

NEWSLETTER – 13TH MAY 2022

Message from Miss P Smyth – Assistant Head

This week is 'mental health awareness week' and this year's theme is loneliness. The Mental Health foundation says: "One in four adults feel lonely some or all of the time." Further to this they found that during the pandemic young people became particularly vulnerable to being lonely, with 40% of full-time students reporting that the pandemic caused them to be lonely. There is no single cause for loneliness, but the longer we do feel lonely, the more we are at risk of mental health problems.

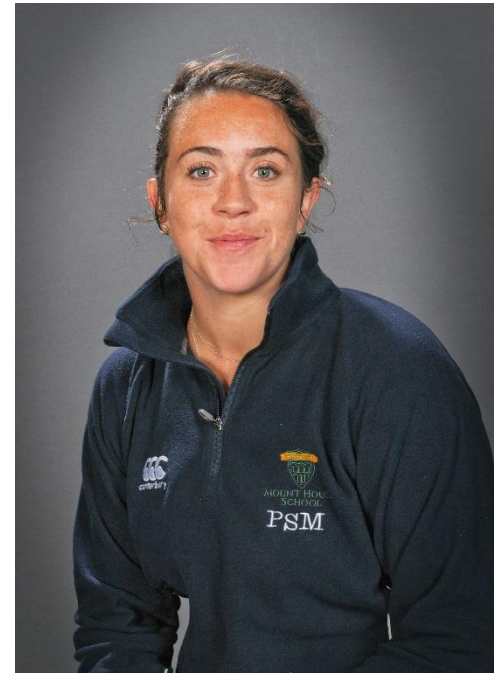
In assembly and form time, students have been encouraged to focus on the theme of loneliness and how to build protective connections and raise awareness of the impact of loneliness. Mental health is as important to a child's safety and wellbeing as their physical health (NSPCC 2022). It can impact on all aspects of their life, including their educational attainment, relationships and physical wellbeing.

During house assembly I asked the students what it meant to be lonely? Thomas in Year 7 defined loneliness as:

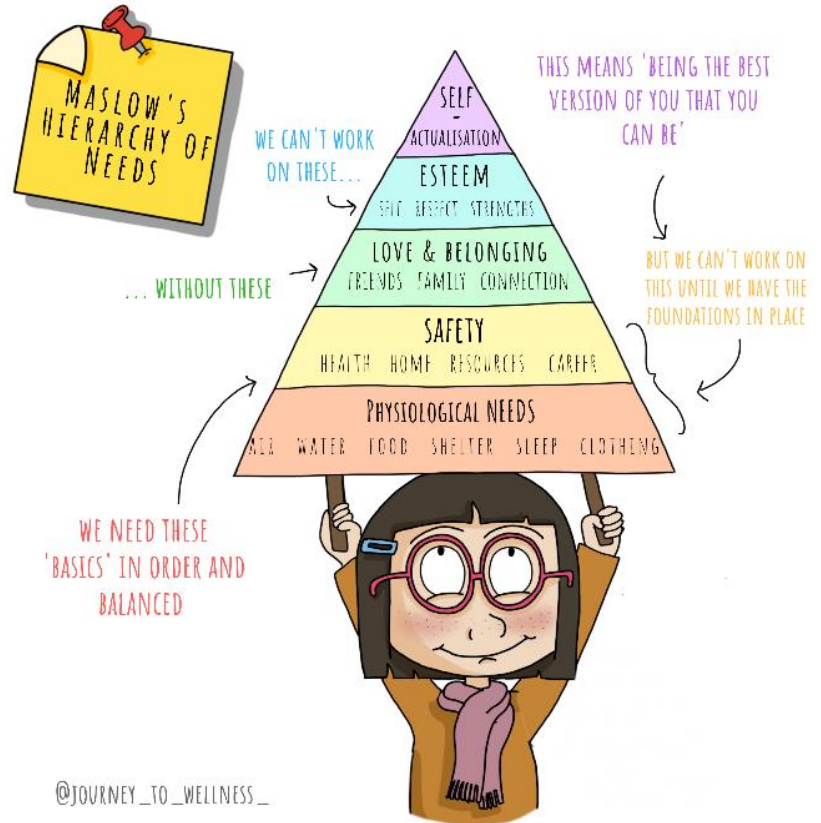
"A sense of emptiness and lack of connection or a purpose" and we know students can feel lonely. At Mount House there are trusted adults and peers to turn to for support and form tutors play a crucial role in just listening. In this same assembly, I encouraged the students to ACT if they needed to support one of their peers:

- A- **A**cknowledge what the person is saying, by just listening and not interrupting.
- C- **C**heck they are ok and be **C**alm and **C**aring.
- T- **T**ell a trusted adult if you have concerns about their safety & **T**ouch base with them regularly.

In Natasha Devon's book 'A beginners guide to being mental' she highlights that from the moment we are born, we are shown how to talk about our physical selves. We acknowledge that we must eat 5-a -day and move regularly. But no one teaches us how to navigate and communicate our mental selves. She writes 'we all exist somewhere within a spectrum of mental health' in which the options are not purely to be mentally ill or fine.



