

# NEWSLETTER – 12<sup>TH</sup> MAY

## MESSAGE FROM MRS HILLCOAT-HYDE, ASSISTANT HEAD

Looking after our mental health is not something we should only do when we are feeling low, stressed, or anxious; it's something we should think about all the time and invest in, just as we do with our physical health.

Next week is Mental Health Awareness Week, with this year's theme being 'anxiety'. Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.



Many things can lead to feelings of anxiety, including relationships, important life events and changes in one's life, worries around finances and exam pressures. Anxiety can affect us physically and mentally: sometimes it is visible and sometimes it hides on the inside.

Around eight million people in the UK have some form of anxiety disorder, with an estimated 5 – 19% of all children and adolescents affected. It is therefore important that we do all we can to protect our and our children's mental health and manage anxiety. Some of these techniques might be of benefit to all, especially for our students in the lead up to, during and post examinations:

### **Breathing techniques**

When having anxious thoughts try focusing on breathing, concentrating on the feeling of the body as we breathe in and out. It can help control the thought.

### **Get moving!**

Exercise is a good way of dealing with anxiety. It needs concentration, so takes the mind off any anxious thoughts and releases some of the stresses that we might be experiencing.

### **Spend time in nature**

We know that spending time in nature has a positive impact on our mental health. It can help us feel calmer and less stressed. This can be as simple as going for a walk in the woods.

### **Try to get some quality sleep or rest**

Resting and having a good night's sleep is hard when your head is full of worries but there are some things that can help: write down worries and keep a note of sleep patterns to help work out a routine that will help get a better quality sleep.

**Connecting with others**

Anxiety can feel very lonely. Connecting with other people can help tremendously. Spend time with friends or meet other people through activities such as volunteering, sport or social clubs, or peer support groups. Talking about how we feel can help to reduce anxiety. Sometimes saying what's worrying us out loud can take away its power over us.

**Challenging our thoughts**

Anxiety can lead us to think about things repeatedly in our brain. This is called 'rumination' and it's not helpful. When you catch yourself ruminating, try to write down the thought and challenge it. Is what you're worrying about likely to happen? Are you being realistic? Have you had similar thoughts which have not turned into reality? This can make it easier to challenge the thoughts and stop them from overwhelming you.

**Eat a healthy diet**

For many of us, feeling anxious might cause us to reach for sugary snacks and junk food. It is important that we don't turn to unhealthy foods or drinks as a way to cope as they will do more damage in the longer term. Eating healthy food helps us to regulate our blood sugar and gives us the energy we need to live well.

It is important that we learn to cope with anxiety and support our children in doing the same, so that it does not have a negative impact on our lives and prevent us from doing the things we want to do.

Mental Health Awareness Week is an ideal opportunity for us all to think about our mental health, tackle stigma and find out how we can create a society that prevents mental health problems from developing and protect our mental wellbeing. You can find out more by visiting: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

And please remember that we are here to support all of our students and they can reach out to any member of staff to ask for support.

**PE UPDATE**

During year 7 and 8 games, the students were split into two groups and worked on shotput techniques and sprint starts in athletics, as well as cricket and tennis skills. Another group played golf.

**Athlete of the Week**

**Year 7:** Georgie Gibson, Nikos Zonias & Ryan Kiriinya  
**Year 8:** Liam Richardson  
**Year 9:** Efe Yildiz



## CHICKENSHED IN BRITAIN'S GOT TALENT



Áine in year 12 performed with her Chickenshed colleagues and friends in Britain's Got Talent. The song brought Alesha to tears and she pressed the Golden Buzzer.

You can see the performance here: <https://www.youtube.com/watch?v=agt9pzi3V-g>  
This video has had 1.6 million views.

A group of Year 7 and 8 librarians caught up with Áine and asked her about her experiences:

**When did you start getting involved in the Chickenshed Theatre?**

*When I was five years old.*

**What is Chickenshed Theatre?**

*It's a theatre based on inclusivity. They work with anyone, no matter who they are and it is an incredibly friendly, non-competitive environment. There are no auditions and no one ever says, "You can't do that".*

**What do you do there?**

*We are currently devising a series of performances for our spring shows and in our sessions we look at acting, improvisation, script writing, singing and dancing.*

**When did you find out about going onto Britain's Got Talent?**

*We found out in January. I was so excited and nervous.*

**How did it feel to perform in front of over two thousand people at the London Palladium?**  
*It felt nerve-racking, but it was most important to be able to tell the Chickenshed story and to make sure everyone understands who Chickenshed are.*

**How did it feel to get a golden buzzer and what did it mean?**

*I was crying when we got the golden buzzer and we were all so shocked but extremely happy. A golden buzzer means that we go straight to the semi-final.*



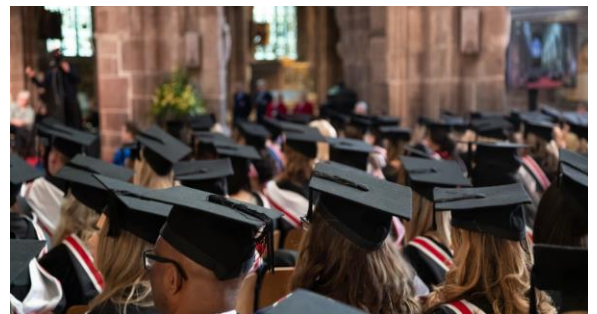
**Who were you most excited to meet: Ant, Dec, Alesha, Amanda, Bruno or Simon?**  
*Ant and Dec.*

**What's next for Chickenshed?**

*We are preparing for our spring performances in our festival over May, June and July, performed by all the different age groups.*

## UNIVERSITY ENTRANCE NEWS

Almost all Mount House Sixth Formers have received all their university responses, and those who have received all their responses must make their choices by Thursday 8<sup>th</sup> June.



Students are holding a variety of exciting and prestigious offers at Russell Group universities such as **Leeds, Nottingham** and **Exeter** in varied subjects such as **Sports Science, Sociology, Politics, Classics** and **Business**. Additionally, those choosing to stay closer to home have accepted offers to **Reading** and to **Middlesex**. In the Creative Arts, where training and education is far more specialized and diverse, one Mount House Sixth Former is the well-deserved recipient of an offer to study **Fashion** at the **Jimmy Choo Academy** in London, whose programme offers just sixty spaces.

We look forward to congratulating them on their success in August.

## DRINKING ENOUGH WATER DURING THE SUMMER TERM

Please be reminded that students need to bring their own water bottles to school, which can be refilled from the water fountains. Hopefully the weather will start to become warmer soon and it's important for the students to remain hydrated during the school day.





## OPPORTUNITY TO PLAY HOCKEY IN THE LONDON YOUTH GAMES



# 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 13th May 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)  
or <https://sites.google.com/view/northlondonhockey/lyg-u14s> (QR)

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

**BARNET**  
LONDON BOROUGH

**ENFIELD**  
Council



**North London Hockey**

Saturdays April-July | Sundays Sept-March  
Weeknights Autumn-Spring | Ashmole Academy



## FRIENDS OF MOUNT HOUSE AND SIXTH FORM AUCTION OF PROMISES

The 6th Form and Friends of Mount House Auction is now LIVE.  
Please take a look and have a bid at some amazing prizes.

<https://www.32auctions.com/FOMHauction>

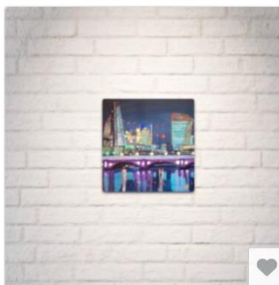
### Friends of Mount House & 6th Form Auction

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 All Items (36)
 
 [Donate](#)

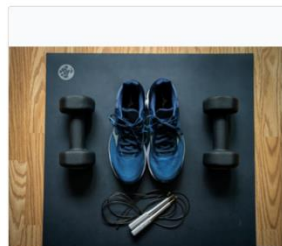
All Items (1-36 of 36)

Starts: May 12, 2023 - 12:00pm BST

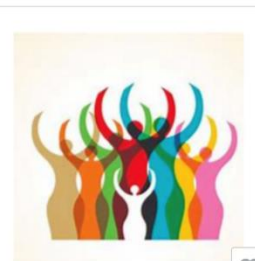
You need to be logged in to participate. Would you like to [login now](#) or [create an account](#)?



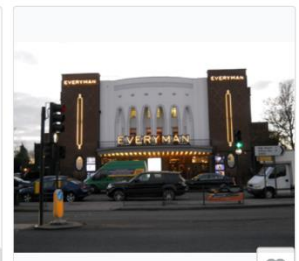
**'London Nights' Metal Print by Julie Westmore**  
**£35.00 GBP**  
value: £75.00 GBP



**'28-day Fitness Challenge'**  
Small Group PT Sessions Gift Voucher  
**£60.00 GBP**  
value: £150.00 GBP



**'Leading with Confidence and Resilience'**  
Half day development group session for wo...  
**£400.00 GBP**  
value: £1,000.00 GBP



**£50 Everyman Gift Card**  
**£35.00 GBP**  
value: £50.00 GBP



**£50 Pasta Brown Gift Voucher**  
**£35.00 GBP**  
value: £50.00 GBP



**A 60 Minute Full Body Assessment**  
Plus One Personal Training Session  
**£50.00 GBP**



**A selection of Handmade Japanese Hair Accessories**  
**£10.00 GBP**  
value: £15.00 GBP



**A Three-Course Homecooked Indian Meal**  
**£50.00 GBP**  
value: £100.00 GBP



## BAKING CLUB: CHEESE TWISTS



## UPCOMING EVENTS

Thursday 25<sup>th</sup> May

Friday 26<sup>th</sup> May

Wednesday 14<sup>th</sup> June

Tuesday 20<sup>th</sup> & Wednesday 21<sup>st</sup> June

Tuesday 27<sup>th</sup> June

Friday 30<sup>th</sup> June

Monday 3<sup>rd</sup> – Thursday 6<sup>th</sup> July

Friday 7<sup>th</sup> July

Half Term starts 4pm\*

Teacher INSET day

Cricket Festival (with local primary schools)

Wizard of Oz school production

Summer concert

Sports Day &

Friends of Mount House Summer Fair

Activities Week

Speech Day and prizegiving

Terms ends at 12.30

\* Please be aware that although this current half-term finishes on a Week 2, the new half-term, commencing Monday 5<sup>th</sup> June, also starts back on a Week 2. As both weeks are Internal Examination weeks in different phases of the School, we have taken this decision to ensure that no year group misses out on an entire week of lessons.

