

NEWSLETTER 26 – 7TH MAY

Message from Head Mrs Richardson

It has been another busy week – and as is so often the way in a bank holiday week, at school we have done what we can to cram five days into four!

On Thursday we were treated to an impressive insight into the London Mayoral election, masterminded by Mr Allman, compered by Mara and with four outstanding political prospects – and Alex as Count Binface. Representing Labour, Conservative, Lib Dem and the Green party, we were treated to articulate presentations on the record of the current incumbent by Stefano – and then the other candidates Matthew for the Lib Dems, Vivek for the Greens and Kiran for the Conservatives tore apart Sadiq Khan’s record while attempting to convince the audience of their own merits. The Year 11 students did a great job of counting the votes and delivering the results, and as adults we should not be at all surprised that the school voted in Vivek on the Green ticket. This was a timely a reminder, not just of the importance of democracy but also of the concern we should and do have for our environment.



While Year 11 and the Upper Sixth are marking the half-way point of their assessments, students in all other year groups are beginning to prepare for their internal exams. These are important measures of progress, but they are not the sole measure of success by which young people should judge themselves. Students should rightly be proud of good results as they directly reflect the work they have done and the effort they have made. If things don’t go according to plan, students must be prepared to learn from the experience and reflect on what they can do better the next time – ensuring they ask for help from their teachers. Additionally, students should reflect on their many achievements outside the classroom: their friendships, their sporting, musical and dramatic endeavours and, most importantly, the way they treat others. We are all multi-dimensional and being well-rounded is crucially important in the wider world.

I am also delighted that we have submitted planning permission for the laying of a MUGA [multi use games area] in place of the existing tennis courts. We hope to have permission granted at the end of this month, and will then be moving ahead quickly so the new surface is ready for September 2021.



The MUGA will comprise two distinct areas with new fencing. It will have a polymeric surface suitable for football, netball, basketball, tennis and also, I hope, some hockey as well as a number of other sports. This is an enormously exciting project and a very positive move forward in terms of our facilities.

Extra-Curricular

The Year 10 Clubs started off this week and what an exciting week it has been!



The **Knitting Club** took place on Tuesday in Room 18 with the Year 7s taking part. We learnt how to make a knot on the knitting pin and are now learning to knit. This will be the target for next Tuesday.

Please bring along a pair of knitting pins on Tuesday if you would like to join the club.

On Wednesday, there was the **Survival of the Fittest Club** in the hall. The students started off learning to skip. Next week, they will learn to tie a knot.

On Thursday, was the **Public Speaking Club** with Year 7 and Year 8. The first debate chosen by the Year 7s and 8s will be ***Animals: Should they be used for testing?*** Do join at 1.00 in Room 18 if you are interested.

Boxing took place in the hall at 1.30. The students had a warm-up activity before working on their boxing skills. Thank you to Mr. Whitehouse who assisted the Year 10s with the club. He and Grace are both experienced in boxing.



The Year 10s are looking forward to the **One 2 One** club today in Room 18 where the students will be invited to talk to them about issues that may be worrying them.

Mrs. Da Rocha



Tennis sessions after school continue to be popular and give students the opportunity to further develop skills and apply in matches when competing with and against peers.



The lunchtime tennis competition is fully underway, and this week saw Anna & Ciara, Theo & Aaran and Santi & Francesco go through to the next round which is due to be played next week. Well done to all those who have taken part and continue to take part.

The PE Department are looking forward to introducing tennis in PE lessons from next week.

Academic Enrichment

Since September, a group of Year 7 students have been involved in the **Head's Endeavour Award**, which involves a set of tasks and activities to be completed and assessed throughout the School year. Unfortunately, as a result of lockdown, the programme had to be curtailed. However, we were still able to engage in three tasks, which included the reading of an approved novel (the students were examined on the content). There was also an opportunity to give a presentation in front of an audience made up of their peers – quite a daunting task for any Year 7 student.

At the moment, we are preparing for a full day expedition to rural Cambridgeshire. With the aid of a compass and Ordnance Survey map, the group will have to navigate their way around the countryside. In preparation they are learning about all-important map reading skills.

Those involved in the Head's Endeavour Award are assessed and awarded points for each of the three tasks. The competitor who achieves the most points will win the Award. The tasks also represent excellent preparation for those who wish to embark upon the Duke of Edinburgh Award Scheme in the future.

