a **warm thanks to Egypt and Egyptians for having allowed me to be a "welcomed guest"** with its rich history and smiling faces, for what has been an unforgettable experience.

With very best wishes.

*Andrew Frezludeen Executive Director 2018-2022*

*Stay Positive, Focused, Inspired & Healthy*

# Met World Newsletter

## Met Academic Leadership Team 2022-23

### Ernie Espino Jr.

### Met Director - August 2022

As an educator for 18 years, Mr. Ernie Espino began his teaching career in 2005 as a 4th/5th-grade bilingual teacher in Garland ISD. After being a classroom teacher for 6 years he decided to take on administrative roles after completing his master's degree in educational leadership in 2011. His administrative career began in 2011, serving as an instructional specialist. In 2012 he accepted a position as the Bilingual/ESL Coordinator for the Tyler ISD. He later accepted his first campus leadership role as an assistant principal at Carver Elementary School in Garland ISD. Shortly after he transitioned over to the secondary level as assistant principal of Naaman Forest High School.



In 2016 Mr. Espino was promoted and opened Weaver Elementary ~ Mandarin Chinese and Leadership Magnet School as the campus principal. Most recently, Mr. Espino has served as the principal of the Universal American School in Kuwait. Mr. Espino's expertise lies in overseeing strategic planning, budget administration, instructional program development, and management to create high educational outcomes in academic performance for all students. He excels at spearheading strategic improvements to drive academic excellence while communicating openly and routinely with his staff, campus administration, and support teams.

In addition to the aforementioned, some of his finer qualities include a niche for restoring campus cultures, educational innovation, and establishing 21st-century learning environments. Aside from having and communicating high expectations for academic success, he also lets his staff members know the equal importance of establishing an atmosphere of trust, collaboration, rapport, and mutual respect.

Furthermore, he prides himself on creating a sense of "community" while also providing parents with appropriate levels of engagement within the academic environment. He always leads by example and serves as a role model for his staff and students. His favorite quote, "When you surround yourself with great people, great things happen"! Mr. Ernie Espino Jr. earned his bachelor's degree from the University of Jamestown (formerly Jamestown College) of North Dakota, his master's degree from Concordia University of Texas and he is currently working on his doctorate degree from Southwestern College of Kansas.

# Met World

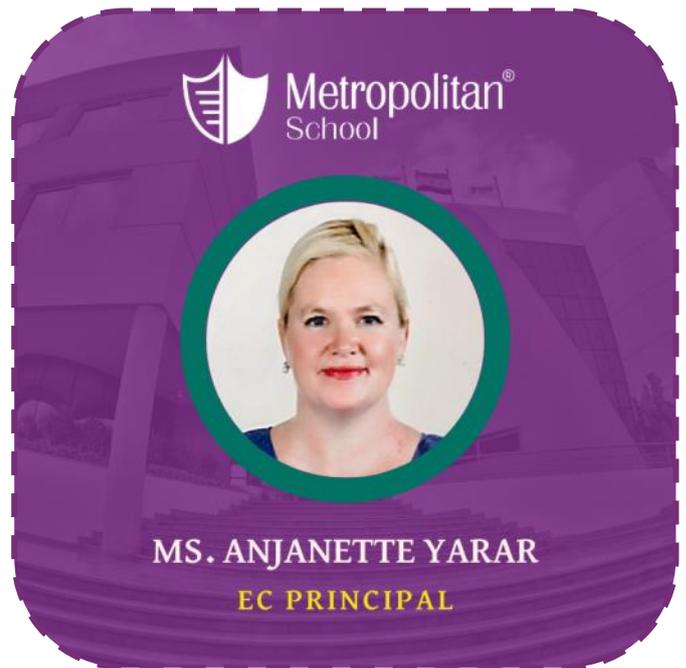
## Newsletter

### Met Academic Leadership Team 2022-23

#### Anjanette Yaras

#### EC Principal

Ms. Anjanette Yaras is an American educator with 27 years of experience, four of those being in international schools in the United Arab Emirates and Turkey. She earned a bachelor's and master's degree in early childhood and elementary education from the University of Montevallo as well as an additional master's degree in guidance and counseling from the University of West Alabama. Anjanette believes that learning is a lifelong process; therefore, she is currently pursuing her PhD.



