



NEWSLETTER 27 – 14TH MAY

Message from Assistant Head Ms Hillcoat-Hyde

“Every single one of you has something you're good at. Every single one of you has something to offer. And you have a responsibility to yourself to discover what that is. That's the opportunity an education can provide.” Barak Obama.

Opportunity is all around us and the key is to develop the vision to see it. Unfortunately, many people miss opportunity because it is dressed in overalls and often interpreted as work.



This week I addressed the school in assembly and spoke to them about making the most of every opportunity we are given in school, as this will help better ourselves and prepare us for a positive future. I referred to the Extra-Curricular Programme and the numerous opportunities that we offer in a range of areas here at Mount House and focused on the introduction of the Duke of Edinburgh Award, and the Head's Endeavour Award which has been running throughout the academic year.

The late Prince Philip, the Duke of Edinburgh, was monumental in developing opportunities for young people. He was someone who had a clear sense that creating opportunities for young people would be crucial to Britain's better future. He understood the importance of educating a generation as when a generation is educated, it is better equipped to care for the next generation.

The introduction of the Duke of Edinburgh Award in 1956 has given young people the chance to have new experiences that raise aspirations, build self-belief, confidence and skills, and develop their potential as they approach adulthood. Young people become more rounded, confident adults. It is a life-changing experience, a tool to develop essential skills for life and work and a recognised mark of achievement, respected by employers.

We are delighted that over fifty students have shown an interest in the award and are looking forward to working with your children on their Duke of Edinburgh journey.

For students who are in Years 7 & 8 and are not quite old enough to currently take part in the award, I hope that they consider the opportunity to take on the challenge of the Head's Endeavour Award which involves a number of activities, including an expedition, a presentation, involvement within a charity event, extended writing and service within the community. This is a great opportunity to develop some of the skills later required for the Duke of Edinburgh Award. Two students currently taking part in the award in Year 7 are Oscar Michaels and Temidayo Yussuff-Shittu and I was delighted when they joined me for assembly and presented to the rest of the school. Oscar presented on his findings for the Norse Myths and Gods and Temidayo spoke about Charles Dickens. The two boys have achieved so much already through taking part in the award and now we encourage more students to join them on their journey.

Heads of School appointments

Mrs Richardson is delighted to announce the following appointments for the new School year:

Head of School:	Alex Nicolaides
Deputy Head of School:	Stefano Paternostro
Head of Guardians and Head of Student Sport:	Matthew Jobson
Head of Charities and Head of International Students:	Karlie Liu



Matthew, Alex, Stefano and Karlie (working remotely)

Applications for Student Head of House



Mount House prides itself on its active House system, each described as a 'family within a family,' providing a deep sense of belonging and support throughout Mount House School life. The House system rewards effort and achievement, both for excellent academic work and involvement in the many inter-house competitions which generate close bonds between pupils.



The pinnacle of this leadership opportunity is the student selection of Heads of House who support running the house meetings, assemblies, and public speaking on behalf of their House together with their teacher Head of House.



Students currently in Year 10, 11 and 12 are invited to submit a (500 word or less) statement explaining why they believe they would be an excellent Head of House for 2021/22. The application should be submitted to Mrs Richardson and Miss Gillett via email by 17th May 2021.





House Charities



This summer term, **Chimborazo** House is supporting the **Chipping Barnet Food Bank**. Our local food bank supports a huge number of families, single parent households and single people who are facing hardship when it comes to affording essential supplies. During the COVID 19 pandemic, the number of people seeking assistance has increased by over 150%! Please join our food bank appeal by donating food and non-food items during the week 17-21st May and attending our sweets sale or sports activities on lunchtime 18th May.

Rushmore House is raising money for the **Barnet Youth Foundation**. They are a movement set up to help grow activities and services for our children and young people in the Barnet borough. We are running an activities day on the 18th May at lunchtime which will include sponge the teacher and a cake sale. It would be great to see everyone out supporting all the local charities.

