

NEWSLETTER – 20th January

MESSAGE FROM MR CRAIG McCORMICK, ASSISTANT HEAD

Many people talk about the so-called January blues – the comedown after the build up to religious festivals that occur in December and then the festivities themselves which often involve friends and family who love us and celebrate not just us, but the time they have with us. Together, we engage in century old traditions that also provide ties that bind and security and a degree of predictability. Although the turning of a new year often brings new optimism, new goals and declarations of “new year, new me”, for many people, the month of January brings them the complete opposite.



Dark nights, cold weather, the thought that anything to look forward to is far away and wondering how you’re going to pay for the celebrations you’ve just had plague the minds of many people in the UK today. For our students, this may be a downturn in their social lives, increased pressure from social media to conform to the “new year, new me” look, and for some year groups, the notion that stressful examinations are a month closer and the step to the independence that university provides is ever nearer.

We can do some or all of the following to help us through January and any difficult times that lie beyond it:

1. Control the controllable. Accept that there are things that are under our control, for example, meeting deadlines comfortably, planning out homework demands equally across evenings, formulating a coherent revision plan. Accept there are things that are not under our control whatsoever and that attempts to change these things may not garner the result we want from our actions.
2. Back away from the device! Give yourself downtime from screens that try to tell us what we must buy, what we must wear, what we must look like and how we should act. You are unique, the only determiner of these things is YOU. A true friend will not drop you if you don’t reply to a WhatsApp message within the hour.
3. Exercise (and I realise this is entirely hypocritical as if there was a bus service up the stairs to my office, I would take it). Regular short bursts of exercise are good for us – mens sana in corpore sano!
4. Celebrate little wins. You now can manipulate quadratic equations with ease. You finally understand the subjunctive tense. You have finally mastered the accent of your character in your practical Drama piece. These are success stories. Reward yourself.



5. Be aware of limitations. Young people are full of untapped potential but trying to do too much at the same time can have negative impacts on our health – and our achievements. Space this out. Take short breaks. To use the words of Jacinda Ardern this week, ensure you are “running on a full tank”.

PE

During gymnastics this week our KS3 students focussed on forward rolls, cartwheels and round-offs. Hockey has been popular during games afternoons this week with students learning how to lift the ball with control. Some students were able to demonstrate this skill during match play, resulting in them outwitting their opponent. Small-sided matches were played during netball and basketball sessions, with students demonstrating previously learnt skills. It has been wet and muddy during football this week, but this didn't stop the students from the enjoyment they get when playing in matches against their peers.

Athletes of the Week

Year 7: Varun Halaria

Year 8: Jennifer Douglass

Year 9: Dharmani Joshi

Year 10: Melisa Remanica

Year 11: Iman Salam and Clement Cheng

Sixth Form: Irene Damianos

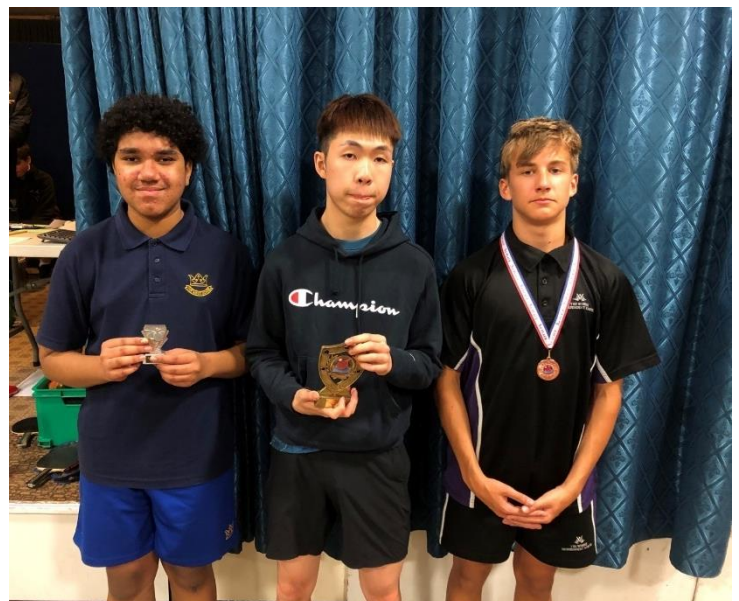
During football club this week students from Years 7 – 10 took part in progressive shooting drills followed by matches in their year groups.

