

# NEWSLETTER – 6<sup>TH</sup> MAY 2022

## Message from Mr Phillips – Deputy Head (Pastoral)

HERE WE GO AGAIN – EXAMS ARE BACK!

The exam season is upon us once more after a break of two years. Nobody really enjoys preparing for, and sitting, exams and as Charles Caleb Colton, the 19<sup>th</sup> century clergyman and writer, remarked: ‘Examinations are formidable even to the best prepared, for the greatest fool may ask more than the wisest man can answer.’ I still vividly remember, as I was about to sit my O levels (the old-fashioned term for GCSEs), that I was somewhat irritated by having to take exams at the start of the English cricket season. What a ridiculously silly time to revise having just endured the grey and cold winter months with their typical air of gloom and eucalyptus! The glories of the summer awaited but I, along with thousands of others, were stuck inside learning, among other things, quotations from British history!



Most of us are aware of exam stress and the feelings of fear and anxiety that preparing for exams can bring. However, it’s important to keep things in perspective – exams are not the most important things in our lives. They are only a small part of the very big picture and they are not the only measure of success. Try to keep in mind that exam results do not define who we are and always remember that health and happiness are far more important.

However, I would never advocate that you should never try and that you should strive to achieve the best you can. Failure or underperformance can be sad, but the saddest thing is not to try at all. I have always believed in the virtues of hard work as it can furnish you with a sense of achievement and worth. It can bring about fulfilment and help with well-being.

But, not worrying about exams is sometimes beyond us and it’s entirely natural to strive to perform the best you can, even if this comes with a degree of stress and anxiety. But there are strategies that can be employed to help you deal with the stress you might be feeling.

It is important to be organised. Produce a revision schedule and break your revision down into small chunks. Once you’ve got a plan, you won’t have any dilemmas at the start of the day about what to revise for. Be realistic and schedule in plenty of free time to unwind. Nobody can work all day every day. Don’t set yourself ridiculous goals – nobody can revise 10 topics a day! Also, don’t worry if you go slightly off schedule – tomorrow is another day! Take frequent breaks. Psychologists suggest we can only concentrate effectively for 30-45 minutes. When you take a break make sure you move away from your desk – get some fresh air. Go for a walk as exercising is one of the most effective ways to de-stress.



Think about what works for you and when and where you work best – not everyone is a morning person! Try to get about 8 hours' sleep a night. In your free time find activities that help you relax. We all revise in different ways. Some people prefer to read, others make notes or draw diagrams and mind maps. Others prefer to talk things through. I used to read through things twice and then go for a long walk in the Cambridgeshire countryside and recite! We all do things differently and that's absolutely fine. Don't compare yourselves to your friends – it can be really stressful when you think that others are revising more than you. The reality is that they may well be feeling just as worried as you!

Mix up your learning styles so revision doesn't become boring. You could consider watching YouTube tutorials or make PowerPoint presentations – this not only tests your memory but also your ability to retrieve information from memory and verbalise it. Sometimes revise outside as vitamin D is good for you as is fresh air. You may feel a renewed sense of motivation from the change of scenery. Revise with others and test each other to discover gaps in your knowledge. Be brave and get your parents and siblings to test you. Move around as exercise is good for increased focus and improved memory. Lastly, eat healthy – you will be less lethargic and more energetic.

Finally, whether you are sitting external or internal exams, your teachers will be with you all the way and ever willing to support and guide you in your quest for success. There will be the usual revision sessions but throughout the exam period your teachers will be happy and willing to give you any additional help you may require.

Good luck and try to remain stress free!

## YEAR 11 CELEBRATION ASSEMBLY

Our Year 11 students held their Celebration Assembly last week where they showcased their experiences throughout their years at Mount House School via pictures and videos. Teachers were not forgotten and were presented with certificates based on their memories of them.

It was then the turn of the Year team tutors to surprise the students. The form tutors/personal tutors and Head of Year presented the students with Little Miss awards and books as well as gifts. Last but not least, some of the teachers and tutors then performed a little dance to commemorate the student's achievement.

As they begin their GCSE exams, we wish them all the best and believe that in August we will once again celebrate their various successes.

Mrs Da Rocha, Head of Year 11







## PE

This week students in Years 7 - 9 have continued to enjoy taking part in volleyball during PE lessons and are starting to develop a good understanding of the game, its rules and the skills applied.

