



# NEWSLETTER – 10<sup>TH</sup> FEBRUARY

## MESSAGE FROM MS SMYTH, ASSISTANT HEAD (PASTORAL)

As part of my ongoing professional journey to develop and champion mental health and wellbeing at Mount House school, I found myself presenting recently to other senior mental health school professionals about the role of resilience in our various networks. Google 'resilience' and you will get 60 million hits ranging from tights that are ladder resistant, 'bouncebackability' and how to improve the lot of vulnerable young people. But what is resilience? And how can a better understanding of it help support and protect the wellbeing of us all, and in particular the young people we serve?



Much rhetoric in the past has been about a superhero type ability that some individuals have an abundance of, with the focus of trying to understand this variety and potentially ways to bottle it. In recent years, we have moved away from such ideas and my aim is to develop a shared understanding of resilience so that we become more asset focused with young people by gaining an understanding of resilience as a learnable skill.

Tony Newman, Principal Officer for Research at Barnardo's, writes about resilience and defines a resilient child as one who 'resists adversity, copes with uncertainty and recovers more successfully from traumatic events. Something that is acquired through experience, although there may be some inherited aspects.'

### **'Not invulnerability but an ability to cope'**

Of the many definitions I like is the one that was coined by developmental psychologist Ann Masten. She describes resilience as 'ordinary magic', meaning that in many cases, a resilient outcome is not the result of something particularly earth shattering happening, it's just everyday occurrences, for example a teacher paying more attention to a particularly disadvantaged child. In other words, *'Beating the odds, whilst also changing the odds'*.

From the definitions above there is a clear shift towards focusing on external processes and mechanisms, to enable anyone in youth networks to think through what they can do to



make a difference. Resilience as a teachable skill and something that can be promoted, emphasizes what people can actually do to improve the outcomes for young people. Daniel and Wassell (2002) maintain that there are domains of resilience. These are six areas of a child's life where resilience can be promoted and reinforced. These are:

1. Secure base
2. Education
3. Positive values
4. Talents and interests
5. Friendships
6. Social competences

These domains can interact and are likely to positively impact on another. For example, a child who has a talent to play a musical instrument and who is likely to perform in the spring concert, is also likely to develop friendships and, as a result, will take up a valued social role and education be promoted. From this we are reminded of the importance of the need for our students to take part in extra-curricular activities, work on having a varied network of friends and to explore talents and interests outside the world of social media and school work.

This year we have worked hard to continue to grow PSHE and this is now taught in lesson time across the key stages. This, alongside a comprehensive morning programme, provides a valuable opportunity to promote a students' resilience.

Dr Ginsburg, Professor of Paediatrics at the University of Pennsylvania, has identified that there are seven skills connected with building resilience and that the key players in a young person's life equipped with knowledge of these seven Cs can attempt to build resilience. Below are the various skills and tips on how we promote these within our community.

1. Competence – Allowing a person to develop a sense of self efficacy. We can help focus on individual strengths and empowering young people to make mistakes.
2. Confidence- Building self-esteem by recognising achievement and highlighting a person's best qualities.
3. Connection – Developing close ties to family, friends and community. Providing opportunities to develop healthy relationships.
4. Character – A chance to develop a solid set of morals and values, to demonstrate caring towards others know how behaviour affect others.
5. Contribution - Children need to realise that the world is a better place because they are in it. We all must create opportunities for them to contribute.
6. Coping – We must model and guide a person on how to cope by showing them coping strategies.
7. Control – Fostering an internal locus of control. Showing a person that they can control their outcomes and behaviour.

So, as we move towards half term and have a moment to reflect, let us all think about the ways we can build resilience in the young people with whom we are involved.

Undoubtably, the world is unpredictable and we cannot shield our students and loved ones from everything life will throw at them. Instead we must shift our focus to encouraging young people to be asset focused. Let us try and allow them to make connections, manage their emotions and have opportunities to problem solve. Further to this, we must make sure that model this behaviour and not catastrophise situations.

