



NEWSLETTER 19 – 26th February

Message from Head Mrs Richardson

I hope that you have all enjoyed a relaxing half term away from the intensity of online lessons. While we all enjoyed the snow, it has also been good to have some milder weather in the last couple of weeks, and to be able to get out of the house to enjoy the spring-like weather.

Over half term in the Richardson house there was very little to do other than walk, bake, read and watch Netflix. As a result, I read a lot! On Monday during assembly, I recommended two books which I found particularly thought provoking. *The Boy at the Back of the Class* was recommended to me by a student who would like to come to Mount House in September, and is the fictional story of a Syrian refugee who came to live in London. Some students at his school, as well as their parents, failed to understand the very difficult journey Ahmet had undertaken to arrive in the UK, but others did, offering friendship and showing kindness. Thankfully, the good triumphed in this particular story (as we all need a happy ending at the moment) but it also demonstrates the importance of standing up against what you know is wrong. This book is very much aimed at younger students but is a good reminder for all of us. For older students, and parents, I am going to recommend Elliot Perlman's *The Street Sweeper* which was suggested to me by a Mount House parent. This too is fiction – but my favourite sort as it is historical fiction. It weaves together the story of 3 families, and encompasses Nazi crimes in the 1930s and 40s as well as the American Civil Rights movement. Within that it deals with prejudice and cruelty of the most unimaginable sort – but also with love, kindness and heroism. I will post details of both of these books on the Curiosity, Creativity and Competition Teams site and the parent Facebook site. We would be delighted to receive further recommendations from parents.



We have further information about the return to School in the newsletter with Mr Kerr detailing the logistics of rolling out the Lateral Flow Tests. At 3pm on Thursday, the Department for Education communicated the initial details of how GCSEs and A Levels will be assessed this Summer. Further details from the Examination Boards are expected, and we will be contacting parents early next week once we have been able to digest that information and make the necessary plans.

Have a lovely weekend - I very much look forward to welcoming students back to school on 8th March.

RETURN TO SCHOOL – Lateral Flow Covid Testing from Mr Kerr

As a result of the Government announcement yesterday, we are taking the opportunity to conduct the Lateral Flow Tests for students next week, so that on Monday morning 8th March we can begin face-to-face lessons without delay.

Students must be tested 3 times at school, and are expected to have a negative test before being allowed to begin lessons. Were we to start this on Monday 8th there would be at least another day of disrupted learning, hence our invitation to bring your child to School next week for their first test. Tests 2 and 3 are to be conducted 'roughly' 3 days after the first test, so we will be planning to conduct these during the week beginning 8th March in the least disruptive way possible. After that, students will be self-administering 2 tests a week at home.

This is, of course, assuming that the test kits are delivered. We expect to receive these imminently.

The table below outlines the schedule for the first round of Lateral Flow Covid Testing starting on Wednesday 3rd March. Please read it carefully and make sure your child arrives at School at the allocated time. We understand that some parents may find it difficult to bring their children to School at the allocated time, and therefore please note that there will be another session of testing taking place on Friday 5th March from 9.00 am until 11.00 am.

Important points to note:

1. Please complete the consent form by inputting all of the data into the online form <https://forms.gle/U3qvG42wCcgz3LiQ7> .

Students will not be tested unless this consent has been submitted.

2. All students should enter the School via the library and wait for further instructions.
3. Students must leave the Hall via the rear doors and out through the courtyard.
4. All siblings should attend at the time of the earliest sibling. For example, a student in Year 9 who has a sibling in Year 13 should arrive at 2pm on Wednesday 3rd March.
5. Please note that we have tried to minimise disruption to lessons by carefully considering the timings for the testing. Therefore, it is crucial that all students adhere to timings as outlined in the table.
6. There will be no lessons for Year 8 on Wednesday afternoon or for Year 7 on Thursday afternoon.
7. In order to remain as safe as possible parents should not enter the School with their child.
8. To minimise congestion in the car park please can parents leave the site as soon as your child's test has been taken – results will be sent electronically.
9. Students should familiarise themselves with the guidelines of how to test themselves by carefully reading the poster which is attached to the bottom of this letter.

If you have any questions please let us know kerrm@mounthouse.org.uk .


