



NEWSLETTER 10 - 20th November

Message from Head Mrs. Richardson

One of my favourite jobs as Head is to meet prospective Mount House students and their parents, who come in to school for a family interview before the Assessment Day in January. It's a two-way process: we are meeting students to ascertain whether they would fit in at our school; and they are here to see whether they could imagine spending their school days at Mount House. One of the questions I always enjoy asking prospective students is, 'If I were to ask your friends to give me three words to describe you, what would they be?'. Of the 40 or so interviews I've carried out this term, the vast majority of the year 6 students told me that they would be described as 'funny' (which I couldn't be happier about, as we all love a sense of humour) and most of them said their friends would also describe them as 'kind'. I am therefore confident that the Mount House Year 7 cohort for September 2021 will be a wonderful year group and will fit in well with our current student body.



When it comes to the turn of the families to ask me questions, they almost always ask about what sort of student I would like at Mount House. It's a great question, and a pertinent one, because it is crucial that students who come to Mount House want to be a part of the community, and that they subscribe to our values. My answer is this: I would like students who work hard and do their best – students who are prepared to stand up and be counted; students who put others before themselves. I would like students who aspire to achieve, who are not afraid to fail, and not afraid to ask for help when they need it. Above all, I want students who are kind, and who treat others as they themselves would like to be treated.

As a Head I feel very lucky to have a formidable group of sixth form students who have been



invaluable and wise beyond their years in helping me to settle in and understand Mount House. I am in awe of the considerable thought that all the sixth form students put into being the absolute best role models, the care with which they approach their responsibilities and their concern to ensure that as representatives of the entire student body they are keeping me informed. They may be a small group, but they are having an enormous impact, and I thank them for that - they truly are incredible ambassadors for all the students in the School and I am very much looking forward to the unveiling of their exciting plans for our School Christmas celebrations. Watch this space!

Sarah Richardson

SCHOOL NOTICES

Face Masks

Over the past four weeks when pupils require face masks at School we charge £1 to supply a replacement. We have donated all the money collected to the Poppy Appeal. The new nominated charity for these funds in the forthcoming month will be Children in Need.

Clare Kelly

Congratulations to one of our Drama teachers, Mrs Kelly, who has given birth to a baby girl.

FOCUS on WELLBEING with Mr Kerr

The wellbeing of everyone at the school is of paramount importance. The school has designed the pastoral structure to enable everyone to thrive in all aspects of life. As well as support from School there are a number of things that we have personal control over that will contribute to your own positive mental health. I call these the three pillars of positive wellbeing.



1. **Diet.** Have regular meals, healthy snacks and occasional treats! Try to consume a well-balanced diet with a range of all food groups with plenty of fruit and vegetables. Avoid fizzy drinks, saturated fat and processed food. You don't have to avoid them all the time but your diet should not be built on these unhealthy choices.
2. **Sleep.** Getting enough sleep is vital to health and the ability to learn: as a general rule teenagers require 8 hours per night. When you sleep your brain has the opportunity to make sense of the knowledge and information it has processed during the day. During deep sleep knowledge and information is committed to your long-term memory.
3. **Exercise.** Regular exercise including daily walks and getting plenty of fresh air are important to your mental as well as physical health. It is an old but true phrase: "a healthy body and a healthy mind". You don't need to be playing sport for a team. But you should try and factor in exercise as part of your lifestyle. Simply walking a little further and a little faster is a good place to start. Why not get picked up from School around the corner in Hadley Wood or down the road in Barnet so that you can build in a walk at the beginning or end of each day.

Screen time

One of the threats to good mental health is the time you spend interacting with a screen. All of us over the last 9 months have become increasingly proficient and reliant on technology. I dread to think what lockdown would have looked like in my household, and dare I say it, many households up and down the country, if the internet didn't exist!

Yet, I am mindful that too much screen time brings with it many problems, and so just as screen time can aid education it can also prove to be a barrier to excelling at school at home or in any of your chosen extra-curricular activities. Not to mention the negative impact it can have on your friendship groups.



Few firm conclusions can be drawn about the real impact of time spent in front of a screen but, it seems sensible to ensure that screen time is moderate and only part of a balanced lifestyle.

