



NEWSLETTER 24th June 2022

Message from Mr Phillips – Deputy Head

As the summer holiday approaches, take a break from social media and embrace the real world.

Anyone who knows me well will appreciate that I have a somewhat limited understanding of the world of social media. It is completely alien to me. TikTok is the wonderful sound clocks used to make before the advent of the digital age and snapchat is something I receive from Mrs Phillips if the dishwasher isn't emptied by 8.00am! My children consider me woefully out of touch but sometimes ignorance is bliss although I consider myself more in touch with the real world than many of those dependent upon social media for an understanding of current affairs.



I do appreciate, however, that social media serves a purpose and has an important role to play in the modern world. Certainly, youngsters would argue that social media helps them stay connected and a recent survey, commissioned by the BBC last month, of more than two thousand young people aged between 11 and 16 implied that their main source of news is social media. The survey came about because the BBC announced it was launching a campaign called 'Other side of the story' in an effort to help young people navigate fake news. The survey revealed that 35% suggested that their main source of news was from social media sites. TikTok was the most employed but also the least trusted as a source of information! Those surveyed also suggested they trusted social media sites more than politicians, which is sad but not altogether surprising!

The survey also implied that connecting on social media creates more disconnection. It separates us from friends and then makes us want to check what these friends are doing. There is the fear that being on social media isolates us from our real-life networks. In my role as a pastoral leader, I am all too aware of the many dangers of social media as the cause of mental health issues and other aspects of emotional insecurity.

The summer holiday is fast approaching and I would make a plea to all our students at Mount House – curtail your time on social media and engage with the many wonders and healthier opportunities of the real world. For me, the arrival of the summer break will bring about the dusting off of literary favourites such as the works of P G Woodhouse and John Mortimer. It will be a chance, at last, to read the Obama autobiography. I am also determined to visit a number of National Trust properties in an effort to broaden my historical and horticultural knowledge. There will be the annual pilgrimage to Chartwell and I also hope to venture to the delights of Buckinghamshire to visit Hughenden Manor, the

country home of Benjamin Disraeli, one of the more colourful prime ministers of the nineteenth century.

I hope a spirit of enrichment will be experienced by all our students over the long summer. Engage in the joy of reading and visiting new locations. Take advantage of the famous galleries, museums and theatres of London. Read biographies to discover how men and women throughout history achieved success in their lives. Also, allow yourselves to reflect upon your own lives and to dream about the ventures of the future.

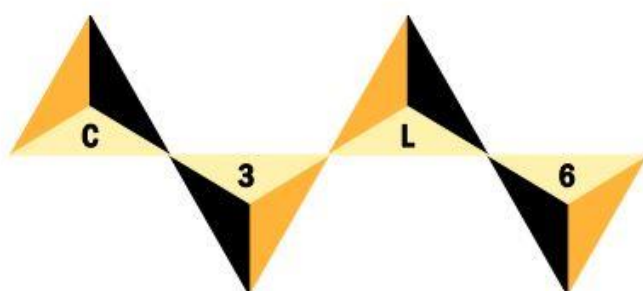
Next week, in an effort to enrich our students, there will be the long-awaited trip to Paris and a PGL experience for our Year 7 and 8 groups. Next term in October, a group will be heading off to visit historic Berlin and to experience all that this vibrant city has to offer. A skiing trip will be ascending the Austrian Alps in December and further sporting activities await next Easter with a tennis and golf training camp in Portugal – details will be published next week.

In essence, there is more to life than social media. You will find the real world much healthier, more interesting, more sociable and yes, more fun. Please, do not let social media dominate your lives over the summer. Read, visit the places that were closed during the pandemic and meet up with friends and family as much as you can. We hope that the pandemic is largely behind us, social media can retreat a little and we can experience our real world once more.

CAMBRIDGE CHEMISTRY CHALLENGE

On Tuesday June 21st the Anna, Lydia and Zak from Year 10 and Hibiki from Year 12 took part in the Cambridge Chemistry Challenge.

