



Metropolitan[®]
School

MET WORLD NEWSLETTER



2019-20



Executive Director's Message

Dear Met Community,

Met is off to a great start! Our amazing staff are working with vigor every day to engage your children in constructive learning. The students are working with enthusiasm and are enjoying school life, once again.

It is a pleasure to see enthusiastic parents, students and staff. We have grown from approximately 500 to 600 students in this current school year. We thank you for and greatly value your feedback, and when this is given in a respectful manner which models our Met Character Pillars, it allows us to work in partnership to reach mutual understanding and sensible solutions.

Please be reasonable, realistic and pragmatic and **STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY!** -

Andrew Frezludeen



Lower School Principal's Message

Dear Lower School Parents,

I would like to welcome everyone to the 2019-2020 academic year. For our returning students and parents -- welcome back! And for all of our new students and parents -- welcome to the Met Family! As we begin our new school year, I would like to take a moment to share some exciting things with you. First, I would like to introduce the new members of our academic team in Lower School:



Pre-K: Ms. Ghina -- Student Support Specialist

KG2: Ms. Dalia -- Student Support Specialist

Grade 1: Ms. Becca -- Homeroom Teacher
Ms. Maryyah -- Homeroom Teacher
Ms. Vera -- Homeroom Teacher
Ms. Kristie -- Homeroom Teacher
Mr. Sandro -- Student Support Specialist

Grade2: Ms. Emily -- Homeroom Teacher
Ms. Rachel -- Homeroom Teacher
Mr. Ben -- Homeroom Teacher

Arabic: Ms. Yousra

French: Ms. Ines

Certified Substitute Teacher: Ms. Ghalia

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These new team members bring with them lots of experience, creativity, fun, and fresh new ideas. They are already making a positive impact in the Lower School and we are so glad to have them aboard. Also, we are very happy to announce the addition our Literacy Coach position this year. Mr. Brent, who was a Grade 1 teacher for the past two years at Met, has come aboard as our new Literacy Coach. The main role of the Literacy Coach is to work alongside teachers and support specialists across the school, providing them resources, support, and coaching to help them improve and refine their strategies and methodologies for literacy instruction. Our homeroom teachers and support specialists already come to us with a wealth of knowledge about literacy instruction. Adding to that Mr. Brent's support, experience, and up-to-date and research based knowledge of literacy instruction-- we are certain to see literacy continue to improve greatly across the school.

We are also very excited to announce the addition of a new Leveled Book Room at Met. This room has hundreds and hundreds of books titles that are leveled according to children's reading levels, with multiple copies of each leveled book. This will be a wonderful resource for teachers and support specialists when they teach Guided Reading as it will put authentic, rich texts in the hands of our children from the very beginning, foundational stages of reading up to our advanced and independent readers. This will be certain to have a tremendous impact on literacy learning across the school.

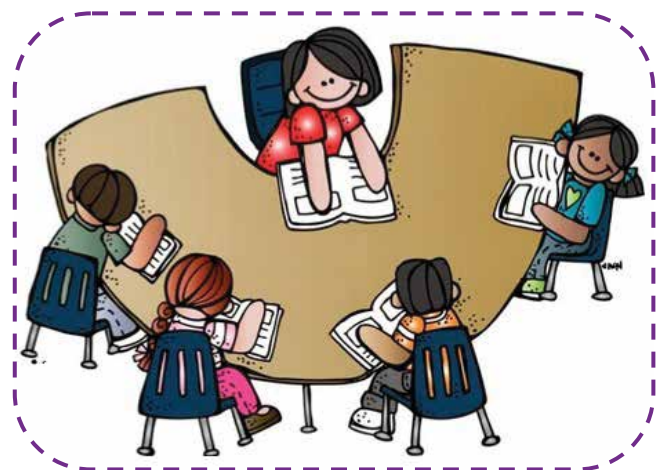
Finally, we are very happy to announce the shift toward standards based grading and reporting for Lower School. We conducted a parent session on this at the end of last year and have continued to communicate about this through emails and during our parent orientation this year. We will continue to keep parents informed as we make this change in grading and reporting this year. We are confident that making this shift will have a positive impact on children's learning as well as give parents more meaningful information about your children's progress.

There are always exciting things to share as we progress throughout the year. Thank you for reading this Lower School section. Please check back here in subsequent Met World Newsletter editions for more important information. Here's to a great school year ahead! - **Lance Kershner**



Mr. Brent

Guided Reading



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Upper School Principal's Message

Welcome to the 2019-2020 school year! I'd like to talk with you this issue about movement. Many major health organizations including the WHO (World Health Organization), the CDC (Center for Disease Control, and UNESCO (United Nations Educational, Scientific and Cultural Organization) recommend that students get at least 60 minutes of physical activity per day. If that seems excessive to you, have a look at schools in Finland. Finnish students get a 15-minute break after every 45 minutes of classroom time!



The Washington Post published an article about sitting for long periods of time and the physiological changes in the brain and body that occur. The article spoke of evidence that supported the fact that prolonged sitting robs the brain of oxygen which subsequently lulls the brain to sleep. And no one wants a sleepy brain.



The trend in education recently has been to cram more and more instructional time into the school day in an attempt to increase learning and boost test scores. As a result, recess times have gotten shorter and PE classes have been minimized. At Met, we have gone against this trend and added a morning recess for Pre-K through Grade 5 and we have also built the Upper School Garden where Upper School students are in constant motion during their recess. Brains are waking up!



If holistic education is a true goal, then movement must be an integral part of the school day. So have your child(ren) run, jump, dance, chase each other, and move while at home instead of sitting for excessive amounts of time using an iPad and we will encourage movement at the recesses here at Metropolitan. Let's get moving!

- Susan Eby

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Met Flashing News



Metropolitan School welcomed its students and their parents on Orientation Day. Students got the chance to meet their new teachers and get acquainted with their new classmates while teachers presented an overview of our curriculum, instructional program and daily procedures.

Metropolitan School was delighted to open its doors and welcome back its KG1 to Grade 8 students on their first day of school. A warm welcome to all existing students and welcome on board to all new students who joined the Met family this year. We are all excited for a wonderful new academic year at Met.



Metropolitan School welcomed its youngest members of the Met community our Pre-K students and their families on Sunday, September the 9th, 2019 for their Orientation Day. Parents and young learners got the chance to meet the Homeroom Teacher and our Lower School Principal who introduced important information and set of expectations that will guide the Pre-K students and parents through the year.

It was lovely to have our youngest members of the Met community finally in school. Our Pre-K students have started their first day of school. With all the excitement of starting a new school, the young learners were welcomed with balloons and cheerful environment that made their experience to join the school on their first day a joyful , exciting & a memorable one!



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Met Literacy

Reading is probably one of the most beneficial and feasible activities that a person can do. It is through reading that a person is going to be able to discover new ideas, concepts, places, and people. It is a way for children to reach out to the world, and it improves their thinking process. With this in mind, our early childhood students received a special visit from Upper School mates who joined forces to make reading more fun and give a great mentoring experience to the young learners. They both enjoyed the experiences of getting lost inside the book world in the company of each other.



KG1 worked on name recognition with name art work, great job students!



Early childhood students were excited to check their first library books for this academic year. While getting ready to visit the library, they practiced how to look after their books by putting them in their protective files to be ready to take home.



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Met Science



During Science class, Grade 5 students studied cells, learning how to differentiate between the organelles found in plants and animal cells. Additionally, they got the opportunity to create a 3D animal cell using different colors of play dough. Well done to our young future scientists!

In the true spirit of an inquiry-based lab, our 8th grade students were given materials and no instructions and asked to develop and run a procedure that would provide empirical evidence supporting idea that the final kinetic energy of a falling object (tennis ball) increases as it is dropped from a greater height. On their own, the students measured the mass of the tennis ball, the height at which the ball was dropped, timed how long it took the ball to fall, and used this information to calculate the speed and then the final kinetic energy of the ball. By comparing the results from three trials, lab groups concluded that increasing the height of the ball increases the final kinetic energy of the falling ball.



Our Met engineers used the design process to solve problems during their science class. They learned how we can move confetti from one room to another. The young engineers created and redesigned envelopes for some science fun! Great job Grade 2!

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Met Math



Grade 2 students learning addition and subtraction using tens and ones.



Met Grade 5 students worked on a math challenge puzzle in which they used their understanding of place values and new skills to match various problems with the appropriate answers. This challenge covered many skills, some of which were rounding decimals, multiplying base 10 exponents, and converting between meters, centimeters, and millimeters.

Met Art

During Art class our Grade 2 and 3 students worked on a portrait drawing project inspired from Picasso's art works. Art projects by Picasso are always an inspiration and are a great way for students to explore one of the great masters and spark their own inner artist.



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Met Mission

Met Biz



Grade 5 students studied the engineering design process and its importance in life. They applied proper engineering design process steps to make their own board games that will abide by the criteria they agreed on in class.

Met Serve



At the end of last year, students and teachers came together by donating old stationary for those who are less fortunate. Old pencils, markers, old paint and more, was donated to Alwady Orphanage in Maadi Degla, as well as a village school outside of Cairo. Donating old stationary helps students work on their 'Community' pillar and create a sense of pride for being able to help others that are in need. A big thank you to everyone who donated.

Egyptian Values



The victory of the 6th of October is one of the greatest victories of Egypt. In recognition of this special day in history, we will be organizing many activities including morning broadcasts, in class activities and trips in a way to instill national pride in our students and introduce them to this great day in Egyptian history.

Met Values



As the pillar of the month of September is 'Respect', during Met Values classes our Grade 2 students learned how to apply communication skills to conversations with disagreements in connection to 'Be Respectful' day. The students role-played while agreeing and disagreeing with others.

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Character Education



KG2 Students practiced problem solving and their choices from the wheel of choices. Great Job Students!

Met Announcements



Metropolitan School would like to congratulate our PTA members: Mrs. Maha Ahmed, Mr. Amr Alshafey, Mrs. Olfat Aly, Mrs. Sandra Aziz and Mr. Hany Hosny who have been elected during our PTA election meeting that took place in September.

Met Achievers



Metropolitan School proudly celebrates the success of all students who excel in extracurricular activities. Congratulations to **Mohamed El Mahdy** in Grade 6 Princeton who achieved a gold medal and first place in kick boxing in the Egyptian open championship. We are proud!



We are pleased to announce the start of a new partnership with the 'Swim American Academy'. A foundation started by coach Zeyad El Bassuony an international Arab champ and a member in the Egyptian national swimming team for 8 years. The program is designed to train swimmers from age 2 to 17 years old through the high standards of American swimming education.

Fire Drill

We are proud to announce that all Met staff, teacher members and students succeeded in evacuating the school buildings and lined up in just less than 4 minutes in our first fire drill for the academic year.

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Parent Corner

Metropolitan School organized its first Parent Workshop for the year on September 23rd, 2019. The session was conducted by Mr. Chris Corby, Met Dean of Students who gave an overall view about Positive Behavior Support at Met, Met Norms, and the Met Rewarding System. The second part of the workshop included a presentation by Ms. Nancy Wassif, Met Behavior Support Specialist who introduced guidelines on how to discipline children at home and support their behavior along side the school. We thank all parents who attended and look forward to upcoming workshops in the future.



Parent Testimonials

Outstanding workshop! Love the topic.. The energy.. Keep it up!

Thank you so much Met team for this positive, promising academic year!

I love the hope, the smile, the capabilities and I know I will be honored with my choice!

I feel that there is a positive energy & everyone is excited for the new academic year. Wish all Met family a happy and successful year!

Met Corner



A warm welcome to our new staff members and teachers who recently joined the Met family. At Metropolitan School, we selectively choose our teachers and are always confident that their contribution will be productive and professionally profound. We would like to also welcome back our returning members. We know that talented educators have many career options from which to choose and we appreciate that our teachers chose to join the Met team! Welcome on board to all!

Date	October Diary Dates
6 Oct.	Armed Forces Day (School Closed)
7 Oct.	CCA Round 1 Starts
25. Oct	Fall Festival
31 Oct.	End of Quarter 1



Executive Director's Message

Dear Met Community,
 Once again, another issue of our monthly newsletter to keep you in the loop! Students are engaged in the MAP testing which stands for Measures of Academic Progress. This external testing tool allows our students to highlight their areas of strengths and areas of concern. By viewing the results with their teachers in Math, English and Science, the aim is to work on building on strengths and reinforcing the weaker areas for continued growth. We will be in touch with more information about how to properly interpret these tests. Our school is also working to improve reading scores across the board. Be sure that your child engages in some reading each night so they can be competent reader in English, French and Arabic.



Remember: "Learning how to learn, unlearn, and relearn". is the most important skill your children can develop! On a side note: Can parents please be avoid driving the opposite way on the streets in front of the school. Some students and others in our school community have noted that this occurs, in some cases, which is not the right way. I am sure parents can teach their children, the right way to drive and follow proper driving protocols by demonstrating proper conduct on the roads. This builds character! - **Andrew Frezludeen**

Lower School Principal's Message

Dear Lower School Parents,

During these first two months of school, our monthly Character Pillars have centered on respect and kindness. As teachers have been working with their students to develop positive classroom communities, these themes of respect and kindness have been interwoven into the class culture. As we end our first quarter of school, I would like to offer three research-based parenting tips that are closely linked to raising a child who is respectful to both peers and adults:



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1) Be authoritative: Parenting styles can generally be divided into three categories: **permissive**, **authoritarian**, and **authoritative**. **Permissive parents** consistently put their child's wants and wishes at the center of almost every decision. There is usually lots of love and affection in homes with permissive parents, but children of permissive parents rarely hear the word "no". Instead, permissive parents often negotiate with their children - "If you behave in the grocery store, then mommy will buy you some candy.." Or -"If you treat your friends nicely at school today, I promise daddy will get you a big scoop of ice cream." Permissive parents often bribe their children to exhibit respectful behavior rather than simply making it very clear that respectful behavior is the expectation and is non-negotiable. Conversely, **authoritarian parents** are at the other end of the spectrum. Authoritarian parents often yell and speak in an aggressive tone and demand compliance from their children. Authoritarian parents do love their children immensely but rarely express this through hugs, cuddles, and other types of respectful affection. Children of authoritarian parents often comply with rules out of fear of punishment but often do not internalize respectful behavior so that they are motivated intrinsically to demonstrate it. We move now to authoritative parents. **Authoritative** parents are definitely the "boss" when it comes to their children: however, children of authoritative parents have a genuine, loving, and mutual respect for their parents because their authoritative parents guide them with loving discipline and consistent consequences for bad behavior. Authoritative parents love their children unconditionally and demonstrate loving affection toward their children. And their children reciprocate with a loving respect for their parents' authority. Research shows that children of authoritative parents have healthier self-esteem and grow up to be happier, healthier, more resilient, and more respectful adults. On the other hand, children of permissive or authoritarian parents tend to have lower self-esteem and often struggle socially during adulthood. In order to raise a more respectful child, I encourage parents to be authoritative rather than going to the extremes of being permissive or authoritarian.

2) Eat healthy meals TOGETHER: Did you know that behavioral research has shown that the more days per week that families sit down to a meal together, the happier and more respectful the children become? And when the meals shared together are healthy ones, the results are even more profound. One important detail to highlight from these studies is that children who exhibited the most positive behavior were the ones who sat down to **device-free** meals with their families. So turn off the TV and insist that everyone at the table - children and parents - put their devices away during the entire meal. Avoid fast food and have healthy meals instead that include ample amounts of fresh vegetables. Enjoy healthy meals with healthy conversation together as a family. This is an important aspect in supporting your child to become more respectful.

3) Make sure your child is getting enough sleep: Research shows a correlation between lack of sleep and poor social behavior. Even children whose parents are generally loving and authoritative (see point 1) can become irritable and exhibit disrespectful behavior if they are not getting enough sleep each night. The numbers vary slightly depending on the study, but in general, primary school children need around 10-11 hours of sleep a night. Is your child getting enough sleep? Ensuring that children have a consistent sleep routine each night with adequate amounts of sleep improves children's overall health and brain development and supports them in demonstrating positive and respectful social behaviors.

I hope that these three parenting tips have been helpful. One of the most important responsibilities that we have as parents is to raise children who are kind and respectful to others - no matter the other person's age, culture, or socioeconomic status. Children who are kind and respectful to everyone become adults who do the same. And adults like that can change the world for the better.

- Lance Kershner



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Upper School Principal's Message

Field trips play an important role in the school curriculum and benefit teaching and learning in many ways. A non-classroom approach allows students to learn through authentic experience. A field trip to the museum, a play or a show, Ski Egypt, or even KidZania can be an interesting way to explore new things for students and teachers. Teachers get the opportunity to observe students outside the classroom and students get the opportunity to observe their teachers in a non-classroom setting. Both opportunities enhance the teacher-student/student-teacher relationship and make for a stronger and more meaningful understanding of social behavior for everyone involved. Not to mention the expected and unexpected educational opportunities that can be involved in any field trip!

Students should be encouraged to participate in every field trip Metropolitan offers. In the past month both the Grade 5 and the Grade 7 field trips had to be canceled because we did not reach the minimum attendance requirement. This was extremely disappointing.

Educationally, field trips provide rich opportunities for students to experience new things, learn about new environments and enjoy authentic experiences. Field trips can contribute to building self-esteem and foster a sense of social teamwork. I highly recommend that you encourage your student to not only participate, but to look forward to and fully enjoy any and all field trips that Metropolitan offers! - **Susan Eby**



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Met Flashing News



Based on popular demand, Metropolitan School opened the door for its 2nd Pre-K class this month. We welcomed our new students and their parents on Orientation Day where they got the chance to meet their new teacher Ms. Farah and get acquainted with their new classmates. Ms. Farah presented an overview of our creative curriculum, instructional program and daily procedures in Pre-K. Following the Orientation Day, the young learners started their journey at Met on their first day to school.

Metropolitan is committed to promoting a healthy environment for its students. As part of this commitment, we celebrated our first 'Handwashing and Personal Hygiene' healthy campaign from Sunday 13th October to Thursday 17th Oct 2019. Students learned the importance of cleanliness and how important the role of proper handwashing plays in preventing spreading of infections.



As part of learning the alphabet, our KG1 students went on a picnic outside the classrooms to celebrate the letter 'P'. They had so much fun eating their breakfast in the beautiful weather and understanding the Picnic concept while inside the school campus!

Our KG2 students invited the first grade classes to participate in their Module 1 Performance Task 'Toys and Play'. Our 1st graders supported the KG2 learners with the writing portion from the performance task. Students also drew their favorite toys. It was very exciting for both grade levels to work together and collaborate in their work.



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Met Literacy

Met KG2 students made their first visit to the school library this month. They explored different types of books and got the chance to understand Library Rules. During Library classes, students check out their favorite books and are to return them the following library lesson to exchange a different reading adventure!



Our Met Grade 8 students worked on making concrete poetry about 'The Papaya Tree' and the different types of fruit they learned about in the novel 'Inside Out & Back Again'. What a fun ELA project it was! Well done Grade 8 boys and girls!

International Awareness Corner

Albuquerque New Mexico (1st - 9th October)

Get ready for some neck-exercise, as more than 750 hot-air balloons take flight in the crisp blue skies of New Mexico against a backdrop of the Sangre de Cristo Mountains. Get up before the rooster crows to witness the Dawn Patrol of hot-air balloons rising in the early morning sky, and stay for impressive Mass Ascensions, when the air is filled with nearly a thousand vibrant vessels. Then there's the filmmaking contests, balloon riding services, After-Glow fireworks and balloon races, making for an awe-inspiring festival that's best seen lying down.



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Met Science

“It’s not rocket science” ...oh wait, it is! Grade six students are presently learning about the engineering design process. The match rocket project allows students to practice the steps engineers follow when making design solutions. Students conduct research, brainstorm solutions, build prototypes, test their prototypes, collect and analyze mathematical data, and even go through a part of the process again to optimize their designs. Engineering practices are not only an essential part of the NGSS standards, but projects like these truly exemplify the interweaving of science, technology, engineering, and mathematics (STEM). This educational experience prepares students with the skills desired by the 21st century marketplace, helps them acquire the tools needed to become lifelong learners, provides opportunities to model and grow in the character pillars, and helps create a passion for science and engineering.



On Oct. 23rd, the Met IT and Science Department teamed up to attend the ‘Inspire Greatness’ technology conference hosted by Smart Technologies ULC, inventors of the SMART Board interactive display and Smart Notebook software. This conference provided our team members with the most up to date information on how to use SMART Notebook software to maximize student learning. Our attendees look forward to sharing this information with the school community and using it for the benefit of our students.



Met Music



Our KG1 students learned how to follow directions while playing ‘Stop & Go’ with maracas and bells.

Met Art



Grade 3 started their “All the leaves are FALL- Watercolors can produce extraordinarily beautiful and versatile art. Students describe and analyze the elements of art (color, shape/ form, line, texture, space, value) while using gradients.

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Met Student Council

We are very excited to announce the winning candidates of the 2019-2020 Student Council elections! Each candidate wrote and presented a thoughtful campaign speech highlighting the skills he or she would bring to the Student Council in service of our school family and the greater community. All of the students who nominated themselves and ran in the election should be very proud of having done so.



It was a close race in many classes! Look for your SC representatives throughout the year in fundraising campaigns, school improvement and community projects and setting an excellent example of the Met pillars for their peers.

Grade/ Homeroom	Class President	Class Vice President
4 Yale	Natalie Elias	Tia Sultan
4 Columbia	Ahmed Gawish	Zeina Younis
4 Johns Hopkins	Lara Tamer	Habibah Eid
5 Purdue	Tiana Rizk	Yassin Abouelsafa
5 Maryland	Aaron Roxy	Carla Hanna
5 McGill	Saja Soliman	Nour Moustafa
6 Harvard	AbdelRahman AbdelRahman	Salma Mahmoud
6 Princeton	Eman Zaki (Class/Student Council President)	Youssef Emara
7 CalTech	Youssef Waleed	Judy Mohamed
7 NYU	Taliah Mahdy	Zeina Hassan
8 Toronto	Laila ElSanie	Ali El Hussein
8 UVA	Samantha Kershner	Hana Shalaby

Welcome Met SC Reps!

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Met Mission

Met Biz



Students made board games and got a chance to test and analyze their board game failures to redesign their prototypes.

Met Serve



As part of our commitment to community service, the newly formed Metropolitan Student Council decided to carry out a drive to collect donations of school supplies for local children in need. We encourage parents and students to donate unwanted supplies such as pencils, pens and crayons to support the drive.

Egyptian Values



Metropolitan school celebrated the 6th of October Egyptian Armed Forces Day during the morning lineup. The Arabic department hosted Lieutenant Colonel Samy Adel Keshta who got the chance to present and speak to our students about his grandfather's experience during the victory and how proud he is of his grandfather and other soldiers who sacrificed their lives for the safety of our country.

Met Values



Students celebrated the "United in Diversity" (Anti - Bullying) month. Every week, students received the opportunity to participate in activities related to bringing tolerance and diversity to our community. They explored the concepts of inclusion, courage and empathy and were encouraged to demonstrate these behaviors in the community. They worked on group and personal projects such as comic strips,

in order to cultivate personal accountability regarding bullying prevention.

Met World Newsletter

Character Education



On Tuesday October 22nd, students in grades 6-8 participated in the 3B's workshop. The intention was to create a fun, supportive and engaging environment in order to provide opportunities for the development of social-emotional skills connected with the Met Character Pillars.

Met Achievers

Metropolitan School proudly celebrates the success of all students who excel in extracurricular activities.

Please join us in congratulating.....



Omar El Mahdy
in Grade 7 NYU
who achieved 2nd
place silver medal
in the Egyptian
Republic Judo open
championship!



Asser Barakat in
Grade 1 Penn State
who received 1st
place gold medal
in the Egyptian
Gymnastics
championship!

Ali Ahmed Mohamed
in Grade 1 Michigan
State who received the
bronze medal in the
E g y p t i a n
Gymnastic Federation
Championship.



Omar Ahmed Hassan
in Grade 1 Oxford who
achieved the bronze
medal in the Egyptian
Gymnastic Federation
Competition!



Congratulations

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Met Corner

This year at Met, we have started several employee recognition programs that will allow Staff Members to recognize each other's hard work and achievements. The Sunshine Committee together with our Leadership Team decided to launch a Staff Member of the Week, Bus Matron of the Month, and a Nanny of the Month program. The Staff Member of the Week program consists of Staff Members nominating their fellow Met Staffers based on the amazing work they do. Each week the Staff Member receiving the most nominations gets recognized. The Bus Matron/Nanny of the Month aims at recognizing the hard work of our Bus Matrons and Nannies. This has been a great way for our Met Family to recognize the hard work that we all do each and every day.



Parent Corner



During our 'Handwashing and Personal Hygiene campaign', Met invited its parents to attend a workshop that discussed the importance of personal hygiene and handwashing and ways of how to avoid diseases such as upper respiratory tract infections. We appreciate all the parents who took the time to attend this informative sessions and looking forward to introduce more.

At our monthly PTA meetings, PTA members have been working on planning upcoming fun family events and activities across the academic year.

Stay tuned!



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Parent Testimonials

Outstanding workshop! Love the topic..
The energy.. Keep it up!

The discipline workshop was very useful, we have
learned the ways how to deal with our children.

The discipline session was outstanding..
Love the topic, the energy.. Keep it up please!

Attending the workshop gave me the chance to set
time for myself to rethink about how I am raising my
child. I would like more of these!

Date	November Diary Dates - Kindness Month
7 Nov.	PTC - Parent Teacher Conference
9 Nov.	Prophet's Mohamed Birthday (School Closed)
12 Nov.	EC/ Elementary Sports Day (Pre-K - Grades3)
13 Nov.	Upper School Sports Day (Grades 4-8)
28 Nov.	Thanksgiving Day (School Closed)



Executive Director's Message

Dear Met Community,

The Healthy Campaign done last Thursday was an absolute joy, where all parents and other participants learned a great deal about nutrition. Our two recent Sports Days were equally invigorating and enjoyed by all students. It is hoped that students are learning to win with humility and lose with dignity. Being able to compete and participate is the important part of their lives and many students in the world do not get this opportunity. Our students need to recognize and appreciate that they have access to a solid educational platform which includes sports and academics.



MAP testing was a lengthy process and we aim to share results soon with parents and there is some robust growth in learning. We will have another round in the next semester. On a side note, Mr. Philip (our Math HOD), will be out after this week and will return February 1st.

Our school is strongly positioned in the city of Cairo and in Egypt and we will continue to be a stronger school. This is because we have an amazing team, amazing students and an organized direction!

- Andrew Frezludeen

Lower School Principal's Message

Dear Lower School Parents,

We all want to see our children grow up to be adults who lead happy, healthy, and productive lives. So, on that topic, here is a brief, one-question quiz for you:

When a child reaches 10 years of age, which of the following behavioral indicators below is the strongest predictor of health, happiness, and productivity 20+ years later when the child has grown to be an adult in his/her thirties?



- a) Above average IQ
- b) Self-control
- c) High grades and strong academics
- d) Kindness

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The correct answer is **c) Self-control**. Several years ago a prediction like that would have been nothing but guesswork. However, with developments in brain research and behavioral psychology, we can now see a strong correlation with the amount of self-control that a preteen child exhibits and how happy, healthy, and productive that child will be as an adult.

As parents, we certainly want to devote time to ensuring that our children are learning well and doing their best in the area of academics, and the development of our children's character is, of course, extremely important. As we work to develop our children's character, however, how much focus do we put on the area of self-control? According to research, this area should receive a great deal of our focus if we want our children to have the capacity for health, happiness, and success in the future. This starts with parents modeling self-control for their children. When our children look at us and our behavior, do they see a person who exhibits self-control?



Teaching self-control to our children also ties in with what I wrote in last month's newsletter about being an authoritative parent (as opposed to a permissive or authoritarian parent). As parents, do we set clear boundaries and expectations for our children and then follow through with consistent consequences and loving, nurturing discipline if our children do not act accordingly? One of the best ways to lay the foundation for teaching our children self-control are by using four words that our children should be accustomed to hearing often. The first three words go together: "I love you." Children need to hear these words from their parents often and also know that this is true because they see and feel that love in action every day. The fourth word is also important for children to hear often in order to lay the foundation for teaching self-control. That is the word "No". Children need to understand that the world doesn't revolve around them. They need to understand that they often don't get everything that they want. It is okay to tell your child "No". Hearing the word "No" will not damage his/her psyche or self-esteem. On the contrary, when children have clear boundaries and expectations and those are coupled with an unconditional love that children experience daily, this lays the foundation for them to develop self-control in their early years. And as research is now demonstrating, self-control in childhood leads to much more health, happiness, and productivity in the future. Ultimately, isn't this what we want for our children? - **Lance Kershner**

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Upper School Principal's Message

There is a great amount of linguistic foundation needed to “get” a joke. Additionally, the language knowledge needed to understand a pun is extremely sophisticated. To understand a joke or a pun is part of the process of fluent language acquisition.

At the Metropolitan morning line, students in grades 1-8 (and their principal) tell jokes and share puns as part of the daily routine. Our morning line jokes/puns range from Knock-Knock jokes to fairly savvy puns.

The obvious benefit of telling and understanding jokes and puns is comfort in language. Some jokes and most puns are very language-specific and require advanced metalinguistic awareness to understand. Advanced metalinguistic awareness accelerates reading comprehension and promotes higher-order thinking. Who knew that a silly joke or a groan-receiving pun could be so beneficial to learning?

Not all of our students “get” all of the jokes/puns told each morning. Eventually though, the delay until the laughter/groaning begins will become shorter and shorter informing those of us who tell jokes/puns each morning that, “We get it. We really get it!”.

See if you “get” these:

- ⇒ What do you call an egg that plays tricks on people? A practical yolker.
- ⇒ How does a tree get on the internet? It logs on.
- ⇒ What do you call a belt made out of watches? A waist of time.
- ⇒ I am a big fan of whiteboards. I find them quite remarkable.
- ⇒ What do you call a lion that runs a photocopy machine? A copycat.
- ⇒ What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle? Attire.

- Susan Eby

JUST JOKES



Met World Newsletter

Met Flashing News



On Thursday, October 31st, our Lower School students and teachers paraded in their amazing and sparkling costumes and paraded around the Met campus to the cheers of their fellow Upper School students. A fun-filled atmosphere was present the entire day with smiles, cheers and high fives to celebrate the welcoming of the Fall Season.

The ECO Committee ran a month-long poster competition during October. The purpose of this competitions was for the students (Years 1-8) to design a poster in order to raise ecological awareness. The students did a fantastic job, raising awareness on a variety of issues that face our planet, such as: plastic pollution, turtles eating plastic bags as they mistaken them for jelly fish (their natural food source), the planet's rising temperatures, excess water use, air pollution, the melting ice-caps and many, many more issues were addressed. All the students put much effort and creative ideas into these posters and we congratulate each and every student who participated.

The official winners are as follows:

- Grade 1:** Georgios Vasileiadis (Penn State)
- Grade 1+:** Eric Youssef (Chicago)
- Grade 2:** Yassin Issa (MIT)
- Grade 3:** Talia Shabaan (UBC)
- Grade 4:** No submissions
- Grade 5 :** Ashraf Farrag (McGill)
- Grade 6 :** Hamza Katamish (Harvard)
- Grade 7:** No submissions
- Grade 8:** Gabriella Viker (Toronto)



A huge congratulations for all the participants and all the winners of the Eco poster competition. Remember, if we all made small changes, it will allow a huge impact in working towards saving our planet. Let us start with minimizing our plastic use - Good luck!

Met World

Newsletter

Met Flashing News



In celebration of the fall season, our KG2 Students had the opportunity to take part in decorating their own classrooms and welcome Autumn. They got the chance to paint pumpkins and decorate different corners throughout the class. Students are now ready to enjoy their learning in a bright, festive and colorful

Our young Pre-K learners have been studying letter 'T'. Both Pre-K Coral and Purple classes decided to get together to celebrate learning the letter 'T' by organizing a little 'T'ea party which took place in the School's garden.



In an attempt to motivate our students to read in Arabic, Grade 3 students attended a reading session by the story teller 'Hanan Ashmawy'. Ms. Hanan is an author for a series of short Arabic stories. Ms. Hanan had the opportunity to share some of her stories with our students and discuss them during her visit to Met. Students were excited to receive activities books and to understand the moral of the story discussed. Ms. Hanan promised a second visit with a reward for students who practiced their reading skills daily.



Students of the Etiquette CCA class did a wonderful job of finishing their place mats. They decorated and added utensils which made their final product amazing! Great job Etiquette experts!



Met World

Newsletter

Met Flashing News



Our young Grade 1 scientists had the chance to visit the beautiful school garden and plant seeds inside the home-made eco-friendly pots. Students then visited their plants to observe them grow over the course of time. During one of their visits, they surprisingly saw a few snails that stopped by to say “Hi”.

Metropolitan School celebrated its 5th Annual Sports Days which took place on Tuesday, November 12th, 2019 for Pre-K to Grade 3 classes and on Wednesday, November 13th, 2019 for Grades 4 to Grade 8 classes. Our students rotated through a variety of game stations and competed in a friendly and safe environment.



Our Lower School students celebrated their learning objectives during Arabic classes. Parents were invited to participate in different activities with their children while observing them demonstrating their Arabic literacy abilities. Finally, students designed a handmade craft which stated “Arabic is our Language” & gifted it to their parents.



Met KG2 students invited their parents in to take a glimpse at what they have been learning in their Weather Wonders Module. Each class performed a song related to different weather conditions while each student got the chance to say a few words to explain different weather conditions like snow, rain & heat.



Met World

Newsletter

Met Literacy

Grade 4 students learned about poetry in the first quarter of the school year. Over the course of the unit they learned about what inspires poets to write, and how to analyze poems and determine a theme of poetry. In the last unit, students wrote their own original poems as well as a proof paragraph explaining why they wrote their poem and where you can see evidence of this in their work. They ended the module with a gallery walk in which they read aloud their original poem and explained to the audience and their parents, why they were inspired to write their original poem by the use of visuals and evidence from the poem.



International Awareness Corner



Thailand Lopburi Monkeys Festival

One of the most popular festivals in the central region of Thailand is the Monkey Festival held annually in Lopburi. The idea of the Monkey Festival, which takes place every year on the last Sunday in November, started with a local man called Yongyuth Kitwatananusont. He is the owner of the Lopbui Inn. In front of the hotel there is a large monkey that he has been using as a kind of symbol for many years. Business has been good for both him and other people working in the tourism sector. Recognizing the important role that the monkeys have played in this, he decided one year to lay on a buffet meal for them.

Met World

Newsletter

Met Science

In seventh grade science, students studied genetics. The photo shows a lab in which students extracted DNA from seeds so they could see what the molecule they study so much looks like. Without such an activity, some students find the concept of genes and DNA too abstract at this grade level. This activity provides a tangible basis for students to properly contextualize DNA as matter existing within cells, which supports their comprehension of reproduction and inheritance.



Our Grade 5 students conducted an experiment on how to grow mold during their science class. Mold is a fungus that needs nutrients and water to grow. It can grow on surfaces like rocks and walls, but in homes it commonly grows on aging food. Many foods, especially bread, contain mold inhibitors and preservatives to prevent mold from growing quickly. Therefore, students practiced the Moldy Bread Experiment to try to prove that 'Mold grows quicker at higher temperatures.' (Hypothesis).



Met Art

Grade 5 students started designing 'African Masks' by using collage techniques. Collage is a piece of art that incorporates a variety of materials. It often involves gluing materials like paper, cloth, or found objects. Students got the chance to identify and describe various traditional and folk arts from African history. They also demonstrated the balance and interaction of positive and negative shapes to use in symmetry design.



Met World

Newsletter

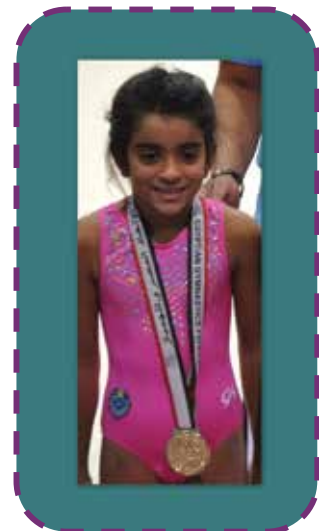
Met Student Council

The Met Student Council had a great time working with the Discipline Team and the Dean of Students on the ‘Sweet Tweets’ campaign! In keeping with our Met pillar of ‘Kindness’, students in Grades 1 to 8 were encouraged to write a kind note to a classmate, teacher, or other member of our Met community and post them for all to enjoy. The ‘Sweet Tweets’ were then distributed to the recipients, spreading joy and kindness throughout the school. StuCo members also spoke at the morning lines about the need for kindness in our lives and the vital importance of online safety on social media platforms. Special thanks to Ms. Amira for creating the amazing giant mobile phones where the tweets were posted!



Met Achievers

Metropolitan School proudly celebrates the success of all students who excel in extracurricular activities. Please join us in congratulating Hannah Sokkar in Grade 2 UPENN who now holds the title of **National Champion** in Gymnastics, U8! We are so proud of our young achiever! Keep it up Hannah, and to more future success!



Met World

Newsletter

Met Mission

Met Biz



Grade 1 Michigan State has been studying tools and habits of character during our first module of the year. Students studied different tools and how to use them to make jobs easier. Our first graders brought in reusable materials from home to create magnificent things to meet our classroom needs. One group created a water bottle holder, another created a safety robot, one created a classroom pet, and one group made our class carpet larger. We studied perseverance, collaboration, initiative, and respect so that we could get the job done and work effectively within our teams. Way to go, Michigan State!

Egyptian Values



In celebration of Prophet Mohammed's birth this November our Arabic department arranged Mulid Al Nabi activities to engage students in the spirit of the day. Students from Upper School as well as Lower School had the opportunity to distribute 'Halawet Al Mulid' (candies) to all Met Support Staff, as an annual tradition at our school.

Met Serve



Our sincerest and heartfelt congratulations to the Egyptian U23 National Olympic Soccer Team and to Coach Shawky Ghareeb for leading the team to the 2020 Olympic games in Tokyo! We are also proud of our very own Met students, Omar Ahmed Shawky and Malak Ahmed Shawky who confidently escorted Ramadan Sobhy (championship best player) and Mohamed Sobhy (championship best goal keeper) into the Egyptian soccer field grounds.

Met Values



Metropolitan School celebrated the 'United in Diversity' campaign during October. The theme aims to prevent bullying in linkage to the Met pillar of 'Tolerance'. Students explored the concepts of inclusion, courage, empathy, and diversity and ways to demonstrate these behaviors in our community. All students celebrated the end of the campaign and showed support by wearing Orange on the last day of October. They distributed 'united in diversity bracelets' and wrote kind messages to each other to memorialize this inspiring day!

Met World

Newsletter

Met Corner

Metropolitan 'Staff Member of the Week' program consists of Staff Members nominating their fellow Met Staffers based on the amazing work they do. Each week the Staff Member receiving the most nominations gets recognized. The Bus Matron/Nanny of the Month aims at recognizing the hard work of our Bus Matrons and Nannies. This has been a great way for our Met Family to recognize the hard work that we all do each and every day.



Parent Corner



Metropolitan's first Parent/Teacher Conference day took place on November 7th, 2019. Twice each year, Metropolitan conducts Parent Conferences where student achievement data is shared with parents along with techniques to supplement academic growth at home. We would like this opportunity to thank all parents who attended this informative academic day at Met.

Parent Testimonials

We enjoyed our day and had some great feedback on the kids progress. Thanks a lot for your attention and support.

PTC was very well organized, no overlapping, very calm atmosphere. Teachers are well prepared with reports and students' work sheets. Very satisfied. Keep it up!

The day was very well organized, having all teachers in one place made everything easy and time efficient.

I am very satisfied with the parents meeting in general. Settings, time, place and attitude. Love the school!

Date	December Diary Dates Honesty & Tolerance Month
2-8 Dec.	CCA Round 2 Registration
9 Dec.	Parents Workshop #2 (8:30 am - 9:30am)
19 Dec.	Winter Wonderland
20 Dec. - 11 Jan.	Winer Break
25 Dec.	Western Christmas (School Closed)



Executive Director's Message

Dear Met Community,

Well, time sure flies and it is just about time for the holidays! I hope your kids will read each day to help their overall reading skills. I recently gave a workshop on "What MAP is and What MAP is not...", and to follow up, teachers aim to share the MAP FAMILY REPORT, during the last week of January. This adaptive test covers: English, Math and Science. It is a snapshot of achievement which helps identify areas of strengths and areas for improvement. It is only one assessment, in addition to the other tests, quizzes, projects, book reports, labs, etc. Teachers use all of these tools to help kids grow and learn, unlearn and relearn.



I wish to extend a very warm thank you to our parents, who support our school and who help us to overcome the challenges of educating all of our students. Thanks to our teachers and all of our staff at Met, who work with passion to engage our students to learn, both inside and outside of the classroom setting. We are committed to continue to improve our craft so your kids can flourish.

With best wishes for a peaceful and happy holiday to our Met Family. Thanks for being part of Met!
- **Andrew Frezludeen**

Lower School Principal's Message

Dear Lower School Parents,

This school year is flying by. It's hard to believe that Winter Break is already here. During those three weeks of no school, it will be important to give your child plenty of time to relax and recharge, but there are also many fun and creative ways to keep your child engaged during the break. Below are several great, play-based ideas that provide a fantastic learning foundation for your child. Give some of these a try over the break:



Met World Newsletter

1) Sand Play: Sand play is a fantastic opportunity for the foundations of scientific learning and developing self-confidence and physical development. Scooping, digging, pouring and sifting teach children how things work, while also building their muscles and coordination. Done alongside a little friend or sibling, and it becomes about teamwork, sharing, and social skills.

2) Water Play: Similar to sand play, water play enables children to experiment in a safe environment with basic concepts such as volume. Additionally, water play is great for learning consequences of actions. Add in some hand-eye coordination and physical strength, and this type of interactive play is a great one.



3) Play Dough: Play dough has immense potential for learning. Not only does it strengthen fingers in preparation for a lifetime of writing, it also teaches fine motor skills, creativity, and hand-eye coordination. Add some beads to the dough for a fine-motor exercise, or get the kids threading beads on to lengths of dried spaghetti held in the dough for extra fun.

4) Dress-up and Role Play: Let children loose with lots of dress-up clothes and props such as toy doctor's kits, and let their imaginations run wild. Soon you'll discover the budding doctor, vet, nurse, astronaut, chef or thespian. Dressing-up helps children to begin to make sense of the adult world, roles, and interests, as well as boosting social interaction.

5) Doll and Character Play: Both girls and boys can benefit greatly from this type of play. Providing characters in the form of mini-figures and dolls allows children to develop their social play. It encourages imagination and the expression (and labelling) of feelings.

6) Drawing and Painting: Letting children run wild with paints and drawing tools allows them to experience their world in a sensory way and develop self-expression, while also developing pre-writing skills. Furthermore, it's an invitation to learn about responsibility by tidying up when finished.

7) Blocks, Legos, and Jigsaw Puzzles: Playing with blocks, Legos, and jigsaws lays the foundations of spatial thinking, logical reasoning, ordering, as well as recognizing various shapes and sizes.

8) Music, Dancing, and Singing: Singing and music help to develop language and form the basis of literacy skills, as well as basic mathematical concepts such as counting. Furthermore, they begin to develop rhythm, while also refining their listening skills. Dancing helps the child develop strength & coordination, and flexibility.

9) Running, Jumping, Climbing, Swinging: Young children have a compulsion to move. Allowing them to do so and providing safe and age-appropriate challenges allows them to increase their confidence as well as develop their resilience through risk-taking. Of course, gross motor skills also receive a great boost.

10) Cooking: Cooking and serving are great play scenarios for kids. Cooking itself combines elements of sensory play, mathematical concepts, home safety, and following processes.

11) The Cardboard Box: Yes really! The humble cardboard box is one of the most incredible invitations to play. Will it be a house, a car, a home for their stuffed animals? Provide them with scraps of fabric, cushions, pencils and paper plates and watch them explore their world, enter their imagination, and begin thinking like an engineer.

I hope the list above provides you with some ideas about fun ways to keep your children engaged and learning throughout the break. I wish everyone a wonderful Winter Break, full of fun, relaxation, and creating special memories with family and friends. See you all back at school in January! - **Lance Kershner**

Met World

Newsletter

Upper School Principal's Message

Children spend an increasing number of hours of their daily social time with their friends once they begin school. Time with friends gradually replaces time previously spent with siblings or parents. The prominence of friendships increases further during adolescence as relationships with friends become the heart and soul of the life of a teenager and the time spent with friends becomes less closely supervised by parents.

What children do with their friends also clearly changes with age and development. During early childhood, children spend the majority of their time with friends engaging in pretend, imaginative play. By middle childhood the focus is shifted to personal preferences, with much time spent in conversations concerning personal preferences and playing structured games. By adolescence, friendships thrive on exchanges of identity disclosure and common interests. The aforementioned contrasts reflect the differences in friendships developmentally: early friendships are about sharing fun and entertainment, while later friendships provide children the means by which to explore identity and self-understanding.



Considerable research has been carried out showing the importance of childhood friendships for successful development later in life. Two long-term outcomes of having a good childhood friend and meaningful childhood friendships are positive social-emotional development and high academic performance at school. Research by Catherine Bagwell supports quality childhood friendships being also necessary for the development of social skills needed to form successful adult relationships. It therefore becomes abundantly clear that how children interact with their friends begins to set the stage for life-long social relationships and successes. Happy Holidays! - **Susan Eby**

Met World Newsletter

Met Flashing News



Round 1 of the ECO Committee CCA is completed and years 6-8 have completed a beautiful mural to raise Eco awareness. The mural was designed as different puzzle pieces that have ‘broken away’ from one another, due to the issues our planet faces. Each puzzle piece depicts a different issue faced. One puzzle piece depicts how the earth is becoming ‘hot’ and ‘smoky’ due to global warming.

Another puzzle piece depicts a GREEN earth and the healthy complexion we should strive for. Another puzzle piece reflects that ‘water is life’ and how we must be conscious of our water usage. The centered puzzle piece states: “Every piece of plastic that was ever made, still exists today”, a very powerful and realistic message of how our fast-pace consumption has its effects on our planet. We thank the ECO Committee CCA’s students for their hard work and we ask all parents and students to try their hardest to be ECO FRIENDLY... remember, if we all made small changes, large changes for the better can happen.

Met Honor Roll Celebrations

Metropolitan School was proud to celebrate the academic excellence of its students and high achievers! We were so happy to share this special moment of SUCCESS with our parents who played an integral part in their children’s achievements! Well done to all! We are proud.



Met World Newsletter

Met Flashing News



As part of their Toys and Play Unit, our KG2 students created their very own sock puppets. By using old socks and scraps of materials, the children were able to understand the meaning of recycling as well experience how to make their own toys.

AIS Director's Visit to Met: On Sunday December 8th, Met hosted a visit with Mr. Kaponov, the Director from 'The American International School' (AIS) Cairo. He met with Mr. Andrew to discuss potential cooperation between the two schools in terms of friendly sports games and other possible interactions. This is the beginning of a new friendship and we aim for a mutually beneficial engagement.



Our Grade 6 and 7 students celebrated the 'World Arabic Language Day' on the 16th and 17th of December, 2019. Parents were invited to witness the celebration and listen to presentations done by the students which demonstrated the importance of the Arabic language. Parents also got the chance to participate some Arabic related activities with their children during the event.



Met World Newsletter

Met French



Liberté • Égalité • Fraternité
RÉPUBLIQUE FRANÇAISE



Metropolitan School is offering the opportunity to the 6th, 7th & 8th graders to participate in an international French language assessment. The Diplôme d'Études en Langue Française (DELF) is an internationally recognized series of qualifications awarded to language learners to validate their skills in French. Candidates who successfully complete the testing will receive a DELF diploma which is issued by the French Ministry for National Education to certify their skills of French as an additional language.

'Capital International Schools' is pleased to announce its 1st edition of the French Spell Bee (Épeler un mot en français), an event which is open to students learning French at schools in Cairo. The event will be held on Wednesday, February 5th, 2020, from 10am to 2pm at Capital International School CIS".

The director of the French cultural center will be present to witness the Inaugural edition of the first French Spelling Bee competition in Egypt. She will personally be responsible for handing out the certificates to the winners. We wish Met students all the best of luck!



Met World

Newsletter

Met Literacy

Metropolitan School organized a trip for its Grade 8 students to 'Kawalees' on Wednesday December 11th, 2019. 'Kawalees Cairo' is a theatre that offers children ages 5-18 a unique true backstage and onstage practice with a comprehensive hands-on theatrical experience. It teaches children about literature, different cultures, as well as provides them with a direct gateway to a boundless and intriguing fantasy world theatrically. The theatre offers sophisticated facilities which include a mini-theatre, makeup and costume rooms, as well as a recording studio.



Met Art



We are extremely proud of our very own young talented Met artists who won the 'Annual Scales Art Competition' amongst 13 other participating international schools. The event was organized by Hayah Academy and the winners received their certificates in a memorable ceremony. Art Café Egypt has delivered its panel of professional judges who admired all the work and applauded the students' work. Please join us in congratulating and giving a big shout out to: **Khadija Ahmed Hassanien** in Grade 3 UBC who won 1st place; **Andy Sherif Watson**, Grade 2 Stanford who won 2nd place and **Omar Ahmed Shafei** in Garde 2 MIT who won the 3rd place! We are so proud of our young achievers!

Grade 2 and 3 students started their 'Winter Landscape' origami using colored papers. They demonstrated the ability to explore multiple techniques and processes within a variety of media and independently applied forms of movement, rhythm and colors.



Met World

Newsletter

Met Science

In grade 7, we just finished studying genetics and reproduction. In order to develop our understanding of reproduction in flowers, we dissected lilies. Lilies are great for dissection because the reproductive parts are so large. The dissection not only assisted students in their comprehension of reproduction in flowering plants, it also provided a strong foundation for learning genetics making. Gregor Mendel's cross-pollination and self-pollination data is much easier to understand when students firmly grasp flower anatomy.



In grade 6, students learned about the rock cycle. One of the key takeaways is that matter is cycled throughout Earth by the rock cycle. To support student learning, we examined a variety of rocks and conducted online research to learn about the properties and uses of those rocks.

International Awareness Corner



Konya, Turkey

‘Whirling Dervishes Festival’ is one of the world’s most intriguing sights, a mesmerizing spectacle of dizzy twirling. The ritual whirling is an act of love and a performance of faith for the Sufi arm of Islam. Every December on the anniversary of Rumi’s death known as Seb-i Aruz, thousands of pilgrims flood Konya to witness the ritualized whirling at his Mausoleum. In a ceremony known as Sema, Rumi’s religious followers participate in an intricate dance each evening, in which they quickly move and spin around in beautiful white and colored skirts. Their leader represents the sun and the spinning dancers the orbits of the stars and moon.

Met World Newsletter

Met Student Council

To celebrate the season's festivities, The Met ECO Committee and the Met Student Council collaborated on a project to decorate a tree with recycled Christmas ornaments. KG2 to Grades 8 Met students were encouraged to create small recycled Christmas ornaments at home over the weekend, and bring them to school before the Winter Wonderland Show. The Student Council collected all the ornaments from teachers and started decorating the Christmas Tree that was beautifully displayed on Winter Wonderland Day. Season's Greetings to all!



Character Education

'Be on time' is one of our school wide expectations. Every academic quarter we acknowledge students for coming to school every day and on time. We recently celebrated the 96 students with perfect attendance awarding them with certificates and VIP cards in which they can use at the Met store! Well done to all!



Met World

Newsletter

Met Mission

Met Biz



Mr. Mohamad Eid parent of Youssef Eid in KG2 Navy was kind enough to visit our school and give a great opportunity to all KG2 student to visit the roof and watch the sun through a real telescope! Students related the activity to the ‘Space Study’ that focuses on the Sun being a star. It was a fun and exciting experience for all. Special thanks to Mr. Eid for his efforts in providing this unique experience.

Met Serve



Metropolitan’s first ever Middle School dance took place on December 5, 2019. Mr. Aly kicked off the dance by leading students and teachers in a variety of group dances! Later on, dance goers were paid a visit by the Met Hip-Hop dance CCA. The dance group showcased their moves for everyone see! All ticket and concessions proceeds will be donated to the 57357 Children’s Cancer Hospital.”

Egyptian Values



As part of our commitment to offering our students a broad curriculum along with enhancing their citizenship, Metropolitan School arranged a trip for Grade 2 and 3 students to Panorama 6th of October Museum.

Met Values



During the Month of December Metropolitan students learned about Honesty and Integrity. They worked together on a project to create ‘Doors of Integrity’. The project focused on how to show integrity at school and in daily life situations. Students enjoyed making decorations as well as applying their learnings.

Met World

Newsletter

Met Corner

Metropolitan ‘Staff Member of the Week’ program consists of Staff Members nominating their fellow Met Staffers based on the amazing work they do. Each week the Staff Member receiving the most nominations gets recognized. The Bus Matron/Nanny of the Month aims at recognizing the hard work of our Bus Matrons and Nannies. This has been a great way for our Met Family to recognize the hard work that we all do each and every day.



Parent Corner

Metropolitan is committed to promoting a healthy, nutritional environment where students can choose healthy snacks and meals. We continued our initiative which started in the 2016/ 2017 academic year in an aim to encourage students to eat healthy through fun competitions that involved students, teachers and staff. Parents also took part in this initiative and were invited for a workshop conducted by Dr. Samer Essam from 57357 Clinical Nutrition Department, who shared nutritional facts and ideas for ideal lunch boxes. The session also included healthy recipes through a live cooking session with Chef Shermeen. The session was sponsored by Sekem , Isis & Dasani water.



We are excited to announce our first ever one day Family Trip to Al Fayoum, organized by Met PTA parents for parents on Friday, January 31st, 2020. This is our chance to bond as one family with our children, teachers and staff members to enjoy a fun-filled day outside the school premises. Last payment deadline is Sunday, January 12th, 2020 (2: 00pm to 3: 30 pm)
Book your seats now!

Met World

Newsletter

Parent Testimonials

I am happy with the school. The best thing is how the school take feedback and considers it, and act upon it.

MAP workshop was very informative and helped me to understand many points that needed more clarification. Please keep these workshops, it helps a lot!

Thank you for keeping us informed. Keep it up!

I am so happy with the meeting and how Mr. Andrew answered our questions.

Date	January Diary Dates Tolerance Month
20 Dec. - 11 January	Winer Break
1 January	New Year (School Closed)
7 January	Coptic Christmas (School Closed)
8 , 9 January	School Closed
12 January	Payment Deadline for the PTA Fayoum Family Trip
25 January	Police Day
28 January	End of Qr. 2
31 January	PTA Fayoum Family Trip



Executive Director’s Message

Happy New Year 2020 to our school community!

I am very proud to note that our school was highlighted on page 9 of the December 23rd weekly issue of the TIME magazine. I would like to commend all of us for having contributed to the success of Met. Our students will surely become productive citizens who have many challenges ahead of them. Egypt is a country to watch as we approach 2030 as it is predicted to bolster and diversify its economy with innovation while trying to improve the standard of living, as reported by the article.

I hope our students, with what they learn in our entrepreneurship program and in other subjects, will be “agents of positive sustainable growth and change” to confront and provide solutions to the planet’s myriad of issues. In every sector of the country, Egypt is “up and coming” so, I say congratulations and well done for the forward thinking of the Egyptian people.

A great quote on the occasion of the 25th anniversary of Martin Luther King Jr., “Hate is too great a burden to bear. I have decided to love.”

We value his contributions to peaceful coexistence and dignity for all human beings.



EGYPT LAYING THE FOUNDATIONS FOR SUSTAINABLE GROWTH. WHY INVEST IN EGYPT? Includes text about Egypt's economic growth and a QR code.

I am also pleased to note that construction on the 4th building will commence this month and we are very excited to see this expansion of our school’s facilities. - Andrew Frezludeen

Met World Newsletter

Lower School Principal's Message

Dear Lower School Parents,

Welcome back from the Winter Break! I hope that you all had a restful and enjoyable break and were able to spend quality time with friends and family.

