

NEWSLETTER – 13th JANUARY

MESSAGE FROM MRS HILLCOAT-HYDE, ASSISTANT HEAD

Preparing our children for the future

As well as preparing children academically it is important that they develop 'soft skills' which will help prepare them for the future. Many soft skills can be learnt in the classroom; however, co-curricular activities complement the curriculum and provide extra opportunities for personal growth, preparing children for life after school and the world of work.



We aim to provide a co-curricular programme which offers a broad range of opportunities for all students throughout the school and we encourage our students to engage with our programme. The clubs on offer allow students to develop interests and talents and whilst enriching learning outside of the curriculum, give students the opportunity to strengthen a range of skills with some focusing on the development of soft skills. Social skills, such as communication, cooperation, empathy and manners are developed through the many games, creative arts, music and performing arts, STEM and sporting opportunities. Leadership, critical thinking, motivation and a positive work ethic are explored and developed through academic challenge, discussion and debate along with clinics and surgeries. These skills play an important part in the lives of children as they progress into adulthood, giving them the best chance of success.

This week Mrs Hutchinson, along with members of the student body delivered an assembly on the Model United Nations (MUN), a club that features in our co-curricular programme. I would like to share the importance of this club and identify how participating in a MUN can help prepare for the future.

'Model United Nations is a series of programmes run throughout the country and the world with the goals of furthering understanding about the United Nations, educating participants about world issues and promoting peace and the work of the United Nations through cooperation and diplomacy.'

Within schools, MUN simulations are popular exercises for those interested in learning more about the UN as an institution. With topics reflecting real-life issues, with a focus on peace-making, economic and social development and the environment, students have the opportunity to learn more about the world through communication and collaboration, whilst taking on the roles of delegates, speakers and chairs representing different countries.

Being part of a MUN can develop numerous skills and below indicates some of the key skills we will be promoting during the club:

Worldly knowledge: As a delegate, students will be required to research their allotted countries and analyse and understand relevant policies, identifying and considering which factors would influence the behaviour of the country at an international level. This in-depth research will allow students to gain practical and thorough knowledge of world affairs.

Confidence: MUN involves meeting and interacting with students from other schools, working together to develop resolutions to assigned tasks and to express views in a positive manner. Tasks will allow students to gain confidence when working with others and when presenting their views under pressure.

Public Speaking: Public speaking will be developed through having to make speeches during events to varying audiences.

Analytical skills: Whilst being part of a simulated environment students will be challenged and required to solve a task after examining the concerns of other countries, past precedents and potential solutions to come up with an acceptable solution.

Problem-solving skills: Being placed at the centre of an organisation designed to resolve global issues means that problem-solving skills will be developed from the start. An opportunity to work with others to resolve problems will be a key focus.

Leadership skills: As students represent and take charge of a country during an event, they will be encouraged to make decisions and work out solutions as a leader for the country.

Collaboration skills: With students having the opportunity to work with others they will develop the skills to communicate, trust and respect the views of others, which is important as without a collaborative dialogue and approach, the world cannot work together to overcome problems.

As you can see our MUN club has so much to offer and is one of the most popular ways to learn about the workings of the United Nations and it is for this reason that we encourage students throughout the school to join our MUN Club run by Mrs Hutchinson and Miss Christofi, which takes place at Monday lunch time (13:00 – 13:30) in room 19.

EXAMINATION ARRANGEMENTS AND REVISION WORKSHOPS

Years 11 and 13 Mock examination arrangements

A letter and timetables detailing the arrangements for the Year 11 and 13 mock examinations is attached to the newsletter this week.

Year 9 GCSE options and Parents' Evening

Year 9 are about to embark on their GCSE options process. We also have our Year 9 Parents' Evening on Thursday 26th January. An attached letter details the arrangements for how we will support students in making their choices and key dates, and also includes a link to book your appointments.

Year 11 Revision Workshops

We are pleased to offer Year 11 some revision skills workshops this term in the lead up to mocks and then their final GCSEs. An attached letter gives full details of the contents of these sessions which will run on Tuesdays after school.

INTERHOUSE TEXTILES COMPETITION – FRIDAY 6TH JANUARY

The participation, hard work and teamwork seen in last Friday's Inter-House Textiles competition was amazing! Students were asked to work in teams to make a paper costume using recycled papers in the most creative way possible. **All** the final costumes were excellent, showing real imagination and creativity and made in such limited time! So well done to **everyone** involved! Thanks also to all the staff and Ms Smyth for supporting the event and organising the fashion show. It was hard to choose a winner as they were **all great**, but the final decision was made as the costume best answered the judging criteria due to the design and the creative use of paper.

Well done to the winning team **CHIMBORAZO!** Mrs Graves





PE

In PE lessons this week our students have started gymnastics. The Year 7 students have looked at a variety of individual and partner balances helping to improve coordination, balance and teamwork. Next week they will start movement, such as cartwheels and forward rolls.

Year 8 students have been recapping and solidifying their individual and partner balances from last year as well as their movement. This has been done by working in a group to create a group routine. Each routine had to involve 2 different movements, an individual balance and a partner or team balance.