This term, **Everest House** is raising funds and awareness for **Noah's Ark Children's Hospice**. This is a local charity, based in Barnet and we are delighted to help support them. They enable babies and children with life-limiting or life-threatening conditions and their families to live fulfilling lives, die with dignity and face the future with hope. Everest House aims to raise funds and awareness with a fantastic fair. It will include a bake sale; music; fortune telling; comedy and much more. Please visit their website for stories of those who have needed their help, people who work there and donations. Thank you. <https://www.noahsarkhospice.org.uk/> (by Aine Smith, Everest).

The **Guide Dogs for the Blind Association**, also known as Guide Dogs, is a British charitable organisation that was founded in 1934. Guide Dogs provides guide dogs, mobility, and other rehabilitation services to blind and partially sighted people throughout the United Kingdom. Guide Dogs is a charity committed to assisting the partnership and the guide dog owner for as long as it is required. During their lifetime, a guide dog user may have up to eight dogs. A guide dog is retired and re-homed after six to seven years of service. That is why we chose them as the **Olympus** charity, and we are holding a mini-Olympics to raise funds for it.

Guardian Programme



On Wednesday 12th May, Year 7 had the opportunity to meet with their Guardians. With the theme of this week's Mental Health Awareness week being nature and with the sun shining it was the perfect opportunity to spend time together on the cedar lawn.

The focus of the session was for Year 10 and 12 students to share their positive experiences of exams and support students in Year 7 with any questions they had with regards to the forthcoming exam week. Students in Years 10 and 12 gave the Year 7's points to think about such as how they revise, when they revise, what they revise, how to stay focused when revising and how to look after and prepare themselves in the build up to and during the exam week at the end of this half term. Having spoken to some of the Year 7 students I know that they found this time very beneficial.

School Council Meeting

A School Council meeting will be held next Friday on the 21st of May.

All elected form representatives from year 7-11 are expected to be in the hall from 8.30 am.

This is a democratic student-led forum where all issues, concerns and ideas can be presented and discussed. The council is chaired by the Head of School with minutes being recorded by the Deputy Head of School.

Mr Allman - Politics Dept

Politics

Congratulations to Lola Mweene, Jemima Carroll and Tinuade Oni for acting as Official Polling Officers in Watford's Local Government Election last week. Alex Nicolaidis, Matthew Jobson and Vivek Desai were also involved as official paid counters.

Mental Health Awareness Week: 10-16 May 2021

Gardening Green Team & Pastoral Partnership



During the long months of the pandemic, many in the Mount House community turned to nature. Students discovered their local neighbourhoods on long walks, featured their surroundings in incredible art works, and some even grew green thumbs!

Research gathered on the mental health impacts of the pandemic showed that going for walks outside was one of our top coping strategies and 45% of the UK reported being in green spaces had been vital for their mental health- not only spending more time in nature but noticing the changes of the seasons and the local wildlife too.



Nature is so central to our psychological and emotional health, that it's almost impossible to realise good mental health without a greater connection to the natural world. For most of human history, we lived as part of nature. It is only in the last five generations that so many of us have lived and worked in a setting largely separated from nature.

Being in nature might not be that easy for you, and you might be unsure of how to get started. The good news is that you don't have to climb a mountain to feel the benefit as there are lots of simple ways to bring nature into your everyday!



Find nature wherever you are.

Nature is all around us. It might be a garden, a local park, open countryside. Even in London where nature can be a bit harder to find, there are community gardens and courtyards to explore. Look out for the unexpected- an urban fox on your way to work, a rainbow after a spring shower, the last tulips in your neighbour's yard.



Connect to nature using all your senses.

Spend some time visiting natural places, green spaces like parks or forests or blue spaces like rivers and wetlands. Take some time to reflect and connect with all your senses. Listen for birdsong or buzzing bees, feel the sun on your face and smell the scent of flower blossoms on the breeze.

Make nature work with you.

Sometimes it's hard to access natural places because of where you live, how busy you are, how safe you feel or your health. Why not try bringing nature into your home? House plants and potted herbs are a great start. If you are physically able to exercise, try doing it outside- and leave the headphones at home to truly connect with your surroundings! If being outdoors isn't for you right now, you can also connect with nature through stories, art and sound recordings.



