

# NEWSLETTER- 29th APRIL 2022

## Message from Mr Cooper – Senior Deputy Head

For me, kindness is one of the most important characteristics we as individuals and a society can have. There are, of course, plenty of reasons and opportunities in the world for us to show this kindness. Perhaps what stops us from always being kind can be how busy our lives are and the stresses we face in school work and jobs.

Why do I rate kindness so highly? Kindness has the obvious benefit of helping others. Sometimes it is those in need, sometimes it is simply because it is the nice thing to do, and sometimes it can be completely random for no other reason than to brighten someone's day. It has such huge benefits to all involved. Our wellbeing is clearly nurtured through kindness. However, actively building kindness into our daily lives can have a range of other benefits. Kindness can help our stress levels and with both external and internal exams on the horizon for students perhaps this is one strategy to build into revision regimes that will help improve their productivity. A break from work that helps someone else I suspect has a much deeper relief of stress than some time on a games console or in front of Netflix. Why? Because of what I often refer to as the helper's high. It gives you happy feelings about yourself and when self-esteem is higher then you are more open to new ideas and able to tackle the work that you may be finding challenging.

There is of course also kindness towards one's self. Self compassion and giving yourself a break will have huge benefits on esteem, work productivity, and ability to enjoy the things you love or indeed be up for trying new things.

Of course, when a school encourages traits like empathy and generosity, it can combat the some of the pressures students can face. It allows us to all feel safer, more confident, and better equipped to form important social connections. This is what Mount House has running through the school and is fundamentally what made me realise that this was the next step for me. I have not been disappointed in my initial impressions either. Everyone has shown such kindness to me "the new kid". I am sure I have not even noticed or acknowledge many of the acts of kindness that have allowed me to settle so quickly in my 2 weeks here. But the culture of looking out for each other and boosting each other's confidence has been the core characteristic I have been soaking up since joining. So a big thank you to everyone!







Unless you walk to school (or fly!) then you literally travelled by pi because wheels are a circle .

**A life without Pi - Engineers use pi to optimise sound waves from a speaker.**

No pi, no sound ; No Pi, No music ; No concert, no clubbing!

And also No Pi, No Spotify, No Netflix..



**Planes don't fly in straight lines** – they follow the **curve** of the Earth in 'Great Circle Routes'.. No pi, No navigation.

No navigation, No flights, No overseas holidays! Unfortunately, no shopping in America and no scuba diving in the Bahamas !





**FACT: We know the exact value of pi**

It is false. Because the search for pi will go on forever, just like pi. It is remarkably international. Please see below the history of calculating pi:

When	Who	Where	Decimal Places
250 BC	Archimedes	Greece	3
265 AD	Liu Hiu	China	4
480	Zu Chingzhi	China	7
1424	Jamshīd al-Kāshī	Persia (now Iran)	16
1621	Willebrord Snellius	Holland	34
1946	Daniel Ferguson	America	624 (the most ever by hand)
1958	Francois Genuys	America	10,000 (by computer)
1973	Jean Guilloud	France	1 million
1983	Yasumasa Kanada	Japan	17 million
1989	Gregory V. Chudnovsky	America	1 billion
2021	Maths Dept of University of Grisons	Switzerland	62 trillion (it took a super-computer 108 days)

**FACT : You can find your phone number in pi**

It is true. Pi is infinite and random. It has 62 trillion digits (calculated in 2021) which took a super computer 108 days to calculate. Hence there is therefore an almost 100% chance that your phone number will appear.

**FACT: Pi can be rounded to 3.**

It is a true fact, but this is a really REALLY bad idea. Wheels, footballs etc....wouldn't be round, and nothing would work. Our lovely football team would have to have a cubed football and maybe there would be no game called "football". Luckily we have pi in our life and we have a circle football. LIFE WITHOUT PI would be very boring and hard.





## PE

What a great start to the summer term, the sun has been shining (mostly), students have been fully engaged and we have started a new rotation of activities during Games sessions, which has seen Mr Shah leading some of our cricket sessions, one of the coaches at Old Fold Manor leading the golf session on the driving range and the PE Department taking lead with athletics.

Students in Years 7 – 9 have taken part in volleyball during their PE lessons where they have learnt the dig and the set and have applied learning within modified games.

