

NEWSLETTER – 14TH JANUARY

Message from Ms Smyth, Assistant Head

On Monday morning Miss Hassan spoke to the whole school about Islamophobia. This was a powerful assembly which gave students a very clear explanation of Islamophobia, as well as reinforcing the vital message that we are all entitled to have our own identity and should expect to be treated as equals. The assembly built upon the workshops delivered by Stand-Up! in June and November 2021 which Year 8 and 9 have taken part in, focusing on anti-Semitism and Islamophobia, as well as the work of the House of Equality. Miss Hassan reinforced for all of us the importance of taking collective responsibility when we see and hear unkindness towards others. Mount House staff and students must continue to work hard to ensure that we are an inclusive school, and that all students regardless of creed, colour or sexual orientation feel welcome and feel supported. It has never been acceptable to be a 'bystander', and as a school we would like to see students behaving as 'upstanders'.



15 students who have taken this message seriously are our upstanding Anti-Bullying ambassadors. We have had the privilege of hosting the prestigious Diana award training in school this week and as of the 12th January we have 15 trained Anti-Bullying ambassadors at our school. They have earned Diana award badges and I look forward to presenting these to the students in an upcoming assembly. The students were upskilled throughout the afternoon learning up-to-date facts about bullying trends, unpicking the language required to diffuse difficult conversations, practising the three steps to supporting a peer and understanding the different types of bullying behaviour.



A key message to the students was that we must treat bullying as a **behaviour** that can be tackled! As it is a **choice**, it can be **challenged** and it can be **changed**. All students are valuable human beings, both the target of bullying behaviour and the perpetrator. Echoing the sentiments from Miss Hassan's assembly, our Anti-Bullying ambassadors have taken on these important roles to be responsible for making our school the most inclusive, kind and respectful community it can be. They have volunteered to educate the

community about the different types of bullying, how to protect yourself online and where to seek help and support, should you need it.

For those of you who are not aware of The Diana Award and the outstanding work they do. The Diana Award is a youth charity founded in memory of Diana, Princess of Wales and her belief that “young people have the power to the change the world”. They work with young people to “empower them to make that positive change.” They firmly believe that young people are the real changemakers and are the key to tackling issues such as bullying in our society. The Diana Award’s Anti-Bullying work is supported by HRH The Duke of Cambridge and engages young people, parents and adults to change the attitudes, behaviour and culture of bullying by building skills and confidence to address different situations. Over the course of the next year I am going to be working with our team of Anti-Bullying Ambassadors on various campaigns to continue our journey to ensure that we are an inclusive school.

THE HEAD’S ENDEAVOUR AWARD

CALLING ALL YEAR 7’s and 8’s.

As part of the co-curricular programme, Year 7 and 8 students are encouraged to engage in the Head’s Endeavour Award, which involves a set of tasks and activities to be completed and assessed throughout the School year. The programme starts this term and the tasks include the reading of an approved book of fiction or non-fiction (with an assessment upon completion). There is also an opportunity to give a presentation in front of an audience made up of their peers.

The Award culminates in a full day expedition to rural Cambridgeshire in the Summer Term. With the aid of a compass and Ordnance Survey map the students will have to navigate their way around villages and the countryside. In preparation they will learn map reading skills.

Those involved in the Head’s Endeavour Award are assessed and awarded points for each of the tasks. The competitor who achieves the most points will win the Award. The tasks also represent an excellent preparation for those who wish to embark upon the Duke of Edinburgh Award Scheme in the future. It is also regarded as sound training for school leadership roles!



The winner of this prestigious award will receive the Head’s Endeavour Award Trophy at Speech Day at the end of the School year. For further information please speak to Mr Phillips or Mr Boonzaier.

Those involved in the Award meet every Thursday in Room 2 at 4.10pm.

