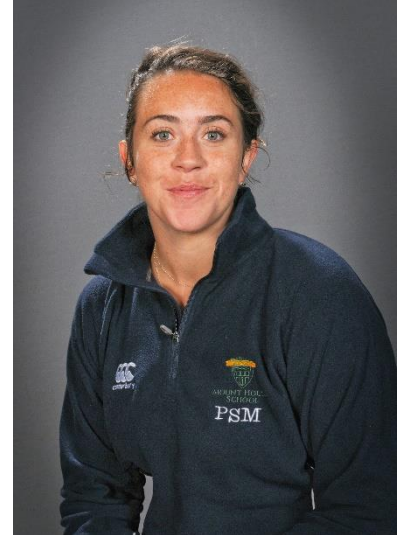




NEWSLETTER – 4th March

Message from Ms Smyth – Assistant Head

This week I had the pleasure of presenting to our Year 10 parents at an evening conference. The main thrust of my message focused on the age-old wisdom of ‘from happy little acorns come successful outcomes’ or, put simply, happy students achieve! Nurturing and inspiring every individual at Mount House are things that we take very seriously and is at the centre of all we do. Conversely when parents are asked what they want for their child, all will say exactly the same thing. So, I wanted to use this opportunity to strengthen this message as a community and share helpful ideas to maximise our agreed universal goal of promoting health, wellbeing and happiness.



Mrs Roy attended a youth mental health conference recently, which highlighted the importance of teacher–student relationships on student mental health and their ability to learn post-lockdown. They spoke about epistemic trust, which is a person’s ability to trust appropriately in sources of knowledge. In order to thrive, young people need to learn and benefit from their social context, but they will only do this when they trust the environment. Having been through two lockdowns, their exposure to teachers (and therefore their ability to identify us as trustworthy and relevant sources of knowledge) has lowered, while their exposure to information (misinformation) through social media has increased.

In order to gain their trust so they are willing to learn from us, students need to feel that we understand them as individuals. Getting to know the person behind the student and building positive relationships is key. One way we do this at Mount House is the use of the EMR method:

- Establish - intentional conversations to cultivate a positive relationship.
- Maintain - ensure regular positive interactions to prevent the quality of the relationship from decreasing over time.
- Restore - Reconnect - Repair – Restore

Opportunities for deliberate execution of EMR happen in our weekly 1:1 sessions with tutors, meetings with Heads of Section, in lessons, clubs, PSHEE, RSE, in the use of the Hive and leadership opportunities. It is essential that students access these regular points of contact and we recommend that all students get involved and attend all these relationship EMR touchpoints. Establishing EMR is also possible at home and in other contexts that young people find themselves in. Try utilising the 5:1 ratio of positive to negative interactions. This

will help to rebuild this epistemic trust and go towards facilitating our students' trust in education.

Another concept I want to weave into this whole school message is that of the 6 pillars of wellbeing.

6 pillars of wellbeing



3

These 6 pillars are the foundation to promoting and establishing healthy habits that support an individual's wellbeing and overall ability to be happy. You may have thought I was going to write about something revolutionary and cutting edge, but these 6 individual aspects of wellbeing are the backbone to supporting positive outcomes for our young people. They are as 'old as the hills' but throughout lockdown many of these pillars were neglected. It is essential that we encourage each other to reflect on which pillars we neglect and need to develop. Being part of Mount House School means that you have many opportunities to experience all of these. The connection that comes from being in a team, club or house and the relationships that grow thereafter. Doing something positive by taking part in Inter-house activities, choir or student council. Giving to charity or helping in The Hive at break or lunch. When we do positive things, we feel good about ourselves! We feel that we have value and we value other people as a result. These are all very easy wins and the gains are huge. Often when I speak to students when they feel anxious or the wheels have fallen off, examination of these 6 pillars usually materialises with one or more of these aspects of wellbeing being absent. So, over the weekend when you have some downtime after, sleeping well, eating well and doing some physical activity, give yourself a rating 1-5 for each pillar and do something positive for you and the acorns in your life.



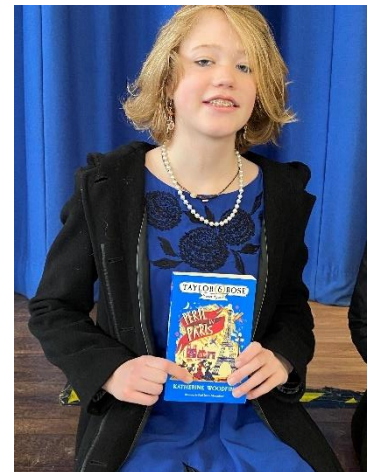
Feed each of these pillars. Nourishing these will see positive outcomes, as happy students achieve!

make
yourself
a
PRIORITY

World Book Day

World Book Day took place on Thursday 3rd March this week. Students and staff were invited to come to school dressed as their favourite book character. The students were asked to make a £1 contribution for this privilege and the proceeds will go to the Noah's Ark hospice for children.

