



NEWSLETTER 25 – 30th April

Message from Head Mrs Richardson

On Monday I spoke to students about self-confidence. It is very normal to lack self-confidence – especially when you are a teenager. Two key factors have a major impact on our self-confidence - the first is the way in which we view ourselves, and it is important that we learn to give ourselves a pat on the back when we know we've worked hard and done well. It was, however, a second factor which was my focus: our relationships with other people. How we are treated, and how we treat others. We have all experienced challenges in relationships with others – people we have argued with, or just drifted apart from when we develop new interests. But most of us are probably also guilty (I hope only occasionally) of treating others in ways which we would prefer not to be treated ourselves. We have excluded someone, we have avoided them, we have kept secrets or we have said something unkind. And this has an impact on the person's self-confidence, even if there was no deliberate intent to hurt.



This is all terribly negative, and I would encourage everyone to think about it from a different angle. Instead of sitting passively and trying to avoid getting things wrong, why don't we all try and make an effort, to go out of our way to be generous and kind to others. If someone says or does something nice for you – please thank them. If you are organising an event - go out of your way to include and invite others. In this way, we can all make just a little bit of effort to help others feel good about themselves and be a force for good.

I was delighted to meet last Friday with Keith and Julie from the Friends of Mount House. They are busy planning a series of social events for Mount House parents and also for our students. This will start with an event following our sports day on Thursday 1st July, and more details will follow about that. For next academic year, plans are afoot for a quiz nights, art workshops, a Christmas Fair and a Mount House Summer Ball, all of which we hope parents will be able to support and also enjoy!

I hope you are all able to enjoy a pleasant bank holiday on Monday and I look forward to seeing students in school on Tuesday morning.



Extra-Curricular

Year 10 Students have prepared these descriptions of their clubs:

Boxing Club

As part of the year 10 clubs programmes, Katie Gallagher and Grace Kelly will be running an amateur boxing club, where students can participate and learn some skills, with the main principle being discipline. Students will learn how to aim correctly, focusing on hand-eye coordination. By doing this club your children will be kept fit as well as having fun.

We provide boxing gloves and pads but do suggest if the students have their own, to bring them. The club will be on Thursdays at 1:30 (second lunch) in the hall and open to Yr 7, Yr 8 & Yr 9 students.

Grace Kelly and Katie Gallagher

One2One

One2One is a club for year 7 and 8, led by the year 10 students. If you would like to talk together as a group or with one student about any issues in school, or any ideas you have to help each other with problems, you may want to join! See you there on Fridays at 1:30pm in room 18.

Emmanuela, Aine, Nia, Anastasia, Ayomide, Katie

Public Speaking

Do you like getting your point across? Do you want to have discussions about popular topics going on around the world? If so, join public speaking club on Thursdays at 1pm in room 18.

Kemdi, Emmanuela, Vanessa, Chloe, Nia

Knitting Club

In the knitting club, you will learn the basic skills of knitting. Knitting has been proven to be therapeutic and release anxiety. You'll be able to learn to make fun knitted pieces. Join us on Tuesdays at 1:30 in room 18

Ruby and Maya

Baking Club

How good are your baking skills? Are you ready for the challenges of trying new recipes? Why don't you join us on Mondays at 1.30pm in room 18?

Benecia, Stella, Libby, Elisabetta and Sofia

Survival of the Fittest

This is a club that teaches you how to survive while camping. You will be taught different survival skills such as how to put up a tent and tie knots. Join us on Wednesdays at 1.30pm in the hall.

Lily, Olivia, Grace, Imogen, Natalya, Aine, Ruby, Arianna, Maya, Talia, Tilly

Any questions about a particular club? Please see the organisers of the club or Mrs. da Rocha.



Football Club

Friday 23rd April saw the last football match of the academic year with students in Year 7 and 8 taking part in the Mount House U13 School Competition. The game was evenly matched with the non-bibs winning 2-1. Well done to our winners and runners up along with all students who took part. The PE Department are looking forward to next year's competition.



Tennis Club

Tennis has been a big hit since returning to school and it is great that so many students want to play the game! During sessions, students have had the opportunity to develop new and existing skills, develop their knowledge and understanding of the rules and scoring and have enjoyed rallying and competing against their peers.

Cricket Club

During this week's busy cricket schedule, the year 7 lunch time tournament has been taking place on both Monday and Wednesday lunch time with Santiago Scicchitano and Kwaku Adusah Gyami-Junior leading the way in the pairs tournament. Wednesday's after-school club has continued to be popular, with the focus this week being fielding as a team and scoring quick runs between the wicket. We are all looking forward to more cricket in the sun this term.