Maslow's hierarchy of needs displayed here (@Journey_to_wellness), suggests that 'self-actualisation' – put simply being the best version of yourself cannot be achieved unless we satisfy the needs lower down the hierarchy. Therefore, to work on a person's esteem, an individual must have a sense of belonging and connection. Which is fed by a sense of safety and feeling. So how can we achieve a young person's 'best self'?



We as a school know that we must teach and show the students how to be social and provide opportunities for deliberate social contact. We have invested our time in ensuring that we have welcoming spaces such as the hive, café, cedar lawn and library. These are places that all students know they can go to, where they will be welcome.

Everyone 'adulthood' near our young people must remember to meet young people where they are! We can do this by listening non-judgmentally; their perspective is valid and it may seem unimportant to us but in their world, right now, this is huge. We must also teach them to be mental and acknowledge how they are feeling. Connecting at school can be achieved by engaging in an extra-curricular activity, being part of a house or taking the leap and applying for a position of student leadership.

Championing young people and encouraging them to be their best self, through the school's learning journey is something that I have always taken seriously. And any chance I get to speak about mental health is an opportunity for me to pack in as much as I can. Although if you have spoken to me about anything, you would think I was serious about everything! We can do anything, but not everything. So, let us start with trying to make school a social place, by talking more, judging less and connecting.

I have attached a Young Minds activity named 'chatterbox chat' to get us all started.

YEAR 11 LEAVERS' LUNCH

Our Year 11 students enjoyed a leavers' lunch outside today and also enjoyed some fun activities in the afternoon.



SPEAKERS' CORNER

On Monday, Thomas and Fleur from Year 7 addressed the whole school on two key issues that they believe our government and the international community should be more responsible for. Thomas spoke about the importance in confronting the horror of deforestation throughout the World, while Fleur explained the important of sustainability of the seas and why whales, dolphins and porpoises are so important.

Both students spoke eloquently and clearly. The presentations were well



received by all students and teachers who gave them two rounds of applause. 🙌🙌 INDIVIDUAL
Congratulations to Thomas and Fleur for their excellent speeches. 👍

Speakers' Corner is open to any student who wishes to bring to the attention of the school any issue, subject or concern that they may have. Please contact Mara Year 12, Alex Year 13 or Mr Allman if you would like the opportunity to address the whole school. All speakers are awarded two prizes and a Speakers' Corner certificate. One prize is given by the Headteacher and the other by the Speakers' Corner Society. Mr Allman

DUKE OF EDINBURGH AWARD TRAINING

Our Year 9 students were busy practising putting up tents this week for their forthcoming DoE expedition.





What an amazing week of sport we have had at Mount House this week. Starting with the sun shining (on most occasions, although not for Year 9) summer sports are now in full swing. During PE lessons students have started taking part in tennis with the Year 7 and Year 8 learning key core skills and the Year 9 students focusing on game play.

Golf has been a huge success with Year 7 learning how to chip on the green. Years 8,9 & 10 had their first lesson on the driving range as the groups swapped this week.



ISA Tennis Competition

On Wednesday 11th May we went to Rugby School to participate in a tennis tournament. We arrived at the school at 10:30am, quickly prepared for our singles matches. We went to our tent to see who we were playing against. Once we found out who our opponents were, we walked to the courts and had a few minutes to practise. We played 3 matches each, against people from different schools. After these matches were over, we went into the school to have lunch and prepare for the knockouts. We unfortunately got knocked out of the Under 15 girls' knockouts but moved onto the doubles shortly afterwards. We went against two girls from different schools, who were really good. After this we played against two girls from Ipswich High School. The score was 4-3 to them. When this match was finished, we waited for the others to finish and left Rugby School at 4pm and arrived back to Mount House School at 6pm. We really enjoyed the experiences.

Written by Lillie and Ciara (Year 9)

Mount House School travelled to Rugby School to compete in the ISA Tennis Tournament on Wednesday 11th May. The players that competed were Zakariah Rahman-Cook, Francesco Borgese, Zac Webster, Aaran Gudka, Santiago Scicchitano, Alex Theocharopoulos, Lillie Hiscock, Ciara Nicolaides, Ava Adams and Sofie Bartek. In singles Zakariah came 3rd in the Cup Tournament and Francesco came 1st in the Plate Competition. In doubles Francesco and Zakariah won the whole Cup Tournament without dropping a game. Santiago came 4th in the Cup Tournament. Well played to everyone who attended.



Written by Zakariah (Year 10)

Day at Lord's

We went to Lord's Cricket Ground on 12th May for the county cricket match between Middlesex and Nottinghamshire. It was a close game with Haseeb Hameed batting for nearly a whole day scoring a century. After we watched the cricket we then went to the Lord's Museum looking at the famous events from the past. We then went and played at the nursery ground, where we got coached by players and coaches from Middlesex. Myself and Emir also meet Eoin Morgan, the England Captain who won the World Cup in 2019. Overall, we had a brilliant day out at Lord's.