#### Benjamin Sosa

#### EC Vice Principal

Benjamin attained his BBA in Management at the University of Texas at Austin. After several years of working in different aspects of the business and retail world, he found his calling in bilingual education. He has extensive experience in Early Childhood Education specifically with bilingual (English and Spanish) students having taught both Pre-Kinder and Kinder students from both rural and urban schools. His passion to mold young minds has led him to be a leader in our Early Childhood School. He enjoys writing for pleasure and exploring ancient or abandoned buildings.



# Met World

## Newsletter

### Met Academic Leadership Team 2022-23

#### Matt Novak

#### Elementary Principal



MR. MATT NOVAK  
ELEMENTARY SCHOOL PRINCIPAL

My name is Matt Novak, and I am excited to be joining the Metropolitan School community as your Elementary School Principal this upcoming 2022-23 school year. I am originally from Kansas City, Missouri in the United States. I am currently preparing for my upcoming wedding with my fiancée Sherry, who is from Egypt, and we are looking forward to calling Cairo our home for many more years to come. Next year will be my 15<sup>th</sup> year in elementary education. I began my career teaching Grade 2 in the United States before beginning my international teaching journey. Since then, I have taught each of Grades 1-5 in three different countries, including three years as a Grade 4 teacher here in Cairo.

Most recently, I have served as an Elementary School Assistant Principal at American International School for the past five years. I have experience in both American and IB curriculums, and am driven by a passion for helping students, teachers, and families reach their goals and achieve to their fullest potential.

#### Dina Banoub

#### Elementary Vice Principal

Ms. Dina gained her bachelor's degree in pharmacy from Ain Shams University, Cairo and used this as a stepping stone into education. Her interest in pharmacology gave her a particular strong foundation in both chemistry and biology, and she still keeps abreast of the latest developments in the medical world. Since then Dina has been working as a science teacher, head of department and now 10 years later, vice-principal of elementary school at Met. Dina is a passionate advocate of the sciences, regarding them as essential for students to be knowledgeable, responsible and caring citizens in an increasingly complex and technologically developing world.



MS. DINA EZZAT  
ELEMENTARY VICE PRINCIPAL

# Met World

## Newsletter

### Met Academic Leadership Team 2022-23

#### Helen Somerville

#### MS/HS Principal

With over 20 years' experience in education, 10 in administration, Helen joined the Met team as the Senior School Principal. Graduating from Otago University, NZ with a B.A., Helen worked internationally in the UK and Italy. Later moving to Egypt, Helen earned an M.Ed (Educational Administration) from GCU, Arizona and became High School Principal. She has extensive experience in curriculum, professional development and academic and career guidance.



#### Marian Saad

#### MS/HS Vice Principal

Marian believes that educators should prepare students to face future life challenges by training their minds to think, analyze, and critique. Marian has 20 years of experience in the field of education, from being a high school English Literature teacher to becoming a vice principal at Met. Marian holds a master's degree in education from University of South Wales in UK and a Bachelor's of Arts in English (BA) from University of Ain Shams in Egypt.



# Met World

## Newsletter

### Cassandra Clark

### Student Success Coordinator

Cassandra Clark graduated from The University of Central Oklahoma with an M.ED in Educational Leadership, an M.A. in Teaching English as a Second Language, and a Bachelors in French. Her post secondary studies were enriched by studying abroad in Amiens, France at the Universitie de Picardie Jules Verne. She started her career teaching French at Rosary Catholic School and 2<sup>nd</sup> grade French immersion at Reagan Elementary. She moved from elementary to secondary when she began teaching English Language Development (ELD) classes and also served as ELD Coordinator and Department Chair.



