



NEWSLETTER - 11th February

Message from Mrs Hillcoat-Hyde, Assistant Head
 Children's Mental Health Week - GROWING TOGETHER

Growing Together is the theme of this week's Children's Mental Health. **Growing Together** is about growing emotionally and finding ways to help each other grow and is something that we have all become very aware of over the past few years.

A survey published by NHS Digital identified that 1 in 6 children have a diagnosable mental health issue. It is important that we recognise this so that we can help and look after each other and find ways to take care of our minds.



Place2Be is a children's mental health charity that launched the first ever Children's Mental Health Week in 2015 and throughout the years they have continued to support, educate and shine a spotlight on the importance of children and young people's mental health. This year they have encouraged more people than ever to get involved and spread the word.

As children get older, it can be hard to know how best to be there for them as a parent or carer, and it can be challenging to adapt our parenting styles while our children grow and mature. Each stage of a child's development may require a new or different response as a parent, and this will mean learning a new way of doing things. It is important to know that we do not have to know all the answers as a parent, and we can learn and grow together with our children. Judah Racham, Programme Leader for Family Work, Place2Be, shares his advice on how we as parents can grow, learn and adapt. He identifies five ways that we can do this:

Be flexible and adapt

It can be easy to feel pressured to follow what other parents are doing, or to assume that what works for one child in a family will work well for another. Every child is different, but as parents and carers, we know our children best. There is no rulebook or official guide to parenting. It is important to take the time to learn what works best for our family. Sometimes, we may need to adapt or change our approach, but together as a family we can figure out what works well.

Be open to all conversations

It is important our children know that they can talk to us about anything and ask any questions they may have. Try to be open and accepting about what your child can talk to you about, even if it is a topic that you were not able to talk to your own parents about.

Create a dialogue that enables children to ask questions – they will appreciate the opportunity to ask you about things they are curious about. As children get older, they may



have questions about more 'grown-up' topics, so think about how you can talk about some subjects in an age-appropriate way. This might be uncomfortable, so it helps to think about what to say in advance, maybe with the help of another trusted adult. If our children know that they can talk to us about anything and that we are always there to listen, they are more likely to come to us when they need support or advice.

Do not make comparisons

It can be easy to compare our children to other children – be it comparing siblings, comparing to other children at school, or even children in popular culture. Try not to focus on what you think your child should be doing. It can also be easy to compare our children to how they were before, but as they grow older (both physically and emotionally), children are constantly changing. This growth is not always linear and sometimes there will be setbacks. Your toddler might happily wave you off as they go into nursery one day, and then cry when you drop them off the next. Your teenager might appear to be happy and unfazed by their exams one day, and anxious and stressed the next. This is all part of how we grow emotionally.

Prioritise your own self-care

If you fly in an aeroplane, you're told that in the event of an emergency you should put your own oxygen mask on before you put on your child's. This is because if our children lose consciousness, they are still breathing – but if we, as parents, lose consciousness, we won't be able to help our children. The same can be applied to all aspects of parenting. Taking care of yourself will put you in a better position to take care of your own child.

Take time to reflect

We live in such a busy world, so it's important to create moments to reflect on our own journey as a parent. Sometimes, we make the wrong decisions and that's okay. Try not to be self-critical. Just like our children, we are all learning and growing and making mistakes is part of that journey. Perhaps we overreact when our child does something wrong, or we don't listen when they're trying to tell us something. When things don't go well, reflect and consider other ways you could approach the situation if it happened again. If you can, have a conversation with your child about this too, so they know it's okay to make and discuss wrong decisions.

Remember as parents or carers, we are an important role model for our children. We do not need to be perfect - in fact seeing us make some mistakes can be really useful! What is important is that we are able to show them that we – and they – can continue to develop and grow even when things are hard. In fact, sometimes, this is when we learn and grow the most. Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

Further support and advice can be found on the Place2be website:

<http://place2be.org.uk/help>



YEAR 10 STUDY SKILLS & REVISION SUPPORT CONFERENCE

We have taken the decision to arrange a Study Skills/Revision Support Conference for our Year 10 students and their parents. Parents often ask how they can best support their children especially in preparation for the examination period. Therefore, it would be a good idea for parents to attend this conference and make themselves aware of study skills/revision strategies that can be used for all subject areas.

The Conference will include sessions on multi-sensory study/revision skills, practical exercises and student well-being. This represents a wonderful opportunity to promote the Mount House principle of a student, teacher, parent partnership. The Conference will be held at Mount House School on **Tuesday 1st March, 6.00-7.30pm**. If you and your son/daughter would like to attend, would you kindly email Mr Phillips (phillipst@mounthouse.org.uk) the names of those attending by **Wednesday 23 February**.

