



# NEWSLETTER – 3<sup>RD</sup> MARCH

## MESSAGE FROM MR TONY PHILLIPS, DEPUTY HEAD (PASTORAL)

*'What a piece of work is man. How infinite in faculties, in form and moving. How express and admirable. In action, how like an angel.'*

The above is a famous quotation from Shakespeare's *Hamlet*. His description of the human form is a reference to all mankind regardless of race or ethnic origin.

Sadly, the last few years have seen a dramatic increase in incidents of racist behaviour, fuelled by what appears to be an increased acceptance of racism as socially acceptable behaviour.

Whenever racism occurs in our school, we do our best to deal with it quickly and vigorously. We need our students to understand how their behaviour and words can have an adverse effect upon others. Words can be very powerful, especially when they're racist and discriminatory. Although this would suggest that racism is being tackled with punishment, it begs the question of whether punishment is the right response. Certainly, the trials and sentences of Nazi leaders at Nuremburg in 1946 did little to bring an end to antisemitism and genocide. Likewise, in schools, exclusions and detentions will never eradicate the problem of racially prejudiced language. Racism is largely the result of ignorance and in the main, ignorance is overcome by education. Young people, and older ones, need to be educated as to why their behaviour is morally and ethically unacceptable.

Society, rightly, demands more from educational institutions in order for racism to be tackled. As with everything at Mount House School, the change develops from a home-school partnership. Attitudes, perspectives and mindsets that form at school, at home, in clubs and among friendship groups will have an impact on the way that children behave at school. Adults at home and school should be mindful of their own unconscious biases, actions, language and prejudices to ensure they are not inadvertently promoting racial stereotypes. This is a delicate balance, but as adults we can promote empathy for everyone by discussing racism with our children. This could be as both victims or perpetrators. Although these conversations may feel difficult to have, they are vital in equipping children with the tools to tackle racism in their own lives. It's important that parents are aware of how they can play a significant role in tackling discrimination at school simply by opening up a conversation with the child. Parents can also monitor what programmes children watch on television and which websites they visit, as these may have an impact on attitudes towards race.





Obviously, schools have a responsibility to provide young people with an education that embraces diversity. Our task has always been to encourage positive relationships between people of different backgrounds and try to ensure that every student feels valued. It's vital to expose children to different cultures and heritages to widen their perspectives. Educating our younger generation about racism empowers them by giving them knowledge for when they encounter prejudice or discrimination. Children are more likely to stand up and fight for what they believe in if they are educated and aware. It is also important that young people are encouraged to think about the consequences of their actions and how they may affect the lives of others.

Last week at school, I invited teachers to join me in setting up a task force with the aim of eradicating racism at Mount House School. I was hugely encouraged by the significant number of my colleagues who want to serve.

Educating the next generation of adults may just lead to a more tolerant society and a fairer future for all of us.

## MEET OUR HEAD OF SCHOOL, MARA MCNALLY:



### **Q Why did you want to be Head Girl?**

*A I've been at the school for so long and love it here so wanted to give something back.*

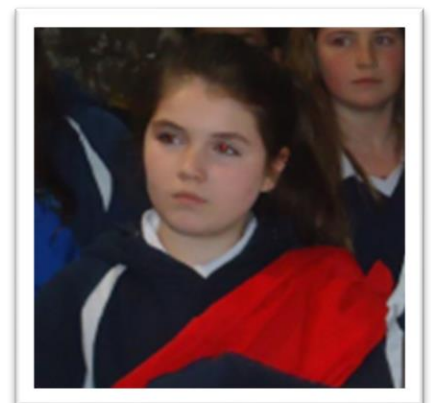
### **Q What are your duties / responsibilities as Head Girl?**

*A I'm active in the School Council and have given some speeches and an Assembly about the importance of aspirations.*

### **Q How long have you been at Mount House?**

*A I've been here for seven years, since 2016 when the school was in its last year of being St Martha's. Our year is now the last year of St Martha's girls at Mount House.*

(this is a picture from the archives of Mara looking very serious during a trip to St Albans in 'first year').



**Q What's your favourite memory from when you first started at the school?**

*A In Year 7 the school play was Matilda and I was the lead role. It was so amazing being in that play and everyone joined in, so it was great fun.*

**Q What changes have you seen in the school since you've been here?**

*A The big change was that St Martha's turned into Mount House School at the beginning of my second year here. I don't remember much about when the boys arrived, except for that it was quite lively! The transition was a bit difficult at first, but since Mrs Richardson arrived, it's been amazing. What hasn't been lost is the sense of community at Mount House, that essence of St Martha's that it's a familiar and safe place.*

**Q What's your favourite place to be in the school?**

*A The pond (obviously I don't want to be in it!) – but around there is gorgeous.*

**Q What are you studying for A levels?**

*A Politics, English Literature and Spanish.*

**Q Do you participate in any extra-curricular activities?**

*A This year I'm too distracted by A levels but before then I enjoyed netball and was in the Debate Club.*

**Q What are your ambitions for next year and beyond?**

*A I would love to study Politics at Leeds University. I like Leeds because it's a big city (but not London) and I've heard it's a great place to study.*

**Q What's your personal highlight from your time so far at Mount House?**

*A Just after we took GCSEs, there were a couple of weeks when we were doing fun activities in school and it was lovely how the pressure was off and everyone got along really well.*

**Q What are you looking forward to most in 2023?**

*A Finishing A levels and starting university – but I'd also like to go travelling in the summer holidays.*





## HOUSE FOCUS

Every week for the next four weeks we will be hearing from our Heads of Houses and Student Head of Houses. We're starting with Chimborazo this week.

