



NEWSLETTER 34 – 17TH SEPTEMBER

Message from Deputy Head – Pastoral Matt Kerr

Last week, Mrs Richardson introduced the focus of students having pride in everything they do and introduced pride as a recurring theme for this academic year. With this in mind, I decided to continue with the notion of pride for my assembly to the whole school this week and I thought it would be rather nice to share some of the content of that assembly in this week's newsletter.



Pride is described as a feeling of deep pleasure or satisfaction derived from one's own achievements, the achievements of those with whom one is closely associated, or from qualities or possessions that are widely admired.



Emma Raducanu, bursting with pride after her sensational victory in the US Open on 11th September

Human psychologists describe pride as: A conscious emotion characterized by the attainment of a goal, and that accomplishment resulting in recognition and approval from others in the group. Pride differs from similar emotions like joy and happiness as these can be experienced without anyone else's approval.

Pride is also a fantastic and colourful celebration of the sexual diversity of people. And while it is the festival of the LGBTQ+ community, it's a wonderful time for people from all backgrounds to join together and celebrate sexual diversity and support their LGBTQ+ friends. Pride celebrations typically take place during the month of June. You may hear more about these at an assembly later in the academic year.

Pride is also what all of your parents feel when you come home and tell them some good news about a maths test you scored well in; it is also the feeling that your parents have when maybe you didn't score so highly but they know you tried your very best.

I am sure many of us have taken the opportunity to watch the Olympic and Paralympic Games over the last couple of months – I have to say that when the Olympics are on and Team GB is in action it seems to galvanise the country and the nation wells up with pride. Alarm clocks all around the country are set for 5.30 am so as not to miss athletes take part in sporting events such as sailing, triathlon, skateboarding and badminton. Sports fans in towns up and down the land are proud to be British and really do get behind these superhumans who have sacrificed so much for so long in their quest for gold and glory.

There is one Olympian that I would like to focus on for a few moments. Ever since Tom Daley plunged into his Games debut at Beijing 2008, he has been tipped to win Olympic gold. But in a sport where injuries are common and China is all-dominant, that was never going to be easy.

Heading into Tokyo 2020, Daley still hadn't quite managed it. He'd won everything else diving had to offer, including three world titles, five European championships, and several World Cups. Add to the fact that Daley has had to overcome significant personal trials and tribulations while under the intense glare of a media spotlight almost his whole life, and one can start to understand just how tall his task was.

After winning bronze medals in London 2012 and Rio 2016, it was on 26 July 2021 in the Tokyo Aquatics Centre, 13 years after his Olympic debut, that the 27-year-old climbed to the top of the podium, diving to gold in the 10m synchro alongside his team mate Matty Lee.



Daley's gold medal was one of the most heart-warming moments of Tokyo 2020, due to the long and bumpy road he had travelled to get there. At the age of 14, Daley was selected to represent Great Britain at the Beijing 2008 Olympics. He became an overnight celebrity, but at the same time also started getting bullied at school. So, he moved to a sports-focussed college, which immediately paid dividends when he landed gold at the 2009 World Championships. The victory intensified the media spotlight on Daley, who was then to become the poster boy for Team GB at the London 2012 Olympics.

But just days before his 17th birthday, his preparations for the London Olympics were dealt a devastating blow when his father died from a brain tumour in May 2011. As you might expect, Daley was extremely close to his father, who had taken him to every training session and competition since he was seven years old.

Despite having to deal with this loss, Tom was able to win his first Olympic medal at the London Games - a 10m platform bronze – a significant achievement considering the pressure of the occasion and the emotional rollercoaster he had been on.

The following year, in 2013, Daley’s profile exploded globally. He released an inspirational video on YouTube announcing that he was in a relationship with a man. Speaking out about his private life put him on the front page of newspapers and magazines in countries all around the world.

In 2018, Daley decided to take a break from the sport in order to recover from several injuries and many wondered if the British diving golden child would ever return. During his break, Daley also became a father, and this proved to be the spark that brought him back to the top of his sport in time for the Tokyo Olympics. So, he decided he would have a crack at the Olympics in Tokyo, not to win a medal but merely to do his son proud.

He showed nerves of steel to execute a mesmerising final dive to grab the gold medal in the final dive of the competition.

Daley puts his success down to a number of factors: having a very close and supportive family, a single-minded desire to improve, a relentless work ethic, and a never-say-die attitude. But he also cites knitting, meditation, yoga and visualisation as playing an important role in his quest for gold. He revealed that these played a vital role in his mental health and keeping him focussed during competitions and his tough training schedule. He uses these pursuits as part of his mindfulness routine, as a way of escaping from everything and blocking out other distractions.

With only three years to go until the Paris 2024 Olympics, who knows if he will compete in what would be his 5th Olympic Games? But whatever he decides to do, he will long be remembered as a true proud British hero. You might not be the next Emma or Tom, but I do have one question that I would like to ask each of you this week: what are you going to do today that makes you, or someone you know, proud?