Have a wonderful half term everyone. Make sure you practise self-care. Well done to the Y11 and Y13 students. The mock exams have now passed and you must relax and ensure that you switch off for the week.

Useful links and follow up reading on resilience.

- <https://www.boingboing.org.uk/>
- <https://www.youngminds.org.uk/>
- <https://www.ucl.ac.uk/capabilityandresilience/beatingtheoddsbook.pdf>
- 'Resilience - Bounce Back from Whatever Life Throws at You' by Jane Clarke and Dr John Nicholson

## EARTHQUAKE RELIEF CHARITY

Our thoughts are with the families in our community who have been affected by Monday's earthquake. The Mount House community would like to support the efforts of the Disasters Emergency Committee as well as other more local groups who are supporting the relief efforts.

Today was a non-school uniform day and students raised £700. Thank you to everyone for their generosity.

After half-term, we will be collecting the following items: baby formula, nappies, warm/winter clothing, coats, socks, sleeping bags and hygiene products.



## BLETCHLEY PARK TRIP

Last week, I took students from Mount House School to The National Museum of Computing. Hosted by Storm Rae - we had an amazing day and I highly recommend it to any teachers of computing.

We went back in time to an '80s classroom and built an understanding of programming languages by creating customisable games on original, working BBC Micros - possibly my favourite activity of the day.

Students also discussed the ethical issues surrounding and the limitations of Artificial Intelligence, considering moral scenarios with driverless cars (Year 9 students were quite ruthless in their decision making, preferring young, fit law-abiding people over others when it came to who was killed in a freak accident!)

We also completed "Codename: Cipher" where the year was 1940 and we had been invited to Bletchley Park to assist in the war effort. We explored the museum and learned more about Encryption to end WWII in an immersive escape-room style experience.

We also had a guided tour of the museum, looking more closely at the history of computing from Colossus to the EDSAC and the Hartwell Dekatron (the oldest working computer) to business machines of the '70s, '80s and '90s before ending our tour in the retro gaming section (it turns out that I'm still pretty good at Lemmings!).

Mrs Trickey





## PE UPDATE

This week during our **PE lessons**, students in **year 7 and 8** have been focusing on defending and game play in Handball. Lessons have been very competitive with students wanting to demonstrate their learning when playing in modified games.

During games this week students in **years 7 – 10** have taken part in netball, basketball, hockey or football. Each session started with skill development and finished with game play.

**Year 12** students joined Mr Whitehouse for a wellbeing walk.

### **Athletes of the Week:**

- Year 7: Poppy Nunn
- Year 8: Shanar Khaledabadi
- Year 9: Will Arnold
- Year 10: Reuben Ward

### **Year 7 & 8 Netball v Latymer**

On Tuesday 7<sup>th</sup> February, the U13 A & B netball teams travelled to Latymer to compete in a friendly match. I played in one of the teams along with some of my friends. The match was energetic and tiring, with Latymer beating us by several goals. Tilly, Tia and I played GA and GS during the game and we scored five goals between us. We really enjoyed having the opportunity to play and look forward to future matches.

#### **Poppy Nunn (Year 7)**

### **ISA Hockey Tournament U15 Boys**

Our hopes were high as we arrived early at the empty Olympic hockey stadium, taking the middle seats. Our first game was against Ipswich and we played brilliantly, drawing the game 0-0. Then our next game was against Alton with a great game of hockey from the boys but unfortunately losing 1-0 to an unlucky goal. But our heads did not drop as we eagerly went into our third game with spirits high. We played against Cundall School with another disappointing loss 1-0. They boys still played fantastically. The final group stage game was against Cranford School and with great passing and coordination we won 1-0 with Santi scoring an amazing goal into the bottom corner! After we had a refilling lunch we were ready to play our last game for 5<sup>th</sup> and 6<sup>th</sup> place. The game was very close with us losing 2-0. The boys played fabulously. Players of the tournament, awarded by Mr Mather and Miss Buckland were Krrish Patel and Reuben Ward.



**Written by Krrish Patel (Year 10)**



### Upcoming Fixtures

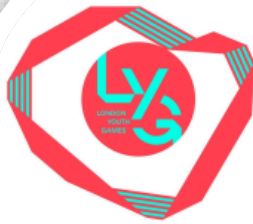
- 21.02.2023 New Age Kurling (8 students from across the school) Burnt Oak Leisure Centre  
28.02.2023 Cross-Country (students from Years 7 – 13) Abbot's Hill School

## PLAY HOCKEY IN THE LONDON YOUTH GAMES

Born on or after 01.09.08? Represent your Borough in Hockey in the London Youth Games!

More information and online registration at [www.NorthLondonHockey.org](http://www.NorthLondonHockey.org)

Trials start 22nd April. (Elite players are NOT allowed)



## Play Hockey for Your Borough



NORTH LONDON  
HOCKEY

#### You can if:-

- you were **born on OR after** 01.09.08
- you **live OR go to school in a London Borough**
- you are **not** playing hockey at a high level\*
- you can attend coaching and squad selection sessions at Ashmole Academy, Southgate, N14 5RJ on Saturdays 10-11:30am from 22nd April to 1st July

**London Youth Games 2023** competitions will be in:-  
Redbridge (Qualifiers) Sat 17th June (Female), Sun 18th June (Male),  
and QE Olympic Park (Finals) Sun 2nd July (AM Female | PM Male)

Info & Online Player Registration via [www.NorthLondonHockey.org](http://www.NorthLondonHockey.org)

\* Players who are regular Hockey Academy Centres squad members, or represent their county or region **ARE NOT ELIGIBLE**.



**North London Hockey**  
Saturdays April-July | Sundays Sept-March  
Weeknights Autumn-Spring | Ashmole Academy



## PSHE UPDATE

### Year 7 - SCL

Continuation of personal hygiene

Discussing the different body parts that need washing more than others.

#### KEY WORDS:

- Groin area
- Sweat glands
- Deodorant vs antiperspirant.

#### RSE LINKS:

Personal and social implications of not attending to your personal hygiene.

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### YEAR 8 - SPE

Types of relationships

Healthy relationships

Communication skills

Commitment

Abuse.

#### KEY WORDS:

- Communication
- Honesty
- Respect
- Loyalty
- Trust
- Balance.

#### RSE LINKS:

The pressure to say "yes"

The power to say "no"

Knowing the law

Exploitation in abusive relationships.

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### YEAR 9 - JCO/DMA

Be able to give reasons why people have sex

Understand their choices around sex

Be able to explain some of the issues surrounding 'early sex'.

**KEY WORDS:**

- Consent
- Sex
- Sexual relationship
- Choice
- Pressure
- Virginity
- Legal.

**RSE LINKS:**

They have a choice to delay sex or to enjoy intimacy without sex.  
There are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others.

**ADDITIONAL INFO:**

<https://consent-charity.org.uk/>

<https://www.schoolsconsentproject.com/>

<https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/sex-consent/?scrlybrkr=138b9975>

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**YEAR 10 - SHA**

To be aware of pregnancy rates in the UK.  
To explain factors that increase the risk of unplanned pregnancy.  
To explain the choices available for someone who is pregnant.

**KEY WORDS:**

- Pregnancy
- Risks
- Sex
- Abortion
- Adoption
- Unplanned

**RSE LINKS:**

The facts around pregnancy including miscarriage. That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help). How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment

The roles and responsibilities of parents with respect to the raising of children, including the characteristics of successful parenting.



**ADDITIONAL INFO:**

<https://www.brook.org.uk/topics/pregnancy/>

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**YEAR 11 - PSM**

Explore what 'loss' and 'bereavement' might mean  
Consider ways that people may cope with loss  
Discuss different ways of dealing with death.

**KEY WORDS:**

- Funeral
- Loss
- Grief
- Grief cycle
- Bereavement.

**RSE LINKS:**

How to talk about their emotions accurately and sensitively, using appropriate vocabulary.

**ADDITIONAL INFO:**

[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)  
[www.time-to-change.org.uk](http://www.time-to-change.org.uk)  
[www.sane.org.uk](http://www.sane.org.uk)  
[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)  
[www.griefencounter.org.uk](http://www.griefencounter.org.uk)  
[www.childhoodbereavementnetwork.org.uk](http://www.childhoodbereavementnetwork.org.uk)  
[www.helpguide.org/mental](http://www.helpguide.org/mental)  
[www.rd4u.org.uk](http://www.rd4u.org.uk)

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**YEAR 12 - SAL**

To understand the range of taxes that exist in the UK and the purpose of paying taxes  
To be able to work out the income tax paid on a range of different salaries  
To evaluate whether the UK's progressive tax system is fair

**KEY WORDS:**

- Income Tax
- National Insurance
- VAT
- Personal allowance
- Council Tax
- National Minimum wage

**ADDITIONAL INFO:**

<https://www.citizensadvice.org.uk>

<https://vinspired.com> – young people’s volunteering charity

<https://www.ncsyas.co.uk> 15-17 year olds National Citizen Service

<https://nationalcareersservice.direct.gov.uk/> Explore career opportunities

<https://www.startprofile.com/> -

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**YEAR 13 - SAL**

To understand the purpose of a CV

To understand how to create a clear and concise CV

**KEY WORDS:**

- Qualifications
- Interests
- Hobbies
- Referees
- Work Experience

**ADDITIONAL INFO:**

<https://nationalcareersservice.direct.gov.uk>

<https://www.ucas.com/further-education>

<https://www.gov.uk/apply-apprenticeship/>

<https://www.startprofile.com/>





## BAKING CLUB

This week students had fun experimenting with their own recipes whilst making cherry oat squares/biscuits with chocolate drizzle. This was a challenge but great fun and was great to see students apply some of their previously learnt skills.

A booklet with ingredients and recipes for next half term will be given to students during their first session when they return after half term and will be attached to the newsletter on 24<sup>th</sup> February.

Please note that we will be making pancakes the week commencing 20.02.2023. It would be great to see students plan their own recipe, with ingredients and instructions during this week. However, those students would prefer to follow our lead should bring the following ingredients:

100g plain flour  
 2 large eggs  
 300ml milk  
 1 tbsp sunflower or vegetable oil (provided)  
 Oil or butter for frying (provided)  
 Lemon wedge and caster sugar to serve (optional)



The above ingredients will make 12 pancakes (practical when working in pairs). If students are working individually, the suggestion would be to halve the ingredients being used and make six pancakes.

## MATHS CORNER

### Solution to last week's problem:

Multiplying  $\frac{1}{x} + \frac{1}{y} = \frac{1}{2}$  throughout by  $2xy$  gives  $2x + 2y = xy$ .

Hence  $xy = 2(x + y)$  .....(1)

But since  $x^2 + y^2 + xy = xy(x + y)$ , we can use (1) to give  $xy(x + y) = 2(x + y)(x + y)$

But  $x + y = 20$ , hence  $x^2 + y^2 + xy = 2(40)(40) = 800$  so the answer is E.

### This week's problem

The prime numbers  $p$  and  $q$  are the smallest primes that differ by 6. What is the sum of  $p$  and  $q$ ?

A 12 B 14 C 16 D 20 E 28

### Word of the Week

**PERIMETER** - this is the total distance around the outside of a shape. For a circle it is called the circumference.





## CAREERS

Students who are aged 14-18 can apply for career and work experience days taking place online over the next couple of months.

You can register to join the online days through the website.

The schedule is as follows:

Dentistry Career Day	Saturday 18th March 2023
Medicine Career Day	Sunday 26th March 2023
Midwifery Career Day	Saturday 1st April 2023
Psychology Career Day	Saturday 8th April 2023
Business Career Day	Saturday 15th April 2023
Architect Career Day	Saturday 22nd April 2023
Vet Career Day	Saturday 29th April 2023
Law Career Day	Saturday 6th May 2023
Computer Science Career Day	Saturday 20th May 2023
Performing Arts Career Day	Saturday 27th May 2023



Please visit [www.careerdays.co.uk](http://www.careerdays.co.uk) to join a session in your field of interest. You will receive a certificate at the end of the day confirming your work experience.

## FRIENDS OF MOUNT HOUSE – QUIZ NIGHT

The Friends of Mount house would like to thank everyone who came the Quiz Night and made it a success. We raised £323 to go towards enhancing the students' education and school experience. Here is a picture of the winning team!





UPCOMING COURSES AND CAMPS:

**RTSY**  
The Creative School of Art

**FRIDAY 17TH FEBRUARY**  
**HALF-TERM ART WORKSHOP**

**KIDS AGED 5-14 // 10:30AM-15:00PM**

**£40 OR £35 FOR SIBLINGS**

**(MESSAGE FOR SIBLINGS DISCOUNT)**

PLEASE BRING A PACKED LUNCH, WATER AND WARM COMFY CLOTHES FOR YOUR CHILD IF THEY WISH TO ATTEND

07581489377 **BOOK HERE**  
rtsy.contact@gmail.com

MYDDELTON HOUSE GARDENS, ENFIELD EN2 9HG

**JUNIOR EASTER GOLF CAMPS**

Run throughout the easter holidays with PGA Professional Beth Scott and Assistant PGA Professional Joe Goodall

**DATES AND TIMES**

**TUESDAY 4TH APRIL - 10AM-2PM**  
**THURSDAY 6TH APRIL - 10AM-2PM**  
**TUESDAY 11TH APRIL - 10AM-2PM**  
**THURSDAY 13TH APRIL - 10AM-2PM**

**£50 PER DAY (DISCOUNT FOR MULTIPLE DAYS)**  
**ALL EQUIPMENT INCLUDED**  
**LUNCH INCLUDED**  
**LOTS OF PRIZES TO BE WON!**  
**4-16 YEARS OLD**

**TO BOOK A PLACE PLEASE EMAIL BETH ON BETHSCOTTGOLF@OUTLOOK.COM**

**1886** **SOUTHGATE HC**

**Half Term Hockey Camps**  
**Booking now**

**Monday 13 February**  
**Tuesday 14 February**

[www.southgatehc.org.uk/hockey-camps](http://www.southgatehc.org.uk/hockey-camps)



## UNIFORM

If you need any new uniform and would like to purchase it during half term, Smiths Schoolwear is running a promotion on Friday 17<sup>th</sup> February.



For **Random Acts of Kindness Day**, on **Friday 17th February** we are giving all customers a 10% discount on *all* orders.\*

*You heard us right.*

Due to the cost of living crisis, we recognise that a lot of parents need support getting the necessities.

That's why, for Random Acts of Kindness Day, we are giving parents 10% off all purchases on Friday 17th February with the code **KINDNESS10**.

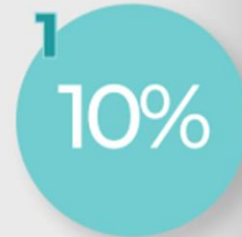
USE CODE **KINDNESS10**

**WWW.SMITHSSCHOOLWEAR.CO.UK**

Want to pop in? We have two retail stores in Cockfosters and Enfield.

 0203 818 3622

\*Terms and Conditions apply. Discount code KINDNESS10 valid on Friday 17th February 2023 00:00 - 23:59 GMT only. No minimum or maximum spend required. Home delivery fees still apply when basket totals under £65.00 after the discount is applied. School deliveries resume week commencing 20th February.



Use code KINDNESS10 at checkout - no minimum or maximum spend required.



The discount will be applied to your cart after entering the code or quoting it in store.



Wait for your order to be ready or walk away with it in-store. It's that simple!