



# NEWSLETTER – 7<sup>TH</sup> OCTOBER

## MESSAGE FROM MRS HILLCOAT-HYDE

This month we are celebrating Black History Month, a national celebration which aims to promote the contributions of Black people to British society and foster a deeper understanding of Black history.

Black History Month's origins date back to the early 20th century when Carter G Woodson was concerned of the world's silence on Black achievement. Woodson was born in 1875 to parents who were former slaves. He struggled to obtain an education but later went on to get his PhD at Harvard University and refused to turn a blind eye on Black excellence.



In February 1926, Woodson began observing 'African American History Week'. Woodson and his colleagues compiled a programme of events and lesson plans to improve race relations. Even after Woodson's death in 1950 the week continued to gain momentum. It was in 1976 the week was extended to a month and turned into what we now know as Black History Month. Black History Month is an opportunity to celebrate the innumerable contributions both past and present, made by Black people that continue to shape the United Kingdom and wider world.

This year we continue to celebrate the achievements and contributions of Black people in the UK and around the world but we also work to promote the theme for this year's Black History Month is 'Time for Change: Actions Not Words.' The purpose of this theme is not just to educate people on Black History but inform and empower people to be true allies in the anti-racism movement.

During Black History Month, it is important for as many people to get involved regardless of their race. An essential way for you to get involved is through developing your allyship and upstander skills.

So how can we practice genuine allyship in support for racial equality? We can:

- Analyse our own prejudices.
- Educate ourselves and be educated by those around us on racism and how it is impacting the people around us.
- Be an upstander and speak up when we see racism happening.
- Promote the work being done by our Mount House School Anti-Bullying Ambassadors.

Experiences of discrimination happen daily and go on all around us. At some point in our lives, we will be aware that someone is experiencing this in their lives or may even be in danger. We can either choose to do or say something, or let it go and continue with our day. During Black History Month (and all year round) we encourage our school community to be active and choose to do or say something, being an upstander.

When people are upstanders, it signals to the perpetrator and others that the behaviour isn't acceptable. If this message is regularly enforced, we can make a community that can eliminate that type of behaviour.

Yes, Black History Month is a time to celebrate Black history, heritage and culture, and the iconic figures that have contributed so much, but this year, let's make it about so much more. If you're serious about allyship, it's Time for Change: Action Not Words."

(Black History Month, 2022)





**Friends of Mount House presents  
Family Bingo Night on October 12<sup>th</sup> 2022 at 7pm.**

\*Heads N Tails - £2

\*Door Raffle

\*5 Rounds of Bingo – Cards & Prizes for each round included with ticket

\*Refreshments – Water, lemonade and juices included with ticket

**\*\*If you wish to drink alcohol, you may Bring Your own Beer/Wine and glasses on the night.**

\*Entry Fee      £15 per family / £10 for Staff

\*There will be hot dogs, (chicken, veggie too) available to purchase at £3.50  
Doors open at 6:30, starts promptly at 7pm.



Simply Scan the QR Code above, Enter amount of Entry for a family £15  
In reference please put Student/Staff Name and Year Group  
Eg. £15 – Kate yr9

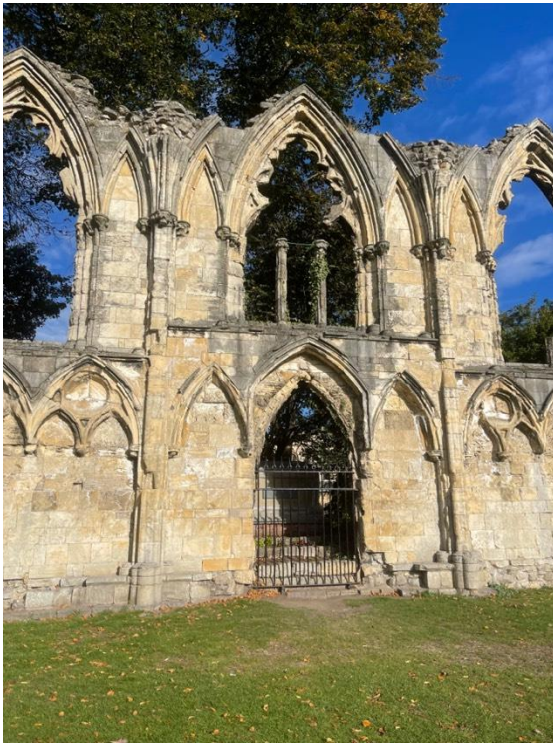
\*\*You can also send Entry Fee in an envelope to Sheila in Reception with Student and Yr