### Athletes of the Week

YEAR	w/c 18.04.2022	w/c 25.04.2022
Year 7	Fred Davies	Atlanta Demetriou
Year 8	George Paschalis	Renuk Yapa
Year 9	Emily Hooker	Carys Jeevanjee
Year 10	Rae Giussani	Zac Webster
Year 11	Libby Richards	
Sixth Form	Polina Stonaieva	

Greatly looking forward to their first hardball cricket game, the U13 cricket team went to Arnold House on Monday 25th April. Due to the weather bringing surprise rain, the start of play was suspended for around 20 minutes. This only added to the anticipation of the first bowl to be played with Mount House's Skipper, Zeyad, stepping up for his first coin toss. Having won this our team stepped out to field first. It was a well fought game but in the end Mount House School was too strong for the opposition and came away with a well-deserved victory. Brilliant debuts all around, with good skippering and vice-skippering from Zeyad and Milo respectively. A special mention to Eisa for volunteering to join the other team and proceeding to be their best player and getting two wickets against his own school. He will be very happy to hear that the transfer request from Arnold House was declined. Well played to everyone and good luck with the rest of the season!

**A few reminders:**· With the hot weather students must ensure that they have their water bottles and sun cream for PE and Games sessions.

- Students must have the correct footwear and kit for all lessons.
- The PE department must receive permission from parents for students to travel home from the golf club/Bartram's Lane.



### Mount House School Cultural Fair

Wednesday 4<sup>th</sup> May 2022

Lunchtime in the Hall

**Chimborazo** South America

**Everest** Asia and Australasia

**Olympus** Europe

**Rushmore** North and Central America



Remember to bring in the food from your continent to sell for charity during the lunch break. Bring in your pocket money as well to try new and exciting food from around the world.





## CAREERS

Thank you to Maria for organising another successful annual careers fair on Wednesday. Students from Year 8 through to Sixth Form had an opportunity to visit the fair held in the hall. Many organisations and universities attended and offered advice on a wide range of careers including Law, Medicine, Journalism, Accountancy, Army, Apprenticeships, etc....



**SUMMER CAREER WORK EXPERIENCE – 15YRS-18YRS** - Please see the attached flyer from INVESTIN for further details

### FREE VIRTUAL EVENT FOR YEARS 10-13 WITH JAGUAR LAND ROVER!

On **Monday 16<sup>th</sup> May from 5.00pm-6.00pm** Young Professionals will be hosting a **FREE** virtual event for students in Years 10-13 with luxury British car manufacturer Jaguar Land Rover. If you are interested please use the link below to sign up. You will then be sent a zoom link prior to the event.

Having been automotive industry pioneers for more than six decades, today Jaguar Land Rover is the UK's largest investor in automotive research, development and engineering. They use world class processes to create innovative British craftsmanship and engineering excellence in over 170 markets worldwide. With new products, cutting-edge facilities and continued growth into new markets.

You will be hearing about the fascinating world of the ever evolving motor industry and learn from some of the world's leading engineering minds in the industry.

Click the following link to register yourself for the online event: <https://www.surveymonkey.co.uk/r/JLR-Event>



## UKRAINE

The school continues to run fundraising events to help raise money for Ukraine. Before Easter, the Year 11 students held their annual talent show. Participants ranged from Year 7s through to Year 9s as well as a few Year 11 students. We had aspiring poets, girls' bands, boys' bands, and various dancers. The Year 11s also sold food and drink items in their bid to raise money for Ukraine. They raised over £150. It was a successful event and Easter eggs were given to the top 3 winners.

The Friday before the end of term, all student and staff dressed up in the colours of the Ukrainian flag and paid £1 for one colour and £2 for two colours to help raise more money for Ukraine.







## LAMDA RESULTS

Congratulations to the Mount House students listed below who received some wonderful exam results and received their certificates this week.

### Public Speaking: Writing and presenting their own speeches

Rohan, Year 7 - Merit

Luca, Year 7 - Distinction

### Acting: Performing a solo scene and a duologue together

Esme, Year 7 - Merit

Fleur, Year 7 - Merit

### Verse and Prose: Performing a poem and a section from their favourite book

Temidayo Year 8 - Merit

Santino Year 7 - Merit

Students can still join LAMDA, please email: [jennifer@wrenstuition.com](mailto:jennifer@wrenstuition.com)

## INTERNAL EXAMS

### Years 7-8

Pupils in Years 7 and 8 will take exams in English, Maths, Sciences, French and Spanish during the week of 23<sup>rd</sup> May. These will be 1 hour each, and 1.30hr to cover the three sciences, and will take place in Period 1 and 2 lesson time each morning. Extra time will be accommodated in the exam rooms. Normal lessons will resume Period 3-8 each day. Revision lists will be issued to pupils from Monday 9<sup>th</sup> May and homework for the 2 weeks before these examinations for those subjects will be given over to revision time.