Mayor Elections Assembly

On Thursday 6th May, Mount House L6 students presented a Politics and Speakers Corner London Mayor Election Assembly. Five students representing five key political parties outlined their vision and manifestos for London. The students were:

Vivek Desai	Green Party
Kiran Koppa	Conservative Party
Stephano Paternostro	Labour Party
Matthew Jobson	Liberal Democrat Party
Alex Nicolaides	who represented Count Binface.

Mara McNally Y11 cohosted and acted as a no-nonsense chairperson of the proceedings.

All the political party representatives spoke clearly and eloquently about how they would improve Londoners' lives while attacking and criticising the other parties in the process. At end of the presentations all students Y7-13 were asked to vote using the Supplementary Vote system.

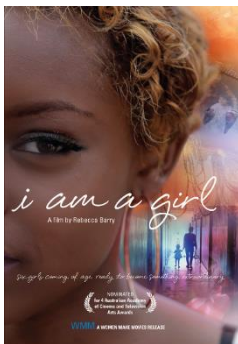
The count was conducted by trustworthy Y11 students Zara, Liliana, Bally, Raquel and Sadie. It was a very close run election but the ultimate winner after taking into consideration second preferences was Vivek Desai who spoke on behalf of the Green Party, with Alex representing Count Binface coming a very close second.

Mr Allman - Politics Dept



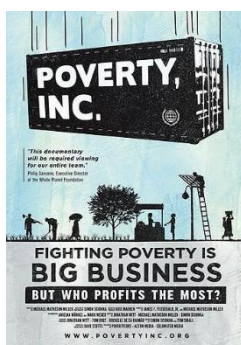
Geography

Our Year 7-9 students are starting new units of study this term in Geography and there are so many incredible resources available that can support both their understanding of these topics and their overall skills in maths, spelling and vocabulary. This week, we would like to highlight the Year 9 Geography unit - Wellbeing & Development.



I Am A Girl - While women and girls' quality of life has improved over the past years, this documentary helps viewers to understand the challenges that girls around the world face in their everyday lives. *I Am a Girl* follows six girls in six different countries as they navigate growing up and becoming women in the 21st century.

On the Way to School - Quality education has the power to help children around the world develop the skills they need to escape the cycle of poverty. However, many children face significant challenges in accessing school, and in some places, cultural norms and economic hardships prevent students from going to school at all. This documentary shows the long journeys that four students in Kenya, India, Morocco, and Argentina all take to get to school every day. These children, like millions of others around the world, face significant challenges before they even arrive at their classrooms each morning.



Poverty Inc. - This film examines and critiques the ways that good intentions from non-profits and charity organizations can actually end up hurting the communities they wish to help. Some of these strategies include the Western attitude of patronising developing countries and flooding a nation with handouts and thereby hurting its economy. *Poverty, Inc.* points out the flaws in certain forms of aid and how organizations and governments can fix them.

Other documentaries can be found on this [website](#).

Sensemaker "India's COVID Crisis": Podcast

The Sensemaker podcast focuses on slow news - one story every day to help make sense of the world. This 10-minute episode explores India's COVID crisis and asks just how much responsibility India's prime minister Narendra Modi should bear for the country's catastrophic coronavirus outbreak. <https://open.spotify.com/episode/5liHjEuCLU9NGGHmn8Raxo?si=NnUhtufAQ2yIx6LaHx1gdc>

More reading and viewing suggestions can be found in the [Curiosity, Creativity and Competition Facebook group](#).



Sport

Boys in Years 7 & 8 took part in diamond cricket games led by Owais Shah, Mr Mather and Mr Van Leeven and the girls took part in their first cricket session at Bartram's Lane where they had the opportunity to demonstrate skills developed in PE lessons in modified kwik cricket games.



Students in Year 9 completed diamond cricket games from last week and Year 10 had the opportunity to take part in athletics, developing their sprint start techniques and cricket rounders which they enjoyed.



Year 12 & 13 took advantage of the nice weather and enjoyed some doubles tennis in the sunshine.

Athletes of the week are:

Year 7	Ava Adams
Year 8	Carys Jeevanjee
Year 9	Ava Athwal
Year 10	Ruby Sorrell
Year 11	Sadie Scott-Pickup
Sixth Form	Stefano Paternostro



Art



Year 7 have been painting with coffee and making studies inspired by tree bark for their natural forms project.



Beautiful
portrait work
from Sadie
Scott Pickup
Y11





Take control of your phone – don't let your phone control you

We are all feeling more tethered to our phones than ever before, and we know how frustrating it can be to find yourself mindlessly picking up your phone when you are trying to revise. Many parents and students are trying hard to fight back against the relentless temptation of constantly scrolling, searching, liking and hitting next.