Since 2017, Mrs. Clark has been an Assistant Principal at Northwest Classen High School in Oklahoma City, OK. In her role as administrator, she helped launch the PBIS framework, leading a staff and student climate committee which works together to create a better school culture through collaborative problem solving. Mrs. Clark also has experience writing curriculum for various topics including English as a second language (ESL) and social emotional learning (SEL). She piloted a Social Media Intern program at her current school that gives students the ability to create content for the school's social media sites and learn about responsible digital citizenship while serving as the collective voice of the school. She has served as an executive board member of the Oklahoma Association for Supervision and Curriculum Development (OASCD) since 2017. She married her husband, Jonathan in 2018 and they welcomed their son, James in June of 2021. In her new role as the Student Success Coordinator, Mrs. Clark is looking forward to learning everything there is to know about MET. She hopes to build strong relationships with staff, students, parents, and the community. A few of the goals she hopes to accomplish with her team at MET are:

- *To work collaboratively with all aforementioned stakeholders to identify needs in structural supports and school wide processes.*
- *Help foster a school culture of mutual respect that supports learning at the highest level.*
- *Help prepare students for wherever their path leads them after graduation and graduate students with a multitude of offers or acceptance letters from universities, jobs, or internship opportunities.*

# Met World

## Newsletter

**Nina Zaki**

**Instructional Coach**



My name is Nina Zaki and I'm extremely excited to be a part of the MET team. I come to you with over 22 years of experience from the US, Dubai and Cairo. With a BA and MA in Education from The College of New Jersey, coupled with Tennessee state credentials and QTS status in the UK, I aim to provide our students with a high-quality education. Teaching begins first and foremost with an effective teacher in every classroom.

To ensure all classrooms have a quality educator, I work closely with teachers to improve the way students learn. As an Instructional Coach I bring evidence-based practices into classrooms by working with teachers and other school leaders.

It is an ongoing, job embedded and is aligned to curriculum and assessment. Its goal is twofold: improve teaching practice and improve student learning. To improve the teaching and learning further, we aim to individualize and target instruction through the RTI (Response to Intervention) model. RTI identifies students' learning gaps and struggles so that educators can intervene with specialized instruction to improve academic achievement. RTI, when implemented with fidelity, improves instructional quality, and increases students' chance of school success. RTI identifies struggling learners and uses targeted teaching to improve skills. A big part of RTI is measuring students' skills using a scientifically based assessment and making data-based decisions to improve student learning. With this instructional framework designed to empower teachers, increase teacher professional capacity, and individualize learning, we expect lasting impact on students, classrooms, schools, and communities.

# Met World Newsletter

## EC School Principal's Message

We did it! We persevered and finished the school year strong, despite the global pandemic still surrounding us! We placed a major focus on our reading instruction this school year, as we know that it is the fundamental foundation of learning in all subjects, but especially in early childhood.



Our students have grown so much in their knowledge this year, and that is a direct reflection of their amazing teachers and the partnership that we have with you, the parents. Please make sure that you are encouraging your child to read a minimum of 30 minutes per day during their summer break. Epic and RAZ Kids will be available all summer for your child to choose wonderful books that will improve their comprehension, fluency, and English vocabulary.

*I wish for you all a safe and relaxing summer holiday. I look forward to seeing you all in September!*

**- Anjanette Yaras**



# Met World Newsletter

## Elementary School Principal's Message

I really can't believe that the end of the school year is actually here!! We have much to celebrate and our students, teachers, and staff have prevailed! Despite the many challenges, our students and staff have persevered together and grown stronger as a result. Teachers have been challenged to adapt lessons to close the achievement gap while also keeping students engaged. Our support staff have all taken on additional roles and responsibilities to assist students with various parts of their day.



Students have also supported one another both socially and emotionally. And (YOU) parents, have been there every step of the way to support your child(ren) and our school staff. It has definitely been the team approach that has allowed the school community at MET to maintain focus and resilience.

We are very proud of our students as they have made significant and noteworthy growth across all academic areas. That being said, we still have a lot to overcome in terms of academic achievement across all content areas. Our most notable area of growth and academic achievement was in Math. Our students and teachers produced some very impressive results that are truly commendable. The content area of Reading/ELA will continue to be a target area for us in the next academic year. Our students showed considerable growth in Reading but we still have work to do in terms of closing the (post-pandemic) academic achievement gap. We are headed into summer with HUGE academic momentum/success that we hope to capitalize on and build upon in the Fall of 2022.

To end, as I finish out my last year as a campus principal, I have nothing but gratitude and appreciation. While I am quite enthusiastic about the next step in my educational career, I am truly blessed to have had one of the best years of my career right here as the MET elementary school principal. In all facets it is very exciting to think of our fresh start to the 2022-2023 school year – thank you for entrusting us with your child(ren) - they truly enrich our lives each and every day!