In this month's newsletter, I would like to visit the skill of resilience in children. Resilience is defined as the ability to bounce back from stress, adversity, failure, challenges, or even trauma. Ask yourselves the following questions:

- ◆ **Is my child resilient?**
- ◆ **Are my actions as a parent helping my child to become more resilient or less resilient?**

Resilience is not something that a child is either born with or not. It is a skill that must be learned through practice and through real world experiences. Children who are resilient have the confidence to be healthy risk takers and to step outside of their comfort zone because they are not afraid of failure. Instead, they understand that failure and mistakes are opportunities to learn and are important steps on the journey to success.



Below are some strategies and suggestions to help your child become more resilient:

1- Build a strong emotional connection with your child : Children can practice and learn the skill of resilience and coping skills within the context of caring relationships so it is important to spend quality time with your child to develop strong emotional connections. When children know that they have the unconditional love and support of a caring parent or other adult, they become empowered to step out of their comfort zone and try new things because they are not afraid of failure or judgement.

2- Ask questions instead of trying to “fix the problem”: When our children come to us with a problem, often our first instinct is to try to fix the problem or lecture our children about what they should do. This actually lessens children's resilience because they never learn how to work through problems on their own. Instead of rushing to fix a problem, ask your child questions instead--questions that guide your child through possible solutions that he/she develops. It can be very empowering for children when they learn that they have the ability within themselves to be independent problem solvers.

3- Label emotions: In times of stress or adversity, we all experience a wide range of emotions. Helping your child label the emotions he/she is feeling during these tough times is important so that your child can begin to develop the ability to better communicate what he/she is feeling. When talking with your child about his/her emotions, it is important to let them know that it's okay to feel, angry, sad, anxious, nervous, etc, and that these bad feelings usually pass.

4- Be sure to model coping skills yourself: Children are keen observers and they learn by watching what adults do and how they react in different situations. When you are going through a time of stress or adversity yourself, do you model healthy coping skills for your child? What is your child learning about resilience from observing you?

Met World Newsletter

5- Teach your child that mistakes are okay: Many children are not resilient because they have developed the notion that they should try to never make mistakes-- that mistakes are inherently bad. These children then start to avoid any type of (even mildly) stressful or uncomfortable situation because they are afraid of failure or mistakes. It is important for children to learn that it's okay to try and fail at something. Sure, when we try something new or difficult, it may not feel good when we "mess up" or when we "don't get it right". But talk with your children to label these emotions and remind them that it's okay to make mistakes. This will empower them and begin to give them the tools to learn from their mistakes and move forward optimistically.

Sometimes, as parents, it can be difficult for us to "let go" a bit and allow our children to experience some discomfort in life. But if we can do this and employ strategies to teach our children to be resilient through tough times, they will grow to be much happier and much more confident adults. And, after all, isn't that what we all want for our children?

Until next time... - **Lance Kershner**

Upper School Principal's Message

One of Aretha Franklin's most powerful and influential songs, a song familiar to nearly everyone of a certain age, features the word respect.

“R-E-S-P-E-C-T Find out what it means to me R-E-S-P-E-C-T Take care, TCB”

You often hear, “children have no respect anymore” or “we as adults have the right to be respected”. But demanding or expecting respect from young people may be the wrong way to go about earning respect. There may have been a time when respect was automatically bestowed upon adults but if that time ever existed, it has long passed.

By expecting children to give you respect, you are placing the responsibility of building the relationship on them. Immature minds lack the experience and the emotional stability necessary to form relationships that deal with the unbalance of power present in the adult/child situation.

If your starting point is, “How do I earn your respect?”, you are immediately engaging in building a relationship by gaining understanding about the child you are working with and building on the authority that your position affords. Whether you are a teacher, a parent, a coach, a mentor, an uncle/aunt, a physician, a therapist, or any other adult working with a child, you are an adult who is in control of your emotions. You are an adult with greater skills and experience in forming trusting relationships than a child.



By being proactive, you can earn the respect that seems so elusive. So I encourage you, whenever possible, to take control of forming appropriate, trusting relationships with children and finding ways of earning a child's respect instead of insisting their respect is given. - **Susan Eby**

Met World

Newsletter

Met Flashing News

Metropolitan School was honored to welcome journalist Stephanie Harl for an exclusive interview for the article “Why invest in Egypt?” published in ‘TIME’ magazine - “Person of the Year” edition. The article highlights the role of education, specifically Metropolitan School, in having a key role in the 2030 Sustainable Development Strategy (SDS), particularly in creating an environment of innovation, knowledge and technology.



Metropolitan School’s Winter Wonderland is an annual event that incorporates a Christmas bazaar and a musical show with a variety of activities and games to create an abundance of wintertime cheer. Families and staff all came together in cheerful spirit to see students perform on stage while parents were invited to browse and shop at the Winter Wonderland Bazaar to enjoy some holiday nibbles. By making a creative outlet for students to display their musical talents on stage, children were able to channel their artistic side delivering a comprehensive educational experience. Besides, who doesn’t love a good Christmas carol?

Through this magical gathering, Metropolitan offered a cultural experience that is central to an outstanding education. This very merry celebration immersed students in the arts and manifested their artistry by learning through performance. The Winter Wonderland performance is one of the many ways Metropolitan School ensures that students expand their learning.

Metropolitan School focuses on breeding a generation of ambitious and engaged students that seek opportunity rather than wait for it. By ensuring that students are provided with a hands-on education, the school encourages a young generation of future business moguls who just might know how to croon a Christmas song or two.



Met World Newsletter

Met Flashing News



The passion of Metropolitan School is education and preparing young learners to embrace the challenges ahead of them in an increasingly global society. In an outstanding school environment, Metropolitan School is developing a vibrant community that encourages creativity, develops a passion for learning and recognizes the value of diversity and inclusion. Our aim is to deliver a truly outstanding international education where your child will thrive both personally and academically.

Metropolitan School is excited to announce its first ever international overseas trip to Poland offered to our grade 7 and 8 students. The trip is designed and intended to be an educational experience away from the school campus. Students will be able to experience the differences in geography between the deserts and flat lands of Egypt to the mountainous terrain of Poland. Furthermore, students will discuss the different climates around the world and learn about the climates of Europe, experiencing first-hand the diverse climate Poland has to offer during their winter season.



Met World

Newsletter

Met Literacy

8th grade ELA have been reading 'A Midsummer Night's Dream'. Students joined together in Drama Circles and were given parts to read during the scenes. The 8th graders love reading Shakespeare and have identified with the literary theme of control in this play. While reading, their expression and tone of voice was very exciting to hear. Well done 8th graders!



Met Art



During Grade 3 Art class, students were engaged with Picasso Cubist portraits. They followed the steps demonstrated by their teacher over 2 lessons. The first lesson covered initial drawing and coloring while the second lesson concentrated on fine - tuning and outlining the portraits. Skills learned during the Picasso Cubist project aligned with two standards from the California State for Visual Arts. Well done young artists!

Our Grade 5 students have been working on a 'still life' project using pencil colors inspired by Pieter Claesz. 'Still life' is an artwork that depicts a group of objects that are not moving. In other words, the objects in a still life are standing still. Students had the opportunity to create still life art, focusing on the elements of color and value as well as the principles of pattern. They were able to emphasis and analyze their work using elements of art and principles of design.



Met World

Newsletter

Met Science



Grade 5 students participated in an experiment on how to grow mold on bread. They compared wet and dry bread and the rate of the mold growth. The students learned how to make observations and take daily notes during the experiment.



Grade 5 students worked on a project that reflected their understanding of the water cycle. This project was a great opportunity for students to enhance their presentation skills as well as reflect their knowledge about the cycle.

International Awareness Corner

Up Helly Aa, Scotland

The Shetlands, Scotland's northernmost islands, have long been an ideal target for Vikings, but today their only invaders are festival-goers. The last Tuesday of every January, Lerwick, the islands' capital, is overtaken by costumed warriors bearing torches, which they use to set a traditional longboat aflame. More than 1,000 torches are carried by as many guizers along a carefully determined route through the middle of Lerwick. It feels both celebratory and solemn, like an inspiring recreation of a Viking funeral. The centerpiece of the procession is the 9-meter-long galley, or Viking longboat, constructed and painted by hand specifically for Up Helly Aa. This lovingly crafted galley, however, is burnt to a crisp during the procession.



Met World

Newsletter

Character Education

Metropolitan School celebrated its first ever International Day on January 27th and 28th, 2020. Both days were aligned to the Met Character Pillar of 'Tolerance', which has been the focus during Met Values classes. Students were invited to wear a costume according to the countries and cultures they learned about. International dish parties took place throughout the last week of January and students were encouraged to help at home in making the dish related to the countries they studied. Parents were also invited to join the fun parties and got the chance to take photos with their children and see the work displayed in class which reflected the different cultures.



Met Achievers



Metropolitan School proudly celebrates the success of all students who excel in extracurricular activities. Please join us in congratulating **Youssef Waleed Mohamed** in Grade 7 CalTech who participated in the US Junior Squash Open which was held in Boston from 14-17 of December 2019. The Junior Squash open is considered one of the biggest tournaments in Squash competition. Youssef was exclusively chosen by the Egyptian Squash Federation to participate as an under 13 player in this big event. Youssef played at the Harvard and MIT University venues and won tenth place among the 108 international players. Congratulations to Youssef for this great achievement!

Met World

Newsletter

Met Mission

Met Biz



Please join us in welcoming Mr. Amir Khaeld as the Head of the Entrepreneurship Department at Met. As per the school's vision of educating with the philosophy of building a new generation of entrepreneurs, the school is now offering our G6 to G8 students an opportunity to engage in a CCA program focused on developing and encouraging the spirit of entrepreneurship. The program will cover topics such as: 'Entrepreneurship & Our World', 'The Basics of Marketing', 'Our Economy', 'Franchising', 'Globalization & Trade'. Such topics will help students gain basic and valuable knowledge to enhance their educational journey in a way to prepare them for the entrepreneurship oriented market currently in place.

Met Values



During Cultural Awareness in Met Values classes, Grade 2 learned about the Brazilian culture. The scarlet macaw parrot is considered one of the most popular and recognizable parrots, thanks to its bright red, yellow, and blue plumage. Parrots can be found in several areas of Brazil.

Egyptian Values



Metropolitan School would like to celebrate **National Police Day** with the entire Met family. National Police Day is a national holiday in Egypt that occurs each year on 25 January. The holiday commemorates and is a remembrance for the 50 police officers killed and the many wounded when they refused the British demands to hand over weapons and evacuate the Ismaïlia Police Station on 25 January 1952.

Met World

Newsletter

Parent Corner



Met PTA would like to thank all families for registering with us for the Fayoum Trip! We were extremely pleased with the amazing response and the number of families who registered! Ongoing meetings have been taking place to ensure you are given the best experience ever. One more day to go! Wishing to see you all on a fun - filled, amazing day!

Parent Testimonials

Winter wonderland was very well organized, better than last year. You really deserve to be the school no.1

Great party, amazing effort. Thank you so much for such an incredible party and choir.

I am so happy with the Winter Wonderland Show, great job everyone, you put a smile on our faces :)

Would like to thank everyone for all the effort. I love this school and my son in love too. Thanks for everything.

Amazing performance. Love it so much!

Date	February Diary Dates Kindness Month
February 27th	Leadership Coffee Morning



Executive Director's Message

Dear Met Community,

We have sent out several communications regarding the Corona Virus which is impacting many countries around the globe. In school, we have engaged in raising awareness about the importance of washing our hands in order to be proactively preventative. I hope that you will keep an eye on credible news sources to monitor this situation. In the case that the government decides to close schools, as in the case of China, our staff has already begun preparations to continue our students' education from an online platform. We expect schools to remain open for the foreseeable future.

Stay safe and stay positive! - **Andrew Frezludeen**



Lower School Principal's Message

Dear Lower School Parents,

This school year is flying by. It's hard to believe that we are already at the end of February! As I walk through the hallways of the school and visit classrooms, I am always delighted to see the bright and smiling faces of our students engaged in their learning as well as amazing teachers and support specialists who love and nurture our students and support them in their learning.

Our students have grown and progressed so much this year.



Met World

Newsletter

As our March spring break is just around the corner, I'd like to offer some suggestions of some fun, interactive games and activities that your child can do over the break to keep that great learning going while not in school:

- **Math Games:** Approaching math through fun games and hands-on activities is a great way to keep your child engaged in practicing important math skills and concepts while, at the same time, giving them the opportunity to practice problem solving and strategy. Below are some websites with a number of great math games and activities you can do with your child:

⇒ <https://www.weareteachers.com/active-math-games/>

⇒ <https://www.education.com/activity/math/>



- **Storytelling Games:** Make up a silly story with you child by taking turns saying one sentence of a story. After one person makes up the first sentence of a story, the next person adds another sentence to the story. Then the next person. Then the next. Each subsequent sentence that is added to the story must make sense with the previous sentence, but it's okay to make it silly. This is a great game to play in the car or in the plane on long trips and is a great way to improve creativity and comprehension.
- **Keeping a Vacation Journal:** Even our little ones can keep a journal of their spring break vacation by drawing a picture each day of a special memory from the day's activities. For little ones, they can dictate what is in their picture and an adult or older sibling can write down what is said. For older children, let them give it a go with trying to write some words to go with their pictures. It's okay if there are words that are not spelled exactly right. At this age, children often spell words phonetically, writing the sounds they hear as they "stretch out" the sounds in a word. For example, a KG2 child might draw a picture of himself/herself playing a board game with the family and write "I plad a gam wit my famle and it wus fun." (translation: "I played a game with my family and it was fun."). This is perfectly okay. The idea is to build confidence in your child by letting them give writing a try and encouraging their efforts.
- **Read, Read, Read:** Read often with your child (not only on vacation but all the time). Reading aloud to your child on a regular basis--especially books that are engaging and have a more sophisticated text structure --helps to greatly expand your child's vocabulary, deepen their comprehension skills, and build a strong foundation for successful literacy learning in the future.

These are just a few suggestions of activities to keep learning going for your child during the break. Be sure your child has ample time to play and relax over the break and also include some of the activities above (or other great ideas you have) to help your child have fun and to ensure his/her learning stays on track during the break.

- Lance Kershner

Met World

Newsletter

Upper School Principal's Message

Why does education put so much emphasis on literacy?

For centuries, the ability to read and write has given power to those who were lucky/wealthy enough to possess it. Today, we live in a digital age in which written texts are available to the majority. A prerequisite to accessing these written texts is the ability to comprehend them. Individuals who lack strong skills for finding, understanding, and evaluating written information cannot easily arm themselves with valuable information or use it to advance the causes they believe in. As we confront some of the great questions of our time - questions about war, human rights, immigration, citizenship, health care and employment to name a few - literacy frees us from dependence on hearsay information and allows us to find and reflect on the evidence ourselves.

Preparing students to read and write has long been the central responsibility of schools. Schools have historically organized their curricula around subjects that rely heavily on written texts to communicate knowledge. The consequence is that reading and writing proficiency are critical factors of students' overall success in school.



Research tells us that around Grade 4, students make the critical transition between “learning to read and reading to learn”. It is this transition that makes Upper School literacy instruction distinctive. Using written texts as sources for learning is the domain of Upper School, and that domain is not restricted to ELA. Understanding written texts and using the information that written texts offer are skills that students must master throughout all of their classes in the school day. Since the kinds of reading and writing required by students throughout the day vary considerably, literacy instruction faces challenges. One challenge of Upper School literacy instruction lies in recognizing that effective literacy skills differ from class to class and students must learn to develop a range of skills that lead to success over many subjects.

Hence, literacy is the key to a successful academic career across all disciplines. - **Susan Eby**

Met World

Newsletter

Met Flashing News



This quarter, young learners in Pre-K studied TREES. They investigated which kinds of food grow on trees and which kinds humans and animals can and cannot eat. Students understood facts about deciduous trees and how they change through the different seasons. In addition, they learned about the life cycle of trees and how trees starts as a seed, then change to a seedling, which then becomes a sapling and then finally becomes a tree!

Met Honor Roll Celebrations

Metropolitan School was proud to celebrate the academic excellence of its students and high achievers in Quarter 2! We were so happy to share this special moment of SUCCESS with our parents who play an integral part in their children's achievements. Well done to all!



KG1 Indigo have been practicing their 'knowledge of patterns' by finger painting with an assortment of paint colors. Some of the 'color patterns' that were created include; 'yellow-green-yellow-green' and 'blue-pink-blue-pink', allowing the children to have an understanding that 'patterns repeat themselves'. Such knowledge helps the children grow in their numeracy and language skills as they continue to develop, as well as having some fun with finger painting within the classroom.

Met World

Newsletter

Met Flashing News

'Love is in the air'. This past month celebrating Valentine's day, KG1 students sent home 'Valentine's day cards' to their parents as they spread their love with photos and personal drawings. Metropolitan School hopes that everyone had a lovely Valentine's day.



The 100th day of school was celebrated on the 100th day of the school year. Our Early Childhood students celebrated the 100th day of school on Thursday, February 20th, 2020. To crown this celebration students dressed up as 100 years of age!. The 100th day at Met is a great way for students to celebrate various mathematical concepts that can be taught using the number 100.



Metropolitan has added a brand new 'recycling-exchange' area. This area allows teachers and students to use recyclable items for upcoming crafts and projects. This recycling exchange area allows us to limit our footprint on the planet, as well as re-use recyclable items for another purpose. The recycled materials include: plastic, styro-foam, cardboard, scrap paper, used markers, used pencils, used crayons, plastic wrappers and newspapers. The used pencils and crayons will go to villages in need when the bins have been filled. The 'recycling-exchange' area is next to the Met area (outside the wall, opposite the Met boy). The 'recycling-exchange' encourages the Met Pillars of 'community' and being a 'good-citizen'. We encourage families to create their own little recycling area at home and to share pictures with the Eco committee at: ecocommittee@metropolitanshcooleg.com

Met World Newsletter

Met Literacy

Practicing letter formation is very important in KG1, especially when it comes to ensuring that letters are written from the top to the bottom, and from left to right. Ensuring that the children practice the formation in the correct way allows them to develop the understanding needed for their writing skills when holding a pencil. KG1 are always practicing their letters and doing so in a fun and interesting way, such as in this photo using shaving cream.



Met French



Our students had the opportunity to participate in the Capital International School inaugural edition of the 'French Spell Bee' (Epeeler un mot en français). This event was open to students learning French at schools in Cairo. The contestants were asked to spell a broad selection of words with a varying degree of difficulty. This was a great experience for Metropolitan students to practice the French language outside the classroom environment.

Met Music

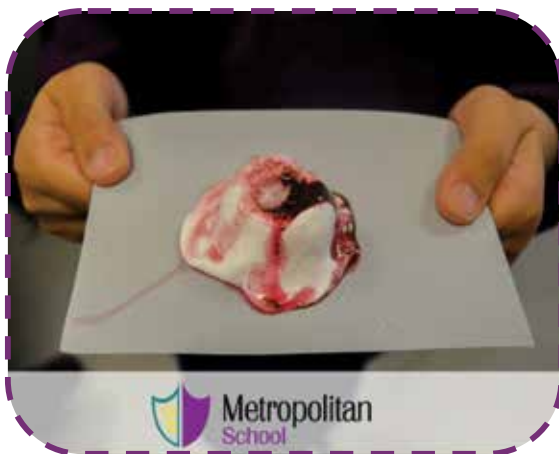
Musical training helps develop language and reasoning. Students who receive early musical training develop the areas of the brain related to language and reasoning. Learning music also promotes creativity. Our Grade 1 students enjoyed developing their sense of musical literacy through practicing different musical activities and played on a variety of musical instruments throughout their Music class.



Met World Newsletter

Met Science

Met is one of the few international schools that has established and designed a science program which engages students during their early years. Students at Met start science in KG2 with a very interesting, hands-on curriculum, which sparks their curiosity, creating a strong base for further scientific learning in their later years. Our science department also created a unique curriculum emphasizing hands-on learning, the exploration of familiar phenomena, and the development of scientific thinking. We are proud to be able to say that we are now reaping the rewards of this forward-thinking plan. Owing to the fact that the curriculum designed by the science department is distinctive and unique, we are pleased to announce that Met has achieved high average MAP scores in Science across all grades for the fall test!!!



During science class, Grade 4 students understood that a volcano is a mountain that opens downward to a pool of molten rock below the surface of the earth and when pressure builds up, eruptions occur. In an eruption, gases and rocks shoot up through the opening and fill the air with lava fragments destroying everything in its path. Grade 4 students were able to understand these facts by making a model of a volcano and examining how the volcano erupts.

Met World

Newsletter

Met Science

In grade seven students studied photosynthesis and cellular respiration. To support their learning, we conducted a lab activity in which students compared the rate of photosynthesis for a plant under two different conditions. We began by creating leaf chads (circular cut outs of a leaf). Then we used a syringe to create a vacuum, which removed the gas from the chads so they would sink. We placed these leaves into beakers and added baking soda so they would have access to dissolved carbon dioxide. Each group had two beakers, one that was placed in direct sunlight, and one that received only ambient light. When the leaves in the beaker photosynthesize, they produce oxygen causing the leaves to then float. By measuring the time it takes for leaves to float, and counting how many leaves float in each beaker over a defined period of time, students were able to compare the rate of photosynthesis for the beaker exposed to direct sunlight versus the beaker placed in only ambient light. Students then used the data gathered to graph their results.



The water cycle describes how water evaporates from the surface of the earth, rises into the atmosphere, cools and condenses into rain or snow in clouds, and falls again to the surface as precipitation. Because all life on earth needs water to survive, 4th graders learned more about water, which is always moving in a cycle that never stops. Students were able to understand this by modeling their water cycles.

Met World

Newsletter

Met Math



Metropolitan's Co-Curricular Activities program offers a variety of school clubs to pique the interest of our multi-talented students. Offerings range from academics to sports to the arts to technology. During our Math CCA, students worked with linear equations, finding slopes, using domino cards, and trying to find the missing parts of a mathematical riddle to complete a poem. Great Job Students!"

Met Art

Grade 1 excelled in their observational drawing project where they learned about the artist Vincent Van Gogh and his special style of painting. The students learned to create simple outlines of the still life that was placed in front of them and then began to practice coloring using markers. The outcome was a fascinating and colorful piece of artwork.



International Awareness Corner



Kalilangan, Philippines

Kalilangan is derived from the root word "Kalilang" which typically means celebration or commemoration in the Maguindanaon dialect. In a broader perspective, kalilang projects a positive and dynamic meaning for it engulfs the artistic, humane and altruistic aspects of social interaction that takes place in any occasion or celebration. Kalilangan means festival, festivity or jubilee. It is a social gathering marked by exchanging of amenities among traditional leaders, elders, allies and subordinates in varying tones. It is also a pageantry of unique and colorful ethnic rites, rituals and traditions like marriage celebrations, religious ceremonies, anniversaries, funerals, enthronement of royal dignitaries, thanksgiving and other social forms of social, political and economic activities.

Met World Newsletter

Met Student Council

The Met Student Council has been very busy this month!

In cooperation with the Discipline Team, SC members planned several events for the 'Good Words' campaign, encouraging the use of positive, uplifting and appropriate language throughout the school. A 'thought wall' located in the breezeway gave pupils and teachers a chance to share their feelings about inappropriate language and how it makes them feel. The overwhelming consensus was that rude, derogatory language and 'curse words' have no place in our Met community as they only make people feel awful and look bad!

Additionally, every class from grade 1 – 8 took part in the 'Good Words Jars' competition. Each class was assigned an empty jar. Every time good words, positive language or encouraging speech was used, that homeroom was awarded a bead in their jar. Beads could also be lost if inappropriate language was used. At the end of 2 weeks, the winning classes from the Elementary and Middle schools were awarded a pizza party for their excellent examples of polite, courteous speech! Well done to Grade 5 Maryland and Grade 7 NYU for setting a wonderful example for their peers!

February was also an excellent time to show how much we care about our Met community members! SC reps manned the tables selling candygrams for our fundraising campaign. Community members from across the school were able to purchase a heart-shaped Valentine's Day card and write a note to a friend, colleague or teacher to show their friendship or appreciation. The SC reps worked hard to get the candygrams organized and added a lollipop treat to each one before delivering them to the recipients. A lot of planning, organization and teamwork went into coordinating such a huge effort, and were able to fundraise nearly 4000 EGP to be used in community initiatives throughout the year! A labor of love, to be sure!

In keeping with the spirit of kindness, classes were invited to take part in the Kindness challenges as part of Kindness Week. Early in the week, short challenges were distributed by the SC members during the recess breaks.

These challenges invited students to carry out random acts of kindness such as 'hold the door open for the people behind you' or 'invite a new friend to play during recess'. It was lovely to see high fives in the hallways and new friendships being formed. In keeping with the spirit of kindness week, each class took the opportunity to share a kind thought with a classmate. Students were encouraged to think about something they like about a classmate and write it on a form 'with my compliments'. What a lovely way to spread positivity amongst our community!



Met World

Newsletter

Met Mission

Met Biz



KG2 classes hosted a Career Day in celebration of the end of the Occupations unit of study. Students learned about different careers and understood that many people help to build, maintain, and safeguard our community. They enjoyed talking to real world professionals about the jobs they love and what their responsibilities are. The KG2 team would like to send a huge thank you to all parents and staff volunteers for supporting this amazing event.

Character Education



Grade 8 started their 'color wheel theory' project. The goal of the 'color wheel theory' project is to introduce students to the different colors of the color wheel and how they interact with one another. Students learned about complementary and analogous colors by working in groups and presented what they understood from their research.

Egyptian Values



6th grade students had a great time on their field trip to the Egyptian Museum and El Azher Park. They participated in a scavenger hunt to find clues and learn about Egyptian history. They worked closely as a team to decipher codes and solve problems.

Met Values



During Met Values classes, students learned about diversity and tolerance through cultural awareness lessons. Dish parties were part of the celebration to give the students an authentic experience about other culture's cuisines around the world.

Met World

Newsletter

Met Corner

Teacher professional development is any type of continuing education effort for educators. It's one way teachers can improve their skills and, in turn, boost student outcomes. It's obvious that good teachers are better at teaching students effectively. When teachers have access to continuous learning opportunities and professional development resources, they're better equipped to become good teachers especially if their students have learning needs or are performing below grade level.



Parent Corner



Met PTA was pleased to celebrate the first-ever Met Family Trip to AlFayoum. On our monthly meeting post, we proudly acknowledged all the special efforts by fellow parents and Met staff. We couldn't have done it without the amazing teamwork from all the fantastic volunteers! Looking forward to future family fun events!



Met World

Newsletter

Parent Testimonials

I liked the idea of gathering all the people in school in the same place and make it fun for them to know each others more.

PTA Al Fayoum Trip

PTA did an amazing job and everyone of them was very keen to please the parents since the 1st to the last minute.

Kids activities were amazing. They enjoyed a lot the horse riding and the color fight.

Parents knew each other more and kids had quality time together.

Date	March Diary Dates
1 March - 5 March	Literacy Week
8 March - 12 March	Spring Break
15 March - 19 March	Math Week
16 March	Met Leadership Coffee Morning
22 March - 26 March	Science Week
31 March	End of Qr. 3
31 March	SLC - Student Led Conference



Executive Director's Message

Dear Met Community,

Our school is doing its best, each day, to be sure that we can improve the E-Learning experience and there is much going on behind the scenes. This is not a holiday for any of our staff, in fact, as this is a new frontier for many of us, presenting several new and unknown challenges that require a tremendous amount of time from our end. Parents, we know this is a steep learning curve for you and time consuming, but together, we will get teaching and learning accomplished. Thanks for your patience, understanding and positive efforts. We appreciate all the positive comments we have received and the constructive feedback that will guide improvements. I do not need to remind everyone that the entire globe is feeling the pinch but as positivity would have it, every country will find the right path forward towards recovery.

***Stay positive, focused, calm, inspired and proactively healthy!* - Andrew Frezludeen**



Microsoft Teams

Lower School Principal's Message

Dear Lower School Parents,

I hope that my message finds you and your loved ones all well and staying safe and healthy during this time. As we move into an extended school closure and more e-learning from home, I understand that this presents a variety of challenges for students and parents. I would like to offer some practical suggestions for e-learning that I hope will be helpful as you and your children navigate this process.



Met World Newsletter

1) Have a consistent routine: Children need routines and predictability to feel more confident and at ease so that proper learning can take place. It is important that your child have a consistent schedule and routine for his/her e-learning at home. You can even post the daily schedule or agenda for your child. This predictable routine and schedule goes a long way in helping your child build more confidence and independence during this time.



2) Provide a consistent “work area” for your child: Just as children need consistent routines for learning, it is also quite helpful if they have their own “work area” for learning at home. You can support your child’s learning at home by providing a consistent place where your child can do school work. Be sure to have other learning materials: e.g. pencils, crayons, scissors, erasers, markers, paper, etc. readily available in your child’s work area. As an example, my youngest daughter has a small art table and chairs where she usually sits to do art projects. However, we have converted that into her “school space”. I have moved her art table and a chair into our computer room so that my daughter can move easily back and forth between lessons on the computer and her “work space”. We have crayons, pencils, erasers, etc. within an arm’s reach at her “work place”. So she has everything she needs in a consistent location to get her school work done.

3) Be sure to allow frequent breaks for your child: Young children’s attention spans are not as developed, and they are not able to focus for extended periods of time on one activity or lesson. You can help with this by breaking up longer lessons into shorter, more manageable parts. Also, allow your child to take breaks during the learning process from home. For younger children who are not yet able to tell time on a clock, they do understand the concept of a timer. So it can be helpful to set a timer for certain tasks and let your child know that after working for the designated amount of time, they can take a break to go play. Like many of you, I am also working from home, and I have found this to be very helpful with managing my work as well. I can sit with my daughter to do school work for a certain period of time, and then while she is taking a play break, I can get some of my work done. Then we come back together to do school work and continue the routine in that manner. It makes things more manageable for her as well as for me being a single parent working from home.

4) Make sure your child gets enough sleep: While schools are closed, it can be easy to allow children to fall into more of a ‘vacation routine’--going to bed late and not getting enough sleep. It is important that your child understand that, although we are not at school, school is still “in session”. Be sure your child is going to bed at a reasonable hour each night and getting enough sleep. At this age, children need at least 10-12 hours of sleep a night. Getting enough sleep not only has tremendous health benefits for your child but it also helps in his/her learning. Brain research shows that many things that are learned during the day are consolidated into long-term and working memory during deep sleep cycles. So allowing your child enough sleep actually helps him/her to consolidate and remember (long-term) what was learned the day before.

Met World Newsletter

5) Be realistic with your expectations: Our young learners in Lower School are still developing their independence, and while they are able to accomplish many tasks on their own, they will still need a lot of parent support and involvement during this time of e-learning at home. Our teachers are working hard to create videos and other resources that will support our students in the learning process, but please remember that your child will still need your help. Please try to support as much as you can as we work in partnership together to keep learning going for our students.

I hope that these suggestions will be practical and helpful as we navigate together through this time. Please remember that you are not alone in this. If there is anything that we can do to help or support, please do not hesitate to contact us. Stay safe and healthy! - **Lance Kershner**

Upper School Principal's Message

Cooking Your Way to Peace of Mind

As reported by the Wall Street Journal, cooking provides such positive psychological benefits that therapists are recommending cooking and cooking classes as a way to treat depression, anxiety and other social/emotional issues. Therapists have found that cooking can help reduce stress, build self-esteem and lessen negative thinking by focusing the mind on following a recipe.



While any seasoned cook would agree that cooking as therapy is good for the emotional wellbeing of the cook and the recipients of the cooking, some are still skeptical. A recent study has shown that baking classes boost confidence and increase concentration. Another study shows a positive correlation between creativity/creation in the kitchen and happiness. Yet another study of 658 participants showed that people who frequently take on small, creative projects like baking or cooking, report feeling more relaxed and happier on a daily basis.

“Flourishing” is a psychological term that describes the feeling of personal growth. Dr. Tamlin Conner states, “There is growing recognition in psychology research that creativity is associated with emotional functioning.” Psychologists believe that being creative just for a little while each day, like cooking a meal, invokes the feeling of flourishing in those who did so. When you are cooking/baking, you must be constantly focused. You are prepping ingredients, adjusting the seasoning, checking for doneness, monitoring all of the cooking processes. These technical tasks result in keeping your mind occupied. This deep focus is a bit like meditation, but with a delicious outcome!

While cooking for yourself can offer emotional peace and tasty treats, cooking for other people provides additional benefits. Cooking for others connects you to your family/community and helps you feel like you are providing a needed and useful service. Through the combination of focus, creativity, mindfulness, and a sense of control, cooking for yourself or others can be a huge boost to your mental wellbeing. So during this difficult time, choose a recipe, pick up a spatula, let the kids help and cook your way to peace of mind.

- **Susan Eby**

Met World

Newsletter

Met Flashing News



Pre-K students went on their first field trip to Family Park as a culmination of their 'Tree Study' celebration. The students enjoyed a picnic in the garden and inspected, explored, and reflected on all they had learned about trees and the environment.



Metropolitan School held their first ever ISCE tournament last month, inviting other neighboring schools to participate. Our boys and girls teams both were in action on separate days competing in their first major tournament representing the school. Global Paradigm School and Hayah Academy were crowned as tournament champions. Competing in the tournament provided a great learning curve with promising moments for our Met teams. This was a crucial step in developing our sports teams so we are able to participate in more sporting events both on and off campus in the future!

International Awareness Corner

Wales; St. David's Day

People in Wales and those of Welsh origin celebrate the life of their patron saint, St David, and the Welsh culture on March 1 each year. Many people pin a daffodil or leek to their clothes and some, especially children, wear traditional costumes. Many people attend special church services, parades, choral recitals or Welsh literature readings. Schools plan celebrations, often involving choirs, on the day.



Met World

Newsletter

Met Literacy

In KG1, the children have been reading 'Green Eggs and Ham' by Dr. Seuss celebrating Literacy Week. For Dr. Seuss's birthday, the KG1 children made green eggs on toast. Together all the children scrambled the eggs and added green food coloring to make the eggs go green. Each child then received a small square piece of bread with the green eggs on the top. To the surprise of many children, they really enjoyed the green egg toast and said it tasted like normal eggs but with a "cool color". After the green egg treat, the lesson focused on rhyming words from the Dr. Seuss book; allowing the children to expand their vocabulary and notice the similarities between words and phonetic sounds.



Students in grade 1 Chicago are learning about the characteristics of birds through the ELA curriculum. During Literacy Week, they wrote about a bird with the help of 'National Geographic: Little Kids First Big Book of Birds', their own imagination and some awesome creativity.

Recently, KG2 students participated in a very engaging 'Fairy Tales' unit with students enjoying dress-up and role playing. Students used words from the stories they read to act out different scenes. Some of the stories they enjoyed were 'The three Little Pigs' and 'Jack and the Beanstalk'. Students dressed up as pigs, built their homes and had a big, bad wolf blow their houses down. They enjoyed imitating Jack climbing the beanstalk and running away from the giant.



Met ICT

During the second quarter, the students in grades 6-8 have been learning about modeling and printing in three dimensions. Using the student compatible on-line version of the Solidworks 3-D modeling application (swappsforkids.com), students learned the fundamental techniques for modeling three-dimensional objects. Using one of their models, the students reviewed the procedure for preparing their model for 3-D printing. Engaging in a cooperative classroom activity, the students created a poster outlining the steps needed to successfully generate the required file to be sent to the 3-D printer.



The students then developed a model of a useful, personal object (backpack I.D. tag, keychain fob, etc) to be 3-D printed with our Sindoh 3DWOX printer.

Met World Newsletter

Met Science

Grade 4 students have been working hard on the second module, 'Animal Defense Mechanisms'. This module asks the question, 'How do animals' bodies and behaviors help them survive?'. Students spent time researching animals and how animals defend themselves, turning this information into an interactive Choose-Your-Own-Adventure story. This culminated in Grade 4 sharing their stories with friends in Grade 3! Grade 3 learned background information about animals and their habitats and then read through alternate endings based on the ways the animals defended themselves. It was an excellent way for Grade 3 students to get a glimpse of what they can look forward to in Grade 4."



In 8th grade science, students have been investigating how mass affects acceleration due to gravity. To explore this concept, students conducted a lab activity in which they compared the gravitational acceleration of an empty 1.5 liter bottle to the gravitational acceleration of a 1.5 liter bottle half-full of water. To conduct their tests, students dropped the bottles from a height of 1 meter and used stopwatches to record the time until impact. Students then used this data to calculate the average speed of both bottles. Following the lab, we discussed how mass does not affect acceleration due to gravity, but that air resistance is a force that may affect an object in free-fall's overall velocity by acting in the opposite direction to the gravitational force.

Met French

Metropolitan celebrated another successful French Day on Thursday, February, 27th 2020. The French department held its annual charity bake sale manned by parent, teacher and student volunteers. Parents, teachers and students were fully engaged in the selling and buying experience. The French Spelling Bee competition was held as well. The French Spelling Bee helped all participants improve their spelling, increase their vocabulary, and develop correct French language usage. It also helped students build their self-confidence and, most importantly, it was a fun-filled competition!



Met World

Newsletter

Poland Trip

Metropolitan School is excited to announce its first-ever international overseas trip to Poland offered to our grade 7 and 8 students. The trip was designed and intended to be an educational experience away from the school campus. Students were able to experience the differences in geography between the deserts and flat lands of Egypt to the mountainous terrain of Poland. Furthermore, students discussed the different climates around the world and learned about the climates of Europe, experiencing first-hand, the diverse climate Poland has to offer during their winter season. The students very much enjoyed their traveling and experiences in Poland. Welcome back!



I really enjoyed the trip it was so fun.



Everything was perfect we enjoyed the trip.

I loved the trip. It was amazing, extremely fun and educational. The trip was an experience of a lifetime and a week I will never forget!



It was a very well organized trip!



This was an amazing trip I got to know more people that I'd always see in school but never talk to. I had a tremendous amount of fun with everyone in the trip. The Polish people there were extremely nice and polite. I speak for everyone when I say that this trip was AMAZING!!



Met World

Newsletter

Met Mission

Met Biz



To finalize the Tree Study investigation, parents were invited to make a fruit salad with the Pre-K classes. One objective was to review English comprehension and the new vocabulary learned throughout the week. The parents brought a variety of fruits with them to pass around as samples of food grown on trees and for students to examine and taste. Students also had the opportunity to work on their fine motor, as well as mathematical skills, by counting, peeling and cutting the fruits. Thank you to the wonderful parents who volunteered and to the amazing students who made delicious fruit salads!



During Met Biz classes, students in Grade 2 worked in teams to solve a problem with new ideas. Grade 2 participated in a dramatic play activity where they designed and created a diner name and menu on a strange, newly discovered planet called Mooz to feed Moozians! Moozians were hungry and never heard of anything like a restaurant or a menu before! This activity allowed students to explore their creativity and use the entrepreneurial mindset: I can problem solve and I can come up with creative solutions to problems.

Egyptian Values



Incorporating the Met Character Pillars of cooperation, respect, and responsibility, and emphasizing our Egyptian Values, Grade 8 students participated in a scavenger hunt to find clues and learn about Egyptian history during their field trip to the Citadel. Students had to work closely and collaboratively as a team to decipher codes and solve problems. The Citadel trip was very engaging and students had an awesome, educational time!

Met Serve



A big thank you for all parents generous gifts and cooperation with the annual French Charity Bake Sale. Through your donations we were able to raise **13,248.50 EGP**. The money raised by the bake sale was contributed to 2 orphanages: Awlady Orphanage which suddenly found themselves with 12 new few-week-old babies and was in need of support and the Egyptian Society of Integrated Development for Metropolitan School Orphan's Day. Our efforts are geared to evoke change with an emphasis on educational & vocational training helping these children to become productive members of society!

Met World Newsletter

Met Corner

Schools in Egypt have been closed by the president for 2 weeks. This was a sensible, proactive strategy to help control the spread on the COVID-19 virus. Accordingly Metropolitan School has moved to E-Learning until the health situation improves and students can return to regular classes. Teachers and principals have been meeting to review our E-Learning platform. The Platform is called Microsoft TEAMS which is a collaboration platform that allows a space to chat, have video meetings and send and receive work to and from students, send assignments and assess students performance. MS Teams allows teachers and students to work together to share information in a common space. We would like to thank each and every Met Staff/Teacher who worked around the clock to make sure that the whole Met community could function and deliver lessons properly.



Parent Corner

Many homeroom classes invited “mystery readers” into their class during Literacy Week. Parents, grandparents, and teachers signed up to surprise the class with a special story time. The students did not know who was arriving, so it was exciting when the guest readers came. We had mystery readers read stories in English, French, and Arabic. Reading aloud to children, in any language, is the best way to encourage children to love reading themselves. It is one of the most important things a parent can do to promote literacy at home! Thank you for the parents, grandparents, and staff who surprised the children during Literacy Week.



Met World

Newsletter

Parent Testimonials

Metropolitan, proud of you. The way the school is dealing with the situation is beyond my expectations. Thanks to each one of you.

E-Learning

I'd like to thank you for your declaration and your caring about the children. Moreover regarding the procedures you would take in returning back to school before knowing that the ministry will give another 2 break weeks. You are very respectful school you care too much about the children ,many thankful words won't explain my happiness towards the school.

I can't thank you enough for all your efforts. You showed why Metropolitan is different. Very organized , understanding , and flexible , the e-learning is a nightmare for most of the parents but you made it as easy as possible. God bless all of you. Stay safe.

I am very satisfied with the communication between us and the homeroom teacher.

I do like the online learning system and I do wish that we continue to use this e-learning after the COVID 19 crisis because we have all the materials accessible on one platform.

Date	April Diary Dates
9 April	End of Qr. 3 Regular Online E-Learning Day (10:00 am - 2:00 pm)
12 April	Palm Sunday Regular Online E-Learning Day (10:00 am - 2:00 pm)
12 April	Qr. 4 Starts
16 April	Holy Thursday Regular Online E-Learning Day (10:00 am - 2:00 pm)
19 April - 25 April	Easter Break (School Closed)
19 April	Coptic Easter (School Closed)
20 April	Sham El Nessim (School Closed)
23 April	Ramadan Begins (School Closed)
25 April	Sinai Liberation Day



Executive Director's Message

Dear Met Community,

Immense patience is a character trait that cannot be overstated at the best of times and certainly, **patience** is perhaps our greatest ally during this Corona Crisis. **Thanks very much** to all the parents, especially ones who have been still traveling to work each day, and also to the parents who are working from their homes, for coping with Met's E-Learning strategies. There is more parental direction required for the younger students versus the older students. It is great to hear, from surveys that we have been doing regularly, that many students and parents are learning the system and have become more comfortable with the learning apps and materials. It is normal for this to have taken time and that is why a gradual implementation of E-Learning was a smart strategy for our community.

Many students are finding their rhythm and fast becoming independent learners which is a major goal for students in our school and around the globe. Students, teachers and parents are ***"learning how to learn, unlearn and relearn"*** during this crisis so I would say this is a hugely positive skill that is emerging across the school community. Students and all of us need this skill in order to navigate the world. Our teachers have done a tremendously wonderful job in adapting, retooling and relearning so that students can continue their educational journey.

As stated before, all countries need to do their part and take the lockdown measures with seriousness, as we have a long way to go: ***Stay positive, focused, inspired, stay home and stay healthy!***

- Andrew Frezludeen



Met World Newsletter

Lower School Principal's Message

Dear Lower School Parents,

I hope you are all doing well and staying safe and healthy during this time. The events taking place in the midst of the COVID-19 virus and how they are impacting the world are unprecedented. Although we are constantly hopeful, there are many “unknowns” out there, and just as we all have questions, it will be very natural for your young children to inquire about what is happening. I would like to offer you some important tips regarding how to communicate with your young child(ren) about COVID-19, its impact globally, and its impact on individual families.



1) Stay calm: With the many uncertainties surrounding this crisis, it can be easy for children to become anxious and nervous. When you talk with your child about COVID-19, be sure to stay calm and avoid appearances of being overly anxious or stressed. Even when you are not speaking directly with your child, be sure to stay calm in your conversations with others. Children are excellent observers of adult behaviors and conversations, so staying calm will go a long way in easing your child's anxiety.

2) Clearly define what the virus is and how it spreads: In a “kid-friendly” manner that is developmentally appropriate, be open with your child about what the virus is and how it spreads. You can draw pictures to explain and also find great kid-friendly information online.

3) Talk to your child about the importance of good hand-washing habits: One of the most effective ways of stopping the spread of disease is through good hand-washing habits. Talk with your child often about this, and be sure to also model good hand-washing habits for your child.

Met World Newsletter

4) Avoid rumors and hearsay: There is a lot of false information about COVID-19 that is being spread through social media. This is a wonderful opportunity to begin teaching your child about getting information from reputable sources and avoiding making decisions based on rumors that are not rooted in fact.



5) Avoid placing blame: Be sure when talking with your child that you do not cast blame for the virus on certain countries, races, or ethnic groups. As we have seen how the virus is spread worldwide and its global impact, this is an especially important time to teach your child about how the world can come together in the face of a crisis rather than casting blame on anyone.

6) It's okay to say "I don't know": Often, as parents, we feel like we should always have the answers when our children come to us with questions, but realistically, we do not have the correct answer for every question our children ask. Remember that it is always okay to tell your child "I don't know". You can always continue by saying, "I don't know...but let's look for the answer to that together and see what we can find out." This can be a great opportunity to help your child begin learning how to find important information, while remembering to use reputable sources (see point 4 above).

7) Talk about what is being done throughout the world to combat the virus: It is important for all of us to stay hopeful during this time, and talking with your children about the many things being done around the world to combat the virus will help your child to remain hopeful. There are also a number of great websites that share "good news" about COVID-19 and that are full of wonderful and inspiring news stories about tremendous acts of kindness and other good news amidst the crisis. Be sure to share the good news as well.

These are just a few tips that may be helpful in guiding your conversations with your child when he/she comes to you with questions about COVID-19. We will continue to work together in the face of this crisis and we stay hopeful that, through our combined efforts around the world, we will prevail.

Stay safe and stay healthy! - Lance Kershner

Met World Newsletter

Upper School Principal's Message

Cognitive Dissonance

Research in the field of social psychology has often supported our need, as humans, for consistency in our beliefs and actions. When a person has two conflicting thoughts at the same time or when a person engages in behavior that conflicts with their belief system, that person feels a sense of psychological discomfort. This sense of discomfort is known as cognitive dissonance.



Everyone has a different level of tolerance for cognitive dissonance. For most people, cognitive dissonance feels uncomfortable – it can be a feeling that something just is not quite right or a nagging whisper in the back of the mind. On the more extreme side, cognitive dissonance may cause varying degrees of anxiety, especially if it involves an ingrained belief, such as a moral or religious belief, that is being challenged. Some people experience feelings of shame, embarrassment, or anger as an effect of cognitive dissonance.

A very common example of cognitive dissonance occurs in people who smoke. It is a well-known fact that medical research has proven that smoking causes cancer. People who continue to smoke despite knowing the damaging health effects suffer from some degree of cognitive dissonance. Some people choose to change what has been entered into their belief system. A smoker may seek out conflicting data that supports smoking is not really hazardous to their health. They may look for research that disclaims that smoking causes cancer. This alleviates the uncomfortable feeling that cognitive dissonance brings by changing their belief system. On the other hand, a smoker may choose to change their behavior and seek medical advice on how to quit smoking. This also alleviates the uncomfortable feeling of cognitive dissonance. In most cases, humans will try to find a way to remove feelings of cognitive dissonance by either changing their behavior, changing their beliefs or rationalizing their behavior/beliefs.

Those who do not want to live with a high degree of cognitive dissonance must change something in order to restore psychological equilibrium. While complete consistency all of the time in everything we believe and do is almost impossible to achieve, social psychology experts typically recognize three ways to reduce cognitive dissonance: **change your behavior** (stop what you are doing that is causing the cognitive dissonance *i.e. stop smoking*), **change your belief** (alter your belief system *i.e. there is some research that says smoking is not so bad*) or **justify your belief/behavior** (rationalize your belief/behavior *i.e. everyone smokes so it can't be that bad*).

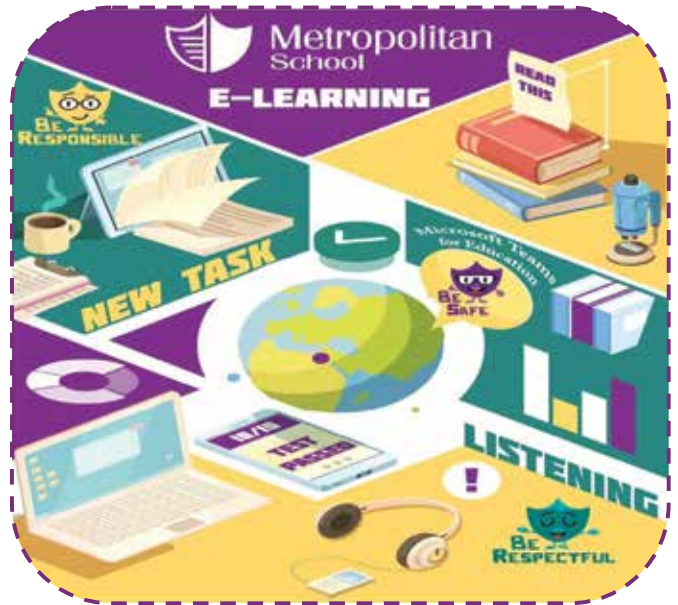
I write this article to emphasize the cognitive dissonance that is being caused by the recent measures to stop the spread of the COVID 19 virus. Many people all over the world are experiencing varying degrees of cognitive dissonance with regard to social distancing, isolation and quarantines. Most have changed their behavior despite beliefs of freedom of movement. Many are changing their belief systems despite their previous belief that pandemics only happen in the movies or to poor, 3rd world countries. A few, however, are rationalizing their gathering behavior knowing what has happened and what is currently happening around the world.

Please alleviate your cognitive dissonance wisely in this difficult time. Stay home, wash your hands, take precautions and above all, stay safe and healthy. - **Susan Eby**

Met World Newsletter

Met Flashing News

E-learning at Metropolitan School began in full swing on Tuesday, 17 March 2020. Students in each grade level were completing assignments, asking questions about their E-Learning and getting responses and clarifications from their teachers. Parents and students were amazingly MS Teams-savvy and asked pertinent questions when they needed help. EC parents/students were also happily participating. Well done to parents, students and teachers for making our first day of E-Learning an overwhelming success.



Metropolitan students have put forth an extraordinary effort with their new E-Learning experience. As we introduced live video sessions for ELA only for the first week, the results were amazing. Students were articulate, asking pertinent questions, got engaged and were learning and adapting fast! In the following week, Math, Science, French and Arabic live video lessons were launched. Teachers and students worked together to keep the teaching and learning momentum moving forward. Well done to all!

Ms. Eman, our Met School Counselor has been bridging communication between students, their parents, and teachers. She has also been in touch with students to mainly encourage them to keep up the good work with their online classes. Furthermore, Ms. Eman extended her assistance to parents in order to provide them with emotional support through these difficult times and to help

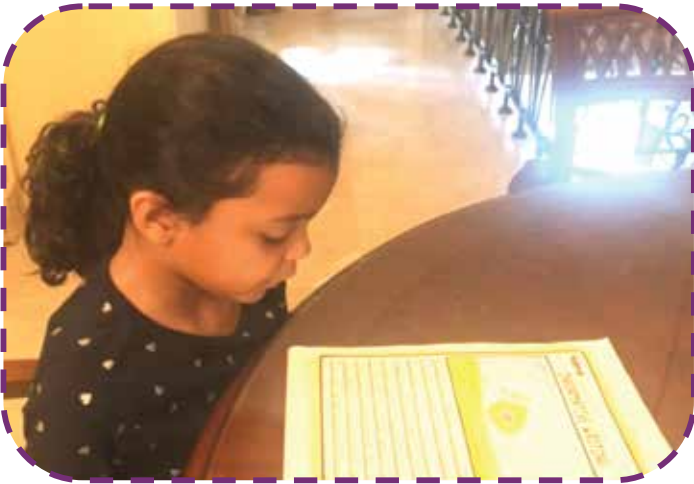
them maintain healthy and balanced home routines with their children. Please do not hesitate to reach out to Ms. Eman should you need her support.



Met World

Newsletter

Met Literacy

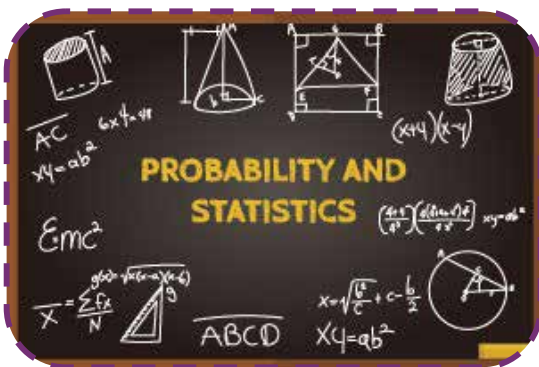


‘Farida Ibrahim (Grade 1 - Michigan State) reading her informational writing pieces about birds.’ First graders began studying birds in February and continued to do a wonderful job in their writing about birds while adapting to the E-Learning shift. They have now celebrated their hard work by sharing their writing pieces with classmates at a virtual writing celebration that took place on MS Teams. Well done 1st graders!

All students from KG 2 to Gr 5 (and many in Gr 6 - Gr 8) have been assigned a reading book and an assignment in Razkids. Students are required to read their book several times and complete the assignment in the week it was given to them. Student Support Specialist teachers will assign a new book at least once a week. If students have a favorite topic, genre or story type, they should let their Student Support Specialist teacher know and she will do her best to find it for them. Happy Reading!



Met Math



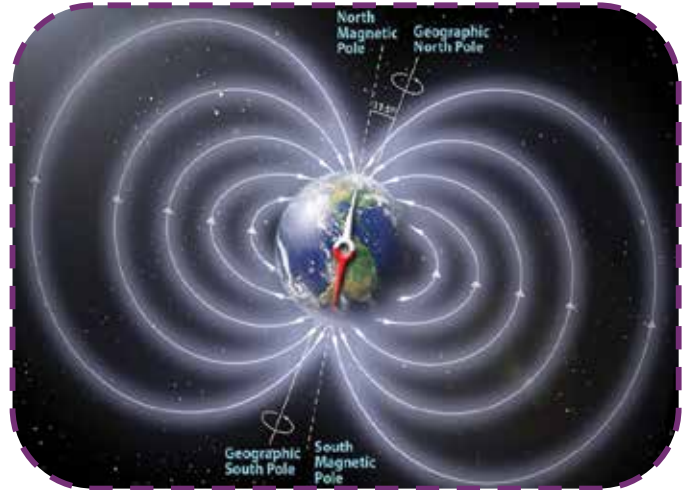
During the past few weeks of E-Learning, our mathematicians in grade 7 were busy widening their understanding of a new math topic - Probability and Statistics. In Probability and Statistics, students are learning the concepts of sampling and how to reach a valid conclusion based on evidence and data analysis. In the meantime our sixth graders are diving into geometric details with 3-Dimensional figures; learning about their volumes and nets.

Met World

Newsletter

Met Science

In eighth grade Science, students are studying electricity and magnetism. While covering magnetism, students discussed how the orientation of atoms in magnetic domains leads to materials being magnetic. They also discussed how the Earth is a magnet with a north and south pole. With regards to electricity, students shared their experiences with static electricity; for example, getting shocked when touching a door knob. Diving deeper, students learned about charges and how an imbalance of electric charges can create non-contact forces.



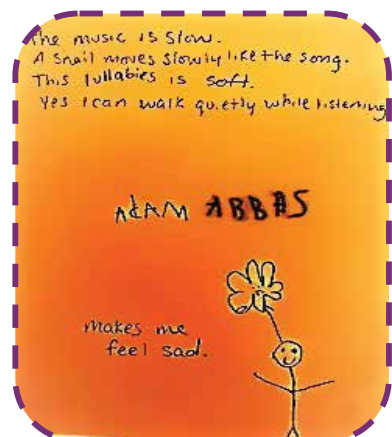
Met Art



Grade 2 & 3 started their “Starry Night” project, inspired by Vincent Van Gogh. In this lesson they combined many art techniques including double-loading, experimenting with color value, expressive painting, collage and composition, as well as color theory. They also enjoyed doing fun crafts and shared their creations with the teacher and their classmates via the E-Learning platform.

