

NEWSLETTER – 19TH MAY

MESSAGE FROM MRS TRICKEY, ACTING ASSISTANT HEAD (PASTORAL)

When most of us (parents and staff) were children, mobile phones didn't even exist, so it can feel quite alien to us when even our young children feel the need to have one. The ever-growing market has tapped into the technology-thirsty young generation and there are even mobile phones for four-year olds.



Mount House recognises that giving your child a mobile phone, and deciding what type of phone, is a difficult decision. On the one hand, you want to be able to keep in touch with them and know they are safe, and understandably like the idea that your child has a safety net and can get in touch easily at times such as walking home from school or on the school bus. On the other hand, you might have concerns about what type of content they could be trying to access or inadvertently accessing, as well as concerns about their reliance on social media and the impact that 'needing' to be present in this way has on their well-being.

At Mount House School, students are not permitted to have their mobile phone on their person, and phones must be handed in upon arrival. Discovering that a student has their mobile phone on their person results in a red-card sanction. Despite relentless pressure from the Student Council, there are no plans to adjust this rule. We believe that while there are advantages to smart phone access, these are currently outweighed by the negative impact phones can have.

It is important that as a family, parents set the boundaries for mobile phone usage. Make sure your children understand the rules. If they are younger, you can programme in the numbers that they will need so that it will display who is calling them. Tell them not to answer calls from numbers that they don't recognise, and do not allow them access to apps unless they have reached the recommended age. If they are older it is essential that you place controls and limits on what they can access and how long they can access it for. Children, especially those under 16, should not be allowed their phones or screens in the bedrooms overnight.

Children are influenced by their parents' technology use, and at the parents' coffee mornings some parents have reflected that they feel that they don't always set the best example to their children. Parents need to be role models for healthy technology use: what you do and say guides your child's behaviour, attitudes and beliefs in most things, including technology use. So, it's worth thinking about the messages and examples you're sending

your child about technology and its place in your life. When parents use technology around their children, it can cause 'technoference'. This is when technology gets in the way of interactions between parents and children – for example, when parents interrupt a conversation with children to check text messages.

Healthy technology use is about using technology in a balanced, positive and fun way. It's also about making sure that technology is just one of the ways that you relax, entertain yourself or get your information – not the only way. Healthy technology use is also what you use technology for, not just how long you use it.

Here are some ideas for healthy technology use that you can use to set a good example for your child:

- Set aside some phone-free time each day, so you can be 'in the moment' with your child. It could be when your child gets home from school or you get home from work, during family mealtimes, when you're watching your child play sport, and so on.
- If you get a text message or social media update while you're talking to someone, especially your child, wait until the conversation is finished before you check it.
- Try not to have your phone, tablet or laptop in your bedroom at night. Charge your media devices overnight in the kitchen or living room, and teach your child to do the same.
- Switch off the TV at family mealtimes or when it's 'on in the background'. You could try listening to some music or a podcast instead.
- Work together with your child to create a family media plan. Then make sure you follow the guidelines in the plan too!

You can read more about this topic by downloading the [Parent's Guide for the Responsible and Secure Use of Mobile Phones](#)

WALK THIS MAY



May is **National Walking Month** and to celebrate, we are 'virtually' walking to Land's End as a month-long house competition. Students and staff will be recording their kilometres walked and sending them in to Mrs Trickey to be collated.

Student & staff walks or runs count towards the total distance and there are prizes up for grabs:

- First house to reach Lands' End
- House with the longest overall distance
- Student with the longest combined distance
- Staff member with the longest combined distance

Please take part!

PE UPDATE

We went to Lee Valley athletic centre to compete in the Panathlon. We participated in a multitude of activities such as sitting down on a chair whilst throwing bean bags onto certain squares to score points. Other activities included throwing a ball into a hoop at different ranges and bowling (not with actual bowling balls). The Lee Valley Athletics Centre was remarkable, it had a multi-purpose track, a long jump pit and several sprint tracks both indoors and outdoors. There were several other schools competing, including Alexandra Park School and Compton. When we won the gold medal, I was just speechless. Beforehand, I thought it was going to be anyone's game. Some people in the team were ecstatic to win gold medals and also certificates. The trophy is in the cabinet by reception if you want to see it. Everyone played spectacularly and I was glad to have taken part.

Will Arnold, Year 9



DUKE OF EDINBURGH

On Friday 12th May, students in Year 9 took part in day one of their five-day Duke of Edinburgh Expedition Programme. The training day was led by A to Z Expeditions and consisted of various sessions aimed at developing knowledge and skills to prepare students for their Practice and Qualifying Expeditions, which will take place in June. Students learnt how to read a map and plan a route, assemble and disassemble a tent and cook using a Trangia. It was a great opportunity for students to work together collaboratively ahead of their expeditions.



SUMMER CONCERT



This year's Summer Concert will be held on Tuesday 27th June (only one week after the school production Wizard of Oz). Doors open at 18:45. As always, you can expect a fun packed, inclusive show with virtuosic solo performances, duets and bands. There will be refreshments available and an opportunity to mingle out on the lawn during the interval. The show will finish by 21:00 at the latest.



SCHOOL NOTICES

We would like to cut down on the amount of unnamed school uniform that is left lying around the school.

Please name every item of clothing including PE kit and bags so that we can return any lost property promptly to the student who has mislaid it.



This picture shows the extent of the unnamed lost property in school at the moment!

DRINKING ENOUGH WATER DURING THE SUMMER TERM

Please be reminded that students need to bring their own water bottles to school (not glass ones please), which can be refilled from the water fountains at break and lunchtime. Hopefully the weather will start to become warmer soon and it's important for the students to remain hydrated during the school day.

UPCOMING EVENTS

Monday 22nd May (17:30-18:30)

Tuesday 23rd May (17:30-18:30)

Thursday 25th May

Friday 26th May

Wednesday 14th June

Tuesday 20th & Wednesday 21st June

Tuesday 27th June

Friday 30th June

Monday 3rd – Thursday 6th July

Friday 7th July

Normandy Trip Parents' Meeting

Dorset Trip Parents' Meeting

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: trips to Normandy and Dorset

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 5th 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.



OTHER LOCAL EVENTS

Booking is now open for this year's Christmas show at the Chickenshed Theatre:



The toy maker lives a simple and quiet life. He has just one child, his pride and joy; but (as all parents do) he worries. They often play alone and rarely bring friends home from school. Worried his child is lonely, the toy maker cooks up a cunning plan... Using a magical 3D printer, he creates an all-singing all-dancing AI child! However, things don't quite go according to plan when the AI child, serial number PIN:0Cch10, proves to be a bit too mischievous to handle!

Get ready for a theatrical experience that will leave you spellbound. With a captivating cast of colourful characters, big laughs and stunning sets The Toy Maker's Child promises to be an unforgettable journey. Join our talented cast of over 200 as they fill the stage with wonder, beauty, and just a touch of delightful chaos.

Venue: Rayne Theatre, Chickenshed

Tickets: Tickets from £10

www.chickenshed.org.uk



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
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