## YEAR 12 TRIP TO YORK

On Monday 24th and Tuesday 25<sup>th</sup> September the Lower Sixth went on a trip to York with Mrs Macdonald, Mrs Richardson and Sue Colebrook. We stayed in the very luxurious York youth hostel, where we enjoyed an entire corridor to ourselves. The hostel was a 30 minute walk from York city centre, and we were lucky to have fantastic weather as we walked along the river and through the museum gardens each day. We visited the Jorvik Museum, where ski lifts transported us back to a Viking village – realistic even down to a fairly unpleasant smell which made a number of us feel quite queasy! We also visited the extraordinarily beautiful York Minster which was an inspiration, particularly to those studying art and photography. Our final piece of 'culture' was a visit to the York Chocolate Story which involved learning about York's significance in the development of the chocolate industry and

where we also made our own chocolate lollies! A great time was had by all, and we really enjoyed having new and old students mixing together and getting to know each other.

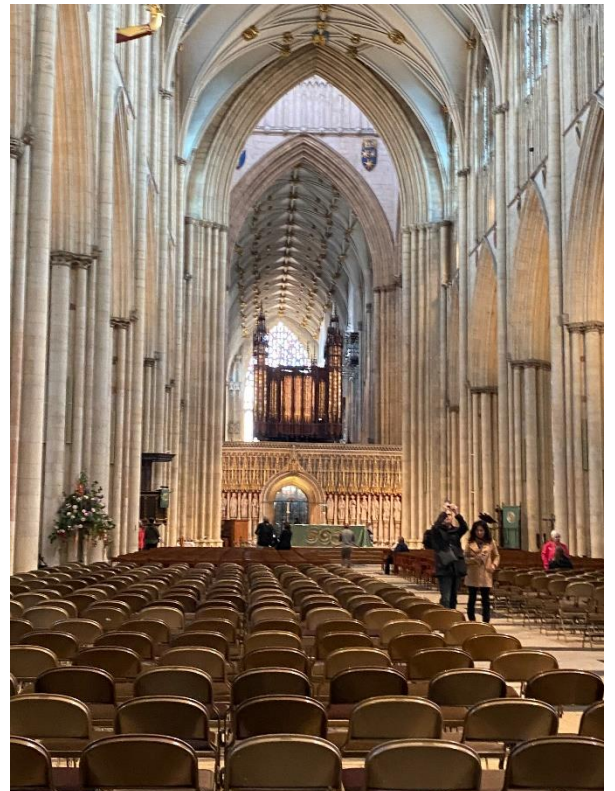


OCTOBER

NEWSLETTER



**MOUNT HOUSE  
SCHOOL**  
INSPIRING EVERY INDIVIDUAL



## LIBRARIANS VISIT TO CAMBRIDGE

On Tuesday 4<sup>th</sup> October the Librarians visited Cambridge. We were able to visit the inspirational Pepys Library in Magdalene College where we saw Pepys' original short-hand diaries as well as his collection of exactly 3000 books, all in their original bookcases which he had transported across the Thames to safety when the Great Fire of London broke out. We also learned that Pepys' diaries, in which he wrote about his (apparently many) amorous encounters, were not deemed suitable for publication until the 1970s. We then went to Heffers bookshop where we chose and bought 60 new books for the school library, before having ice-cream and returning to Mount House. We are looking forward to our next book buying trip, as well as a number of activities which we will be running in the Library in the coming months.



## STUDENTS TEACH CLASSICS AT HADLEY WOOD PRIMARY

On Monday morning, Deni, Katherine, Philip, Thibaut, George and I went to Hadley Wood Primary School to teach a Year 5 class about the Olympian Greek gods, our first module in the Classical Civilisation GCSE course. We each created a slide on 2-3 of the gods, describing their features and responsibilities.

After our PowerPoint we played 3 different games: bingo, creating top trump cards and a matching game. It was so much fun (for us at least but I think the children enjoyed themselves!) – the children were particularly excited to receive house points when they won bingo! It was a good opportunity for us to consolidate our knowledge on the topic and develop our confidence to talk in front of people. I am thankful for this experience. Written by Athena Demetriou



## MUSIC

Rehearsals for the carol concert are underway!