Met Music

One of the Music assignments for KG2 Students was to listen to a specific piece of music and reflect what emotion they felt when listening to this music. Students were asked to identify whether the music was slow or fast, soft or loud and/or happy or sad. Finally students were asked to draw a picture inspired by the music. Here is one of the submitted assignments from one of the KG2 students reflecting his emotions after he heard the song.



Met World Newsletter

Met Clinic

Met clinic wishes all families a safe stay at home and would like to offer some COVID-19 Tips.



How to **put on, use, take off and dispose** of a mask

1



Before putting on a mask, wash hands with alcohol-based hand rub or soap and water

2



Cover mouth and nose with mask and make sure there are no gaps between your face and the mask
Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water

3



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks

4



To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water

Met World

Newsletter

International Awareness Corner

Kalilangan, Philippines

Kalilangan is derived from the root word “Kalilang” which typically means celebration or commemoration in the Maguindanaon dialect. Kalilangan means festival, festivity or jubilee. It is a social gathering marked by exchanging of amenities among traditional leaders, elders, allies and subordinates in varying tones. It is also a pageantry of unique and colorful ethnic rites, rituals and traditions like marriage celebrations, religious ceremonies, anniversaries, thanksgiving and other forms of social, political and economic activities.



Eco Newsletter Activities

Metropolitan’s ECO committee is a team who are committed to bringing awareness to the issues our planet faces. The ECO newsletter is a weekly publication that brings attention pertinent ecological issues, as well as giving ‘tips and tricks’ of how to help the environment. One of the recycling activities shared to do at home during E-Learning was to recycle old plastic bottles and to create pencil holders. We thank all students who shared their creative, crafty, recycled pencil holders with us. Well done to all!



Met World

Newsletter

Met Mission

Met Biz



First graders continued to study Met Biz and carry on with business terms and concepts via the E-Learning platform. Georgios (Gr. 1- Penn State) was so happy to share his activity about ‘Businesses in Our Neighborhood’, a lesson from the Junior Achievement program that tackles concepts like how to locate new entrepreneurial businesses, along with the goods and services these businesses will provide. Students learned new skills like decision-making, map-reading and recognizing and interpreting symbols. Students are happily keeping up with their work while staying at home, safe and sound. We miss you all!

Met Entrepreneurship

Brainstorming

car recognition chip where your car can be connected with your cell phone as a parking assist to recognize the customer he/she were they parked their car
 Built in theft alarm where the car calls the customer if any one tries to break in the car
 This chip should be connected with the governmental police station
 This system includes a 360 degree camera for a full view where it sends the owner of the car a full and a high definition picture around the car

Budget

From \$50 to \$100 & depends on the camera quality and speed size of the chip

Slogan

Safely is our role

Material

Electronic chip
 rechargeable battery built on the chip
 memory card built on the chip
 some leds
 some wires
 calling cellular antenna
 calling chip

Name of company

Ecotech

Businesscard

Logo



Safely is Our Role

Businesscard



How to represent the company

offer any idea for free for example for extra recycle for a one of their models thus other brands
 willing to buy my project

By , Seif Rafik Gouda Gr 4 yale

We might not be at school but our young entrepreneurs keep working on and sharing innovative ideas. This year's Entrepreneurship Week was centered on Sustainability and learners worked weekly on ideas that benefit people, the environment and generate profit. Here's one of the ideas that was submitted recently by Seif Rafik, one of our future entrepreneurs. We can't wait to see all these ideas turning into real products and services soon!

Egyptian Values

In recognition of our core value of Egyptian Citizenship, Metropolitan School would like to greet all its families and the entire Egyptian community on the occasion of celebrating the national Sinai Liberation Day.



Met World

Newsletter

Met Serve

Community service has always been an essential domain of our pillars where the Met family/ staff/ educators/ students and parents- strive to play a charitable role in the community. Through planning events, fundraising, hosting orphans or donating money/ supplies to different organizations, the Met family challenges itself to make a positive difference and lasting impact. This year, one of our fundraising events ‘Healthy Week Campaign’ was intended to donate money to the 57357 hospital. However, given the current pandemic situation our beloved country is going through, we were very keen to show support and care to those who have been affected most and the entity we consider most urgent. Therefore, we decided to donate all the Healthy Week funds (20,700 EGP) to the ‘Tahya Misr’ account instead of 57357 hospital. We want to express our sincerest appreciation to everyone who participated in and donated to our Healthy Week.

للتبرع لمواجهة
فيروس كورونا

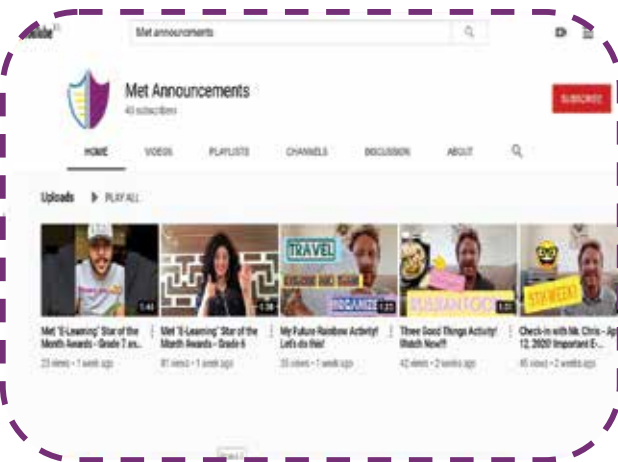
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حساب صندوق تحيا مصر
لمواجهة الكـوارث

بكل البنوك المصرية
سويفت كود
CBEGEGCXXXX



Character Education



We recently introduced ‘Met E-Learning Expectations and Procedures’ for Quarter 4. In alignment with our Met pillar of Respect, students and parents are expected to work in partnership and adhere to the expectations and procedures in this document. Furthermore, additional information and activities related to the pillars can be found on the “[Met Announcements](#)” YouTube channel. Special thanks to our amazing Met Discipline Team for extending their support to our students.

Met World

Newsletter

Met Corner

Our expat community have been supporting an orphanage in Maadi named 'Awlady Orphanage' over the last few months. The orphanage hosts more than 300 children from infants to young children to older boys and girls. Last month, they suddenly had to take in 12 babies from an orphanage in Sohag that was closed due to neglect. A call was put out from the orphanage for help with donations of milk, diapers, baby soap and baby cereals. With no hesitation our Met teachers came to the rescue and within a day, gathered 10,000 EGP in donations. They were able to purchase items from the local 'Seif Pharmacy' in Degla with discounted rates, and managed to get second run diapers from a factory in 'Shobra el Kheima'. Despite the fact that many people are worried about the future, our Met family rose to the need of the community, and we are humbled and grateful for their contributions. This is a real reflection of the love and generosity of our Met staff and we are very proud!



Parent Testimonials

E-Learning

I have realized how much the school knows more what is best for our children than we do as parents!

Overall, I am really pleased with the school response to this and for planning and implementing the E-learning promptly.

As an overall experience I am generally satisfied with the current e-learning process and with the constant improvements to the process to make it as suitable for everyone as possible. I also need to salute the teachers and the academic staff for their time and enormous efforts.

Homeroom teachers have been doing a superb job since day one and I'm extremely satisfied.

Thank you for all the efforts the School, has pulled during such a challenging time. I am really proud of the school, their proactive actions and the commitment of the teachers and school's staff. keep it up :)

Date	May Diary Dates
1 May	Labor Day (School Closed)
23 May - 26 May	Eid Al Fitr (School Closed)



Executive Director's Message

Dear Met Community,

The new normal will again return to the “old normal” and I know we all cannot wait for that day, week, month and year to finally arrive! Patience, patience, patience is necessary from all of us in order to be calm in our disposition and to find ways to better cope with Covid-19. It is good to see that there is caution in opening up businesses around the globe and we will see how this all plays out. Let's continue to ***“learn how to learn new habits, unlearn maladaptive habits and relearn and retool”***.

Our teachers have done a tremendously wonderful job in adapting, retooling and relearning so that students can continue their educational journey. We are committed to learning so our students maintain their skills as they look towards our next school year. There is much going on behind the scenes to prepare and your patience and understanding is greatly appreciated! ***Stay positive, focused, inspired, patient, calm, stay home and stay healthy!*** - Andrew Frezludeen

PATIENCE IS A FORM OF WISDOM. IT DEMONSTRATES THAT WE UNDERSTAND AND ACCEPT THE FACT THAT SOMETIMES THINGS MUST UNFOLD IN THEIR OWN TIME.

— Jon Kabat-Zinn

Lower School Principal's Message

Dear Lower School Parents,

I hope that you are all well and are finding creative ways to keep yourselves and your children engaged during this time of school closure and social distancing. As we are now several weeks into our E-learning program and we are nearing the end of the school year, I would like to just remind everyone of some important points about

E-learning. Please see below:

elearning tips

Met World Newsletter

- E-learning will continue through the end of the school year. The school is committed to continuing to provide high-quality teaching and learning for our students. Depending on what is mandated by the Ministry of Health and the Ministry of Education for the start of the new academic year in September, the school is well-prepared for both a robust and enhanced E-learning program or face-to-face learning. We want to ensure that learning continues for our students no matter what happens.
- Please make every effort to submit assessments and assignments. In order for teachers to have sufficient evidence of students' progress toward learning standards, they need these assessments and assignments submitted in a timely manner. We do understand that this is a stressful time for everyone, and we can be flexible. If needed, prioritize the assessment pieces first and then submit any pending assignments as you are able. **The final deadline to submit any assessments and assignments will be Thursday, June 4.** E-learning lessons will, of course, continue past this date until the end of the school year. However, in order to give teachers adequate time to review the assessments and assignments and complete report cards, we need to set June 4 as the deadline.
- Please remember to let your child complete assessments and assignments independently so that teachers have valid learning data. In some cases, teachers are receiving work that has clearly been completed by a parent or an older sibling. Please model our Met Character Pillars of Honest and Responsibility and allow your child to complete things independently.
- Even though we are nearing the end of the school year, be sure to make learning a priority for your child. Continuing with a set schedule for E-learning is a great way to keep your child focused and progressing at a good rate with E-learning until the end.
- Teachers are working extremely hard to keep learning moving forward at a high level for our students. Thank you so much to all of our parents who have reached out to them with positive comments and encouragement. Our hard-working and dedicated teachers love to hear these encouraging words.



As we near the end of the school year, please keep in mind the above reminders. And please let us know if there is anything we can do to help or support. We are here for you so please reach out to us with any questions or concerns. *Stay safe and healthy!* - **Lance Kershner**

Met World

Newsletter

Upper School Principal's Message

Laughter is Sometimes the Best Medicine

In writing about humor, please know I am not making light of the current COVID 19 situation. It is an absolute understatement to say we are all facing brand new uncertainties, real fears and unprecedented dilemmas. Facing those uncertainties, fears and dilemmas with a sense of humor, with a joke or a good laugh, can serve as a healthy coping mechanism in a stressful time and here is an explanation why.



Who doesn't like to laugh? Laughing is directly affiliated with pleasure. Pleasure is affiliated with positive cognitive thoughts and strong emotions. People who make us laugh automatically bond with us because of these joyful thoughts and happy feelings. According to Professor Robert Provine, "laughing is incredibly contagious". Sharing laughter with people is one way to cope and bring joy into very difficult situations.

According to Dr. Steven Gimbel, *"When you share a joke with someone, there is a sense of connectedness. This is called joke intimacy. This type of intimacy can be shared with someone you know or with a stranger. For instance, if you see something funny, you might look around to see if anyone else noticed—you might lock eyes with a stranger, and you both giggle. You've developed joke intimacy through a shared experience of laughter."* Dr. Gimbel explained, *"There is a sort of bond there, that happens with humor, which builds a sense of human community."*

So search the internet for some excellent memes of the Corona virus if your friends are not sending you a plethora of memes daily. If you like political humor, there are plenty of opportunities for a good laugh. If you like corny jokes and puns, read my morning greeting each day. We could all use some laughter, joy and a good giggle.

I will leave you with a joke:

Q: What jokes are allowed during the COVID 19 quarantine?

A: Inside jokes

- Susan Eby



Met World

Newsletter

Met Flashing News



Keeping the positive momentum going, our students are continuously sharing fun-filled E-learning experiences during the lockdown with their teachers. Here is Youssef with his amazing smile sending a happy message to his teachers and expressing how much he misses them all. We thank all Met students and parents who let us know that they are doing well and keeping up their positivity while staying at home, safe, sound enjoying the E-learning process. *“Yesterday is not ours to recover, but tomorrow is ours to win or lose.”* and *“Once you replace negative thoughts with positive ones, you'll start having positive results.”*

Met Literacy

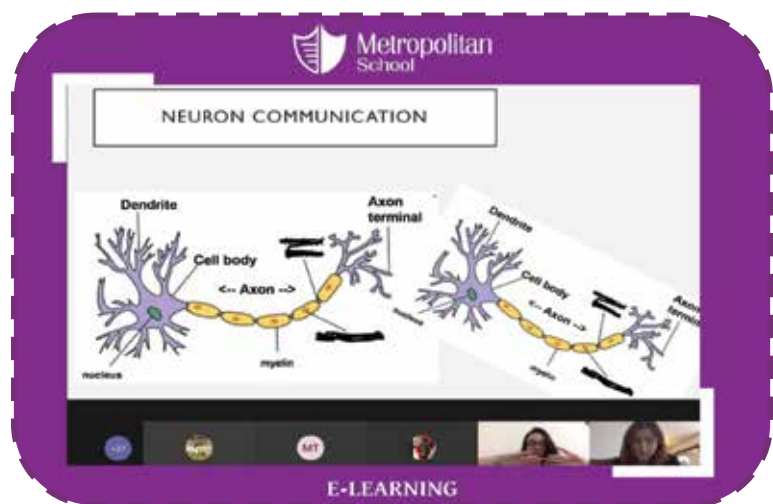
On May 4th, in Grade 7 ELA, Ms. Jordana and Ms. Sara Gamal, one of our Met French teachers, collaborated to begin the fourth module of the ELA curriculum called “Screen Time and the Developing Brain”.

As a guest speaker on an MS Teams live

video chat, Ms. Sara, who has a degree in neuroscience as well as French, explained how a neuron functions.

Grade 7 students were very attentive and asked many clarifying questions. Well done grade 7 and good luck

with ELA Module 4!



Met World

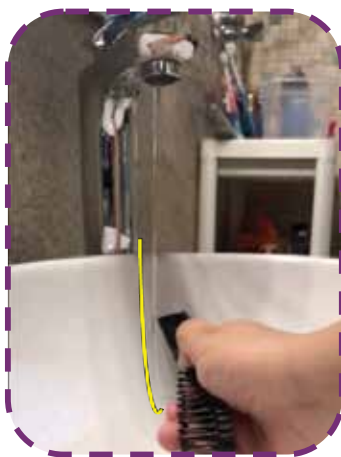
Newsletter

Met Science

In Grade 7 science, students are studying how genes change. One of our extraordinary students completed the activity shown and described below.

The chain of amino acids produced by a gene depends on the order of the triplets. In this way, the genes of a chromosome carry the instructions for the proteins that are made by cells. These chains of amino acids will fold and twist based on their repulsion from, or attraction to, other parts of the amino acid chain. This folding or twisting depends on the chemical structure of each amino acid as well as how close together they are in a chain. This is what I did to demonstrate protein synthesis:

1. Write the amino acid sequence. On a piece of white paper, draw colored dots using **red**, **blue** and **green** colors. The dots need to be 1 cm away from each other.
2. Fold the strip of paper into a 3D protein by following guidelines from the science textbook. Work from the beginning to the end of the paper.
3. Try to fold halfway between the relevant colored dots, when folding.



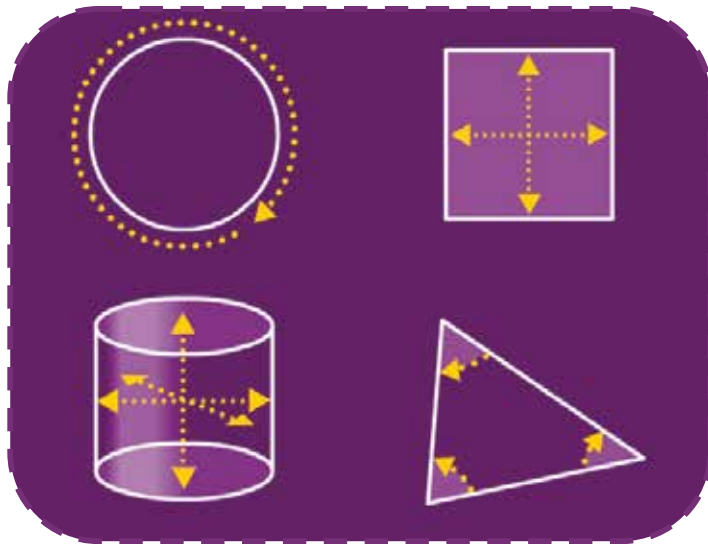
In Grade 8 science we have been studying electricity. One of our extraordinary students completed the activity and wrote a description of it below:

I completed an activity to bend water. There are little particles in your hair called electrons and protons. When you brush your hair, the brush collects electrons so now it's negatively charged. Since opposites attract, the positively charged water attracts to the negatively charged comb when it gets near it. I did this experiment by brushing a plastic comb through my hair, and then I placed the negatively charged comb near the water to observe the water bend.

Met World

Newsletter

Met Math



Grade 7 students have started their last module about geometry using algebraic equations to solve complex geometric problems and they are nailing it! Grade 6 students are learning Probability and Statistics, opening their eyes and minds to marketing in the real world and how our daily math work is related to business.

Met Art

Grade 7 students started working on digital art by creating their own mandalas and wallpaper patterns using a designing application. They used what they learned from the elements of art to create successful designs by balancing space, abiding by the rules of positive and negative space and completing the design with a perfect choice of colors.



Met World

Newsletter

Met Music

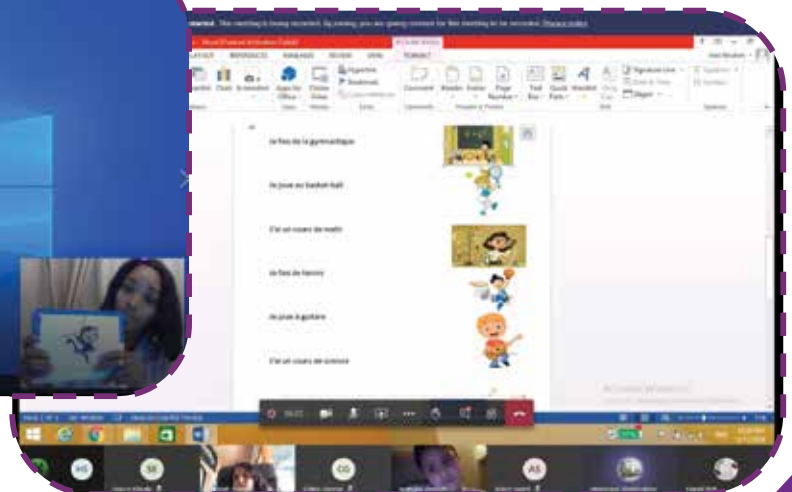
Learning to draw a music staff, writing notes, playing rhythm patterns correctly, and recognizing note values was an enjoyable task and challenge for our Pre-K students as they take their first steps in music literacy.



Met French



Metropolitan students continue to enhance the French foreign language through online engaging and interactive resources, live sessions and pre-recorded lessons for students to watch at their own pace determined by their level of French. Students and teachers communicated with ease throughout the weeks.

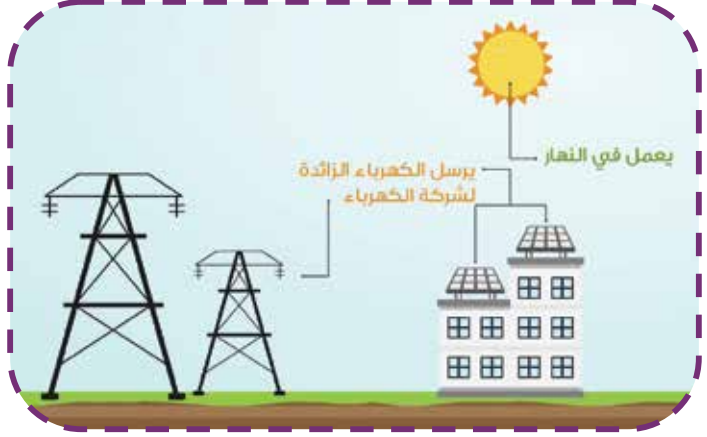


Met World

Newsletter

Met Arabic

Students in Grades 3 - 8 were required to submit different projects to reflect, their knowledge, language, and searching skills about water, energy, the environment and health. Well done to students who showed an extraordinary interest in the projects and improved their linguistic skills.



International Awareness Corner



Groundhog Day, USA

Groundhog Day is a popular observance in many parts of the United States. Although some states have in some cases, adopted their own groundhogs, the official groundhog, Punxsutawney Phil, lives at Gobbler's Knob near Punxsutawney, Pennsylvania. The town has attracted thousands of visitors over the years to experience various Groundhog Day events and activities on February 2. Thousands of years ago when animalism and nature worship were prevalent, people in the area of Europe now known as Germany believed that the badger had the power to predict the coming of spring. They watched the badger to know when to plant their crops. By the time the first German immigrants settled in Pennsylvania they probably understood that this was not true but the tradition continued with a groundhog.

Met World Newsletter

Met Clinic

Met clinic wishes all families a safe stay at home and would like to offer some COVID-19 Tips.



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK



WHEN TO USE A MASK

For healthy people wear a mask only if you are taking care of a person with suspected 2019-nCoV infection

Wear a mask, if you are coughing or sneezing

Masks are effective only when used in combination with frequent hand-cleaning with alcohol-based hand rub or soap and water

If you wear a mask then you must know how to use it and dispose of it properly





HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Before putting on a mask, clean hands with alcohol-based hand rub or soap and water



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Cover mouth and nose with mask and make sure there are no gaps between your face and the mask



Met World

Newsletter

Met Clinic

HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

Replace the mask with a new one as soon as it is damp and do not re-use single-use masks



HOW TO PUT ON, USE, TAKE OFF AND DISPOSE OF A MASK

To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; clean hands with alcohol-based hand rub or soap and water



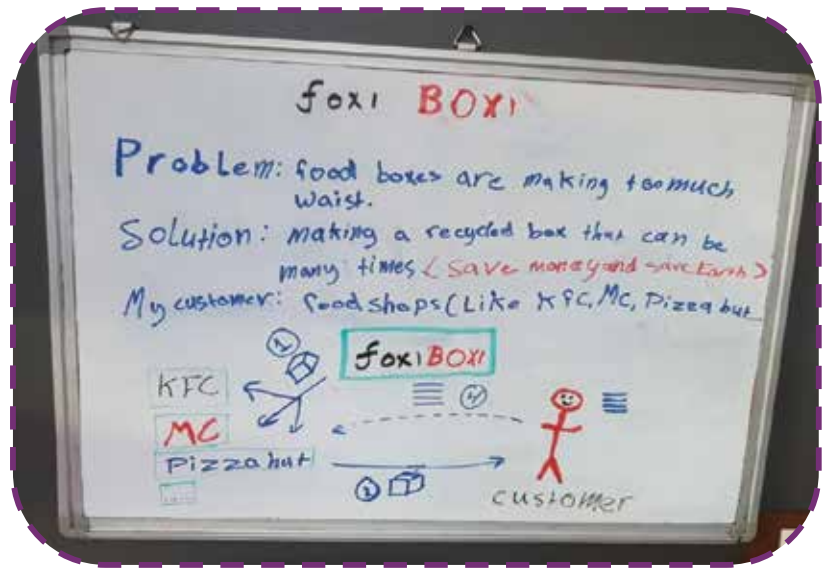
Stay home, safe, and healthy!

Met World

Newsletter

Met Mission

Met Biz



Many innovative ideas have been shared during this month and our young entrepreneurs never cease to amaze us! In alignment with this year's sustainability theme, Malek Hassan from G4, Johns Hopkins, shared his solution for a more environmentally friendly approach in food service activities with his cool product Foxi Boxi. You can check out Malek's idea and support his YouTube channel on the link below:

https://youtu.be/NKv_H-CYhcQ

Egyptian Values

Metropolitan School would like to congratulate all Met families on the occasion of celebrating Eid Al Fitr. We hope all families are staying home, safe and healthy! **Eid Mubarak**



Met World

Newsletter

Character Education

During this time, it is increasingly important to take time every day to remind ourselves about the good things in life! Our team continues to share simple and fun activities you can do at home to stay healthy and positive! We encourage all Met families to visit the “[Met Announcements](#)” YouTube page and “The Fourth B” MS Teams page to participate and share activities! Lastly, we would like to say thank you Ms. Nancy for all her hard work and contributions to our student's character education! We will miss you!



Met Corner

A video message to our students from Met specialist teachers
“**WE MISS YOU!**” <https://youtu.be/qPmMolCasoM>



Met World

Newsletter

Met Corner

In celebration of Teachers' Appreciation Week, Metropolitan School took the time, effort and care to deliver gift boxes of home made cookies to all our wonderful academic staff members. The cookies were decorated with different slogans, thanking and appreciating the teachers for their hard work and dedication to the newly implemented E-learning process. "A teacher takes a hand, opens a mind, and touches a heart."



Parent Testimonials

Amazing job. We are all enjoying the e-learning.

E-Learning

Perfect communication between us and the homeroom teacher, she is very helpful and supportive.

I am satisfied with what the school has been trying to do during the lockdown.

Thank you so much for your support , my children are being so busy on e-learning.

I am satisfied with the content, the interaction is increasing.

Interesting application. We are all enjoying it.

I am so proud of our school, you are all doing a wonderful job. Nothing like other schools. For sure attending the online sessions is a wonderful thing because it keeps the kids busier instead of spending the whole time on internet .

Date	June Diary Dates
18 June	Last day for school (Students and Teachers)



Executive Director’s Message

Dear Met Community,

I wish to thank parents for their support of our school this year. It has been a very interesting year for our community especially with overcoming the E-Learning era. I would like to also wish you a safe and happy holiday and see you all in September of 2020 where we truly hope to be back in school under normal circumstances.



It gives me great pleasure to present to you our new Academic Leadership Team below. However, I would like to thank, immensely, Mr. Lance, Ms. Eby and Ms. Alicia for their dedicated, passionate, and wonderful work during their tenure at Met. They have helped to set a solid foundation for the new team to build on, as Met grows into the future. We owe them much gratitude and wish them all the best in their new endeavors!

- Andrew Frezludeen



Here is the new team starting in August 2020:

EC/ELEM - Pre-K to Grade 5

Principal: Ms. Anjanette Yarar

VP (Pre-K to KG2): Mr. Benjamin Sosa

VP (Grade 1 to 5): Ms. Katya Sharafeldin

MS/HS - Grade 6 to Grade 9

Principal: Ms. Helen Sommerville

VP (Grade 6 to 9) :Ms. Marian Saad



Met Academic Leadership Team 2020-21

Andrew Frezludeen

Met Executive Director



Mr. Andrew Frezludeen is from Toronto, Canada and believes in the power of education to teach, “Learning how to learn, Unlearn and Relearn”. He has 20+ years in education from being a teacher to becoming a school director. He is positive and loves internationalism, travelling and being kind to others.

Principal (Pre-K to Grade 5)

Anjanette Yarar

Ms. Anjanette Yarar is an American educator with 25 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.



MS. ANJANETTE YARAR
PRINCIPAL (PRE-K - GRADE 5)
ACADEMIC YEAR 2020 -2021



Met Academic Leadership Team 2020-21

Benjamin Sosa **Vice Principal (PreK to KG2)**



Benjamin started his Early Childhood teaching career in Texas and has found a home in Egypt. His passion to mold young minds has led him to be a leader in our Early Childhood School. He loves Egypt and unwinding through sports and the company of friends.

Vice Principal (Grade 1 to 5) **Katya Sharafeldin**

Katya completed her Bachelor's Degree from the Australian National University. A former lawyer, Katya has been a teacher for more than ten years. She has taught students from many levels and backgrounds, including remote indigenous communities in Central Australia.





Met Academic Leadership Team 2020-21

Principal - Grade 6 to 9

Helen Somerville

With over 20 years' experience in education, 10 in administration, Helen is excited to join 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.



MS. HELEN SOMERVILLE
PRINCIPAL (GRADES 6-9)
ACADEMIC YEAR 2020 -2021

Marian Saad

Vice Principal (Grade 6 to 9)



Marian believes that educators should prepare students to face future life challenges by training their minds to think, analyze, and critique. Marian has 15 years of experience in the field of education, from being a high school English Literature teacher to becoming a vice principal. 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

Lower School Principal's Message

Dear Lower School Parents,

Time has gone by so quickly, and it is hard to believe we are already at the end of another school year. This year has been full of lots of fun, laughter, growth, and learning for our Lower School students. In addition, we have faced unprecedented challenges with COVID-19 and the shift to E-learning during the final three months of school. Yet, even through the challenges, we worked together and supported one another, and lots of amazing student learning continued.



Thank you to our parents who had an integral and vital role in supporting your children through E-learning. And thank you to our students as well for staying positive and working hard so that you could continue to learn. Of course, we could not have met this challenge without the phenomenal work ethic, knowledge, and creativity of our teachers and support specialists who continued to provide robust learning experiences for our students. Well done, everyone!

I would also like to thank parents not only for your support during the COVID-19 crisis but also for all your support and your partnership during these past two years at Metropolitan School. As my daughters and I move on to our next post, we will always remember fondly the Metropolitan School family. The Met students and families will always hold a special place in my heart. I send a big hug from Mr. Lance to all my Lower School students.

I am so proud of you and I will miss you! I wish you all a lovely, safe, and relaxing summer! - **Lance Kershner**

Met World

Newsletter

Upper School Principal's Message

I would like to take this opportunity to say goodbye to Egypt after 18 years. Mr. Hardman and I came to Egypt on a two-year contract and stayed for 16 years more because we fell in love with Masr. I will sincerely miss all the craziness, friendliness and beauty that Egypt has to offer. I consider myself an “Egyptian” at heart and in spirit and am grateful that Egypt accepted me as one of her own for all of this time.

I will begin this farewell address to the Met family with a quote from Shel Silverstein, one of my favorite authors, song-writers and illustrators: : “I know a way to stay friends forever, There's really nothing to it, I tell you what to do, And you do it.”

So taking Shel Silverstein’s advice, I will tell you what to do and hope you do it! Think of me every time you hear a joke or a pun or somebody says, “Go learn something!” and we will remain friends forever. I have enjoyed getting to know the Upper School and Lower School students over the past two years. We had great laughs together. We had a few tears. But mostly we chatted, respected each other and learned together.

Current circumstances have altered so much, especially proper goodbyes. It is sad that I will not be allowed the opportunity to say goodbye in person but Met will be in my thoughts often.

There is no better way to end my career as the Met Upper School Principal than with a quote from Dr. Seuss, another one of my favorite authors: “The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”

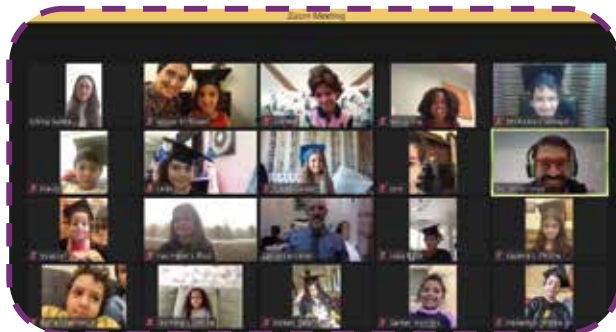
Keep on reading, learning, growing and laughing! Masalama! - **Susan Eby**



Met World Newsletter

Met Flashing News

One of the special yearly traditions at Met is to celebrate the graduation of our KG2 students. Although we were not able to have a huge ceremony at school this year with music, songs, caps and gowns due to the COVID-19 crisis, we still made sure to celebrate our students' accomplishments by having a "KG2 Virtual Graduation" event. The event was divided into two separate days, the first day we held class celebrations via Zoom. Parents and children were invited to join in. Ms. Alicia and Mr. Lance joined classes to say some words of thanks and congratulations to our KG2 graduates. The second part of the event took place where parents and KG2 students were invited to drive by the school and pull up their cars in front of the school gates. There, teachers were waiting with a KG2 graduation certificate and a balloon to give to the graduates. Children remained in their cars but were able to take photos with the teacher while holding the graduation certificate. Graduation banners were displayed in front of the school and there was music playing. This goes to show that a big, safe celebration was possible even with the COVID-19 restrictions. Congratulations Class of 2019-20!



Grade 8 parents met with the Leadership Team, on June 7th, to answer questions about our High School plan for grades 9-12. I wish to thank parents for their useful questions and to our team for insightful answers. Prior to the meeting, a detailed PDF document was sent out to Grade 8 parents to read and then to come to the meeting with questions. It is wise for you, as parents, to start asking your children about universities and to start looking at the specific requirements. The school will be arranging meetings with parents and grade 9 students to assist them as they embark upon this process.

Met World Newsletter

Met Flashing News

Metropolitan School's Winter Wonderland is an annual event that incorporates a Christmas bazaar and a musical show with a variety of activities and games to create an abundance of wintertime cheer. Families and staff all came together in cheerful spirit to see students display their musical talents on stage. Such performances allow students to channel their artistic side and greatly add to a comprehensive educational experience. Photos and video for "Winter Wonder Land 2019-2020" will be available on a OneDrive link for you to purchase. The cost of the video and photos is 200 EGP. If you are interested to reserve a copy, kindly visit the Accounting Office at your convenience to settle the payment and book your purchase order. Links will be sent to your email.



Met Honor Role

Metropolitan School is always proud to celebrate the academic excellence of its students and high achievers! We were so happy to share this special moment of SUCCESS and therefore made sure to deliver Certificates of Highest Achievement to our Honor Role students through door to door delivery. We would like to also thank our parents who played an integral part in their children's achievements! Well done to all! We are proud.

Honor Role Students in random rank order

Grade 3 Honor Role:

Lalehan Abdelaal
Younis Ahmed
Zain Ali
Tamara Aly
Hassan Hassan
Adam Hussein
Asser Mohamed
Mariam Youssef

Grade 4 Honor Role:

Moustafa Eldamaty
Hamza Eldesouky

Grade 5 Honor Role:

Karim Helmy
Farida Mohamed
Joulia Shaabani
Saja Soliman

Grade 6 Honor Role:

Nour Elsadek
Malek Gomaa
Rima Hemdan

Grade 7 Honor Role:

Habiba Eldesouky
Lana Elewa
Saja Elsherify
Nour Rabie
Maya Taher

Grade 8 Honor Role:

Jana Elhamzawy
Malak Elsadek
Laila Elsanie
Luna Hafez
Salma Ramadan
Hana Shalaby



Met World

Newsletter

Met Literacy



Grade 8 ELA students have been working very hard during the 4th quarter. Students have analyzed various sources through the study of Michael Pollan’s four food chains. Students gathered evidence from multiple sources with conflicting ideas and then made an argumentative claim video to support their idea of which food chain best feeds people. This End-of-the-Year Performance Task was truly amazing!!! Congrats to all our wonderful Grade 8 Met students and join me in wishing them the best as they move into high school.

Met French

Continuing to drive student engagement and focused learning while outside of the classroom can be a challenge. Grade 3 & 4 students have been doing a phenomenal job with their French E-learning! Since the last unit of their book teaches them about different food vocabulary, students were asked to create a restaurant menu or a delicious recipe, all in French! Their creativity and hard work in the project was truly exceptional! Some students even sent in videos of their cooking and baking. It looks like we could have a few amazing chefs amongst our third graders!

CUISINE DE TULEEN
Crepe au Chocolat et Banane

Bon appétit !
- Les ingrédients:
1- Des oeufs, 2- Lait, 3- Le sucre, 4- Beurre, 5- le sel, 6- Marier rouge, 7- Banane, 8- Ses chocolate.

- Les ustensiles:
1- La poele, 2- La plaque, 3- La bol.

- Les etapes:
Pre'pation : 10 minutes.
1- Ajouter 1 minutes.
2- Me'langer 5 minutes.
3- Cuisson 4 minutes.
4- Plier 1 minutes.

Laissez vos commentaires!

CHEF : Tuleen El toussy
grade : 3

Met World

Newsletter

Met Science



Our young scientists explored the four seasons and shared their science projects digitally. They learned all about the sun and how the tilt of the Earth's axis affects the weather. Students were able to create hands on projects, safely at home, though E-learning.

G8 student Jana Elhamzawy completed an activity and enclosed the following description of it: In grade eight we were studying waves. Sound waves travel through air (their medium). Sound cannot travel through vacuum, which is an area empty of matter. Sound comes from vibrations. These vibrations create sound waves which move through mediums such as air and water before reaching our ears. My activity was all about sound waves. I recorded my voice, and showed the waves that were created from my own voice recorded on a device. The activity I did showed how different sounds create different types of waves. My high pitched voice had smaller waves than my lower pitched voice. That's all because the high pitched sounds don't travel as far as the lower pitched sounds. As shown in the photos of my experiment, different sounds have different sound waves. It is clear that lower pitched sounds travel farther than higher pitched sounds, which is the explanation to my activity. The enclosed pictures show some of my results.



My voice high pitched



My voice low pitched

Met World

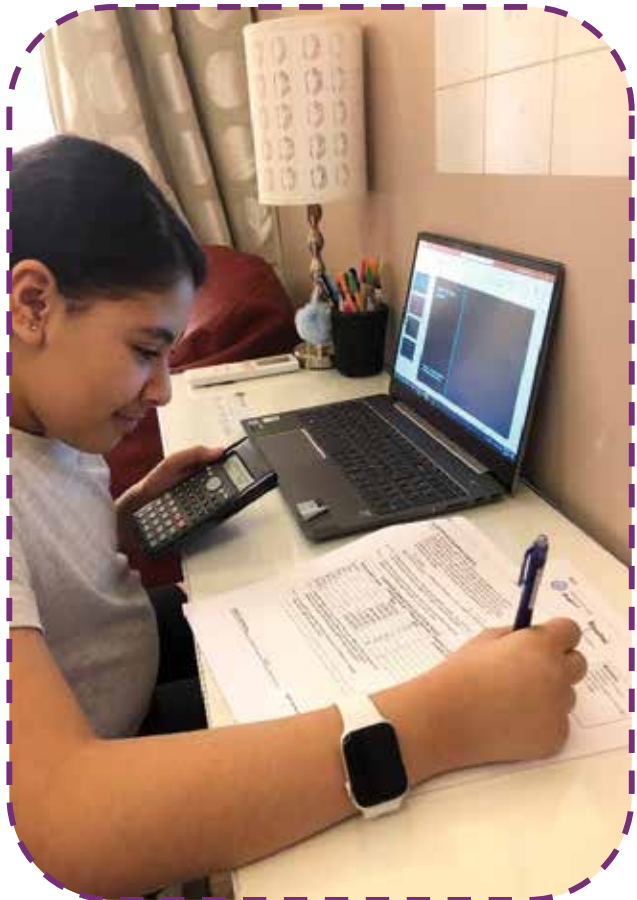
Newsletter

Met Science



Grade 6 student, Yahya Elsayed, completed an activity and enclosed the following description of it: I made an anemometer. It measures wind speed. When exposed to wind, the top part rotates. This connected to our studies because we were studying weather. Wind of course is a part of weather, and it also causes surface ocean currents.

Grade 7 student, Khadijah Ahmed, completed the below activity and enclosed the following description of it: In grade 7, we studied from module “H” which was about space science. The work explanation for what I did is that first I looked at the table called the solar system objects. Then I compared their relative sizes and I also measured and recorded the diameter of each object. Then, I analyzed the scale properties of the objects in the model and I explained my answer. I then used the same scale of distance for the solar system and then found the distance from the sun to the planets. I then placed my model sun in one corner of a paper and placed the planets around the sun. The number of planets that fit on the paper was approximately five planets. Lastly, I answered questions about the model and described the tradeoffs made to make a good model.



Met World

Newsletter

Met Math

A throwback to Grade 6 Princeton practicing their Math skills in a fun way and using untraditional learning methods such as playing cards in teams, and using technology as part of integration with the Math curriculum. Learning Math is always fun! Well done 6th graders.



A throwback to Grade 8 as they did their best this year exploring new Math concepts, practicing them by all means and in different ways to be well prepared for the new academic year, and to start high school from a point of strength. It was pleasure and fun teaching them this year. - Ms. Deena Anwar

Met Music

Our young learners enjoyed their last online music class reviewing some topics covered this academic year. There were lots of fun activities they engaged in this last week and still have more to enjoy for the rest of the summer. Detailed lesson resources can be found on Rediker. Happy summer to all, and keep singing, dancing and playing musical games!



Met World

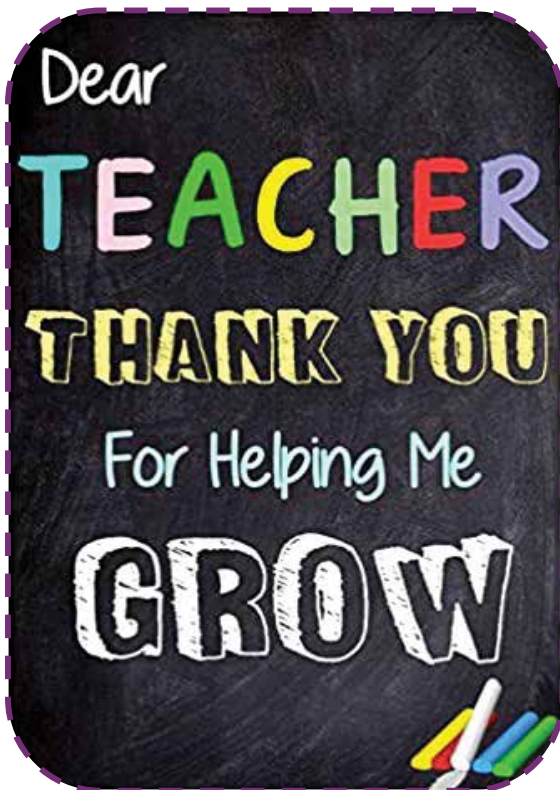
Newsletter

Character Education

E-learning was a new experience for all of us! Bravo to Met families for your extraordinary effort! We encourage all to check the summer newsletter and to visit the “[Met Announcements](#)” YouTube page for summer activities. Lastly, Mr. Chris will be leaving Metropolitan and is very thankful to have met all of you. Don't forget to be respectful, responsible, and safe! Best of luck to all!



Met Corner



Our academic year has come to an end and it is time to recognize all the effort and hard work of the Met staff who have demonstrated continuous commitment to Metropolitan School's Mission and Vision. Thank you to all for the tremendous job you did this year. Goodbye to the team members who are leaving us; wishing them all the best of luck with their new endeavors. Welcome on board to all the new team members to the Met family. Congratulations to all Met staff for another successful year at Met. See you all back in the 2020-21 academic year! Happy summer holiday!

Met World

Newsletter

Parent Testimonials

Met 5 Positives

We just miss the school and each and every member ! We're so proud to be a Metropolitan!! I really I hope the school continues this great performance!!

I was so impressed that it handled the transition to the e-learning veryyyyy professionally!

CCA 's effort is tremendous and one of the positive aspects that distinguish the school

Thank you Met school for having such a great message, the pillars of character, always teaching kids to chose to be kind to one another and preparing them to deal with the society with honesty and respect.

Thank you for the very effective communication with parents. The newsletters were always very informative. We appreciate how much effort was put into writing them so as to keep us parents informed about everything that is going on and all the important decisions that are taken at school. We always feel we are kept in the loop and this makes us part of the Met family. Thank you!

Teaching my kid at home taught me what such a difficult job this is and critical! To be patient, kind and firm at the same time.

The full support and dedication from all teachers and the effort exerted with our kids

Date	September 2020 Diary Dates <i>Dates/ Plans are subject to change due to Covid - 19 Pandemic situation.</i>
1 September	Orientation Day (KG1 - Grade 9)
2 September	First Day Of School (Grade 2 to Grade 9)
3 September	First Day Of School (KG 1 to Grade 1)
13 September	Orientation Day for Pre-K
14 September	First Day Of School for Pre-K

Happy Summer Vacation

2020-21



Executive Director's Message

Dear Met Community,

Met is off to a great start! Our amazing staff are working with vigor every day to engage your children in constructive learning.

It is fabulous to see our students back in the school, enjoying school life again, eager to learn and socializing with their friends.



It was a pleasure to see enthusiastic parents during our opening orientation sessions. We have grown from approximately 600 to 700 students in this current school year and Met is one of the best schools in Egypt.

Our school has appropriate safety measures in and around our school campus and will continue to monitor the Covid-19 situation. Masks are to be worn inside and outside of the classroom as instructed by our staff.

We thank you for and greatly value your feedback, and when this is given in a respectful manner, which models our Met Character Pillars, it allows us to work in partnership to reach mutual understanding and sensible solutions.

Please be *REASONABLE, realistic and pragmatic* and **STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY!** - Andrew Frezludeen

Met World

Newsletter

EC & Elementary School Principal's Message

Dear Early Childhood and Elementary Parents,

We have had a wonderful start to this new school year. It has been great seeing your smiling children on campus. I have enjoyed meeting your children and seeing the magnificent learning that is happening in the classrooms. I thank you for your patience and understanding as we navigate this unprecedented time in our world. Our entire Met team is ready to get back to 'normal'. However, because safety is a first priority, we must make solid decisions based on recommendations from the Ministry of Health, the Ministry of Education, the Centers for Disease Control, and the Met Health and Safety Committee.

"Be Safe" is one of our mottos, and our students are seeing our school show a perfect example of this through our Hybrid Model of Learning.

"Be Respectful" is another one of our mottos. Every morning during our assembly time, your children have been showing respect as they stand before the Egyptian Flag and sing the National Anthem. As you are aware, Met offers 'Golden Tickets' as incentives for students showing positive behavior. I have been thrilled to award a 'Golden Ticket' each day to two of our students who are showing this respect.

I look forward to a wonderful year of learning. If you ever have questions or comments, please do not hesitate to reach out to me by email ayarar@metropolitanschooleg.com - **Anjanette Yarar**



Met World

Newsletter

Upper School Principal's Message

A Warm Welcome Back!

After a long hiatus at home, we finally welcomed our Met students back on campus; schools never feel right when students are away!

These first few weeks have reinforced, for us as community, how much our students were missed over the last few months. It is especially exciting for me to meet the key members of our school - our students - and our teachers are happy to be back in classrooms and for learning to take place on campus again.



Reopening of the campus this year has required our Met community to adapt to multiple changes. Students and staff are dealing with a variety of changes to our school day and the overall learning experiences. Our Met Character Pillars have truly come to life, as we all relearn how to learn through a variety of changes.

Students and staff show respect and keep each other safe through simple actions, like wearing face masks or shields. Tolerance and responsibility are truly evident now, as we all adapt to a hybrid learning model and adjust to the different learning groups for the on-campus and at home E-learning. We do appreciate our whole community's support as we have adapted to our learning structure during this pandemic.

This year we started our first cohort in High School and in the next few months, grade 9 will learn more about how the high school program will lead them onto college and how to make good decisions regarding their future. Moreover, Middle School programs will start to focus on building independent learning skills.

I want to sincerely thank all Met parents for their support and patience during this time. It is during tough times that we need to stand all as one big family for the best of our students. - **Helen Somerville**

Met World

Newsletter

Met Flashing News

Congratulations to our Met Family! Metropolitan school proudly becomes the FIRST educational institution in Egypt to acquire the MOE's approval as an official testing center for the ACT exam, as we launch our own High School program.

ACT (American College Testing) is a standardized test and a pre-requisite for admission to colleges and universities around the world. Just recently Egyptian authorities have recognized the ACT test as an alternative to the SAT tests. To learn more about ACT, please visit <https://global.act.org/content/global/en.html>



Metropolitan School was delighted to open its doors and welcome back its KG1 to Grade 9 students on their first days of school. According to the school's re-opening plan, the first days of School were divided into 3 different days to ensure social distancing while providing adequate hygiene supplies, including soap, hand sanitizers with at least 70 percent alcohol, paper towels, tissues, and no-touch/foot-pedal trash cans. The school was also ready with all signs and footsteps to guide and ensure social distancing. A warm welcome to all existing students and welcome on board to all new students who joined the Met family this year.



Grade 8 Toronto students were completing their "Snapshot Autobiography" project during the first week of school. They learned about perspectives and how it can help us understand history.



Met World

Newsletter

Met Flashing News



Metropolitan School welcomed its youngest members of the Met community our Pre-K students and their families on September 27th, 2020 for their First Day at Met. Parents were also invited for an orientation day where they got the chance the chance to meet the Homeroom Teacher, our EC Principal as well as the EC Vice Principal who introduced important information and the set of expectations that will guide the young learners and their parents throughout the school year.



It was a pleasure to welcome our EC, Elementary and High School new comers to our exclusive orientation camp. New Met students had the opportunity to meet the teachers who they will be in contact with throughout the year. For the younger group, teachers ran activity stations that all children enjoyed. As for our higher graders, Met student council representatives welcomed their new fellow students and made sure to take them around on a school tour and to see their new classes.

KG2 Navy A/B Students started their first two days of school! It was a great start of the year - we had great fun learning about our classroom morning routines, meeting our classmates and teachers! We are so happy to be back to school! Here is to a great year ahead!



Met World

Newsletter

Met Literacy

During the first ELA module for Grade 1, students were learning all about tools and considering which are the best tools for specific tasks. They examined the guiding question, “Why do we need tools?” as they interacted with each other and read information regarding tools. They additionally completed different ‘tool challenges’ where each challenge presented a dilemma based on the question, “Which tool is best for the job?” As students continued to be engaged in these challenges, they experienced using different tools themselves.



Met Science



During science class, grade 8 students were studying kinetic and potential energy. To demonstrate elastic potential energy, students used a 1.5 Liter bottle, paper clips, rubber bands, and batteries to make a “rollback bottle”. A “rollback bottle” is one that rolls back after being pushed forwards. Students measured the distance that these bottles traveled forward after the initial energy input (push), and the distance they traveled back as the result of elastic potential energy being converted to kinetic energy as the twisted rubber bands unwound.

Met World

Newsletter

Met Art

For the months of September and October, the Art Department explored the most basic elements of art: Line and Shape. Across all grade levels, every project focused on creating, reflecting, and connecting students' work to these two elements in some way. One particular project was the Grade 6 'Greek Vase' project, which aligned with the 'Percy Jackson Greek mythology' studies in the ELA classes. Students created a wax base of color for do-it-yourself scratchboards. The following week, they covered these bases in black paint and etching out stories of their own based on Greek line patterns and shapes.



From the start of the school year, students in Early Childhood have collaborated and worked on a 'Community Tree' with their hand print to celebrate the return to school this September. The beautiful tree design is located and can be viewed opposite the Front Desk area in our Early Childhood building, ground floor. Well done to all students!

Met Music

During Music classes, students always get the chance to express their love for the different types of music. They are allowed to always showcase their talents as they are constantly given the space to express themselves and learn confidence while being taught the art of performance.



Met World

Newsletter

Met Clinic

In our continuous effort and commitment to social distancing, Metropolitan School has been preparing for the new Academic Year 2020-2021 with regular meetings and workshops with the Academic Team, many new facility fittings, and Covid-19 Safety Precautions. Practices for social distancing (maintaining distance of approximately one meter) between students, teachers and staff members are heavily enforced. In addition, teachers are always reinforcing the importance of wearing masks properly with lots of activities and videos inside the classrooms.

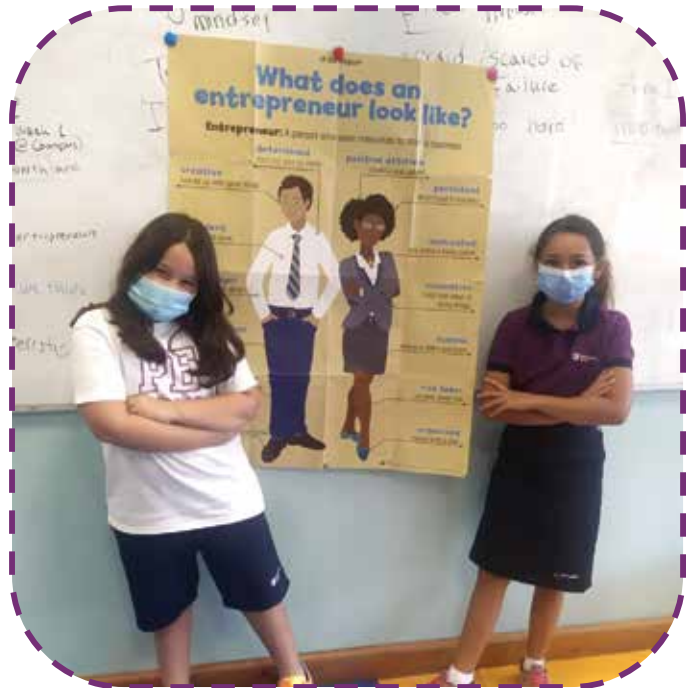


Met World

Newsletter

Met Mission

Met Biz



In an ever changing and demanding world, Metropolitan aspires to enable its students to take initiatives and lead the change they want to see through entrepreneurship. A great example of a future leader and entrepreneur, Mayan from G5 Purdue, is selling the most unique school supplies on her first entrepreneurial attempt. You can visit Mayan's online shop and support her work!

<https://instagram.com/dokanmayan?r=nametag>

Have you ever wondered what entrepreneurs look like? At Met we are more than grateful and proud to foster and witness many entrepreneurial beginnings. Jana, Hana, and Talia in Grade 4 Johns Hopkins are part of the 'Butterfly shop' team which sells girls' accessories and slime. The amazing students all set a great example of Met's youngest entrepreneurs. Well done for the amazing team work!

Met World

Newsletter

Met Student Council

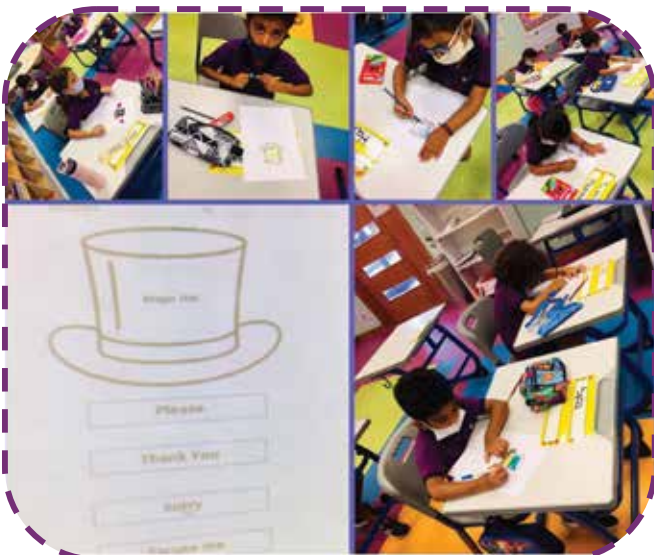
CALLING ALL LEADERS!

The Met Student Council is planning for some major changes this coming year, and we need YOU to step up, take charge and have some fun! 'StuCo' is a group of representatives, elected by their peers, to represent their classmates within the school and the wider community. Class reps are organized, active members of their community and take on leadership roles during fundraising, morning line-ups, community events such as Kindness Week and helping to make Met a great place to be.



This school year will look very different due to Covid-19, and so it is more important than ever that students take an active role in the school. If you are a student in grades 4-9, have a great attitude and want to help Met be the best, have a think about nominating yourself for the Student Council and how you can be of service! Election times and procedures will be announced in the next few weeks so stay tuned!

Met Values



During Met Values classes, Grade 1 students learned how to show RESPECT by using 'Magic Words'.



Students in KG2 learned how to show KINDNESS in school by taking turn, using calm voices and at home by helping mom and dad, cooking and feeding their pets.

Met World

Newsletter

Met Corner



A warm welcome to our new academic staff members who recently joined the Met Family. At Metropolitan School, we selectively choose our teachers. We are confident that their contribution to our academic team will be productive and professionally profound. Welcome on board to all!