Here are some simple tips to work around the tricks phone designers use to keep us hooked:

Turn off all notifications. Notifications can be helpful when they let you know something important needs your attention, most notifications are sent by machines, not people. And they're designed to draw you into interacting with an app you might not otherwise prioritise. Go to your phone's settings (on iPhones, it's Settings > Notifications) to turn off everything except messaging apps or other crucial tools.

Go greyscale. All those colourful apps? They're designed to trigger your brain's reward system and make you feel good. If you want to check your phone less, cutting off this trigger may help. It won't be easy, though. We're pretty hooked on all those flashy colours. But most phones let you choose muted colours. On iPhones, you can go full greyscale. Go to Settings > General > Accessibility > Display Accommodations. Turn on Colour Filters, and set to "Greyscale."

Limit what's on your home screen. Keep only your email, maps, calendar, and whatever else you use daily on the front page. Put all those other apps -- from games to recipes -- into folders or move to the second or third screens. If you don't see them right away, you'll be less likely to use them.

Type to find apps. Tapping is so easy! It's easy enough that we do it without even thinking sometimes. But if you need to take the time to type the name of the app, it gives your brain a second to consider whether you really need to play another game.

Take social media off your phone. You'll likely be more intentional about when and where you dip into Facebook and Instagram if you only do it on a computer. If you're a regular social media user, you might be amazed to find how much time you actually spend on these apps. And when you feel the urge to add them back to your phone, consider where that compulsion is coming from.

Charge your phone outside of your bedroom. It's so easy to roll over, tap snooze on your buzzing phone, and delve right into the latest news or last night's stream of mindless chat. But is that really the habit you want to create? Having a phone by the bed is known to cause sleep problems. Invest in an old-fashioned alarm clock and keep phones away from sleeping bodies overnight.

Fight fire with fire. It's ironic, but downloadable apps and extensions remove some of the triggers built in by designers and engineers and help you to be more conscious of what you're doing. A number of recommended apps to help include: Apple's Night Shift setting to reduce the phone's stimulating blue light, as well as apps such as Moment, Freedom, and InboxWhenReady. Plus, there are other apps to help children stay focused while on devices, plus some great tools that can help kids and adults reduce digital distraction.

Reminders

Social media sites are very appealing to young people but please do be very mindful of the recommended age limits for the different apps that children are keen to use. Follow this link to see the latest age restriction guidance from the website called Internet matters. <https://www.internetmatters.org/resources/what-age-can-my-child-start-social-networking/>

Remember that the vast majority of social media sites including Tik Tok, Instagram, Snapchat and Houseparty have set the minimum age recommendation at 13 years old.

Whatsapp recommend that no one under 16 years of age uses it platform.

There are many reasons why these age restrictions have been put in place – here are just a few of them:

- Information shared between friends can be easily copied and may be shared with lots of other people.
- It isn't easy to take back information that has been posted – and can be impossible if it has already been shared.
- Many messages posted on social media and group chats are often not carefully thought through; can cause offence; can be misinterpreted and can cause emotional pain and long-lasting damage to individuals and friendship groups. THINK BEFORE YOU TYPE.
- Not everyone you meet online will be who they say they are. Chatrooms and forums can connect people who are complete strangers and can be unmoderated.
- Chatrooms and forums are some of the places online groomers go to connect with children. They can also be places where people use a lot of sexual language and engage in online flirting. This is sometimes done through video chat programmes.

A valuable resource for families as they navigate their way through social media use is <https://www.internetmatters.org/>.

I would certainly recommend bookmarking this page; there are some very informative resources that may help you and your child remain safe and trouble free online.



Matt Kerr
Deputy Head – Pastoral



Events



The Friends of Mount House will be hosting a Summer Social Event after Sports Day from 3.00-5.30pm

Please join us in celebrating the end of the academic year.

There will be fun activities for students, teachers and parents to get involved in, including

- Hog Roast / vegetarian options
- Tea, Coffee and Refreshments
- Muffins, scones and more
- A variety of games
- Open mic with performances from students across all year groups
- Ice Cream Van
- Raffle with fabulous prizes*

RSVP using this form by Wednesday 26th May: <https://forms.gle/6Jqiy7eZ2HGjSXRTA>

*If you would like to donate to the raffle please contact Julie Westmore on 07900556722.

If any parents would like to help the Friends of Mount House with the organization of this event, please contact Julie.

