

NEWSLETTER – 16TH SEPTEMBER

Message from Mrs Richardson, Head

As the first 2-week cycle of the year draws to a close, and we are all settling into the routines of school, this has been a busy week. We hope that students will make the most of the opportunity to put their feet up over this 3-day weekend, and return to school refreshed on Tuesday morning.

One reason for needing to be refreshed are two upcoming events for which we would be grateful for parental support.

The first is our open day on Saturday 24th September. If parents who have not already responded with their child's availability could do so, I would be grateful. We rely on the students to come in and tour prospective families, and our students are our best ambassadors. There may also be an opportunity to join in activities in music, sport and food tech and we would like to plan those activities in advance.

The link can be found here: <https://forms.gle/j8ggwsyciv9QgieVA>

Secondly, all students should today have brought home a sponsorship form for the Friends of Mount House Moveathon on Thursday 22nd September. If all students can secure £30 sponsorship for this event, that would be a wonderful boost for the Friends of Mount House, and for their projects within school which are recommended by the students. If I could please encourage parents to support their children in acquiring sponsors that would be great.

Additionally, we would love to see as many parents as possible for the final half hour 3.30-4pm to join in!



The Mount House community pays respect to Queen Elizabeth II



Mount House welcomes our new Year 7s

A very warm welcome to our new Year 7s who joined Mount House School this September. They all appear to have settled in well and are enjoying their new peer groups and lessons as well as the many clubs Mount House has to offer. We wish you all a very happy and successful journey at Mount House.



Baking Club

What an amazing turnout we have had a Baking Club this week! It was great to see students working together in a new activity and we hope that students enjoyed their chocolate rice crispy cakes – they certainly looked tasty.

We have put together the attached programme for the remainder of this half term, which will see students bake a variety of sweet treats. With students baking the same treats each night throughout the week we ask that each student only sign-up and attend one baking session (the same night) each week.



We provided the ingredients for students this week and ask that students purchase their own ingredients in future weeks and measure out the correct amounts ahead of the baking session. Ingredients can be found on the attached programme. We are happy if recipes are slightly adjusted – for example the biscuits used for rocky roads but please do remember that we are a nut free school.

In addition, please can students bring a Tupperware box with them so that they can transport their treats home. Any questions should be directed to Mrs Hillcoat-Hyde.



Sport

It has been great to see our students back at school participating in PE and Games sessions during the past two weeks (even in the rain – which didn’t seem to faze the students). Students in Years 7 – 9 have taken part in cross-country based activities during their PE lessons. The focus has been pacing and getting to know their individual fitness level at this moment in time. Students throughout the school have been given the opportunity to select what they would like to do in Games from set options.

The options are:

	BOYS		GIRLS	
Years 7 - 10	Football	Golf	Netball & Hockey	Trampolining
	All STUDENTS			
Years 11 - 13	Football	Golf	Trampolining	Games based activities

Football:

The Year 7 and 8 footballers focused on close control, losing an opponent and short pass, before moving into small, sided games to finish.

The Year 9 and 10 footballers focused on both long and short passes. Before moving onto small sided games with focus on using smaller passes to draw the opposition closer before playing quick passes up the pitch for a chance to score.

Students in Years 11 – 13 have taken part in a matches where they have had the opportunity to work collaboratively within their teams, selecting the relevant formation and demonstrating their individual skills and team tactics.

Trampolining:

Over the last two weeks Years 7, 8, 9 and 10 Trampolinists focused on safety on and around the trampoline, different jump shapes/twists and seat-landings. In the last week we have progressed on to front-landings. The students then used these skills to create a 10-jump routine focusing on control and balance.

Years 11, 12 and 13 Trampolinists last week had a quick refresher regarding safety on and around the trampoline along with shapes, twists and seat-landings, swivel hips and front-landings. This week all students were able to perform a back-landing and moving on to performing a hands-and-knees turnover to prepare them for front somersaults.

Netball:

Students have enjoyed developing a range of skills during the past two weeks (basic and complex) and applying these within matches. The rain stopped play on occasions, but students were eager to get back out and play which is always great to see.

Golf:

It has been amazing to see numerous students sign-up to take part in golf this term. Sessions take place on the driving range, where students new to the sport have developed an

understanding of the basic skills and those who have played before had the opportunity to recap and practice the various techniques previously learnt.

Athletes of the Week:

YEAR	09.09.2022	16.09.2022
7	Isobel Bickley	Immanuel Oloko
8	Shanar Khaledabadi	Florence Sunderland & Peter Maina
9	Amelia Murty	Omar Riaz
10	Anna Collington	Anna Collington
11	Kyan Hayden	Pedro Ferreira
Sixth Form	Newton Yegon	Luke Davidson

House results 9/9/22

Thank you to everyone who got involved in the first interhouse competition of the year. We had over two thirds of the school take part over the course of a lunchtime. There was an infectious energy around the school and it was wonderful to see so many of our students working together and supporting their peers.

Well done to Chimborazo for the first win of the year. Please find the overall results for each activity below.

House	Netball	Football	Tramp	Table Tennis	Results	Rank
Olympus	5	4	5	6	20	2
Rushmore	5	6	3	2	16	4
Everest	5	6	2	6	19	3
Chimborazo	7	5	4	5	21	1

IMPORTANT REMINDER

It is essential that students wear shinpads for football and shinpads and a mouthguard for hockey!