Year 9 students have also recapped their gymnastic skills from Year 7 and 8 by creating a team performance and performing it to the other groups where they are following the schools feedback policy by providing WWW (what went well) and EBI (Even better if) feedback to each other. They have since moved onto flight using a trampette and a block to perform side and through vaults as well as a couple of handsprings.

During Games sessions students in Years 7 - 10 had the opportunity to select a new sport to take part in this term and enjoyed their first lesson in that sport, developing various skills. Year 11 and Sixth Form students selected between football, table tennis, trampolining, with some Year 11 students also completing a cross-country run in preparation for their GCSE PE moderation.

Athletes of the Week

Year 7: Florence Summers

Year 8: Nathan Obi-Ezekpazu

Year 9: Amelia Murty

Year 10: Alice Reekie

Year 11: Stefan Constantinou

Sixth Form: Poppy Canty

U13 Table Tennis

At 1:00pm, Hari, Peter, Tom and Amirali set out to Kings School. We played a series of 7 matches each with 7 people around each table giving us 28 matches all together.

Hari won a total of 4 matches out of 7 and Peter won 3 matches out of 7. With both Peter and Hari making it to the knockout stages, where Mount House School was placed 5th.

A big thank you to Mr Whitehouse for taking us.

Written by Hari Chowdhary (Year 8)

Upcoming Fixtures:

17.01.23 - U16 Table Tennis ISA Tournament

Reminder

Students must ensure that they have the required kit and safety equipment for the sports in which they are taking part. In particular shinpads and mouthguards are essential for hockey and shinpads and football boots are essential for football. The field is wet and muddy, and trainers are not the most suitable for football.

BAKING CLUB

This week during Baking Club students made shortbread. It was great to see students working together whilst making their biscuits. There were a variety of shapes and flavours and there were some amazing smells coming from the food tech room - so much so that some teachers popped their heads in to comment. Please can students be reminded to bring in an apron from home for baking club.

Please find the ingredients for next week’s bake below:

Blueberry Muffins

- 100g unsalted butter softened, plus 1 tbsp, melted, for greasing
- 140g golden caster sugar
- 2 large eggs
- 140g natural yogurt
- 1 tsp vanilla extract
- 2 tbsp milk
- 250g plain flour
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 125g pack blueberries (or use frozen)
- 12 muffin cases



PSHE LESSONS UPDATE

Year	LO	Key words	RSE links	Additional info
7 - SCL	<ol style="list-style-type: none"> 1. understand the changes that occur with menstruation 2. be able to identify ways to manage menstruation. 	Menstruation Period Personal hygiene Sanitary products Perspiration and anti-perspirants	<ol style="list-style-type: none"> 1. key facts about puberty, the changing adolescent body and menstrual wellbeing 2. the main changes which take place in 	Developing positive coping strategies is essential to adolescent development. This topic examines specific skills to cope with menstruation in order to achieve menstrual wellbeing. It is covered as a mixed gender Year 7 class.



	<ol style="list-style-type: none"> 3. understand the importance of personal hygiene 4. be able to identify ways of achieving and maintaining healthy hygiene practices. 		<p>male and female bodies, and the implications for emotional and physical health</p> <ol style="list-style-type: none"> 3. Personal hygiene 	<p>Public Health England – Rise Above: Puberty Lesson Pack Some film resources are signposted to from this website. campaignresources.phe.gov.uk/schools/resources/puberty-lesson-plan-pack For information and support to create #PeriodPositive schools go to: periodpositive.wordpress.com/periodpositive-schools</p>
8-SPE	<ol style="list-style-type: none"> 1. Emotional Well being 2. Mental Health 3. Resilience 4. Feelings 5. Loss and Bereavement 6. How to look after and improve emotional wellbeing 	<ul style="list-style-type: none"> • Pressure • Emotions • Feelings • Confidence • Positivity • Optimism • Joy, sadness, fear, disgust, anger • Grief 	<ul style="list-style-type: none"> • Dealing with circumstances and traumas that lead to mental health issues and degradation of emotional wellbeing • Understanding emotions and feelings of depression and anxiety. • How to be resilient and learn strategies to lessen poor mental health. • Working with healthcare professionals, family and friends, to build up confidence, resilience and a way of being optimistic and coping with negative feelings. 	<p>Samaritans.org.uk Childline.org.uk Youngminds.org.uk Nhs.org.uk Mind.org.uk</p>



