



NEWSLETTER 28 – 21st MAY

Message from Assistant Head Tony Phillips

The internal exam season is upon us once more, although our Year 11 and Year 13 students have been busy engaged in their Teacher Assessed Grade assessments since the start of the Summer Term.

Nobody really enjoys preparing for, and sitting, exams and I still vividly remember my final exam at university. I was sitting in the exam hall with 500 other students just about to start an exam on 19th century European history. Suddenly a fellow student stood up and announced, “I am an orange, and oranges don’t take exams”, and promptly departed the exam hall!



Most of us are aware of exam stress and the feelings of fear and anxiety that preparing for exams can bring. However, it’s important to keep things in perspective – exams, especially internal exams, are not the most important things in our lives. They are only a small part of the picture and they are not the only measure of success. Try to keep in mind that exam results do not define who we are and always remember that health and happiness are far more important.

However, I will never advocate that you shouldn’t try and that you should strive to achieve the best you can. Failure or underperformance can be sad, but the saddest thing is not to try at all. I have always believed in the virtues of hard work as it can furnish you with a sense of achievement and worth. It can bring about fulfilment and help with well-being.

But, not worrying about exams is sometimes beyond us and it’s entirely natural to strive to perform the best you can, even if this comes with a degree of stress and anxiety. But there are strategies that can be employed to help you deal with the stress you might be feeling.

- **It is important to be organised.** Produce a revision schedule and break your revision down into small chunks. Once you’ve got a plan, you won’t have any dilemmas at the start of the day about what to revise for. Be realistic and schedule in plenty of free time to unwind.
- **Nobody can work all day every day.** Don’t set yourself ridiculous goals – nobody can revise 10 topics a day! Also, don’t worry if you go slightly off schedule – tomorrow is another day!

- **Take frequent breaks.** Psychologists suggest we can only concentrate effectively for 30-45 minutes. When you take a break make sure you move away from your desk – get some fresh air. Go for a walk as exercising is one of the most effective ways to de-stress. In your free time find activities that help you relax.
- **Think about what works for you** and when and where you work best – not everyone is a morning person! We all revise in different ways. Some people prefer to read, others make notes or draw diagrams and mind maps. Others prefer to talk things through. I used to read through things twice and then go for a long walk in the country and recite! We all do things differently and that's absolutely fine.
- **Try to get about eight hours' sleep a night.**
- **Don't compare yourselves to your friends** – it can be really stressful when you think that others are revising more than you. The reality is that they may well be feeling just as worried as you!

Hopefully, everyone will achieve success in their exams. The School has tried to alleviate exam stress and anxiety. We endeavour to ensure that all students have a focus for their revision and we are therefore not expecting them to revise everything they have covered this year. However, if you don't achieve the results you want, don't panic. It's not the end of the world and it happens to lots of people for a whole range of reasons. Your teachers will explain what went wrong and help you to put it right for the next time you have an exam.

Good luck and try to remain stress free!

School Council with Mr Allman

A school council meeting was held this morning at 8.30am chaired by Rachael Harper-Wilkinson Y13 our outgoing Head Girl and minuted by Stefano Paternostro in Y12, who has just been appointed Deputy Head of School.

Fourteen elected representatives from across the school met to discuss ideas and raise any issue that concerned them or their year groups. The Council Representatives have the responsibility to provide feedback to their year and form groups. Minutes will be published on Teams in due course.

There will be a Special Council Meeting on the 16th June. The agenda will be entirely focused on school meals.

At the end of today's meeting the school council thanked and congratulated Rachael for being such a wonderful representative chair over the last year. We wish Rachael great success as she moves on to university in September.



Extra-Curricular

Please note that clubs will only run before and after school next week – lunch time clubs will not take place as students' exam timetables are all running at unusual times.

Sport

Students have seen plenty of rain during PE and Games sessions this week. However, this has not stopped them from taking part and giving their all. PE lessons have seen a development in skill execution whilst students have taken part in tennis, which has resulted in students being able to rally successfully with their peers.

Games sessions have seen various cricket drills and athletics events taking place with students preparing for the Activity Day on Thursday 27th May and Sports Day on Thursday 1st July.

Athletes of the week:

Year 7	Sofie Bartek
Year 8	Theo Whitehouse
Year 9	Haydyn Carne
Year 10	Emmanuela Attakpah
Year 11	Katrina Taylor
Sixth Form	Matthew Jobson

News from the Treetops

Next Thursday is the day when students can vote for the lunch menu theme. Please email mounthouse@thomasfranks.com by Sunday evening with your suggestions.