ISA Table Tennis Tournament

Zak Rahman-Cook, Zac Webster and Clement Cheng took part in the U16 ISA Table Tennis Tournament on Tuesday 17th January. All of our students performed amazingly well, with Clement winning the whole tournament without dropping a set. Congratulations Clement!

Students to represent England!

We have excellent sporting news to share with the school community: Florence Sunderland and Solu Ngoka have been selected to represent England in the U14 Fencing Team. We look forward to hearing all about their upcoming experiences. Congratulations Florence and Solu!



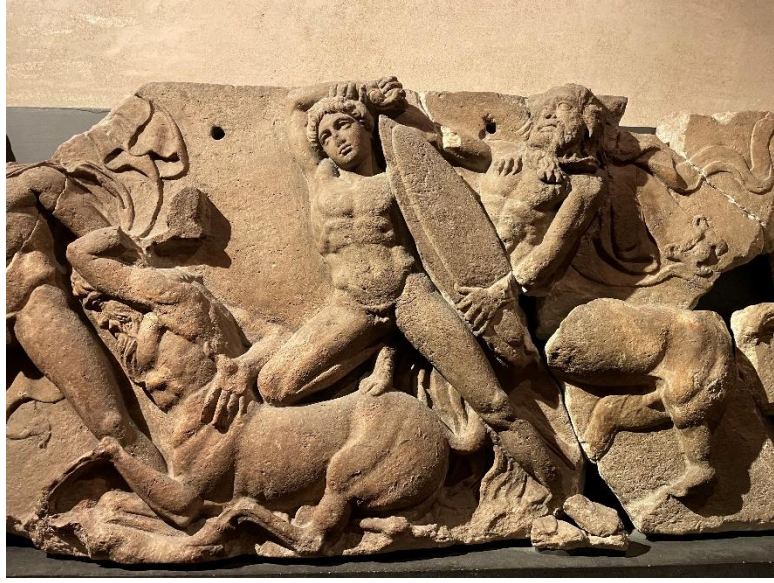
CLASSICS' SCHOOL TRIP

On Tuesday, Years 10,11,12 and 13 Classicists went on a trip to the British Museum. It began with seeing the Parthenon Sculptures; which was the most exciting part, as they are going back to Greece in 2023 and it was one of the last opportunities to see them. We also discussed the controversy behind how Lord Elgin took the sculptures from the Parthenon during Ottoman occupation of Greece and what our personal opinions are about it.

We then split off into groups where the Year 10 students focused on the myths on vases and sculptures, while the Year 11s studied artefacts from the Mycenaean Age, topics relevant to their GCSE course. The Year 12 and 13 students studied sculptures and vases from their A Level course on Greek Art and Religion. Despite, the Roman and Greek life exhibition being closed, it didn't stop us from enjoying our time there. We had an amazing time and hope to come back again.

By Katie Gallagher Year 12







TRIP TO THE NATIONAL THEATRE

On Wednesday 11th of January, Year 11, and the Sixth Form went on a school trip with Mrs MacDonald and Miss Dawson, to see ***Othello*** at the National Theatre in London. We are currently studying the play for A Level English Literature. The play is about Othello's love for his wife and how the manipulation of Lago affects their relationship. The contemporary production was very captivating and engaging, keeping us on the edge of our seats, with incredible actors and actresses who brought this Shakespeare play to life.