Games has seen students continue to take part in their rotation of activities (golf, cricket and athletics). Sessions at Old Fold Manor Golf Club have included completing three holes on the training course and practice shots in the driving range. Sprint starts and shot put has been the focus in athletics with students demonstrating their competitive nature to not only beat their best but beat their peers. Cricket has continued to improve, boding well for our upcoming fixtures.

### **Athletes of the Week:**

Year 7: Fred Davies

Year 8: Seth-Joshua Chanda

Year 9: Lorenzo Theodoulou

Year 10: Vani Patel

Year 11: Lily O'Callaghan

Sixth Form: Alex Nicolaidas

### **Fixtures next week:**

**11.05.2022** U13 Girls, U13 Boys, U15 Girls, U15 Boys Tennis Competition at Rugby School

**12.05.2022** Cricket trip to Lords

## LOCAL GOVERNMENT ELECTION

The following 6th form students were given the fantastic opportunity to work as paid counters during the local government elections yesterday.

Mara McNally

Charlotte Wheatley

Katrina Taylor

Matthew Jobson



## MUSIC


This week, Year 7 music treated Year 9 to a rendition of the Guns 'n' Roses classic 'Sweet Child O' Mine'. The two classes included keyboards, vocals, bass guitar, drums, violin, and electric guitars. Learning new instruments, rehearsing with an ensemble, and performing in front of an audience are all important parts of music experience and assessment. Well done to Year 7 for performing and thank you to Year 9 for giving the performers some valuable and constructive feedback.

Mr Whitehouse



**Mount House School  
Summer Concert '22**

*Summer madness...*

 **Thursday 16<sup>th</sup> June** 

Auditions take place from 25<sup>th</sup> April  
See Mr. Whitehouse for details

This year's summer concert will take place on Thursday 16<sup>th</sup> June. It is expected to commence at 19:00. Mount House has a tradition of fun, diverse and thoroughly enjoyable concerts. I expect there to be a great turnout. Please encourage your children to get involved. More details will follow regarding tickets etc.



## NEWSLETTER ATTACHMENTS

Please see the attachments on the items below for more details:

### **All Sports Club Residential Sports Course at Bryanston School**

Boys and girls Years 7 - 10

Thursday 21<sup>st</sup> – Monday 25th July 2022

### **Mental health and RSE conference for parents - 15<sup>th</sup> June 2022**

## PSHE

Year 8 covered gender identity in PSHE this week and at the end of the lesson they took part in a quiz which was great fun!!!

