



# NEWSLETTER – 24<sup>TH</sup> FEBRUARY

## MESSAGE FROM MRS SARAH RICHARDSON, HEAD

The post-February half term period in schools is one of change. As the days get longer and warmer, we come to school in the light, occasionally even venturing outside without a coat. The bulbs are flowering and there is a definite feeling of spring. For most students, there is a cheerful sense of summer being around the corner, and of looking forward to warm, light, long summer days.



However, for Year 11 and the Upper Sixth things are slightly different. In the week before half term they had their final set of mocks, and they are now counting down the weeks until public examinations begin in early May.

There is no doubt that many of our students are really feeling the pressure, and as teachers and parents it is a difficult road to navigate in terms of getting the right balance between supporting our children and exerting pressure; we all know that exams are significant, but it is important to remember that nothing is more essential than our health, and that very much includes our mental health. So, my advice for students, with their parents' support, is to plan your time for work and make sure that you plan your time for some rest and relaxation as well. Additionally, try and plan something fun for July when your exams are over!

My oft-repeated phrase with both my own children and our students, where exams are concerned, is, 'What's the worst that can happen?'. Of course, the worst that can happen is that you fail. It's not what anyone wants, but at the same time, the sun will still rise in the morning and exams can be re-sat, so putting things in perspective is important. For some, it is not the fear of failure but perhaps getting a grade 6 rather than a 7. This is, of course, upsetting and frustrating, but as adults we know that exam grades absolutely do not define you. What we expect is that students work hard and do their best, and ask for help when they need it.



It is World Book Day on Thursday – I am looking forward to seeing some exciting outfits - and it therefore seems appropriate to quote a 'classic' from Amy March in *Little Women*: 'I am not afraid of storms for I am learning how to sail my ship'. I think that all our young people need to be reassured that even as adults we are still learning, and we continue to deal with the storms. Public exams are a predictable storm, and we do all we can to be prepared for them, but they are a storm which we know we will survive and we will all work together to support each other on that journey.

## YEAR 8 CLASSICS TRIP TO BATH

As part of the Year 8 Classics curriculum, we study how the Romans entertained themselves and one of the topics is Roman Baths. We have been placed into groups of three and instructed to create anything we want to deliver about Aquae Sulis, a Roman Bath in England.

The trip to Aquae Sulis was very informative and enjoyable! We left school at 8:35a.m. to travel to Bath via coach. The three-hour coach trip was relaxing but long!

When we finally reached the Aquae Sulis, there was an exhibition staff member waiting to greet us. Our group was the first to experience a self-guided tour of the baths. We went to many of the different rooms such as the gymnasium and caldarium (hot room) that the Romans would have gone into. It was invigorating to walk in the footsteps of an ancient Roman and experience what it would have been like for them. We read the information on the history and religious practices of the Romans, took pictures of items we found most useful for our project and took videos of ourselves for our documentary on Aquae Sulis.

After lunch, we moved onto the second part of our trip: a workshop handling everyday items found at Aquae Sulis. In this workshop we had to answer the question 'Was the town of Aquae Sulis just a normal Roman town?'. To answer this question, we had many models and replicas we were allowed to touch and hold. It was very intriguing!

My only criticism of the trip is that we did not have enough time on the tour to take it all in. However, overall, the trip was a great success and was educational and pleasurable at the same time. A fun day for all! Thank you to our Classics teachers for giving us this experience.

By Kasim Mustafa







## PE REPORT

This week during core PE lessons, students in **Year 7 – 9** have started their orienteering unit of work. Communication has been a key focus, with some groups also learning how to read maps.

During Games this week students in **Years 7 - 10** have taken part in golf, football, netball, hockey and basketball, with the focus being skill development followed by matches.

Students in **Years 11 – 13** took part in trampolining, table tennis and football (with a guest appearance from Mr Sayeed).

The **GCSE PE** students took part in a moderation day where they participated in rounders and athletics. The group worked extremely hard on what was a cold and wet day. Well done to all who took part.

### Athletes of the Week

Year 7:	Ryan Kiriinya
Year 8:	Shanar Khaledebadi
Year 9:	Sotirios Papathomas
Year 10:	Amelie Hilton
Year 11:	Haydyn Carne
Sixth Form:	Poppy Canty

### New Age Kurling

On Tuesday we went to Burnt Oak Leisure Centre where we competed in a New Age Kurling competition. We had two teams (Team A: Mia, Mona and Ryan and Team B: Will, Roman and Charlene). The students had lots of fun learning a new skill. They were incredibly supportive towards one another and other schools they played against.