Here are a few tips that may help:

Guidance and Tips

1. Establish a family technology agreement that includes everyone to ensure that screen time doesn't intrude into family activities, such as mealtimes, weekends and key times together. It is helpful to sit down in a calm moment and as a family, discuss the boundaries of screen use you will be adopting and the consequences of crossing those boundaries.
2. As a family you should negotiate screen time limits with everyone in the house hold based upon everyone's needs. Things to consider are the ways in which screens are used and the degree to which use of screens appears to take the place of physical and social activities, eating and sleep. Such limits should be reviewed regularly.
3. Prioritise the recommended amount of sleep. The negative impact of even moderate sleep deprivation on mental and physical health, educational success and relationships is significant, and so it is recommended that screens are avoided for an hour before sleep time.
4. Try to control snacking when you are in front of your screen. Avoid eating anything whilst engrossed in a computer game or Tik-Tok video. Mindless munching whilst watching is damaging combination.
5. Participate in non-screen-based activities that maximise the potential, and different sections of your brain. These could be a physical or creative activity that you enjoy doing. Make time to engage in activities away from your device.

If you have any questions or concerns about your wellbeing, mental health or your relationship with technology please do talk to someone about it. Talk to your parents, your form tutor, your Head of Section, Me, anyone at school you feel comfortable talking to. We also have a suggestion box in the library that is emptied every week. If you would prefer, you can write down your concern and then put it into the box and it will be dealt with sensitively by some body in the pastoral team. We do have access to a school counsellor so no one should feel like they have to deal with the stresses and strains of life by themselves.

FOCUS on POLITICS with Mr Allman

Politics is an incredibly rewarding and exciting A level. It's a subject that explores the processes of power and power relations within society. It focuses on the key aspects of government and inter-government relations within the UK and the USA promoting awareness and understanding of competing power groups from banking, business, environmental, equality and interest groups in our society.



The course explores the competing ideologies and key philosophers of the past from Hobbs, Locke, Burke, Marx, Machiavelli to the emerging libertarian thinkers of the 21st-century that increasingly direct our lives.

Politics at Mount House is seen as a very interactive fun subject developing a wide range of transferable skills of analysis, interpretation, debate while promoting the powers of evaluation and challenge.

It is a highly regarded and prestigious subject enabling students to move forward to established universities and careers in the world of Law, both criminal and civil, Economics, International Relations, Diplomacy, Civil Service, Finance and interest groups. Politics students at Mount House have all moved on to Russell group universities.

For further information on Politics A level at Mount House please contact Mr Allman

SPORTS with Mrs Hillcoat - Hyde

Positional play has been the focus in volleyball lessons this week. All students have had the opportunity to further develop their knowledge and understanding of the game and roles of players whilst playing in different positions. Volleyball Star performers were:

Year 7 Junior Gyami and Sofie Bartek

Year 8 Jiselle Okoye and Wasif Siddique

Year 9 Luke Naumovic

Games sessions have seen students in Years 7 - 9 take part in netball and football, where they had the opportunity to develop skills and take part in matches. Star performers this week were:

Year 7 Football Tara Porter and Nicholas Demetriou and Netball Ava Adams and Grace Gakhar

Year 8 Football Katherine Casey and Reuben Ward and Netball Athena Demetriou

Year 9 Football Sara Pakoglu, Zara Jemal, Nia Forbes, Joba Jabaru and Stefan Constantinou

Students in **Year 10** had the opportunity to take part in trampolining or netball. During trampolining, students worked on individual skills and were able to incorporate these in routines. Some students were able to support their peers and take on the role of coach whilst giving feedback linked to some of the basic skills. Star performers were **Olivia Richardson, Benecia Odogu and Áine Smith.**

During netball, students recapped some of the skills and techniques within the game and had the opportunity to demonstrate these during matches. Star performers were **Arianna Paternostro** and **Aimee Isaacs**.

Students in **Year 11** had the opportunity to take part in trampolining or badminton and table tennis. Within trampolining, students had the opportunity to work at their own level. It was fantastic to see **Esme Afuwape** and **Elise Akman** learn how to perform both a front and back drop with confidence and accuracy and incorporate these skills in routines. **Jada Okoye** and **Danielle da Rocha-Afodu** demonstrated routines incorporating several skills with accuracy and fluency. **Olivia Butler**, **Katrina Taylor** and **Maria Tofan** demonstrated complex routines encompassing challenging skills such as somersaults.

The remaining **Year 11** students played both table tennis and badminton with specific focus on game play, in the following weeks we will be focusing on serving and attacking shots. The star players for this week were **Charlotte Wheatley** and **Antonia Nicola**.

Sixth Form students took part in Danish Longball this week. It was great to watch our Sixth Form students getting thoroughly involved. Danish Longball allowed the students to develop various tactical skills which help further throughout their invasion game topic. The star players for the week were **Matthew Jobson** and **Antonnia Lazouras**.

HOUSE SYSTEM with Miss Gillett



How can students gain House Points?