Parent Corner



Metropolitan School was excited to welcome its current and new parents to our Parent Orientation sessions for 2020-21 academic year. We hosted sessions by the academic leadership team to present our plans for the year, while ensuring and maintaining social distancing and health guidelines. Each school division was requested to attend the session that corresponds to their child's designated group. We thank all our parents who attended the different sessions and are looking forward to an exciting start at Metropolitan School in 2020-21 academic year.



In our ongoing efforts to support and engage our parents in their child's educational journey at Met, Met invited all Grade 9 parents to its first Parents' Workshop this year titled 'Introduction to Met High School'. The workshop was conducted by our Middle and High School Principal Ms. Helen Somerville. The workshop covered an overview about Met High School plan, grading and credit structure and how we as a school along with our partnership with parents can help and support our students during this transitional phase.

Met World Newsletter

Parent Testimonials

Very organized! Highly appreciated.

Parents' Orientation Days

Everything was very well organized and clear. They gave us a full picture about every single thing.

Orientation was informative and addressed all our concerns. Thank you Met

Excellent world class organization of the event. Everything is well thought of in terms of logistics. Staff are always pleasant and welcoming and ready to support. Proud to be in Metropolitan School.

Parents' Workshop #1
Met High School Plan

I love these meetings. They open up my mind on how to be a better parent and help my child.

It was a very beneficial workshop, specially for a first year high school parent.

Thank you for always trying to enhance the school experience.

Date	October Diary Dates
1 Oct .	Group B - Dress Down Day in Egyptian Flag Colors (Red/White and/or Black)
6 Oct.	Group A - Dress Down Day in Egyptian Flag Colors (Red/White and/or Black)
8 Oct.	Armed Forces Day Celebration - School Closed
27 Oct.	End of Quarter 1
28-31 Oct.	October Break -No classes/E-Learning for students
29 Oct.	Prophet Mohamed's Birthday- School Closed



Executive Director's Message

Dear Parents,

Thanks for all of your care and flexibility during our Hybrid model. Teachers are working very hard and working extra hours, to provide excellent educational platforms for your sons and daughters. The safety of our entire staff is extremely important to all of us and I would like to note that student learning is also a vital part of our service to our community.



KG1 and KG2 started FULL classes, on October 25th, with ALL students attending school. This raised some fears for safety among our staff, however, we are doing our best to be positively realistic and to support the learning process, as best we can. In mid-November, we hope to allow Grade 1 and Grade 2 students to attend in FULL but that will depend on the safety factors in Egypt.

Let's be reasonable, realistic and pragmatic! - Andrew Frezludeen



Met World

Newsletter

EC & Elementary School Principal's Message

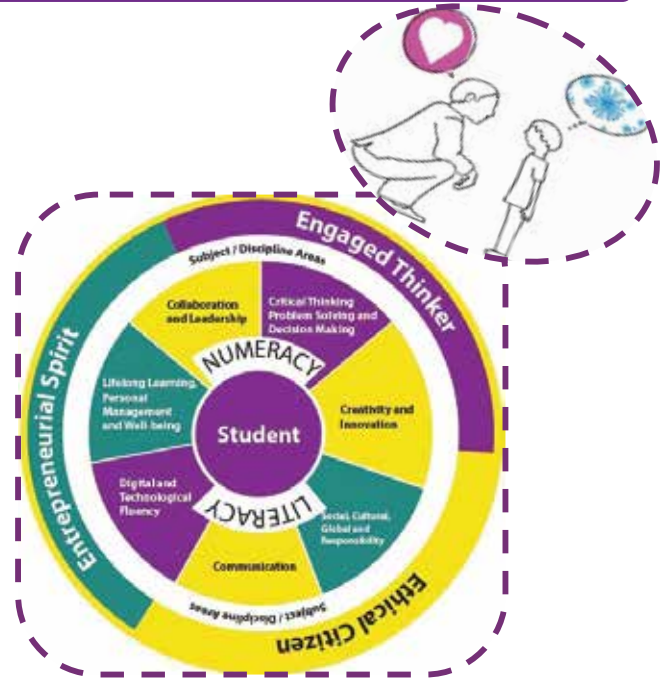
Met's Mission and Vision Statement includes the importance of students becoming lifelong learners and having a good well-being. This year of Covid has caught us all off guard and has raised the anxiety of parents and children alike, which directly affects our well-being. Anxiety has been caused by trying to keep children occupied, feeling safe, and attempting to keep up with schoolwork as best as possible. None of this is easy, but it helps to stay focused on what is possible in order to reinforce a sense of control and to reassure children that they are okay, and that the situation will get better.

Parents/guardians should monitor television, Internet, and social media viewing for their children. Watching continual updates on COVID-19 may increase fear and anxiety. Developmentally inappropriate information, or information designed for adults, can also cause anxiety or confusion, particularly in young children. It is important to be a role model. Children will react to and follow your reactions and they learn from your example.

Your discussion about COVID-19 can increase or decrease your child's fear. If true, remind your child that your family is healthy, and you are going to do everything within your power to keep loved ones safe and well. Carefully listen or have them draw or write out their thoughts and feelings and respond with truth and reassurance. Give simple examples of the steps people make every day to stop germs and stay healthy, such as washing hands. Use language such as "adults are working hard to keep you safe."

Our wonderful counseling staff, consisting of Ms. Jihan and Ms. Eman, are here for your children if they want to discuss their feelings or concerns about Covid. At Met, we are always concerned as much with your child's well-being as their education. We know that when they feel safe and secure, they can learn best.

Please do not hesitate to reach out to us. - **Anjanette Yarar**



Met World

Newsletter

Middle/High School Principal's Message

Student Success with Hybrid Learning (MS/HS):

With the first two months of school already behind us, we should take a moment to appreciate that our school community has navigated through a new educational normal with complete professionalism. A few short months ago it never occurred to anyone that schools would have to transform how students learn more than once, but this is our reality. Our students and teachers adapted to E-learning with no warning in March last academic year. With the same open attitude, they have adapted to a hybrid learning model. While we had slightly more time to develop the hybrid model, it is important to note that existing educational models were developed over decades, with little change. We have asked the impossible of our teachers and students and they have met that challenge head on. As we all continue to learn how to adapt to new learning realities, we ask that parents take a moment to discuss with their child different things that will aid learning success.



- 1. Create a dedicated study space at home.** Remove distractions and set up an area away from the family TV space. Students will sometimes be on camera for LIVE sessions, so make sure this space is well lit and again be aware of what is visible in the camera view.
- 2. Have the right supplies.** Not only do you need the traditional paper, pens, notebooks, etc. You need a device with a camera. Install all needed apps on all devices and keep apps up to date to prevent problems with accessing materials.
- 3. Make sure your child keeps a record of all usernames and passwords.** Forgotten passwords delay work, as students may have to contact school to reset certain apps. Paste this information on a sticky note on your child's desk to save time.

Met World

Newsletter

Middle/High School Principal's Message

4. Organize all electronic documents with a system that works for your child. Students tend to save documents randomly and then cannot find work when needed. Set up folders for each subject and folders within each subject to organize units of study. Saving assessments using the due date in the title can also help students. Generic names such as “English essay” are not useful - try instead “Flowers for Algernon essay October 26”.



5. Create a schedule for the week at home. Just as students use a schedule to move between classes at school, have them create their weekly schedule of office hours and LIVE lessons. Encourage your child to keep regular hours during the week at home, where they are ready for school by 8am each day and finish by 3pm. Students can take longer to finish tasks at home and will work all day if not helped to schedule their time. Make sure they have time to themselves each evening and, where possible, keep up sports or hobby commitments.

6. Keep an assignment notebook. Students need reminders of when work is due. This assignment notebook could be as simple as a small notebook they use to jot down the assignments due each week or could be through an online tool. What they use does not matter but keeping this information organized and up to date will help keep them on schedule. Deadlines for work done at home may all be due by the end of the week, so students need to visually see this and plan their week to prevent panic on Thursday afternoon.

7. Make sure your child knows how to contact their teacher when they need help. Remember that teachers may not see your message until later that day or even the next day, so be organized and check in well ahead of deadlines. Follow up with peers for simple questions but check MS Teams regularly to make sure the information shared by students is accurate.

Met World Newsletter

Middle/High School Principal's Message

8. Take time at the start of the week - preferably on Saturday afternoon/early Sunday morning - to plan the coming week.

- a) Fill in the notebook with all due dates for that week
- b) Update the weekly schedule of online sessions
- c) Clean up your workspace so ready for the new week.
- d) Review actual set assignments for that week and contact any teacher early in the week if unsure what is being asked in an assignment. (Azevedo, 2020).

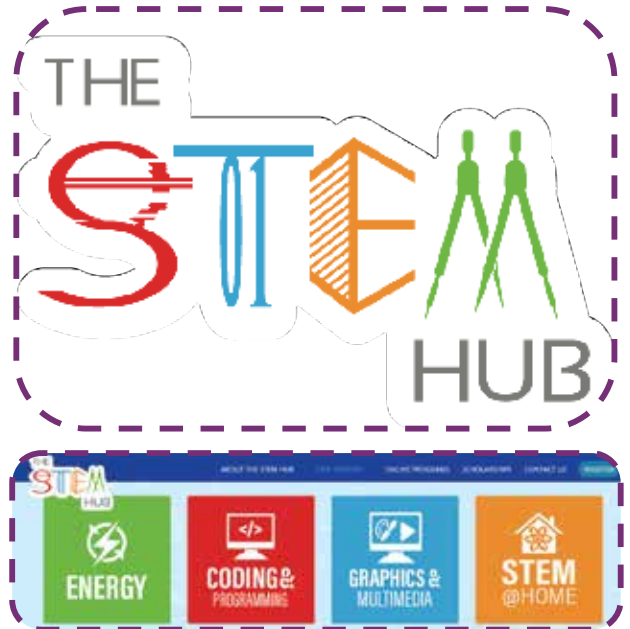


We all want to see our students in class every day, but current circumstances make that challenging. With hybrid learning a reality for the next few months, helping your child stay on top of work and find ways to organize themselves during the week at home will ultimately make them more successful within this system. Wishing all our students continued success throughout the academic year.

Bibliography: Azevedo, K. (2020, October). *10 tips for remote and hybrid learning students.* Retrieved from *School habits:* <https://schoolhabits.com/10-tips-for-remote-learning-and-hybrid-learning-for-students/>

Met Flashing News

As part of our mission to support our students in enhancing their skills and talents, we are excited to introduce the **STEM Hub Egypt**. The **STEM (Science, Technology, Engineering, and Mathematics) Hub** aims to equip Egypt's young scientists, innovators, and entrepreneurs with the necessary skills to serve national objectives and lead Egypt into the next era of technical innovation. The Hub uses a project-based ONLINE learning approach to give participants the chance to explore their interests, apply their learning, and create innovative projects through fun, hands-on activities. The STEM Hub is committed to providing a safe space for students to grow and develop while socially distancing through their [online programs](#).



These courses are highly interactive where participants work in teams to apply the course's teachings to a creative and fun final project. All Metropolitan School students who are interested in joining an online course will receive a **40% discount** upon registration! For more details, please contact the STEM Hub directly via info@TheSTEMHub-Egypt.org. Or call them via: **010 149 577 72 / 010 14 999 594**.

Met World

Newsletter

Met Flashing News



Metropolitan school proudly becomes the FIRST educational institution in Egypt to acquire the MOE's approval as an official testing center for the ACT exam. We are also proud that three of our very own teachers have successfully completed the ACT Teacher Readiness Training in English and Math. Please join us in congratulating Ms. Deena Anwar (Math ACT), Ms. Briana Dodd (English ACT) and Mr. Sherif Nabil (Math ACT).



We are delighted to announce the launch of the admissions season for the new Academic Year **2021/2022!** To give priority to our existing Met families, Metropolitan School offered siblings of present students a first consideration priority when applying for the new academic year. We thank all parents who applied for their children and wishing them good luck with the admissions process and upcoming assessments.

Met Library



First graders got to learn about 'Book Care' and how to treat books properly during their Library class. They recognized different scenarios on which appropriate or inappropriate actions are taken while handling books. They also learned where do damaged books go, and how librarians can fix them.

Met World

Newsletter

Met Literacy



Friends in KG2 Navy have been busy bees as they started reading books and words. They learnt that everyone reads at different stages - as KG2s we now can begin reading pictures and look at pictures to match with their beginning sounds.



During ELA class, Grade 5 students participated in a read aloud session with the first module book, 'Esperanza Rising'.

Met ICT



Met students learned how to use their Met 365 email, OneDrive, and other Microsoft services to better communicate with their teachers, classmates, and the world outside Met. Students learned how to login to their *metropolitanschooleg.com* account services, and used 'OneDrive' to share and work collaboratively with their friends. Students started their very first steps to start using Microsoft office online and be ready for the future of the cloud e-world!

Met World

Newsletter

Met Science



Fourth graders learned about plants during the science class. Like humans, flowers come in all shapes, colors, and sizes. They learned that they also have male and female parts, which help flowers spread their seeds and make more flowers just like them.



Our Grade 1 scientists learned all about living and nonliving things. Through song and dance, they learned the needs of animals. Does it breathe air? Move or grow? Need food or water? If yes, then you know, it's a living thing.

Grade 8 students have been visiting the science lab to study energy and forces. They have been measuring the mass of a tennis ball and used this data to calculate the gravitational potential energy (GPE) of the tennis ball when dropped from various heights. Later, they used an online calculator to determine the ball's energy at impact while they visited the science lab. Since the initial GPE and the energy at impact are roughly equal, they used mathematics to provide evidence for the law of the conservation of energy. Well done 8th graders!



Met World

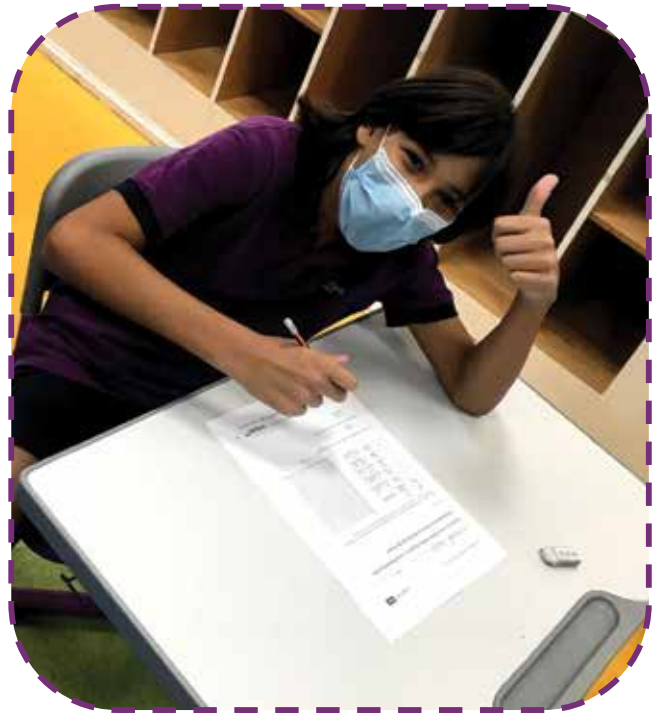
Newsletter

Met Math



Second graders were working with partners to practice making ten with number bonds. This was an extension activity to the ‘Pairs to Ten’ lesson. During this time, teachers were able to work one-on-one with students who needed some extra support with the more complex concept of ‘Adding Ones to Ten.’

During Math class, Grade 6 students were studying Ratios and Unit Rates. To represent ratios in ratio tables, equations, and double number line diagrams and then represent those ratios in the coordinate plane. Students were divided into teams, shared their thoughts and produced a wall chart illustrating the relationships between distance and time for a train traveler. This activity served as a means for students to associate ratios with ordered pairs and plot the ordered pairs in the x–y coordinate plane while they graphed collected data on the coordinate plane as well.



Met Social Studies

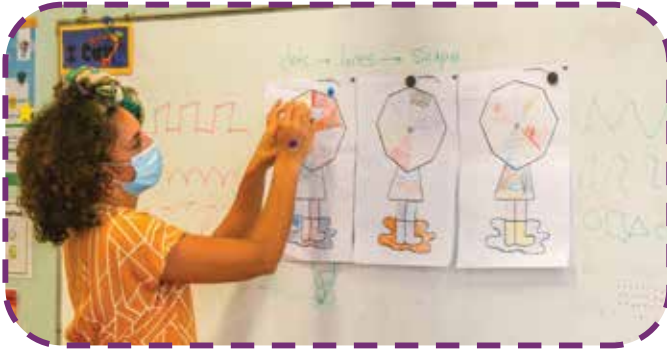


During English Social Studies class, our Grade 6 students were studying ‘World Geography’, and had the opportunity to explore the 5 Themes of Geography by researching Mrs. Crystal’s hometown of Fort Worth, Texas.

Met World

Newsletter

Met Art



Students in Grade 1 have gone in-depth in their study of “lines” to understand its importance as an element of art. They made connections between various elements, including dots, lines, and shapes, and learned about patterns by repeating simple lines to create a picture.

Met Music



During music classes, students learned how to read music by implementing the skill of music theory and combining it with the skill of the art of performance. They had the opportunity to learn how to read music and not only how to sing, but how to perform; to warm up the voice, to stand on stage, and appreciate teamwork. Well done to all our talented students!



Grade 4 Cornell Students have been learning the basics of music theory, and with that knowledge, they were able to analyze their very first music sheet, “Twinkle Twinkle Little Star” composed by W.A.Mozart (1756-1791). After analyzing the music sheet and being able to read notes for the first time, they then learned how to apply it to instruments. Now they learned to play it on the Xylophone. Although it was their very first time to analyze a music sheet, read music, and play an instrument, these young musicians proved how talented and smart they are.

Met World

Newsletter

Met Clinic

Thursday October 15th, 2020 marks the global recognition of the ‘**Handwashing Day**’, therefore, Metropolitan School has decided to celebrate the day in it’s own way by encouraging students to practice the hand washing etiquette every time the students washed their hands during that day. Moreover, we encouraged our students to create posters and present different projects to reflect on the ‘Handwashing Global Day’. ‘Met Annual Hygiene’ campaign was celebrated during 2 different weeks to cover students in Group A and Group B. The campaign’s title this year was: ‘**Personal Hygiene and the importance of proper hand washing in defeating Covid-19 and other diseases**’.



Met World

Newsletter

Met Mission

Egyptian Values



The sixth of October is an extraordinary day in the history of Egypt. It is the day of glory, dignity and victory. Metropolitan students celebrated the occasion by dressing in Egyptian Flag colors. They additionally, performed different activities during the morning line which included singing and presenting information about the victory. They also displayed artworks and activities which reflects the 6th of October's Day. Some students also embodied the song (Long Live Egypt) in sign language. We also invited army officers to participate in the celebration with students. They got to speak about our successful stories which resulted in the victory.

Met Serve



Our first fundraising campaign for this year took place in October. The fundraising this year was slightly different due to the pandemic situation. Students who participated, were asked to come to school out of uniform. Each participant received a hygiene kit gift bag. For every bag provided to a Met student, Met school donated a bag to 57357 children on behalf of every participating student.

Met Biz

Grade 4 students were challenged to create products and services, using resources from different regions located in the United States. Our young entrepreneurs came up with creative ideas and represented their brands with colorful logos and fun slogans!



Met World

Newsletter

Met Mission

Character Education



Introducing our Met Positive Behavior Awards; *'Student of the Month'*, *'Pillar of the Month'*, *'Bus of the Month'* and the *'Attendance Award'*. "Meeting Expectations is good. Exceeding expectations is better." #Be Respectful #Be Responsible #Be Safe!

Met Values



Here at Met we care about our staff and their happiness. The Sunshine Committee, led by Ms. Shirley Munoz, created a kindness bulletin board. Teachers and staff members were encouraged to take an inspirational quote and keep it for themselves or give to someone else to make their day!

Met Corner

The Sunshine Committee together with our Leadership Team launched the 'Staff Member of the Week' Program. One of the several employee recognition programs that Met has started which allows Staff Members to recognize each other's hard work and achievements through nominating their fellow Met Staff members based on the amazing work they do. Each week the Staff Member receiving the most nominations gets recognized. Congratulations!



Met World

Newsletter

Parent Corner



Due to the unprecedented situation of the pandemic Covid-19, the MOE has decided to extend the PTA of last year. Below are the members for PTA 2020-21 Academic Year.



Metropolitan School hosted its first ever Breast Cancer Awareness Campaign ‘**Pink Ribbon - Be Aware**’ Event on October 26th, 2020 organized by our school doctor Dr. Yasmine El Raii. Parents were invited to attend a very inspiring session that included information about the risk factors of Breast Cancer, what are the symptoms and signs of breast cancer and how can we prevent it The session was conducted by Professor/Dr. Nermeen Mostafa - Lecturer of Clinical Oncology (Ain Shams University), Member of European Society of Medical Oncology. The session’s moderator and surprise guest was the stunning TV and radio 9090 presenter Ms. Shaima Hafez who was happy to support the school with the cause. The session cause was sponsored by Parkville Pharmaceuticals and Sekam, who presented a variety of gifts to all our guests. was a true success!

Name	Position
Dr. Sameh Habib	President
Dr. Olfat Ali	Vice President
Mr. Andrew Frezludeen	Executive Director
Mr. Amr Elshaffie	Member
Dr. Sandra Aziz	Member
Mr .Hany Rashad	Member
Ms. Maha Mohamed	Member
Dr. Hisham Makhoulf	Appointed Member
Ms. Marina Fouad	Appointed Member
Ms. Jordana Theriault	Teacher
Ms. Rola Shehata	Teacher
Ms. Brent Baumgartner	Teacher

Met World

Newsletter

Parent Testimonials

Thank you for hearing us out!

Parents' End of Year Survey

The school is perfect, safe, interesting, professional atmosphere for my child, full of calibers, enriched personalities, characters & skills.

It is the best school ever, it is our second home, and we love Metropolitan.

What is so special about our school is that it is maintaining the Egyptian values yet in flexible modern way, so proud of the school!

The clear transparency in everything, getting in touch regularly with parents through constant emails giving us intensive orientation about e-learning process and also knowing the academic background of their teachers and Staff.

You're doing great job Metropolitan, keep it up!

What I like best about Met, is the quick response to my emails.

My kids love to go to their school!

Date	November Diary Dates
1 Nov.	Quarter 2 Begins
1 Nov.	Group A - Fall Season Dress Up Day (Grades 1 - 9)
2 Nov.	Parents' Workshop 'Hygiene Campaign' (9:00 am - 11:00 am)
26 Nov.	Thanksgiving Day- School Closed
30 Nov.	Leadership Coffee Morning #1 (8:30 am - 9:30 am)



Executive Director's Message

It is hard to believe that time has flown by so fast and it is already the end of November. With much hope, the Covid vaccine will be out soon and might be able to be used by the world. Then, we can all return to a normal system of life and of educational practice.



It is important that when students are outside of the campus, that you continue to follow safety procedures, by at least wearing a mask. We have welcomed back all grade 1 and grade 2 students. That means, we have from Pre-K to grade 2 students in full attendance in classes and we are maintaining our vigilance and safety measures. Stay **positive, focused, inspired and healthy!** - **Andrew Frezludeen**

EC & Elementary School Principal's Message

Successful Parent-Teacher Conferences

Parent Teacher Conferences are scheduled for December 13-17. They will be online this year due to COVID and the need for social distancing. Going to the parent-teacher conference provides you and the teacher an opportunity to work together as a team in order to help your child. You each have an important perspective to share - as the parent, you know your child's personality, habits, strengths, and weaknesses.



The teacher, on the other hand, has been trained professionally in the best methods of teaching, meeting individual student's needs, how to control classroom behavior, and how to help your child succeed in school. Working together you will be able to find ways that each of you can provide the appropriate and necessary support for your child.

Met World Newsletter

EC & Elementary School Principal's Message

The conference is also an opportunity for you to ask questions about your child's progress, to learn more about the class and what the students are studying, and to find out if your child is having difficulty with anything in particular. In addition, the more you know about your children's school and classes, the more likely they will be to talk about daily experiences with you. They will appreciate your concern and involvement, and they will be more likely to approach you when they have problems.

Talk with your child

Ask your child what his/her strongest and weakest subjects are, and which subjects he/she likes most and least. Ask your child if he/she would like you to speak about anything particular with the teacher. Make sure that your child understands that you and the teacher are meeting to help him, so that he doesn't worry about the conference.

Prepare a list of notes

Make a list of topics that you want to discuss with the teacher and that you think the teacher should know, such as your concerns about the school, the child's home life, any major changes in your family, habits, hobbies, part-time jobs, holidays, or anything that is worrying your child. Be sure to ask for input from your spouse or other adults that are caring for your child as well.

Ask for explanations of anything you don't understand

Listen carefully to what the teacher says. If you don't understand something that the teacher talks about (such as an educational term or an explanation of a school policy), don't be afraid to ask for clarification. It is important for you to understand what your child's teacher is telling you.



Met World Newsletter

EC & Elementary School Principal's Message

Create an action plan

Ask your child's teacher for specific suggestions of ways that you can help your child at home with homework, reading, organization, routines, behavioral issues, etc. Make sure you understand the teacher's suggestions, and ask for clarification if you do not. This list of suggestions will become the action plan. Establish a way to keep track of the child's progress, as well as the best way to stay in touch with your child's teacher - through phone calls, emails, notes, or meetings. Review the action plan with the teacher as you end the conference to make sure that you both have the same expectations.

Talk with your child

Talk about the conference with your child. Emphasize the positive points, and be direct about problems that were discussed. If you and the teacher created an action plan, explain it to your child. Make sure that your child understands that you and the teacher created this plan to help him. - **Anjanette Yarar**

Middle/High School Principal's Message



In November, we celebrated the academic achievements of our students. The Quarter 1 Honor Roll for Middle and High School was based on overall GPA (Grade Point Average) for the first time. GPA equates a letter grade with a number on a scale of 0-4 and provides students and the school information on the overall grade level of a student each quarter as well as each year. The Honor Roll starts at 3.7 and above and means that any Honor Roll student has a grade average of 90% / A- and above across all subjects. Therefore, making the Honor Roll is an achievement for any student and worthy of celebration. It is always important that we take a few minutes and recognize the consistent effort and academic achievement of each Honor Roll student and encourage them to continue their hard work.

Met World Newsletter

Middle/High School Principal's Message

What we forget sometimes is that many students may not receive the recognition of an Honor Roll certificate and yet might be so close to that cut off point of 3.7. Those students who have achieved an 87% / B+ average have also worked hard and adapted well to the new learning model. I want to take a few minutes to remind those students that we did notice their excellent work and commendable achievements during Quarter 1. I also want to remind them that every quarter will have a new Honor Roll and that every student starts each quarter anew.



It is an important message for all of us to share with our students – as teachers, school leaders, and as parents. Remind your children that sometimes a simple adjustment is all that is needed to improve our overall effort – focusing on one subject a little more to improve our results or even just organizing ourselves to meet deadlines so we don't lose grades for work that is late. Each student can, therefore, strive to meet the standards required and who knows what they can achieve? I encourage each and every student to do their best in every subject and work to improve. Sometimes small, but consistent steps can lead to great results.

Keep up the great work Middle and High School students, and I am sure you will see concrete results. - **Helen Somerville**

Met World

Newsletter

Met Flashing News



In November 2020, we celebrated the academic achievements of our students. The Quarter 1 Honor Roll for Middle and High School was based on overall GPA (Grade Point Average) for the first time. The Honor Roll starts at 3.7 and above and means that any Honor Roll student has a grade average of 90% / A- and above across all subjects. Please join us in congratulating all students for successfully demonstrating classroom expectations and for their academic achievements. We are proud!

A promotional poster for Bandmakers Music Academy. The background is bright yellow. At the top left, there is a logo for 'Bandmakers MUSIC ACADEMY' featuring a guitar. At the top right is the Metropolitan School logo. The central text reads '15% OFF' in large, bold letters. Below this, it says 'FOR ALL METROPOLITAN STUDENTS'. On the right side, a young boy in a red shirt is playing a red electric guitar. At the bottom left, there is a call to action: 'KEEP THE MUSIC ON' followed by social media handles for Facebook (@BANDMAKERSEGYPT) and Instagram (@BANDMAKERS.MUSIC.ACADEMY), and a phone number: '+20 128 000 8848'.

Metropolitan School is happy to announce the reopening of 'Bandmakers Music Academy' starting from September 2020. 'Bandmakers' operate after school hours from 4:15 pm till 10:00 pm, and all day long on weekends with a special discounted rate for all Metropolitan School families only. 'Bandmakers' offer a variety of music classes that include Drums, Guitar, Vocals, Keyboards, Violin, Saxophone, Trumpet, Tabla, and Percussions. Bandmakers hires only the best and the most qualified music teachers in town! What are you waiting for? Book your child's class now by calling **012 0000 82 34**.

Met World

Newsletter

Met Flashing News



Our Early Childhood students celebrated their 50th Day of School in November! To mark the occasion, students and teachers dressed up in their favorite outfits from the rockin' 1950s era and completed activities all about the number 50 in their classrooms.



As we were unable to host the 'Annual Met Fall Festival' this year due to the pandemic situation, Metropolitan School invited all its students to come to school dressed up in costumes to celebrate the 'Fall Season'.

Met Library



During Library class, students in KG2 recognized the difference between authors and illustrators. They demonstrated a knowledge of the different roles and tools of an author and illustrator through a coloring activity.



During Library classes Elementary students learned about Dewey Decimal Classification system. They were introduced to this system invented by Melvil Dewey and first published in 1876. It is composed of 10 categories which are broken into smaller and smaller areas. They experienced the way of putting Non-fiction books and other library resources in a certain order so that they can be easily located.

Met World

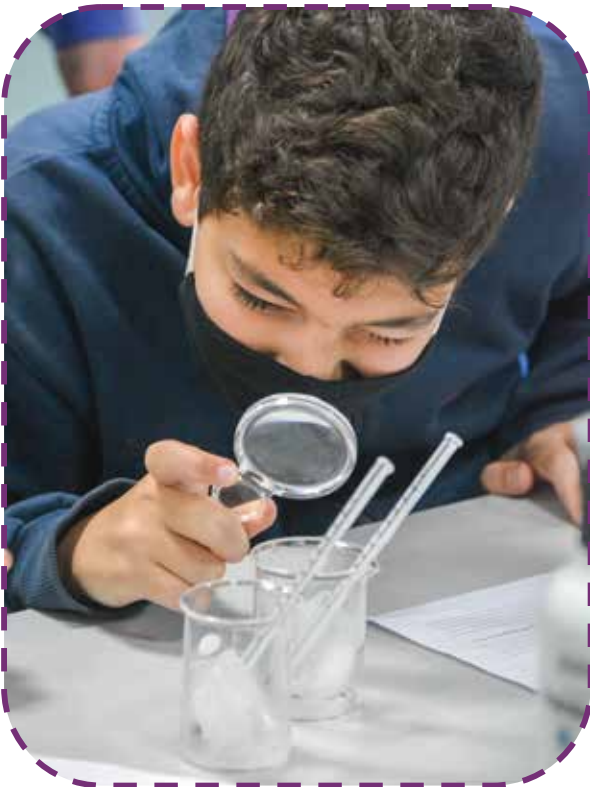
Newsletter

Met Literacy

During ELA sessions, students in Grade 9 studied the central idea (The Meaning of Beauty) in the text “Solarium” by David Mitchell. Students were encouraged to create a mini-project that summed up their own meaning of beauty. Some made art, small quote booklets, wrote a haiku or the word beauty in different languages. Good job Grade 9!



Met Science



Students in grade 8 have been studying temperature, thermal energy, and heat. In this lab, students put rock salt on an ice cube and measured the temperature of the melted water every minute for ten minutes. They found that the resulting water attained sub-zero temperatures. This is because the dissolution of salt in water is endothermic and because the dissolution lowers the freezing point of water causing less liquid molecules to attach to the ice lattice (freeze). This lab demonstrates heat transfer and allows students to gain practice measuring temperature. Practically speaking, this explains why salt is used to “melt” ice on the roads in winter.

Met World Newsletter

Met Science



In science class, Grade 3 students worked with food chains, describing organisms' ecological relationships to one another. Food chains illustrate predator-prey relationships and how energy is transferred. There is no better way to understand food chains than to make your own food chain. Third graders took the opportunity to learn about food chains while being creative. Well done Grade 3!



Grade 8 projects this quarter were about scientific notation. Students were assigned to find number facts, and present the fact in scientific notation and standard notation. Well done, Great job Grade 8!

Met Math

During Math classes, Grade 3 students used arrays to find the answer to multiplication problems. We are proud of our young learners with all the achievements they have accomplished in the Math subject so far.



Met World

Newsletter

Met French

We are honored to announce the achievement of the 1st DELF exam at Metropolitan. JWARYIA MOHAB GAMAL ELMASRY Grade 7 Caltech has passed the DELF A1 Prim with a score of 76%. The DELF A1 Prim is an official Diploma of French Language Studies issued by the French Ministry of Education and is recognized worldwide. It allows validating and certifying for French language abilities. Therefore, this diploma allows JWARYIA to valorize her abilities in the French language.



On November 7th, 2020, six students from Grades 8 and 9 sat the French DELF exam, (Level DELF A1 Junior), at Capital International School. Our students competed with other international schools in Cairo and we are proud of their participation and excelling in the French language.

Met Music

Lower grade students have been recognizing and naming classroom musical instruments. They have explored a variety of musical instruments and also discovered the differences in sounds between: higher and lower, faster and slower, louder and softer, same and different, in addition to longer and shorter sounds.

Well done young talents!



Met World

Newsletter

Met Art



Grade 1 students have been designing inventions purely from their imagination using basic design concepts they have learned over the past quarter. By implementing their knowledge of lines, shapes, and forms, they were asked to draw a mockup of their designs and use planning skills to execute their designs using recycled material.



As part of the “Art Around the World” study, students in Grade 2 have been focusing on African Art this quarter. They have been using recycled paper and scraps to create and implement African mask designs, inspired by African traditions.

Met Mission

Met Serve



Metropolitan school celebrated Prophet Mohamed’s Birthday ‘Mawlid El Nabawi Al- Sharif’ in October. Early childhood, Elementary & Middle School students distributed Mawlid Al Nabi sweets to the Met support team and staff members.

Egyptian Values



We are proud of our students who excelled in the Arabic language and scored the highest marks this quarter. Our top achievers in Arabic have been honored and recognized during the morning line for their hard work. Additionally, students who have been on track with the Arabic reading, have also been recognized by the school. We are proud!

Met World

Newsletter

Met Mission

Met Biz

Metropolitan Financial Literacy Program:

Children are taught from an early age how to read and write, how to add up numbers, the history of the world and the science that holds it together. They aren't always taught what they need to know to manage their personal finances.

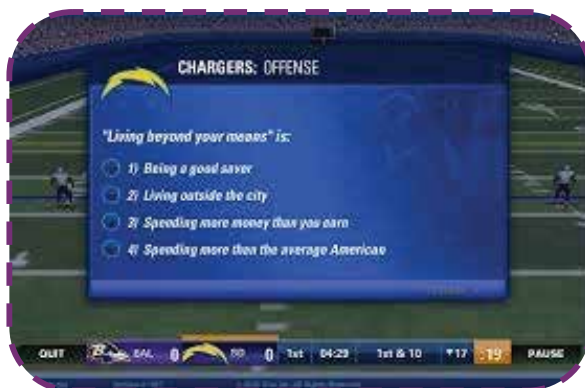
Addressing this gap can't lie in educators' hands alone. Leaders in the financial industry must also be called upon to share their knowledge with the younger generations so that children can build financial literacy from an early age.



Visa has taken on this challenge by creating programs that students can enjoy—while also picking up the basics of financial knowhow. Visa's game Financial Football, released in 2006, was designed to teach children financial responsibility in a manner that they can understand and connect to by asking them to answer personal financial questions correctly in order to move the football further down the field and, eventually, win the game. Here at Metropolitan School we believe that learning Financial Literacy is fundamentally important and so have incorporated this program into our Met-Biz Entrepreneurship Program for grades 7 – 9. The program is a self-paced learning activity which will enable students to achieve Financial Literacy at a pace suitable to their individual needs. Whilst playing the financial football game at home the students will be gaining a wealth of financial knowledge to help navigate the topics that they will be covering in the classroom.

The Modules covered will be:

- ⇒ **Budgeting** ⇒ **Debt**
- ⇒ **Saving** ⇒ **Identity Theft**
- ⇒ **Credit** ⇒ **Financial Institutions**
- ⇒ **Life events.**



Met World

Newsletter

Met Mission

Character Education



Met Social Counselor's have been conducting a "Body Awareness" Workshop across Grades 1 to 3. The workshop was designed to help the younger students understand their feelings. They realized that they have the right to say "no" to physical contact that might hurt them or make them feel uncomfortable.

Met Values



During Met Values classes, students in Grade 1 learned about kindness and how to fill their invisible bucket with notes on kind behavior. They also learned about self-control and the three actions they need to practice when they get angry. **1) Stop** **2) Think** and **3) Act**. Well done young learners!

Met Corner



During the summer, teachers from Metropolitan School took part in a community service project. The teachers worked in cohesion with ladies from a village to create 'donkey nose bands'. These bands were then taken, and distributed amongst Cairo donkeys. These bands are placed over the donkey's nose chain, allowing a 'soft padding' to be added and protects the donkey's nose from the heat of the chain (these chains heat up during summer, causing the donkeys discomfort). Multiple donkeys were aided and their owners were very grateful. Thank you to the teachers who took part in this 'community service' project.

Met World

Newsletter

Parent Corner



In celebration of Thanksgiving Day, Metropolitan School closed on Thursday, November 26th, 2020 to celebrate the occasion. Thanksgiving Day is a national holiday celebrated on the fourth Thursday of November in the United States. It was originally celebrated as a day of giving thanks for the blessing of the harvest and of the preceding year.

We would like to thank all parents who attended our 1st Leadership Coffee Morning session and shared with us their feedback and comments. The purpose of this informal meeting is to invite our parents where we hear from them and they hear back from us. The session took place in the MS Garden open door area in an attempt to maintain social distancing between the attendees.

Parent Testimonials

**Hygiene Awareness Campaign
Parents' Workshop**

Please keep going in giving us such informative sessions!

Thank you so much Met family for hosting us in this event.

The awareness session was very important. I wish there were more parents attending as the information shared was so useful and important. Thank you Met Team!

Keep it up Dr. Yasmine! Very nice session and informative as usual!

Date	December Diary Dates
13 Dec. - 18 Dec.	Virtual PTC (Process & details to follow)
18 Dec. - 9 Jan.	Winter Break - School Holiday
25 Dec.	Western Christmas



Executive Director's Message

Dear Met Community,

Well, time sure flies and it is just about time for the winter holidays! I hope your kids will read each day to help their overall reading skills. We are wrapping up our MAP testing and this will help teachers to guide instruction in the classrooms. MAP is an adaptive test which covers: English, Math and Science. It is a snapshot of achievement which helps identify areas of strengths and areas for improvement. It is only one assessment, in addition

to the other tests, quizzes, projects, book reports, labs, etc. Teachers use all of these tools to help kids grow and learn, unlearn and relearn. Please remember to reach out to teachers, if you have further questions about assessment, teaching and learning in your child's class.

I wish to extend a very warm thank you to our parents, who support our school and who help us to overcome the challenges of educating all of our students. Thanks to our teachers and all of our staff at Met, who work with passion to engage our students to learn, both inside and outside of the classroom setting. We are committed to continue to improve our craft so your kids can flourish. A very useful quote for us: ***"A beautiful day begins with a beautiful mindset"***.

With best wishes for a peaceful and happy holiday to our Met Family. Thanks for being part of Met!

- Andrew Frezludeen



Met World Newsletter

EC & Elementary School Principal's Message

“Should My Child Be Reading Every Night?”

“Should my child be reading every night,” is a question I was always asked as a teacher and is still a question I am always asked as a principal. The answer is simple. Yes. Absolutely. Starting in kindergarten, if a student reads 20 minutes a day at home, they will hear 1.8 million words per year. They will have read for 851 hours by 6th grade and on standardized tests, they will likely score better than 90% of their peers. (See chart for more details).



Reading builds brains, fostering early learning and creating connections in the brain that promote language, cognitive, and social and emotional development. The best way an adult can help a child's cognitive development is to read with them every day, beginning at birth. When children are young, they learn language from the speech they hear. By reading with a child, you introduce many more words than those used in day-to-day communication.

Reading exercises our brains. Reading strengthens brain connections and actually builds new connections.

Reading improves concentration. Children have to sit still and quietly so they can focus on the story when they're reading. If they read regularly, they develop the ability to do this for longer periods.

Reading teaches children about the world around them. Through reading, children learn about people, places and events outside their own experience. They are exposed to ways of life, ideas and beliefs about the world, which may be different from the world around them.

Reading improves a child's vocabulary and leads to more highly developed language skills. This is because children learn new words as they read but also because they unconsciously absorb information as they read about things like how to structure sentences and how to use words and language effectively.

Met World

Newsletter

EC & Elementary School Principal's Message

Reading develops a child's imagination. When we read, our brains translate the descriptions we read of people, places and things into pictures. When we're engaged in a story, we're also imagining how the characters are feeling. We use our own experiences to imagine how we would feel in the same situation.

Exposing children to books, magazines, and more at an early age is a great way to encourage them to be life-long readers, which means they'll reap these benefits for years to come. - **Anjanette Yarar**

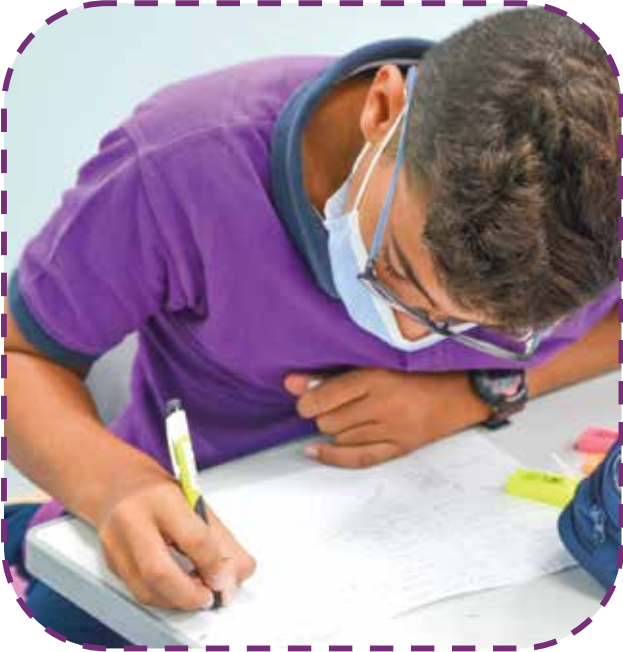
WHY READ FOR 20 MINUTES A DAY?

STUDENT A	STUDENT B	STUDENT C
20 MINUTES PER DAY	5 MINUTES PER DAY	1 MINUTE PER DAY
1,800,000 WORDS PER YEAR	282,000 WORDS PER YEAR	8,000 WORDS PER YEAR
SCORES IN THE 90 TH PERCENTILE ON STANDARDIZED TESTS	SCORES IN THE 50 TH PERCENTILE ON STANDARDIZED TESTS	SCORES IN THE 10 TH PERCENTILE ON STANDARDIZED TESTS

Met World

Newsletter

Middle/High School Principal's Message



Deciding what career path to pursue is often an incredibly stressful decision for students to make.

With the variety of career options increasing every year, the process can become more complex than needed. Recently Grade 9 students were surveyed regarding possible course choices in the remainder of High School. This is the first step for them in making decisions regarding potential college choices.

Knowing that these choices can impact career

decisions, the process starts early in High School and will continue every year until graduation. Students need time to understand the process of selecting courses and what impact this may have. For much of a child's education, there is absolutely no choice involved and they become accustomed to the school deciding what happens over the course of each academic year. For our current Grade 9 students, the process of selecting between Art History and Music at the end of Grade 8 was the first time they were asked to decide a part of their education and it was not easy for everyone to make that decision.

This gradual process of deciding on one subject choice, that moves to making decisions on nearly all subject choices by Grade 12, is part of a larger process of developing skills that prepare students for life beyond school.

It must never be a process that a student takes alone. School administration and counselors will talk through options and explain both courses of study at school and college admissions processes, including guiding students

to apply their interests on deciding possible career choices.

Met World Newsletter

Middle/High School Principal's Message

Parents must talk with their children during this process too. Our children may not always show it, but parents' opinions on careers deeply affect our children's decisions and may be the key to whether they follow a certain career path or not. Open those discussions with your child, and put them in touch with your contacts who work in an area of interest for your child so they can talk about what the actual career field will involve. If your child can work alongside someone



in their areas of interest, even better. Much of the conflict students feel in choosing college courses is working out which career they don't want to pursue. Reducing options is impossible if you do not actually know what a real job involves.

Course counseling for Grade 9 will continue in January with scheduled parent and student meetings to help define general areas of interest. This will be followed by a college and career workshop before final choices must be made for Grade 10.

The process will be repeated next academic year and into the following as we add college admissions counseling and continue to follow up with students and families to help guide everyone through this process. If left alone to decide future career paths, this can be extremely stressful for a student. But, if we work together to guide and support our students, it can become an exciting process full of opportunities. - **Helen Somerville**

Met World Newsletter

Met Flashing News



Metropolitan School proudly celebrates the success of all students who excel in extracurricular activities. Congratulations to our own student **Sophia Mansour** in **Grade 2 Cambridge** who won first place and a gold medal in the 2nd national aerobic championship organized by the Egyptian Gymnastic Federation. Congratulations young champion Sophia with your well deserved achievement and success!



Please join us one more time in congratulating and celebrating the success of our very own student **Salma Ibrahim** in **Grade 2 Stanford** who also won a gold medal and achieved the 1st place in the National Egyptian Tournament for Aerobic Gymnastics. Congratulating to young champion Salma for this great achievement and success, we are proud of our students!

Met Library

As we continue talking about authors and illustrators in Library classes, students in KG2 pretended to be illustrators during their Library class. They drew a picture that reflected the author's story about the cat named 'Cara', who went to the library to get a book about how to bake cookies! Students of KG2 did an awesome job

with their illustrations to depict the story of 'Cara the cat'.



Met World

Newsletter

Met Literacy



Our Grade 2 students have been working hard on their writing skills. They learned the different steps for writing a story. They started their journey in writing a full story on their own this quarter and have shown great progress in their writing skills. Great job to all!



KG2 Navy elves have been busy learning at workshop all kinds of things! Working on their sounds, their reading skills, and their motor skills! The young learners were happy to welcome December in a jolly and festive mood! Happy festive season to all!

Met Math

Students in KG1 Orange were asked the question: What objects move easiest through a tube? Each student picked an object from around the classroom and they took them outside to have more space to watch the objects move. Students dropped their object through the tube to see how far they would go at the other end. These objects ranged from blocks to small plastic animals to spheres. In conclusion, KG1 Orange noticed that round objects, such as spheres, cylinders, and cones moved the easiest through a tube. The practice was great for physical and visual learning and our students had a blast!



Met World

Newsletter

Met Science



During science class, Grade 4 students had the opportunity to learn about food chains. They explored how various organisms satisfy their needs in the environment in which they are typically found. In addition, they understood the survival needs of different organisms and considered how the conditions in a particular habitat can limit what kinds of living things can survive. Well done 4th graders!

As in all experimental sciences, cell biology depends on the laboratory methods that can be used to study cell structures and function. In this lesson, fourth graders learned that all organisms are composed of cells and that most of the cells are too small to be seen by their naked eye. They were able to observe different types of cells by using microscopes.



Students in grade 6 have been investigating and studying weathering, erosion, and deposition. To investigate chemical weathering, students placed limestone in vinegar and then waited two days to observe the results. As a weak acid, vinegar reacts with limestone. Students were able to immediately observe bubbling, and days later they observed the sediments that collected at the bottom of their beaker.



Met World

Newsletter

Met P.E.

Shuttle Time Coaching Course

‘Egyptian Badminton Federation’

We were very fortunate this month to have the ‘Egyptian Badminton Federation’ come to our school campus to train some of our staff to become official Badminton Coaches. The course was held at Met on both Fridays the 4th and 11th of December, 2020.



Double Olympian ‘Hadia Hosny’ conducted the course and as a result we now have seven Official Federation Coaches at Metropolitan School. The course was split over the two days and contained theoretical work as well as physical coaching. All staff were trained on how to organize appropriate teaching methods for all ages from Pre-K to Grade 9.

Staff were taken through the planning, skills and engagement process to ensure that students of all ages were able to develop the appropriate skills to become excellent Badminton players. We will start running the Shuttle Time program for all ages during the course of this academic year as well as organizing some competitions within school. We would also like to thank Shuttle Time who not only arranged the training but also donated 2 Badminton Nets, 20 Badminton Racquets, 4 cartons of shuttle cocks as well as a carry bag for all of the equipment.

This quarter, KG students were working on their balance and strength during their PE classes. Improving balance increases coordination and strength, allowing them to move freely and steadily.

Enhancing stability, mobility, and flexibility.



Met World

Newsletter

Met Art

As part of the “Art Around the World” study, students in Grade 2 have been focusing on African Art this quarter. They have been using recycled paper and scraps to create and implement African mask designs, inspired by African traditions.



Met Music

Met Music department was pleased to announce a series of mini-performances conducted by our talented students to celebrate the spirit of the ‘Winter Season’. Students who performed varied from grades 3 to 9 grade levels. Not only did we have performing rising stars this year, but also, students from grade 9 worked backstage on sound-check, sound board, props, videography and editing. Some of the vocally advanced students have also been assisting in rehearsals. Given recent events, we have decided to host the mini-performances during the morning assembly, so that we ensure our students’ safety. The magical atmosphere was brought directly into the homes through our social media platforms and MS Teams channels. Additionally, we had a special visit from Santa himself who visited the students in their classes to get everyone in the holiday spirit! Happy festive season to all Met families!



Met World Newsletter

Met Mission

Met Biz



During the Met Biz classes, students worked on a budgeting project. They learned how to monitor their spending habits and how to budget for larger items they would like to purchase. Several tasks has been set which included budgeting for a large party in which they will be hosting soon. This includes income, expense as well as profit or loss.

Egyptian Values



As part of instilling the Egyptian Values and traditions, students reflected their knowledge about the 6th of October victory by creating beautiful 3D artworks in alignment with the Arabic curriculum. The very creative projects done have reflected the victorious scene from the war and how Egyptians feel pride in their historical victory.

Character Education



Met implements a positive behavior acknowledgment system each month to reinforce positive discipline in the school . In November, we celebrated the 'Star of the Month' Award and acknowledged students who best represented classroom expectations and academic excellence. Additionally, Met celebrated the 'Pillar of the Month' Award and acknowledged students who best represent the school's Pillar(s). Congrats for presenting classroom expectations and academic excellence by being

**#Respectful #Safe
#Responsible!**

Met Values



During Met Values classes, students in Grade 2 learned to recognize their feelings. They also understood how to be considerate to others feelings and to how to be kind to them. They made their own 'kindness card' to remember using empathy towards others feelings. Well done Grade 2!

Met World

Newsletter

Met Corner



Metropolitan School would like you to join us in congratulating our very own resident authors, Ms. Samiha El Roby and Ms. Melissa Mathis for successfully publishing their books 'Thoughts on the road of passion' (by Ms. Samiha) and (W.O.W) 'Women of Worth' (by Ms. Melissa). The Met Team took the opportunity to celebrate their success by organizing a mini BOOK SIGNING event where all interested readers got the chance to purchase their copies and get it signed by the authors! Well done lovely ladies! We are proud!

In the spirit of the festive season, Metropolitan School staff and teachers enjoyed a little open air gathering where they anonymously exchanged Christmas gifts and celebrated together their achievements in 2020 while embracing a happy fresh start for the beginning of the New Year 2021. Happy New Year to all Met families!

Parent Corner



Due to the pandemic situation, Metropolitan School has decided to conduct the Parent Teachers Conference (PTC) this year as a virtual one. Teachers have reached out to parents to invite them for a 10 minute virtual conference to discuss the academic progress throughout the week starting from 13- 17 December 2020 and during the online office hours. We would like to thank all the parents who conferenced with the teachers to insure the implementation of the best education for their children.

Met World Newsletter

Parent Corner

It was a pleasure to welcome our PTA members to our monthly PTA meetings for the academic year 2020 - 21. We discussed updates and shared our thoughts in regards to the pandemic situation. Our parent members have shared with us many positives in regards to our current hybrid system and we shared back our different plan scenarios for the returning of the school in January.



The plan will entirely depend on the pandemic situation at the time and will be based on different observations and factors from the management which will indeed reflect the best option that suits the safety of the entire Met community. We would like to take this opportunity as well to thank all parents who participated in the 'End of Year Parent Survey' regarding our E-Learning system. Your points have been taken into consideration in our online planning for this academic year. We are prepared should the school at any point of time needs to go fully online. One of the positives shared by parents is the school's precautionary measures implemented regarding the Covid-19 pandemic.

Parent Testimonials

School's Positives

We appreciate all what the school is doing with regards to the pandemic.

I'm very pleased as my son became more active and sociable. His accent became much better than before.

We are proud of Met teachers! They are very qualified and supportive throughout. My children became very organized and responsible. Thank you!

I'm very satisfied as the teachers are doing a great job with the children!

Met World

Newsletter

Dates for your Diary

Date	December 2020 / January 2021 Diary Dates
18 Dec. 2020 - 9 Jan.2021	Winter Break - School Holiday for Academic Team & Students (Administrative Offices Open from 8:00 am - 3:00 pm)
Thursday, 24 December 2020	Western Christmas - School Closed
Thursday, 31 December 2020	New Year - School Closed
Thursday, 7 January 2021	Coptic Christmas - School Closed
Tuesday, 19 January 2021	Epiphany Day - School Closed
Wednesday, 27 January 2021	End of Quarter 2
Thursday, 28 January 2021	Police Day - School Closed
Sunday, 31 January 2021	Start of Quarter 3





Executive Director's Message

Happy New Year to our school community!

I hope everyone is safe and healthy in these tumultuous times.

Recently, we were obliged to begin our new and refreshed E-Learning platform, due to the closure of international schools, by the MOE. It is hoped that you have noticed vast improvements in the learning schedule when compared to last year's framework.



Teachers are really working very hard to deliver quality education to our students, and we are very proud of their efforts. We are also very proud of the efforts of parents who have been patient in guiding their children through this transitional process. Our students have been responsible with adhering to their E-learning schedules and are committed to continued learning so we are equally proud of our students.

Let's stay strong together, overcome any obstacles and prevail!

***STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY!* - Andrew Frezludeen**

Met World Newsletter

EC & Elementary School Principal's Message



Families are children's first and most important educators. Research tells us that reading 'helps to increase enjoyment, self-confidence, motivation and the acquisition of functional literacy skills'. Students should be spending a minimum of 30 minutes per day reading. In December's Met World Newsletter, I explained why successful students read every day. In this article, I would like to offer some ideas for you to help encourage your child to read at home.

1. Involve children in everyday activities such as making shopping lists, reading and sending cards and emails, reading TV listings, road signs and directions, recipes, bus timetables and indicator boards, food packaging, instructions, and menus.
2. Find books that you can read together.
3. Talk to your children about what they're reading.
4. Let them 'catch you' reading (books, not your phone).
5. Read out loud to them (and if they want to, let them read out loud to you). It's a special time to snuggle up and enjoy a story. Stories matter and children love re-reading them and poring over the pictures.
6. Set aside a quiet place for your child to read. A quiet, cozy, full-of-books nook is a must. Kids love forts, so just draping two chairs with a blanket can do the trick. Consider a beach theme: towels on the floor, a beach umbrella propped against the wall, a poster of the ocean, and sand buckets to house the books.
7. Don't leave home without something to read. Bring along a kid-friendly book or magazine any time you know your child will have to wait in a doctor's office, ride in the car, or anywhere else. Stories can help keep your child occupied. And the experience will show that you can always fit in time to read. - **Anjanette Yarar**



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Newsletter

Middle/High School Principal's Message

Moving to E-learning in January 2021 was a much smoother transition for nearly every school. Last March, schools had a matter of days to adapt to a new environment, sometimes using completely new tools. Like our counterparts, Metropolitan School responded quickly and implemented an online curriculum to continue student learning. Nearly one year on, and full E-learning is again a reality. Teachers and students are now more proficient with the platforms and attached tools that aid E-learning. For our Middle and High School students, the switch from the hybrid model to pure E-learning was mostly seamless. Despite the occasional connectivity glitches, students are working online and meeting expectations in all subjects.