<p>9- JC O/DM A</p>	<ol style="list-style-type: none"> know the recommended health advice regarding alcohol consumption for adults be able to explain the effects of drinking too much alcohol. 	<p>Alcohol Units Intoxication Misuse Legal limits Recommended intake Peer pressure</p>	<ol style="list-style-type: none"> the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood the physical and psychological consequences of addiction, including alcohol dependency. 	<p>This topic focuses on the effects of drinking too much alcohol on an adult body (bearing in mind that the effect would be greater on a young person’s body). It also looks at what constitutes relatively ‘safe’ alcohol consumption for adults.</p> <p>https://alcoholeducationtrust.org/ https://www.talkaboutalcohol.com/ https://pshe-association.org.uk/drugeducation https://www.bbc.co.uk/teach/class-clips-video/pshe-ks3--ks4-alcohol-abuse-and-binge-drinking/zncrkmn</p>
<p>10- SHA</p>	<p>Sexual health</p> <ol style="list-style-type: none"> understand what it means to be sexually healthy be able to describe different types of contraception and how they work be able to identify which contraceptives are most appropriate for different scenarios understand the signs, symptoms and causes of sexually transmitted 	<p>Sexually Transmitted Infections Artificial Contraception Communication Decision-making Well-being Sexuality Signs, symptoms and solutions</p>	<p>Understanding what it means be ‘sexually healthy’ and the different methods available to ensure people who are sexually active are being safe and taking all the correct precautions.</p>	<p>www.nhs.uk/Livewell/Sexandyoungpeople/Pages/Peerpressure www.condomessentialwear.co.uk www.4ypbristol.co.uk/the-facts/sex/consent www.disrespectnobody.co.uk www.themix.org.uk www.disrespectnobody.co.uk</p>



	<p>infections (STIs)</p> <p>5. know how and where to seek sexual health advice.</p>			
11-PSM	<p>Facing challenges</p> <ul style="list-style-type: none"> • identify strategies that they can use when facing new challenges • show empathy with others when problem solving • apply problem-solving approaches to situations in your own life. 	<p>Emotions Problem solving Challenges Empathy Mental health</p>	<p>how to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.</p>	<p>www.childhoodbereavementnetwork.org.uk www.time-to-change.org.uk www.sane.org.uk www.heretohelp.bc.ca www.griefencounter.org.uk www.childhoodbereavementnetwork.org.uk www.helpguide.org/mental www.rd4u.org.uk</p>
12-SAL	<p>To understand the short- and long-term impacts stress can have on our bodies and our life</p> <p>To understand the science behind fight, flight or freeze response to stress</p>	<p>Anxiety Stress Coping strategy Anger Emotions Hormones Reactions</p>	<p>What are the main pressures on young people in society? How do you know when you are stressed? What are your triggers?</p>	<p>SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE: https://www.childline.org.uk Has support for= growing up – Boys & Girls https://kidshealth.org/#cattake-care Information on a variety of topics VISIT WWW.NHS.UK/LIVE-WELL</p>
13-SAL	<p>To learn more about GHB and the impact this drug has on society</p> <p>To explore why GHB is the drug of choice for those committing sexual assaults</p>	<p>Sexual Assault, LGBT+, Effects, GHB, GBL, Chemsex, Rape, Spike,</p>	<p>How do you cope with difficult situations? What are your coping mechanisms? Why do people take illegal drugs? Apart from GHB what other illegal drugs can you name?</p>	<p><input type="checkbox"/> https://kidshealth.org/en/teens/drug-alcohol/ <input type="checkbox"/> https://www.talktofrank.com <input type="checkbox"/> https://www.childline.org.uk/info-advice/you-your-body/drugs-</p>



<p>To evaluate whether the UK government needs to do more to protect people from being victims of sexual assault and rape due to GHB</p>	<p>Public Health England, Class C</p>		<p>alcohol-smoking/drugs/ <input type="checkbox"/> https://www.nhs.uk/livewell/healthy-body/the-effects-of-drugs/</p>
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COME AND JOIN US FOR OUR FIRST SOCIAL OF 2023!

MH Parents, Teachers and Friends are all WELCOME!
 Teams of 6-8 people IDEAL!
 Or join a team on the night!
 PRIZE for the most original team name.
 COMPLIMENTARY sandwiches, nibbles and soft drinks
 Bottles of wine and beer will be available to purchase.

Friday 3rd February from 7pm. (Doors open at 6.45)

Ticket prices : £10 per person
 ** Please RSVP by Wednesday 25th January

QR CODE FOR PAYMENT
 (or send payment in an envelope to Reception labelled Quiz Night and your name to reserve your place).



All proceeds will go to the Friends of Mount House to fund future student activities and fun stuff!!

MATHS PROBLEM

An 'abundant' number is a positive integer N , such that the sum of the factors of N (excluding N itself) is greater than N . What is the smallest abundant number?

A 5 B 6 C 10 D 12 E 15

Maths word of the week

Quadratic expression

This is an algebraic expression of the form $ax^2 + bx + c$ where a , b and c are constants

UPCOMING EVENTS

Monday 13th January – Back up date for Year 7 assessments

Thursday 16th January – 13+ entrance tests

Thursday 26th January – Year 9 parents' evening

Friday 27th January – Year 7 parents' coffee morning

Friday 27th January – Year 10 and 11 Geography field trip

Wednesday 1st February – Years 9 to 12 trip to Bletchley Park

Thursday 2nd February – Years 9 to 12 Drama students theatre trip to witness for the prosecution

Friday 3rd February – Year 7 parents' coffee morning

Friday 3rd February – Friends of Mount House quiz night

Monday 6th February – Portugal tour parent information evening

Tuesday 7th February – HPV for Years 8 and 9

Friday 10th February – Year 10 Parents' coffee morning

Friday 10th February – Digital Roadshow for all Year groups