The content of this challenge goes well beyond the normal A Level Chemistry content. Students are competing for either a Bronze, Silver, Gold or Roentgenium Award. The top 1% of students will get invited to a 3-day summer residential at Cambridge University where they will attend lectures, take part in practical lessons and meet some of the great young minds that the UK has to offer. The results of the competition will be announced on Monday 4th July. We wish them all the very best of luck!



Cambridge Chemistry Challenge Lower 6th

YEAR 13 LEAVER'S LUNCH

Today we said goodbye to our Year 13 leavers and wished them the best of luck for their forthcoming A level results which they will receive in August. They celebrated by having a buffet lunch in the courtyard after playing a 5-a-side football match between staff and students on the courts. This was followed by a presentation in the school hall.





Friends of MOUNT HOUSE

Mount House Sponsored Moveathon on 22nd of September 2022

Are you ready to get moving?

Friends of Mount House are hosting a Moveathon event!

Supported by staff from the Games department and a qualified personal trainer (Chris Antoni of Tailor Made Fitness [TMF - About \(tailormadefitness.co.uk\)](http://tailormadefitness.co.uk) the event is non-stop movement on the Multi Use Games Area (MUGA), (or in the hall if it's raining) from 10am to 4pm. We are also inviting willing parents to come and join in for the final 15 minutes!

Physical exercise has so many benefits. It keeps us strong and healthy and helps us manage our mental health too. It also help us with problem solving, our attention skills and leads to improved learning, and importantly, in getting a good night's sleep.

So, why not combine all of these benefits with some fund raising and have some fun at the same time?

The plan is for each class or year group (dependent on numbers) to spend 30 minutes moving. There'll be music and Chris Antoni, who is experienced in working with children and young people, will help make it fun for everyone!

Before the summer break, all students will be given a sponsor form for collecting sponsorship from as many family members carers, and friends that they can, over the summer break. The proceeds will go towards additional seating in the school grounds for example, picnic tables or meeting pods.

For any parents that wish to join in at the end (don't worry we won't insist you come in P.E kits!) there will be refreshments. So please join the students, have some fun and come and meet other parents, both new and old.

So, let's get moving!

Mrs Hillcoat-Hyde - Head of Games

Friends of Mount House



PE

This week students have taken part in a striking and fielding game called 'stoolball', which was new to them. They learnt the basic rules of the game and worked together in teams to identify tactics to outwit their opponents.

During the last games afternoon of the year, students in Years 7 – 10 competed against their peers in cricket matches. This was a great way to end the year, with the sun shining and runs being scored – well done to everyone.

Athlete of the week

Year 7 – Mikey Poulli

Year 8 – Eisa Salam

Year 9 – Lance Dudding

Year 10 – Ava Athwal

DUKE OF EDINBURGH EXPEDITION

Well done to all our Year 9 students who completed their Duke of Edinburgh bronze expedition in the Chilterns this week. Overall all four groups performed excellently and we are looking forward to completing the Silver Award next year.





During their expedition students were required to identify and aim and create something. These are what were created by the following students.

The A-Z of Duke of Edinburgh

A – Aim	N – Navigation
B – Bridleway	O – Orientation
C – Cooking	P – Public Footpath
D – Duke of Edinburgh	Q – Questions
E – Expedition	R – Right of Way
F – Food	S – Singing
G – Grass	T – Trangia
H – Hills	U – Utensils
I – Independent	V – (Ad)Venture
J – Jam Wraps	W – Walking
K – Kat the navigator	X – X marks the sport
L – Lost	Y – Yonder
M – Moral	Z – Zen

By Anna Collington, Katherine Casey, Amelie Hilton, Francesco Borgese and Lorenzo Theodoulou.

There was once a group from Chiltern,
 They wished they were in a Hilton.
 They weren't the best at the start,
 But in the end they all played a massive part.
 After doing cooking and navigation,
 The group found their final destination.
 Map reading and orientation,
 Gave the group the right duration.
 We closed off our journey and we were really stressed,
 But when we came to the finale, the teachers were really impressed.

By Michael Miltiadous, Krrish Patel, Emir Yurtseven, Reuben Ward and Luke Webster.