Protect nature

Taking care of something can make a person feel good, so why not take care of nature! This could be as simple as recycling or picking up litter you see on a walk, walking instead of driving to school or joining in community groups that educate about the environment such as Barnet Friends of the Earth or Barnet Community Garden. Taking care of nature can help you feel like you are doing your part, boost self-esteem and help you develop an even larger support network.

Extra-Curricular

Cricket Club

On Tuesday, 14 year 7 and 8 students were selected to take part in a cricket training session at Cockfosters Cricket Club. This allowed students to use the cricket nets and the outfield. Using the cricket nets gave students valuable experience, with some of the students using hard balls for the first time. On Wednesday, the focus was on batting in full kit, allowing for the students to get used to the feeling of full game play for matches. Some of the students started looking at the different ways of spinning, which will be advanced in future weeks.

Tennis Club

On Thursday evening, students focused on consistency of their ground strokes whilst at the same time trying to force their opponent into making a mistake. They also took part in a mini-tournament. The club was extremely well attended and all students are making excellent progress. Well done! The tennis tournament is coming to its conclusion; there has been some excellent tennis being played, with the last semi-final next week, leading into the third/fourth place play-off and the all-important final.

Cross Country Club

It has been great having students join us for early morning runs this week. The challenges set are a great way to start the day and those that have taken part have given their all whilst challenging themselves. In particular Neila Gakwandi worked extremely hard on Wednesday morning – well done!



Python Club

Python club offers students from all year groups the opportunity to learn and develop their computer programming skills. Learners are encouraged to become self-reliant and independent. The skills they will develop are transferrable across all of their subjects.

Students that require additional support with any other technology related matter, are also welcome to attend. Python club does not only involve the teaching of Python, but also supports students with other applications or platforms. These include, but are not limited to, Microsoft Office (Word, Excel, PowerPoint, Publisher), Teams or Satchel One (Show My Homework).

Finally, the club is an opportunity for students to acquire a taste for technology. Any technology related topic is open to discussion. For students interested in technology and computers, this is most definitely the club for you.



Knitting club

Backgammon Club

*Dear All,
Backgammon Club is on a Friday lunchtime at 1.30-2.00 run by **Theo Whitehouse**. We will teach you how to play and if you're confident then you can play tournaments or leaderboards, so if you want to join we will be more than welcome to have new members of the club. Backgammon club will be held in the chapel. by Theo Whitehouse.*





Year 8 English: Midsummer Night's Dream masks



Year 8 are currently studying Shakespeare's *A Midsummer Night's Dream* in English. In order to develop students' understanding of character in a creative way, students have made masks for their chosen character. Students wrote character profiles and then explained how their mask reflects their understanding of their character.

Anna wrote of her mask: 'My chosen character was Helena so I designed my mask with the colours yellow, red and gold with hints of silver. These vibrant colours show her as a very powerful person, with some hearts to show her love for Demetrius.'

Emily also made a mask for Helena wrote: 'I reflected her in my mask by using heart shaped jewels and tear shaped jewels to reflect Helena's sadness.'

Michael's character was Bottom and so 'made his mask quite hairy' which refers to lines in the play.



Sport

We have thoroughly enjoyed teaching tennis to students in Key Stage 3 this week and it has been great to see so many individuals developing their skills on the court. Focus has been linked to footwork and making sure that we are behind the ball before playing the shot and we have also looked at returning the ball using the forehand technique.

Bartrams Lane has been set up ready for sports day, meaning that we have been able to take part in both track and field events this week.

Boys in Years 7 & 8 took part in a variety of field-based activities on a rotation including: standing long jump, standing triple jump, shot put and javelin. Rotations will be completed next week.

Girls in Years 7 & 8 took part in a fun-filled cricket session with Mr Shah. It has been fantastic to watch the girls take part in cricket this year.

Students in Year 9 worked in groups whilst taking part in athletics. Rotations include: shot put, javelin & 100m. Students in Year 10 took part in cricket with Mr Shah.