YEAR 11 REVISION SUPPORT CONFERENCE

On Tuesday, Year 11 students and their parents were invited to a conference held at the School to listen to presentations on revision for examinations. In addition to helping students to revise effectively, the intention of the conference was to advise parents on the best ways of supporting their children through what is always a stressful period. Mr Phillips gave a presentation on revision planning and strategies.

Mrs Wiltshire produced an engaging talk on the importance of Multi-Sensory Learning. In its simplest form, multi-sensory learning is about putting information onto as many of the short-term memory shelves as possible so that the central executive can make a bigger 'chunk' in Step 3. If we can 'input' our learning in a phonological, visual, spatial and semantic way we are engaging more of our senses and making a bigger memory chunk.



Mr McCormick's practical presentation was based upon mind mapping at the end of which parents were required to produce a revision mind map on a biology topic!

We intend to hold a similar conference for Year 10 students and their parents at the start of the Summer Term.

CO CURRICULAR CLUBS

Please find attached a list of co-curricular clubs for the Lent Term.

VISITNG OLYMPIANS

On Thursday January 20th we are looking forward to welcoming Helen and Kate Richardson-Walsh to Mount House. Helen and Kate will meet some of our students and will be giving a talk to students in years 7-10 in the afternoon.

Helen is a double Olympic medal winning British hockey player, winning bronze at her home Games in London 2012 and gold at her final Olympics in Rio 2016 – where she was one of only two players to score during a tense penalty shootout in the final. Having played international team sport for 18 years, including 4 Olympic Games, her knowledge of high performing teams and what it takes to win as individuals and teams is world leading.



Kate, a double Olympic medallist, captained the GB squad for 13 years and alongside Helen brings personal insight into how to lead, build and drive a high performing team environment. Winning bronze at London 2012, having suffered a fractured jaw early in the Games, Kate finally stood at the top of the podium with her teammates in Rio 2016.

Should any parents/siblings wish to meet Helen and Kate there is another opportunity at Southgate Hockey Club in Trent Park on Saturday 22nd January. You can book tickets via Southgate Hockey Club at <https://pay.gocardless.com/billing/static/collect-customer-details?id=BRF0000617F3RDACCFY5MBQCQDTZ3WS76&initial=%2Fcollect-customer-details>

SOUTHGATE HOCKEY CLUB
IN CONVERSATION WITH
HELEN & KATE RICHARDSON-WALSH

TICKETS ONLY
£15!



An Olympic-winning approach to building better teams

WINNING TOGETHER

Helen Richardson-Walsh and Kate Richardson-Walsh

Join us on
Saturday 22 January 2022, 7pm onwards.

We will talk to them about their new book they have released, life after the Olympics and much more!

The evening will include exclusive access as well as a signed copy of their new book "Winning Together".

Buy your tickets / gift voucher today to book your spot, it's the perfect stocking filler / secret santa gift

everyone welcome!



CAREERS - From ways to improve your CV, to how to balance work and study as a student, here are 5 careers advice articles for **you**.

1. Top 5 ways to improve your CV

As a student, you might know you have the skills required for the jobs, but struggle to back them up with experience. [Check out these five practical ways that you can improve your CV](#) by gaining work-related experience while you're still at school.

2. How to balance work and study as a student

It's a dilemma that lots of students face - how can I strike a balance between working and studying? [Find out how you can strike the right balance with these tips.](#)

3. How to help your child with job applications

As a parent, you can provide a helping hand to make sure your child has ticked these boxes in their application. [We explain how in this guide.](#)

4. Job versus career: what's the difference and why should I plan ahead?

You're probably surrounded by parents, teachers and careers advisors, all telling you that it's time to think about your career. But what does this mean, and why is it about more than just getting a job? [Find out why it's important to start thinking about.](#)

5. What are soft skills and why are they important?

Soft skills is a term often used by careers advisors and employers to describe the kind of essential personal skills and social capabilities people need to be able to do most jobs. [Find out about some of the key skills that will help you in the future.](#)



PE

Since returning this term students in Years 7 – 9 have taken part in table tennis and handball. The focus in table tennis has been the backhand push which students have demonstrated in isolation and within modified matches. Those who have taken part in handball have developed an understanding of the rules of the game and how to pass the ball.

