



NEWSLETTER 20 – 5th March

RETURN TO SCHOOL PLANS from Mr Kerr

It has been great to see so many students in School this week receiving the first of three 'return to school' Covid tests. Students will be taking the remaining two tests during next week. We have tried to keep the impact on lessons to a minimum, but inevitably there will be some disruption and I would like to thank everyone for their cooperation and understanding. It is important to point out that all of the test results are logged on the Government's lateral flow asymptomatic reporting site so you should receive an automated test result via email or text message at some point next week. **I will contact the parents of any student who tests positive immediately following the test so you can assume that your child has recorded a negative result unless you hear otherwise.** A reminder of the Covid related procedures at Mount House are listed below.



Face coverings

For Year 7 and above The Department for Education latest recommendation states:

"We recommend that face coverings should be worn by staff and students when moving around the premises, outside of classrooms, such as in corridors and communal areas where social distancing cannot easily be maintained. In addition, we now also recommend, face coverings should be worn in classrooms and during activities unless social distancing can be maintained. This does not apply in situations where wearing a face covering would impact on the ability to take part in exercise or strenuous activity, for example in PE lessons. Face coverings do not need to be worn by students when outdoors on the premises"

We strongly recommend that students adhere to these guidelines and advise all students to bring two masks every day so that they always have a spare to use should they need to.

When travelling on buses, unless medically excluded, we will impose a zero-tolerance policy as it is impossible to socially distance we must act to protect all those travelling and insist masks are worn.

If your son or daughter is exempt from wearing a mask email schooladminofficer@MountHouse.org.uk to confirm.

Packed lunches

All students should bring a nut-free packed lunch and a water bottle to school each day. We will not be accepting food deliveries onto site.

Classroom ventilation

Classrooms will be well ventilated so on colder days, students are allowed to wear their school hoodie should they wish.

PE Kit

Students should come school in their PE kit on the days that they have PE or Games and bring an additional change of clothes in case they get wet during PE lessons.


Lateral Flow Covid Testing Schedule for Tests 2 and 3

Date	Year Group	Form Group	Arrival time
Monday 8th March	Yr 13	13.1, 13.2 13.3	8.00
	Yr 12	12.1	8.20
	Yr 11	11.1 and 11.2	8.30
	Yr 8	8.1	9.00
		8.2	9.00
		8.3	9.15
		8.4	9.15
	8.5	9.30	
	8.6	9.30	
Tuesday 9th March	Yr 10	10.1 and 10.2	8.00
	Yr 9	9.1, 9.2, 9.3 and 9.4	8.30
	Yr 7	7.1, 7.2 and 7.3	9.00
Thursday 11th March	Yr 13	13.1, 13.2 13.3	8.00
	Yr 12	12.1	8.20
	Yr 11	11.1 and 11.2	8.30
	Yr 8	8.1	9.00
		8.2	9.00
		8.3	9.15
		8.4	9.15
	8.5	9.30	
	8.6	9.30	
Friday 11th March	Yr 10	10.1 and 10.2	8.00
	Yr 9	9.1, 9.2, 9.3 and 9.4	8.30
	Yr 7	7.1, 7.2 and 7.3	9.00

MOBILE PHONE POLICY from Miss Gillett

As students return to school, a key focus is for our students to reconnect with their peers, face to face rather than through the screens that have become part of their everyday lives in recent months. Consciously making the effort to reduce their time on devices could help our students in their transition back into the classroom and a digital detox might be one way to do it.

A “digital detox” refers to a period when a person disconnects from all electronic and digital devices. The aim is to reduce the stress and pressure that often comes with continuous exposure to

social media faced by teenagers and allow them to focus more on authentic social interactions and reconnecting with nature and physical activities.

Here are some ways you could take a digital detox from your phone this term:

Replace the activities of your device. A smartphone can replace books, newspapers, magazines, radio, camera, TV, game console, computer, and many other useful things. Start your detox by returning to these other entertainment or news sources, especially when you are bored, like waiting in a queue or travelling on the bus.

Disable notifications. We've all be caught in the trap of checking a notification, and half an hour later finding yourself still scrolling through the news feed. This is because those buzzes and flags are addictive. A study in 2016 found that people look at their phone 47 times a day on average and for young people, the figure increased to over 80. Try removing notifications for apps that you feel you spend too much time on or turning on the 'do not disturb' setting throughout the day. To ease into this, start with turning off the sound or vibration settings.

Establish phone-free periods each day. We all know we do not need the phone around all the time. So why not put your device aside during dinner, while watching a film or talking to your family? Schedule your phone use and arrange phone-free periods, such as going for a walk, completing a chore or when getting ready for school.

