

NEWSLETTER – 3RD FEBRUARY

MESSAGE FROM MR TONY PHILLIPS, DEPUTY HEAD (PASTORAL)

The gift of friendship

In every school in the world there will be different groups of friends and obviously Mount House School is no exception. Between and within these friendship groups there will sometimes be differences and times of trial.

Those who are strong in character can sometimes overcome these differences and arguments. They are aware that friendship is a wonderful gift and should not be threatened because of weakness, selfishness and pride. The endurance of a genuine and everlasting friendship very much depends on not just being a friend, but by being a true friend.



Being a real friend is a tremendous responsibility. You have to be loyal, honest, reliable, dependable and responsive. You also have to be forgiving at times, be prepared to offer help, support and sympathy. At the same time, you don't want to be taken for granted or deceived. There are also times you need to remain silent and keep your opinion to yourself. They are your friends, not clones of you – they are permitted to do things differently. Importantly, you have to offer a friendship enthusiasm, dedication, determination, interest, passion and drive. You have to work hard to be a real friend.

But what do your friends have to do? In an ideal world the same. If they fail to do any of this, you will carry on being their friend, being forgiving, being supportive and simply being there.

You are there when your friends are going through difficult times and not just there for the good times. You will be there when they need you in the dark days, the times of trouble and stress. You will be there to tell them to cheer up and not to worry. You will be there to give them good advice. You will be there just to listen at times. You will be there when all their other friends are no longer around.

Friends are allowed to have differences. As friends, you are probably very aware that you have more in common than you have differences. If we can embrace those things we have in common and accept what is different, our friendships can only become stronger. Every group of friends needs different people with different qualities and points of view.

The most important aspect of friendship is being prepared to say sorry. Arguing from time to time is human nature. It is entirely possible to be and say sorry without feeling challenged or threatened or weak. We can say sorry and still be strong. We can say sorry and retain our dignity and respect. Be prepared to apologise for the simple fact that you have been arguing. It doesn't matter what the argument was about. We say sorry to our friends, and even those we do not consider as our friends, because we are kind, generous in spirit, dignified, sensible and good.

Friendship is a special gift but please also respect those who are not necessarily your friends as kindness, generosity of spirit, dignity and goodness should be extended to all in our small, and hopefully caring, school community.





SCHOOL COUNCIL MEETING - FRIDAY 20TH JANUARY 2023

In attendance:

Year 7 Ben Wrightson, Jake Hargreaves, Max Cute
 Year 8 Hari Chowdhary, Selin Sarayli
 Year 9 Rina Antwi-Agyei, Calypso Malialis
 Year 10 Michael Miltiadous, Krrish Patel, Ruzgar Suyur, Reuben Ward
 Year 11 Ava Athwal, Darcie Dudding, Hailey Boakye, Aoife Thompson,
Iman Salam (Minute Secretary)
 Year 12 Rosa Scott Tatam
 Apologies for absence Mara McNally and Sophia Koumourou
 Mr Allman - Facilitator

The school council representatives have been appointed by their year groups to represent the voices of the students within the school.

Meeting started at 8.30am

Mr Allman provided feedback in relation to the previous minutes and Council suggestions.

Points discussed during meeting:

- The issue of the **changing rooms** for boys was raised again. A vote took place on whether it should continue to be locked during school times. Two voted to keep it locked and 13 wanted unlocked.
- The **yellow card system** was questioned again. A discussion took place on how we can move forward. A vote was taken on the issue that a warning should be given before a red card was issued. It was unanimously agreed.
- Year 7 reps asked if the **choir** could become an optional choice.
- **Year 10 and 11** asked if **House Assemblies** can be optional as they could use this time to revise for upcoming exams.
- Mr Phillips' suggestion at the previous meeting that the **tuck shop** in terms of the food that it provides and about who runs it was discussed. The feedback from the reps was that five said that students in their forms would be happy to run it whilst others said they would participate if there was some financial gain for them. It was suggested that **prices** could be reduced and that pizza should be kept warm (when given out at lunch).

All School Council ideas/ suggestions will be taken to the Head.

Meeting finished 8:57am

Next meeting scheduled - February 24th

Mrs Da Rocha has asked all school council and form reps to attend a meeting about making the curriculum more diverse and representative on Thursday 2nd February at 1:30pm in room 6.