Testing Schedule Wednesday 3rd – Friday 5th March

Date	Year Group	Form	Arrival time
Wednesday 3 rd March	Year 13	13.1	2.00
		13.2	2.10
		13.3	2.20
	Year 12	12.1	2.20
	Year 11	11.1	2.30
		11.2	2.45
	Year 8	8.1	3.00
		8.2	3.10
		8.3	3.20
		8.4	3.30
		8.5	3.40
		8.6	3.50
	Thursday 4 th March	Year 10	10.1
10.2			1.45
Year 9		9.1	2.00
		9.2	2.15
		9.3	2.30
		9.4	2.45
Year 7		7.1	3.00
		7.2	3.20
		7.3	3.40
Friday 5 th March		Anyone not able to attend at their allocated time.	



NHS
Test and Trace

HOW TO DO YOUR TEST

WHILE THIS IS A SELF-SWAB TEST, THERE WILL BE A TESTING HELPER WHO WILL OVERSEE THINGS AND PROVIDE HELP IF YOU NEED

- 1** YOUR COVID-19 TEST WILL BE SCHEDULED. IF YOU ARE UNDER 16, YOUR PARENT / CARER WILL HAVE CONSENTED
- 2** YOUR TEST WILL BE FAST AND WHILE IT MIGHT FEEL A LITTLE UNCOMFORTABLE, IT WON'T HURT YOU
- 3** BLOW YOUR NOSE IF NEEDED. WASH AND DRY/SANITISE YOUR HANDS. REMOVE THE SWAB BEING CAREFUL NOT TO TOUCH THE SOFT PART
- 4** OPEN YOUR MOUTH WIDE AND USE A MIRROR TO LOOK AT THE BACK OF YOUR THROAT, THEN USE THE SWAB TO RUB FIRMLY 4 TIMES ON EACH SIDE **10 SECS**
- 5** REMOVE THE SWAB CAREFULLY WITHOUT TOUCHING YOUR TEETH, TONGUE OR GUMS
- 6** GENTLY PLACE IT ABOUT 2-2.5 CM INSIDE ONE OF YOUR NOSTRILS. ROLL THE SWAB 4-5 TIMES ALONG THE LINING OF THE NOSTRIL, THIS WILL TAKE 10-15 SECONDS
- 7** AFTER THIS, YOU'RE DONE, GENTLY REMOVE THE SWAB BEING CAREFUL NOT TO LET ANYTHING TOUCH THE TIP
- 8** YOUR SWAB CAN THEN BE PLACED IN A TUBE FOR TESTING, THIS TAKES ABOUT 30 MINUTES
- 9** YOUR SCHOOL / COLLEGE WILL CONTACT YOU OR YOUR PARENT / CARER WITH THE RESULTS AND LET YOU KNOW WHAT HAPPENS NEXT

COVID-19 JOIN ZOE STUDY APP

What is the COVID Symptom Study app and why should you use it?

The [COVID Symptom Study](#) app is a not-for-profit initiative that was launched at the end of March 2020 to support vital COVID-19 research. The app was launched by health science company ZOE with scientific analysis provided by King's College London. Now, with over 4 million contributors globally, the Study is the world's largest ongoing study of COVID-19.

The app also provides unique insight on asymptomatic and symptomatic information across the UK which builds into a larger picture for the government and captures information not covered by other means. The Government has been so impressed with the data and research being produced it is now funding ZOE to continue the great work.

All data collected in the app is used anonymously for informing other parents in your child's school and your child's school, and anonymously for research and for public health purposes only. ZOE takes data security and privacy very seriously and enforces best practices to ensure all data is protected. ZOE is required to protect all data by law. As the work that ZOE does takes place in the UK, the European Union's General Data Protection Regulation applies

I know that a number of families are already contributing to the joinzoe COVID symptom study app., and Mount House has recently partnered with the COVID Symptom Study to help make sure our

students are as safe as possible when we head back to the classroom, whilst doing our part in creating the world's largest scientific dataset of COVID-19 in children.

For those of you not already joined, we are suggesting that all parents join the COVID Symptom Study now, by downloading the free app and taking less than 1 minute a day to report how your child/children are feeling each day. With all parents reporting daily via the app, the app will provide a powerful tool for helping the school and parents understand COVID in the community and help keep our students safe. Importantly, the information you report will be invaluable to critical scientific research into COVID in children and for public health purposes - the Study will be sure to share any findings from their research with you.

The app is available to download from the Apple App Store and Google Play Store. Simply create a profile for yourself and for your child/children. To join our school network in the app and receive personalised COVID insights, go to Edit Profile for your child's profile > School Network > enter our school's Unique School Network Code (see below) > select the Bubble that your child belongs to.