I THANK YOU for embracing me as a leader, trusting the process, and for your continuous support in helping us to build a caring and supportive school community. Our partnership makes a world of difference! Wishing you all a safe, healthy, happy, and fun summer. - Ernest Espino

# Met World

## Newsletter

### Middle/High School Principal's Message



The academic year is officially coming to an end. It has been an amazing year with lots of positive moments! We enjoyed successes such as our inaugural Winter Wonderland drama performance, students volunteering during Ramadan to help with food supplies to less fortunate families, extraordinary growth across all grades and tests for MAP, Egypt Day celebrations, our high school music performances, the first INJAZ competition, a college fair trip, sporting events, art exhibitions and countless examples of hands-on learning experiences for all students.

This week alone we had a grade 10 music performance, snake tank competition in grade 10 Business Studies, gallery walk activities for students to share their work during Entrepreneurship Week, a series of debates for students to show case their final assessments, held the first Advanced Placement bootcamp for our incoming Juniors, and we will also celebrate various student achievements through the Middle/High School Awards Ceremony.

We are proud of our students! They have overcome academic losses caused by the pandemic shutdowns. They now better understand academic expectations and have set higher goals for themselves. A large number of Grade 10 students have elected to join the Advanced Placement classes and the challenges that these classes bring. Growth in our MAP scores across all subjects was extraordinary. While some students are still working on improving their overall levels, the level of growth this year is something each student should be proud of.

Wishing everyone a restful and safe vacation. We can't wait to see all our students back again in September. - **Helen Somerville**

# Met World

## Newsletter

### Met Flashing News

### Met Achievers

Metropolitan School proudly celebrates the success of all Met students who excel in extracurricular activities. Our very own **Selim Nagy** in **Grade 7C** has participated in the Judo Academies Championship that was held in May. Selim won third place in the Judo National under 13 Championship. Congratulations to the young champ!



Please join us one more time in congratulating **Farida Mohamed** in **Grade 7C** who again won the First place and gold medal in the National Gymnastic Championship Tournament under 14 years. We are so proud of Farida's on going success and we wish her more and more achievements. Well done, we are always proud of you Farida!

**Malak Eid** in **Grade 4D** did it again!! Malak won second place and silver medal in the Egyptian Gymnastic cup and championship for artistic Gymnastics. The championship was organized on Wednesday 15th June 2022 by the Egyptian Gymnastics Federation. We are so proud of Malak's on going success and we wish her more and more achievements. Well done, we are proud!



# Met World

## Newsletter

### Met Awards

*“By ending the year with an awards ceremony, a school shows that education is more than knowledge transfer; education involves forming the human person to have the capacities to value what should be valued...”* In this light, Met proudly celebrated the success of its students through the End of Year Success Ceremony that took place on the last week from school. Parents were invited and thrilled with joy seeing their children’s success celebrated! We are proud of all our students.



### Met ELA



Met KG2 students participated in the first Sight Word Spelling Bee competition. The first Spelling Bee round took place among all KG2 students inside their classrooms. The final round included the top 20 students from round one. Parents and fellow students were then invited to witness, cheer and encourage the final 20 participants in an exciting event where the homeroom teachers called out sight words for them to spell. Congratulations to all participants and winners!

### Met Math

During Math classes in high School, Grade 10 students got the chance to participate in a project where they were requested to design their own castles using 3D different shapes. They then learned how to find out the volume and surface area of each castle and presented how to their fellow classmates.



# Met World

## Newsletter

### Met French



Grade 3 has been learning about cities in their French class. For their final project, they each imagined what their futuristic city would look like. They included lots of creative buildings, named them, and wrote sentences about them. Each and every student demonstrated a great deal of learning in their presentations. Well done 3rd graders!

During French class 9th graders were split into groups. They selected a French story of their own and were asked to identify the characters, difficult words as well as tenses of verbs. Each individual group was required to present their resume and findings while organizing activities to the class according to their presentation findings.



### Met Science

Have you ever wondered about the sizes of planets in the solar system? Have you ever imagined the distance between them? This is what our Grade 5 students have been learning about during one of their Science projects this Trimester. The young students were able to create 3D scale models of the solar system while using clay in this process. We are very proud of our young artists and scientists and their creativity.