Sport with Ms Hillcoat-Hyde

Students at Mount House have enjoyed another great week of sport with the sun shining (on most occasions)! During PE lessons, students in key stage 3 have developed their knowledge and understanding of the 'front foot drive' in cricket and have had the opportunity to perform in isolation and modified games.

During the Year 7 & 8 games afternoon, the boys took part in fun-filled cricket sessions led by Owais Shah, Mr Kerr and Mr Van Leeven; and the girls had athletics training, where they had the opportunity to complete the rotation from last week (either shot put, javelin or standing long jump). They also learnt the techniques for standing triple jump and sprint starts.

Students in Year 9 worked together in small teams in diamond cricket, which they thoroughly enjoyed, whilst Year 10 played softball which is new to them. They learnt both skills and rules, and competed against each other in a match.

The Year 11 GCSE PE and Year 13 A Level students took part in their netball session (in the rain) and the remainder of the year group along with Year 12 & 13 played badminton.

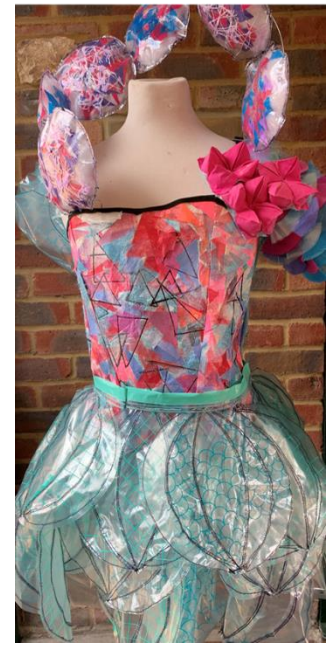


Athletes of the week are:

Year 7	Sofie Bartek & Ava Adams
Year 8	Krrish Patel
Year 9	Ayan Shahzad
Year 10	Benecia Odogu
Year 11	Mara McNally
Sixth Form	Sybil Reid-Oldham, Rachael Harper-Wilkinson and Ella Ryland

Textiles with Ms Graves

The GCSE Textiles students are busy completing the final pieces to their coursework. These two students have shown an imaginative use of mixed media in their final garment pieces based on architecture.





News from the Treetops

Thomas Franks has supplied us with the recipe for the delicious mushroom dal that was so popular with staff and students:

Lentil Dal with Roasted Tandoori Mushrooms

For 4 people

- 400g red lentils
- ½ tsp turmeric
- 2 tsps madras curry powder
- 2 knobs unsalted butter
- 2 tsps cumin seeds
- 1 small onion, finely chopped
- 2-3 cloves garlic, finely sliced
- ½ tsp fennel seeds
- 1 tsp fresh chopped ginger
- 1-2 fresh green chillies, finely sliced (remove seeds if you want to keep the heat down)
- 1 tsp garam masala
- 1 tsp ground coriander
- 2-3 tomatoes, chopped small
- Roasted Tandoori spiced mushrooms

Place the lentils in a pan and cover with enough cold water to come to around two inches above their surface. Bring to the boil (skim off any scum that rises to the top), and reduce to a simmer. Stir in the turmeric and a generous knob of butter. Cover and leave to cook gently.

In a small frying pan, dry-fry the cumin seeds over a medium heat until toasted and fragrant (no more than a couple of minutes). Remove from the pan and set to one side.

Melt a second knob of butter in the same frying pan and gently fry the chopped garlic, onion, chillies and the grated ginger and tomatoes. Once the garlic is golden, mix in the toasted cumin seeds and the garam masala, curry powder and ground coriander. Remove from the heat until the lentils are completely softened.

Give the lentils a good stir. They should have the consistency of porridge – thicker than soup and looser than humous. Add more water as necessary (you will be surprised how thick they can get over just a couple of extra minutes cooking), and mix in your aromatic fried mixture.

Season to taste, then serve on its own, topped with coriander, or with a side of basmati rice and greens and naan.



Next Thursday, there will be a themed lunch, and students have been asked to send their suggestions to Thomas Franks.



Dates for your diary

Thursday 20 th May	Careers Fair
Thursday 27 th May	Half term
Monday 7 th June	Back to school
Saturday 26 th June	Open Day: all students and staff to attend
Thursday 1 st July	Sports Day and Friends of Mount House after-party
Friday 2 nd July	End of summer term and Leavers' Garden Party

HPV vaccinations for year 8 students take place on Friday 7th May (an email was sent to year 8 parents this week).

Social Media

Please follow, like and share posts with your connections:



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@MountHouseSch



@Mounthouse_school and @Mounthouseschool_artgallery



Mount House School