However, one truth for all of us – teachers, students, and parents – is the loss of human contact within the E-learning model. It is easy for everyone to feel distanced behind their device. As a school, we encourage teachers to connect with the students through being visible on video, working in small groups where everyone can chat, pausing a lesson to take five minutes to check in with students through a quick *hello chat* before continuing the lesson, or having students showcase their work to their peers via chat or video. E-learning requires more conscious thought to retain those human moments than a physical class. Students do not always realize how important the “hello” from their teacher during class passing time is until it is no longer a factor. Students can forget that classroom expectations have not changed, even though the environment has changed. Everyone must relearn that just because someone is not in front of you does not mean they cannot see you. Cameras can be intrusive when we learn at home, and we all forget this fact when turning on our camera.

Another reality facing parents is the concern over the amount of time their children spend sitting and using a device. Teachers have been asked to build a quick physical break into longer lessons, where students are asked to stand up, breathe in and out, or just quickly move their bodies on the spot. Teachers are also encouraged to plan lessons in chunks of time – warm up to the lesson while taking attendance, moving to lesson explanation, then time to work on required problems independently (where possible away from the screen), and finally returning to review work.

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Middle/High School Principal's Message



In terms of physical wellbeing, make sure that the chair your child is using is ergonomic and will support their back and encourage good posture. During recess time, encourage your child to move from their workspace to another space - if possible, outdoors - and take a physical break from sitting in front of a device. Make your child also move their body in the 5 minutes between each lesson. If they organize all required materials for the day ready before 8:00 am, then every break can be used for physical movement.

Where possible, keep your child engaged in a sport, again to keep their bodies physically healthy. Be mindful of diet and constant snacking while home, and keep high sugar food limited during lesson time. Lots of fruits and vegetables help keep both their minds and bodies healthy and ready for learning.

Finally, with our older students, parents do not need to follow the work being studied, but sometimes need to help students find solutions while working alone. If your child is confused – encourage them to email or write a note via MS Teams chat asking the teacher for help. Students can also reach out to friends, but to be sure of the information, it is always better to go directly to the teacher. If your child cannot solve their concerns directly with their teacher, then as a parent, reach out to the teacher to ask for help. Remember to be patient - students will sometimes ask for help at 11:30 pm and complain at 8:00 am that no one is replying to them. Teachers are not expected to answer student questions all night and will often use the next lesson even to respond to make sure that all students hear the correct information.

E-learning does require an element of patience from us all and the understanding that it is a completely different medium than a physical class. We have been so impressed with how our community of teachers and students have adapted and made sure that student learning remains a priority, even if the way we teach has once again changed overnight. - **Helen Somerville**

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Met Flashing News



Metropolitan School proudly celebrates the success of all students who excel in extracurricular activities. Congratulations to our own student **Malak Eid** in **Grade 3 - UCal Berkley** who won first place and earned the gold medal in the Egyptian Gymnastic Cup and Championship for Artistic Gymnastics organized by the 'Egyptian Gymnastics Federation'. Congratulations young champion, Malak, with your well deserved achievement and success!

We are proud!



Congratulations to all Met community, our High School building has now been completely finished. The MOE visited our campus lately to inspect the building and has given us the initial approval to operate. We are now ready to function the building to our upcoming Grade 10 and High Schoolers for the next academic year 2021-2022. We would like to take this opportunity to extend our special thank you to our **Chief Engineer Bakr Abdel Radi** and all his maintenance team in addition to **Mr. Helal Wafa** our Facility Manger along with his team as well and to every person who helped in furnishing the new building. Well done to all!

Met World Newsletter

Met Literacy

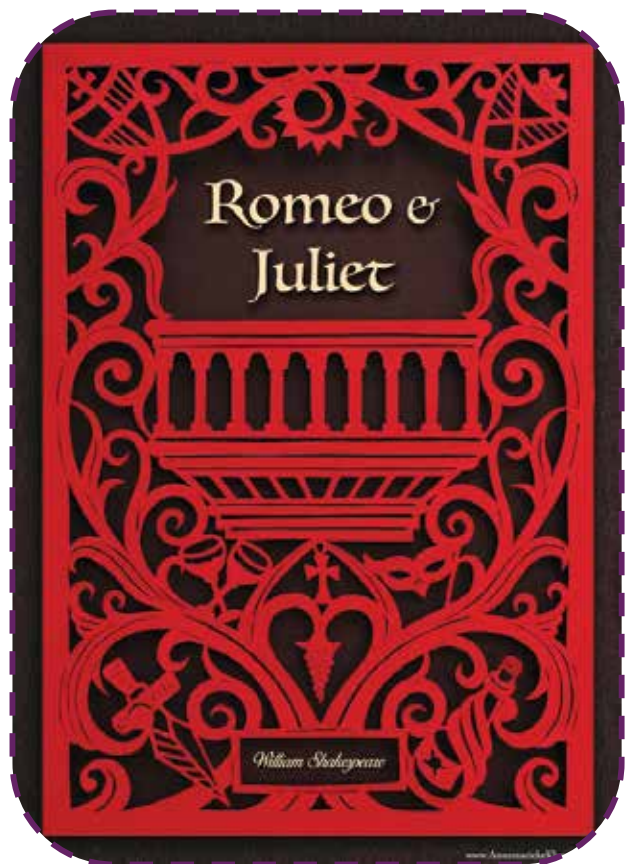
Recently, grade 9 Group A (Notre Dame and Texas) participated in a class essay writing competition. Students worked as a class to formulate a thesis statement about Romeo and Juliet as tragic hero/heroines, and then small groups within each class took charge of a body paragraph each. Afterwards, they divided the introduction and the conclusion - then put it all back together! As a team, each HR edited and revised together, with the common goal of being the best essay between both classes. Students had essay structure and grammar mini-lessons along the way to make sure they had the tools and skills to revise/edit appropriately. As a learning tool, class essays are a magnificent way to teach direct writing concepts, foster a student-centered approach, and encourage team work. Enclosed are the winning essays, which go to G9 Texas A. We are proud to share and showcase that we have students who are able to write brilliantly about complex texts, such as Romeo and Juliet. The work we do at every level matters and leads up to a positive place.

English Language Arts - Grade 9/Texas A

Downfall of The Tragic Hero Romeo

“For never was a story of more woe/Than this of Juliet and her Romeo”- William Shakespeare. *Romeo and Juliet* is a play written by William Shakespeare in the 15th century. It is a tragic tale of two star-crossed lovers, Romeo and Juliet, whom are meant to be sworn enemies, but fall in love. This play is a Shakespearean misadventure about two wealthy families, the Montagues and Capulets, whom have an ancient grudge in the city of Verona. Their feud ends when their beloved children take their lives for the greater good. The factors that contributed to Romeo’s inevitable death are his misfortune, tragic flaws, and his hapless

fate.



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As a tragic Hero, Romeo experiences misfortune. Romeo and Benvolio went to the Capulet's feast. Remarkably, Romeo met Juliet and instantly fell madly in love with her. Romeo remarks, "Is she a Capulet? / O dear account! My life is my foe's debt" (1.5.116-117). Romeo is now in grave danger because he is a Montague and his beloved Juliet is a Capulet. In addition, their families are sworn enemies. Therefore, Romeo realizes that he cannot marry Juliet because of their families long, complicated feud. Secondly, Juliet's cousin, Tybalt, and Juliet's husband, Romeo, brawl because Tybalt killed Romeo's close friend, Mercutio. Romeo is exacting revenge to honor Mercutio. Romeo states, "This shall determine that" (3.1.127). Romeo and Tybalt will fight to the death to establish strength. Romeo is depressed and stunned when brought the news of Juliet's sudden death. Romeo maintains, "Is it e'en so? Then I defy you, stars" (5.1.24). Romeo is sorrowful that he cannot live happily ever after with his wife. Romeo wants to riot against his misfortune and bring back Juliet into his life. He is exasperated that the stars are not in his favor. Romeo experiences mishaps as the protagonist of this tragedy.

Romeo & Juliet

Romeo's tragic flaw is his pride, impatience, and his impulsivity. Romeo's dangerous love for Juliet led to his flaws being exposed. Prior to Romeo and Juliet's wedding, Friar Lawrence offers Romeo advice as to why he should "love moderately" (2.6.14). Therefore, Friar Lawrence implies that Romeo's will rue his impetuous decisions. Romeo's tone emphasizes his dignity "Do thou but close our hands with holy words/Then love-devouring death do what he dare" (2.6.6-7). Romeo is obstinate about his future with Juliet; he refuses to swallow his pride or think logically before irrationally making a decision. When news about Juliet's passing is uncovered, Romeo impatiently buys "A dram of poison" (5.1.62). Subsequently, Romeo visits Juliet's grave and the sight of his spouse's lifeless body led him to abruptly drink poison only moments before his love awoke. In conclusion, Romeo's unhealthy traits that led to his demise are his imprudence, ego, and his vile impatience.

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Romeo and Juliet

Romeo's tragic fate leads to the downfall of his character and others as well. Since the beginning of the play, Romeo felt that his fate will be unfortunate as he enters the party, where he meets Juliet. Romeo says to himself as he enters the Capulet party, "I fear too early, for my mind misgives/ Some consequence yet hanging in the stars" (1.4.108-109). In Elizabethan Era, people depended on the stars to determine their fate, hence demonstrating Romeo constantly references the stars as his fate. This proves that Romeo feels that this party will not end well, and that his fate is fatal. Also, Shakespeare uses a metaphor, as if fate is a person hanging on something, which is the stars, he felt as if he would die, using the word "hanging" (1.4.109). After the party, Romeo fell madly in love with Juliet, and decided to get married to her straight away. Friar Lawrence was giving Romeo advice while he was marrying him to Juliet, he said, "Wisely and slow. They stumble that run fast" (2.3.94). This shows that Friar was trying to warn Romeo about his decisions, and his tragic fate are brutal and disastrous. He also warns him about his impulsiveness and his determined fate with his lover. At the end of the play, when Romeo finds out about Juliet's fake death, he screams in agony to the stars, his fate. He shouts, "Then I defy you, stars!" (5.1.24). This illustrates that he wants to revolt against his fate, which is described as the stars. Also, he is trying to rebel against his gruesome fate and fix the fate of others, like Juliet's death. All in all, Romeo's dire fate was the result of his ruination and of others.

Destiny, fatal flaw, and misfortune are what led Romeo and his loved ones to their ghastly destruction. Primarily, Romeo encounters mischance while in love with Juliet. In addition, Romeo's fatal flaw led to his unpreventable death. Finally, Romeo's atrocious destiny was a factor of his dreadful destruction. Moreover, the downfall of the tragic hero Romeo concludes that with the amount of love and passion people give to something, the more violence it will cause at the end.

Works Cited

Spark Notes. *No Fear Shakespeare Romeo and Juliet*. New York: Spark Publishing, 2003.

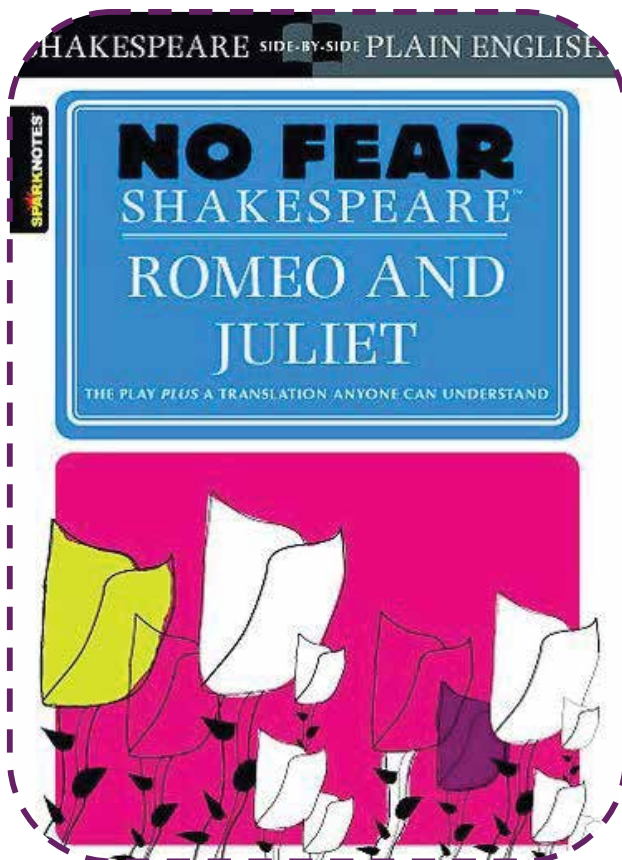
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Met Literacy

English Language Arts - Grade 9/Texas A

Downfall of The Tragic Heroine Juliet



“Pleasure of love lasts but a moment. Pain of love lasts a lifetime” – Betta Davis. By gatecrashing a Capulet gathering, a group of masked Montagues create unnecessary conflict. A young lovesick, Romeo Montague, immediately falls in love with Juliet Capulet, who is forced to marry County Paris, the selection of her father. However, Juliet is head over heels in love with Romeo, her family’s sworn enemy, and refuses to marry Paris. This enrages her parents and leads to the downfall of Juliet. The reasonings for Juliet’s unpreventable passing were her fate, misfortune, and tragic flaws.

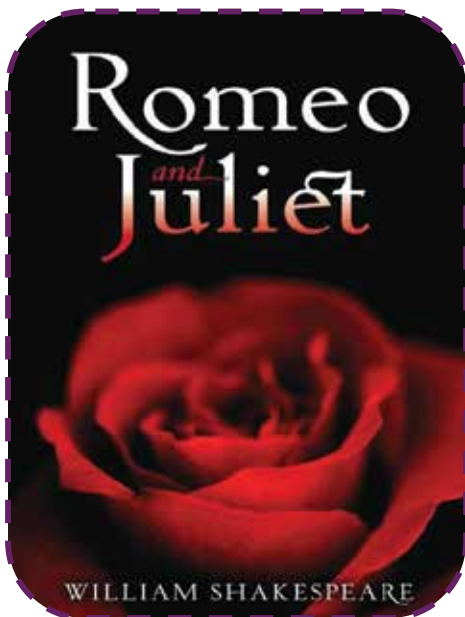
As a tragic heroine, Juliet experiences misfortunate events throughout the story. Juliet’s parents recommend she marry Paris because he is a gentleman, handsome, and well educated. Her parents are curious as to whether Juliet will accept Paris' offer. Lady Capulet states, “Speak briefly can you like of Paris, love?” (1.3.98). Lady Capulet wants her daughter to marry Paris; nonetheless, Juliet is uninterested because she cannot stand Paris and is completely besotted with the thought of Romeo. Juliet encounters rotten luck throughout this journey. Secondly, Juliet was shocked when she realized that Romeo, her true

love, is a Montague. This was unfortunate because she was infatuated by him. Juliet recalls, “My love sprung from my only hate” (1.5.136). This shows that Juliet loves Romeo but she’s hesitating because her family is the Montague’s enemy.

Met World Newsletter

Met Literacy

Juliet was devastated when she awoke to find her husband dead, which made her commit suicide. Juliet says, “Yea, noise. Then I’ll be brief. O happy danger, / this is thy sheath. There rust and let me die” (5.3.169-170). Despite her attempts, Juliet experienced misfortune as a lamentable heroine. Juliet’s tragic flaws are hatred, impatience, and demanding. Throughout the story, Juliet’s hatred arises towards her forceful family. Juliet said passionately “Proud can I never be of what I hate, /But thankful even for hate that is meant love.” (3.5.147-148). Juliet’s hatred towards Paris is blazing like fire in her heart. She is living as an object that her parents dominates, or so did everybody thought. Instead of relinquishing her love for Romeo, her impatience conquered her heart. She did not dread a thing, except losing the one she loved the most, Romeo. Juliet says in a dash “Give me, give me! O, tell not me of fear!” (4.1.122). Juliet has given up on talking with her family about her aversion towards Paris. The only way she could burst out from her parents’ control was to alter her own death. Little did she know, that death was the only thing left on her list. After Juliet faked her death, and woke up to the worst image she could imagine, she demanded her body to lie next to Romeo’s. She said “Go, get thee hence, for I will not away” (5.3.160). It is clear that Juliet’s love for Romeo was heavier than a heart could hold. Her love towards him took full control over her hear, which later led to her death. She lived in pain, and died in sorrow.



The destruction of Juliet was caused by her tragic fate and the vanquishing of others. While Juliet was daydreaming of her new husband, Romeo, she mentioned that when she dies, she wants to be with her Romeo. Juliet utters, “Give me my Romeo. And when I shall die/ Take him and cut him out in little stars” (3.2.21-22). In the Tudor era, people predicted their fates by using astronomy. This is a foreshadow of what will happen, or her fate, because she had a feeling that when she dies, indicating she will die first, Romeo will die with her. Also, the fact that Shakespeare used the stars and the sky tells that he is talking about Romeo and Juliet’s tragic fate

and what will happen to the lovers.

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When Juliet heard the news about Romeo's exile, she was very depressed. She says in agony, "Can heaven be so envious?" (3.2.41). This proves that heaven, or fate, does not want Romeo and Juliet to be together, because Juliet says this as she is in woe because Romeo is exiled from Verona, and she will not be able to be with her husband. Shakespeare described heaven, or fate, as in this period of time fate was in the sky, as if it was a person being envious of Romeo and Juliet's love for each other. At the moment that Juliet found out that Romeo killed himself, she immediately wanted to kill herself as well to be with him forever. She screams, "Yea, noise? Then I'll be brief. O happy dagger, /This is thy sheath. There rust and let me die" (5.3.169-170). This shows that Juliet's fate came true and that her fate was determined since the beginning of the story. Shakespeare personification death as a happy person as Juliet took her life. Also, the fact that both Romeo and Juliet killed themselves for each other proves the prophecy true. To conclude, the demise of the tragic heroine Juliet is caused by her devastating fate.

The aspects that led to Juliet's unfortunate end is her mischance, destiny, and her character fault. Firstly, we discuss the effect Juliet's misfortune had on her entity and her relationships. Next, we go into the topic of Juliet's character flaw in addition to how those flaws impacted the events in her life. Finally, the topic, fate, is brought up in addition to discussing the aftermath of her fate. Overall, the collapse of the tragic heroine Juliet cumulates that love does not always in with a happy ending.



Works Cited Spark Notes. No Fear Shakespeare Romeo and Juliet. New York: Spark Publishing, 2003.

Grade 9 Participating Students

Luna Hafez * Hana Shalaby * Jana Elhamzawy * Muhammad El Mazzahi

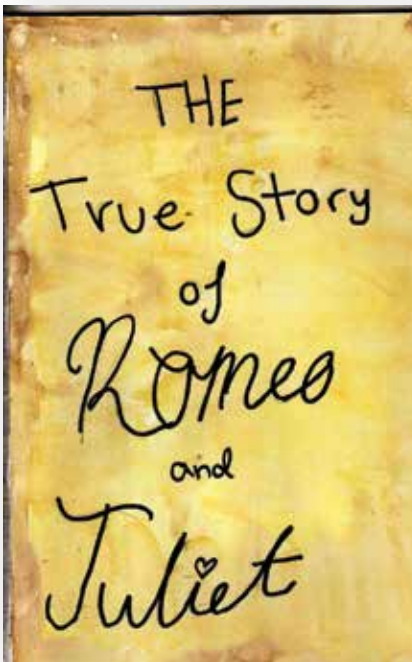
*** Aly Mansour * Adam Soliman * Noor Shafei**

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Met Literacy

Introducing to you a poetry book made by Luna Hafez in G9 Texas. This is part from a series of poems from the perspective of five characters in 'Romeo and Juliet'. Well done Luna!



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Juliet, oh Sweet Mercutio's Juliet
 She is like a daughter to me
 She was the size of a dove when I first had her in my arms
 Her lips sparkle with innocence and kindness
 I will always be there for my lady
 But she must get married
 She almost is for Paris, and the husbands are being up for her
 But Paris, oh Count Paris, he is the one
 He has requested to own her beauty
 And I agree with him, she must marry him
 What is this I see?
 My sweet Juliet with the impious Romeo?
 The Montague the Capulet's hate, that Montague
 Why did she lose this boy, when Paris is here
 But I must support my lady no matter what
 I shall help her in every possible way
 I will go to Romeo and tell him my mind, and get married
 I will watch the ceremony of secret love
 I see that after a few hours of this walking, I see sadness
 I feel the cold heart of Juliet trying to cut the pain in her
 Mercutio is dead, Tybalt is dead
 Juliet, my sweet lady, Paris is dead
 My soul and spirit are dead
 And now Romeo is dead, leaving the world
 Why did you have to kill him on that day?
 Why did you have to kill him on that day?



Oh, my! My rage I feel
 He has in my veins
 I am superior, I am capitol
 and now Paris, the Montague, shall die
 I must crush him with my bare hands
 What is this I see?
 my cousin and a red
 Juliet and Romeo together
 but why, no need to think, I shall make my
 Romeo shall never see the light of day
 I will witness and destroy marriages
 I only see with the eyes of hate and death
 the more closer I get to a cut
 the more I want to see than
 anyone tells me to calm down, but I shall not
 I have more!
 I have killed the old Mercutio
 With my own dagger, and I see his blood
 on the red blood in my head
 his death is interesting, and I need not
 I shall escape, to of course way to win
 one of the I see, the man Romeo
 he approaches me with a dagger, this I shall
 see, I have seen, I have seen, I have seen



Today is a lovely
 and I am a very model
 everyone looks up to me
 even with I am down underneath to see
 I am young and I make no mistakes
 But the monks I love
 they are dated yet for others sake
 I help all with their problems
 But when Romeo came, with his heart on his sleeve
 I had to help him with his Juliet
 I was the true cause of all the love's problems
 I was the one who married them in secret
 I was the cause of Juliet's fake death
 I was the reason of Romeo's true ending
 I was the root of Juliet's innocent demise
 I really did care for those two love boys
 I have saved innocent Romeo, he was so beautiful and
 kind, and innocent Juliet, her beauty as bright as the stars
 it seemed them to be a happy ever after
 But my hopes seemed in failure
 I am now imprisoned in the love of
 trying to be something to help
 they are young, they are bright, in the
 I would rather see the two die
 I am the true cause of their deaths



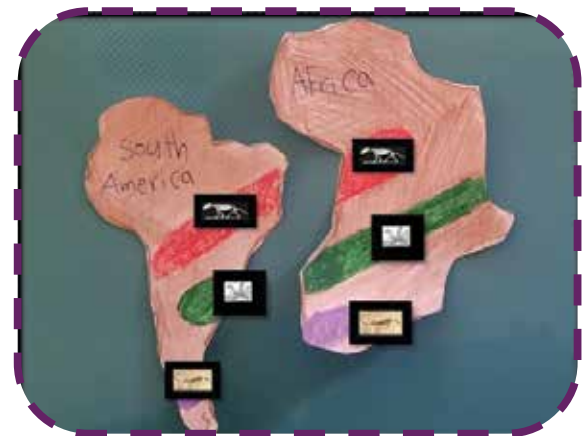
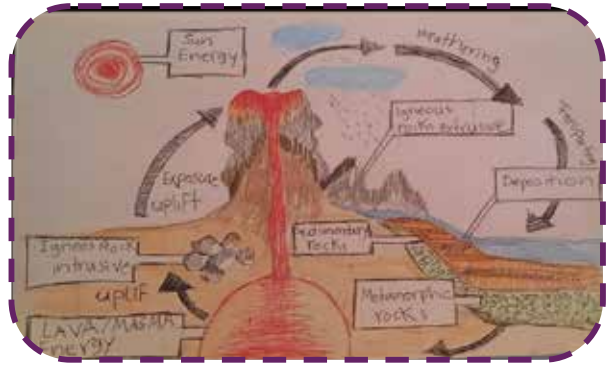
The End

Met World

Newsletter

Met Science

In grade six, students have been working on an Earth Science PowerPoint project over the last month. The directions of the project required that students create their own diagrams. Using a whole Google image was prohibited. Some students made drawings and took pictures to upload to their PowerPoints. Other students cut out small parts of images they found online to construct their own diagrams. A few students used a combination of both methods. Now that the project is due, it is exciting to see the creative submissions from students. In these photos, one of our artistic students created a diagram of the rock cycle and the distribution of fossils in South America and Africa to include in his PowerPoint presentation. We are always impressed by what our students produce when they put time and care into their work!



Met Math



In first grade, students took a math assessment. Part of the math assessment was creating a video on 'Flipgrid' to explain how they got the answer to a specific problem from the assessment. **Youssef Rashad** has (even with E-Learning) modeled and showed his work by using objects while at home. We are very proud of his video and explanation of his work. Great job!

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Met P.E.

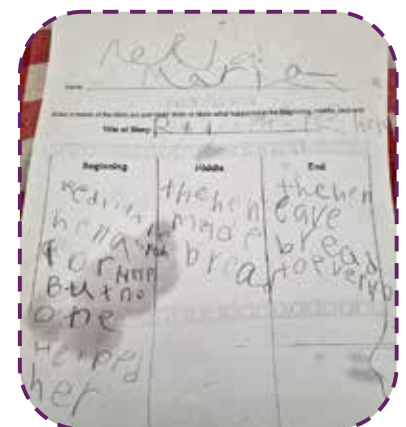
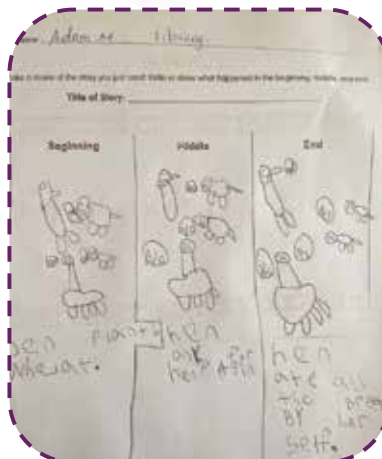
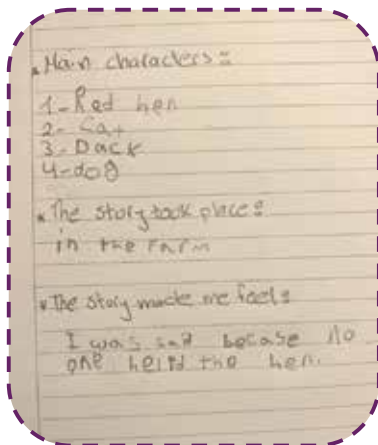
With the introduction of teaching via MS Teams as part of the online learning schedule, the PE Department has been very busy coming up with new, exciting and interactive lessons to motivate students to participate in physical exercise while at home. These have included such things as PowerPoint presentation sessions which have included motivational exercise videos as well as articles about healthy diets and healthy eating.



As part of the sessions for Kindergarten, students have been continuing the theme of personal fitness programs with live sessions with some outstanding results. Students on the whole have attended sessions with joy and excitement and are also learning the fundamentals of what it means to lead a healthy lifestyle. As a department, we would also like to send out a very big thank you to all of the parents who have actively been involved in the process with many also taking part in the live fitness lessons with their children.

Met Library

Grade 1 students have been working on story elements (Setting-characters-problem-solution) and comprehension skills. They were able to express how the stories made them feel, too. They learned about story elements through reading Fairy Tales & Fables like 'The Little Red Hen'. Additionally, having excellent reading comprehension skills is crucial. It increases the enjoyment and effectiveness of reading and helps not only academically, but in a person's personal life. Well done **Adam Andraws**, **Adam Hanafy** and **Maria Noureldin** from G1 Penn State!



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Met Mission

Met Biz



Over the course of the last quarter, the Met-Biz team has been working on some exciting and interactive programs to enable students to understand personal finance as well as planning for Business Startups. Grade 7 and 8 have been looking at Personal Finance, including how to create personal budgets as well as looking at opening bank accounts and what the different types of accounts and cards would mean to them. The Grade 9 students have been gathering data that would allow them to create a Business Plan for their business idea that they devised at the start of the quarter. They gathered information relating to many topics including but not limited to, Finance, Budgets, Marketing, Demographics and Personnel. By the end

Egyptian Values

Our Arabic and Arabic Social Studies teachers have voluntarily decided to organize online sessions to our Grade 9 students during their holidays. This was as an initiative to support the students and prepare them for the MOE exams. Our teachers are eager to support Met students to reach their optimum performance. Additionally, our Arabic department has also started Arabic CCA online academic sessions to support all students in need. We would like to thank our Arabic Department for always going above and beyond to ensure our students benefit from the subject language and showcase their best performances with the mother tongue language.



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Character Education



Met implements a positive behavior acknowledgment system each month to reinforce positive discipline in the school. In January, we celebrated the 'Star of the Month' Award and acknowledged students who best represented classroom expectations and academic excellence through an online video. Congratulations to all students for presenting classroom expectations and academic excellence by being *#Respectful #Responsible and # Safe!* Please visit the below YouTube links to watch our November and December Stars of the Month!

Star of The Month Announcement Video Links

Grade 1&2: <https://youtu.be/tJaPvn1ym24>

Grade 3-5: <https://youtu.be/-MqrZKfWeek>

Grade 6-9: <https://youtu.be/21n74O9jKpk>

Congratulations to all! We are always proud!

Met Values



Met Discipline Team introduced a "7 days of Kindness" activity. Students were asked to think of a friend or a family member who they would like to do an act of kindness for 7-days and share their experience with our discipline team. Additionally, students were encouraged to participate by presenting a prize that would be delivered directly to their home! Visit the following YouTube link for details:

<https://youtu.be/sMAGu4zKMAM>



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Met Corner



We would like to extend our gratitude and thank all our teachers, students, and parents for their continuous effort in partnership and commitment to keep our community a **Respectful, Responsible,** and **Safe** environment during this unusual pandemic. The first month from E-learning was extraordinary and smooth, and all the feedback we have received from our daily check-in phone calls from our Front Of House Team has proven so.

Parent Testimonials

E- Learning

Overall feedback about E-learning is very positive. My 8th grader daughter is managing very well and working on her own with her E-Learning.

I am very happy with the E-learning sessions, they are perfect!

All my children's teachers are working very hard work. Everything is super organized and the children are so much enjoying their online classes.

E-learning is perfect as this year it's more organized than last year, and all the teachers are amazing.

I'm very satisfied, teachers are doing a great job occupying the students with work.

Dates for your Diary

Date	February Diary Dates 2021
Thurs. 11 Feb.	Virtual PTC (Parent Teacher Conference) <i>Booking invitations to be sent by teachers.</i>



Executive Director's Message

Dear Met Community,

We have recently allowed a part of our school body to return to campus and we are absolutely delighted to see them, face to face. Our surveys indicate that there was great satisfaction with the E-Learning system that we have enhanced and that the pacing for our student's learning has not been adversely affected. I wish to thank our lovely teachers who have been working extra hard to make this magic happen!



Thanks to the parents for being supportive in such uncertain times in our lives. The school always aims to limit health risks while maintaining sensible and pragmatic learning platforms and environments for our wonderful students.

There is and will never be a correct answer to how schools will deliver education for the foreseeable future, but we must cooperate and cope with the challenges ahead. Our school has been given distinction as a Top 10 School, and we are very proud of the quality that we are able to demonstrate, while balancing with safety, for all members of our school community.

***STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY!* - Andrew Frezludeen**

Met World Newsletter

EC & Elementary School Principal's Message

As Metropolitan School family members love reading, we were proud to launch our 'I Heart Reading Contest'. It was a great opportunity for our KG2 to Grade 5 students to show their love for books using their amazing skills and talents. We are so proud of all the amazing, creative, and unique pieces submitted by all our creative students. Upon our students return, we announced the winners for each grade in three categories: Art, Music, and Writing. Please see below 1st place winners' submissions and all our students contest winners' names. Video link: <https://fb.watch/3RXgznW94-/> . - Anjanette Yarar

Submissions for the 1st Place ART Winners



Dragon: 1st Place Art
Leyi Zhang - Grade 1



Mulan: 1st Place Art
Ghazal Dudin - Grade 2



Egypt Art: 1st Place Art
Hala Ghoneim - Grade 3



Two Angels: 1st Place Art
Hana Ayoub - KG2



Met World

Newsletter

EC & Elementary School Principal's Message

I ♥ Heart Reading Winners

WRITING

- G1 Oxford:** Farida Kandil
G2 Stanford: Ghazal Dudin
G3 Washington: Nazly Gabr
G4 JH: Hana Elbadry
G5 Maryland: Hamza Eldesouky



ART

- KG2 Red:** Hana Ayoub
G1 Michigan: Leyi Zhang
G2 Stanford: Ghazal Dudin
G3 UBC: Hala Ghoneim
G4 Columbia: Nour Gwanny
G5 Purdue: Mohamed Eldawy



MUSIC

- KG2 Navy:** Yaseen Ahmed
G1 Chicago: Lana Nowier
G2 Stanford: Ghazal Dudin



Met World Newsletter

Middle/High School Principal's Message

Developing Grit

It has been a very tough year for everyone - students, parents and teachers. We have closed schools, reopened with hybrid teaching models, and closed again. Throughout different phases, we have implemented different models to adapt to the new circumstances which has stretched us all and shown us the versatility of our community.



If you can't fly then run,
if you can't run then walk,
if you can't walk then crawl,
but whatever you do
you have to keep moving
forward.

Martin Luther King Jr.

One thing we all need to focus on with our children is finding ways to develop grit – the ability to dig in when times are tough. We often focus on academic achievement and keeping the curriculum moving forward. This is important, but with constant change, students sometimes hit a wall. They miss their friends, they miss the interactions of school, or something as simple as they missed uploading some assignments and their grades dropped.

Due to all these factors, students might end up feeling overwhelmed. These are all valid feelings, but they can lead to low motivation if not addressed positively. To help students navigate all the unknown elements, focus on the following points in your family discussions:

1. It's okay to stumble – We all miss due dates or fail to do well on a test. It's not the failing that is key; it's how we pick ourselves up, and find ways to do better next time. Your child needs to know that failing something is not a disaster – it is a learning process and should be treated as such. What is important is how you deal with difficult situations.
2. Find ways to challenge yourself – Right now, many of us spend more time home and have limited social interactions. Use this time to set a challenge – learn a new skill such as playing an instrument or an exercise challenge. These activities can become a family activity, so you push each other to do better.
3. Nurture your passions – If your child loves music, then push them to devote time to their music. If they play football, then make sure they have opportunities to practice their skills. Whatever their passion is, advocate for it and again you can make this part of the family challenge.
4. Teach your child to “problem solve” – Set schedules if they are getting behind in work and celebrate when your child follows this. Ask them to explain how they will solve a problem and encourage them to follow the process they designed. Again, celebrate when they solve the problem, and remind them that this is a skill they need for life. Remember #1 – its ok to stumble – and if my solution does not work this time, what would I do next time to be more successful.
5. Be a positive role model. We as parents might not feel very positive in the current situation. It is vital that we keep our children focused on positives during difficult times, and remind them that what we are dealing with will pass – sooner or later – and we will see restrictions ease.

Stay safe and we look forward to seeing all our students soon. - Helen Somerville

Met World

Newsletter

Met Flashing News



Metropolitan School proudly celebrates the success of all students who excel not only in academics but in extracurricular activities as well! We would like you to join us in congratulating our Met young super champion, **Hannah Tarek Sokkar in Grade 3 Washington**, who won the gold medal and earned first place achievement for the 3rd consecutive year in a row in the Republican Gymnastics Championship while representing the 'Heliopolis Club'. Met is always proud and congratulates Hannah for her constant success!

We are proud!



We are delighted to announce our partnership with 'Elite Badminton Academy'. The Academy is managed and run by professional and Olympian Badminton athletes. Registration is open for all students starting 5 years old. Additionally, there will be a Social Badminton Club for senior players and parents (To play and keep fit only, no practice needed) which will be available once a week. All Metropolitan School members will enjoy a %10 discounted membership monthly fee. For more details contact directly via Elite Academy FB: <https://www.facebook.com/badmintonEAS>. You may fill the registration through this link: <https://eliteacademy.aidaform.com/free-basic-contact-form>

Met World Newsletter

Met Literacy



In grade 9 ELA, students were being introduced to critical literary theory. In a full class discussion, live via E-Learning, students used the Marxist theory to discuss the role of wealth and power in Romeo and Juliet. Students focused their analysis on the characters of the Apothecary, and Peter, the servant, who they argued both led to Romeo and Juliet's tragic downfall.



Feminist Perspective - In grade 9 ELA, students were being introduced to critical literary theory. In a shared document, live via E-Learning, students produced a series of statements about the text Romeo and Juliet, using the feminist perspective.



KG2 Aqua students have learned all about letter 'Z'. They searched different words and animals that started with the letter 'Z'. They were then able to make different creative artworks that reflected the letter. An example is 'Z' for 'Zebra'. Great job!



As part of our, I Love Reading Initiative, Met hosted weekly reading competitions. Every week, we celebrated students from each KG2 - Grade 5 classes who read the most minutes as an individual in addition to classes of students who read the most combined minutes! Happy reading to all!

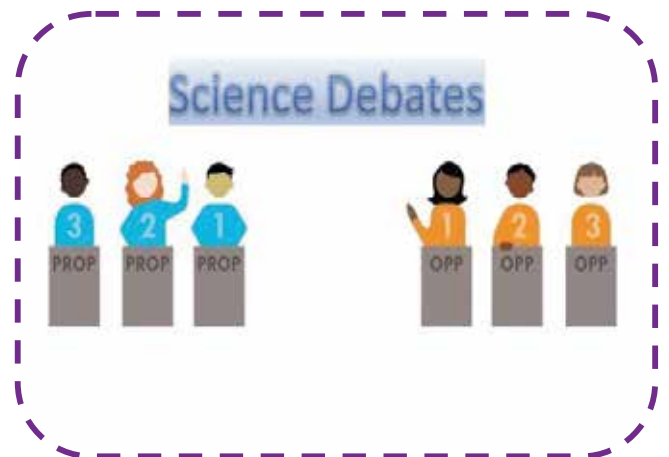
Met World Newsletter

Met Science

In grade eight, students have been studying chemistry. To assess student learning, we recently engaged in a debate about the following resolution:

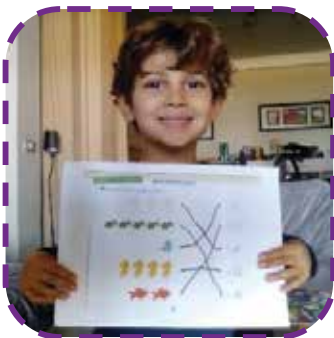
Resolved: Synthetic materials provide humans more benefits than harms.

Students were assigned to groups to debate either the affirmative or negative side of the resolution. The debate format included presentations, cross-examination, and rebuttals. Many students demonstrated an excellent understanding of the topic and a passion for debate. During the debriefing session, they discussed what went well and how to improve their debating tactics.



Activities like these not only promote student learning of science content, but they also help to develop important life skills such as public speaking abilities, forming and analyzing logical arguments, teamwork, and organization.

Met French



Tracking learners' activity gives an opportunity to fine-tune the E-Learning program. Students have been showing remarkable progress with numbers and sentences building in French. With the support from parents, Dana Shabana in KG1 Turquoise was able to form group of words/ images to say basic sentences. See in link below via MS Teams:

https://metropolitanschool739-my.sharepoint.com/:v:/g/personal/1701025_metropolitanschooleg.com/EY8vD3c2qpxHoHbYOM1NWjAB-DS_u5s4ZgSKQK5mgQPnkg?e=qJLIGQ

Met World

Newsletter

Met Mission

Met Biz



As the KG2 'Occupation Unit' had come to an end, KG2 Red held their "Virtual Career Day" in February. They received virtual participation from three amazing volunteering parents (Engineer, Architect & a Dentist) in their class who demonstrated their careers in a simple way through video recordings. KG2 Red students were amazed while watching and the children of the participating parents were super excited and proud of their parents! Thanks to the wonderful parents for their amazing contribution. <https://photos.app.goo.gl/tLQBKKsXrAEXvydy9>



In KG2 Green, students also learned about 'Occupations' and different people who help us in the community. They learned about teachers, doctors, nurses, plumbers, police officers, lawyers, chefs etc. At the end of the Module, parents were asked to send in videos sharing their occupation from their work place. Please visit the link to view one of our parents' presentation about his career.

<https://photos.app.goo.gl/4vjd6bcTYx7Lby9X7>

Egyptian Values



In honor of celebrating the Police Day, our Arabic department and students sent gratitude and love to all of our policemen. Watch:

<https://www.facebook.com/metropolitanschooleg/videos/230893378576659>

Met Values



Our Discipline team has been sharing weekly videos to support students to reflect on the Met Character Pillars. This month we focused on the Met Pillar of R-E-S-P-E-C-

<https://www.facebook.com/704032723025681/videos/2878231032417630>

Met World

Newsletter

Parent Corner

Metropolitan School held its second virtual PTC for the second quarter in February. We would like to extend our gratitude and thank all our teachers, students, and parents for their continuous effort in partnership and commitment to keep our community a *Respectful, Responsible, and Safe* environment during this unusual pandemic.



Q2 Parent Survey

Parent Testimonials

ELA curriculum lets students discuss, analyze, and give their opinion which helps in building their character.

Met keeps a well maintained E- learning platform.

The school's announcements in morning line, in the newsletters, or online make kids proud of themselves.

Awareness campaigns are very informative.

I'm always welcomed at school anytime

Dates for your Diary

Date	March Diary Dates 2021
7-11 March	Spring Break (Academic Team and Students on Holiday)
21- 25 March	Literacy Week (Detailed communication to follow)
31 March	End of Quarter 3



Executive Director's Message

Dear Met Community,

It is fantastic to see the weather changing and nice to say good bye to the colder temperatures. We have returned to our Hybrid system for the upper grades and we hope that our parents and students will be able to cope with our platforms as they have in the past.



Met always aims to limit health risks while maintaining sensible and pragmatic learning platforms for our wonderful students. Countries are racing to roll out vaccines which may help the world pandemic and return our lives to normal. **It is vital that you do your due diligence, as parents, in filling out our health surveys** when sending students back to school, by the stated deadlines. If the **health surveys are not filled in, then your child will not be permitted to be back on campus on the first day back after holidays or situations where students are home for extended periods of time.** Your cooperation is highly appreciated and absolutely necessary. It is not expected that, if you have not filled in the health survey, that you approach our staff and begin aggressive conversations as this does not help anyone. Please cooperate with our stated instructions and procedures. Thanks to everyone in our community for being supportive and understanding.

STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY! - Andrew Frezludeen

Met World

Newsletter

EC & Elementary School Principal's Message

We are concluding our Literacy Week at Met. I love a dress up day! I love to wear crazy socks and hats and dress up like a favorite book character. But what I love most about Literacy Week is seeing the excitement on the student's faces during dress up days. Hopefully, this excitement will transcend into every student's curiosity about literacy and the creativity and imagination that develops when reading a good book.



Reading is the fundamental and foundational skill of every subject that we learn. If we want our students to be successful in science, social studies, and even math, they must first have good reading skills. We recognize this and have initiated a campaign to increase the reading stamina of all of our students at Met. It's very simple. If you want to become a better reader, then you must read often. Students in the early childhood and elementary level should be reading a minimum of 30 minutes per day. Our students have access to the online library of RAZ Kids where they can find fiction stories and also non-fiction books in their reading range. Additionally, we encourage our students to read paper books, menus at restaurants, road signs, recipes....anything that will help foster their love of reading and improve their reading skills. Thank you for your continued partnership with us and for ensuring that your child reads every night. - **Anjanette Yarar**

Met World

Newsletter

Middle/High School Principal's Message

Shout Out to Met Teachers

Let us first take a moment to thank our teachers for all the hard work they have done over this academic year. As parents we always focus on our own families and the various issues we have all faced this year to keep our children engaged in learning despite of the global pandemic.



No argument-it has been a challenging 12 months for all students where they were isolated from friends for long periods of time, their normal routines disrupted, and most of the social or sports events that make up a significant part of any teenager's life were cancelled. Some students have managed to adapt and keep up with changes to learning models while other students found the process more challenging and have needed extra support to get through the last few months.

However, the unsung heroes of this year are our teachers. Since we returned to campus in August, they have been asked to not only continue meeting all normal school obligations, but also change how they teach when needed. We started with a hybrid teaching model, that moved to full E-learning, and now have returned to hybrid, but with changes in core subjects to allow students at home to follow with their teachers. We have taken measures to help students adapt and have given students opportunities to fix things when they failed to meet requirements.

On the other hand, teachers had to put in place the procedures for students and ensure a working model from day one. They have embraced the changes head on, worked through all technical issues, adapted when things did not work and updated models to ensure that all times student learning remains constant.

Met World

Newsletter

Middle/High School Principal's Message



The hours our teachers have given to responding to students' questions at any time of day or night have been astounding. The changes in systems may not always have been easy for students to navigate, but support from their teachers has been constant.

Our Arabic and Arabic Social Studies team set online lessons during their winter vacation to ensure our students were ready for the mid-year Ministry exams. They came in again during Spring Break to supervise exams and finalize grading. Core teachers have continued to offer Academic Support classes online during E-learning and our Grade 9 ELA, Math and Science teachers started Pre ACT lessons online to help students prepare for the upcoming Pre ACT exam. Teachers have messaged and video called numerous students to work through their questions and have dealt with recording lessons so absent students can listen to the lesson later.

The last 12 months have taught us that teaching has changed forever and integration of technology in learning is going to continue after the pandemic passes. Without willing and caring teachers, our students would not have navigated the changes to learning.

Take some time this week to reach out and thank the teachers who have helped your child(ren) during this year. I know they will appreciate this! - Helen Somerville

Met World

Newsletter

Met Flashing News



Metropolitan School was delighted to welcome back all its students from Pre-K to Grade 3 who returned daily to campus after Spring Break. We were also glad to welcome back all of our Grade 4 to 9 students (Groups A&B) who joined back with a redefined hybrid system that best suits the learning needs at this moment of time . Please allow us to take this opportunity and thank all parents who cooperated and followed the school's instructions to ensure a healthy and safe students' return to campus.

Metropolitan School proudly celebrates the success of all students who excel not only in academics but in extracurricular activities as well! We would like you to join us in congratulating our Met young super champion, **Judy Mohamed Fayed in Grade 8 Toronto**, who won the silver medal and earned second place achievement in the Republican Gymnastics Championship. We are proud!



Metropolitan Pre-K, KG1, and KG2 students were fast-forwarded in time and age! Students had the chance to celebrate their 100th day at school by dressing up as 100-years olds. Children looked amazing in their outfits and old like characters! Thank you to all parents for their creativity with the costumes and makeovers! Well done to all!



Met World

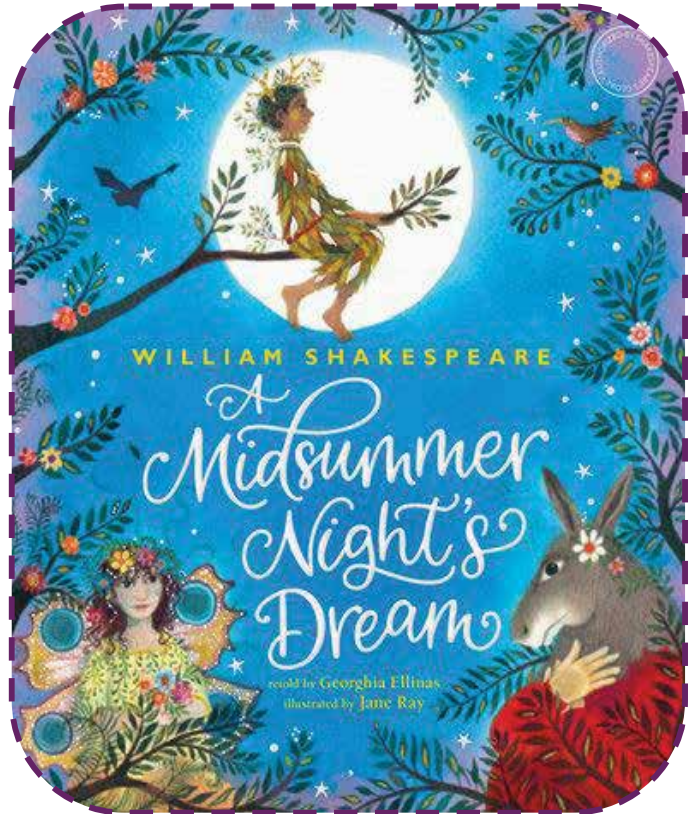
Newsletter

Met Flashing News



If you are eager to follow our daily activity updates and what's happening at Metropolitan School, follow the below links! Follow us now! On another note, when you engage in using social media, it goes a long way for you, your children and the school's reputation, when you say positive things. There are certainly many positives about being part of the Met family so many thanks to those who use social media, like, Whatsapp and Facebook, in more constructive ways.

YouTube	https://youtube.com/channel/UCjWrLdKfeLgoDRWtpWw_CPA
Website	http://metropolitanschooleg.com/en/
Facebook	https://www.facebook.com/metropolitanschooleg/
Instagram	https://instagram.com/p/BrAjsZI9G6/
Twitter	https://twitter.com/Metropolitan164/



Ms. Shirley Munoz our ELA Teacher has decided to give a BIG SHOUTOUT to her 8th grade UVA and Toronto students during March! Students have been working so hard to relate to Shakespeare and the play 'A Midsummer Night's Dream'! The theme they had to focus on was 'Control' and they GOT IT in all aspects! This has been a challenge to all students since they started the module while being online BUT... they did it and Ms. Shirley has been so proud of them and so we are too! Well done 8th graders!

Met World

Newsletter

Met Math

In Math class, Grade 8 Engineers were hired to design a water park. They were asked to include specific attractions and necessities to their blueprints, they did a lot of work, and completed long 6 tasks to fulfill this project. The 8th grad project reflects what students have learned about solving linear equations, finding slope, and solving systems. Well done grade 8! Miss Deena Anwar is so proud of you and so are we!



Met Science



In grade 8 students have been studying Newton's laws of motion. To learn about the relationship between force, mass, and acceleration, students launch balloons of varying masses and measure the time and distance of the balloons' motion. This data is then used to plot a graph to visualize the relationship between mass and velocity.



Our young scientists have been learning all about 'light energy'. Light energy is a form of electromagnetic radiation. Light travels in waves and is the only form of energy visible to the human eye. During the activity, students learned that the sun is a major light source and that shadows take the shape of objects and block the light source.

Met World

Newsletter

Met History



8th-grade World History students created their own manor systems to reflect the self-sufficient villages during Europe's Middle Ages.

Met ELA



Each week in Grade 2, students learn new sight words. This helps to expand their vocabularies and improve their spelling, writing and speaking. Students are supported by the 'Read It, Trace It, Write It' page, which guides them in their study of these spelling words.

Met Clinic

Metropolitan School's clinic supervised an oral booster dose vaccination campaign for our students in Pre-K, KG 1 and KG2 against Poliomyelitis. According to the Ministry of Health recommendations, an authorized medical team from the MOH has administered these vaccinations for one day during March.



Met World

Newsletter

Met Clinic

Metropolitan School's clinic would like to emphasize the importance of filling in and submitting the 'Returning to School COVID-19 Health Surveys', which are sent out to parents before the return of any student, after long breaks, throughout the year.

The survey helps our school to monitor and track the health status in each household.



This survey has helped to identify which students are eligible to return to school and which students need to be quarantined and for how long. Furthermore, we were able to track all positive student and household cases and our school doctor made sure to be in direct contact and follow up with these positive cases.

While working closely with the Ministry of Health (MOH), this practice has helped in determining future safety measurements and maintained a healthy and safe environment inside the school campus.

We would like to take this opportunity to thank all the parents who attentively and cooperatively submitted the information. On the other hand, we would like to urge parents who resist in submitting the same to cooperate with us and provide the information for the safety of their children first and everyone else in the community. Unfortunately, we will not allow children to enter the campus, without submitting the online survey and meeting our announced deadlines.

We thank you all for your cooperation and commitment in making Met a safe place to be. - Met Clinic



Met World

Newsletter

Met Art



During Art classes, our Grade 8 students undertook an exploration into 'Pointillism'. They were able to create their own miniature pointillism paintings with Q-tips to better understand the effect of tones within their art.



In preparation for Mother's Day, Our Grade 1 teachers and students collaborated with the Met Art Department and prepared a beautiful pot artwork design for all our wonderful Met moms! -

Happy Mother's Day!

Please join us in congratulating our young artist Hamza Abaza in Grade 2 Stanford as being one of the winners of the 'I Heart Reading Contest' - Art Category. The contest was a great opportunity for all students in KG2 to Grade 5 to show their love for books using amazing skills and talents. Well done to all participants and winners!



Met World Newsletter

Literacy Week

One of the central purposes of our school is to ensure that students develop necessary literacy skills in order to succeed at school and in life. Literacy is the ability to use all four areas of communication effectively; reading, writing, speaking and listening. Every year at Met we enjoy celebrating *'Literacy Week'* with our wonderful students during ELA and specialists' classes. Our goal is to inspire children to love reading and to develop this area of communication. The annual 'Literacy Week' for this academic year took place between Sunday 21st to Thursday 25th of March. Students have been encouraged to read and have fun while taking part in different and interesting literacy activities. Happy Reading everyone!



Shhhhh, it's a secret! As part of our Literacy Week activities, students were surprised to be read to by a *Mystery Reader* from our own Met teachers and admin team. The volunteering mystery readers popped in during library classes throughout the week and read aloud a favorite book from their choice. Additionally, they practiced some literacy-based activities with the students which related to the stories they read. Thank you to the teachers and admin team who surprised the students and made it a memorable event!



Met World

Newsletter

Literacy Week



Crazy Socks Day! “Reading Rocks so Wear your Crazy socks”! Students of Early Childhood and Elementary were encouraged to wear their crazy socks during the first day of Met Literacy Week 2021. We are CRAZY about Reading!

Grade 1 Chicago students were thrilled to experience a one of a kind bear **Hunt Adventure** with our Mystery Reader Ms. Mona ELTiliawi. Ms. Mona has surprised the children during Literacy Week by visiting them at the library and read the ‘We’re Going to a Bear Hunt’ story book for them. Students have had a blast creating their own maps while enjoying listening to the story and practicing activities related to the book characters.



“Creatures, Wild Minds! - Dress up Day!”

Students and teachers were encouraged to go wild and dress up as their favorite book character! This was to foster the love of reading and have fun wearing different characters on that day. Characters are one of the story elements and this element determines the way the plot develops. Readers can experience the world that is meant to be created in the story through characters.



Met World Newsletter

Literacy Week

KG1 Turquoise were so excited to take part in this fun literacy-based activity during the *“Mystery Reader”* session that was based on ‘The Paper Bag Princess’ story book. They had fun taking on some characters of the story.



“Story Setting”. In collaboration with the ELA and Met Art Department, students in Grade 1 worked on creating art pieces to depict the ‘Kitten’s First Full Moon’ story setting. A story ‘Setting’ is the time and place (or when and where) of the story. It’s a literary element of literature used in novels, short stories, plays etc. In the ‘Kitten’s First Full Moon’ story, students have followed the places the kitten visited through out the book and where able to create amazing work that was displayed in an exhibition for parents to see and conclude our Literacy Week.

“Hats off to Reading Day!”

Students are giving praise to reading and literacy by wearing their favorite hat/wig. At Met we want all students to enjoy reading. It opens doors to every type of communication including writing and speaking.



“Community Service” during Literacy Week: Met parents were invited to our students’ literacy - based activities exhibition that took place on the last day of Literacy Week. The community service event gave a chance to parents and students to purchase student-created products such as book marks to fundraise and support elderly women.

Met World

Newsletter

Literacy Week Photos



Met World Newsletter

Literacy Week Photos

Thank you
to all our
Mystery
Readers!!!



Met World

Newsletter

Literacy Week Photos

Thank you
to all our
Mystery
Readers!!!



Met World

Newsletter

Met Mission

Met Biz

This quarter students have been taking a deeper look into “Financial Literacy”. This program is designed to assist students by focusing upon some of the basic financial matters that will apply to them all both now and in the future. They have been looking at things such as bank accounts and mortgages and more recently ways in which to grow money by looking into trading with stocks and bonds. In order to do this, we have been following a program laid out by “The Stock Market” game.