# Met World

## Newsletter

### Met Art

In alignment with Egypt Day, our Met's phenomenal Art Department, displayed the Annual Met Art Exhibition in celebration of the students' creativity and achievements throughout the school year. It is the time for students to recognize each other's artworks and creativity, and the time for families to look at and appreciate their children's accomplishments. We are very proud of seeing the amazing master pieces produced by our talented students. Indeed Metropolitan School will produce future and worldwide recognized talented artists!



### Met Drama



In alignment with the Annual Egypt Week celebrations, students of grade 7A have successfully collaborated in writing scripts that depict different ancient Egyptian myths. They were able to turn chosen characters into a shadow puppets performance. This indeed was a great opportunity for them to learn about the science of light and dark.

They were also able to demonstrate their excellent performing skills and use of voice expressions while puppeteering in a celebration of ancient Egyptian history. We are so proud of our 7th graders!

# Met World

## Newsletter

### Met Mission

### Met Biz



During our Entrepreneurship Week, students in Elementary dressed up in their favorite profession. Parents were invited during the week to present and explain their different careers to students in an opportunity for the young learners to understand the skills required on how to be successful Entrepreneurs.

### Met Biz / Met Serve

As part of our on-going mission of reinforcing the entrepreneurial spirit and community service acts, our Grade 4 and 5 students brainstormed during their Met Biz classes and created different entertaining creative products made of recycled resources. During the Entrepreneurship Week that took place from May 29th to June 2nd, 2022, the 4th and 5th graders got to the opportunity to sell these hand crafted products to their fellow students, teachers and Met administrators.



Everybody showed support and encouraged our young entrepreneurs by purchasing their creations. They proudly funded **7,900 EGP** which has been donated to 'Nahr Al Kheir Organization' which was selected based on parents' votes. <https://www.facebook.com/Nahr.Kher/>

# Met World

## Newsletter

### Met Mission

### Egyptian Citizenship

In our continuous efforts to promote our values and raise a generation of Ethical Citizens, we were excited to celebrate ‘Egypt Day’ on June 9th, 2022. ‘Egypt Day’ is part of our annual celebration of our country. It is the opportunity where we expand our students’ knowledge about Egypt’s history and instill passion and loyalty to their country through their engagement in various activities. The celebration stands as well as an opportunity to share the love and respect of our country with our non-Egyptian students and families.

Watch: <https://youtu.be/yc-Q06DTsJc>

Watch: <https://www.facebook.com/metropolitanschooleg/videos/1203957997102513>

Photos and Video Link: [Egypt Day 2021-2022](#)



### *EGYPT WEEK TRIPS*

As part of Egypt’s Week activities, Metropolitan School organized educational field trips in an opportunity to reflect the Egyptian history to our Elementary School students. Part of these visits included the ‘Civilization Museum’, ‘Salah Al-Din Al-Ayoubi Citadel’, the ‘Aviation Museum’, and the ‘Panorama of 6th of October’. Students explored these outstanding historical places and we as a school, where able to reflect our Vision of raising loyal and good citizens, who love their country and have pride in their citizenship.

# Met World

## Newsletter

### Met Mission



### International Corner - *Egypt*



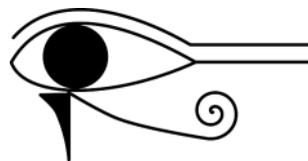
#### **Ancient Egyptians And The Afterlife:**

Some fun facts about the Pyramids are that they were built to house the rulers of ancient Egypt and ferry them and their families into the afterlife. The pyramids were made as tombs for the Pharaohs and their families.

They also believed that it was up to the living to help them get to the afterlife. Great care was taken in the mummification process because the ancient Egyptians believed that the body needed to be preserved to be reborn and be ferried to the afterlife. They even mummified animals.

#### ***Egyptian pharaohs were often overweight:***

Egyptian art commonly depicts pharaohs as being trim and statuesque, but this was most likely not the case. The Egyptian diet of beer, wine, bread and honey was high in sugar, and studies show that it may have done a number on royal waistlines.



Examinations of mummies have indicated that many Egyptian rulers were unhealthy and overweight, and even suffered from diabetes. A notable example is the legendary Queen Hatshepsut, who lived in the 15th century B.C. While her sarcophagus depicts her as slender and athletic, historians believe she was actually obese and balding!

