

# NEWSLETTER 38 – 15<sup>th</sup> OCTOBER

## Message from Mrs Richardson

As a busy half term draws to a close and we look forward to a short break, there is cause for much positivity. While students and staff continue to be affected by Covid, the rhythm of school life is returning to some sort of normality. Open days, sports fixtures, drama auditions and music ensembles are all happening, as well as the Carol service on Wednesday 8<sup>th</sup> December (more details to follow) - and mock exams will take place.



With mock exams for Year 11 and the Upper Sixth immediately after half term, those students will be busy. I do hope that in the two-week break they have some time off – it is important for their well-being that this is enforced.

For other students, half term homework is not being set. This is not because we don't expect students to engage in learning for two weeks, but rather that we would prefer a focus on the super-curricular. As a result, we are suggesting that students visit an art gallery or a museum, but also we are offering a few competitions that we hope students will get involved in, and which are detailed later in this newsletter: the annual Christmas card competition and a new book review competition.

In addition, I would like to set students and their families the challenge of watching The [Social Dilemma](#), available on Netflix and with a trailer on [YouTube](#). Parents and students are only too well aware of my concerns about the impact social media has on young people, and I will be clear that this film will not make you feel any more comfortable about what we are exposing our children to. It is absolutely essential that parents watch this film with their children, that parents control their children's access to social media and that parents ensure that parental controls are placed on their children's phones. Mr Kerr has kindly provided some more detail about the available parental controls in this newsletter.

On a lighter note, we are very much looking forward to the Friends of Mount House quiz night on 11<sup>th</sup> November. This is a great opportunity for parents to come into school and meet other parents as well as staff – and the staff can get quite competitive at these events! I am grateful to the Friends of Mount House committee for organising this event, and look forward to seeing you there. There is a senior leadership challenge going behind the scenes, so I am looking for volunteers to join my team and I know that Mr Kerr, Mr Phillips, Mr McCormick, Mrs Hillcoat-Hyde and Miss Smyth are also recruiting – do get in touch! I can't promise my team will win but I will of course be very disappointed if we don't!

I wish you all a restful break, and look forward to seeing students back at school on Monday 1<sup>st</sup> November.

## Social Media Parental Controls

Using parental controls and filters on web-enabled devices is something many parents usually consider *after* something bad has happened – this often involves an argument around the amount of time being spent online; an unpleasant exchange between “friends” on social media; or someone accessing or distributing disturbing and inappropriate

content. Rather than waiting for one of these scenarios to happen and having to deal with the inevitable fall out, it is better to put pre-emptive measures in place and discuss these rationally with your children. The most effective way for parents to control behaviour online is by using appropriate filtering tools and having open dialogue with their children.



Here are some helpful suggestions to help you control, filter and monitor online content on your child’s devices.

In the first instance try the parental controls built into your device's operating system. Every operating system, Windows, Mac OS, Android, Fire, or Mac iOS, has some built-in parental controls, which you can find in the device's settings. Usually you can set screen time limits for days of the week, add content filters and block specific sites. But please note that most operating systems require you to create individual user profiles for each family member in order to enable these restrictions.

Content blockers prevent children from accessing entire categories of content called "domains," such as all pornographic sites, all gaming sites, or entertainment sites. I would recommend starting with the free parental control site called **OpenDNS** which allows you to control all content on your home wi-fi network. **Circle Home Plus** and **Net Nanny** are similar, but fee-based products, which have all-in-one parental control features, these products may be useful if you require a more tailored approach to content filtering and monitoring.

With millions of messages being sent every day on social media, the chances of your child accessing inappropriate content is very high. There are a number of products which help parents monitor social media activity. **Qustodio** is able to help you monitor, filter and report the content of text based and social media messages. It is a fee-based service but is certainly worth considering if your child spends time using social media.

**Snapchat, TikTok and Instagram** are extremely popular social media sites but are also a source of much anxiety and abuse. In addition to blocking specific people, these apps let you disable features that could pose some risks for children. For example, you are able to turn off chat, restrict conversation to friends only, and hide your child's profile so that it will not show up in search results. Instagram's “Your Activity” feature shows you how much time you've spent in the app and lets you set limits for yourself. YouTube has a similar feature that reminds users to take a break. TikTok allows parents to set limits and remotely manage their child’s TikTok account from their phone using its “Family Pairing”.



All technology solutions have their advantages and disadvantages, so it is worth remembering that the best controls are the parents. Whilst technology solutions are able to block inappropriate content and impose screen limits, they can be difficult to manage, and children have a habit of circumventing some of the controls, they can also be a source of huge conflict. So, I would advise using a combination of some of these controls whilst at the same time set clear expectations, be consistent, and talk about what your child is doing online.

If you have any comments or questions about this article or would like to discuss any aspect of internet safety or your child's relationship with technology please let me know.

Matt Kerr  
Deputy Head - Pastoral

## ISA Regional Art Competition

We are very proud of some fantastic results with the 2 first prize winners going on to represent Mount House at the ISA National Art Competition in Coventry later on in the year.



Linda Wang: 1<sup>st</sup> prize fashion textiles



Elizabeth He: 1<sup>st</sup> prize  
photography



Goodness Olaifa: Highly commended painting



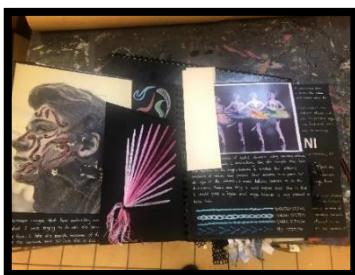


Lily O'Callaghan: Highly commended photography

Sadie Scott-Pickup: 2<sup>nd</sup> prize drawing



Keren Mulat-Weldemeskel: Highly commended sketchbook



Linda Wang: Highly commended sketchbook

Sadie Scott-Pickup: 2<sup>nd</sup> prize textiles





## House of Equality

The House of Equality celebrated Black History Month during Thursday lunchtime with snacks and music in the hall as well as a non-uniform day.



## Work Experience in Law

One of our sixth formers, Vivek Desai, would like to gain work experience in a law firm. If you are interested in helping him with this opportunity, please contact his tutor Mr Conyers [conyersp@mounthouse.org.uk](mailto:conyersp@mounthouse.org.uk).

## Music

We have a team of peripatetic music teachers who have spaces at lunchtimes and after school to teach the following instruments:

- Piano
- Double Bass
- Woodwind (flute, saxophone, clarinet)
- Guitar
- Cello

There's information (and a booking form) on the [website here](#) and in school on the music lessons board near The Hive about all of these teachers. Please ask Mr Whitehouse if there is another instrument you would like to learn that's not on the list.



## Sport

Students in Years 7 – 9 have continued to take part in orienteering this week and have linked their learning to design their own fantasy football league, which has allowed them to demonstrate the skills they have taken on board during the orienteering unit of work.

This week students across all year groups have taken part in inter-house football competitions with a fantastic spirit throughout the year groups. Students have had the opportunity to work with and support their peers whilst demonstrating a positive attitude towards taking part and a desire to win, whilst overcoming challenges on the pitch. Well done to everyone who has taken part.

Athletes of the week are:

Year 7	Santino Vazquez Williams and Kerensa Hatch
Year 8	Tara Porter
Year 9	Michael Miltiadous and Theo Whitehouse
Year 10	Emily Westmore
Year 11	Macy Flint and Olivia Richardson
Sixth Form	Katrina Taylor

Students in Years 7 – 9 took part in the Barnet Schools Cross-Country Competition on Tuesday and students from Years 7 and 8 played netball against Ashmole.

Games Sessions

YEAR	MICHAELMAS 2	LENT 1
7	4 week rotation: Netball/Badminton/Basketball	
8	4 week rotation: Netball/Badminton/Basketball	
9	4 week rotation: Netball/Badminton/Basketball	
10	4 week rotation: Netball/Badminton/Basketball	
11	Golf/Netball/Badminton	
Sixth Form	Golf/Netball/Badminton	
YEAR	MICHAELMAS 2	
7	HRE/Flag Football	
8	HRE/Flag Football	
9	HRE/Flag Football	



## Half term book review competition



If you read a good book over half term, you can win prizes by writing a review of the book and entering it for our Book Review Competition. Prizes will be awarded for Years 7 to 9; Years 10 and 11; and the Sixth Form. Entries should be emailed to Mr Nancarrow. [nancarrowp@MountHouse.org.uk](mailto:nancarrowp@MountHouse.org.uk)

## Half term Christmas Card Competition

### Christmas Card Competition 2021

The theme this year is:

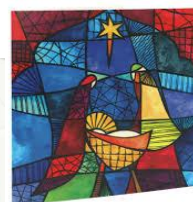
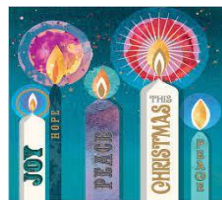
**Pride, Hope and Joy**

You should work on A5 sized paper and create a design that will work well as the school Christmas Card. Work carefully and creatively, making your image vibrant and colourful.