A competition for the best costume took place at lunchtime and it was great to see the effort and detail that had gone into the costumes. The winners will be announced in Monday's assembly. All students received book tokens to be spent on a book of their choice.



Guest Speaker

On Thursday we welcomed our guest speaker Jacob Knox-Hooke from, Operations Director for a media company called PHD Global Business. He delivered a very inspirational talk to our Year 10, 11 and sixth form.



Routes into STEM

By Emir Yurtseven Year 9

During the half term I took part in a three-day STEM course where I learnt many new skills. On the first day I went to Oaklands College where I learnt how to solder and how to 3D Print a key ring with my name on it. I enjoyed this day as I learnt 2 skills and I enjoyed doing the activities with new people and making some new friends. On Day 2 I went to the University of Hertfordshire where I heard from some students talking about the jobs that they are looking to do in the future.

My favorite talk from the students was when we were taught and listened to a talk about biomedical science I enjoyed it because the speaker was very enthusiastic and passionate about his subject. Later on that day, we took part in 3 lectures from professors to give us a taste of what it would be like if we were to go to university. I enjoyed all of the lectures however the lectures about mathematics was the most interesting as I learnt where maths came from originally (it was India). Finally, on Day 3 we were very lucky to have a day at Mitsubishi Electric. This day stood out for me as I saw what the different types of workers would do. Throughout the day we saw the different features of Mitsubishi Electric and I particularly enjoyed controlling the robots. This was fun as we programmed the robots to pick up a dice and put it back down using commands recommended by the workers. Overall, I am very thankful I took part in this course and am looking forward for the future courses.

By Krrish Patel, Year 9

I was very fortunate to successfully enrol on the roots into STEM course during the February 2022 half term with The EDT (Engineering Development Trust). This was a 3 day experience to get an insight into STEM based careers (Science Technology Engineering Maths). The course involved spending a day at a college, university and a workplace.

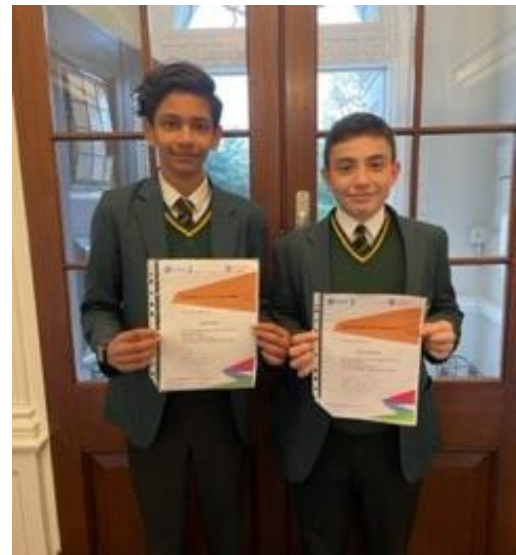


MY SOLDERED CIRCUIT



MY WOODEN AEROPLANE

I really enjoyed my experience at the ROUTE STEM course and I would love to do it again. I am very glad I took this opportunity because I have learnt so much in those past three days. It helped me build on skills like presenting, creativity, teamwork as well as meeting new people and making new friends. To finish off I was awarded an Industrial Cadet at Bronze Level through completing my EDT Experience.



Careers

Parents' and Carers' Pack

March's edition of the Parents' & Carers' Pack is now available [here](#), packed full of interesting articles about the success of National Apprenticeship Week, an insight into the life of an apprentice and so much more.



PE

This week students in Key Stage 3 have been still focusing gymnastics. Year 7 have been starting to look at making a routine using certain elements. Year 8 have been looking this week at intro to flight and using our specialist equipment in a safe manner. Year 9 have continued with their group work and really starting to perfect their routines ready for filming.

It has been great to see so many students engaged in football during Games sessions this week. It has been wet and muddy but this has not stopped girls and boys taking part, developing skills and playing matches.

It is important that students wear the correct footwear as this enhances their learning experiences – we suggest that students wear football boots when taking part in sessions at Bartram's Lane, but do also ask that students have trainers in school as well.

Athlete of the week

Year 7	Atlanta Demetriou
Year 8	William Arnold
Year 9	Philip Kyriacou
Year 10	Dara Koleva
Year 11	Olivia Richardson
Sixth Form	Katrina Taylor

Hockey Match

The U15 Boys Hockey team had a home fixture this week against Aldenham. We made use of Southgate Hockey Club's fantastic venue and the game was extremely close. It started off with one way traffic against Mount House but the boys managed to hold it to 1-0 at half time. Mr Van Leeven gave an uplifting team talk and the boys came out in the second half ready to win. Unfortunately, the match ended 2-1 to Aldenham but some brilliant performances again from Krrish Patel and Zac Webster. Can't wait to see what the future holds for this boys' team.