# Met World Newsletter

## Parent Corner

Our KG 2 parents and families were invited to share in the momentous KG2 graduation event. The young graduates went on a celebratory walk around the audience until they reached the stage while marching down the red carpets. Parents, grandparents and families applauded them during their marching. The graduates performed different songs & received their certificates. Met wishes to thank all family members who attended and supported in making this milestone



ceremony a success. We would like to welcome all our graduates to our Elementary School and wish them all the best as they continue on their educational journey at Met. ***Congratulations*** to class of 2021-2022 school year! **Watch: [KG2 Graduation Ceremony 21.6.22](#)**



Our EC parents were invited to join their children for a parent/student/teacher joint Parent/ Student Sports Day. The fun games were organized by Metropolitan's fantastic PE Department. Games included sorting shapes, jumping on numbers, carrying balls with pool noodles in a relay, and working in tandem to form a moving caterpillar. What a fun day that was for everyone to conclude the year!

## Met PTA

Met PTA parent members invited their fellow parents to their booth during Egypt Day Bazaar. Our PTA members got the chance to introduce their vision for 22-23 while offering fellow parents to enjoy tasting delicious Egyptian home food from 'Beit Aziz' and flavored coffee by 'Zino Cafe', all brought to you from parents and to parents.



**Reach out to our Met PTA team on Orientation Days!  
They will be asking for volunteers in September!**

# Met World

## Newsletter

### Parent Testimonials

The kids performance was entertaining and informative at the same time.

**EGYPT DAY**

The performance was amazing, Ms. Tahany did a great job in the idea of the play for the students and all of them looked well trained. Keep up the great work! Raising children to love their country Egypt is an asset. Thanks a lot for the hard work from all the organizers.

That was as the story of Alf Leila We Leila, and the kids had different roles ,this helped them a lot to gain self confidence and believe in themselves. Well Done!



**MET 5 POSITIVES**

My child feels safe and very confident at school. She spends most of her time there so it is literally her second home. Thank you for making my daughter's school experience so happy and warm!

My kids feels that Metropolitan is like a home. For them they feel safe and surrounded by good friends and teachers. They can feel the positive vibes all over the school.

It feels like home and reinforce the identity and community which in return support academic psychological and social-emotional development for my kids.

Without your welcoming attitude, our experience at school wouldn't have been the same. I thank Met school for choosing the best caliber!

I love how all the staff are always ready to listen to what we have to say and are careful to make sure the rules are being followed.

The management embraces diversity .. and curriculum is taught from a culturally perspective.. Respect and tolerance spread through all the school and on top they have strategic vision.

Both my kids LOOOOOOOOVE school so much! They are happy to wake up and go each day and this on it's own is an amazing feeling for me as a mother.

The smile on each and every person's face says it all!

# Met World

## Newsletter

### Dates for your Diary

### 2022-2023 School Year

| Date                                       | August/September Diary Dates 2022-2023   |
|--|--|
| <b>Tuesday</b><br><b>30 August 2022</b>    | <b>Parent Orientation Day (KG1-KG2)</b>  |
| <b>Wednesday</b><br><b>31 August 2022</b>  | <b>Parent Orientation Day (G1-G5)</b>  |
| <b>Thursday</b><br><b>1 September 2022</b> | <b>AP Session (for HS Students ONLY)</b><br><b>Parent's Orientation Day (G6-G11)</b> |
| <b>Thursday</b><br><b>1 September 2022</b> | <b>New Comers Camp</b>   |
| <b>Sunday</b><br><b>4 September</b>        | <b>First Day of School (G6-G11)</b>  |
| <b>Monday</b><br><b>5 September</b>        | <b>First Day of School (G1-G5)</b>   |
| <b>Tuesday</b><br><b>6 September</b>       | <b>First Day of School (KG1-KG2)</b>   |
| <b>Sunday</b><br><b>11 September</b>       | <b>Parent Orientation Day (Pre-K)</b>  |
| <b>Monday</b><br><b>12 September</b>       | <b>First day of School (Pre-K)</b>   |
| <b>Monday</b><br><b>14 September</b>       | <b>Meet the Teacher Night K-11 (3:30-5:30 pm)</b>                                    |