As they state on the website, “An online simulation of the global capital markets that engages students in grades 6 -12 in the world of economics, investing and personal finance and that has prepared nearly 20 million students for financially independent futures.” The program introduces students to what the differences are between stocks, bonds and mutual funds. Over a period of weeks, they get to investigate companies on the New York Stock Exchange that they would invest in and then get to trade on the market with a virtual portfolio where they are given the chance to invest \$100,000 through the NASDAQ. By the end of the trading period students will then look at their investments and discuss what they did well and also what they feel could have been a better investment, should they spread the risk and take a long-term path of investing safely, or invest all in a business that they hope will make millions overnight.

As part of Met’s on going enhancement of students’ *entrepreneurship* thinking and creativity, our young entrepreneurs in G4-6 took a major part in promoting ‘Literacy Week’. They created a marketing plan for the event and prepared a sales activity for parents and students to donate and fundraise money for the ‘Synod of The Nile Nursing Home’ for women. Tamara and Mariam in Grade 4 worked on a promotional video to practice their entrepreneurial skills and talents in alignment with Met Literacy Week. Watch: <https://fb.watch/4s3Ze4Qsdt/>



Met World

Newsletter

Met Mission

Met Values



Met Discipline Team introduced a '7 days of Kindness' contest. Students were asked to think of a friend or a family member who they would like to do an act of kindness for 7-days and share their experience with our discipline team and class mates. Please join us in congratulating the winners of the '7 days of Kindness' contest'.

Character Education



Met encourages all students to arrive to school every day on time and acknowledge their daily promptness. A student from each grade level is chosen by raffle. Students who have perfect attendance, tardies, or late pick-ups for the month prior were entered into the drawing. They won a VIP card worth 10 golden tickets! Keep the momentum up!

Egyptian Values



During Literacy Week, our Elementary Arabic Department organized literacy-based activities to students. Grade 4 were introduced to 'Naguib Mahfouz', an Egyptian writer who won the 1988 Nobel Prize for Literature. Students took part in writing about the famous writer and presented their marvelous short stories to the elementary peers during the morning line.



During Literacy Week, our MS/HS Arabic Department introduced 'Hafez Ibrahim', a well known Egyptian poet of the early 20th century to students during the morning line. They pretended watching the popular T.V. show "Kelmeten W Bas" with Ms. Mona as the presenter and Mr. Amr Attia as the representor of 'Hafez Ibrahim' character.

Mr. Amr was interviewed by Ms. Mona and then he elocuted beautifully some of 'Hafez Ibrahim's' popular verses.

Met World

Newsletter

Met P.E.

So far this quarter students have continued to look at different forms of exercise to help with warming our bodies up in preparation for exercise as well as how to cool down at the end of our exercises. Balance and following instructions have also been the focus where students have completed tasks using the game, “Simon Says” as well as completing challenges over obstacle courses as well as the equipment in the playground. Students have really enjoyed these activities as they have been able to actively participate both in completing the challenges as well as suggesting challenges for the class.



Met Corner



‘Met Teacher of the month’ recognition award consists of staff members nominating their fellow Met teachers based on the amazing work they do. It is with great pleasure to announce that the ‘Met March Teacher of the Month’ has been awarded to Ms. Farah Sedky. Ms. Farah teaches art to our early childhood and elementary students. Ms. Farah took over art classes this year and has been one of the best art teachers the school has had. Students enjoy going to her class as she makes it fun, educational, and exciting for the students. Ms. Farah’s teaching abilities in art and her patience with young learners are incredible, engaging, and supports the grade level curriculum. She is always planning ahead and creates outstanding creations!

Met World

Newsletter

Parent Corner

Mother's Day is the special time of year when you get to celebrate your first best friend and the person you always turn to when you need advice. Mother's Day is also a great time to show your love for all the other wonderful women in your life. Metropolitan School would like to take this opportunity and wish all Met moms' community a wonderful Mother's Day. *"A mother is she who can take the place of all others but whose place no one else can take."* - Cardinal Mermillod



Parent Testimonials

Q2 Parent Survey

Thanks for encouraging students by doing star of the month.

Kindness is everywhere at Met.

Thanks for sharing in Met World all student's success in every sports or activity or hobby outside of school. This gives them a positive feeling and encourages them to do even better!

Thanks for all the awareness campaigns. They are really useful for students.

Dates for your Diary

Date	April Diary Dates 2021
1 April	SLC- Student Led Conference (For signed up appointments only)
4 April	Start of Quarter 4
12 April	Ramadan Begins - TBC (Date to be confirmed)
Thursday 29 April	Sinai Liberation Day / Palm Sunday Celebrations (School Closed)



Executive Director's Message

Dear Met Community,

It can be stated that immense patience is a character trait that cannot be overstated at the best of times and certainly, **patience** is perhaps our greatest ally during this Corona Crisis. Additionally, **COOPERATION**, which is one of our Character Pillars, is of prime importance. Parents, you need to cooperate with the school, with all safety recommendations and not attack the school and its staff, for setting safety rules. **Thanks very much** to all the parents who have been very cooperative, patient and understanding.



We have had to return online once again, starting April 18th because of a resurgence of Covid cases in our school community. It is with dismay that we learned that some parents still sent their children to school, knowing that their children might have Covid; or sending children to school when they knew there was a risk that their children had a strong possibility of having contracted Covid. Some parents allowed their children to participate in, “non socially distanced events” with other students, which puts everyone at risk. Parents, you must be the responsible adults in the room and keep your children at home, if there is a chance that they might have been exposed to illness.

Special thanks to our teachers who have done a tremendously wonderful job in adapting, retooling and relearning so that students can continue their educational journey. As stated before, all countries need to do their part and take the lockdown measures with seriousness, as we have a long way to go.

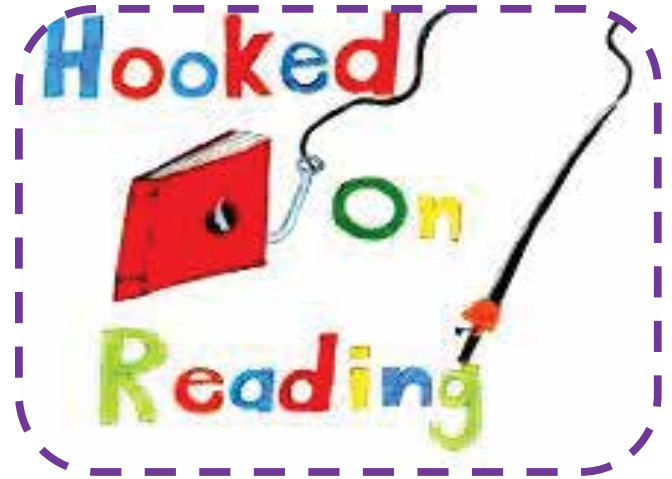
STAY POSITIVE, FOCUSED, INSPIRED, STAY HOME & STAY HEALTHY! - Andrew Frezludeen

Met World Newsletter

EC & Elementary School Principal's Message

“The more you read, the more you know. The more you know, the more you GROW!”

Ramadan Kareem! We hope that you have noticed the implementation of our literacy plan, specifically as it relates to using data (STAR/MAP/DIBELS) to guide our instruction targeting your child's areas of needed improvement, increase fluency and comprehension, more exposure to grammar and writing, and an increase in the reading stamina of our students.



The past three articles I have written in the Met World Newsletter have all been focused on reading. As I said in one of the articles, **“Reading is the fundamental and foundational skill of every subject that we learn.”** When students are competent and confident readers, this will be reflected in every other subject area. If you missed these detailed articles in the Met World Newsletter, I encourage you to go back and locate them in your email. They contain some excellent ideas to increase the reading progress in your child.

Students in KG2-Grade 5 have been assigned to read a minimum of 30 minutes each day. It's very simple. If we want our students to improve their reading, they must dedicate time every day to practice reading. There are fiction and non-fiction books on RAZ Kids and also on EPIC books that students can choose to read. Their teachers have assigned their level book so they are reading 'just right' books. Of course, we encourage students to read hard copies of books bought from a bookstore, recipes, magazines, road signs, etc. Any time they can practice their reading skills will be beneficial.

It is very important that your child continue to read throughout the school holidays.

Met will possibly be offering a one or two week “Get Hooked on Reading” camp in August.

Details will be shared with parents soon. - **Anjanette Yarar**

Met World

Newsletter

Middle/High School Principal's Message



As the weather starts to warm up, we all start counting the days until summer begins. This year particularly has been tough and with so many changes throughout the year, we are all looking forward to a well-deserved summer break. However, there is one thing that we will all need to keep going during the summer vacation *-reading.*

Reading is crucial to student success at any level. In the Elementary School, students follow personalized plans to improve their reading. When they move into Middle School, the reading programs become more general, and students read and use different written sources in multiple subjects.

In High School, students start the process of external university admissions tests, such as ACT or SAT. Regardless of the test a student takes, the key to success will always be the ability to read, break down, and apply what the questions are asking students to do. This is true in the English and the Math sections of any college admissions test, as well as in specialized subject tests. Students with low reading levels will always score lower on these tests. They become easily confused by the wording of the questions and waste time during the test trying to figure out parts that may not help them with the overall answer.

Helping your child develop a lifelong love of reading will improve their overall academic performance and make High School and university easier to navigate. Like a muscle, the more you use your brain to read, the easier it becomes. Thirty minutes a day, every day, will help your child improve their reading significantly over time.

Met World Newsletter

Middle/High School Principal's Message

It doesn't matter what they read; focus on their interests and then find books, magazines or online forums that discuss that area of interest. Invest in a Kindle or an app that allows easy access to books and magazines. Don't expect that a hard copy of a book will necessarily interest your children, but maybe an online version will be more appealing.



Make it a challenge, and give rewards for consistent reading habits. Age doesn't matter – everyone likes prizes, so set a goal with your child and then when they meet that goal, celebrate this. Make sure to set a new goal to keep the process going.

So as we move into the last few weeks of the year, set a plan with your children for their summer reading program. Invest in the materials needed and then implement. In the two months of summer, you will be able to help your child significantly improve their reading level and prevent the infamous “summer slide”. Once this becomes a habit, the long term benefits of improved reading, in any language, will be felt at all stages of their educational journey. - **Helen Somerville**

Met World

Newsletter

Met Flashing News



Metropolitan School proudly celebrates the success of all students who excel not only in academics but in extracurricular activities as well! Congratulations to our Met champion, **Farida Waleed Mohamed** in **Grade 6 Princeton**, who earned the gold medal in the 'Trio Dance' and the silver medal in the 'Aerobic Dance' during her participation in the 'Egyptian Pharaohs Cup' - International Aerobic Tournament-Egypt 2021. We are proud of you Farida!



Please join us in congratulating our Met young champion, **Yassin Ahmed Barakat** in **Grade 4 Johns Hopkins**, who achieved first place and earned the gold medal in the 'Republican Gymnastics Championship' - under 10 years old. Keep it up Yassin!



We would like you to join us one more time in congratulating our Met young champion, **Yasmina Ahmed Thabet** in **Grade 5 Purdue** who earned the gold medal and achieved the first place in the 'Republican Aerobic Gymnastics Championship.' Congratulations and well done Yasmina!

Met World

Newsletter

Met Flashing News



As part of our ongoing efforts to provide a broad and interesting curriculum, Metropolitan School arranged a show visit by Sitara Theatre Company to our school campus. Students enjoyed watching the play named ‘The Gruffalo and His Child.’ Through performance arts, Sitara promotes a love of books and reading. The students had so much fun and enjoyed the show in social distance with the company of their homeroom teachers.

We are excited to announce our new partnership with Pocket Music School. Pocket School offers one on one instrumental lessons (Drums , Piano, Acoustic & Electric Guitar, Bass, Keyboards and Singing) for beginners, intermediate and advanced levels. The school is certified and accredited by Trinity College London. All Instructors are professional and certified with a wide experience in teaching and performing live with famous bands. Pocket uses ‘Trinity College Classical’ and ‘Rock & Pop’ curriculums to teach students and prepare them to enter the ‘Trinity exams’. They also use Rock school curriculum alongside. For more details and further inquiries, please contact Pocket school via:
Mobile: 0127 666 86 50

Trinity website: <https://www.trinityrock.com/>

Instagram: <https://instagram.com/pocket.music.school?igshid=1u9lz3howyrkh>

Facebook :
<https://www.facebook.com/Pocket-Watsons-Music-school-110287144448731/>

Please present your child’s Metropolitan School ID card to claim your discount offered to Met students.

Met World

Newsletter

Met ELA

KG1 have been working hard during E-learning. Students were able to control the technicalities of the computer effectively, including how to 'mute' and 'unmute' themselves for participation. The children have been working towards their phonics, simple blending and recently they have been working towards 'sight words'. The KG1 students have learned how 'sight words can string together' to form simple sentences, such as: 'Look at the house.' Keep up the amazing work, KG1.



Met French

We are proud to introduce our very first students who have passed the Diplôme D'études En Langue Française, DELF for short DELF exam. The DELF is a diploma awarded by the French Ministry of Education to certify candidates' proficiency in French. Met DELF students 2020-2021 are;

- ◆ **Jwayria Elmasry**
- ◆ **Jana Abdelrahman**
- ◆ **Salma AlKaff**
- ◆ **Youssef Waleed Mohamed**
- ◆ **Malak Barakat**
- ◆ **Habiba Eldesouky**
- ◆ **Jaida Mohamed Salah**



Met World

Newsletter

Met Math

Grade 9 students worked on a project to design a park on a coordinated plan. **The project was divided into 7 tasks:**

Task 1: Students had to design their park in groups.

Task 2: Locate each attraction using ordered pairs.

Task 3: Find the slope for the lines connecting some of these attractions.

Task 4: Write equations that represent each line.

Task 5: Identify the intersecting point for 2 lines using substitution between equations.

Task 6: Identify the intersecting point for 2 lines using elimination between equations.

Task 7: Write a reflection.



Met World

Newsletter

Met Science



Grade 9 students were exploring the circulatory system and its components. They walked through the heart and learned about its parts. Students understood the two major circulations we have and had the chance to practically practice what they have learned while they were divided into two groups. The first group measured the heart rate before and after exercise and compared between them. The second group learned how to measure blood pressure.

In grade 6, students have been studying environmental problems. They discussed how governmental organizations in the United States test the water and soil to make sure it is safe for drinking and growing crops. Students completed an activity in class in which they had to test the pH levels of three different water samples and use their results to determine which water sample was the best for growing crops.



Grade 4 students explored weather instruments with a hands-on activity. They measured weather conditions using different tools. Observations began with temperature, wind direction, wind speed, and air pressure. They learned how and why today's factors reliably predict tomorrow's weather.



Met World

Newsletter

Met Art



Grade 2 students continued their journey around the world during art classes. Students have ventured into the great white north, aka CANADA. They explored the magical colors of the Northern Lights and used oil pastels on black canvas paper to bring the natural beauty alive on paper.

Met Music



Students in Grade 1 have been learning about rhythm during music classes. Students were introduced to different musical notes and rhythm patterns and were asked to choose from them and play the chosen musical pattern on instruments. This practice helped differentiate students' individual learning levels and identify areas for practice for each child.



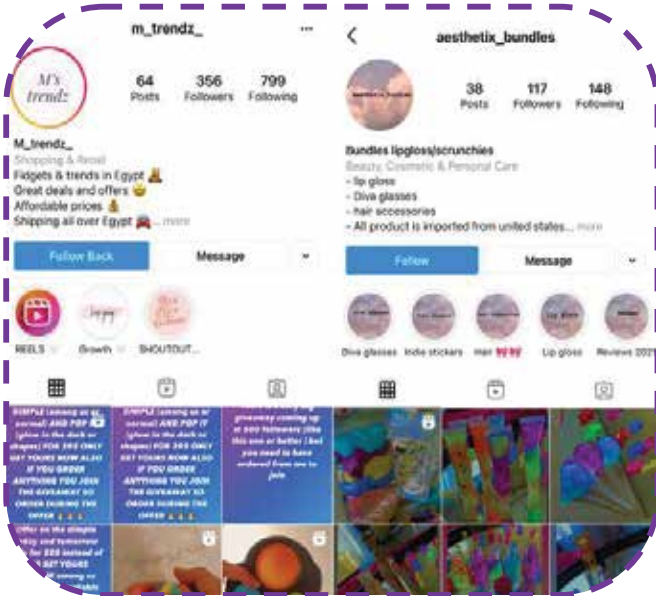
During the fourth quarter, upper grade students have been focusing on rhythm and time as the main subject during music sessions. They have discussed time signatures and how it is applied to music, as well as keeping time, as it is one of the most important elements of music. At Met, our aim is to teach students the basic functionality and approach to proper timekeeping. For this, they use the drum-set. Students obtained a better understanding of how complex even the simplest of drumbeats can be.

Met World

Newsletter

Met Mission

Met Biz



In an ever-changing and demanding world, Metropolitan School aspires its students to take initiatives and lead entrepreneurial projects that best suits their age level. Our students never cease to amaze us, while we watched how they were able to manage shuffling between the on-campus and online learning during a pandemic and how they where additionally able to handle their own small online businesses as well! Well done to our young entrepreneurs! We are proud!

Grade 2 students acted as workers at the Sweet "O" Donuts shop. They competed to find out who can produce the most well-made donut. The objective of the activity was to learn the process of being paid for their work. Students are expected to do their very best to produce each donut correctly without any defect. Well done our little chefs!

G5 students participated in an open dialogue on opportunity seeking. As future entrepreneurs, our students observe and create opportunities. Through the SCAMPER Creativity technique, students are upgrading existing products to new innovative solutions.



Met World Newsletter

Met Mission

Met Serve



In alignment with the school's vision of inspiring a generation of engaged thinkers, ethical citizens and global entrepreneurs, our students in Gr. 4 to 6 took part in promoting 'Literacy Week' by holding a fund - based sale. They were able to sell student-created products to their fellow friends and parents. The aim from raising the funds was to bring joy on Mother's Day and support elderly women at the 'Centre for Geriatric Services-CGS'. Thank you to all students and parents for their contributions.

Metropolitan School
HELP BRING JOY TO KIDS IN NEED

CLOTHES & TOYS DRIVE

This year for Orphans Day we are having a clothes and Toys drive. We would kindly like to encourage Met students to participate.

Clothes Drive - Label the bag with the gender and size (boy/size 5) in a Ziplock bag

Toys Drive- Find a toy you no longer use or need

Please make sure that the clothes and toys are clean and in very good condition.

World Orphans Day

MetServe
Metropolitan School

Drop off at the reception from
March 28th to April 8th

For more information call the school reception or contact
swagdy@metropolitanschooleg.com

Metropolitan School celebrated 'Orphans Day' this year by organizing a 'Clothes and Toys Drive'. Students were encouraged to find outfits they do not wear and toys they no longer use and donate to children in need on Orphans Day. Students were encouraged to wash, iron, and fold the clothes nicely and pack in Ziplock bags and drop them at school while making sure to label them with the gender and size (i.e. boy/size 5). Thank you to all parents and students for the amazing efforts and making sure they put a smile on the face of someone in need.

Met World

Newsletter

Met Mission

Egyptian Values



In recognition of our core value of Egyptian Citizenship, Metropolitan School would like to greet all its families and the entire Egyptian community on the occasion of celebrating the national Sinai Liberation Day marked on April 25th.

<https://fb.watch/56cnAcZD7H/>

It was with great pride to witness the breathtaking, once-in-a-lifetime event 'The Pharaoh's Golden Parade'. The event took place to relocate 21 royal ancient Egyptian mummies from the Egyptian Museum in Cairo's downtown Tahrir to the National Museum of Egyptian Civilization (NMEC) in Al Fustat. A lifetime event to remember.

<https://www.facebook.com/moantiquities/videos/270048214598408>

Met Corner



'Met Teacher of the month' recognition award consists of staff members nominating their fellow Met teachers based on the amazing work they do. It is with great pleasure to announce that the '**Met April Teacher of the Month**' has been awarded to our very own Librarian **Ms. Manal El Diwany**. Ms. Manal has made the library a fun and engaging place for all of our students and her work during the 'I Heart Reading' and 'Literacy Week' campaigns was amazing! Congratulations and well deserved Ms. Manal!

Met World Newsletter

Parent Corner

During student-led conferences, the students and parents jointly participate in the reporting process. The parent typically listens to the student report about the progress that has been made. Work samples are used to illustrate growth and connect work with standards and expectations. Student-led conferences spotlight the most important person in the process, the student. They improve parent involvement and bring students to the point where they ask their teachers and themselves, "How can I make my work better?". We would like to thank all parents who registered and attended the virtual SLC for this academic year with their children and teachers.



Parent Testimonials

We would like to thank you for your wise decision concerning keeping grades (6-9) on E-learning. Let us tell you that this decision reflects how much you love and care about your students proving that both education and health are priorities to you. The school is offering an outstanding excellent E-learning that is an outcome of hard work showing that school community is acting like parents who really care for the safety of their kids and developing their academic progress. Thanks again and take care of yourselves. Best regards. A group of parents who appreciate your efforts.

Dates for your Diary

Date	May Diary Dates 2021
1 May	Labor Day
2 May	Coptic Easter - (School Closed)
3 May	Sham El Nassim - (School Closed)
30 April - 8 May	Easter Break (School Holiday for Students and Academic Team)
13-15 May	Eid Al Fitr Holiday (To Be Confirmed - TBC)



Executive Director's Message

Dear Met Community,

This school year has had many ups and downs and several challenges, from changing our “in school schedule” to retooling and innovating in an E-Learning space. It has been a tough school year for our whole community and looking ahead, next year will also present many challenges. The good news is that we have learned how to be patient, to cope with transformational changes and adapt as best we can. The new vaccines represent hope on the horizon so that we can revert back to more normal lives. We truly wish we had 100% of our students on our campus from Sunday to Thursday.

PATIENCE IS NOT THE
ABILITY TO WAIT, BUT
THE ABILITY TO KEEP
A GOOD ATTITUDE
WHILE WAITING.

JOYCE MEYER
SPIRITUAL INSPIRATION

Patience, patience, patience is necessary from all of us in order to be calm in our disposition. Let's continue to ***“learn how to learn new habits, unlearn maladaptive habits and relearn and retool”***.

Our teachers have done a tremendously wonderful job in adapting, retooling and relearning so that students can continue their educational journey. We are committed to learning so our students maintain their skills as they look towards our next school year. There is much going on behind the scenes to prepare, and your patience and understanding is greatly appreciated!

STAY POSITIVE, FOCUSED, INSPIRED, PATIENT, CALM, STAY HOME & STAY HEALTHY!

- Andrew Frezludeen

Met World

Newsletter

EC & Elementary School Principal's Message

It is hard for me to believe that we only have 15 days left in this academic school year. Some days felt like they lasted forever and some flew by in an instant. I often wonder how our world will be in September, when we return for the 2021-2022 school year. Like you, I am hoping for some normalcy of what I know school to be. I have missed the interactions with students, seeing their smiling faces in the hallway, and hearing their giggles while on the playground.



I am so thankful and proud of our teachers, students, and parents, who have adjusted to many different schedules and learning situations this year. While we did our best to provide quality instruction, it will be normal because of the very nature of the pandemic, that students might not have made as many educational gains as compared with previous years. I encourage you to utilize the ‘Summer Work Packet’ that your child will receive from their homeroom teacher. This packet will include activities that reinforce reading, English, and math skills. Please continue to require your child to read at least 30 minutes every day in English. Raz Kids as well as EPIC Books will be available during the summer months for your child to have reading options. Additionally, please look for an email registration form for our “Get Hooked on Reading” two week camp that will be available in mid-August.

For our precious KG2 students who have recently graduated, I wish you the best of everything as you begin the fall as a Met Grade 1 student. You have worked so hard and I am quite proud of all of your accomplishments.

- Anjanette Yarar

Met World

Newsletter

Middle/High School Principal's Message

On June 1st, we return to E-learning for one last time this year. There have been many changes this year, and despite that, our teachers have kept continuity in learning for all students. We as educators see, through our own families and our students' experiences, that E-learning can be successful. Students who choose to engage, do very well with the online system.



Students who are not active with their classes, struggle more with meeting deadlines and can become isolated from their peers. We do not want to see students feeling lost or isolated while learning, so how do you find ways to divert your teenager's attention from themselves and re-engage in learning for these last few weeks.

Teenagers process change and uncertainty very differently to adults. We have more life experience to deal with such situations, and yet for many of us this year has been long and difficult. Put yourself in a teenager's shoes, with less tools and less control over situations generally, and you can see how their experiences this year could seem too difficult.

However, you can help your child work through changes and uncertainty by talking to them about their perceptions of the situation. The messages we unconsciously send to our children are so important at times like this. If we say it is a disaster, then to our child this is a fact, even if it was meant in a different way.

Remind them that this situation is temporary.

Met World

Newsletter

Middle/High School Principal's Message

Make your teenager see the things they can control through their own choices. They are in charge of their own emotions, working on their learning, meeting deadlines, and contacting teachers when they don't understand. They do not have to control external factors such as changes to learning models but they do have to adapt. They need to follow procedures and work on time management, and when things don't work out, accept this fact, start again and try harder next time.



Some students did not attend a single day on campus due to the pandemic. They have been learning from home all year and have been greatly missed. Despite this very real isolation, we have felt their presence in our community through their constant messages and online conversations with their teachers. Their mental stamina showed through this year and we applaud all families who worked within our community to support their children at all points during the academic year. - **Helen Somerville**

Met World

Newsletter

Met Flashing News



Metropolitan School strives to introduce the best practices and experiences to our Met students' current and new parents who join our community. Putting this in mind, and in a way to ensure the well being and safety of everyone on campus, we proudly introduce our official Virtual Tour Link for a chance to see and enjoy our campus facilities virtually via: <https://metropolitanschooleg.com/vt/>. Enjoy the tour with us!



It has been a tough year, and we were unable to see all our students physically on campus, due to the constant changes and precautionary measures taken to secure everyone's safety. We miss our students and this is a message sent out from our teachers to all our beloved students: "We miss you all and we want you back on campus!". Please make sure to follow all the important precautions to prevent our community from spreading COVID-19.

Some simple precautions, such as physical distancing, wearing a mask, keeping rooms well ventilated, avoiding crowds, cleaning your hands, and coughing into a bent elbow or tissue will help a lot. Stay safe.

Watch: <https://www.facebook.com/metropolitanschooleg/videos/2869971519985456>

Met World

Newsletter

Met Flashing News

Metropolitan School is pleased to announce the completion of the Met High School soccer field and paddles court in order to accommodate our High School students for the new academic year **2021- 2022**. Despite all the challenges that have been met due to the pandemic situation, we are proud of being able to complete our outdoor facilities' expansion plan and complete the task on time. We would like to take this opportunity to extend our special thanks to **Chief Engineer, Bakr Abdel Radi**, and the entire maintenance team supported in completing the expansion plan on time. **Watch:** <https://www.youtube.com/watch?v=k0pZ0jrZmpM>



Met World Newsletter

Met ELA

During ELA, our Grade 3 students practiced paragraph compositions by writing daily journals. After drafting and editing their compositions, students enjoyed sharing their work with their classroom peers. One of the topics covered was “If I could have 3 Pets...” Well done Grade 3!



Met French

Since the summer season is approaching us, our KG1 students have been discussing the summer holiday and objects they use in summer during French classes. This included sharing some of their “most take object to the beach” materials, such as hats, sunglasses, umbrellas, etc.



Met World

Newsletter

Met Science



In 6th grade science, students have been studying ocean currents. One factor that affects ocean currents is salinity, or the amount of salt in water. To help us comprehend the topic, students observed a demonstration of how saltwater behaves in freshwater (it sinks), and how freshwater behaves in saltwater (it rises). Well done!

Grade 4 astronauts are learning about the Solar System and how it got its name. They also learned how the Earth revolves around the Sun (365 days/1 year), and understood that the Earth's rotation is responsible for the day and night times.



Met ICT



Grade 7 showcased what they have learned throughout the year in ICT and Design Technology class by designing their first e-commerce website, as well as their school year portfolio and CVS. The website includes different pages with different menus to be displayed on both PCs and Cell Phones using HTML and CSS along with GUI (wix.com). Well done, Grade 7!

Met World

Newsletter

Met Art



To conclude the last on-campus art sessions, Grade 3 students said hello to summer with an experiment in watercolor and permanent marker! Students designed their own sandcastles and took advantage of the waterproof nature of permanent marker to decorate their works.

Met Music



Our students are learning the skill of locating the ‘C’ note on a keyboard as a jump-off point to identifying all the main notes on the piano and keyboard, as well as the sharp and flat notes, which are equally as important in reading, writing, and performing.



Met World

Newsletter

Met Mission

Met Biz



Being able to ‘pitch’ an idea is a core entrepreneurial skill, and our Grade 4 students are practicing it along with their creativity. Students designed products or services based on a set of 3 words and presented them to their classmates. We are so proud of our young Entrepreneurs in action!



Metropolitan School vision is to inspire a generation of Engaged thinkers, Ethical citizens, and Global entrepreneurs. In an ever-changing and demanding world, Metropolitan aspires to enable its students to take initiatives and lead the change they want to see through entrepreneurship. Our students never cease to amaze us, from managing on-campus and online learning during a pandemic to handling their small online businesses! Support their ventures by purchasing their products or following and sharing their online business.

Met World

Newsletter

Met Mission

Egyptian Values



Greetings to all Met families and the entire Egyptian community on the occasion of celebrating Easter and Sham Al Naseem during the month of May.



Metropolitan School would like to extend its greetings to the entire Egyptian Nation on the celebration of Eid Al Fitr. Wishing all our amazing families a wonderful and blessed Eid. May it bring you endless joy and happiness with your families.

Met Corner

Watch our students greeting their teachers:

<https://www.facebook.com/metropolitanschooleg/videos/504585220899160>



Metropolitan teachers are committed to instilling a love of learning within students with the aim of inspiring every student to reach their full potential. On the occasion of celebrating “Teachers’ Appreciation Week”, we would like to thank all our teachers and teaching assistants for creating an environment of enthusiasm for learning. Without their hard work and cooperation we will not be where we are today! ***We appreciate you!***

Met World

Newsletter

Parent Testimonials

How helpful every single member of the school was!! From the security men on the door to the school director !!how helpful the teachers were, answering every single message ASAP and communicated easily and responded to all my concerns and request to improve and help my child!!

Met team have been always kind and understanding

Thank you for the very effective communication with parents. The newsletters were always very informative. We appreciate how much effort was put into writing them so as to keep us parents informed about everything that is going on and all the important decisions that are taken at school. We always feel we are kept in the loop and this makes us part of the Met family. Thank you!

Teaching is done by all teachers from the bottom of their hearts!

You care about the children's mental health

MET accommodates and understands that children are different. I have always felt that you want the best for my child, more than you want the best for you, even if there is conflict ... the child's wellbeing comes first.

Dates for your Diary

Date	June Diary Dates 2021
30 May - 3 June	Egypt Week - Virtual Activities
6 June - 10 June	Entrepreneurship Week - Virtual Activities
16 June	End of Quarter 4 - Last Day of School



Executive Director's Message

Dear Met Community,

I wish to thank parents for their support of our school this year. I am a bit lost for words to describe this year but the word, "whirlwind", comes to mind. It has been a very tough and challenging year for us at Met, and for all schools across the globe and for all countries. I predict that we will have several of the same challenges in the next 2+ years, so I urge our community to be cooperative and to be patient.



The heroes are those on the front line to whom we owe much gratitude and admiration. Our teachers are among those on the front lines, and they have truly done an outstanding job in learning to innovate and adapt their craft. Congratulations to our wonderful teachers! Thanks to all of our support staff, without which, the school could not function. They too have done a tremendous job to keep our school going smoothly. I would like to wish all staff, who are leaving Met in June, the very best in in their new endeavors and hope they continue to gain wisdom. We owe them much gratitude!

It is a pleasure to highlight our Academic Leadership for 2021-2022, as Met grows into the future.



Early Childhood (EC) Pre-K - KG2

Principal: Ms. Anjanette Yarar

Vice Principal: Mr. Benjamin Sosa

Elementary (Elem) Gr.1 - 5

Principal: Mr. Ernie Espino

Vice Principal: Ms. Dina Banoub

Middle & High School (MS/HS) Gr.6 - 10

Principal: Ms. Helen Somerville

Vice Principal: Ms. Marian Saad

Wishing you a safe and happy holiday and see you all in September of 2021 where we truly hope to be back in school under normal circumstances. - **Andrew Frezluden**

Learning how to learn, unlearn and relearn...

Met World Newsletter

EC & Elementary School Principal's Message

Through all of the different schedules, adjustments in teaching strategies, and a lot of patience, we can proudly proclaim that, “We did it! We persevered and finished the school year strong, despite the global pandemic surrounding us!” Our teachers, parents, and students have faced an unknown world of E-Learning and have continued to remind us why Metropolitan is in the Top Ten Best Schools in Egypt.



We have 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. 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. Additionally, we are offering our “**Hooked on Reading**” camp for two weeks in August.

This camp is designed to focus solely on reading skills in a fun and educational atmosphere. The dates are **August 8-12** and **August 15-19** from 8:30 am – 11:30 am daily. Registration can be made through the accounting office. The deadline for registration is June 17th, 2021.

I wish for you all a safe and relaxing summer holiday. I look forward to seeing you all in September and will hopefully see some of you at our “Hooked on Reading” camp! - **Anjanette Yarar**

Met World

Newsletter

Middle/High School Principal's Message

It's nearly summer and that means soon it will be time to kick back and forget all about learning, right? Sometimes our students think this, but it's a wrong perception. Our students are fortunate in that they have over 2 months of summer vacation. After a stressful school year, I know everyone wants to spend some time away from devices and online learning. However, don't neglect the important learning opportunities that your students can engage in during summer.



Firstly, encourage your children to get out into open spaces this summer and to disconnected from devices and sitting still. Sadly, we have all moved less this year so encourage your children to get back to sports and being more active. Students should use what they learned in PE and put some sport in their summer.

Secondly, promote reading with your child. In English, in Arabic, and in French. It does not matter what age we are, reading helps us to learn new things. You can choose to read a sports magazine, a novel, or a play. Whatever you decide to read, make time for reading each day and talk to your child about what they have read. Improved reading is always going to help your child both develop interests and achieve more academically.

Finally, find an activity that interests your child – it could be school related or just a hobby they want to develop. Engage them in that interest – join a course or just try it at home.

Learning is not just about books and academic study. It is also about keeping our bodies and minds healthy. It is about learning new things and developing our interests as a person.

Wishing all our Met community a restful and safe summer vacation and looking forward to seeing our students back on campus in September. - **Helen Somerville**

Met World

Newsletter

Met Announcements

As our family grows year by year, Metropolitan School is pleased to announce the joining of a new Principal to the Met family next year. Please join us in welcoming our Elementary Principal, Mr. Ernie Espino. Mr. Ernie will be overseeing Grades 1 to Grade 5 and will be supported by Ms. Dina Banoub, our current Vice-Principal.



Ms. Anjanette Yarar, our current EC/ELEM Principal will shift to the Early Childhood section of our school overseeing Pre-K to KG2, and she will continue to be supported by Mr. Benjamin Sosa, our current Vice-Principal.

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. Most recently, Espino has served as the principal of the Universal American School in Kuwait. Mr. Ernie Espino 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. Mr. Ernie's bio can be viewed at: <https://metropolitanschooleg.com/en/met-team/elementary-school-principal/>

We believe that Mr. Ernie will be an asset to the Met family, and we are pleased to welcome him on board and wish him all the success in his new role at Met.

Met World Newsletter

Met Flashing News

Metropolitan School proudly celebrates the success of all students who excel in extracurricular activities. Please join us in congratulating our own student **Malak Eid in Grade 3**

UCal Berkley who won first place and earned the gold medal in the Egyptian Gymnastic Cup and Championship for Artistic Gymnastics organized by the 'Egyptian Gymnastics Federation'. Congratulations young champion, Malak, with your well deserved achievement and success! We are proud!



Pocket music school is offering all Met students and parents free trial lessons at their main branch, 5th Settlement. Pocket School offers one on one instrumental lessons in Drums, Piano, Acoustic & Electric Guitar, Bass, Keyboards and Singing - beginners, intermediate and advanced levels. The school is certified and accredited by Trinity College London. All Instructors are certified and professional with a wide experience in teaching and performing live with famous bands. For further inquiries please contact Pocket School directly via: 01276668650. Don't forget to present your child's Metropolitan School ID card to claim your discount or benefit from the promotion. Facebook: <https://www.facebook.com/Pocket-Watsons-Music-school-110287144448731/>



Met World Newsletter

Met ELA

As part of their ELA sessions, students in Grade 6 read the 'Wonder' novel, by R.J. Palacio. The book is about a 10-year-old boy named August, who was born with a rare genetic syndrome known as Treacher-Collins. The main character, August, was attending school for the first time and faced many challenges including bullying. Our students discussed what it meant to be different and how they can overcome challenges like August. Their group discussions included ways on how to react and feel if they were to have a student like August attend our school. Along with the art activity, students were asked to choose a precept (a general rule intended to regulate behavior or thought) and write what it meant to them, and how to apply that rule in their lives. Much like the novel cover, students were asked to draw themselves as a wonder and created an anemograph (three pictures in one). If you view the piece from each side, you will see a different image, much like our lives. If we take the time to get to know each other, we will see that we are all wonders, and have more than one side to our lives! Well done 6th graders!



Students in 8th grade have been studying a novel that requires them to analyze the story of survival and resiliency. The work that they have done in the 4th quarter has been amazing. Great job 8th graders for working so hard during many difficult times.

Met World Newsletter

Met Science



Grade 9 Students worked on an online quarter project named the 'Ecosystem'. An ecosystem is a geographic area where plants, animals, and other organisms, as well as weather and landscape, work together to form a bubble of life. Each group of students explored a different Ecosystem and presented their findings to the entire class.

On their way to the moon, astronauts looked back and took photos of our planet - the Earth. These amazing photos inspired the Earth's nickname - the "Blue Planet". The view from space dramatically shows how much of our planet is covered with water. This is what Grade 5 learned about in June. They learned that water covers about 71% of the surface of earth, and that almost all of the water is found in oceans.



Met ICT



During ICT classes, our students experienced a complete design cycle, from brainstorming and taking measurements, to modeling, 3D printing, and analyzing their products. They were equipped with hands-on foundations of CAD, 3D printing, and design for manufacturing.

Met World

Newsletter

Met French



Grade 6 students worked on a project about the body parts during French class. They were asked to draw an imaginary monster in addition to writing a small paragraph to describe their monster. It was a good practice for their French vocabulary. Bien joué!

Met Art

As their building study comes to an end, Pre-K students have put their knowledge of buildings, neighborhoods and construction to the test and designed and built a small town using playdough. They created neighborhoods, community centered buildings such as hospitals, airports, schools, a library, as well as a park. This has not only furthered their understanding of the study, but also helped build their planning and fine-motor skills.



Met Music



‘Sergei Prokofiev’ wrote the story and composed the music for ‘Peter and the Wolf ‘in 1936. The story was written in two weeks for a children’s theatre in Moscow. He wrote the music as a child’s introduction to the orchestra with each character being represented by an instrument or group of instruments. Peter and the Wolf was an immediate success and continues to be enjoyed today by children all over the world. Our Grade 2 students had the chance to learn the story were able to represent the characters in the story to describe the different instruments during music class.

Met World

Newsletter

Met Mission

Met Biz



We might not have been able to celebrate Entrepreneurship week in person, but our students definitely came through with the projects they presented during June 6-10th.

Grade 4 shared their learning on Growth mindset and managed to inspire us with their digital posters.

Please see their work here: https://drive.google.com/drive/folders/1679TSS6_pqq8-TmSUKb0AyOod-4PrGIE?usp=sharing

Grade 5 worked on the Design Thinking challenge of designing a prototype of the idea wallet for a family member. Students were able to empathize and respond to the needs of the family.

Please see their work here: https://drive.google.com/drive/folders/1n1Jlu0CBb4mK_HHeuBx4R4-tvBaCP0pB?usp=sharing

Grade 6 designed websites for a business idea that addresses a societal challenge. As true entrepreneurs they presented solutions to what we face as a community.

Please see their work here: <https://docs.google.com/spreadsheets/d/1Jny34MBKkHSEeDfY6uKxSKH-ApwmVQb5a6n1GQUbBfI/edit?usp=sharing>

We are very proud of each one of you! The future definitely seems bright!

Met World

Newsletter

Met Mission

Egyptian Values



In our continuous efforts to promote our school's value of raising a generation of ethical citizens, Metropolitan School was excited to celebrate its Annual 'Egypt Week' virtually this year. Egypt Week's aim is to expand our Egyptian and non-Egyptian students' knowledge about our history. It serves as a great opportunity to instill passion and loyalty to our country through engaging our students in various activities. Students across all grade levels had the chance to demonstrate their love for Egypt through Poetry, which reflected information about our ancient history & cities. Students were trained virtually on how to record their videos and upload them in order to share with all their class mates and parents. Well done to all. We are proud!

AFL

Metropolitan School proudly offers an AFL program (Arabic as a Foreign Language) to its non Arabic speaking foreign students . The AFL program is age level appropriate and is based on activities and material taught by professional teachers. The AFL curriculum is deigned to teach our foreign students how to read, write, and speak Arabic in few months. They are additionally being able to learn our language in a meaningful context using effective teaching methods and technology while using standards that are suitable for the diverse nationalities.

Met World

Newsletter

Met Mission

Character Education



Meeting expectations is good. Exceeding expectations is better. Great job students, for presenting classroom expectations and academic excellence. **Be Respectful**
Be Responsible Be Safe. We are proud!

Parent Corner

One of the special yearly traditions at Met is to celebrate the graduation of our KG2 students. Although we were not able to have a huge ceremony at school again this year due to the pandemic, we still made sure to celebrate our students' accomplishments by having a 'KG2 Drive By Parade'. KG2 parents and students were invited to drive by the school and pull up their cars in front of the school gates and receive their certificates. KG2 Teachers were awaiting to cheer the young graduates and take memorable photos, all in a cheerful and celebrating mood while music was playing. ***Congratulations Class of 2020-21!***



Met World

Newsletter

Met Corner



‘Met Teacher of the Quarter’ recognition award consists of staff members nominating their fellow teachers based on the amazing work they do. It is with great pleasure to announce that the ‘Met Teacher of the Quarter’ has been awarded to Ms. Nancy Makram. Ms. Nancy has been an amazing teacher to Met all year long and we are very happy to have her tremendous efforts recognized by her colleagues. We are proud and lucky to have Ms. Nancy on our Team. Congratulations!

Our academic year has come to an end, and it is time to recognize all the effort and hard work of the Met staff who have demonstrated continuous commitment to Metropolitan School’s Mission and Vision. Thank you to all for the tremendous job you did this year. Goodbye to the team members who are leaving us, wishing them all the best of luck with their new endeavors. Welcome on board to all the new team members to the Met family. Congratulations to all Met staff for an extra challenging yet successful year at Met. See you all back in the 2021-22 academic year! Happy summer holiday!



Met World

Newsletter

Met 5 Positives Parent Testimonials

The school is so cooperative and the management team and teachers are always doing their best to cope with the challenges.

Sharing the updates with emails to all parents to be well informed.

I appreciate the candid and friendly environment in the school. As a parent I always felt I'm welcomed from all the staff. Please keep this good vibes that differentiates you from other Egyptian style international schools.

Thank you for being understanding and caring , specially to offer us the online option, you can't imagine how grateful I am. It shows that you really care about your students and parents as well.

Supportive and patient Teachers. Was evident in CCA for students who needed the extra help to get on track.

The school is really the place that you feel comfortable and this what my girl told me too.

Effective education system.

Keen to solve problems.

I would like to focus on "communication" communication with school was excellent on all levels as a parent I didn't have hard times trying to reach and communicate with anyone anytime.

High levels of collaboration and communication with parents in terms of education and administration.

The only school that was insisting and doing all the best challenges to keep their younger students attending the school and have consistency as much as they can.

You managed to offer the best online education in Egypt, specially when you combined the students that were online with the kids in school at the same time.

I appreciate all the effort the school does to maintain educational and ethical levels.

You always listen to what the parents have to say and keep improving the system to suit everyone especially with such difficult circumstances to everyone.

Covering all non- core subjects in a brilliant way.

I really appreciate the administrative team, they never put obstacles on the contrary... Always helpful.

Transparent, responsive & Open communication with Parents.

HAPPY SCHOOL :)

Met World

Newsletter

Dates for your Diary

Date	September 2021 Diary Dates <i>Dates/ Plans are subject to change due to the Pandemic situation.</i>
1 September	Parents' Orientation Day - KG1 & KG2
2 September	Parents' Orientation Day - Grades 1 to 5
5 September	Parents' Orientation Day - Grades 6 to 10
6 September	Beginning of Trimester 1
6 September	First Day Of School - Grades 6 to 10
7 September	First Day Of School - Grades 1 to 5
8 September	First Day Of School - KG1 & KG2
16 September	Orientation Day - Pre-K
20 September	First Day Of School - Pre-K

2021-22



Executive Director's Message

Dear Met Community,

Met is off to a great start and it has been an absolute joy to see ALL of our students back on school grounds, enjoying school life again, eager to learn and socializing with their friends. It was a great pleasure to see enthusiastic parents during our opening orientation sessions.



Please be sure to read our Handbook, online, and note that **our school gates close at 8:05 in the mornings**. Thanks to those parents who have complied and been polite. Please do not drop students off and leave them outside the school gate, unsupervised.

Our highly skilled and caring staff are working with vigor every day to engage your children in constructive learning. A high percentage of our staff are vaccinated, however for safety, it is vital that masks are still worn on our campus and also outside in order to help control the spread of Covid.

We have grown to just over 700 students in this current school year and Met is ranked at the #2 school in Cairo, Egypt. Be proud!

We thank you for and greatly value your feedback, and when this is given in a respectful manner, which models our Met Character Pillars, it allows us to work in partnership to reach mutual understanding and sensible solutions.

Please be *REASONABLE, realistic and pragmatic* and **STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY!** - Andrew Frezludeen

Met World

Newsletter

EC School Principal's Message

Dear Early Childhood,

Words truly cannot express how excited I am to have our early childhood students back on campus. The school is just not the same place without the laughter in the hallways and the smiling faces in the classrooms. The positive feedback that you have given regarding our fantastic teachers is very appreciated. I love meeting with you, our Met parents, as you pick up your children every afternoon. I love seeing your children run into your arms as you greet them on the playground.



Here are some questions to ask your child instead of, "How was your day?"

- * What made you smile today?
- * Who did you play with on the playground?
- * If you could change one thing about today, what would it be?
- * Tell me something you learned today that you did not know yesterday.

Unfortunately, it seems that COVID is here to stay for a while. Our teachers have been diligently planning lessons and activities that meet the standards that our students will need to be successful once they enter elementary school. We will be completing varied assessments and will be focused on assisting all of our students to regain any learning that was lost due to the pandemic. **What can you do at home to help?**



Work on literacy at home: Outside of school, parents can boost literacy by reading books with children and pointing out letters and words in everyday life, like at the grocery store. Parents can help young children build their basic reading skills, such as by singing rhyming songs, slowly sounding out words to help children identify the sounds in a word or challenging children to find everything in a house that starts with a specific sound.

We appreciate the partnership between Met and our Early Childhood Parents and look forward to a wonderful year of learning, growing, and achieving. - **Anjanette Yarar**

Met World

Newsletter

Elementary School Principal's Message

Dear Met Elementary School Families,

I am pleased to welcome you back to the 2021-22 school year! I would like to extend a special welcome to all of the new families joining Met this year and welcome back all of our returning families and students as well! I hope you all had a safe, healthy, and restful summer.

Spring of 2021 has challenged staff and students to find a new normal for learning, connected us in new ways, and at times required our champions to champion from afar. What I have most learned through this process is how much I appreciate the expertise our teachers bring to Met, and the ways in which our students continue to work hard. I have also learned to appreciate the little things in life - like giving a high five, a hug, or being able to laugh out loud with many people around. What I MOST appreciate about Met is despite the circumstances we are still a learning and caring community.



Our goal at Met is to work together to provide our students with a rich learning environment. My vision, as the principal, is to ALWAYS put kids first! My belief is that all students can learn. As educators, we need to discover how each child learns in order to differentiate our instruction to support diverse learning styles. In a collaborative effort, we want children to thrive in all ways possible. Student success is attributed to the partnership and the relationships we build within our community and this is MOST important now more than ever. It truly does take a village and at Met we value teamwork and collaboration! Education is a joint venture and Met teachers and staff greatly appreciate the support you provide for your children at home and at school to help them meet their learning goals.

Normal is such a simple word and it is our goal at Met to not only find our new normal but to use this time as a learning experience that will forever impact our future learning environments. Our fall semester may not be "normal," but our learning will not only continue, it will thrive. Although this year will look different as we anticipate the unforeseen, we are dedicated to providing your child(ren) with a challenging, interactive, and engaging learning experience.

To end, we would like to wish everyone a safe and successful school year Let's make it a GREAT year together! - **Ernie Espino Jr.**

Met World

Newsletter

Middle and High School Principal's Message

Welcome back from the Middle/High School team!

School started on September 2021, and already it is a completely different year! We all know that we still have to expect the unexpected with COVID-19 an ongoing reality within our community. However, we also know that adapting to a changed reality is needed, as we keep moving forward.

With the start of the new year, of course there is an emphasis on academics and students spent the first weeks settling into their courses and learning expectations from all their new teachers.

Students in the Middle and High School worked on MAP goal setting and will move onto general goal setting. We want our students to take ownership of their learning. The first step towards being independent learners is for those learners to identify what they want to achieve over this year. New academic policies and the growing High School mean more questions from students on what they need to achieve to move towards the next level of their educational journey – whether the next grade level or onto college. It has been a promising start academically, despite the difficulties faced last year, and we will continue to emphasize student ownership of learning over the course of this year.

Outside academics, already we see more signs of normal school life than last year. Student Council has returned this year and interested students signed up to be a council member during the week of September 19th – 23rd. Many students already showed interested, and we are looking forward to the Student Council elections. Already many students have taken a leadership role during our daily morning assembly. Along with the Student Council, we will continue to provide opportunities for students to be more involved in school life.

The first round of CCA's (Co-Curricular Activities) was announced last week, providing students more opportunities to engage in sports and other activities after school. The new Performing Arts team have plans for a Middle/High School performance and other student led activities are planned for the coming months.

We know the pandemic is not over, but it is reassuring to see not only academic courses offered, but more holistic learning opportunities as well. Our community is proving its resilience. Welcome back students

- Helen Somerville



Met World

Newsletter

Met Flashing News

Welcome Back



We at Met are so excited to have our students back on campus! It has been so great seeing all of our students coming back with such enthusiasm. We are off to an amazing start and we look forward to a safe, successful, and fun year! **Watch:** <https://www.facebook.com/metropolitanschooleg/videos/394488742049986>

International Peace Day



Every year on the 21st of September, the International Day of Peace is observed and celebrated across the world. Also known as ‘World Peace Day’, the occasion aims to strengthen peace across nations. At Met students and staff dressed in white and tie die colors to celebrate peace .



Met World

Newsletter

Met French

‘Bonne rentrée scolaire!!’ On our first day of school, students in EC learned their our first French ‘Bonjour’ Song! “Bonjour mes amis, bonjour!” Our young learners also got a chance to meet the famous puppet ‘Mademoiselle Souris’ and the magic bag ‘Le Baluchon’. What a joyful start with our French lessons!



Met Math



In Math class, Grade 7 finished their first Chapter (Algebraic Reasoning) by creating a Flip booklet to summarize and reflect on their understanding of the major concepts that were addressed in that chapter. Well done our Garde 7 students!

Met P.E

It’s been a tough year, but our Met community has made it through together! Teachers danced their way into the new academic year to welcome the return of our students on campus with positive vibes and excitement!

<https://www.facebook.com/metropolitanschooleg/videos/376761180693763>



Met World

Newsletter

Met Art



Grade 7 students paired up and were asked to create an animal object from playdough as a first project in Art this year. They had to create their piece of art together while being visually-impaired. Students rose to the challenge and worked on verbally communicating with each other as best they could despite the difficulties they faced to produce some very interesting pieces.

After creating the artworks, students got the chance to discuss and reflect their thoughts on the challenges they have faced while creating their master pieces with a disability. They were then introduced to the influence from 'John Bramblitt' and 'Esref Armagan', two visually-impaired artists who overcame similar challenges the students faced during the project.



KG1 & KG2 Decorating their own portfolios

After reading the story 'Ish' by Peter H. Reynolds, each student in KG1 and KG2 had the opportunity to decorate their portfolios with drawings from their imagination. They will be using their decorated portfolios to collect all of their artwork inside it for the rest of the academic year .



Met World

Newsletter

Met Clinic

Don't Wait - Vaccinate!

Be A - Back – To School hero for Health!

Most Metropolitan School Staff members have currently had access to the Vaccination Program and the majority are fully vaccinated! Look out for the 'I'm Vaccinated' badges worn by our staff members! %51 of the parent's community who kindly took the time to respond to our Vaccination Survey have confirmed being vaccinated. You too can help protect yourself and the people around you by getting a COVID-19 vaccine as soon as you can!

Help us protect our Met community and determine suitable learning models and enjoy a safe environment!

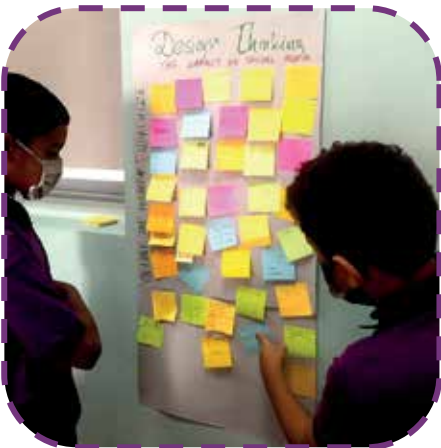


Met World

Newsletter

Met Mission

Met Biz



Social entrepreneurs in the making! G6 students are using the design thinking process to address the impact of social media in our life and find a solution through a product, service or an application. These young entrepreneurs will present their solutions to this challenge by the end of the first trimester.

Met Student Entrepreneur

Metropolitan School's vision is to "inspire a generation of engaged thinkers, ethical citizens, and global entrepreneurs".

In an ever-changing and demanding world, Metropolitan aspires its students to take initiatives and lead the changes they want to achieve through our entrepreneurial program and spirit at Met (Met Biz). Our very own 10-year-old entrepreneur 'Seif Gouda' now moving into Grade 6 has amazed us with his continuous enthusiasm and keenness to enhance his entrepreneurial skills. Seif has recently launched a new online store Adawaaty.com, which he created and designed on his own! Adwaaty.com online store sells school stationery supplies, fidget toys, daily use products and much more, while offering door to door delivery.



Seif excitedly has decided to share his achievement with his fellow peers at Metropolitan School and is offering discounted and customized school supplies based on Met's announced supply list from up to Grade 10. You may purchase the announced supplies as a whole package or break it into individual products (add or remove items).

We are very proud of our young entrepreneur Seif, who sets a great and exceptional example of a future leader and entrepreneur! Well done Seif!

For more details, kindly watch Seif's videos that explains the purchasing process:

<https://www.facebook.com/metropolitanschooleg/videos/581115022899170>

Met World

Newsletter

Met Corner



A warm welcome to our new and returning academic staff members who recently joined the Met Family. At Metropolitan School, we selectively choose our teachers and are always confident that their contribution to our academic team will be productive and professionally profound. Welcome on board to all!

Please join us in congratulating our very own Dr. Mona Adel for having completed her PhD. Ms. Mona is the Head of Met Arabic Department for Middle and High School & Head of the AFL Department. She has a Master's Degree in Teaching from Ain Shams University, Educational Leadership Diploma from the American University in Cairo, Special Diploma in Methodology, and General Diploma in Education.

Ms. Mona has been working in the educational field for 15 years, and we are proud that she has joined our Met family to help our students improve their abilities and skills with the Arabic Language. Her aim is to support them reach their optimum performance through her wide knowledge, passion for teaching and experience.