Mr Mullins

Fixtures Next Week

Date	Sport	Age (Year)	Boys/Girls	Opponent	Staff	Venue	Leave	Start	Return
10.3.22	Football	U15 (9&10)	Boys	Normanhurst	AMU	Away	13:15	14:15	16:30
10.3.22	Netball	U15 (9&10)	Girls	Normanhurst (TBC)	PSM	Away	13:15	14:15	16:30

Drama

On the 5th March, five Mount House students will be taking LAMDA exams. LAMDA exams are Speech and drama exams that are accredited by the government and as such are worth UCAS points. (UCAS points are gained in grades 6, 7, and 8 of the LAMDA Exams.) LAMDA classes also count towards the skills section of The Duke of Edinburgh Award.

Students are currently taking exams in the following subjects:

Public speaking: Learners write their own speeches, research the topics, create visual aids, and present them from memory. Some students have created speech's around cubing, keeping healthy and the environment.

Acting: Here we develop their vocal, physical, and interpretive skills while they delve into characters and explore the background of dramatic texts. At Mounthouse we have prepared comedic monologues and a mysterious duologue.

Verse and Prose: Improving the clarity of speech and memorisation students also build an understanding of poetry and prose which supports studies in English literature. For the exam, students are performing extracts from their favourite books and reciting thought-provoking poems.

I believe in nurturing and developing individual talent, each session is specifically designed to meet the needs of the students. Exams at least once a year however if students wish to progress quickly they could do up the 2-3 a year.

LAMDA currently takes place on Wednesdays with Jennifer (Lead coach at Wren's Drama and Tuition) . Please contact Jennifer for more information about classes

Jennifer@wrenstuition.com <https://www.wrenstuition.com/>
07713445704

Wishing the students the best of luck with their upcoming exams.

Speakers Corner

On Monday Fred Davies, Year 7, spoke to the whole school about the growing influence and importance of Cryptocurrencies and NFL.

Fred spoke clearly and confidently. His speech reflected great knowledge and was incredibly informative. His speech was warmly received by all year groups which led to him receiving two rounds of applause!! Fred collected his certificate and prizes from the Headteacher and

Speakers Corner at the end of his presentation. Well done Fred. 😊

*The next Speakers Corner presentation will be in two weeks time led by Harry Chowdhary

Speakers Corner is open to anyone from year 7 -13 who wish to bring to the attention of the whole school any issue,subject or topic that they feel that we should be aware of.

Please contact Mara or Alex in Y12/13 if you would like the opportunity to participate in Speakers Corner.

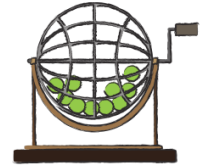


Extra-curricular

Origami Club

Thank you to everyone who attended our very first Origami Club session yesterday! Our talented pupils made an array of objects such as cranes, planes and roses. If you'd like to get involved in our creative space, please attend every Wednesday at lunch-time (13:30-13:55) in Room 8. Miss Hassan 😊





Family Bingo Night

FRIDAY MARCH 11TH AT 7PM.

*Tickets are now on sale - £ 15 per family or £ 5 per individual

*10 Rounds of Bingo - Prizes for winner of each round (included)

*Refreshments - Juices and Water (included)

(Parents/Staff wanting to drink alcohol, can Bring their own Beer /Wine with glasses)

*Heads N Tails - £2.



*Door Raffle - £1 for 5 tickets

The Pizza Gig will be making their amazing Freshly Made Pizzas on sight
11" Pizzas are £10 - preorder by March 9th.



Choices: M - Margherita
P - Pepperoni
H - Ham and Cheese
V - Vegan (aubergine, mushrooms,
olives, onions, peppers, with vegan cheese)



Simply Scan the QR Code below, Enter Ticket Price plus £10 per pizza required.
In reference please put Student/Staff Name, Yr and Letter Choice of Pizza(s)
Eg. £35 - Alice yr8 M, P - (1 family ticket with Margherita plus one extra Pepperoni)



Money raised will go towards new water fountains for the school as per request by School Council.



Calling All Mount House Staff, Parents & Carers

Bingo Night - Friday 11th March at 7pm

The past two years has meant that opportunities to meet up have been very limited, to say the least. We believe that these occasions are great opportunities for saying hello in a more relaxed environment, helping to build relationships, and of course to have some fun together! We would love to see you on the night and would really appreciate it if you could come along. You may be one of the lucky ones and win a prize. Bingo! You'll also be helping us raise money for much needed water fountains! Thank you for your support

P.S. If you can't make the Bingo Night but would like to make a donation towards the new water fountains for the school that's possible. Simply scan the QR code and put **Donation** in the reference. For those who prefer not to send money online, simply put your fee in an envelope with student's name, year and pizza order and hand it to the school reception for Family Bingo Night

A huge **Thank You** to those of you who have already purchased tickets and ordered those Yummy freshly made pizzas! See you on the 11th.

The team - FOMH

FORTHCOMING EVENTS

WEDNESDAY 11TH MARCH –

Friends of Mount House Family Bingo Night

WEDNESDAY 30TH & THURSDAY 31ST MARCH –

Performances of Oliver!

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