House points are awarded on the spot for positive academic and pastoral efforts around the school and in the classroom. Students who were awarded House Points this week showed kindness, organisation, improved work quality, excellent participation in House events and much more!

Every time a student gains a House Point, they are helping their House get one step closer to winning the Interhouse Competition for 2020.



CO-CURRICULAR with Mrs Hillcoat- Hyde



Sports clubs continue to be popular at lunch time with students taking part in trampolining, badminton, table tennis and cricket. There has been a brilliant turn out for both badminton sessions on Monday and Wednesday lunchtimes, with all students practising for the badminton Christmas tournament.

Ukulele Club new time and additional beginner session

Ukulele Club is now on Tuesday lunchtime at 1.30pm in Room 22. Mr Nancarrow is also running a session on Thursday lunchtimes 1.30 in Room 22 for beginners and would very much welcome seeing our new Year 7s. If your child is interested and you would like advice on buying a ukulele, then please contact Mr Nancarrow on nancarrowp@MountHouse.org.uk

HOUSE OF EQUALITY Tote Bag Competition



As part of the Christmas Fayre on December 16th The House of Equality will be selling tote bags in aid of equality charities. They are running a design competition for the tote bags and to promote this competition a poster designed by Luke Naumovic Year 9 has been placed around the School to encourage entries. The tote bag design should be set within A4 portrait size, be vivid, colourful and stylish and include a powerful quote on the subject of equality. Below are a few examples of the type of quotes you can use for your tote bag design.

“There’s nothing complicated about equality”

“It’s not equality if only some people have it “

“People of quality don’t fear equality “

To enter the competition students should send their equality tote bag design to Mrs Allman by December 1st.

ANTI-BULLYING WEEK 16th – 20th November



We wanted to share an exciting project which **Krrish Patel in Year 8** has worked on with the 'Buddy Network' to tackle this important issue of bullying.

Krrish interviewed footballer Jeremy Lynch where he talks about about the importance of acts of kindness. To see the full video, click [HERE](#). We congratulate Krrish on his great work and support this fantastic anti-bullying initiative.

SHAKESPEARE FESTIVAL with Mrs Dawson



I am writing to update you on our preparations for the Secondary Schools Shakespeare Festival, which is due to take place this evening, Friday 20th November. Unfortunately, given our new "lockdown" conditions and the cancellation of our after-school rehearsals, we have had to postpone our actual performance to January. I am so impressed with the calibre of our talented students, that I feel that we need the extra time for them to show the quality of the work they can achieve and also to integrate the music students who will also be showcasing their skills.

Many schools, like ours, have had to postpone their performances but we have been re-assured by the Coram Shakespeare Schools Foundation that they will still host our production in the New Year. However, they have also provided us with a link to the "One Night of Shakespeare", that will occur on Friday evening as planned. I understand that there will be a complete production of one of Shakespeare's plays and a medley of finished scenes and rehearsals from other schools, so you might like to tune in and enjoy the festival.

If you would like to join this evening, please follow the link

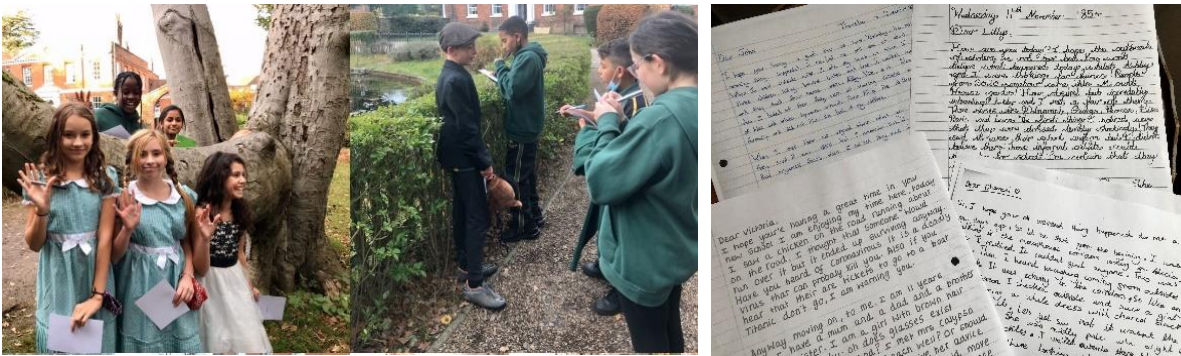
https://www.shakespeareschools.org/livestream?mc_cid=ef6eebb5e8&mc_eid=%5bUNIQID%5d

I am hoping that after Lockdown finishes in December, we can continue with our after-school clubs and rehearsals to enable us to make more rapid progress. I will inform you of any changes of schedule as soon as possible. Thank you for your continued support.