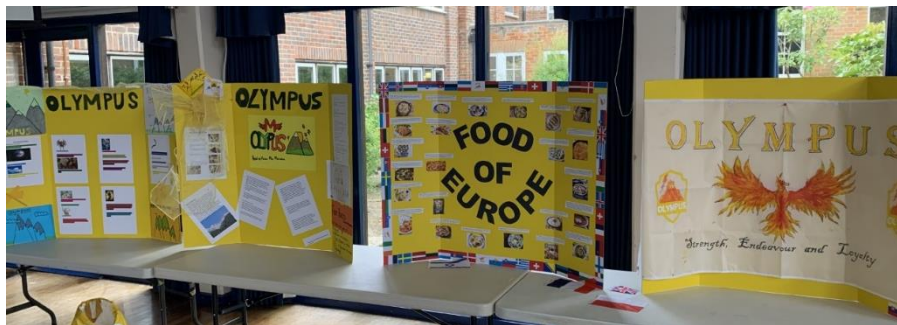




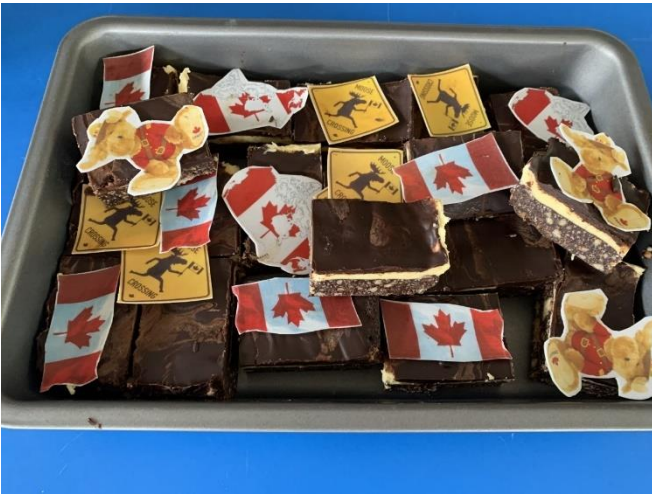


## CULTURAL FAIR

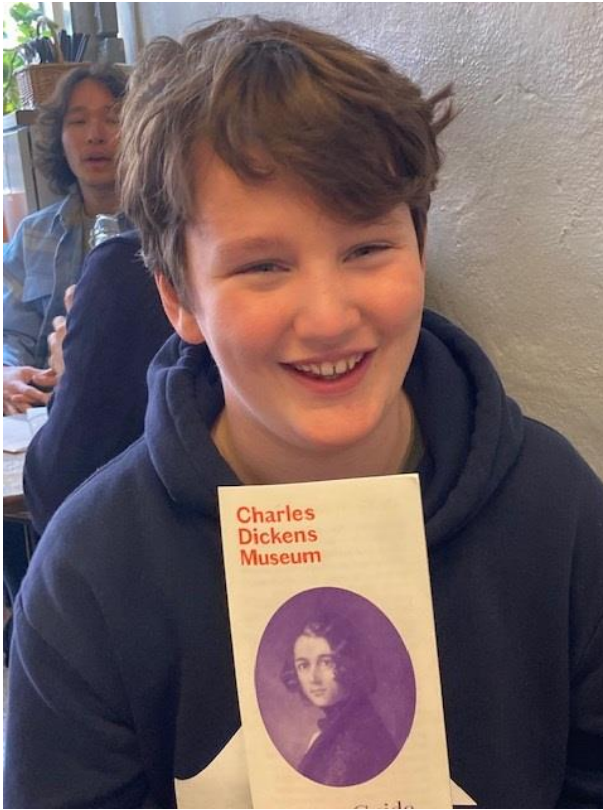
During the Lent Term, students were busy researching the continent that is attached to their House. The Cultural Fair that was held on Wednesday was a celebration of all of their research and hard work. Parents and students kindly brought in food to raise funds for the humanitarian crisis in Ukraine. Mount House School was able to raise £145 which will be matched by the UK government to make a total of £290.











### **A visit to the Charles Dickens Museum by Fred (Year 7)**

During the Easter holidays, I went to visit the Charles Dickens Museum in Doughty Street, Bloomsbury which is set in the house that Charles Dickens actually lived when he wrote many of his books including Oliver Twist. I wanted to go as I really enjoyed the musical put on by Mount House and had just finished reading Oliver Twist so thought it would be interesting. And it was! What I found most interesting was to hear about his childhood, for example his father was sent to debtors' prison, so Charles had to work in a blacking factory. It was this experience that inspired him to write about the poor and disadvantaged people of England. It was also really interesting to see how the Victorians lived as all the rooms were laid out as they would have been containing a lot of furniture that was

actually owned by Charles Dickens, including the desk and chair he used to write his novels on and some original first drafts of his works. His writing had lots of crossing outs and words inserted and was very messy. It made me realise that it is the words you write and not how neat it is that really matters! We also did a walk around the city following the path of the book Oliver Twist with readings at each site. It really brought the book to life with Brownlow Mews just behind his house (which one of the characters in the book is named after), Mr Fang's court on Hatton Gardens and I could really picture Fagin's den at the end of Saffron Hill. At the end of the walk we ended up in Exmouth Market and had a fantastic tapas lunch, although Mum said she would have preferred for us to have the full Dickens experience and to lunch at Simpsons Tavern where Charles Dickens used to take lunch but it was fully booked. Overall a really interesting day out.

### **British Science Week - Year 8 Conscious Consumers Project**

During the month of April, Year 8 students took part in a Conscious Consumers Project where they were asked to: (1) Create a month-long menu containing as much fruit and veg as possible (2) Help out with the cooking of these items. Well done to Oscar, Sofie, Will, Zac, Paris, Tara and Ava. Here are some examples of the students work that we wanted to celebrate.



Spanish Omelette



Chicken Enchilada



## FORTHCOMING EVENTS

- Thursday 16<sup>th</sup> June** Summer Concert  
**Friday 1<sup>st</sup> July** Speech Day and Prize Giving with guest speaker Sean Lang  
**Monday 4<sup>th</sup> July** Sports Day and Friends of Mount House Summer Party

**SATURDAY 25<sup>TH</sup> JUNE & SATURDAY 24<sup>TH</sup> SEPTEMBER** - 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](http://www.mounthouse.org.uk)