During games lessons students in Years 7 – 9 have continued with their rotation of activities (netball, basketball and badminton) and will change and take part in their final rotation from next week.

Year 10 students took part in hockey and basketball this week. This was a great opportunity for students to squeeze in an additional hockey training session ahead of forthcoming fixtures.

Students in Years 11 – 13 took part in golf and netball. Those who went to Old Fold Manor had the opportunity to develop skills through working in the driving range and on the three-hole training course.

Athletes of the week are:

Year 7 Yik Yuen Fung

Year 8 Ava Adams

Year 9 Philip Kyriacou

Year 10 Haydyn Carne

Year 11 Aimee Issaccs

Sixth Form Stefano Paternostro



The co-curricular sports programme has got off to a good start with students taking part in a variety of existing and new sports and we continue to encourage as many students as possibly to join us this term.

As many of you are aware our students thoroughly enjoy trampolining and we wanted to inform you that we hope to offer trampolining to all year groups later in the term. The reason for not being able to offer sooner is because the trampolines require an annual service often followed by routine maintenance. Following the previous service one trampoline is awaiting routine maintenance and unfortunately due the current circumstances there has been a delay in organising for an engineer to come to the school. As soon as both trampolines are in action, we will inform you of planned sessions.

Upcoming Events

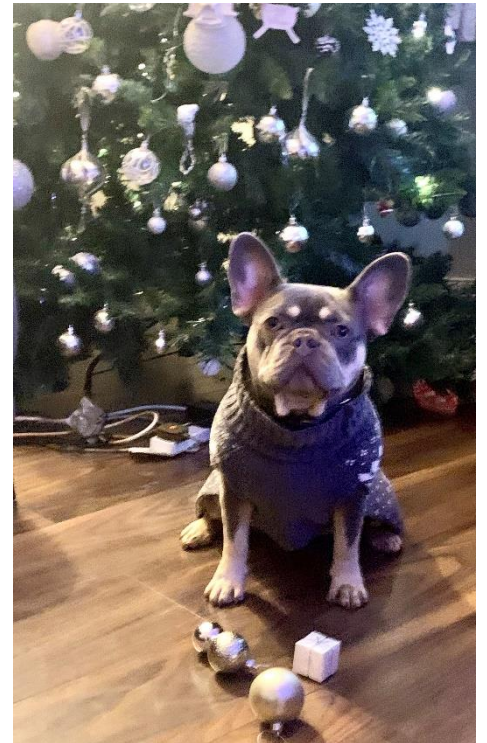
Monday 24th January	Late 11+ Assessment Day for Year 7 entry in 2022
Thursday 20th January	13+ Assessment Day for Year 9 entry in 2022
Thursday 20th January	Sixth Form Transition Evening 4pm – 6.30pm (for internal Year 11s and external applicants)
Tuesday 25th January	Guest speaker, Mythily Katsaris, partner for Fladgate LLP Speaking to Year groups 10, 11,12 and 6 th form.
Friday 4th March	General Open Day

WINNER OF 'PETS AT CHRISTMAS' PHOTO COMPETITION

This is Kiki and she is a French bulldog who is 1 year and 8 months old.

Kiki helped to decorate the Christmas tree with the baubles, whilst wearing her festive Christmas jumper !

Thank you to Georgie Georgiou in Year 8 who sent us in this picture of her dog. Please come in and collect your prize from Admissions.



COVID 19 UPDATE

Changes to the self-isolation period for those who test positive for COVID-19

From Monday 17 January, people who are self-isolating with COVID-19 will have the option to reduce their isolation period after 5 full days if they test negative with a lateral flow device (LFD) test on both day 5 and day 6 and they do not have a temperature. For example, if they test negative on the morning of day 5 and the morning of day 6, they can return to their education or childcare setting immediately on day 6.