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 Year 11/U6 Garden Party



Careers

Mount House School will be holding its annual Careers Fair on Thursday 20th May. This event will give our students the opportunity to develop their understanding of the many career options and different pathways available to them.

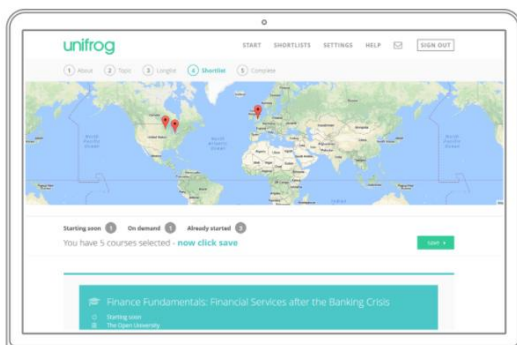
Some of the exhibitors we will be welcoming:

- ASK APPRENTICESHIPS
- CREATIVE ARTS
- LAW
- INTERIOR DESIGN
- MAKE UP ARTIST
- BANKING & FINANCE
- MEDIA & PUBLISHING and many more!!



Unifrog

In keeping with our commitment to provide students with outstanding careers guidance and tailored university application support when choosing their next step after school, we are excited to inform you that our Unifrog platform will be going live for Sixth Formers and Middle School after half-term.



Unifrog brings into one place every apprenticeship and university course in the UK, including every college at Oxford and Cambridge. This makes it easy for students to compare and choose the best university courses, apprenticeships or further education courses for them. They can also explore opportunities further afield by looking at English taught programmes in Europe in addition to the United States, Canada, Australia and New Zealand.

Unifrog can help students construct their Personal Statements, and for those applying in the United States, their Common Application essays. In addition, the platform allows students to investigate career opportunities, such as MOOCs and School Leaver Programmes. Unifrog makes it easy for students write their CVs and record their key skills and allows for teacher feedback. Students will receive training on how to use Unifrog in June.



Success Beyond School

Careers evenings via live online seminars for parents this term – relevant for students aged 12-18. Free expert advice on guiding your child to a successful career.

Please follow this link for more information: <https://investin.org/pages/parent-series>

Summer University

**The London Institute
of Banking & Finance**

Summer University

Experience student life in the City of London, learn from industry experts and make valuable connections with academics and peers. Summer University is a three-day programme offering essential insights into the world of banking and finance and the various career paths available to you.

Our next Summer University is:
31 August - 2 September 2021

Find out more at:
libf.ac.uk/summeruni

Visit libf.ac.uk/degrees
to discover more

outreach@libf.ac.uk
0207 337 6293/4

REACH

REACH is all about encouraging diversity in the banking and finance sector. Our events are designed to give you important insights and help you discover the key skills you need to succeed. Our next events are:

- Mature Learners in Banking & Finance - Friday 2 July 2021
- Women in Banking & Finance - Friday 5 November 2021

For more details, or to register visit: libf.ac.uk/reach

Drop in afternoons

To meet us more informally, you can attend a drop-in session. It's a great chance to ask questions, see the campus in action and explore what the City of London has to offer. To see our upcoming drop-in dates and to register, visit libf.ac.uk/drop-in. Alternatively, you can arrange a drop-in at a time and date that suits you. Get in touch with us at outreach@libf.ac.uk

School and college visits

We have a range of dates available throughout the year. To book a visit please contact Freddie McCann at outreach@libf.ac.uk

Open days

Open days are a great opportunity for you, your family and friends to meet our staff and view our campus and facilities. You can also speak to current students about their experiences.

- On campus - Saturday 24 July 2021
- On campus - Saturday 16 October 2021

To register for one of our open days, visit: libf.ac.uk/open-days

[@StudyLIB](https://www.instagram.com/StudyLIB) [@LIBFDegrees](https://twitter.com/LIBFDegrees) [in](https://www.linkedin.com/company/the-london-institute-of-banking-and-finance) The London Institute of Banking & Finance

HPV vaccinations

Year 8 boys and girls were vaccinated today.

Heard from the café:

"It wasn't as bad as I thought it would be!"



School Video

The new school video is ready to watch – it will be shown in Monday’s assembly and be available on the school website mounthouse.org.uk and social media, also on Monday.

The students and staff who participated were wonderfully helpful and the result is a video that we can all be proud of.



Social Media

Please follow, like and share posts with your connections:



@MountHouseSchoolBarnet



@MountHouseSch



@Mounthouse_school and @Mounthouseschool_artgallery



Mount House School