If you have already downloaded the app and are reporting on behalf of your child, please edit their profile and add the School Network Code below.

Our Unique School Network Code is AR9KGSM. To avoid outsiders joining, please do not share this code with anyone who is not a parent of our school.

For more information including full instructions on how to join and use the COVID Symptom Study app please head to: <https://covid.joinzoe.com/schools>

HOMework EXTENSION PROJECT with Mr McCormick

Well done to **Haydyn Carne** who has completed his homework extension project on the Kindertransport system. It details the journey of those who travelled as part of the initiative and sets critique of it within historical context. A very thorough research piece which was also nicely presented.



SPORT with Mrs Hillcoat-Hyde

This week students in Years 7 & 8 have been looking at the importance of fitness and the various components of fitness, with this week’s focus being ‘reaction time’ and ‘cardiovascular endurance.’ Students have learnt how to carry out the ‘Ruler Drop Test’ for reaction time and the ‘Harvard Step Test’ for cardiovascular endurance and have developed an understanding of when reaction time and cardiovascular endurance is required in various sporting environments and situations.

During previous weeks Year 9 have enjoyed taking part in fitness-based board games and so whilst taking part in the Bake-Off Circuit Challenge they also had the opportunity to design their own game. We hope to play the winning game when students return to school.

This weeks Games sessions have seen students take part in various fitness-based activities, where they have had the opportunity to develop cardiovascular fitness, sports specific skills and their chosen area of fitness whether it be, shoulders, legs, chest or abs.

Our Athletes of the week are:

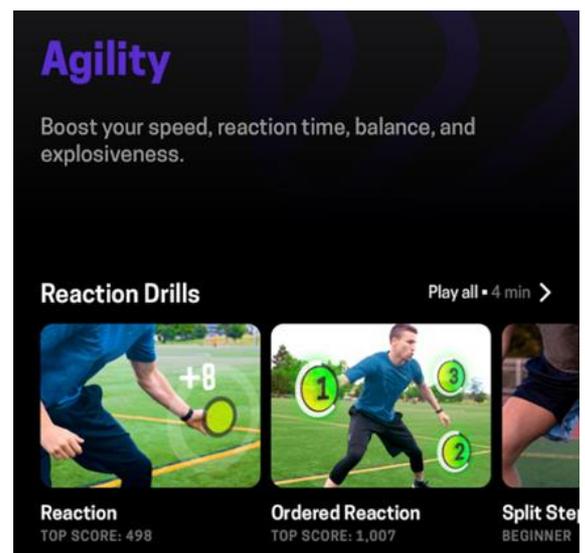
Year 7: Eisa Salam

Year 8: Neila Gakwandi

Year 9: Dara Koleva

As a department we will be introducing a league linked to the ‘HomeCourt Challenge’. HomeCourt is an exciting new app based around reaction time and agility. Each week we will be running a league against the PE department. All you need to do to take part is download HomeCourt from Itunes. Students can set up their account and follow the link (<https://homecourt.app/4JXHWBp5db>).

This week’s league is competing on the reaction game mode in Agility. House points for weekly league winners at the end of the week.





Extra-Curricular Challenge with Mrs Hillcoat-Hyde

Tuesday morning saw the PE Department along with various members of staff and students both in school and at home take on the 'Pump It Up Challenge.' It was a great way to start the morning with a burst of energy being released through physical activity.

I would encourage as many students as possible along with their families to join us on Tuesday morning when we will be taking on the 'Bring Sally Up Bring Sally Down Squat Challenge.'



GOVERNMENT and POLITICS A level with Mr Allman

Politics is an incredibly rewarding and exciting A level. It explores the processes of power and power relations within society. It focuses on the key aspects of government and inter-government relations with in the UK and ISA 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 from Hobbs, Locke, Burke, Marx and Machiavelli to the emerging libertarian thinking of the 21st century.



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

It is a highly regarded and prestigious subject enabling students to move forward to **Russell Group universities** and careers in the world of Law, economics, international relations, diplomacy, civil service and finance.

For more information on Politics A level at Mount House please contact Mr Allman allmanp@mounthouse.org.uk



TEXTILES with Mrs Graves

All the Y11 and Y13 students I teach have been working hard on their individual coursework projects. I am really looking forward to meeting the students in person from the 8th March and to finally have them able to on work their practical tasks with me in in the Textiles room.

Here are examples of A' level Textiles work by Linda Wang who has explored the use of stitch in many different ways in her exciting wearable art work.