PE

This week students in Years 7 – 9 have drawn upon their learning from previous weeks whilst taking part in matches during handball lessons. Skills demonstrated have included defending as a team around the edge of the circle and positioning as a team for a counter attack. It has been great to see some students pick up a hockey stick during games sessions this week. For some this has been their first experience of taking part in hockey and has been a very positive experience.

In particular, Year 9 had an outstanding games afternoon. There were a number of girls who increased their skills in netball and several boys who grew in confidence during the hockey session. Alongside this a number of Year 9 students represented Mount House at the ISA hockey tournament and played exceptionally well (please see match the report below). We hope that the enthusiasm showed in the hockey taster sessions continues and would like to take the opportunity to remind you that Hockey Club is on Thursdays at 4pm.

Athlete of the Week

Year 7 Hari Chowdhary

Year 8 Anna Ranger & Omar Riaz

Year 9 Amelie Hilton, Mia Bushnell & Mona Vaseghi

Year 10 Darcie Dudding & Zac Webster

Monday 7th February U13 Netball v John Lyon School by Tara Porter, Year 8 Sports Captain

On Monday, Year 8 played a netball game against John Lyon and the outcome was excellent, the final score was 19-4 to Mount House. Overall, I think that everyone had really improved in netball and all the training had paid off. The school was really nice and the students were very kind and had great sportsmanship. We worked well as a team and I think that it affected the way we played in a positive way.

Wednesday 9th February U15 ISA Hockey Tournament

On Wednesday, the U15 boys' team and the U15 girls' team travelled to the Lee Valley Hockey and Tennis Centre just outside the Olympic Park. We arrived there with plenty of time to familiarise ourselves with the pitches and get a bit of extra training in. Both teams played well and it was encouraging to see students that have not played a lot of hockey put everything into the tournament.

Both teams came away with medals from the event, the boys were the 'New up and coming team' of the tournament and the girls managed to win silver medals in the 'Bowl' competition. Special mention must go to Darcie Dudding and Zac Webster for their outstanding performances.



Please find details for the week's fixtures after half term below:

Date	Sport	Age (Year)	Boys/Girls	Opponent	Staff	Venue	Leave	Start	Return
22.2.20	Netball	U14 (8&9)	Girls	Aldenham	PSM & NHI	Away	13:15	14:00	16:30
23.2.22	Hockey	U13 (7&8)	Mixed	Arnold House	AMU & DMA	Away	13:15	14:00	16:30



BLACK HISTORY MONTH

The sum of three hundred and six pounds six pence (£306) was raised by The House of Equality club during Black History month for the charity Stand Against Racism and Inequality (SARI).

Many thanks to Ayomide Soetan (Y11), Emmanuela Attakpah (Y11), Benecia Odogu (Y11), Sorcha Van Leevan (Y12) and Sylvia Raymond-Aliga (Y12) for their dedication in making this happen and thank you dear parents for supporting this cause.

Mrs da Rocha and Mrs Allman

GEOGRAPHY by Hibiki Hashimoto, Year 12

In Geography this term, we visited Hyde Park to learn about the Water and Carbon Cycle. The aim of the fieldtrip was to gain a better understanding of the Water and Carbon Cycle, which we study in depth at Geography A-Level and learn how to conduct a fieldwork investigation. This was my first opportunity to undertake fieldwork, and we visited the park for a day accompanied by two other schools.

In taking part I learnt about how to collect fieldwork data as well as how London's City parks teams are managing the impacts of Climate Change through the components of the Water and Carbon Cycle. For example, I assumed that trees in Hyde Park were randomly planted, however, after studying Carbon Dioxide absorption rates of different trees we found out that they have been planted strategically depending on the size of the tree and how much carbon it is able to absorb.

We also carried out investigations in soil permeability to understand how the park is used as a flooding management system to reduce flooding in the city centre. It was a valuable experience as an A-level student as I was able to collect and interpret data on my own and learn about Geography outside of the classroom.