Met World

Newsletter

Met Student Council

We are excited to bring back our Student Council here at Met. Student Council is a student organization for grades 4-10 that is dedicated to school and community service and assisting in special school-wide events and activities. Student Council members will be working together to learn skills associated with leadership, decision-making, cooperation, and effective communication. Some Student Council activities we have planned for this year are; Student Council meetings (Bi-weekly), Community Service Projects, School Service Projects, Leadership Activities, Fundraisers and our council members will have the opportunity to come up with additional ideas.



Parent Corner



Metropolitan School was excited to welcome its current and new parents to our Parent Orientation sessions for the 2021-22 academic year. We hosted sessions by the Academic Leadership Team to present our plans for the year while ensuring and maintaining social distancing and health guidelines. We thank all parents who attended the sessions and looking forward to an exciting start at Metropolitan School this year!

Met World

Newsletter

Parent Testimonials

It was nice day with a lot of enthusiasm.

Parent's Orientation Days

All teachers and staff members are very helpful, kind and comforting that I love the place already for my only child to be in.

Ms Anjanette is amazing. She is offering a home away from home

Everything felt like home from temperature to warm welcomes and clarified explanations to help us.
Thank you Met!

Parents' Workshops

Background music was calm and relaxing , very cool environment.

Teachers were very interactive and explained everything very clearly.

Date	October Diary Dates
7 Oct .	Armed Forces Day Celebration - School Closed
10-14 Oct.	Community Service Week
18 Oct.	Prophet Mohamed's Birthday- School Closed
20 Oct.	Elementary PTC
29 Oct.	Fall Festival



Executive Director’s Message

Dear Met Community,

We are just about mid-way through the first trimester of learning and I am pleased that the “Covid whirlwind” has been much more manageable and somewhat “predictable”, when compared to the whirlwind of our last school year. Students and staff alike have settled into their routines with having ALL students back on campus, without the hybrid system in place. We have met several parents who have not read the Handbook and then later have some difficulty following our procedures and policies.



In line with our Pillars of Character, parents are supposed to read the Handbook, which takes a great deal of time to revise on a yearly basis. I would like to remind you that our Pillars coalesce with **RESPECT, BEING A GOOD CITIZEN, SELF-CONTROL, TOLERANCE, KINDNESS, HONESTY, RESPONSIBILITY & COOPERATION**. An enormous thanks to those parents who **demonstrate these characteristics** on a daily basis for their children. If we all could do the same, collectively, the world would surely be a better place. Our school culture, inside the school walls, competes with the greater culture, outside the school walls. Parents, when you emulate our school culture whether you are on our campus or off our campus, it certainly helps shape our students to learn and grow with character education. This is a monumental challenge for educators, you as parents’ and ultimately for upcoming generations of students.

We would like to remind you that **our school gates close at 8:05 in the mornings**. **Thanks to those parents who have complied and been polite**. **Please do not drop students off and leave them outside the school gate, unsupervised**. Like my old uncle used to say, “If you cannot be here on time then, **BE EARLY!**”

Our school is ranked as the #2 school in Cairo, and we aim to keep improving. Be proud! In April, the Cogna Team (our accreditation, quality control body, for continued improvement) will visit our school to continue to help us grow forward. We will be reaching out to some parents to involve you the process.

We thank you for and greatly value your feedback, and when this is given in a respectful manner, which models our Met Character Pillars, it allows us to work in partnership to reach mutual understanding and sensible solutions. Thanks to those who use their WhatsApp groups sensibly.

Please be *REASONABLE, realistic and pragmatic* and **STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY!** - Andrew Frezludeen

Met World

Newsletter

Early Childhood School Principal's Message

What are fine motor skills and how can you develop these in your child? Fine motor skills involve the use of the small muscles that control the hand, fingers, and thumb. They help children perform important tasks like self-care and writing. **Developing fine motor skills in early childhood education helps build the foundation for important future skills like writing and self-care.** Fine motor development is essential in developing the ability to write effectively. Fine motor skills can also help develop hand-eye coordination in young children. Young children need time to practice using their fine motor skills in everyday situations.



The above X-ray shows children's hands who are ages 3, 6, and 14 years old. Notice the spaces where muscle and connective tissues will grow. You can develop those bones, muscles, and joints with 'writing' activities that strengthen the same parts of the hand that children use for writing!

Because of technology, there has been a decrease of students entering kindergarten with a lot of fine-motor strength. Typing on a keyboard or a phone only works one set of muscles. The activities listed below will help develop the fine motor skills in your children that they will need to be successful in kindergarten and years after. - **Anjanette Yarar**

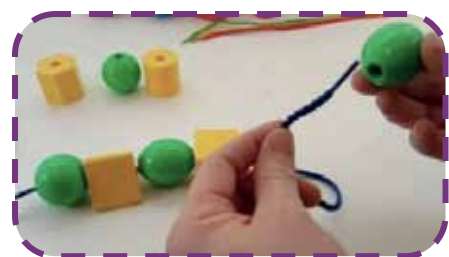
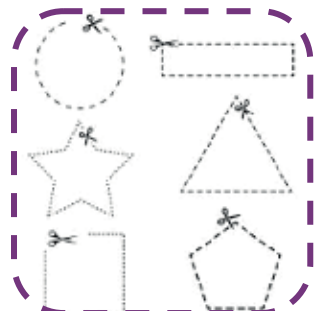
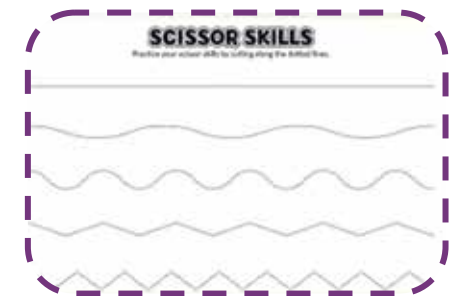
Playing/Building with Legos or blocks

Stringing beads (or macaroni)

Playdough

Cutting lines with scissors

Cutting shapes with scissors



Met World Newsletter

Elementary School Principal's Message

What a month!

This month, we had many events happening in our section. We started the month with the celebration of Sixth of October. This is an extraordinary day in Egypt's rich history as it signifies a great day of victory. It will forever be known as a day of glory and dignity. Our students participated in several activities to commemorate Victory Day. Students participated through performances that included singing Egyptian songs, dressing in patriotic colors, presenting historical facts in Arabic, English, and also French. Met also invited veteran and current army officers to participate in our celebration and they talked to our students recalling several facts leading up to this historical day and victory. Little did we know that we would be surrounded by such high-ranking officials as they told their stories and gave interesting details that led up to their victory, what an honor it was for our staff and student body.



A BIG THANK YOU goes out to all of the parents who attended our first Parent University session on October the 12th. During this session, we had an opportunity to explain the MAP Assessment, MAP Student Profile Report, and the Family Report that teachers shared and discussed during your PTC. During this session, parents also engaged in three essential questions to pique further knowledge and also ascertain knowledge of our current academic reality. This night also served as a student “movie night”, where students had the opportunity to enjoy a movie and popcorn with their friends. Our next Parent University session will be on March 23rd: *Parent Engagement in the Digital Age/ Parent Leadership*. We look forward to seeing you there.

Congratulations on a successful Fall Parent-Teacher Conference Day! We had parents stop by to give many “thank yous”, “best wishes”, and compliments regarding our success thus far. I assure you that this is a “work in progress” and it will take time to see the fruits of our labor given the significant academic changes we have made and will continue making this academic year. Thank you for your continued support, feedback, and understanding as we continue building the next successful steps for our section.

Last but not least, we would like to thank all the parents who signed up and joined us to learn about our current and future Math Curriculum. Our MATH PARENT INFORMATION SESSION was held on October 27th. During this sessions parents had an opportunity to understand our instructional resources and also learn about the hard work and process it takes to “unpack” Common Core Math standards.

October 31st was Storybook Character Day, and students enjoyed dressing up in their favorite storybook costume. Multiple academic activities took places and our students enjoyed a very festive yet instructional day.

- Ernest Espino

Met World Newsletter

Middle/High School Principal's Message

With progress reports out, all students now see their progress for the first half of the first trimester. For many students this is positive news, and they can see how their attitude to school has helped them achieve strong grades. Many students came back with high expectations for this year, settled down to work, and can see the evidence of their efforts. There is a direct correlation between hard work, being organized, producing your best work, and achieving strong grades. Those students now have a solid start to the new academic year.



REPORT CARD	
Reading	A+
Writing	A+
Mathematics	A+
Science	A+
History	A+
Art	A+
P.E.	A+

Unfortunately, there is also a direct correlation between producing poor work, missing deadlines and achieving poor grades. For some students, the initial grades were poor and now it is very important to talk as a family about how to improve in any subject. Encourage your child to do the following to help get back on track with all subjects.

1. Talk about why their grades are low – did they miss deadlines and therefore had a zero grade for an assessment? What will they do differently moving forward?
2. Help your child organize themselves – all Middle School students have a planner that they use to record homework and assessments. High School students can use the planner from MS Teams, or any app they install on their school device.
3. Hold your child accountable for meeting deadlines. Talk each week about upcoming work and check in to make sure it was done, and all parts were completed.
4. Focus on quality. Review with your child what each assignment asks and help them to respond to that. Review written work to ensure it is correct and uses language that fits the requirement.
5. Talk to the teacher. Parents are encouraged to reach out and meet with parents when their child faces a concern. Students should also do the same, so they know what is expected in each subject and how to improve their performance.

Students have all the tools needed to be successful with their school texts, they can contact teachers via email or through MS Teams, and they can see through MS Teams or in class upcoming work and plan for that. Many students use the tools to improve their performance already. Let's encourage everyone to take ownership of their learning and be successful students. - **Helen Somerville**

Met World

Newsletter

Met Flashing News

Metropolitan School proudly celebrates the success of all students who excel not only in academics but in extracurricular activities as well! Congratulations to our Met young gymnastic champion **Selim Shady Yanni in Grade 2B** for winning the gold medal in the Cairo Gymnastics Competition! Well done!



Please join us as well in congratulating our Met young karate champion, **Nour Gwanny in Grade 5A** who won the first place in the National Karate Championship for Kata as well as the 3rd place for Committee (fights).

His sister **Nadine Gwanny in Grade 3 A** has also proudly accomplished winning the 3rd place for both the Kata and Committee of the National Championship! We are all so proud of their fantastic achievements and wish them future success!



Met ELA

Students in 8th grade have always proven their enthusiasm to learn ELA and have been working so hard in preparation for their high school stage. During their ELA lesson, they were led by Ms. Munoz to study a novel poetry reading lesson and understand the gist of the poetry. Students were actively engaged with excitement to learn.



Met World

Newsletter

Met Science



In grade 8, students studied kinetic and potential energy. To demonstrate elastic potential energy, students used a 1.5 L bottle, paper clips, rubber bands, and batteries to make a ‘rollback bottle’. A ‘rollback bottle’ is one that rolls back after being pushed forward. Students observed the distance that these bottles traveled forward after the initial energy input (push), and the distance they traveled back as the result of elastic potential energy being converted to kinetic energy as the twisted rubber bands unwound. What a great experience the students had enjoyed in their science lesson!



In grade 10, students have been studying an experimental scientific method inside the school’s lab. They repeatedly added cold water to room temperature water. Each time they added the cold water, they decreased the volume added. After each trial, students took the temperature of the water, calculated the temperature change, and recorded their findings. Students conducted this lab to develop a stronger understanding of the scientific method, including concepts such as controls, variables, and analyzing data. Well done to the young scientists.

Met World

Newsletter

Met Mission

Egyptian Values

The Sixth of October is an extraordinary day in the history of Egypt. It signifies a great day of victory. It is a day of glory and dignity. Metropolitan students participated in a day of celebration to commemorate Victory Day. Students participated through performances that included singing Egyptian songs, dressing in patriotic colors, presenting historical facts in Arabic, English, and also French. Met also invited veterans and current army officers to participate in our celebration and they talked to our students recalling several facts leading up to this historical day and victory.

Long live Egypt... Long live Egypt !



The Met ECO and Met Serve Committees would like to take this opportunity to thank all parents and students who donated for the 'Clothes Drive' during September. A group of teachers have then organized a trip to a village outside of Cairo to donate the clothing gathered to women, men and children. The villagers were extremely happy and grateful for the donations. In addition to that, school supplies were also donated to the local village school. Your contributions have made a large impact on this tiny village and have made a difference indeed to those in need! We thank you all again for making this happen.

Met Values

As part of our on-going mission of reinforcing **Community Service**, we will focus on spreading kindness vibes during the upcoming week. Students will have the opportunity to write cards to orphans during their Met Values session.



Met World

Newsletter

Met Serve



Metropolitan school celebrated the Prophet's Birthday 'Mawlid El Nabawi Al- Sharif'. Early childhood, Elementary & Middle School students distributed Mawlid Al-Nabi sweets to the Met Family as an annual tradition to spread joy among the school.

Parent Corner

Metropolitan School hosted its 2nd annual Breast Cancer Awareness Campaign 'Pink Ribbon - Be Aware' Event on October 28th, 2021 organized by our school doctor Dr. Yasmine El Raii. Parents were invited to attend a very inspiring session that included information about the risk factors of Breast Cancer, what are the symptoms and signs of breast cancer and how can we prevent it.



The session was conducted by Professor/Dr. Nermeen Mostafa - Lecturer of Clinical Oncology (Ain Shams University), Member of European Society of Medical Oncology. We had the pleasure to invite as well Dr. Mai Magdy - Pharmacist, skin and hair care specialist and nutritionist who advised the attendees with many tips regarding the hair care and treatment. Dr. Nouf Ebeid - Breast Surgery Specialist at Bayeha Hospital also explained what are the symptoms and causes of breast cancer. The session's moderator was the stunning TV and radio 9090 presenter Ms. Shaima Hafez, who was happy to support the school with the cause. The session was sponsored by many affiliates and was a true success!

Met World

Newsletter

Parent Testimonials

I came out feeling the positive vibes from the elementary parent session and the prospect for real improvement. Mr. Espino successfully conveyed his focus and commitment for improvement. I got his enthusiasm, which I hope the rest of the school would share. This gave me a sense of relief that change is happening for better education. I truly hope he would succeed in going the whole way and staying with us for as long as it takes to see through his plan.

Everything was great. Thank you

I like best, taking parents opinion regarding academic growth and partnership

Holding the reports in hands and see the meetings full filled ☑

Thank you for great initiative, Really it was amazing interactive workshop, you made a great difference.

The session is very useful and very nice

I will always be keen to attend every year session

Thanks Dr. Yasmine as usual, very useful and interesting session

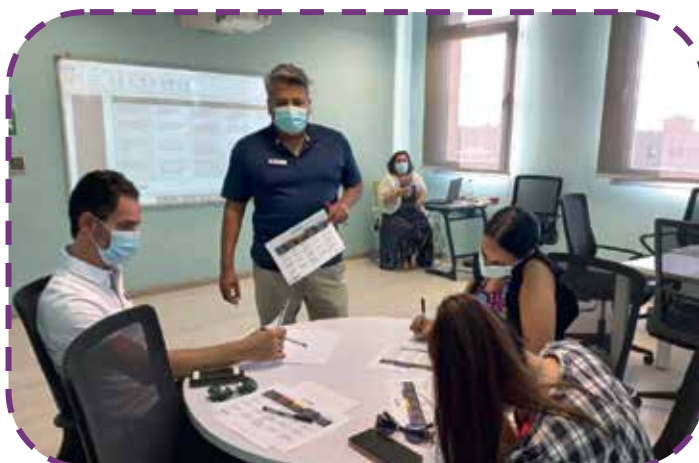
Date	November Diary Dates
4 Nov.	Leadership Coffee Morning #1 (8:30 am - 9:30 am)
24 Nov.	End of Trimester 1
25 Nov.	Thanksgiving Day- School Closed
28 Nov.	Beginning of Trimester 2



Executive Director's Message

I hope everyone is safe and wearing their masks, as much as possible. We continue to exercise safety protocols in our school in order to balance learning and a safe school environment.

Special thanks to all of our wonderful teachers who work with diligence and care each day! They are awesome at educating our students!



The months of October and November have been packed with many activities, over and above, the normal academics. This has certainly contributed to making, Met school culture, very vibrant and also very engaged. On November 24th, the first successful trimester will end and trimester 2 begins. Report Cards will go live in early December. Our students need to continue to settle into routines and engage in very structured study habits in order to achieve their potential.

Our Grade 10 students need to understand that their success will largely depend on their efforts and study habits, for the ACT exams which are a year away. They must practice, **starting from now**, with 1-2 hours on the weekend. **At the end of the day, they will be taking the exams, not their teachers or parents.** It is up to parents to ensure that their children take this preparation strategy seriously. Our school is certainly doing its part. It is a team effort!

Thanks to the parents who came and joined us for a talk about the upcoming CIS visit (Council of International Schools) taking place in December. It was a very insightful and a fruitful discussion.

There are only a few weeks to go before the December break, so let's all keep working as a team, in partnership, to provide a top notch education for our students.

Stay **positive, focused, inspired and healthy!** - Andrew Frezludeen

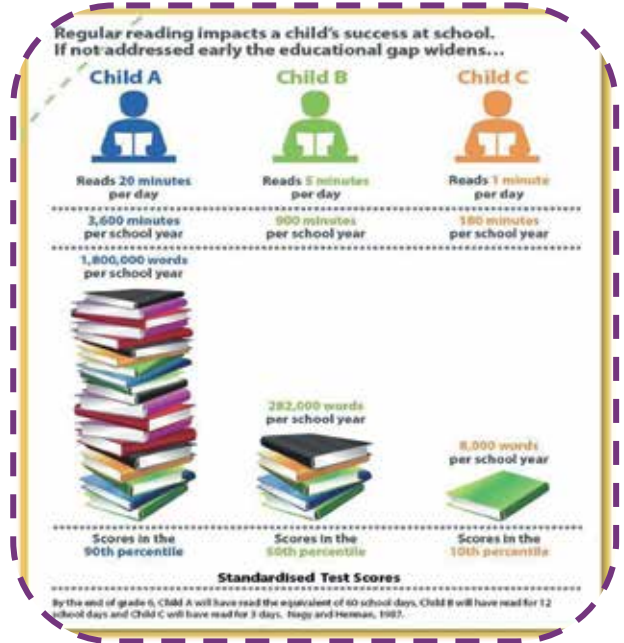
Met World

Newsletter

EC School Principal's Message

“Goodnight Met”

Does your child have a regular bedtime? Are you reading bedtime books nightly to your child? Research shows that the more exposure students have to books, either being read to or reading them, the greater their understanding of language. Beginning in the elementary years, this translates into higher test scores on standardized tests (see picture.)



It is never too early to begin reading to your child, and the benefits are endless. Reading develops communication skills, social and emotional development, cognitive skills, attention span, personality and knowledge, and a love of reading.



As your Partner in Education, Metropolitan School will begin a new program called **“Goodnight Met”** where you will be sent a video of one of our staff reading their favorite bedtime book. This video will be sent promptly to your email at 8:00 p.m. daily. We encourage you to make this a part of your child's bedtime routine.

We know our students will be excited to hear our staff read and to share their personal favorites. Detailed information about when this program will begin and the specifics will be shared with you in the coming weeks. - **Anjanette Yarrar**

Met World Newsletter

Elementary School Principal's Message

Fall Greetings Parents,

October was a marking point for the 1st trimester, with progress reports going out mid-month. With the first full week of November came the reality that there were only 3 more weeks until the end of trimester 1 and 5 weeks left before Winter Break. The weeks went by quickly. We ended the month of November with a short Thanksgiving break. Thanksgiving is one of my favorite holidays, as the only thing that we are asked is to *give thanks*. And if we are fortunate enough, we get to give thanks while eating wonderful food around tables filled with loved ones. I know I have much to be thankful for this year, including the opportunity to partner with all of you here at Met. I hope you all had an opportunity to spend your Thanksgiving Day with your family, friends and enjoyed a Thanksgiving meal to celebrate your own blessings.

We thank:

- Our students and families for making daily attendance, school, and parental involvement a priority, given this will help our students excel in the classroom.
- Our wonderful teachers who pour their energy into making each classroom an exciting place for exploration and knowledge so children do not want to miss out on learning.
- Our support staff who provide the extra hands and attention our children need.
- We appreciate each one of you so much, we are thankful for YOU!

Student Learning & COVID

A couple of weeks ago, I had an opportunity to attend an EL Education Conference and had time to reconnect with some colleagues (in Texas). During one of our planning sessions, a colleague presented a slide showing the reality of where our students left off with learning when COVID surfaced. I took a picture because I wanted our campus to see where our students are currently compared to where they left off pre-COVID.

For me, this really put our reality into perspective. I share it with you because if you're not seeing the growth or results you are typically expecting, please give yourself and your student some grace. Please know that we are meeting our students where they are and building them to where they need to be. This not only applies to academics, but it also applies to social/emotional learning, behavior, fine arts...everything.

In a regular school year, this work is hard. Two school years into COVID, the work is harder because of the learning loss over the past two years. As a campus, we meet our students where they are and grow them.

This year is no different. We are just having to dig a little deeper. - Ernest Espino

The Last Normal School Year

For Students in...

Grade7
Grade6
Grade5
Grade4
Grade3
Grade2
Grade1
Kindergarten

Was

Grade4
Grade3
Grade2
Grade1
Kindergarten
Never
Never
Never

Met World

Newsletter

Middle/High School Principal's Message

Dear Middle and High School Parents,

Trimester one is finally finished, and students should be very proud of their efforts for the first third of the year. It took some time for everyone to settle back to learning and remember expectations, but they did it!



In Trimester one, students sat for the fall round of MAP tests, completed approximately 60 assessments, as well as attended 440 different class periods. High School students sat their first ever round of exam and achieved very solid results. Students all realized they need to increase their efforts, and they did. Comparisons to this time last year are vastly different, with far fewer students at risk of failing and their percentages are overall much higher than last year. Students with “A” range letter grades know that they really earned these grades this year. Those high grades are based on both effort and quality of work.

So well done to all our students! You worked hard, struggled a bit at times, picked yourself up and kept on working, and now can enjoy your achievements. But don't focus on that for too long; trimester two starts on Sunday November 28th. Three short weeks until the winter vacation, so use that time to create new goals moving forward.

Now you know that your learning is your responsibility. Own that and move forward to success in every subject and work to improve. Sometimes small, but consistent steps can lead to great results.

Keep up the great work Middle and High School students, and I am sure you will see concrete results.

- Helen Somerville

Met World

Newsletter

Met Flashing News



Metropolitan School proudly celebrates the success of all students who excel not only in academics but in extracurricular activities as well! We are so excited to congratulate **Ali Ahmed Abdallah** in Grade 1D who won the gold medal in Kickboxing, as part of ultimate fighting. Congratulations, Ali!

Please join us one more time to celebrate the success of our very own student, **Kenzy Amr Seifalyazal** in Grade 5A for winning the 3rd place in all three criteria's: 25 M butterfly, 25 M Backstroke and 25 M freestyle in the Armed Forces Cup competition for swimming. Congratulations Kenzy, we are always proud of your achievements!



Met P.E.



Our Met P.E. department organized a fun filled Sports Day per each school section. Students rotated through a variety of game stations and competed in a friendly and safe environment. Sports Day events are not focused on rewards, but geared on student participation in healthy activities, team spirit and making new friends with student peers from other classes and grade levels!

Met World Newsletter

Met ELA



As part of their ELA studies, 8th grade students had the opportunity to share their acrostic name poems with the KG2 Navy class. They were able to support the young learners in KG2 to create their own acrostic name poems. It was an opportunity for the 8th grade students to express their identity through poetry and teach younger students how to express their own, too.

Met French

MOST VALUABLE PARENT

MVP

Metropolitan School's French Department is proud to announce its first **M.V.P Most Valuable Parent** of the month! We appreciate both Mrs. Dalia El Shebiny and Mrs. Rania El Shimy for their time and effort spent helping their children succeed in French! Congratulations!



Met World

Newsletter

Met Science

In science class, Met students could be ANYTHING! An engineer, a doctor, a teacher, a technician and so much more! We observe, research, analyze, test, classify, experiment, predict...etc. Our young scientists in KG2 have been busy this month learning about

1. **Engineering** and design process; Our little engineers worked on identifying problems and finding a solution for them. They even got to design their own BACK-SCRATCHERS!!

2. **Technology**; Students were intrigued by 'What is technology?' Long discussions and debates took place, and they are now confident to identify technology when they see it! Technology is ANYTHING created by humans to either make their lives easier or help solve a problem!

3. **Living and non-living things**; The little scientists learned that everything around us is either a "living" or a "non-living" thing. We read books and watched videos, and even went on a hunt! We found so many things. We also learned that living things are alive, but could die.

4. **Plants**; We learned what plants need to grow by conducting an experiment! We planted 4 pots, 1 with all needs met (sunlight, water, air, soil, nutrients) 1, with all but no sunlight (put inside the cupboard), 1 with all but no water, and 1 with all but planted in sand. We took notes and wrote our observations. We even planted our own plants! We also learned about the different parts of plants and their function!



Our class pets have arrived! We have snails in our classroom! They helped us to understand what animals need, how organisms of the same species have different traits, how to take care of living things and how scientists observe. Additionally we were able to experiment, and become risk takers. How do we take risks with snails, you may wonder? Everyone's risk is different. For one person holding a snail doesn't feel risky. For someone else, just touching its shell is a challenge. We celebrated trying things we were unsure about, and we congratulated one another when we grew our comfort zone.

Met World

Newsletter

Met Math

Grade 5 students engaged during their Math session with hands-on activities to reinforce long division and multi-digit multiplication skills. Students also had the opportunity to develop the skill of working with others, which is one of Metropolitan's eight Pillars of Character that highlights **TEAMWORK**.



7th graders were practicing their proportional relationships skills through two activities. The first activity was to rotate around centers solving proportions and checking their answers using QR codes. In the second activity, they were given instructions to redesign and plan a school's playground using the scale factor to transfer real measurements to scale drawing. Well done!

Met Clinic



Metropolitan is committed to promoting a healthy environment where students stay healthy. As part of that commitment, we announced our Hand washing and Personal Hygiene campaign for this year. Students were able to learn about the importance of cleanliness and proper hand washing that plays an important role in preventing the spread of infections. Hand washing and Personal Hygiene is such an important message that is worth repeating. It is by far the best way to keep students from getting sick and prevent the spread of germs during the Covid-19 pandemic.

Met World

Newsletter

Met Mission

Egyptian Values

Fifth-grade students conducted a workshop with the writer A. Eman Effendi during an Arabic language class. The workshop was about how to write a short story. Grade 5 students were given the opportunity to learn about the basic writing skills using proper Arabic language according to the correct criteria for the story. The workshop will help in creating a generation of young writers.



Met Serve



During our Handwashing and Personal Hygiene Week in November 2021, Met Clinic organized a fundraising campaign in the form of students coming to school wearing out of uniform and participating in a dance for a cause. Each participating student who took part in the cause received a hygiene kit bag.

Additionally, for every bag provided to a Met student, a similar bag was donated to children at the **57357** Hospital on behalf each participating student from Met. We thank all the families and students for donating to this cause, which helped spread a smile and make a difference to our community.

Met World Newsletter

Met Corner

In celebration of Thanksgiving Day, Metropolitan School closed on Thursday, November 25th, 2021 to celebrate the occasion. Thanksgiving Day is a national holiday celebrated on the fourth Thursday of November in the United States. Happy Thanksgiving to all Met Families!



Met Student Council

The Met Student Council is planning for some major changes this academic year. StuCo' is a group of representatives, elected by their peers, to represent their classmates within the school and the wider community. Class reps are organized, active members of their community and take on leadership roles during fundraising, morning line-ups, community events such as Kindness Week and helping to make Met a great place to be. We have student reps from grades 4-10. Our Met Student Council has already led some great fundraising drives and a canned food drive to help the less fortunate. Please keep an eye on us and see how you can help out throughout the year.



Student Name	HR
Catherine Bosnoian - President	Gr. 9 B
Dana Al Husayyan Jayda Ahmed	Gr. 4 D
Hassan Hassan	Gr. 5 A
Bassel Hassan Raslan Abdelaal Hana Elbadry	Gr. 5 B
Tamara Aly Judy Mousa	Gr. 5 C
Mahmoud Mohamed	Gr. 6 A
Youssef Emara Rodeena Refaat	Gr. 6 B
Verina Hanna Natalie Elias	Gr. 6 C
Emily Gibney	Gr. 7 A
Malek Gomaa Helana Guirgis Farida Fahmy	Gr. 8 A
Abdelrahman Abdelrahman Talie Abouseif	Gr. 8 B
Omar Darwish Khadijah Ahmed	Gr. 9 B
Jana Abdelrahman Salma Alkaff	Gr. 10 A

Met World

Newsletter

Parent Corner



At our monthly PTA meetings, PTA members have been working on planning upcoming fun family events and activities across the academic year 2021-2022. To start off with, they have planned a positive parenting session led by ‘The World Needs A Father’ in November. Stay tuned for more activities through out the year!



Name	Position
Dr. Sameh Habib	President
Dr. Olfat Ali	Vice President
Mr. Andrew Frezludeen	Executive Director
Mr. Amr Elshaffie	Member
Dr. Sandra Aziz	Member
Mr .Hany Rashad	Member
Ms. Maha Mohamed	Member
Dr. Hisham Makhoulf	Appointed Member
Ms. Marina Fouad	Appointed Member
Ms. Jessica Withington	Teacher
Ms. Rola Shehata	Teacher
Mr. Sandro D’Angelo	Teacher

We would like to thank all parents who attended our Leadership Coffee Morning session this November .The purpose of this informal meeting was to invite our parents to participate in a dialogue about school. It was an opportunity as well to welcome and introduce our PTA members who highlighted their parent activities plan for the year.

Met World

Newsletter

Parent Testimonials

The positive parenting session, *The World Needs a Father*, really made me reflect on how I'm handling things with my daughter, and it motivated me to work hard on the things that aren't so great.

The Breast Cancer Awareness session was great as usual, very useful yet interesting. All health sessions are really great.

The welcoming and organization of the breast cancer awareness session was the best.

The Fatherhood session was impressive!

The morning session about the *World Needs a Father* was great, I definitely could stay for longer time to get more information.

I like most about the Leadership Coffee Morning that all leaders were there and that they welcomed all questions and comments.

I admire the patience and the firmness of the director, principals, vice principals, and the other staff present in addressing our concerns and suggestions. It gives the comfort and tranquility to know that my daughter is in a good environment with amazing people to look up to. Thank you so much.

The meeting about the Cogna visit was very helpful. I learned some new information regarding the role of the parents and stakeholders.

Date	December Diary Dates
8 Dec.	PD Day (Professional Development) All Students Early Dismissal at 12:30pm
9 Dec.	PTC for EC / MS and HS ONLY - No EC/MS and HS students on campus on the day. - Elementary Students will be on campus on the day.
15 Dec.	Winter Wonderland Show
19 Dec. - 6 Jan.	Winter Break - School Holiday
25 Dec.	Western Christmas



Executive Director's Message

Dear Met Community,

It is just about time for the winter holidays! I hope your kids will read each day to help their overall reading skills. I am pleased that our students have been able to be on campus for much of this past semester. Please remember to reach out to teachers, if you have further questions about assessment, teaching and learning in your child's class.



I wish to extend a very warm thank you to all of you that have participated and contributed to numerous activities in our school. A special thanks to our great teachers and all of our staff at Met, who work with passion to engage our students to learn, both inside and outside of the classroom setting. We are committed to continue to improve our craft so your kids can flourish. A very useful quote for us: ***“A beautiful day begins with a beautiful mindset”.***

With best wishes for a peaceful and happy holiday to our Met Family. Thanks for being part of Met!

- Andrew Frezludeen

Met World

Newsletter

EC School Principal's Message

Early Childhood has had a wonderful month full of activities and celebrations. We have loved creating holiday artwork to reinforce the skills that we are covering in class. Our teachers and students worked extremely hard preparing for the Winter Wonderland Musical, and did an excellent job!



We hope that you are excited for our upcoming winter break. We want to wish you a happy, fun, and above all, safe time that is filled with cheer, celebrations, and relaxation. During our time apart, we will be missing all of our students and hope to see everyone back on January 9th. As you enjoy your break, please review the skills that your child has learned so far this year.

Your child's homeroom teachers have sent an email with the skills listed, along with some sheets that they can do to practice these skills. The winter break is a great time to talk to your child about their learning experiences and to help keep their knowledge fresh for when they return. We will introduce our nightly story time initiative, "Goodnight Met", when we return from our holiday break. - **Anjanette Yarar**

Met World

Newsletter

Elementary School Principal's Message

Dear Parents and Families,

'Tis the season for giving and Met Elementary has answered the call!

Throughout December, our students have been very active. First, our Met Student Council hosted a canned food drive and a toy drive for those in need this holiday season. In addition, we also launched our health campaign and hosted a very special guest to talk to our students about making daily healthy food choices.



Our Discipline Team also introduced our new pillar for this month and discussed the importance of being respectful students on and off of campus. Lastly, our students have been preparing for the annual Winter Wonderland Show and were very excited to show off all of their hard work, which they indeed did last Wednesday. We hope that you all had a great time with us during the day as we got into the holiday spirit.

January promises to be equally as busy as we prepare to administer our middle of year MAP test to all elementary students. Communication is essential and we strive to connect to our students, parents and families, and community each and every day. Thank you for your continued partnership and collaboration.

As always, we wish to express our sincere gratitude toward our entire school community. We would not be the amazing school that we are without the help and support of all of you.

Thank you and may you have a safe, healthy, and happy holiday season! - **Ernest Espino**

Met World

Newsletter

Middle/High School Principal's Message



It always comes very early, but this is the time of year that High School students make choices on their courses for the next academic year. As part of planning forward, students need to think about where they will be in the next 3-4 years and what they need to do now to be ready for that.

For some students this is a very easy process, as they have a definite career path and just need to ensure they take the right subjects to enter their major. However, for the majority of students, this is very difficult, and it is so important that parents and student talk this over early in High School.

Students need to think about what subjects they excel in at school, what topics they enjoy learning, and any activities that students are involved in outside school. A student who chooses a subject they hate or a subject they struggle with, will not be as successful as a student who selects courses that meet their strengths as a student. Instead focus on subjects that you can show your strengths in and excel academically. Throughout High School all students will study across all disciplines, but within each discipline they will have more higher level or grade level course options. Each student should seek to balance their course load over each year.

Students and families also need to discuss the logistics of college – what options are you as a family are considering inside Egypt or is studying abroad a possibility? Visit university admissions' websites for major universities here in Egypt and abroad to see their requirements for admission.

Selecting courses can be scary, but it is also exciting, as students start their individual journeys to college and the workforce. Take your time, think it through, and ask your parents, teachers, principals, or family friends about their experiences and any advise they have about different career paths. - **Helen Somerville**

Met World Newsletter

Met Flashing News

Metropolitan School proudly celebrates the success of all Met students who excel in extracurricular activities. Please join us in congratulating **Layla Elkholy** in **Grade 3A** who won the first place among her team mates and obtained the golden medal in the Egyptian Gymnastics National Cup Championship for ‘Gymnastics For All’ category! We are so proud of our young achiever!



Please congratulate as well with us our very own student champ **Farida Waleed Mohamed** in **Grade 7C** who won two gold medals in the solo and group categories from the National Gymnastics Tournament under 14. She also won the silver medal in the Trio category of the same tournament organized by the Egyptian Gymnastic Federation. Congratulations Farida we are always proud!

Metropolitan School invited all its Grade 9 students along with their families to a spectacular Soiree Night to welcome them into high school! Students came dressed up in their formal attire and had a wonderful evening with their teachers and shared their memories at school. **Click below for more photos:**



https://metropolitanschool739-my.sharepoint.com/:f:/g/person/nelghazawy_metropolitanschooleg_com/ErtI1bPadT1Ji8ZCx-5pUMQBmf6Hx6nOwW2NeQJduJ4PmA?e=lxAWhg

Met World

Newsletter

Met Clinic

Healthy eating and drinking are important parts of a healthy lifestyle. When chosen properly, meals provide children with an extra boost of energy and the nutrients needed to support a well-balanced diet and proper growth. Accordingly Metropolitan School is always committed to promoting healthy, nutritional environment where students and adults are encouraged to choose healthier snacks and meals.



In 2016/ 2017 academic year, Metropolitan School started an initiative ‘Healthy Week Campaign’ to encourage our students to eat healthfully through a fun competition that involves them , parents and the entire school team members to participate in. Our school doctor inspects daily each class and office and checks for the most healthiest meal. In return each class and office would have a winner for the healthiest lunch box during the weeks time campaign. Overall each and everyone is a winner with the understanding of the value of choosing healthy and balanced diet.

Met Spanish



Met is proud to announce that we are joining one of the biggest language families in the world. This year, we have launched our Spanish program for our High School students. As the world becomes ever more connected, it is important to teach our students a language that is spoken by almost 600 million people and is the official language of 21 countries around the world. Our young Met entrepreneurs will now learn 4 of the top 5 most common languages in the world as they prepare to change the future. ***Bienvenidos, somos Metropolitan!***

Met World Newsletter

Met French

We are proud to announce our **M.V.P Most Valuable Parent** of the month. We appreciate both Mrs. Nourhan Amr and Mrs. Mayada Mohammed for their time and effort spent helping their children succeed in French.



Grade 3, 4 and 5 students had an amazing first trimester with French! They have thrived in their learning and developed their listening, speaking, reading and writing skills! Let's give it up to our stars of the first trimester!

Met Science

Constructing a lung model is an excellent way to learn about the respiratory system and how the lungs function. Our Grade 5 students built their own lung model during their science class. It was a great opportunity for them to gain a better understanding of how the lungs work! Well done our 5 graders and young scientists!



Met World Newsletter

Met Fine and Performing Arts

Season's Greetings Metropolitan!

Our Met families were invited to witness the magic of the holiday season with a fascinating performance before the start of our three week Winter Break. Met Fine & Performing Arts Department celebrated the end of year 2021 with the annual Winter Wonderland Show on December, 15th, 2021. The event included live student performances across all grade levels and was a fun filled day of activities, games, good food and treats to get everyone in the holiday spirit! Season's Greetings to all the Met Families and Happy New Year 2022!



Met Mission

Egyptian Values



Grade 6 students gave a presentation on the stereoscopic map of Egypt to show the governorates of Egypt and their locations, the historical places, and all information they studied in social studies since the beginning of the academic year. Parents were invited to join the students where they participated in different activities to understand more what the students have been learning.

Met World

Newsletter

Met Corner

In the spirit of the festive season, Metropolitan School staff and teachers enjoyed a little open air gathering where they anonymously exchanged Christmas gifts and celebrated together their achievements in 2021 while embracing a happy fresh start for the beginning of the New Year 2022. Happy New Year to all Met families and see you all back in January!



Parent Corner

Met PTA, were delighted to invite all fellow dads and moms to their first ever organized positive parenting session for the academic year to support develop the value student's character development and self confidence. The session was conducted by Eng. Engineer Bassem Abel Malek 'The World Needs A Father' representative in Egypt.



Founded on common sense and principles for healthy family, 'The World Needs A Father' is about training communities of men and women to understand the value of their roles as parents. We thank all the parent attendees and looking forward to more positive parenting sessions.

Met World

Newsletter

Parent Testimonials

What I like most is the plan to improve and the management's commitment to it. Leadership Team's openness to listen.

I appreciate the constant communication and updates from school. Great homeroom teacher & assistant.

I like most the staff's friendliness and room to listen to parents comments and the team's accessibility.

I like everything at Metropolitan School. I hope you keep the great job and keep working to reach all set goals.

The teachers and administration staff are great and always helpful. Thank you Met!

Dates for your Diary

Date	December 2021 / January 2022 Diary Dates
19 Dec. 2021 - 8 Jan.2022	Winter Break - School Holiday for Academic Team & Students (Administrative Offices open from 8:00 am - 3:00 pm)
Sunday, 26 December 2021	Western Christmas - School Closed
Wednesday, 19 January 2022	Epiphany Day - School Closed
Monday, 24 January 2021	Leadership Coffee Morning #2
Thursday, 27 January 2022	Police Day - School Closed



Executive Director's Message

Dear Met Community,

Happy New Year to our school community!

I hope everyone is safe and healthy in these uncertain times. Currently, we are obliged to restart our E-Learning platform, due to the closure of international schools, by governmental authorities. We will continue to offer our CCA and other cultural activities via our online system.



It is vital that, even if vaccinated, we continue to wear our masks around Egypt. Luckily, we were able to complete our Arabic exams, however we will be delaying our planned MAP and STAR testing, as we aim to do those on campus, in order to ensure we have reliable results. Our great teachers are really working very hard to maintain high quality education for our students, and we are very proud of their efforts. Parents, thanks for your support! Students, stay connected with your teachers to learn as much as you can!

I offer you this motivating and inspirational quote, *“Be strong, things will get better. It might be stormy now, but rain doesn’t last forever.” - Unknown*

Let’s stay strong together, overcome any obstacles and prevail! - **Andrew Frezludeen**

Met World Newsletter

EC School Principal's Message

“I am bored!” Have you heard this phrase from your child? I know that as a parent myself, I heard this from each of my three children, despite them having their own personal phones and access to pretty much any age appropriate technology. Our children have a choice. Being bored is a choice that people make. When your child says, “I am bored”, what does this really mean? It could mean any of the following:

- * I don't know how to structure my own time – please help!
- * I don't know how to slow down and let events unfold.
- * You are ignoring me and I would really like some attention.
- * I am feeling anxious and need to know the plan for the day.

Children thrive on structure and routine. They need to be encouraged to be creative, problem solve, play games, read, etc. It is not your job to entertain your child 24 hours a day. One idea is to have an “I am bored” jar where you make a bucket list of ideas for your child to do when they say they are bored and they can draw one idea from the jar. (Please see the list of “I am bored” jar ideas enclosed) - **Anjanette Yarar**

I'm Bored List

Mostly electronic-free and independent activities for elementary age kids.

- | | |
|---|---|
| 1. Read. | 26. Create a treasure hunt. |
| 2. Do chores for mom or dad (with or without pay). | 27. Make a fort with pillows and sheets. |
| 3. Go outside and catch bugs. | 28. Create your own board game. |
| 4. Write an email or letter to a family member. | 29. Skype or FaceTime with a relative. |
| 5. Use craft items (paper, boxes, tape, glue, ribbon, stickers, etc) to create a project. | 30. Research an animal and create a presentation about it. |
| 6. Draw a picture. | 31. Play an instrument. |
| 7. Color in a coloring book. | 32. Water the garden or plants outside. |
| 8. Paint a picture, the side of a box, or your body (use safe paint). | 33. Have a water gun fight. |
| 9. Play with your pet. | 34. Do on a picture scavenger hunt. |
| 10. "Cook" with a new recipe. | 35. Take silly face pictures. |
| 11. Play in a bucket or baby pool of water. | 36. Jump rope or hop scotch. |
| 12. Practice soccer or football. | 37. Plan a menu for the day or week. |
| 13. Call a friend. | 38. Play wall ball. |
| 14. Play board games, card games, or dice games. | 39. Look through old photo albums. |
| 15. Write a story. | 40. Write a letter to your teacher. |
| 16. Play with NERF guns. | 41. Write a poem. |
| 17. Play bean bag toss. | 42. Organize DVDs or books. |
| 18. Ride your bike or scooter. | 43. Paint rocks for the garden. |
| 19. Create a play. Act it out with stuffed animals. | 44. Do leaf/mature rubbings. |
| 20. Make up a dance. | 45. Sew a pillow from scraps. |
| 21. Listen to music. | 46. Do a jigsaw puzzle. |
| 22. Sweep the porch or driveway. | 47. Create your own word search with family members' names. |
| 23. Play with sidewalk chalk. | 48. Make bubbles. |
| 24. Play with Legos. | 49. Play dress up or give someone a silly makeover. |
| 25. Make play dough and play with it. | 50. Take a bath with bathub crayons. |

Met World

Newsletter

Elementary School Principal's Message

Dear Parents and Guardians,

Happy New Year! We hope that you had a great holiday and break. We have now completed the first semester of the school year and have a lot of accomplishments to celebrate and reflect upon. We successfully completed our first trimester and are moving quickly through the second trimester. Before you know, it will be Spring Break and then Summer Break!



That being said, if you have any questions about your child's current academics, please reach out to your child's teacher. Although we do not schedule a conference with all families at this time, teachers are always available to meet in person or via online. Please note that Spring Parent Teacher Conferences are scheduled for **Thursday, March 24th**.

Very soon you should also be receiving a copy of your child's middle of the year NWEA MAP scores. When the reports come home, please review them for growth, celebrate the successes, and use them to make a plan for improvement, if needed. A great way to improve in reading is to read for 20 - 30 minutes a day. A good way to improve in math is to be able to fluently recall math facts.

It looks like winter has arrived. Please make sure that your child is appropriately dressed for outdoor recess. We hope to see everyone on campus soon and look forward to all of the successes and activities that will come during the month of February. Respectfully - **Ernest Espino**

Met World

Newsletter

Middle/High School Principal's Message



Effective Communication

Effective communication skills are a pre-requisite for success. Academic ability is important, but students and adults also need to be able to express ideas and plans in a respectful manner. A lot of teenage frustration or even poor behavior stems from not being heard or their inability to express themselves.

Your child can seem withdrawn during teenage years, and they prefer to sit alone, rather than with the family. Their contribution to family discussions are often brief and they seem not interested, while they can chat for hours to their friends. At times it seems that they are hiding things from the family, and it is hard to know what is actually going on in their lives. From the teenage perspective, parents do not understand their struggles and keep trying to invade their lives with lots of unwanted questions.

There is no quick fix for this change, but as a parent try the following ideas to keep communication channels open:

Make time to talk-give your teenager an opening to talk, but also allow them to not take you up on that.

Don't try to fix your teenagers problems – let them talk through the issue they are facing, ask if they want you to simply listen or they need some ideas to solve it. Let them work their way through it and allow them the space to fail and come back to you. If they are not successful, but you keep that communication open, your teenager will trust you to trust them.

Be empathetic – teenage problems can seem an easy fix for an adult, but usually a solution is not what they need. They want to be heard and know that their issues have value.

Talk often! Even when you get shut down, reach out constantly. Include them in family discussions and set this as the expectation.

Your teenager will change over the coming years, but by modeling open communication, they will learn a valuable lesson in how to deal with others. - **Helen Somerville**

Met World Newsletter

Met Flashing News

It is with great pleasure and pride to announce our MEMBERSHIP with **The Council of international Schools (CIS)** has been approved and granted. This accolade connects our school to a worldwide network of 1,370 schools and universities in 123 countries and attests to Metropolitan's commitment to the development of global citizenship through high-quality international education, promoting international and intercultural understanding and collaboration. We are proud!

<https://www.cois.org/>

<https://www.cois.org/membership-directory>



Metropolitan School proudly celebrates the success of all Met students who excel in extracurricular activities. Please join us in congratulating **Lara Elhofy in Grade 1D** who won the first place among her team mates and obtained the golden medal in the Egyptian Gymnastics Federation 21-22. We are so proud of our young achiever and champ!



Our Met families were invited to witness the magic of the holiday season with a fascinating performance before the Metropolitan School celebrated the end of year 2021 with the annual Winter Wonderland Show. The event included live student performances across all grade levels, and was a fun filled day of activities, games, good food and treats to get everyone in the holiday spirit! **View event's photos here:**

https://metropolitanschool739-my.sharepoint.com/:f:/g/person/nelghazawy_metropolitanschooleg_com/EgIBrsF_70FBrT_jPyH4KIIBsYJuMjK51nnnSRFGC4zzDQ?e=q?JrFe



Met World

Newsletter

Met Science



During Science class, students in Grade 2 have been learning about fast and slow changes that happen to the Earth's surface. They had the opportunity to see and experiment a fast change model for themselves. They picked volcanoes as an example and started to structure and create their own samples. They used clay to create a volcano structure and used vinegar with baking soda to create the eruption (Lava). Well done, 2nd graders!

During their practical study in science, Grade 9 students tested the reaction of the antibodies of their blood antigens to be able to interpret their the different blood types. Using this knowledge, they were able to identify which blood types people may donate and receive. Determining blood types experiment was conducted under high supervision and all safety measures were considered including using medical gloves and alcohol.



Met Math

In Grade 1 Math, students learned what happens when zero is added to any number and what zero represents as a number. Well done, 1st graders!



Met World Newsletter

Met ELA

Metropolitan Essay Writing Competition 2021/22/

Congratulations to our wonderful writers in Grade 9 and Grade 10. We were very fortunate to have over 40 entries to our internal competition which also offered students the option to send their essay onward to an international competition, which offered the opportunity to go to Oxford University for a taster/study/activities week later in the academic year. Our students wrote some riveting 500 word essays with tough questions that were challenging and interesting to investigate. Well Done to all those who entered!

YOUR ESSAYS,
OUR WRITERS

A special congratulations to our **WINNERS!**

Rank	Grade 9	Grade 10
1st Place	Catherine Bosnoian	Hana Shalaby
2nd Place	Nadine Elfiky	Malak Elsadek
3rd Place	Joury Elsharkawy	Yassin El Nahaas

IXL LEARNING



Metropolitan School is proud to announce that on Sunday, 16th January 2022, we passed the **One Million Question Mark on IXL** in both **Math and English**.

This helps to show how our teachers are accommodating technology and gamification in the modern classroom.

IXL has shown us that our students are using the program in school and at home and growing which is great news. We are able to see upward movement and achievements very clearly throughout the school.

This is a great step, as we strive to push our students in their study habits, comprehension and academic preparation. Our students are learning to confront and excel in the new educational technological playground that will be a major part of their education and life beyond school.

Met World

Newsletter

Met Library

Dear Met Families, this is an announcement regarding the **53rd Cairo International Book Fair** taking place from **26 January, 2022 to 7 February 2022**. For more information and to book your tickets online, please visit the official website (Arabic language only). [Cairo International Book Fair](#)



Met Drama



During their mime assessment in Drama class, 6th Graders were asked to transform their bodies and faces into different emotions and characters. The students have shown great commitment to character and were successfully able to execute the task very well. They also have shown great courage performing in front of their peers.

Met Values

During Met Values class, our students in KG 2 were talking and discussing about bullying. Students had the opportunity to learn and understand what is bullying, how we can stop it and how to stand up for ourselves and others if faced by bullies. Following the discussions, students created amazing artworks that reflected the topic discussed. Well done, KG2!



Met World

Newsletter

Met Mission

Met Biz



Gr1 students started their Junior Achievement (JA) *Our Families Program* during Met Biz classes. They created their own family flag that represents the entire family.

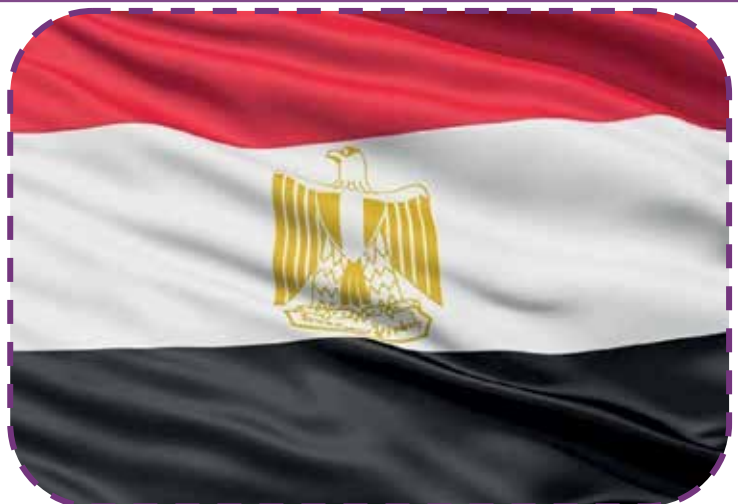


Gr2 students started their Junior Achievement (JA) *Our Community Program* during Met Biz classes. Students discussed and understood the idea of different communities that we may belong to.

Egyptian Values

25 JANUARY

Metropolitan School would like to greet all its Met families on the occasion of celebrating the national 'Police Day' marked on the 25th of January 2022.

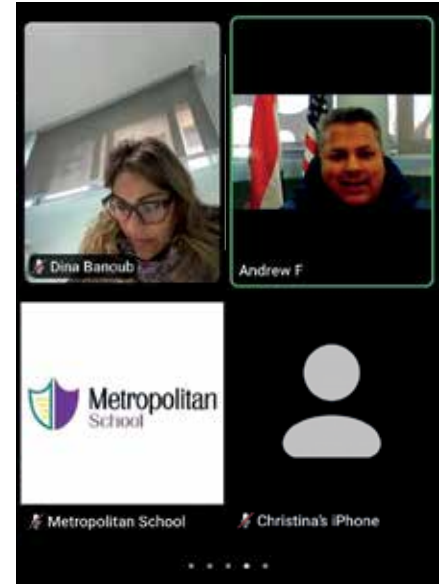


Met World

Newsletter

Parent Corner

Metropolitan School was pleased to host its first ever Virtual ‘Met Leadership Coffee Morning’ via Zoom meeting on Monday, January 24th, 2022. Our Leadership coffee mornings aim to meet our parent partners where we hear from them and they hear from us. There were a lot of positive comments about the school and questions that we were able to answer as well. We would like to thank all parents who joined us for the virtual meeting and looking forward for more coffee mornings to come.



Parent Testimonials

Adding more HomeWorks reinforced student’s responsibilities.

Commitment to curriculum and student’s academic growth has been observed this year.

I can see great improvement in the school from last year. More discipline improvement is very evident.

Dates for your Diary

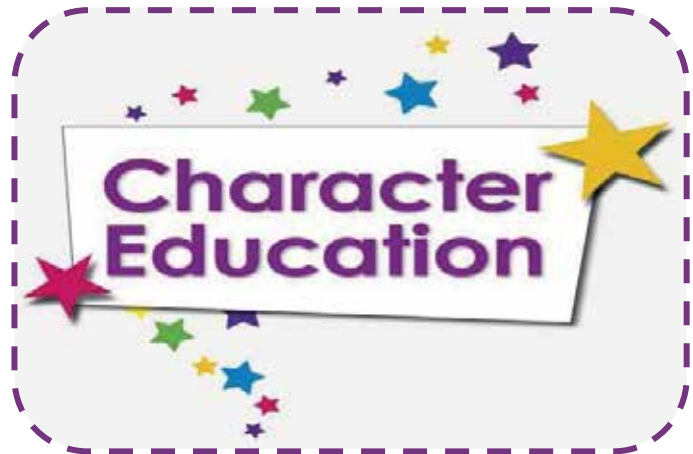
Date	February/ March 2022
30 Jan. - 3 Feb.	Chinese New Year - Students Activities
17 Feb.	French Day - Students Activities
20-24 Feb.	Literacy Week - Students Activities
27 Feb. - 3 March	Anti Bullying Student Activities



Executive Director's Message

Dear Met Community,

I would like to remind you that our Pillars coalesce with **RESPECT, BEING A GOOD CITIZEN, SELF-CONTROL, TOLERANCE, KINDNESS, HONESTY, RESPONSIBILITY & COOPERATION.**



An enormous thanks to those parents who **demonstrate these characteristics** on a daily basis for their children. If we all could do the same, collectively, the world would surely be a better place.

Our school culture, inside the school walls, competes with the greater culture, outside the school walls. Parents, when you emulate our school culture whether you are on our campus or off our campus, it certainly helps shape our students to learn and grow with **character education**. This is a monumental challenge for educators, you as parents and ultimately for upcoming generations of students.

We thank you for and greatly value your feedback, **and when this is given in a respectful manner**, which **models our Met Character Pillars**, it allows us to work in partnership to reach mutual understanding and sensible solutions. Thanks to those who use their WhatsApp groups sensibly.

Please be ***REASONABLE, realistic and pragmatic*** and ***STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY!*** - Andrew Frezludeen

Met World

Newsletter

EC School Principal's Message

When my son was four years old, he begged every day for his father and I to allow him to play American Football – pads and all – when he turned five years old. We had a long discussion with him that we would allow him to play with one stipulation – **If he starts the season, he ends the season.** American Football is a team sport, and when one person is not pulling their share, the whole team suffers. He immediately agreed, and I went and paid his registration fee, picked up his uniform, and off we went to the local sporting goods store to purchase new cleats.