News from Mount House School Alumni

Miho Kondo of last year’s Upper Sixth has won a place to read Medicine at the prestigious University of Tsukuba, situated 30 miles outside of Tokyo in Japan. Born in Japan, Miho completed the later years of her education with us here at Mount House School, leaving us with A*s in Biology, Chemistry, Mathematics, Further Mathematics and Physics. Given its high ranking in Japan, the entrance examination to University of Tsukuba is highly competitive, however Miho passed at the first attempt and will commence her studies when the new academic year starts in Japan in April.



Congratulations Miho and we wish you all the best.

Mrs Patel



Our new Geography teacher Mrs Patel has joined us from an all-girls school in Johannesburg, South Africa. She and her husband (a lawyer) moved to Oxford and then London and are enjoying life here in the UK, although missing the game parks from their homeland. They love watching sport (especially cricket and tennis) and Mrs Patel is a keen squash player.

She's looking forward to running the Eco Club this year.

Welcome to Mount House, Mrs Patel!

Sport

Students at Mount House have taken part in a 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 importance of fitness and have applied their learning during cross-country lessons both on and off site.

Football at Hadley Wood Fields has been the main focus during games afternoons for all this week. Students have had the opportunity to develop their dribbling and passing skills through a variety of skills-based drills and modified games. Students have demonstrated their determination to develop and win which has been great to watch.

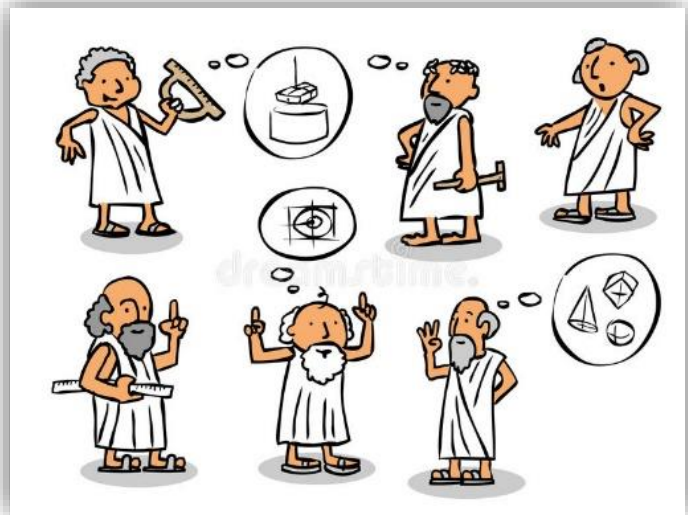
Co-Curricular sports clubs have been popular this week, starting with running club on Monday morning and finishing with the Key Stage 3 Football competition today. It is wonderful to see so many students active and taking part in their areas of interest.

Athletes of the week are:

Year 7	Florence Sunderland
Year 8	Grace Gakhar
Year 9	Leon Gradica
Year 10	Haydyn Carne
Year 11	Lily O'Callaghan
Sixth Form	Charlotte Wheatley & Jackey Ke

Why Study Classics?

*Latin is a dead language,
As dead as it can be;
It killed the ancient Romans,
And now is killing me!*



The Ancient Greeks and Romans were talented thinkers, scientists, architects and inventors. We owe a lot to them for how we live today. So, as part of the Year 7 and 8's introduction to Classics we have asked the students to consider **what** the study of Classics is and **why** it is still important today.

To help the students understand just how important Ancient Greek and Roman influence is on our modern world, we sent the students on a treasure hunt around the school, looking for answers to clues which highlight ancient influence. The students worked in teams to find the answers to the clues. There were bonus questions for each invention for more points. There were five winners of the treasure hunt who found all the items and answered the question to gain deeper knowledge: Calypso Malialis, Santi Scicchitano, Junior Gyami, Ava Adams and Sofie Bartek. Well done to these students who showed great perseverance and curiosity – qualities that will hold them in good stead for the future.

After the treasure hunt, the class had a discussion about which invention in the ancient society was the most important. *“The majority of the class said that **language** was the most important because without language you wouldn’t be able to communicate with anyone and tell them what you need to be done.”* Santi Scicchitano Year 8.

The homework task was for students to present what they had learnt about the importance of Classics to their parents, to persuade them it is a valuable part of their education. We even gave parents homework (apologies!) as we asked them to comment on their child’s presentation and to give reasons why they would like their child to study Classics at Mount House. Many thanks for your wonderful comments. One Year 7 parent commented:

“I am keen for my son to study Classics because it will enrich his educational experience. Classics teaches students to analyse and question with academic rigour. It also teaches the importance of attention to detail. Details matters as much in Latin as they do in Maths. Studies have shown a strong correlation between the study of Classics and high academic achievement. By learning Latin, my son will come to understand the root of many modern languages. Studying Classics will deepen his understanding not only of European history but also many concepts that underpin our modern society.”