ENGLISH POETRY by Year 8

The Night of the Scorpion

*I was crawling through the warm summer night until I came across a hut.
 I scurried over silks, patchworks, corduroy and velvets
 until I saw tall figures lurking around me,
 I felt threatened, I didn't want to die.
 I slowly crept up on my prey.
 Ready to attack, I injected my flashing tail into the victim.
 She let out a spine-chilling scream and crashed down to the floor. Her face was white.
 Cold sweat was dripping from her face,
 Her doe eyes were shooting back at me like daggers.
 Other tall figures surrounded the woman, crying and praying.
 I wanted to feel bad
 but I couldn't,
 After all, it was just my nature.*

By Tara Porter

The Rain was Falling

*The rain was falling heavily.
 It continued throughout
 the night
 as I searched for cover.*

*I walked slowly.
 Shadows and footsteps
 followed me as I searched
 for cover.*

*I enter a hut.
 Mud dripped from the
 walls
 as it splats on the floor.
 "What's that sound"
 The walls were closing in.*

*I tried to escape.
 They found me,
 Pounding their feet
 On the ground.
 It shakes. Contd.*




The Rain was Falling contd.

*The sound echoes in my ears
I'm trying to get away,
I run.*

*I hide in a dark corner,
Waiting to escape.
I tremble,
They approach me.*

*"What do I do"
My senses awaken.
My protection,
I have to sting.*

*The sting,
the scream
the sorrow,
she fell.
I hide away.
Close my eyes,
Hoping it will stop.*

*The wind howled, I was trapped.
I apologised.
Can I ever escape this fear?
No.
I'm stuck.*

*I try to get away.
I can't.
The rain was falling heavily
throughout.
The night.*

By Alicia Ormrod

I love me granny

*Me love me granny and me granny loves me
She come so far and she right next to me
She heard the streets were paved in gold
From her granny who sent for her when
she was only ten years old.*

*From sunny Kingston Jamaica she flew all alone
To cold England with wind and snow.
Me love me granny me granny loves me
She comes so far and she right next to me.*

*Her dinner so sweet
The juicy seasoned meat
Finger lickin chicken
And the curry goat meat
Rice and peas laced with coconut milk
Taste so good on my tongue like silk*

*Me love me granny and me granny love me
Without my Jamaican heritage
Who would I be?
The music and culture is what it is for me.
Jamaica, Jamaica is the place for me.*

By Omar Riaz

I luv me Mother

*I love my Mother and my Mother Loves me
She went on vocation, fell in love and had me
But first let me tell you her story
Listen up because it is quite gory.*

*She experienced war
And way much more
She used to work for long hours
When I was younger,
I thought she had superpowers.*

*When she got married, she retired
Her working days had expired.
Two years later she had a child
The first time she looked at me she said she smiled.*

By Sotirios Papathomas

DRAMA

The rehearsals for Oliver! are underway and over the coming weeks the momentum will build as the cast get into role and get ready for their dress rehearsals and final production. There is still time for students to get involved if they would like to be part of this exciting school production. Please speak to Ms Dawson.

Here is a picture of some of the cast rehearsing after school this week.



Performance dates for Oliver

Wednesday 30th March and Thursday 31st March

SAFER SCHOOLS POLICE VISIT

On Wednesday 9th February, a safer schools Police Officer visited MHS to talk to Year 7 through to Year 10. The officer talked about crime and victims of crime with a particular emphasis on social media.



EXTRA CURRICULAR CLUBS

Hockey Club – Thursday at 4pm



Varsity Club – Thursday at 4pm





Friends of
MOUNT HOUSE



Family Bingo Night

Please save the date for the Friends of Mount House **Family Bingo Night** on **Friday 11th March at 7pm.**

There will be a game of Heads n Tails to get the night started. Prizes for the Bingo winners. Refreshments and more. Details to follow after Half Term. We anticipate a night of fun with teachers, students and parents.

Second Hand Uniform & Lost property

We have updated our list of Second Hand Uniform and Lost Property. Please get in touch with Julie – jwesty@btinternet.com if you need anything.

Wishing you a lovely Half Term.

Second Hand Uniform and Lost Property – Please see the two attachments

£55 was raised for Noah's Ark Charity which was collected at Reception this half term from the sale of face masks.

FORTHCOMING EVENTS

WEDNESDAY 23RD FEBRUARY - Virtual talk by Holocaust Survivor, Ivan Shaw (ne Buchwald)

TUESDAY 1ST MARCH – Year 10 study skills and support conference

THURSDAY 3RD MARCH – Motivational Speaker Jacob Knox-Hooke speaking to 10,11 & 6th form

FRIDAY 4TH MARCH - Working Open Day

SATURDAY 25TH JUNE - Open Day

Please tell friends and family who are looking at secondary schools about our forthcoming open days. They can book a place on our website at www.mounthouse.org.uk