Keep it away from the bedroom. The phone next to your bed means it's within touching distance so you're likely to check it before sleep or as soon as you get up. Researchers claim that [using mobile devices before sleep](#) activates the nervous system that keeps us awake, which can stop you from having a restful night's sleep. Putting your gadget away will not only help you to become less addicted to your phone but also promote better sleep habits to help you wake up feeling refreshed!

Phone Policy Reminders

- Students in Year 7 – 9 should have their phones switched off and in lockers/bags from 8.25am to 4.00pm
- Students in Year 10 to 13 are permitted to use a mobile phone during morning break and at lunch time in their Form room
- If a student is seen using a mobile phone at school at any other times, unless they have been given permission from a member of staff, the device will be confiscated and held at Reception
- If a student has had their phone confiscated, they will be required to hand it in at Reception before 8.25am for the rest of the week.

TRANSPORT

School buses are running from Monday 8th March in the mornings and in the afternoons at the following times:

Monday	16.15
Tuesday	17.15
Wednesday	17.15
Thursday	17.15



Friday 16.15.

For the last three weeks of term there are no shuttle buses. Please keep an eye out for notices regarding shuttle buses in the Summer Term.

Please ensure you are wearing your mask on the school bus at all times. Do not sit down and take it off – it needs to be worn for the entire journey.

EXTRA-CURRICULAR with Mrs Hillcoat-Hyde

This week saw the PE Department along with various members of staff and students both in school and at home take on the 'Bring Sally Up, Bring Sally Down Squat Challenge.' As always it was a great way to start the morning.



SPORT with Mrs Hillcoat-Hyde

Five Cone Agility Drill. This week students in Years 7 & 8 have continued to discuss the importance of fitness and the various components of fitness, with this week's focus being agility and balance. Students took part in the 'five-cone agility drill' to measure the levels of agility and took part in the 'stork test' and 'cushion test' to measure their balance.

Bootcamp. The lovely weather on Tuesday afternoon gave us the opportunity to run a 'bootcamp' with students in Years 7 and 8 during their Games afternoon. The focus of the bootcamp was to develop movements which are essential to sports that students will take part in on their return to school. The department were impressed with the engagement of students working online and in school.





Our Athletes of the Week are:

Year 7: Omar Riaz

Year 8: Emir Yurtseven

Year 9: Olivia Gray

The PE Department are looking forward to PE and Games lessons next week. As a reminder Year 7 and 8 take place on Tuesday afternoon and Year 9 and 10 take place on Thursday afternoon.

We would like to take this opportunity to inform you of the following:

- All students in Years 7 – 10 should have shin pads for their Games afternoon.
- All students must have appropriate footwear for PE and Games lessons – trainers are essential for both PE and Games and depending on the weather, students may wish to wear football boots during Games when taking part in activities on the playing field at Bartrams Lane.
- Students should make sure that they have a water bottle and take it with them to all PE and Games lessons.

Handball When our Year 9s return to school next week they will be taking part in handball during their PE lessons. In preparation, they have spent time researching and familiarising themselves with the rules of the game so that they are ready to get straight into action on their return.

Students have created posters to share their findings.



Handball

Handball is played by two teams of seven (six field players and a goalkeeper).

Handball is a team sport played by two teams. The players are allowed to handle and throw the ball using their hands but they must not touch ball with their feet. The purpose of this game is to score and avoid getting goals. The team that scores more goals in a given time period are the winners.

Rules:

- 1) Throw and catch the ball by using hands and arms
- 2) Pass the ball to a team mate
- 3) Take a max of 3 steps with the ball
- 4) Bounce the ball with one hand and catch it again.
- 5) Play outside the goal area.
- 6) Put the ball on the floor when the referee takes ball possession away
- 7) Break through the defence.
- 8) Touch the ball in the air above the goal area.

Not allowed:

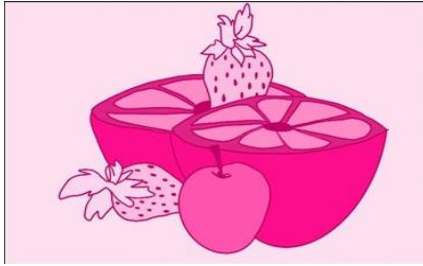
- 1) Block or kick the ball using your feet.
- 2) Hold the ball for more than 3 seconds
- 3) Take more than 3 steps with the ball
- 4) Bounce the ball, catch it and bounce it again.
- 5) Enter the goal area with the ball
- 6) Touch the ball inside the goal area
- 7) Run into the defensive player.
- 8) Throw or push the ball away after the referee takes ball possession away



ART with Mrs Somerville and Mrs Baird

Year 7 have been exploring the idea of using monochromatic colour.

Alice Westmore – Pink, Anne Banda – Orange, Ava Adams – Purple, Calypso Malialis – Green.



Amelia Jiang in Year 13 has been exploring the theme of Water for her A' level art project