#### Year 7

Day/Period	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
	<b>Maths</b> 1hour	<b>English</b> 1 hour	<b>Science</b> 1 hour 30 mins	<b>French</b> 1 hour	<b>Spanish</b> 1 hour
<b>Venue</b>	7.1 in 18 7.2 in 22	7.1 in 17 7.2 in 33	7.1 in 9 7.2 in 15	7.1 in 22 7.2 in 23	7.1 in 14a 7.2 in 15

#### Year 8

Day/Period	MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
	<b>Spanish</b> 1 hour	<b>French</b> 1 hour	<b>English</b> 1 hour	<b>Maths</b> 1 hour	<b>Science</b> 1 hr 30mins



<b>Venue</b>	8.1 in 12 8.2 in 19 8.3 in 8	8.1 in 18 8.2 in 16 8.3 in 11	8.1 in 16 8.2 in 14a 8.3 in 20	8.1 in 16 8.2 in 15 8.3 in 19	8.1 in 17 8.2 in 18 8.3 in 16
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### Year 9

Year 9 will take exams on Tuesday 24 - Friday 27 May. These will be in English, Maths, Sciences, French, Spanish, History, Geography and the 4 subjects a student has opted to take in Year 9. In order to maintain a balance of academia and physical wellbeing, Games will run on Wednesday afternoon, the 25th, as usual. The revision conference for students and parents on Thursday 5<sup>th</sup> May will prove a useful starting point for the year group in their preparation. Revision lists will be issued to pupils from Monday 9<sup>th</sup> May and homework for the 2 weeks before these examinations for those subjects will be given over to revision time. A full timetable will be issued to students next week and made available to parents on the revision advice evening and in the newsletter. Please note that due to subject combinations, those who are in 9A Drama will write their exam on Tuesday, whereas those in 9B Drama will do so on Thursday.

The numbers represent the length of exam in minutes for standard and extra timers

	Tuesday	Wednesday	Thursday	Friday
P1	Global Studies 60/75 and Drama "A" 45/57	Classics 60/75	Chemistry 60/75	French 60/75
P2	Global Studies	Classics	Chemistry	French
P3	English 90/113	Biology 60/75	Geography 60/75	History then Ethics 45/57 each
P4	English	Biology	Geography	History then Ethics 45/57 each
P5	English	Biology	Computing 30/37 and Drama "B" 45/57	History and Ethics
P6	Spanish 60/75	Games	Maths 90/113	Physics 60/75
P7	Spanish	Games	Maths	Physics
P8	Spanish	Games	Maths	Physics

### Years 10 and 12

These examinations will take place in the week directly after half term. Full details will be made available next week. Revision lists will be made available to pupils from Monday 9<sup>th</sup> May.



## GOLF LESSONS

All students have been enjoying their golf lessons this week at Old Fold Manor Golf Club in Hadley Wood. If any students, friends or family are interested in golf lessons on a Saturday, please see the attached flyer for further details.

## MANOR LODGE'S PREP SCHOOL 30<sup>TH</sup> BIRTHDAY CELEBRATIONS

Manor Lodge has contacted Mount House and asked us to put the following message in our newsletter.

It has been 30 years since Manor Lodge first opened its doors and to celebrate, we are planning a party for our ex-pupils, Governors and staff. We know that many parents themselves came to Manor Lodge and would love to invite you to attend our Alumni event on 2nd July. It will be a chance to meet up with old friends and staff and share your memories of the school. Therefore, if you came to Manor Lodge between 1991 and 2013 and are interested in attending, please contact Manor Lodge directly.

## FORTHCOMING EVENTS

<b>Thursday 16<sup>th</sup> June</b>	Summer Concert
<b>Friday 1<sup>st</sup> July</b>	Speech Day and Prize Giving with guest speaker Sean Lang
<b>Monday 4<sup>th</sup> July</b>	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)