UNIFORM

We would like to remind parents of our uniform expectations at school, particularly with the cold weather leading to some misinterpretation:

- Every student should have a blazer and this should be worn. The school jumper is an option should students wish.
- Those students wearing shirts should be wearing their tie. These can now be purchased from the uniform shop alongside other uniform. Students wearing the blouse are not expected to wear the tie but have their house badges for their blazers which should be on.
- Hoodies, school branded or otherwise, are only part of the uniform on the days that students have sport and are in their PE kit. Students wearing hoodies at other times will be asked to remove them and collect them at the end of the day. If a student is cold, they should wear the school jumper in addition to their blazer, and under layers. A coat for when they are outside is recommended.
- Any non-school uniform being worn is likely to be asked to be removed and collected at the end of the day.

COOKERY

During the last two weeks, students have learnt how to make a typical French chocolate gateau. One of the lessons learnt was that the French use a lot of butter.

The students also learnt the importance of ensuring the measurements are accurate to get the perfect French cake.



COOKERY INTERHOUSE COMPETITION

Last week was the cookery interhouse competition whereby each House had to make up the face of their Head of House using fruits and vegetables within 20 minutes. It was fun watching the students decide what their HOH would look like if they were made up of fruits and vegetables!

Thank you to Mr Cooper, Mr Phillips and Mr McCormick for agreeing to judge the competition.

Mrs da Rocha





SHOUT OUT UK

This week a speaker from Shout Out UK came in to speak to Year 12 about media literacy and spotting misinformation on the internet. Shout Out UK (SOUK) is a multi-award winning creative social enterprise aimed to defend and amplify democracy by offering education to understand how government functions through political literacy, are inoculated from disinformation and misinformation through media literacy and are given a chance to have a say in how the country is run through a youth voice platform. SOUK has run some of the largest city-wide voter registration and voter awareness campaigns in the democratic world. Furthermore, its education programmes on Media & Political Literacy have been utilised to combat disinformation and extremism and is currently providing the secretariat for the All-Party Parliamentary Groups (APPG) on Political Literacy.

SCHOOL COUNCIL

The School Council met today at 8.30am in the Hive. The meeting was well attended. Representatives from Y7-13 were given 'feedback' from the previous meeting on December 9th.

Reps reported back on the issue of how to run and improve the tuck shop following Mr Phillips' presentation at the last meeting before moving on to debating a range of new topics such as school uniform, proposed reforms of the yellow card system and mobile phones.

Full minutes will be published in next week's newsletter after the Chair's meeting with the Head Teacher. Iman Salam (Y11)

BAKING CLUB

This week students baked delicious blueberry muffins.

Due to the road closure, clubs finished early meaning that some students didn't get the opportunity to bake. Where this was the case and if you had the ingredients for this week students can bring those ingredients next week and can bake blueberry muffins instead of carrot cake cupcakes (next week's bake - ingredients listed below).

Carrot Cake Cupcakes:



For the cake

- 175g light muscovado sugar
- 100g wholemeal self-raising flour
- 100g self-raising flour
- 1 tsp bicarbonate of soda
- 2 tsp mixed spice
- 1 orange, zested
- 2 eggs
- 150ml sunflower oil
- 200g carrots, grated
- orange coloured sprinkles, to decorate (optional)
- 12 cupcake cases

For the icing

- 100g butter, softened
- 300g soft cheese
- 100g icing sugar, sifted
- 1 tsp vanilla extract



LUNCHTIME BAKING CLUB – MAKING PANCAKES!





MATHS CORNER

Solution to last week's Maths problem:

The table below shows the first 12 positive integers, N, and the sum S, of the factors of N excluding N itself. As can be seen, 12 is the first value of N for which this sum exceeds N, so 12 is the smallest abundant number.

N	1	2	3	4	5	6	7	8	9	10	11	12
S	0	1	1	3	1	6	1	7	4	8	1	16

So the answer is D.

Maths problem for the week:

Jack and Jill went up the hill to fetch a pail of water. Having filled the pail to the full, spilling two-thirds of the water, before Jill caught the pail. She then tumbled down spilling two-fifths of the remainder.

What fraction of the pail does the remaining water fill?

A 11/15 B 1/3 C 4/15 D 1/5 E 1/15

Maths word of the week:

Factorising- It means writing an algebraic expression using one or more brackets
 e.g. $4x + 8 = 4(x + 2)$

UPCOMING EVENTS

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



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!!