House Charities Update



The house charity activities kicked off this week with sweets sales, a food bank appeal and a Sponge the Teacher competition.



For some unknown reason, students were very enthusiastic about the latter!



New joiners September 2021: Ms Hillcoat-Hyde

It was fantastic to meet our new joiners and their parents via School Cloud meetings this week. It was a great opportunity for me to find out about the individual students who will be joining us in September and I hope that they found the opportunity to meet just as exciting as me! We look forward to welcoming our new joiners for their Induction Afternoon on Wednesday 23rd June. With September being a new chapter of their lives, we are looking forward to experiencing their journey with them.

Year Five Cricket Festival



Mr Mather is assisting Mr Shah as he visits five local primary schools, to prepare the year five boys and girls for the Mount House Cricket Festival on Hadley Common on the 21st June.

This and last week they visited Trent Primary School, assisted by Trent alumna Emily Hooker along with Anna Collington, and we were sent this message by the school's Headteacher Ms Vassiliou:

"I just wanted to say a big thank you to Owais and his team who came to Trent this week to run a cricket lesson for our Year 5 pupils. They have not stopped talking about it since! It was especially nice that an ex Trent pupil attended too!"

They also visited Hadley Wood School, this time with alumnus Luke Webster as well as Krrish Patel. The Hadley Wood PE teacher Amy Bond emailed afterwards to say:

"Thanks so much to everyone who helped with our cricket session on Wednesday - the children had a fantastic time and really enjoyed themselves. They were all really engaged in the session and learnt so many new cricket skills. We are looking forward to the tournament on June 21st "

Next stops are Foulds Primary School and Monken Hadley Primary School after half term.



Careers

Yesterday Mount House hosted visitors from universities and a range of industries including fashion, insurance, finance, law, interior design and publishing to showcase the careers to the students.

We were especially happy to see parents like Angela Simpson, Creative Director at Simpson & Voyle Interior Design Studio, and Old Girls like Demi Zissimou, who spoke to students about her career as a Sales Consultant at Parfums Christian Dior.

Thank you to everyone who participated and see you next year!



The London Institute of Banking & Finance

Degrees in banking and finance

Focusing on your future

- Unique programmes for students looking for a career in the banking and finance sector
- Routes to Chartered Associationship
- Connecting you to employers through industry events
- Practical trading exposure
- Campus in the heart of London's financial district

libf.ac.uk/degrees
#StudyLIBF

Events at the University of Hertfordshire

UH, who visited us at the Careers Fair this week, have a series of really interesting virtual events coming up, including:

- Clearing (Everything you need to know – for students and parents)
- Law taster lecture
- Sports Therapy taster lecture
- Creative Conversations: what's happening in poetry?
- Law industry talk: in conversation with a prison officer
- Student life: choosing to study at a local university
- Mathematics taster lecture: is it possible to beat the stock market?
- Physiotherapy taster lecture
- How to write an excellent personal statement
- Parent info evening: introduction to the application process and student finance.

Follow this link to see what's on and book your place: www.herts.ac.uk/study/open-days



Guest Speaker

This week, guest speaker Agnes Wanja, Personal Development Coach and author, visited the school to talk about her career journey.



Any students who are interested to find out more about Agnes can visit her website www.agneswanja.com or buy a signed copy of her book via this link: [Addicted to Being Broke](#).

Dates for your diary

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

Next year's dates (also on the website):

Friday 3 rd September 2021	Year 7, Year 12 and Year 13 in School
Monday 6 th September	Whole School in session
Friday 15 th October	Half term begins at 16.00
Monday 1 st November	Whole School in session
Wednesday 15 th December	Term ends at 12.30
Wednesday 5 th January 2022	Whole School in session
Friday 11 th February	Half term begins at 16.00
Monday 21 st February	Whole School in session
Friday 1 st April	Term ends at 16.00
Tuesday 19 th April	Whole School in session
Friday 27 th May	Half term begins at 16.00
Monday 6 th June	Whole School in session
Wednesday 6 th July	Term ends at 12.30




MOUNT HOUSE
SCHOOL

**INSPIRING
EVERY
INDIVIDUAL**

**Tailored learning and support
in small class sizes.**

Barnet / Independent / Co-educational / Ages 11-18

#InspiringMountHouse mounthouse.org.uk

**OPEN DAY
Saturday
26th June
2021**