Please can parents ensure that students have the required equipment for the Games sessions next week as without this safety equipment students will not be able to take part in their chosen sports and will therefore take part in alternative activities set out by the department.



Friends of **MOUNT HOUSE**

The Friends of Mount House (FOMH) would like to welcome everyone back to school. It's great to see so many familiar and new faces around the school. We have lots of fun events and fundraisers planned for the coming 2022/23 year starting with:

The Mount House Sponsored Moveathon next Thursday 22nd September.

This promises to be a fun event whilst promoting the benefits of physical exercise!

Supported by staff from the Games department, a qualified personal trainer - Chris Antoni of Tailor Made Fitness [TMF - About tailormadefitness.co.uk](https://www.tailormadefitness.co.uk) – will be leading the event. The aim is for non-stop movement on the Multi Use Games Area (MUGA), (or in the hall if it's raining) from 10am to 4pm and importantly to raise funds for the school and students.

The plan is for each class or year group (dependent on numbers) to spend 30 minutes moving. There'll be music and Chris, who is experienced in working with children and young people, will help make it fun for everyone. And we haven't forgotten parents and teachers who can join the fun for the last half hour, so between 3.30 and 4pm. So please do come and join us! It's a great opportunity to meet other parents.

Each child should have received a sponsorship form to collect as much sponsorship as possible and there are prizes for the student in each year that raises the most money.

If you need a sponsor form, please find a copy below for you to print off.

Physical exercise has so many benefits. It keeps us strong and healthy and helps us manage our mental health too. It also helps 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?

So, let's get moving!



Friends of
MOUNT HOUSE

Friends of Mount House Sponsored Moveathon Event on 22nd of September 2022

Physical exercise has so many benefits. It keeps us strong and healthy and helps us manage our mental health too. It also helps 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?

Supported by staff from the Mount House Games department and a qualified personal trainer (Chris Antoni of Tailor Made Fitness), each class /year group will spend 30 minutes of non-stop movement. There'll be music and personal trainer Chris Antoni, and the Games staff, will help make it fun for everyone! The event will be held on the Multi Use Games Area (MUGA), (or in the hall if it's raining).

Official Sponsorship Form

STUDENT NAME: _____

YEAR: _____

SPONSOR FULL NAME	SPONSOR CONTACT DETAILS	AMOUNT PER MINUTE <i>(total 30 minutes)</i>	TOTAL AMOUNT SPONSORED	DATE PAID
TOTAL		£	£	



***There will be a prize in each year group for the student that raises/collects the most sponsorship! 🏆**

The proceeds will go towards additional seating in the school grounds e.g. picnic tables or meeting pods.

Are you ready to get moving?



After this the next event will be:

Family Bingo night on Wednesday 12th October.

Watch this space for further details, but in the meantime please save the date. Safe to say it will be a great night out for all the family with food, drink, fun bingo and lots of prizes.

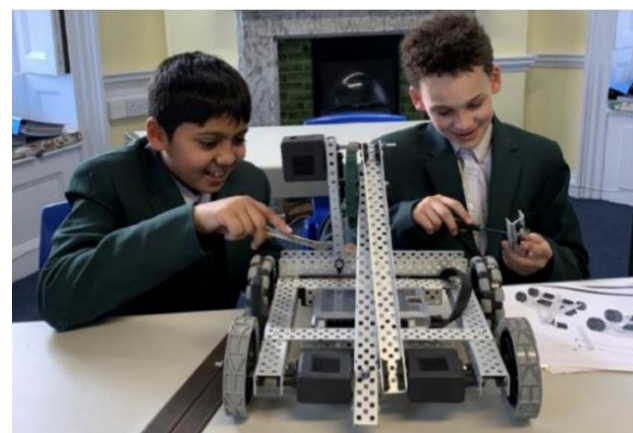
Tickets will go on sale soon.



Other events over the 2022/23 year are expected to include a Christmas event, winter disco, quiz night, auction night, summer fair, easter egg tombola, scavenger hunt and a prom night. So, lots of fun to be had!

All the money raised at these events goes back into the school to provide things like robotics equipment, water fountains, outdoor pods, outdoor tables and benches and more books for the library. However, the main reason for the events is for us all to get together, provide fun events for the students and to contribute to the Mount House community.

FOMH also has second hand and new items of school uniform available to purchase at reasonable prices. If you would like to purchase any uniform, please contact Julie Westmore at jwesty@btinternet.com who can provide you with a list of available items and their purchase prices.



MOUNT HOUSE WATER BOTTLES

As part of the move away from single use plastics FOMH have designed some new Mount House 500ml bpa free water bottles which are available to purchase from Sheila in reception for just £3.

We are always looking for more parent volunteers to help-out with the events listed above or as class reps to help support FOMH activities and publicise them to the rest of the class. It is a great way to get involved with the school and meet other parents and also to provide your children with additional fun activities during their time at Mount House. If you are interested in joining or have any suggestions for events please contact our secretary Julie Westmore (a Year 9 and 11 parent) on jwesty@btinternet.com.



In the meantime, we very much look forward to seeing you at the forthcoming events.

Upcoming Events

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|--------------------------------|--|
| Saturday 24th September | Open Morning 09.00 to 12.00 noon |
| Thursday 22nd September | FOMH Moveathon |
| Monday 26th September | Year 12 Trip to York, returning on Tuesday 27th |
| Wednesday 5th October | Years 10 and 12 - Art Trip to The Henry Moore Foundation |
| Wednesday 12th October | FOMH Bingo Night |