Written by Reuben and Emir (Year 9), pictured with Eoin Morgan





Athletes of the week

| | |
|------------|-------------------|
| Year 7 | Milo Dodd |
| Year 8 | Aaran Gudka |
| Year 9 | Francesco Borgese |
| Year 10 | Haydyn Carne |
| Year 11 | Grace Kelly |
| Sixth Form | Patrick Casey |



Mount House School Summer Concert '22

Summer madness...

 Thursday 16th June 

Auditions take place from 25th April
See Mr. Whitehouse for details



**MOUNT HOUSE
SCHOOL**

This year's summer concert will take place on Thursday 16th 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.

SCHOOL COUNCIL MEETING

The School Council met on Tuesday morning at 8:30am in the Hive. Elected representatives from across the school from year 7 -12 were in attendance. The meeting was chaired by our Head girl Mara McNally and minuted by our Deputy Head girl Sorcha van Leeven.

The council enables elected representatives to voice their views and opinions about all issues and matters related to the school. A number of issues and ideas were raised as well as the possibility of changing the school uniform. Detailed minutes of the meeting will be published and circulated to all students next week.

Mr Allman

CAREERS

Young Professionals will be holding an exciting conference in London on Thursday 7th July, 12pm – 5pm at the Queen Elizabeth II Centre (Westminster) for students in years 11, 12 & 13. After a lot of consideration and feedback from many students, in-person events are what's on the top of everyone's agenda. Getting out there and meeting employers/business professionals, taking part in workshops and panel discussions.

Exams will be over by this point, and we thought this would be an excellent opportunity to give students across the UK to join us in London for what will be our biggest careers conference yet! **Geared towards students interested in Business, Law, Technology, Engineering and Accountancy** this event will be packed with some of the world's biggest employers running some great workshops and hosting insightful panel discussions.

Please see attachment on Young Professionals for more detailed information.



YEAR 10 AND 12 INTERNAL EXAMS TIMETABLE

The Year 10 and 12 students will have been given revision lists and exam times for their internal exams which will take place after half term. Please find here full copies of those timetables.

Year 10 are expected in school the full week with supervised revision times when they are not in an examination. Year 12 have been given study leave this week and only need to be on site for the examinations they are taking. They should sign in and out as usual.

Year 10

All exams taking place in Rooms 17, 18 and 20. Exam location indicated on timetable. Any remaining rooms from 17, 18 and 20 will be revision rooms and registers of who is based where will be made available each morning.

| YEAR 10 | Monday 6 TH | Tuesday 7 TH | Wednesday 8 TH | Thursday 9 TH | Friday 10 TH |
|------------|---|--|--|---|---|
| P1 - P2 | French Listening 35 ROOM 17 | French R&W 40+40/50+50 ROOM 17 | Spanish Listening 35 ROOM 20 | Spanish R&W 40+40/50+50 ROOM 20 | RE 50/63 ROOM 17 |
| P2 | History 45/57 ROOMS 17 AND 18 | | | | |
| P3 - P5 | Geography 90/113 Computing 60/75 ROOM 18 | Classics 60/90 ROOM 18 | REVISION FOR ALL ROOMS 17, 18 AND 20. | Drama 60/75 PE 90/113 ROOM 18 | Business 60/75 <i>1230 early lunch</i> ROOM 18 |
| P6 - P8 | Biology 90/113 ROOMS 17, 18 AND 20 | Chemistry 90/113 ROOMS 17, 18 AND 20 | Physics 90/113 ROOMS 17, 18 AND 20 | English 120/150 ROOMS 17, 18 AND 20 | <i>1.30 Start</i> Maths 120/150 ROOMS 17, 18 AND 20 |

Year 12

All Year 12 exams take place in Room 14

| YEAR 12 | Monday 6 th | Tuesday 7 th | Wednesday 8 th | Thursday 9 th | Friday 10 th |
|---------|--|--|--|---|---|
| P1 -P2 | | PE 1 60/75 | | Maths 2 75/94 | |
| P3 -P5 | Maths 1 120/150 Classics 1 90/113 | Biology 1 90/113 | Physics 1 90/113 Psychology 1 90/113 Politics 120/150 | Chemistry 1 90/113 Spanish 1 135 | Business 90/113 PE 2 90/113 Classics 2 90/113 Spanish 2 90 |
| P6 -P8 | English 1 35 Sociology 120/150 | Biology 2 90/113 Geography 1 100 Economics 90/113 | Physics 2 90/113 | Geography 2 50 Psychology 2 90/113 | Chemistry 2 90/113 |

NEWSLETTER ATTACHMENTS

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

Young Minds activity – Chatterbox Chat

Young Professionals Conference

FORTHCOMING EVENTS

Thursday 16th June Summer Concert

Friday 1st July Speech Day and Prize Giving with guest speaker Sean Lang

Monday 4th July Sports Day and Friends of Mount House Summer Party

SATURDAY 25TH JUNE & SATURDAY 24TH SEPTEMBER - Open Day

Please tell friends and family who are looking at secondary schools (for Year 7, Year 9 or Sixth Form entry) about our forthcoming open days.

They can book a place on our website at www.mounthouse.org.uk