At the beginning of DofE we doubted our physical and technical abilities. For example, we assumed we would not be able to comprehend and embrace our challenge ahead of us. We put the negative thoughts behind us and embarked on our tough journey. However, we applied teamwork, perseverance, strength and passion towards the task. Ultimately, we completed the journey with slight struggle but in the end superbly finished together as a team.

By Phil Kyriacou, Alice Reekie, Ruzgar Suyur, Mia Bushnell, Alex Theocharopoulos, Grace Gallagher, Emily Hooker



SCIENCE

Students in Year 8 continued with their rockets project and this week they tested their landers. All rockets were dropped from the first-floor window by staff to test the safety of the landing. If the egg broke then the mission had failed and if the egg stayed intact then it was a success. Well done to all the students who took part in this interesting challenge.





ENGLISH

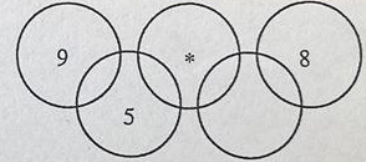
Our Year 8 students have been studying A Midsummers Night's Dream. They were also rehearsing a performance of the play in our beautiful gardens this week.





MATHS

Seb has been challenged to place the numbers 1 to 9 inclusive in the nine regions formed by the Olympic rings so that there is exactly one number in each region and the sum of the numbers in each ring is 11. The diagram shows part of his solution.



What number goes in the region marked * ?

A 6 B 4 C 3 D 2 E 1

Mr Gallagher has set the above Maths Challenge and there are prizes for the winners. Please email him on gallagherp@mounthouse.org.uk by Friday 1st July.

CAREERS

FREE VIRTUAL WORK EXPERIENCE PROGRAMMES

The latest cohort of [Virtual Work Experience](#) have their application deadlines approaching soon.

There's a wide variety of programmes on offer ranging from medicine and law to engineering and dentistry. As always these experiences are completely free and can be completed

In your own time once you have enrolled on the programme. You will have the opportunity to engage with industry professionals during the live webinars. This will give you the chance to get a feel for the reality of the roles you will be learning about.

You can access all further information from [here](#).

Free University Preparation Tool from the Oxford Scholastica Academy

Oxford Scholastica have developed a free tool for students aged 15-18 who would like guidance on how to maximise their chances of getting into their top-choice university. To access your free personalised Report, go to <https://www.oxfordscholastica.com/report/> and fill in a short 5 minute questionnaire.

Your Report will include:

- Tailored book, podcast and video recommendations for you, based on your interests and academic level, to help you read around the curriculum
- Data to let you know where you stand compared with other applicants
- Advice and recommendations for how to improve your university application and set yourself up for success

The Report will give you the edge in your university applications, and it's completely **free**. Here's the link: <https://www.oxfordscholastica.com/report/>



ACTIVITIES WEEK REMINDER

We are looking forward to the enriching activities planned for Activities Week next week. Please can parents of those students not going on a residential trip ensure they have completed the relevant consent forms ahead of Monday. In particular please ensure you have completed the consent forms for the London Tour on Monday, and the Outdoor Activity at Trent Park on Tuesday. Any absences over the course of Activities Week need to be authorised by parents with the reason given in the usual way please.

REMINDER - SCHOOL BUSES AND CLUBS

CLUBS - There will be no after school clubs running from Monday 27th June.

BUSES - End of term arrangements

Monday 27th June 2022 to Friday 1st July 2022

There will be no shuttle bus and both buses will depart from Mount House at 4.15pm.

Monday 4th July 2022

There will be no shuttle bus and both buses will depart from Mount House at 5.15pm (this is due to Sports Day and the Friends of Mount House Summer Fair).

Tuesday, 5th July 2022

There will be no shuttle bus and both buses will depart from Mount House at 4.15pm.

Wednesday, 6th July 2022 – Last day of term

The school closes at 12.30pm and both buses will depart at 12.45pm.

FORTHCOMING EVENTS

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

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

Wednesday 6th July – Alumni Summer Garden Party

OPEN DAYS - SATURDAY 25TH JUNE

We look forward to seeing students tomorrow to help at Open Morning. Please arrive at 8.30am and arrange to be picked up at 1pm unless you have told us otherwise.

There will not be a newsletter next Friday but there will be one at the end of term.