# Culture Immersion Day -Wednesday 12th October-

Dress up and celebrate the different nationalities that make Mount House diverse.

Items that are available for purchase include:

- A range of different foods £3 per pack
- Bangles from India and Nigeria £1 each
- Handwoven umbrellas from India
- candle holders £2

And many more...

All proceeds go to SARI

Students and teachers are encouraged to bring tradition food. No nuts.

Please bring in £1 to raise money for Stand against racism & inequality (SARI) :)



## BAKING CLUB

This week during baking club, students had their baking skills put to the test whilst making flapjacks. There were various additional ingredients which meant that students produced different flavoured flapjacks. We managed to get most out of the oven in time to take home, with some having to be collected the following day. It is not a problem for students to leave their bakes if needed until the following day but they must collect the following morning and wash up any trays, utensils that they used ready for cooking lessons. We look forward to making brownies next week. Please see the ingredients below:

### Brownies

- 375 grams soft unsalted butter
- 375 grams best-quality dark chocolate
- 6 large eggs
- 1 tablespoon vanilla extract
- 500 grams caster sugar
- 225 grams plain flour
- 1 teaspoon salt



Tiramisu made by Aaran Gudka

## COOKERY

Tuna pasta made by Harvey Year 9



Saslice e Siciliana, a typical Italian dish made by Ava and Sofie. Ingredients: Italian sausages, onions, garlic, oil and balsamic vinegar, salt, pepper, bicarbonate soda, sugar, balsamic and tomato sauce



## PE

This week students in Years 7 – 9 have taken part in volleyball. The Year 7 students learned key terms such as “set, serve, dig and spike” and how to perform these skills in isolation and in mini competitive game like situations. For Years 8 – 9, they recapped the key skills and continued to develop in performing and executing the skills to a high ability.

During games sessions this week boys in Years 7 – 10 have continued to take part in football or golf with the girls taking part in netball/hockey or trampolining. Students in Years 11 – 13 selected between trampolining, golf, football and table tennis.

### **Golf**

This week our Year 7 and 8 students had a chance to play on the main course at Old Fold Manor, they played a Texas Scrabble on holes 1 and 2. As a group they made a bogey on hole 1 and par on hole 2.

Our Year 9 and 10 students focused on distance on their drives, with our Year 11 and 6<sup>th</sup> Form focusing on play around the green with chipping and putting.

### **Football**

Football focused on game play and positioning on the pitch. Increasing the tika-taka football being played in small areas. Year 9 and 10 students will start to focus on different styles of play in the coming weeks.

### **Trampolining**

Years 7 and 8 looked at linking different skills together to create their own 10-jump routine. The students then compared their routine to the iGCSE specification and reflected upon how realistic their own routine would be to perform to a high standard. Students were then given time to practice either their own routine or the iGCSE routines to perfect for next week, where students are going to showcase their routines. Years 9 – 10 continued to work on skills they felt needed more practice. Finally, Years 11 – 13 continued to look at front somersaults and baranis.

### **Netball/Hockey**

It was great to see the majority of student in the correct kit this week which mean that we could focus on match play during hockey sessions. Students in Years 7 and 8 had the opportunity to recap shooting techniques and apply skills learnt to date in small-sided matches.

Match play was the focus during netball, drawing upon skills for improvement within the games. This gave students the opportunity to play matches, make mistakes, be informed of the mistakes, identify how to develop/change their performance and implement changes within their performance when resuming the match.

### **Table Tennis**

Those students who selected table tennis had the opportunity to play matches against their peers in the form of a round robin.

**Athlete of the Week**

Year 7: Jasmine Price

Year 8: Thomas Gittos

Year 9: Anne Banda

Year 10: Emir Yurtseven

Year 11: Thomas Ferreira

Sixth form: Rosa Scott Tatam

**Upcoming Fixtures**

Tuesday 11<sup>th</sup> October 2022: U13 Girls Netball v Latymer at home 15:30 start

The team list will be added to Show My Homework

**UPCOMING EVENTS**

Wednesday 12<sup>th</sup> October      Cultural Immersion Day

Thursday 13<sup>th</sup> October      Year 11 Parents' Evening

Wednesday 12<sup>th</sup> October      FOMH Bingo Night

Thursday 3<sup>rd</sup> November      Working Open Morning