A Year 8 parent wrote the following:

“Studying Classics can only have a positive impact on the students’ development, arm them with the knowledge they need not only to navigate their professional adult life but also to allow them to make the right decisions in their personal lives. In a world where people turn to Google and YouTube to resolve problems, let our children learn to think for themselves, form their own opinion, share them respectfully and grow into confident wholesome and happy adults.”



Head's Endeavour Award

Temideyo Yussuff-Shittu (Year 8) and Oscar Michaels (Year 8) were presented with the Head's Endeavour Award trophy in assembly this week. As part of the co-curricular programme last term, Temideyo and Oscar completed a number of challenges culminating in a five mile expedition through the wilds of the Cambridgeshire countryside and as a result they have both been awarded with the trophy.

Well done to both boys!



Guest Speaker



On Thursday 16 September, Steve Quartermain CBE was our first guest speaker of this academic year. He addressed Year 11 and sixth form students studying business, economics, politics and geography.

Steve was formerly Chief Planner in the UK and as a senior civil servant, he advised Cabinet ministers on all matters concerned with planning. Steve explained to the group the origins and history of the planning system and why planning was so important to the welfare and happiness of everyone in the UK.

In his interesting insight into the world of planning, Steve also explained that planning played a critical role in identifying what building developments are need and where, what areas need to be protected or enhanced and in assessing whether proposed development is suitable.

Steve was awarded his CBE for services to planning and he ended his presentation by explaining why planning may be an interesting and rewarding career to follow.

Following the main presentation, the Head, Mrs Richardson, hosted afternoon tea during which Steve continued to answer a number of questions posed by our senior students.

Our next guest speaker will be John Anderson OBE who was formally the CEO of Bovis Construction (Europe).

News from Friends of Mount House

On behalf of **FOMH**, I would like to extend a warm welcome to all our new parents, carers and students who have joined our wonderful and exciting Mount House School community.

What is FOMH?

FOMH is an association of parents, teachers and volunteers, who give some of their spare time to arrange social and fundraising events throughout the year.

Examples of events are Christmas and Summer Fairs, Sports Day Event, Quiz Nights, Proms Night and many more.

One of our most recent contributions to the school was a £3,000, 50% contribution to a new Robotics Club, established by Mr Brozny. The Mount House Robotics team will take part in national & international competitions (keep a close eye on the newsletter for updates).



FOMH is a not-for-profit association, which means 100% of all funds raised are re invested back into FOMH , to pay for events and support Mount House School.

As you'd expect, our membership is constantly changing year on year; as our older students move onwards and upwards, we welcome a new cohort of fresh new (hopefully eager) year 7s , together with their parents, carers and families.



This is where you come in. This term, we have had to say goodbye to several of our FOMH team, and as such we really would welcome your help. FOMH are looking for new members: the more, the better. We meet as and when required to discuss and arrange new events and activities. Meetings take place at school, or via a zoom meeting, at pre-agreed times.

So, whether you are interested in exploring what membership of FOMH involves, or are willing to be counted as a volunteer at a FOMH event, please feel free to contact either Julie Westmore or myself (Keith Brueton) for a chat.

Keith Brueton
Acting Chair – FOMH

Julie Westmore: jwesty@btinternet.com
Keith Brueton: kmbrueton@gmail.com

Second hand uniform

FOMH is currently putting together a pre-loved / second-hand uniform list that will be made available for parents who are wishing to purchase additional uniform.

If you have any old uniforms (blazers, pullovers, hoodies, trousers, skirts, P.E. shirts) that are in good condition, and you would like to donate them to the FOMH preloved uniform shop, please leave with Sheila in reception or email Julie Westmore at jwesty@btinternet.com.

Careers

Autumn Term Career Experiences with Investing are delighted to announce the launch of their autumn term career experience programmes, which our students can register for now.

Their programmes empower students aged 12-18 to take charge of their futures through live, interactive and hands-on sessions with top professionals. Students can choose from 28 careers and attend either in-person across 5 UK cities or live online.

They expect to be fully-booked for the Young Doctor, Engineer, Lawyer, Investment Banker, Software Engineer and Psychologist programmes by 30th September.

[To find out more, please check the website here.](#)



Apprenticeship Awareness
Assembly – Thursday 16th
September

Open Day

We are excited to finally be able to host our Open Day on Saturday 25th September 09.00 – 12.00. All students should be at school in full uniform (PE uniform if they are part of the sport demonstrations) by 08.45. It will be a great opportunity to show off the school to 160 families from prep and primary schools in the area. Snacks and drinks will be available for students in the LS art room throughout the morning.

Please carry out LF tests on Friday evening – and we will be asking the visitors to do the same. We will have hand sanitiser and masks available for visitors, and will be politely requesting that they wear masks indoors. Our tour guides should not wear masks as it's difficult to speak clearly with them on.

We will be holding as much of the Open Day as possible outdoors, including refreshments in the Courtyard, sports demonstrations on the MUGA and a talk from Mrs Richardson on the Cedar Lawn. All classrooms will be well-ventilated, with doors and windows open all morning.