You do not have to add any words to your image.

Your materials need to be flat and suitable for printing from e.g. acrylic and watercolour paint, tissue paper and other flat collaged materials.

Hand in your design to your art teacher immediately after half term.  
Please make sure that your name is on the back!





## Christmas Extravaganza

Please save the date for the FoMH Christmas Extravaganza on **Wednesday 8<sup>th</sup> December from 16.00 – 18.00.**

Come back to school after the Carol Service to enjoy some holiday cheer.

There will be

- \*A raffle with fabulous prizes
- \*Mulled wine and hot chocolate
- \*Christmas wreaths, plants and cards
- \*Bottle Tombola
- \*Hoopla
- ... and more!



## Quiz night



There are still tickets available for the Quiz Night on **Thursday 11th November from 7pm** (doors open at 6.45).

Please remember to reserve your place to avoid disappointment. **RSVP by Tuesday 3<sup>rd</sup> November to [jwesty@btinternet.com](mailto:jwesty@btinternet.com) 07900556722**

Gather up a team of Mount House parents and come along. All you need is a little general knowledge, some inspired guesswork and an occasional dash of luck! Teams of 6/8 people. If you don't have a team we can put you in one. There will be complimentary soft drinks and nibbles. Bottles of wine will be available to purchase. Places are limited so grab your tickets now.

**Ticket Prices: £10 per person/£15 per couple** (all proceeds will go to Friends of Mount House and will be used to fund future activities and sponsoring school programmes such as Robotix club for the benefit of the students).





## Pre-Loved Uniform

Below is a list of what's available at the moment. Please email Julie at [Jwesty@btinternet.com](mailto:Jwesty@btinternet.com) for any enquiries.

DESCRIPTION	SIZE	CONDITION	PRICE
Girl's blazer	30"	Second hand	£5
	31"	Second hand	£5
	32"	Second hand	£5
	33"	Second hand	£5
3 x	34"	Second hand	£5
2 x	34"	New	£15
	36"	New	£15
	42"	New	£15
Skirt (Banner) 2 x	30" 20" length	Second Hand	£5
Jumper 2 x	34"	Second Hand	£4
2 x	38"	Second Hand	£4
Long-sleeved rugby shirt	30"	New	£10
	36"	New	£10
	38"	New	£10
P.E. shirt	30"	New	£10
	30"	Second Hand	£4
	size 10	New	£10
	34"	Second Hand	£4
2 x	36"	Second Hand	£4
Hoodie	Large	Second Hand	£5
Skort	Ladies size 10	New	£10
2 x	Ladies size 10	Second Hand	£4
P.E. shorts	32	Second Hand	£4



Leggings	Ladies Size 10	New	£8
	small	Second Hand	£3
Tracksuit top. 2 x	Age 10	New	£15
	Ladies Size 6	Second Hand	£5
	38"	Second Hand	£5
	Large	Second Hand	£5
	Size 18	Second Hand	£5
Tracksuit bottoms 2 x	Age 10	New	£10
	Age 14	Second Hand	£5
	Size 8	Second Hand	£5
	Size 18	Second Hand	£5
Ties	one size	New	£3
		Second Hand	£1

## Notice to Parents about Absence

If your child is going to be absent from school, please send one email to Sheila [absence@mounthouse.org.uk](mailto:absence@mounthouse.org.uk) and she will give the information to the right people. You can also call reception if that's easier. Please do not send an email to tutors, heads of year or the school administrator.

We do need to know where all the students are every day, so please be aware that unless you contact the school, you will be contacted via email or phone to request this information. It would of course save us a lot of time if you could email or call at 8.00! Thank you.



*We wish all the students, parents and staff a happy and restful half term. See you all on 1<sup>st</sup> November.*