Meet the Head of Chimborazo House, Mr Mather:



Having arrived at Mount House School in October 2020 to be a teacher of PE and Games, I was treated to a good start to my teaching career before the second lockdown forced us once again to stay inside our homes. I count myself as one of the fortunate people who were still to still come into work, helping to look after the children of key workers.

Fast forwarding just over two years, I still count myself as fortunate to be teaching at a lovely little school in North London.

Over the past two years I have become Head of Chimborazo House and, with the help of some excellent students, we won Sports Day and the overall House Cup in my first year.

I was also very excited last year to get the Mount House Skiing programme up and running again, which led to a brilliant - albeit tiring - skiing trip to Austria over the Christmas break, as well as the upcoming Portugal Tennis and Golf Tour which I am sure that students are greatly looking forward to.

Meet Chimborazo's Student Head of House, Charlotte Wheatley:

**Q Which A levels are you doing?**

*A Mathematics, Physics and Physical Education*

**Q What do you hope to study after Mount House?**

*A Sport and exercise science at university.*

**Q How long have you been at the school?**

*A I joined the school midway through year 8.*

**Q What's your favourite subject?**

*A Physical Education*





**Q What's your favourite place in the school?**

**A** *The sixth form common room as it is a quiet place to prepare for lessons and unwind at break with my friends.*

**Q What does Chimborazo House mean to you?**

**A** *Our House is like a community, so I feel it gives students like myself an opportunity to mix with others across year groups. This gives younger students an opportunity to have familiar faces all around the school.*

**Q Can you tell us about an event you've organised?**

**A** *I set up a Students vs. Teachers netball match at the end of last term to raise money for the DBA Africa charity. The staff won (but there was possibly some biased umpiring from Ms Smyth!). My hopes are that this will become a termly activity to form a relationship with the charity (and to get revenge on the staff team).*

**P.E.**

Lessons/Games:

This week during Core PE Lessons, students in Year 7 – 9 have continued their orienteering unit of work. During Games this week students in Years 7 – 10 have taken part in golf, football, netball, hockey and trampolining, with the focus being on rules of the sport followed by matches.

Athletes of the Week

Year 7: Isabella Dugdale  
 Year 8: Florence Sunderland  
 Year 9: Alvin Kiriinya  
 Year 10: Theo Whitehouse and Aaron Buna  
 Year 11: Divine Aliga-Raymond  
 Sixth form: Poppy Canty

Fixtures:

ISA Cross Country

30 students across Year 7 – 10 took part in the ISA Cross-Country Fixture at Abbots Hill School on Tuesday 28<sup>th</sup> February. All students tried very hard when completing their race. A massive congratulations to Theo Whitehouse who came 7<sup>th</sup> and has qualified for the ISA National Finals this weekend.

Miss Buckland was very impressed with the exceptional peer support throughout the tournament. Miss Buckland would like to thank Florence Sunderland for all her help with recording students once they passed the finishing line.



*On Tuesday 28<sup>th</sup> February, when I went to cross country I was nervous but when I was doing the run I put full effort into it and ran the laps as fast as I could. When I finished the race I was so tired and worn out but I was so proud that I came 7<sup>th</sup> place. I got picked for the finals on Saturday. I went home feeling proud of me and my school.*

**By Theo Whitehouse**



*We left school at 9:50 to go to Abbots Hill school in Hemel Hempstead. The year seven girls ran their race first: Purity, Poppy, Tatiana, Georgie and Jasmine. They all tried really hard and did their best. Next the boys from year seven ran: Kimi, Jake, Nathan, James and Varun. Just like the girls they all tried their best. After that the year nine and eight girls, Rina, Sofie, Sophia, Talya, Dharmani, Atlanta, Kerensa, Jennifer and Florence all ran together. The course was tough and everyone but Rina ended up coming in the last places and it was hard for them as they had to run double the distance the year sevens ran. Then the boys from year eight and nine ran: Louis, Zidane, Nathan, Junior, Omar, Andonis, Nathan, Santiago and Temidayo - they had to run even further! They all did very well, meanwhile year seven was warming up inside. After that we all ate lunch inside. Next the year ten boys, Theo and Aaron ran 4.5 kilometres! They both did amazingly and Theo even came 7<sup>th</sup>, which means he qualified for nationals.*

**By Jasmine Price(yr7) and Florence Sunderland (yr 8)**





## COUNTY SWIMMING



On Saturday 18th of February, I took part in the Middlesex County Swimming Championship.

This year the Middlesex County qualifying times were really fast so I was very happy when I got the qualifying time to swim the 800m freestyle. I was one of only two people in my squad to get a

qualifying time this year.