### GCSE Trampolining Club

This week was a huge success for Mia Bushnell and Theo Whitehouse, who both mastered new skills. Mia has learnt how to perform a front drop and Theo developed confidence when he performed front drop to front drop and back drop to back drop.







## PANCAKE DAY FUN

James, Kimi, Benji, Chloe and Abi.





## CO-CURRICULAR PROGRAMME – LENT TERM 2023

A reminder of our co-curricular programme this term, which you can also find on the website here: [www.mounthouse.org.uk/co-curricular](http://www.mounthouse.org.uk/co-curricular)

Day	Club Name	Year(s)	Time	Location
Mon	Running Club	All	07:30 – 08:10	Meet on Courts
Mon	Dance Club	All	13:00 – 13:30	Drama Studio
Mon	Speakers Corner	All	13:00 – 13:30	Room 3
Mon	Model United Nations (MUN)	All	13:00 – 13:30	Room 19
Mon	Touch Typing	All	13:00 – 14:00	The Hive
Mon	Wellbeing Baking	Invite only	13:15 – 14:00	Room 33
Mon	Trampolining	9 - 11	13:15 – 14:00	Hall
Mon	Go Create	10 - 13	13:15 – 14:00	Art Room
Mon	Strings and Wind	All	13:30 – 14:00	Music Room
Mon	Biology Clinic	10 - 13	13:30 – 14:00	Room 11
Mon	CC4G	All Girls	13:30 – 14:00	IT Suite



Day	Club Name	Year(s)	Time	Location
Tues	Choir	All	8.20-8.50 am	Music
Tues	Textiles	7 – 9	13:00 – 13:30	Textile Classroom
Tues	Senior Book Club	10 - 13	13:00 – 13:30	Room 2
Tues	Touch Typing	All	13:00 – 14:00	The Hive
Tues	Wellbeing Baking	Invite only	13:15 – 14:00	Room 33
Tues	Strategic Board Games	All	13:15 – 14:00	Cafe
Tues	Chemistry Clinic	10 - 13	13:15 – 14:00	Room 13
Tues	Table Tennis	All	13:15 – 14:00	Hall
Tues	Communication Café	Invite only	13:30 – 14:00	Café
Tues	Eco Club	All	13:30 – 14:00	Room 19
Tues	Senior House of Equality	10 - 13	13:30 – 14:00	Room 3
Tues	Netball	All	16:10 – 17:00	MUGA
Tues	Basketball	All	16:10 – 17:00	MUGA
Tues	Drama	All	16:10 – 17:00	Drama Studio
Tues	Creative Corner	All	16:10 – 17:00	Art Room
Tues	Phantoms	All	16:10 – 17:00	Music Room
Tues	Baking Club	All	16:10 – 17:00	Food Tech
Tues	Excellent Experiments	All	16:10 – 17:00	Room 12
Tues	Homework Club	All	16:10 – 17:00	Rooms 14 & 14a





Day	Club Name	Year(s)	Time	Location
Wed	Badminton	10 - 13	13:00 – 13:30	Hall
Wed	Drum Corps	All	13:00 – 13:30	Music Room
Wed	Touch Typing	All	13:00 – 14:00	The Hive
Wed	Wellbeing Baking	Invite only	13:00 – 14:00	Room 33
Wed	Physics Clinic	10 - 13	13:15 – 14:00	Room 12
Wed	Maths Clinic	7 – 9	13:15 – 14:00	Room 15
Wed	Badminton	7 - 9	13:30 – 14:00	Hall
Wed	Classics Craft Club	7 – 9	13:30 – 14:00	Room 8
Wed	Classics Clinic	10 - 13	13:30 – 14:00	Room 9
Wed	Coding Club	All	13:30 – 14:00	IT Suite
Wed	Football	All	16:10 – 17:00	MUGA
Wed	Apps4Good	All	16:10 – 17:00	IT Suite
Wed	Science Challenge	9 - 13	16:10 – 17:00	Room 12
Wed	Drama	All	16:10 – 17:00	Drama Studio
Wed	Strings and Wind (week 2)	All	16:10 – 17:00	Music Room
Wed	Baking Club	All	16:10 – 17:00	Food Tech
Wed	Textiles	GCSE & A Level	16:10 – 17:00	Textiles
Wed	Homework Club	All	16:10 – 17:00	Room 14