P.E. NEWS

Athletes of the Week:

Year 7	Ben Wrightson
Year 8	Louis Falk
Year 9	Santiago Scicchitano
Year 10	Mobin Mahmoudi
Year 11	Aoife Thompson and Dara Koleva

This week in PE our **Year 7, 8 and 9** students have continued to focus on handball. Our **Year 7** students have solidified their knowledge of the different passes, dribbling and started to work on game play. With our **Year 8** students focusing on game play, looking into how and when to move the ball to get around the opponent, while next week they will be focusing on defending as a unit. Our **Year 9** students have been continuing to enjoy playing games, with their focus being on leadership in sport, this is allowing them to improve upon their refereeing skills and coaching skills.

Fixtures:

Hockey:

On the 1st February Mount House School travelled down to Lee Valley to participate in the ISA U13s hockey tournament. We arrived at school at 7:45am, arriving at Lee Valley at 9:30am and proceeded to warm up for the first match.

Our starting line-up was a 2 3 1 formation. We fought hard but in the end we lost 0-2. After our snack break we were ready for the next game. The team were very experienced and unfortunately we lost 0-4. We then had another break and a team talk. After our next game the final result was 0-2 to the other team.

During lunch we ate our food and discussed some team tactics. After the lunch break we watched two teams play against each other and one of the player's sticks snapped in half!

We then had two more games and lost 0-2 to "Red House" and 0-1 to "The Bumblebees". The game against "The Bumblebees" was very close and we had many short corners.

Overall we all had a fantastic day and we tried our best. The player of the tournament goes to Louis Falk

Match report written by Santino Vazquez-Williams and Tom Gray.

Trampolining Competition:

On Thursday we went to a competition for trampolining. It was amazing as we got to use new trampolines and meet new people. We got to compete against other schools and see other people perform. Everybody's performance was amazing and everybody did well. It was really fun and we all enjoyed it.

Report written by Purity Sigei

Please note: next week all clubs that take place in the hall will be canceled due to exams (trampolining, table tennis, badminton).

Fixtures Next Week:

Tuesday U13 Girls Netball vs Latymer
Thursday U15 Boys hockey Tournament at Lee Valley.

GEOGRAPHY FIELD TRIP

Epping Forest Geography Trip



On Friday the 27th of January, the Year 10 and 11 geography students took a trip to Epping Forest to investigate the change in characteristics of a river at its lower, middle and upper course. The river we were investigating was Debden Brook as it had full public access and was not too dangerous to work in.

We used equipment such as corks, meter sticks and tape measures to investigate the velocity, depth and width at the different points we chose along the river. We talked a lot about our strategies regarding our approach to this practical and our hypotheses regarding our expectations for the river's characteristics, which really helped to have an in-depth idea of the variables that need to be maintained during an investigation so that it is as valid as possible.

The trip was very informative and helped to visualise the information and ideas that we had learnt in our lessons prior to the trip. Overall the trip was very informative and it was very nice to be in nature whilst still learning new things and developing our investigative skills.

Amara Vidale



CO-CURRICULAR

Baking Club:

Butterfly cakes were a huge success this week for most students, with a number of cakes being eaten before students left school.

Next week we will be baking Cherry Oat Squares with chocolate drizzle - please see the ingredients list below:

- 140g butter, melted, plus extra butter for the tin
- 100g self-raising flour
- 175g caster sugar
- 175g porridge oat
- 1 egg, beaten
- 100g glacé cherry, halved
- 50g dark chocolate



It is great to see students experiment with ingredients and add their own take on the recipes.

Please can we take this opportunity to remind you that we are a nut-free school and ask that this is taken into consideration when experimenting with recipes.

Star Bakers this week:



BRITISH SCIENCE WEEK 2023 – 10-17 MARCH

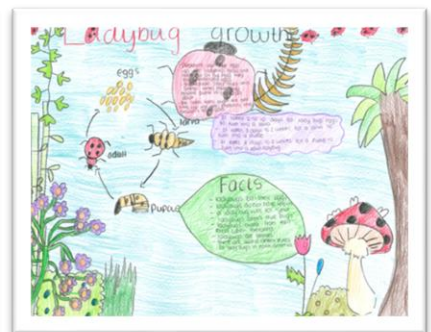
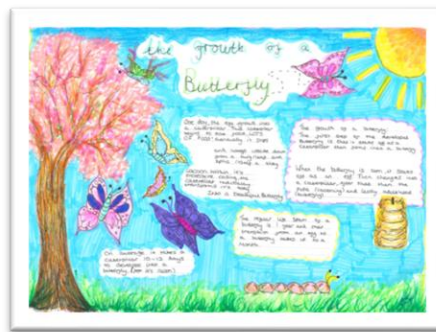
The science team has begun preparations for British Science Week 2023. This year's theme is **Connections**. We will be getting the students involved in three major projects that have been set out by the British Science Association.

(1) Annual Science Week Poster Competition

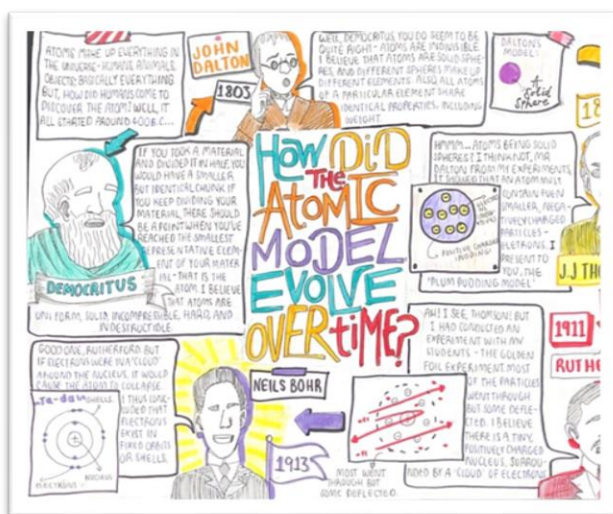
Students should start planning their poster on this year's theme of "Connections". They can use any information from the wide world of Science and Technology. Only five posters can be submitted by each school to be considered to win a prize.

Students need to submit their posters to one of their science teachers by Friday 24 March in order to be considered to be one of the five posters selected.

Here are some of the best posters produced last year by Mount House School students (2022 theme was "Growth").



Here is an example of a previous National Winner's poster:



For more information about this year's competition, please follow this link: <https://www.britishschoolweek.org/plan-your-activities/poster-competition/>

(2) Build a Brooklands Glider



BRITISH SCIENCE WEEK

BROOKLANDS MUSEUM

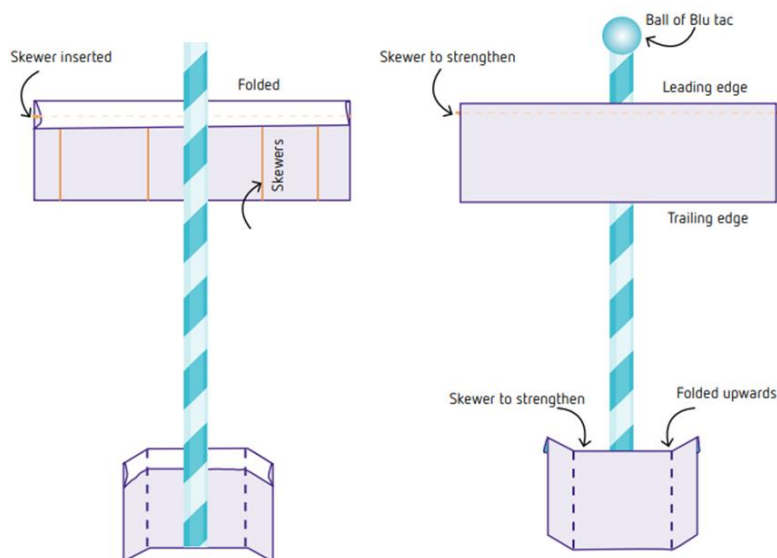
BUILD A BROOKLANDS GLIDER

The connections between the forces of flight allow an aircraft to soar – you can't have one force without the others! In this activity, you will master the forces of flight to design a go-further paper glider which optimises lift and lessens drag to fly further and better!

⌚ 30 minutes

Skills unlocked: Resilient, Self-motivated, Creative

Brooklands Museum is challenging students during Science Week to build their own glider.



They need to use:

- 1 piece of A4 paper
- 1 straw
- wooden skewers
- tape
- blue tack

Students will compete against other students in their year group.

The goal will be to throw your glider at a target on the floor on the other side of the hall. Look to design a glider that flies straight and travels as far as possible. Students can start planning and perfecting their designs leading up to science week.

(3) Connections between Food and Climate Change

BRITISH SCIENCE WEEK

CONNECTIONS BETWEEN FOOD AND CLIMATE CHANGE

Carbon emissions

Did you know that food production contributes 30% of all greenhouse gas emissions, and the production of different foods cause very different amounts of emissions? For example, a portion of beef causes 10 times more emissions than a portion of baked beans, on average. This means our food choices can make a difference!

30 minutes

Skills unlocked: Curious, Logical, Observant

We all know that we can make positive changes for the environment by choosing to walk or ride a bike instead of driving. But did you know that what you choose to eat also has an impact on the environment?

Your consumption of avocados also uses

3,519 litres of water, equal to **54 showers** lasting eight minutes.

How often do you have it?

1-2 times a week

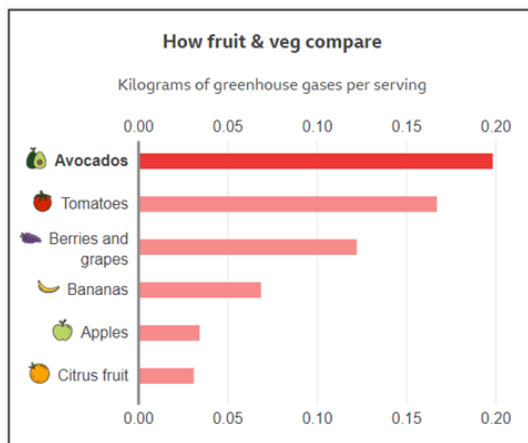
Half an avocado per serving

Over an entire year your consumption of avocados is contributing **15kg** to your annual greenhouse gas emissions.

That's the equivalent of driving a regular petrol car **39 miles (64km)**.

OR

the same as heating the average UK home for **2 days**.



In science lessons we will be exploring how we can make more environmentally friendly choices in terms of what we decide to buy during the weekly shop.

STUDENTS BEING CREATIVE IN THE HIVE

Lunchtimes see the students working together and creating some amazing LEGO models. They also use their computer science knowledge to build SCRATCH programmes.

Children from all year groups spend time together playing board games, card games and drawing in a fun and safe environment.

We also welcome students daily who want to join our touch-typing co-curricular programme. This is a worthwhile skill to acquire and all students are invited.

The HIVE is a great place for children to come if they are feeling anxious about the day ahead or just need someone to talk to.

The communication café is also up and running during Tuesday lunchtime and is another opportunity for younger students to meet and be mentored by the 6th form students.



MATHS CORNER

Solution to last week's problem:

The primorial of 7 is $2 \times 3 \times 5 \times 7 = 210$

as 8, 9 and 10 are not prime numbers, they also have a primorial of 210. The primorial of 11 = $2 \times 3 \times 5 \times 7 \times 11 = 2310$

Hence there are exactly four different whole numbers which have a primorial of 210.

Hence there are exactly four different whole numbers which have a primorial of 210. so the answer is D.

This week's problem:

The numbers x and y are such that $x + y = 20$ and $1/x + 1/y = 1/2$.

What is the value of $x^2 y + x y^2$?

A 80 B 200 C 400 D 640 E 800 ?

Maths word of the week: gradient. This is a measure of how steep a line is.

CAREERS FAIR

We are organising a careers fair for our students on THURSDAY 20th APRIL 2pm-4pm, held at Mount House. The participating companies all have a stall and an opportunity to talk to students as they walk around the fair. Our parent body has a huge range of careers from a range of professions and we are asking anyone who may be able to help come and represent their career area to sign up here.

We will be in touch for everyone who is able to help with further details.

Any questions please email Maria Christou on christou@mounthouse.org.uk

If you are able to help please complete the very brief form in this link. Thank you for your support. <https://forms.office.com/e/nAACKTKEfg>





HOLOCAUST MEMORIAL DAY

Holocaust Memorial Day was commemorated last week at Mount House School. On Monday, students learnt in Houses about four of the internationally recognized Holocausts – that of Cambodia, the genocide in Rwanda, the actions in Bosnia and the situation in Darfur. Together, we examined the stories behind these events and explored the effects of these events on the societies in which they took place.

On Friday, Mr McCormick gave a whole school Assembly on this year's Holocaust Memorial Day Trust's theme – that of "ordinary people". Ordinary people attempted to destroy the Jewish race under the Nazi regime, ordinary people informed forces of where Bosnian Muslims could be found, ordinary people protected those fleeing persecution in Darfur and ordinary people stood up to the brutal regime in Cambodia. Ordinary people also stood and watched these things happen. Ordinary people kept their heads down and tried to ignore it.

We ended with the message that although we are all ordinary people today, we can be extraordinary in our actions. We can all make decisions to challenge prejudice, stand up to hatred, to speak out against identity-based persecution, to act and consider each other responsibly and respectfully.

A minute's silence was held in respect of the victims, including those who survived but were victims nonetheless, of all five Holocausts.

UPCOMING EVENTS

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|----------------------------------|--|
| Friday 3rd February | - 7pm 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 |
| Friday 10 th February | - Half term begins at 4pm |
| Monday 20 th February | - Whole school in session |