The gala was a Level 1 meet so I had to swim in a 50m pool which made my swim even harder. I was really pleased with my swim as I swam it in 12 minutes 52 seconds which was a 27 second personal best time. It was such a good experience and I am now looking forward to my next gala in March which is a Regional Qualifying gala.

Isabella (Y7)

## MUSIC

One of our year 7 music classes treated Monday's assembly to a rendition of 'Somebody I Used to Know'. Performing to a large audience isn't easy, but these students learnt their parts and performed the song well. They should be proud of themselves.

Isobel, Jasmine - Vocals  
 Ryan, Varun, Kimi - Guitar  
 Alice, Erin - Keyboard  
 Yuna - Piano  
 Poppy - Glockenspiel  
 Leo - Bass guitar  
 Jake - Drums

Mr Whitehouse





## BAKING CLUB

### Curly Wurly Raspberry Tray Bake

This week students were challenged with the task of making a Curly Wurly Raspberry Tray Bake. There were various elements to making the tray bake and time was tight as it needed to be in the oven for 30 minutes. However, our students took on the challenge and produced what I think has been our best bakes so far!

Solu, Santino, Thomas





Baking Club recipes for the rest of this term. These recipes and instructions can also be found on the school website here: [www.mounthouse.org.uk/co-curricular/clubs-activities](http://www.mounthouse.org.uk/co-curricular/clubs-activities)

## W/C 06.03.2023 Lemon & Berry Streusel Muffins

- **INGREDIENTS**
- 2 Free Range Large Eggs
- 3 Lemons, zest of all, juice of 1
- 125g golden caster sugar
- 75g Buttermilk
- 125ml Vegetable or sunflower oil
- ¼ tsp vanilla bean paste or extract (school to provide)
- 225g Plain Flour
- 2 tsp baking powder (school to provide)
- 1 tsp bicarbonate of soda (school to provide)
- ¼ tsp salt (school to provide)
- 150g frozen Essential Mixed Berries, not defrosted
- 12 muffin cases

- **For the topping**
- 30g Plain Flour
- 30g granulated sugar
- 20g Butter, chilled and cut into small cubes



## W/C 13.03.2023 Jammie Dodgers

### INGREDIENTS

#### For the biscuits:

- 175g Plain white flour
- 125g unsalted butter (cubed)
- 50g unrefined golden caster sugar
- 1 orange (zest)

#### For the filling:

- 125g icing sugar
- 100g butter
- 0.25tsp strawberry [flavouring](#)
- 3tbsp strawberry jam



## W/C 20.03.2023 Easter Brownie Bites

### INGREDIENTS

- 175g butter
- 150g dark chocolate
- 250g light brown soft sugar
- 85g self-raising flour
- 50g cocoa powder
- 3 large eggs
- 100g milk chocolate chips
- 24 mini chocolate eggs, plus extra to decorate





## WORLD BOOK DAY

On Thursday 2<sup>nd</sup> March, we celebrated World Book Day. World Book Day was set up by UNESCO in 1995 as a worldwide celebration of books and reading. It is now celebrated officially by over 100 countries around the world.

Many students dressed up as characters from their favourite book.

Two sixth form English Literature students judged the best costumes. The winners will be announced in Monday's assembly and will receive prizes, and their names published in next week's newsletter.



Every year on World Book Day, to encourage children to read, each child in the UK receives a £1 book token. In previous years these were handed to each child at school as a paper token. However, this year and from now on, your child will receive their token in an email. Students are reminded to check their school email for their book token.

The token can be used towards the cost of a book or to buy one of the £1 books published each year by the World Book Day organisation. These are listed alongside other book recommendations on the World Book Day website, as well as listing participating bookshops where the tokens are accepted.

## YEAR 8 LIBRARIANS' TRIP TO MONKEN HADLEY SCHOOL



On Wednesday 1st March 2023, our librarians Fleur, Kasim, Florence, Thomas and I visited our neighbouring school Monken Hadley Primary.

The purpose of our visit was to talk about our duties as librarians and read to the children from our favourite childhood story. A well-timed visit given we celebrate World Book Day this week.

As we arrived, we were greeted by the Head of school Mrs Eyres, who assigned us each a class to read to. I was fortunate to be chosen to read to the Year 1 -2 class, Chestnuts. I read: 'What the Ladybird Heard' by Julia Donaldson which was a huge hit - thoroughly enjoyed by all. The children were very interactive, making noises for the different animals in the book, and asked many questions about being a librarian and what we do.

It was fun to revisit a childhood favourite story and to share it with such an enthusiastic audience. As I left my class one little boy called out "hope to see you soon!" A sentiment shared by me and my fellow librarians.

Leo Charalambides

## UPCOMING EVENTS

On Tuesday 7<sup>th</sup> of March at 2pm, Years 7 & 8 will attend the 'Pedestrian Safety' workshop in the hall for an hour. The topic of 'safety' is part of their PSHE syllabus and the workshop is run by Barnet council. If parents would like more information about the performance, please click on the link below.

<https://www.pie.uk.com/pedestrian-safety-KS3.asp>

Mrs Clarkson and Mr Pears