ENGLISH AT MOUNT HOUSE

Year 7 students are reading Tom's Midnight Garden and have been working on creative writing in response to the book. The plot of Tom's Midnight Garden follows Tom as he spends the summer with his aunt and uncle where he discovers a magical garden and meets Hatty, a child from the past. In response to this plot, the class created a role play where some were children living in Mount House in 1854 following the cholera outbreak in London in that year. They explored the school grounds and were discovered by the other half of the class living in the present day. From their role play experience they wrote letters describing the meeting between children from 1854 and 2020.



CHRISTMAS IS COMING TO MOUNT HOUSE

At Mount House we are making lots of Christmas plans as this year more than ever we aim to support the community around us as well as family and friends.

Mount House School Christmas Concert

We are looking forward to filming our Christmas Concert on **Thursday 10th December** at St Mary's church. Although we are very sad not to be able to perform in front of a live audience it will still be very exciting to perform for filming which can be enjoyed by the whole School community. The choir are busy preparing a range of carols and Christmas music as well as some students practising solo instrumental and vocal performances. There will also be readings from students. We will share the film of this Christmas concert with all students and parents on the last day of term, **Wednesday 16th December**.

'Secret Santa Candy Sale' in aid of Feed a Friend for a fiver campaign.

Mariam Demetriou in Year 8 is championing this campaign for Christmas. We will be supporting the homeless through selling candy canes for 50p on Friday 27th November, 4th December and 11th December at break time. Candy canes ordered will be delivered to students in Form Time during the last week of term. Every candy cane will be delivered with a label and students can choose to reveal or keep secret who the candy cane is from. We are hoping to raise lots of money for the 'Feed a friend for a Fiver' campaign which provides a hot meal for homeless people on Christmas day.

Christmas Fayre – Wednesday, December 16th

We are pleased to announce that we will be hosting a Mount House Christmas Fayre during the school day of December 16th. The students will take part in various fun activities including bauble decorating and some festive performances. More details to follow.



Mount House Christmas Cards in aid of Noah's Ark Charity

A huge well done to the entries we had for our Christmas Card competition. Runner up awards go to Mia Bushell Year 8 and Elodie Kay Year 9 and we will use their designs as posters to decorate the School during December.

The 3 winners are:

Design 1 – Ice Skaters by Ailsa Rae Year 11



Design 3 – Snowy Mount House by Emily Hooker Year 8



Design 2 – Christmas Wreath by Evie Redpath Year 9



We will sell these lovely Christmas Cards in aid of Noah's Ark Children's Hospice <https://www.noahsarkhospice.org.uk/>



The cards are size A5 you can order a mixed pack of total 10 cards including each of the 3 designs for £5. Alternatively, you can order 10 cards of a single design for £5. Please make it clear which design

you would like when ordering (Design 1 – Ice skaters, Design 2- Christmas Wreath or Design 3 Snowy Mount House).

Each card will have the message ‘Seasons Greetings’ on the inside and the outside back of the card will include the name of the student artist, Mount House logo and Noah’s Ark logo. Each card comes with a red envelope.

If you would like to order Mount House Christmas Cards to support this great charity please place an order with Fiona Coope by emailing schooladminofficer@MountHouse.org.uk by Friday 27th November and you will be able to collect your cards from reception by Tuesday 1st December.

GIVING TREE FOR CHRISTMAS

From Wednesday 25th November, Mount House has decided to create a ‘Giving Tree’ on the Cedar Lawn our School campus, to put a smile on the faces of those less fortunate than ourselves.

This ‘Giving Tree’ will be full of laminated tags which will have a gender, name of the organisation we will be supporting and a suggested present. Students can take a tag at the beginning of the school day, during break or lunch or at the end of the school day. The student then goes to source the present and places the laminated tag on the present under the tree in reception.

The goal is for all the tags to be removed from the ‘Giving Tree’ and create a real gift costing £5 - £10 which will be given to disadvantaged children or older members of the Barnet community. We will be donating the presents to **Age UK Barnet**, who support older isolated members of the community and **Young Barnet Foundation** who support disadvantaged children.

The presents with their laminated gift tags must be placed underneath the Christmas tree in the school reception by **09:00 on Friday 4th December**. (Please can gifts that are being donated to Young Barnet Foundation be left unwrapped but Age UK gifts can be wrapped).

Students in Years 7 and 8 will support this initiative by making Christmas cards for Age UK Barnet which will be sent to members of the community.

We hope you are as excited as we are to be able to spread Christmas cheer throughout our community this Christmas.