He had a couple of practices and then it came time for the big game on Saturday morning. He was all dressed out in his football finest and looked so handsome on the field. I think I took up a whole roll of film on pictures just that morning. (Phones that took pictures were just beginning to get popular.) His father and I beamed with pride. However, when the game began, and my son actually had to be aggressive and push people down to try to get the ball to score, that was not something that he was comfortable with AT ALL. I sat up in the stands and watched the tears flow down his cheeks. I literally wanted to scale the fence to get to my crying baby boy, but by this time the game was almost over, so I just met him on the field with a big hug.

I had a long talk with my son that night about the importance of finishing what you start. I reminded him that we discussed this and answered all of his questions, and that HE was still insistent on playing. **HE made a promise to the team, and we expected that that HE was going to be at every game that season.** (Granted, it was just five games).

As a mother, did I want to just grab him up in my arms and tell him that of course he could quit? Absolutely (You know moms and their sons.) It was hard, but I kept my word about him finishing the season. We went and talked to the coach and explained the situation, and the coach found a perfect position for him where he would not need to shove or push anyone to the ground. He was assigned to make sure that the ball was always in place ready on the field.

Parenting is a hard job. Sometimes you make the best decisions and other times you lament over the decisions that you made – Were they right? The important thing, especially in this scenario, is that my son learned that if he started something, he must finish it, and that every member of a sports team has an important position.

These life skills, these soft skills, are aligned with the Met Character Pillars. Our students have classes dedicated to learning the Pillars as well as Entrepreneurship. Listed below are the benefits of finishing what you start. - **Anjanette Yarar**

Met World

Newsletter

EC School Principal's Message

4 Benefits of Finishing What You Start

You Learn By Finishing

When you first embark on a new project, you don't have all the answers. This is completely natural, but the great thing about taking a project forward to completion is that you will learn what's needed as you go along.



You Will Be Seen As Someone Who Can Be Relied Upon To Deliver

If you routinely deliver on your ideas and projects then you become known as someone who can be relied upon to deliver, even on the tough stuff. That's a skill that not everyone possesses and will see you progress quickly if you utilize it regularly.

Value Is Created At The Finish

No matter how long or how hard you work on something, if you never finish what you start, it has zero value to potential recipients. In other words, value is created at the finish, not the start.

It's A Self-Actualizing Skill

Every time you finish (and deliver) a project, you grow. You become more of the person you were, expanding your knowledge, skills, experience and achievements. In doing so, you are self-actualizing. In other words, you are realizing your potential, and for every project you complete, that potential grows.

- Anjanette Yarar

Met World Newsletter

Elementary School Principal's Message

Dear Parents and Guardians,

The second month of the year is over and we have made huge gains in terms of teaching and learning. This month was filled with a lot of testing on campus. I am happy to report that preliminary results for our middle of year MAP testing and F&P Reading levels look very promising and our kids have made significant amounts of academic growth. Teacher, students, and all staff members have worked very hard and the fruits of their labor are starting to show. I cannot wait to celebrate our students and teachers next month.



Although we've had a lot of success and have made a lot of growth we are still not done and will continue to work hard in the coming months. Don't forget, Spring Break is right around the corner and students and staff will have some time to disconnect, relax, and refresh from **March 6th - 10th**.

During the last few weeks of February we also celebrated our themed Literacy Week on campus. Please note that Reading as a family is always an enjoyable experience and reading aloud to your child is the number one suggestion from reading experts across the country. Reading aloud to your child, particularly in an engaging manner, promotes literacy and language development, improves reading ability, and perhaps most importantly, fosters the love of books and reading. Reading aloud to your child requires only a book and your willingness to spend a little quality time with your child. While the sacrifices are few, the benefits are many. Your child will learn to read better, think better, imagine more richly, and become a passionate and lifelong reader. So please take time with your child and share the enjoyment of a good book.

We wish all students and families a very restful and safe Spring Break. Take some time to read a book, relax, and disconnect. Once again, I thank you for your continuous support in helping us to build a caring and supportive school community. Our partnership makes a world of difference! - **Ernest Espino**

Met World

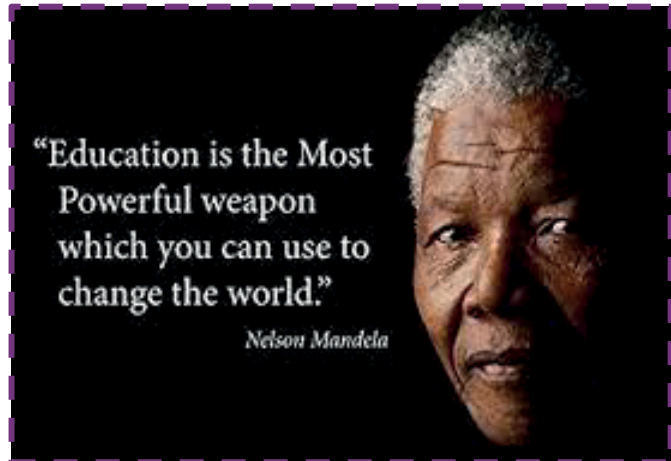
Newsletter

Middle/High School Principal's Message

“Education is the most powerful weapon we can use to change the world.” ~Nelson Mandela

Words to live by from a man who really did change the world! But what does that really mean?

The initial focus of education on learning is to read, write, and do math, which feeds into multiple other subjects. But, as students move through their 12 years of formal education, is that the only goal? Or do we all want more for our children?



Our children have the power to be agents of change. To bring a fresh perspective to our communities and to do powerful things for the betterment of everyone. As we work together to improve their abilities in the concrete elements of education, we also must work together to show our children how they can be involved, how they can build a voice and how they can impact others.

Different activities across all subject areas show students how to use information and present it to others, or how to defend a position based on evidence. Students learn how to find out information, and use that information to create something or define a process. Not only does discipline procedure teach students that poor behavior has consequences, but also it helps them learn how to move forward and not make the same mistake. Activities like student council, sports teams, INJAZ, or taking part in the French DELF exam teach students hard work and perseverance and how to be part of something or develop skills that add to their school experience.

February is always a tough month during the school year. We are halfway through the year in the middle of winter but both last August and the coming June feel a long way away. Grades are in progress and students are finishing their requirements for the second trimester. Some students are motivated and are on task, while others may be struggling to keep up with everything.

So, let's remind our children that despite where they are right now, education is the most powerful weapon they can use to change the world. That weapon is theirs to wield and each day they are building their skills to be better than yesterday. The small actions they take to improve what they are doing in school helps with the development of those skills. Let's keep that positive energy moving forward!

Stay safe and we look forward to seeing all our students soon. - Helen Somerville

Met World

Newsletter

Met Flashing News

Metropolitan School proudly celebrates the success of all Met students who excel in extracurricular activities. Please join us in congratulating **Jude Elmalih** in **Grade 1D** who obtained the gold medal in the Egyptian Gymnastics Cup and Festivals 21-22. We are so proud of our young achiever and champ!



We are also very proud of our very own champion **Malika Mohamed** in **Grade 5B** who recently won the first place in the National Championship for Judo under 12 years, weight 42 KG for girls category. Congratulations Malika, we are so proud!

Met French

During February, Met students participated in various performances to celebrate French Week! It was an exciting week where students had the opportunity to sing and dance in French, as well as showcase what they have been learning in class. Students dressed up in French flag colors and other francophone countries. They were all amazing with their cheerful spirit!

Vive la francophonie!



Met World

Newsletter

Met Annual Literacy Week



Metropolitan School celebrated its Annual Literacy Week this March. Literacy Week is a 7 day event during which students, teachers, administrators, and parents celebrate reading and writing through various activities. Students had the opportunity to be engaged in writing and reading projects during ELA classes, while every day witnessed a different dress down day that reflected this year's theme 'I Love To Read'. It was a fantastic opportunity for everyone.

Young learners enjoyed being read to by mystery readers from volunteering academic and admin team. Guest mystery readers from Met parents and families were also invited to read to their children in classes. Inviting mystery readers into classrooms has always been a great opportunity to engage Met families and reflect the bond between parents and students inside of the school's campus. A book fair was set up as a chance for students to purchase their favorite books and enhance their reading skills.



As part of our, 'I Love Reading' Initiative during Literacy Week, Met hosted weekly reading competitions. Every week, we celebrated students who read the maximum minutes as an individual reader from each KG2 to Grade 5 classes in addition to individual classes of the most combined minutes of reading!

Met World

Newsletter

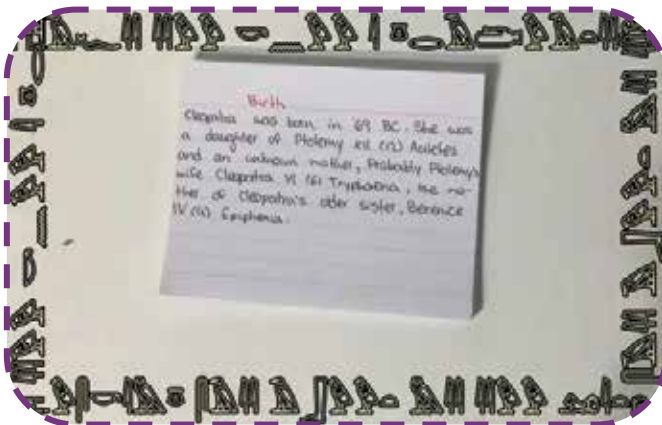
Met Math

To connect Math standards to real-life situations, 7th graders learned the skills of applying percentage with a real life example. They were exposed to one of the supermarket's offers, and had to pick three products on sale. In this practice, students were able to find out and calculate the discount percentage for each item and had to record the steps on their record sheets.



Met Social Studies

Our grade 9 students created and presented speeches about absolute monarchs. To make this more interesting, students paired up to research certain monarchs and gave opposing speeches about their monarch in the form of a roast to criticize a monarch or a toast to praise the monarch.



Grade 7 world history students have been working on a research project about Ancient Egyptian Pharaohs. They worked hard to make creative and informative projects of tombs, poems, magazines, and created paper slides videos. We are very proud of the work students have put into these projects, click to view some of their amazing work:

<https://www.youtube.com/watch?v=j6RQeEaFix7w>

<https://www.youtube.com/watch?v=6WfAfzh1mccg>

⇒ [20220111_220135.mp4](#)

⇒ [20220119_225934_001.mp4](#)

Met World

Newsletter

Met Art



Marker-printing with 3rd graders was a magical process!! During art class, 3rd graders have been learning all about color theory, positive and negative space. Students had an amazing time creating and designing their marker-printed Valentine's Day cards for their loved ones. Well-done 3rd graders!

Grade 7 students, participated in a *Gallery Walk* during Art classes in February. They had the opportunity to critique each others' work and grow their artistic skills. Additionally, in preparation for their upcoming clay project, they created clay cake prototype designs to use in their upcoming project.



Met P.E

Metropolitan School's P.E. department was very pleased and proud to announce the first swimming internal tournament for this year. Students from Grade 1 to Grade 10 were invited to participate and take part in the competition which took place at our swimming pool on Saturday 19th of February 2022. We thank all the participants and winners and looking forward for more tournaments to come.

Metropolitan School

MET SWIMMING TOURNAMENT

From Grade 1 to Grade 10
Boys & Girls - Mixed Teams
Saturday, 19th of February
Starting From 8:30 am until 3:00 pm
Register Now!

Met Swimming Pool

Met World

Newsletter

Met STEEAM



The Met STEEAM Room aims to incorporate: **Science, Technology, Engineering, Entrepreneurship, Arts, and Mathematics.** Uniquely and distinctive, from most STEM programs, we have added an “**E**” which stands for **Entrepreneurship.**

Students’ projects include design thinking that includes several areas of **STEEAM**, this usually depends on the nature of the projects that the students undertake. **STEEAM** learning units aims to be interdisciplinary. In this way, students will have the opportunity to draw connections between different subject areas and to see how they are interrelated.



Met World

Newsletter

Met Mission

International Corner - CHINA

Part of Met's mission is to ensure that our students are equipped with both a passion for learning and the ambition to make a difference to both local and global communities, thus Metropolitan's celebration of the Chinese New Year in February (year of the Tiger) to cultivate culture awareness. Our students got engaged in different activities during ELA, Art, Met Values and Library sessions. KG2 students performed a dragon parade. In Art, students created Chinese red envelopes and during Met Values classes, others designed a dragon. Our high school students had the chance to learn more about this unique celebration as a practice to foster the sense of unity in a diverse world. We wish you a happy Chinese New Year!



Chinese Fun Fact...

Chinese were the inventors of ice cream. You probably enjoy a few scoops of ice cream on a hot summer day. Ever sat to think about the inventors? The Chinese invented ice cream over 4,000 years ago by mixing milk with a rice mixture!

Did you know?!...

Chinese is the most popular language worldwide. This is largely attributed to the number of Chinese native speakers due to the large population. 14% of people in the world speak Chinese.

商店	医院	火车站
shāng diàn	yī yuàn	huǒ chē zhàn
shop	hospital	train station

Standard Chinese, known in China as *Putonghua*, based on the *Mandarin* dialect of Beijing, is the official national spoken language for the mainland.

Met World

Newsletter

Met Mission

Met Values



During the Chinese New Year celebrations at Met, KG2 Met Students learned about the Chinese dragon during their Met Values class. Chinese dragons are a symbol of China's culture, and they are believed to bring good luck to people. They are also known as loong, long or lung, which is a legendary creature in Chinese mythology, Chinese folklore, and Chinese culture at large. Chinese dragons have many animal-like forms such as turtles and fish, but are most commonly depicted as snake-like with four legs.

Egyptian Values



With 51 football matches played amongst 24 nations, Met families were so proud of our National Football Team having made it to the 33rd edition of the Africa Cup of Nations CAF finals. Metropolitan School proudly supported the team's exemplary efforts and honored the team by encouraging all Met community, students, teachers and staff to wear the Egyptian flag colors regardless the final results.

During Arabic celebrations in February, students from KG1 - Grade 4 practiced different amazing Arabic activities with their teachers. They worked together to enhance their Arabic reading and writing skills.



Met World

Newsletter

Met Mission

Character Education

The International Stand Up to Bullying Day started on 22nd of February 2022 at Metropolitan School. During the initial event, over 750 students registered to take a STAND against bullying alongside with Safe Kids organization. Students participated in a small play and watched a short movie to show how bullying has negative effects mentally, emotionally, and physically while helping unite students against bullying. #StandUpToBullyingDay.



Parent Testimonials

The staff's friendliness and room to listen to parents comments. The presence of the leadership team and accessibility.

The school's announcements in morning line, in the newsletters, or online make kids proud of themselves.

The school well communicates with everyone.

The school in all areas is very good .

Dates for your Diary

Date	March Diary Dates 2022
3 March	End of Trimester 2
6-10 March	Spring Break (Academic Team and Students on Holiday)
13 March	Beginning of Trimester 3
16 March	PD (Professional Development Day) Student's Early Dismissal @ 12:15pm
24 March	Virtual PTC (ALL Grade Levels)



Executive Director's Message

Dear Met Community,

It is so strange to see the colder temperatures still lingering around our environment and we are all waiting for the warm weather to arrive. For the time being, we envision using masks on campus while indoors, as much as possible.

We are aware that not all schools will follow this protocol but at Met we believe this is on the safer side of the coin. Met always aims to limit health risks while maintaining sensible and pragmatic learning platforms for our wonderful students.

Your cooperation is highly appreciated and absolutely necessary. Please cooperate with our stated instructions and procedures. Thanks to everyone in our community for being supportive and understanding.

“Sometimes the best thing you can do is not think, not wonder, not imagine, not obsess. Just breathe and hope that everything will work out for the best.” (unknown)

Please be **REASONABLE**, *realistic* and *pragmatic* and **STAY POSITIVE, FOCUSED, INSPIRED & HEALTHY!** - Andrew Frezludeen

Sometimes the best thing you can do is not think, not wonder, not imagine, not obsess. Just breathe, and have faith that everything will work out for the best.



Met World

Newsletter

EC School Principal's Message

I love seeing all of the decorations and excitement for the upcoming Holy Month of Ramadan. Here at Met, we are adorning the halls and classrooms with Ramadan colors, lanterns, and crescent moons. We are reading picture books about Ramadan with our students and creating beautiful artwork for the celebrations that will take place.



how much sleep is enough for your child?

Some kids may be wired to operate on a little less sleep than others, but the National Sleep Foundation suggests these guidelines:

WHEN KIDS ARE ...	THEY NEED ...
up to 2 months	10.5 to 18 hours
3 to 12 months	9.5 to 14 hours
1 to 3 years	12 to 14 hours
3 to 5 years	11 to 13 hours
5 to 12 years	10 to 11 hours

During this Holy Month of fasting and beautiful Iftar gatherings, I wish Peace and Love to you and your families. I kindly ask that if your child stays up late into the night to celebrate, that you, as parents, make sure that they have plenty of sleep before they come to school. **Research shows that our early childhood students need at least 10 hours of sleep every night.**

When children do not get enough sleep, they are more agitated and are less able to focus, therefore learning is affected.

Please make sure to log into the MS Teams Page **Goodnight Met** so that your child can hear a bedtime story before they sleep. Ramadan Kareem! - **Anjanette Yarar**

Met World Newsletter

Elementary School Principal's Message

Dear Parents,

Happy Spring, we hope that you are all doing well. The elementary section is off and running in our final trimester. Trimester 3 marks the start of our final academic endeavors for this school year and also includes the start of the Holy Month of Ramadan. Ramadan is the ninth month in the Islamic calendar and is a period of prayer, self-control, charity, and goodwill to others. For our Muslim and non-Muslim students, this is an excellent opportunity for them to think about self-discipline and consideration of other people.

That being said, although our school hours during Ramadan are reduced we will continue providing rigorous teaching and learning for our students and high student expectations will still remain. During this time please ensure your child(ren) has/have enough time to rest, study, and take care of their school work/responsibilities. Additionally, If your son/daughter is fasting, please make sure to choose a well-balanced diet and keep them hydrated.

Please note, attendance during this period still important as any other time of the school year. Children need to be in school to learn. At the elementary level all students are preparing for their Spring MAP Growth Assessment and end of year content assessments. Please note, assessment results will be reflected in their trimester 3 report card. Please make sure that your son/daughter continues to come to school on time every day during Ramadan.

Once again, I thank you for your continuous support in helping us to build a caring and supportive school community. Our partnership makes a world of difference! - **Ernest Espino**



Met World Newsletter

Middle/High School Principal's Message

In the coming months, High School students have a number of new initiatives starting. With the growth of High School into grade 11 next year, the process of university counseling will start in earnest, and we are excited to share our plans to help students adjust to this new stage.



Metropolitan has signed on with **BridgeU**, a global platform that offers world-class university and careers guidance for global secondary schools. **BridgeU** offers students a variety of tools to guide students as they work through college and career choices.

- *A range of personality assessment and career tools to help students understand who they are, their strengths and aspirations.*
- *Information on career paths and their related college degrees.*
- *Tools to help with university research across a variety of regions and ensure that students are making the most out of university visits.*
- *A central platform for students to collect all required data for college admissions and prepare for university applications*
- *A central platform to manage, submit and track university applications.*

School administrators will guide students through the various steps, starting with a roll out of the platform in the coming weeks. Parents will also have access to the platform, so they can view their child's planning for possible careers and college admission.

We are also excited to announce we have a new Student Success Coordinator joining us in 2022-2023. Ms. Cassandra Clark will take over this role starting September, which includes High School counseling. She will work directly with High School students, alongside the High School Principal and Vice Principal, to guide the students and parents through their course choices and college counseling.

Also starting September 2022, we will introduce our first Advanced Placement (AP) courses – offering grade 11 students Economics, Computer Science and Language course options. Current grade 10 students who opted for the more challenging AP course options will start these courses in the last few days of this academic year. A short “AP bootcamp” in late June will introduce students to the AP course requirements and topics of study in their chosen courses. Those students will then start reading for that course and complete some preparation study over the summer months, so they return in September ready for the rigor of an AP course. AP courses have both internal school requirements that provide the grade on a transcript and an external examination in May. We are pleased that several our students have opted for the challenge of taking an AP course and know that this is better preparing them for college and their individual career paths.

High School can be a challenging time for both parents and students. As the High School at Metropolitan grows, students will have the tools and skills needed to prepare them for the next stage in their educational and life journey. - **Helen Somerville**

Met World Newsletter

Met Flashing News

We are excited to announce that **EDUGATE**, the international educational fair, has invited our 10th Grade students to attend their fair. Being held for 8 years, EDUGATE remains the most acclaimed education fair and forum in Egypt and the Middle East for the past years. Our students got this amazing chance to meet with representatives from local & international universities, colleges, training institutions, and scholarship/grant providers, all gathered under one roof.



The Metropolitan community understands that by allowing and encouraging students to participate in activities outside of the classroom, we are paving a wide route to develop new interests, deepen their social, cognitive, and intellectual growth, through our Co-Curricular Activities (CCA) with a variety of interesting and beneficial activities.

If you are eager to follow our daily activity updates and what's happening at Metropolitan School, follow the below links! **Follow us now!**

<i>YouTube</i>	Metropolitan School—YouTube
<i>Facebook</i>	@metropolitanschooleg
<i>Instagram</i>	@metropolitanschooleg
<i>Twitter</i>	@Metropolitan164



Met World

Newsletter

Met Achievers

Metropolitan School proudly celebrates the success of all Met students who excel in extracurricular activities. Our very own **Dana AlHusayyan** in **Grade 4D** has participated in the artistic gymnastics GX International Level 4 Competition. Along with her 'Gymanazia' team from Kuwait, the girls team competed in the floor, bar, vault and beams routines. The team proudly won the first place in the competition and Dana has successfully achieved acquiring the 'Best Overall' and obtaining First Place in bar, First in vault, First in floor and Second place in beam. We are so proud of you Dana!

Watch: <https://drive.google.com/drive/folders/1ambTZOTq1HTdg4baFBM7nc6bkFqdCzcv>



Please join us one more time in congratulating **Malak Eid** in **Grade 4D** who obtained 2nd place and silver medal in the Egyptian Gymnastic cup and championship for artistic Gymnastics. The championship was organized in March 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!

We would like you to join us and congratulate our Met young super champion, **Hannah Sokkar** in **Grade 4B**, who yet again, received a gold medal for the 4th consecutive year in a row with her performance in the Egyptian Cup of Gymnastics for 2021-2022. We are so proud! And wishes to more and more achievements and success to Hannah!



Met World

Newsletter

Met ELA



Grade 6 students were reviewing the topic of theme. Students worked with their table partners to review different types of writing to identify 'The Theme'. Students needed to be able to identify how to find the theme by using their inferencing skills. They practiced for the rest of the week on their thematic essay about Percy Jackson and the Lightning Thief.

Met Science

In grade 8 science, students have been studying forces and Newton's laws of motion. To investigate air resistance, students compared the speed of a wooden block falling with and without a parachute that they designed. At the end of the activity, students compared the parachute design of their group to the parachute designs from other groups to investigate how design factors affected air resistance.



During science class, Grade 2 students engaged in an activity for the 'Put Together and Take Apart' lesson. They went on an indoor field trip! Students went to our school workshop! They observed Engineer Bakr put together and take apart a chair. Best of all, students were able to participate and do it themselves!

Met World

Newsletter

Met Art

Hayah's 8th Annual Art Competition has come to an official close, and with that, we have to say a big CONGRATULATIONS to our Metropolitan winner: Ashraf Farrag in Grade 7A, who won First Place in Photography with his stunning Ancient Greek sculpture photo! His prize is well deserved. A big round of applause to all students who took part in this year's competition. The Ancient Civilizations theme was tricky and the competition was fierce, but each entry deserves an applause. Take the time to browse through all of the entries in Hayah's interactive online art gallery: <https://www.kunstmatrix.com/en/hayah-2022>. Jaw-dropping talent in every grade!



Met Social Studies

Grade 6 spent trimester two exploring Greek mythology. They started the unit out by researching a Greek god or goddess of their choice. Once completed they turned their research into posters and presented. Next they read the book Percy Jackson and the Lightning Thief.



Their final task was to research a different Greek god, goddess, or monster. They wrote a first person monologue about their person.



They rehearsed for 2 weeks with the help of Ms. Summer, our drama teacher. And finally they dressed up in costumes and performed their monologues to various audience in the school.

Met World

Newsletter

Met ICT



During the second quarter, the students in grades 6-10 have been learning about modeling and printing in three dimensions. Using the student-compatible online version of the Solid works 3-D modeling application, students learned the fundamental techniques for modeling three-dimensional objects.

Using one of their models, the students reviewed the procedure for preparing their model for 3-D printing. Engaging in a cooperative classroom activity, the students created a poster outlining the steps needed to successfully generate the required file to be sent to the 3-D printer. The students then developed a model of a useful object to be 3-D printed with our Sindoh 3DWOX printer .

Met P.E.

Our Pre-K young learners worked on the development of Locomotor skills during their PE classes. They practiced running techniques to help with the correct movement of legs and arms during running. They also practiced side-to-side jumping games by collecting objects and delivering



them to static and dynamic points. At the end of the class, they reflected on the work and the vocabulary used and stretched their muscles finish with breathing exercises to relax! Well done PRE-K learners.

Met World

Newsletter

Met Mission

Character Education

The International Stand Up to Bullying Day started on February 22nd of 2022 in Metropolitan. During the initial event, over 750 students registered to take a STAND against bullying alongside with Safe Kids organization. Students participated in a small play and watched a short movie to show how bullying has negative effects mentally, emotionally, and physically while helping unite students against bullying.



Each month at Met, an OUTSTANDING student in every class is recognized as STAR STUDENT OF THE MONTH. Students are selected based on demonstrated exceptional academic achievement; exemplary personal and social qualities; showing a love for learning and engagement in the total school program and being a role model by setting a good example for others. Every student, regardless of ability, can be a star. Work hard and be a star this month!

Met World

Newsletter

Met Mission

Met Values



KG2 students worked on their 'My Mini Manners Book.' They discussed and shared good manners they use at home and at school like using the magic words "please" and "thank you". Student were taking turns, raising their hands, and helped in doing chores inside the classroom. Well done KG2!

Egyptian Citizenship

Our students in Elementary school were happy to celebrate all the amazing women out there in the world during the morning line on March 21st, 2022. They sang songs and demonstrated figures from exemplary women who played a great role in the society in recognition of their special day. Wishing all the wonderful and successful women all around the world and the Met community a wonderful and a Happy Mother's Day!



Met World

Newsletter

Met Mission

International Corner - *France*



Part of Met's mission is to ensure that our students are equipped with both a passion for learning and the ambition to make a difference to both local and global communities, thus Metropolitan's celebration of the 'French Week' and the French Language Day marked on 20th of March. Students had the opportunity to sing and dance in French. They showcased what they have been learning in class while dressed up in French colors and other francophone countries. They were all amazing and performed in a cheerful spirit! *Vive la francophonie!*

French Language Fun Fact..

About 45% of modern English words are of French origin! After the Norman conquest of England in 1066, French became the language of the aristocracy and administration, which resulted in a great number of French words and expressions being incorporated into English. Over the centuries, French remained a major language influencing modern English.



Did you know?!...



- ⇒ The **Tour de France** cycle race has been running for over 100 years. ...
- ⇒ The **camera phone** was invented in France. ...
- ⇒ **The Louvre** in Paris is the most visited art museum in the world. ...
- ⇒ France has won the most **Nobel prizes** for literature.

Met World Newsletter

Parent Corner

“We Promised and we fulfilled!” Met PTA, were delighted to invite all fellow dads and moms to their 2nd Positive Parenting 1-Day Course organized for this academic year. Met PTA aims to support fellow parents in their children’s character development and self confidence. The dedicated 1-Day course was conducted by Eng. Bassem Abel Malek ‘The World Needs A Father’ representative in Egypt as well as volunteering TWNAF team members who shared their touching stories and experiences that led them to be part of this life changing initiative.



Founded on common sense and principles for healthy family, ‘The World Needs A Father’ is about training communities of men and women to understand the value of their roles as parents. We would like to thank all the parents who attended the 1 Day course. We really appreciate you taking the time and commitment to attend the course and looking forward to more positive parenting sessions. **Parent Testimonial:**

“I absolutely loved it and I’m definitely Interested in a continuation for the talk and going in depth, so please keep them coming especially ‘The World Needs A Father’ team and Eng. Bassem were beyond amazing !

<https://www.facebook.com/theworldneedsafather>

<https://www.tw naf.com/>



The World Needs
A FATHER

Met World

Newsletter

Parent Testimonials

My daughter's progress has been a great surprise to me since she's the youngest of her class.

I like the fact that everyone is involved in helping the children's development in all the aspects, not only academically.

Thank you for all teacher's effort and patience.

Homeroom teachers are very understanding.

Feeling at home is a very comfortable feeling and this what we feel when we are at Metropolitan, like one family.. Thank you.

Dates for your Diary

Date	April Diary Dates 2022
2 April	First day of Ramadan (Subject to change)
Ramadan Timings	Gates Open: 8:05 am Start of the School Day: 8:10 am Gates Closes: 8:25 am <i>No students entry after 8:25 am, with no exception</i> Dismissal: 2:00 pm
3 April	Virtual Met Leadership Coffee Morning
17 April	Palm Sunday (School Closed)
21 April	Holy Thursday (School Closed)
24 April	Coptic Easter Sunday (School Closed)
25 April	Sham El Nissim / Sinai Liberation Day (School Closed)
24-28 April	Easter Break



Executive Director's Message

Dear Met Community,

Ramadan Kareem! The weather is finally warmer and spirits are cheerier! I was delighted to see the recent Science Fair projects that were presented by our students. There were some very ecofriendly solutions presented as well as some fantastic entrepreneurial ideas put forth. A big thanks to our Science Department and to our wonderful students for showcasing their talents.



As some of you are aware, we were visited by a Review Team from Cognia, which is our school's main accreditation body. We will know the final results in a few months from now. Our school is dynamic and I expect a very positive outcome. ***"SUCCESS IS NO ACCIDENT. It is hard work perseverance, learning, studying, sacrifice, and most of all, love of what you are doing", (Pele).***

STAY POSITIVE, FOCUSED, INSPIRED, & STAY HEALTHY! - Andrew Frezludeen

Met World

Newsletter

EC School Principal's Message

We are halfway through our last Trimester. Honestly, this school year has gone by so quickly. We have seen our students grow in their learning by leaps and bounds. Because instruction was somewhat hampered by the Covid Pandemic last year, we hit the ground running this year.



Our Early Childhood teachers have worked tirelessly to try to make up learning that was lost last year as well as teach our students the content and skills that they will need to be successful in their next grade. **Thank you, parents, for supporting our teachers and for being our partner in your child's educational journey.**

When we return from the holiday break on May 8th, we will have 23 instructional days left in this school year. We will also be back to our normal school timings. Let's make sure that **we finish the year strong.** Please continue to make sure that your child has plenty of sleep and that they are reading at least 20 minutes every day. Don't forget about our bedtime stories, 'Goodnight Met' where we have a member of our Early Childhood staff read a bedtime story. This is located on an MS Teams group titled 'Goodnight Met.'

Mark your calendars, as we will celebrate our Kindergarten Graduation on Tuesday, June 21st. You will receive details soon about this special day. - **Anjanette Yarar**

Met World

Newsletter

Elementary School Principal's Message

Dear Parents,

Happy Ramadan, we hope you all are doing well.

This month is a short month for us in terms of days and also school hours given the Holy Month of Ramadan. We have a few more days left and then we are off for a break. Given the importance of our last trimester we encourage all parents and students to partner with us and set aside some time during the break for academics.



Nothing too stressful at all, we just ask parents to help students build a routine into their days and make sure students set aside some time to read, work on their iXL (Math and Reading skills plan), and RAZ kids platform during the break.

Once we get back from our break it'll be exactly six weeks before we end the 2021-2022 school year. The importance of what happens during the next few weeks (academically) is crucial for us to end our school year on a positive note. Summer break will be here before you know it and time will go by very fast so please plan accordingly. This month teachers and students focused on several Math and Reading initiatives during the school day. Our students and staff are working very hard to finish the year off successfully.

Once again, I thank you for your continuous support in helping us to build a caring and supportive school community. Our partnership makes a world of difference! - **Ernest Espino**

Met World Newsletter

Middle/High School Principal's Message

This month we want to celebrate the development of our Middle and High School Entrepreneurship program. Met Biz as a subject started in 2018-2019 in the Elementary and Middle School, to formally embed our core value of entrepreneurship within the school program. From there Met Biz has grown into new grade levels into grade 8 and 9 and expanded as student knowledge

This year, we can see the result of the work undertaken by the Met Biz team. We have structured curriculums in place that cover topics such as the impact of social media to entrepreneurship, developing surveys, identifying target markets and market research, personal branding, how money works, innovation in entrepreneurship and social entrepreneurship, elements of marketing, and elements of economic systems. At each stage

of Met Biz students engage in real world problem to demonstrate their learning. They might be asked to take part in a job interview, or design a currency, or complete market research for a potential start up business. Within the scope of Met Biz students have also explored career options and looked at what they might pursue at the college and work level.

In grade 10, the program starts to specialize with the introduction of Business Studies. In Business Studies, students have engaged in developing a social responsibility campaign through to writing an actual business plan. Some of our High School students are also participating in the INJAZ program, working on a real-life business idea that they must produce and sell as part of a country-wide competition. The students are led through the process by an volunteer, who explains each part of product development, through to marketing and sales.

Each year, the Met Biz team also hold an Entrepreneurship Week, where students showcase what they have learned through their classes. Last year this was done online, with students creating a website for a social enterprise or an advertising campaign for Metropolitan School. This year our Middle and High school students will take part in activities related to online advertising channels (websites, social media, etc.) and job shadowing. We look forward to seeing their projects in June.

We are excited with the progress made over the last few years to develop this unique program. Students are engaged in meaningful activities related to our key value of entrepreneurship and see the relevance of this to their lives. We look forward to seeing what our young entrepreneurs do in practice, both now and after the leave us. - **Helen Somerville**



Met World

Newsletter

Met Flashing News

At only its 7th year of operation, Metropolitan School is honored to announce receiving prestigious awards, and being recognized as one of the top performing schools, alongside other pioneer schools in Egypt. The event was organized and hosted by **EduGate**, in alignment with the Ministry of Higher Education. Congratulations Met!



Easter is here, and it brings with it one of our most favorite times of the year. The hopeful season coincides with warmer spring weather, beautiful flowers, and a feeling of hopeful renewal. Of course, we want to share the love and spread our joy to all our Met families! May your Easter basket be filled with joy, happiness, and peace this season and always. Happy Easter and Sham Al Nassim from Met.

Met World

Newsletter

Met Science

Metropolitan 'Science Fair' is an annual competition where students select a topic of their choice, conduct a controlled experiment or an engineering project, and present their results at the fair. The 'Science Fair' goal is to inspire meaningful inquiry by challenging students to pick a project that interests them and dig deep into it. Projects are displayed on tri-fold display boards, and students are required to give a verbal presentation to judges. In this opportunity, students develop skills such as public speaking, data analysis, summarizing, researching, and much more. We are very proud of our student's hard work and creativity!



During Science Week, students had the opportunity to observe and experiment different topics in each science session. One of the experiments was to observe the Elephant Toothpaste experiment; an Exothermic Chemical Reaction. They also dropped eggs in vinegar (acid) and observed what happened to it in their following session. As for the handsome activity, students made their own Lava Lamps!



Met World

Newsletter

Met Math

In terms of finalizing Geometry standards, and relating Math to life, Our Grade 7 students were asked to design their own castles. A minimum of 3 distinct polyhedrons/ non-polyhedrons should be used within the designs. In order to complete this mission, our 7th graders had to provide; Castle draft designs, castle floorplan designs, and also calculate the surface area and volume, and build a 3 dimensional model of castles. The results were very creative and distinguished Well done, Grade 7!



Met French



A group of Metropolitan School students had an amazing opportunity to represent their school in the 'French Spelling Bee' competition that was held in March at Capital International School. Our students reached an exceptional competing level and exerted extraordinary efforts by showing strong sense of responsibility and ownership.

Met Art

For Green Week, the Art department used a variety of recycled materials found in and around the school, including old boxes, scrap paper, empty water bottles, newspapers, tissue paper and more. Students were able to work on a community project reflecting the importance of caring for our planet and showing an understanding of how to reuse, repurpose and produce something collaboratively.



Met World

Newsletter

Met Mission

Met Biz



Metropolitan School's vision is to inspire a generation of Engaged thinkers, Ethical citizens, and Global entrepreneurs, we do believe that tomorrow's jobs and economy are going to be created by the leaders and entrepreneurs that we develop today. Our MetBiz program provides age-appropriate, project-based, curricula that promote work readiness, financial literacy, and entrepreneurship skills. This trimester, our KG2 students started the Junior Achievement Curriculum during MetBiz class. They learned how to earn and save money by creating their own Piggy Bank with a hands-on activity during class.

Met Values

During Met Values class, Our Grade 2 students got to learn more about how to show kindness. They made a 'My Kindness Wallet' that they can take anywhere to remind them to be kind to their friends and constantly use kind words. With this in mind, our students are always reminded that when they give kindness, kindness returns back to them. Well done 2nd graders!



Met World

Newsletter

Met Mission

Met Serve



Community service and giving back to our community is one of Met core values. Our main aim is to help those less fortunate families and take Ramadan as an opportunity to teach our students to deliver hope. We educate our students to become good citizens and to strengthen their commitment towards making a difference in our society. In collaboration with Wellspring and Food Bank, our students got the chance to participate in different fun, interactive activities and games to earn Ramadan bag items. Once the items have been earned and collected, students got engaged in filling individual Ramadan boxes that was donated to the Food Bank. Well done to all!

Egyptian Citizenship

Our Met Arabic Department organized a book exhibition named the 'Young Writers'. Each student in Garde 5 was required to write a story, and make a research on one of his chosen/ favorite author. Students presented his/her work in front of parents, fellow students and Met teachers showing the aim of the story he wrote.



Met World

Newsletter

Parent Corner



Parent University seeks to educate and empower families as partners, advocates, and lifelong educators in their student's education through free courses, resources, events, and activities. On March 23rd, Met launched the second Parent University session for ALL 1st, 2nd, 3rd, 4th, and 5th-grade parents. The topics were 'Unpacking the new Math, Reading, and Science Curriculum Through a Parent's Lens.' It was a great learning experience as we walked parents through the new curriculums for the 2022-2023 school year.

Parent Testimonials

Feeling at home is a very comfortable feeling, and this is what we feel when we are at Met.

What I like most about Met is: Very focused staff, learning through activities and creativity.

Professional Teachers. Strive for kids development.

I like the interaction and communication with Parents.

Dates for your Diary

Date	May Diary Dates 2022
1 May	Labor Day (School Closed)
2 - 5 May	Eid Al Fitr (School Closed)



Executive Director's Message

Dear Met Community,

I am extremely proud, delighted and elated to share with you that Metropolitan School has masterfully achieved its reaccreditation status with Cognia, our school's main accreditation body. The Review Visit took place in April, just before our holidays. This high achievement translates into highlighting the fact that Met is committed to **(1) continual improvements and (2) is definitely a high-quality atmosphere for teaching and learning.**



Cognia[™]

A big THANKS very much to those parents who gave up time to meet with the Cognia Review Team. And a warm thank you to all of our staff and students who participated in providing feedback to the Review Team. Met is only 7 years old and has achieved an extremely commendable standard in a very short time span. Few schools have the capacity to actually do this. A very special thanks to our Leadership Team for guiding the path for student learning each day, week, month and year. I am immensely proud of the Met community. Thanks to the Board for always being wonderfully supportive of a variety of school initiatives. The next Cognia Review Visit will be around 6 years into the future and I am confident that Met will continue its positive and prosperous journey.

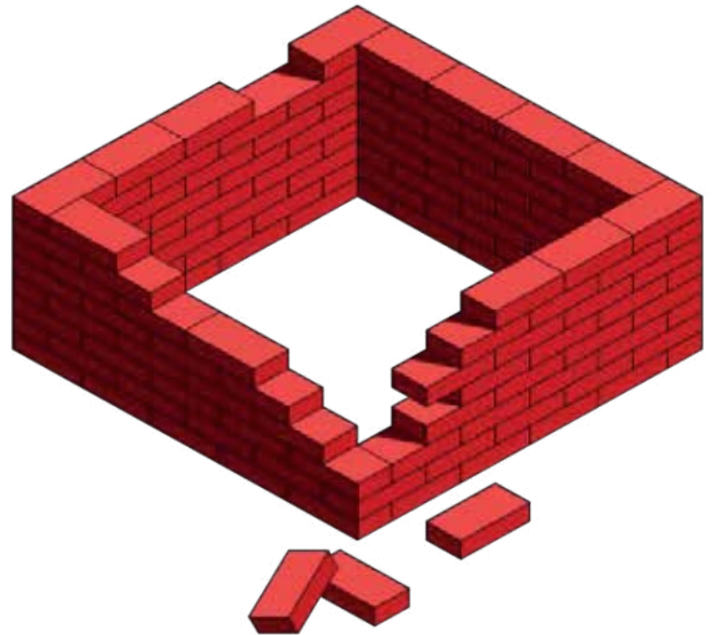
"Success is not final; failure is not fatal: It is the courage to continue that counts."

STAY POSITIVE, FOCUSED, INSPIRED, & STAY HEALTHY! - Andrew Frezludeen

Met World Newsletter

EC School Principal's Message

Early Childhood is often referred to as the 'foundational' stage. Think of it like building a house. The foundation is the most important part, and the part that you build first. The goal of our Early Childhood Team is to embed these foundational basics of the English language so that students can continue to refine these skills in Elementary School.



Our teachers and students have worked tirelessly trying to make sure that your child has a strong academic foundation. It is vital that you continue having your child read and/or listen to stories being read aloud during the summer. There are countless research studies about reading and mathematical decline over the summer months when students are out of school, and every study reaches the same conclusion – There will be a decline if students do not continue reading and practicing what they know over the summer. We have made so many gains this year, despite the fact that we were still somewhat dealing with the Covid Pandemic. Thank you for being our partner in education and supporting your child's reading during the summer months. - Anjanette Yarar

READ



(Reading chart is on next page)

Met World

Newsletter

EC School Principal's Message

7 Top Tips to Support Reading at Home

Shared reading is a great way to develop children's language and communication and to boost their reading skills. Regular reading routines can offer lots of opportunities for learning during school closures.

- 1** Concentrate on reading quality (it isn't all about reading lots!)



Don't worry too much about the 'what' and 'how' of reading each day. Books are great—but leaflets, comics, recipes and instructions on a webpage can all be great too. Following a recipe to make some cupcakes is valuable reading. Be on the lookout for reading, wherever it is!

- 2** Ask your child lots of questions



All reading matters. Shared reading is about 'reading with', not just 'reading to' (even for older children). So, ask lots of 'Wh' questions, such as Who? What? When? Where? Why? Try them when talking about books: for example, 'what do you think Harry is feeling?'

- 3** Ask your child to make predictions about what they have read



If it is a book, look at the front cover—or the last chapter—and talk about what might happen next. Look for clues in the book and be a reading detective! For example, 'can you see the bear on the front cover? Where do you think he will go?'

- 4** Ask your child to summarise what they have read



When you've finished reading, talk about what happened. Acting out the things that happened in the story or describing the big idea of a chapter is really fun and maximises learning. For example, 'can you remember all the things that happened on the bear hunt?'

- 5** Ask your child to write about what they have read



Write, or draw pictures, from anything you've read! Big writing and pictures are even more fun. For example, use an old roll of wallpaper to make a treasure map with clues from the stories you've read together.

- 6** Read and discuss reading with friends or family



Make books a part of the family. Encourage your child to share them with a relative or friend, over a video call. Laugh about them when you are making meals together. For example, 'I hope the tiger doesn't come to tea today!'

- 7** Maintain the motivation to read



Talk about the joy of reading whenever you can. Your child is on an amazing journey to becoming a reader. Put them in the driving seat and have fun on the way! For example, 'choose your favourite story for bedtime tonight.'

Met World

Newsletter

Elementary School Principal's Message

Dear Met Community,

May is always a wonderful time of year in schools, where we celebrate as we watch your children's learning blossom. The skills, concepts, and knowledge that students have been working on throughout the school year truly come together in the month of May.



During this month all elementary students took their MAP tests and the results look very promising this providing us with success we can capitalize on as we make plans for next academic school year.

This month students in 4th and 5th grade also took their Arabic end of year exams and the results also show positive growth and levels of achievement. We know it was an academically challenged year for our young students. They have persevered and learned so much.

We are so proud of all of our students and we look forward to our end of year success celebrations for grades 1-4 and also having our promotion celebration for our 5th graders next month.

We hope to see you all very soon. As always, we continue to be amazed by all of your support and continued partnerships. - **Ernest Espino**



Met World

Newsletter

Middle/High School Principal's Message

With a few short weeks left in this school year, everyone is tired, possibly stressed, and looking forward to summer. Teachers have those last few lessons to cover, assignments to grade, and students to support as we approach the end of the year. Students are ready for summer, but also have assessments to finish. As everyone's stress levels peak, it's a good time to go back to the start of the year and reflect on our communal expectations.



Over the year, we talked about and celebrated students who demonstrated the Met Pillars of character. Pillars - kindness, tolerance, respect, self-control, cooperation, honesty, responsibility, and being a good citizen. We have seen multiple examples of these pillars in action from all levels within our community.

We have a small group of grade 6 boys who proudly salute the flag each day. They have consistently demonstrated being a good citizen. The student council members have supported initiatives for those less fortunate and many students have given generously food, clothing, or toy donations.

The majority of our student body have demonstrated responsibility through consistently following up with their school requirements, even when it became a bit overwhelming at times. Their teachers have done the same, turning up daily to support students in their learning. Numerous students have demonstrated honesty to hand in cash, or devices, or the canteen bracelets that they have found lost around campus. More often than not, these acts show the strength of character inside each person and remind us why we have the pillars of character. We want to celebrate those actions that demonstrate character and to remember that when we all follow the pillars of character, all members of our community benefit.

We have a few events coming up, such as Egypt Day, Entrepreneurship Week, and our end of year Awards Ceremony. These, alongside other celebratory events throughout the year, take a lot of hard work on the part of students, teachers, and sometimes parents too. To be successful events, they require us all to integrate the pillars into a single action.

Let's all remember, even though we are tired, it's June next week, and we are all eagerly awaiting the summer vacation, to stay the course and be the best we can be until the year is completed. - **Helen Somerville**

“A river cuts through rock, not because of its power, but because of its persistence”.

- Jim Watkins

Met World

Newsletter

Met Flashing News



Metropolitan School proudly celebrates the success of all Met students who excel in extracurricular activities. Our very own **Selim Sharaf** in **Grade 2D** has participated in the Jodo Academies Championship that held was held on Friday, 20th of May at the Platinum Sports Club. Selim has proudly obtained and won the bronze medal with his participation! Congratulations to the young champ!



Please join us in congratulating our uprising champion **Lara Elhofy** in **Grade 1D** who won the first place and obtained the gold medal for a second time in a row in the Republic Championship for the season 2022 (Individual girls under 7 years). Lara is the youngest in her team, she trains for more than 3 hours daily and represents the Maadi Club. We are super proud of Lara!



Please join us one more time in congratulating our very own **Leila Abdalla** in **Grade 1 B** who also won 1st place and obtained a gold medal in the Egyptian Gymnastics Federation Cup. (Individual girls under 7 years). Leila's efforts has been recognized by achieving her goals. We look forward for more winnings and we wish Leila all the best of luck in her future participations. We are super proud of Leila!



Met World

Newsletter

Met STEAM



Our students went through an amazing experience by actively experimenting with principles from science, technology, engineering, art, and mathematics. The activities were presented by Snapology's STEAM Club via hands-on and guided instructions and programs utilized by experienced Snapologists. Snapology STEAM Club programs utilize teamwork, communication, and creative problem-solving as an essential part of creating a fun and productive atmosphere where students can learn, challenge themselves, and practice their social skills. All learners worked with partners, and created a variety of structures, robots, machines, and more to solve challenges presented to them in an exciting enrichment club!

Met French



During French class, Grade 7 students learned how to write recipes and talk about food in French. It was a successful experience to practice the French language. After creating their own recipes, they were able to present them to their class mates. Well done, 7th graders !

Je parle français

Met World

Newsletter

Met Art



During Art class, Students in KG2 talked about community and how it is our duty as one to keep our planet clean. A way to protect our environment is to reuse and recycle. Students got engaged and really enjoyed creating an amazing display that represents the community they live in. They used only recycled materials to create their own, monsters, aliens, three-headed creatures, princesses and weird pets!

Met Music

Metropolitan School, was proud to host 'The Triad Fest' on May 20th, 2022. 'The Triad Fest' is a Music Festival organized by 'Pocket Watson's Music School' who introduced talented Met students and other participating fellow students from different international schools across Egypt. All participants including Bands, Choirs and Solos displayed their amazing performances shared their love for music in an amazing musical night full of fun and amazing melodies.



Met World

Newsletter

Met P.E.



Before the start of swimming classes this trimester, we made sure our students learned and understood well the main safety rules in being around the swimming pool area and the importance of these safety measures. Our swimming curriculum aimed in giving our students confidence inside the water. They learned how to flutter kick, start sliding and practiced basic breathing drills. All exercises help develop independence and build proficiency inside the water.

Met Sports



BASKET BALL TEAM:

The U12 girls and boys Met basketball team had friendly games with Hayah International Academy. It was an opportunity for our students to develop their playing skills and build upon their confidence and grow in their sport. Our team will be returning their visit to Hayah Academy during the first week of June for more basketball games of both Boys and Girls Teams.

MET SWIMMING TEAM:

Metropolitan School's swimming representatives in all categories were invited to participate in the 1st invitational tournament after COVID at Cairo American School (CAC). 13 of our swimmers participated in 35 events over a weekend during May and showed incredible commitment and performance. Congratulations to all Met swimmers!



Met World

Newsletter

Met Mission

Met Biz



In pursuit of the entrepreneurial spirit at Met, our Student Council and ICT department worked on creating personalized key chains and sold them to fellow students and teachers. The key chains were printed with the 3-D printer. The Student Council members received the orders, designed and then customized the key chains with the requested names, phrases, and/or initials ordered by the purchaser. They came in different amazing colors like yellow, purple, red, white & green. Well done!

Watch Video! [StuCo Keychain Project.mov](#)

Egyptian Citizenship

Part of reinforcing our Egyptian Values, our Grade 4 students worked on a project and created their Ancient Egyptian canopic jars out of clay. Students had the opportunity to run an extensive research on the pharaonic originals, they modeled and colored their pottery pieces, and have trained both their motor skills and haptic perception. Fascinated by the positive impact that the manual work with clay had on their emotions and psyche, students discovered and enhanced their skills as well as their creativity. The young artists can't wait to present their unique works of art to you on Egypt Day!



Met World

Newsletter

Met Mission



International Corner - *Brazil*

Brazil: officially the Federative Republic of Brazil is the largest country in both South America and Latin America. At 8.5 million square kilometers (3,300,000 sq mi) and with over 211 million people, Brazil is the world's fifth-largest country by area and the sixth most populous. Its capital is Brasília, and its most populous city is São Paulo also the most populous city in the Western Hemisphere. The federation is composed of the union of the 26 states and the Federal District. It is the largest country to have Portuguese as an official language and the only one in the Americas.



Português || Portuguese



Portuguese Language Facts..

Every year on May 5th, World Portuguese Language Day highlights the important role this language plays in preserving human civilization and culture. Around the world, Portuguese is one of the world's most spoken and widespread language. It is the most widely spoken language in the Southern hemisphere.

Did you know?!...

- ⇒ Brazil's capital Brasilia looks like an aeroplane from above.
- ⇒ There more than **400 airports** in Brazil.
- ⇒ The Brazilian **football team** have won the world cup a record 5 times.
- ⇒ Brazil was the first country to accept women in their armed forces.
- ⇒ Around 60% of the **Amazon rainforest** is in Brazil.



Brasília looks like an aeroplane from above.

Met World

Newsletter

Met Corner

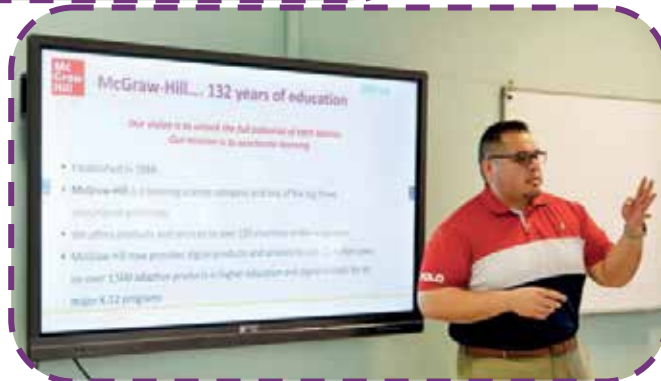
Metropolitan School celebrated Teacher's Appreciation Week. Teachers deserve our gratitude and respect. They dedicate their lives to teaching children and guiding them through life. In return, we would like to share with them a little recognition for all what they do at Met. ***"We are thankful, we are grateful, we value and recognize your time and commitment to our children. We sincerely appreciate you!"*** ***"Everyone who remembers his own education remembers teachers, not methods and techniques. The teacher is the heart of the educational system."*** – Sidney Hook



Parent Corner



Metropolitan School held its first-ever 'Math Madness' activity event for Elementary School. All Parents of Elementary School were invited to join and participate in the 'Math Madness Event' with their children in an opportunity to engage and have fun competing with each other through Math activities. Parents were also invited to attend



an 'Updates on Met Curriculum' presentation during the day. The presentation, introduced the new curriculum that Metropolitan School will be adopting for the new 2022-2023 academic school year.

Met World

Newsletter

Parent Testimonials

What I like most about Met is the community, culture, academic improvements every year, and the open door policy.

I like the friendly environment at Met. The 3 core values specially the Egyptian identity.

I was impressed by the development of my daughter in just 1 year at Met compared to her previous years at her previous school.

Virtual PTC meetings were more organized than face to face meetings, very efficient. Thank you.

Thank you for all teachers' efforts and patience.

The Virtual PTC was a very nice experience.

Received a progression template, loved it!

Dates for your Diary

Date	June Diary Dates 2022
22 June	End of Trimester 3 - Last Day for students
30 June	30th of June Revolution Day (School Closed)



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 Yarar

EC Principal

Ms. Anjanette Yarar 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



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 15th 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.



Met World

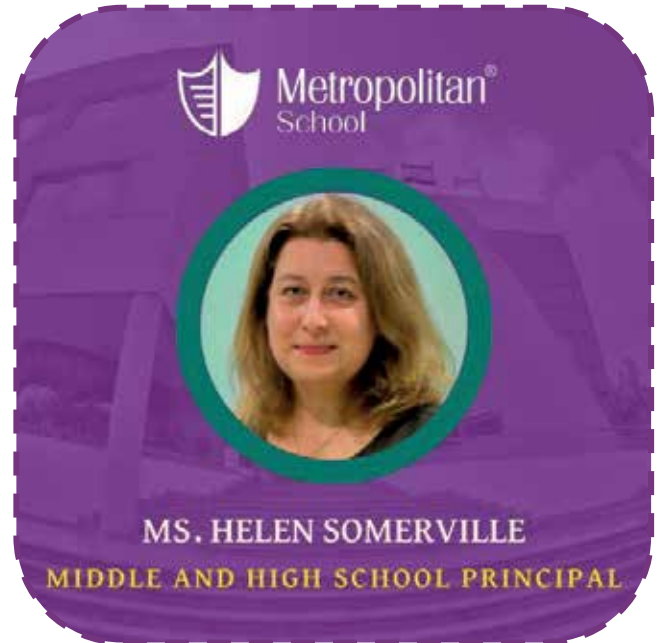
Newsletter

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 2nd 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 Yarar



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 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 ٢٠٢٢٠٢٢](#)



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*



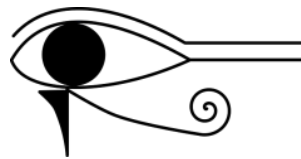
Ancient Egyptians And The Afterlife:

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