Students in Year 11 and Sixth Form too part in rounders. This was a great opportunity for everyone to demonstrate their competitive nature.



Athletes of the Week:

Year 7	Kwaku Adusah Gyami-Junior
Year 8	Thibaut Smith
Year 9 -	Isabella O'Sullivan
Year 10	Katie Gallagher
Year 11	Charlotte Wheatley
Sixth Form	Matthew Jobson

Sports Day



The PE Department is delighted to be working with the FOMH to plan Sports Day and the Friends of Mount House after-party on Thursday 1st July 2021.

Sports Day will take place at Hadley Wood Playing Fields (Bartrams Lane), where students will have the opportunity to represent their house whilst taking part in track and field events, along with cricket-based activities.

Heats for track events, field events and cricket will take place in the morning where students and staff will be present.

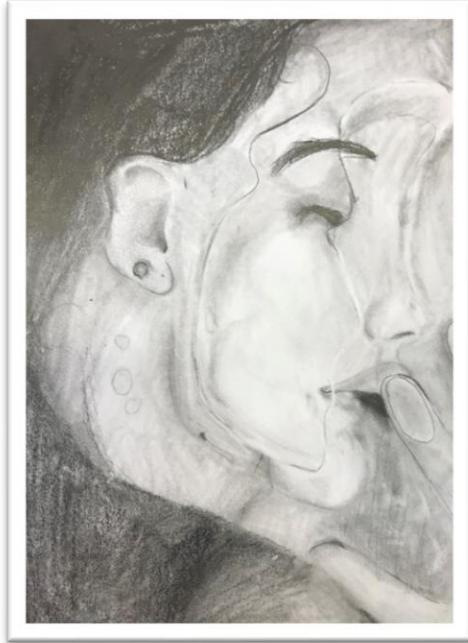
Parents are invited to join us from midday, which is when students will have their lunch break. The open space at the field is very inviting for picnics and we would love to see as many of you joining us as possible. Packed lunches will be provided for students if they would like one. Parents should bring a picnic to enjoy during the lunch break.

The finals of the track events will take place between 13:00 – 14:30 with some fun events at the end of Sports Day where parents will be invited to take part. Timings for individual events will be shared closer to the date.

Following a fun-packed day of sporting activities all students will head back to school where the afternoon will continue whilst taking part in the events organised by the FOMH.



Art



Beautiful underwater portrait study by Emily Hooker
(year 8) in Art Club.

Textiles

These two creative garments are the final pieces to Claire's A level textiles coursework entitled "Heavenly Bodies". She was inspired by the 2018 Met Gala Heavenly Bodies exhibition as well as fashion designers including Guo Pie, Dolce and Gabbana, Alexander McQueen and Zuhair Murad.





Careers

We look forward to welcoming Agnes Wanja to our school on May 20th, to speak in Assembly to Years 10 – 13. Agnes has a passion to help young people with personal development and inspiring them to follow their dreams, and to work towards a fulfilled life. She is also an accomplished author.



Please find the latest apprenticeship information and advice for parents supported by the National Apprenticeship Service.

In the May issue, we look at supporting your child's mental health, myth-busting traineeships, T levels in health, two apprentice perspective articles, an overview of apprenticeships in furniture and manufacturing and much more!

A great opportunity from Young Professionals if you are considering a career in Government & Politics. For the first time ever, Young Professionals are bringing together six leaders from across the UK political spectrum with experiences at Houses of Parliament, Brussels, Lobbyist Groups, GCHQ and much more.



In this exclusive one-hour session, you will be hearing each presenter's career journey and then opening it up to the floor for plenty of questions.

Key Details:

- Tuesday 25th May, 5pm - 6pm
- Insight to Government & Politics
- Gaining inside knowledge on how to secure jobs in this sector
- Focus on international relations and what it's like working in Brussels
- Opportunity to ask lots of questions
- Open to all students in Y11, Y12 & Y13

Application Link:

<https://www.surveymonkey.co.uk/r/Government-Politics>

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
Wednesday 30 th June	Macbeth
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

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