Day	Club Name	Year(s)	Time	Location
Thurs	Anti-Bullying Ambassadors	All	13:00 – 13:30	Cafe
Thurs	Touch Typing	All	13:00 – 14:00	The Hive
Thurs	Wellbeing Baking	Invite only	13:15 – 14:00	Room 33
Thurs	Trampolining	7 & 8	13:15 – 14:00	Hall
Thurs	Table Tennis	All	13:15 – 14:00	Hall
Thurs	Origami	All	13:30 – 14:00	Room 8
Thurs	Maths Clinic	10 - 13	13:30 – 14:00	Room 16
Thurs	Crypto Club	Students already signed up	13:30 – 14:00	IT Suite
Thurs	Hockey	All	16:10 – 17:00	MUGA
Thurs	Trampolining	10 - 13	16:10 – 17:00	Hall
Thurs	Senior Varsity	10 - 13	16:10 – 17:00	Room 1
Thurs	Strings and Wind (week 1)	All	16:10 – 17:00	Music Room
Thurs	Baking Club	All	16:10 – 17:00	Food Tech
Thurs	Robotics	All	16:10 – 17:00	Hall (Stage)
Thurs	Yoga	All	16:10 – 17:00	Drama Studio
Thurs	Maths Clinic	10 - 13	13:15 – 14:00	Room 16
Thurs	Homework	All	16:10 – 17:00	Rooms 14 & 14a



## CENTURY TECH SPRING CHALLENGE



Mount House School is excited to enter Century Tech's Spring Challenge.

This is a competition amongst over one thousand Century Tech schools worldwide to complete the greatest number of nuggets, which are small AI apportioned assignments in tune with a student's abilities and academic strengths. These nuggets are available in Maths, English and all Sciences. Our first foray into such a challenge last term was in the Winter Cup, where out of all the schools entered, we came 67<sup>th</sup>. We look forward to bettering this in the Spring Challenge!

To log on, navigate to [www.century.tech](http://www.century.tech) and sign in with your central 365 log-in credentials. There will be an internal prize for the student who completes the most nuggets.



## RSE COFFEE MORNING

I am very much looking forward to seeing those families who have signed up for our RSE coffee morning this coming Wednesday (1<sup>st</sup> March) at 8.30am in the café. This an excellent opportunity to ask questions about the RSE curriculum and find out more about RSE at Mount House School. I really want to gather your feedback and ensure that the programme serves our students' needs.

The school understands that parents' role in the development of their children's understanding about relationships, sex and health is vital and will.

Please book your space via this link <https://www.trybooking.co.uk/CDZY> to confirm attendance if you have not done so already.

Best wishes  
Miss Smyth

## CAREERS

### **NHS Health and Social Care Careers 2023 Thursday 2 March 2023, 4.30-7.30pm**

Aimed at Year 10 and above, this fair is a fantastic opportunity for students to learn more about the 350+ careers available within the NHS.

Held on campus, the fair will showcase a range of healthcare careers and educational pathways on offer.

You will be able to:

- chat** with healthcare professionals + receive personalised advice
- learn** about the NHS and social care in live seminars and group presentations
- ask questions** about the routes into the sector during talks with healthcare workers

We will be having two talks take place during the event:

#### **Apprenticeships and T Level Talk - 5.30 - 6pm**

Are you interested in different pathways into the healthcare sector? You can join our experts and learn about healthcare apprenticeships and the exciting new qualification – T Levels.

If you have any questions, you can ask the professionals in the live Q&A.

#### **Routes into the Healthcare Sector Careers Panel - 6.15 - 7pm**

Are you interested in the healthcare sector? You can join our panel of incredible healthcare professionals and get inspired. They'll talk through the different pathways and share their insights into the industry. This is their opportunity to chat with the experts in the live Q&A.

For more information check out our [webpage](#)

Students can book here: [NHS Health and Social Care Careers Fair | Middlesex University \(geckoform.com\)](https://www.geckoform.com)





## EY STEM APP



EY has just launched the EY STEM App in the UK to inspire girls to pursue a career in STEM subjects and help enhance their school learning.

Girls aged 13-18 in the UK can now download it for free via the App Store or Google Play. This app is free to use and aims to positively impact out-of-school learning. Using a rewards-based model, the app contains engaging, straightforward educational content from renowned institutions to encourage learning.

All content is framed for younger users, with 17 Content Channels focussed on STEM, Social and Emotional Learning and Helping our World. It has seen great success to date, with a 98.5% approval rating and 975k minutes spent from 7000+ girls to date.

Please find a link to a video here: [Explore the EY STEM App! - YouTube](#)

... AND FROM THE FUTURE TO THE PAST...

## MOUNT HOUSE HISTORY

Here's an early insurance registry entry on the house from 1752:

