

# NEWSLETTER – 15<sup>TH</sup> SEPTEMBER

## MESSAGE FROM MR CROSBY, DEPUTY HEAD PASTORAL

Firstly, thank you for the warm welcome I have received since joining Mount House School. It was always going to be a daunting challenge, changing from the school I attended as both man and boy. Students, staff and parents alike have answered any 'obvious' questions, helped steer me in the right direction and made a real effort to integrate me into the Mount House School community. I would like to thank you all and am hopeful that all new members of our school have had a similar experience.



Given the reception I received, I felt it was only right to shape my first assembly around community. As students entered the hall they were asked to reflect on 'what they value in their lives'. Some may think that computer games or money is their real 'passion' at this juncture in their life, but the purpose was to reflect on life's true value. The starting point of any successful community is within the home and I shared some images of my three young children (my wife would never have allowed me to put a photo of her!). We then talked about vocation and Mount House School being like an extended family and for students to appreciate and value the effort their teachers make on their behalf.

Of course, any successful community does not just happen overnight. It is something we have to work at, something we have to nurture and develop, and ultimately something we have to maintain. The following quotes express its intrinsic value:

- *"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."* – Mother Teresa
- *"If you want to go quickly, go alone. If you want to go far, go together."* – African Proverb
- *"An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."* – Martin Luther King
- *"The best way to find yourself is to lose yourself in the service of others."* – Mahatma Gandhi

Students were challenged to consider how they could contribute to our community; these were just some of the suggestions:

- Join a club / society
- Behave well in lessons and enable all students to maximise their learning opportunities
- Treat the environment properly
- Treat others with the respect and inherent dignity they deserve.

To be a successful community, safety is our number one priority. Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Students were informed of the importance of keeping themselves safe, keeping each other safe, but also keeping staff safe. Breaking this down we briefly looked at some key areas of safety that they need to keep at the forefront of their minds, namely:

1. Online safety – ensuring students do not share their personal details online and use social media platforms (communication) in a positive way
2. Travel to/from school – ensuring they are not communicating with strangers, getting to school / home in the safest, most straightforward way
3. Bullying – no student should have to accept this, so talking to someone at home or in school if you face bullying
4. Abuse – whether physical or mental, students should try and reach out for support.

We paid particular attention to the fact everyone has the right to inherent dignity and worth and are entitled to the equal protection of their human rights and fundamental freedoms without discrimination of any kind.

As a final reflection, students were given the following questions to consider:

1. What can you do to make Mount House a stronger community?
2. What do you value in your life? Do you value the right things?
3. How can you keep yourself safe?
4. How can you ensure the safety of others?

It would be fantastic if you, the parents, were able to revisit these questions, so students can understand their self-worth, their contribution to our school and their safety.

Finally, the poster below, which was shown in assembly and will be in each form room, empowers students to get the support they need. We need to remain vigilant and watch out for the safety of our young people. Whatever happens we are here to support.



## SAFEGUARDING CHILDREN WHO IS HERE TO SUPPORT YOU?

1

### THE DSL TEAM

Mr Crosby  
Ms Smyth  
Mrs Hillcoat-Hyde



### TEACHING STAFF

Your Class Teachers  
Your Form Tutor  
Your Head of Year

2

3

### PASTORAL TEAM

Maria  
Sheila



### WELL-BEING TEAM

Mrs Trickey  
Maria  
Ms Smyth

4

5

### STUDENT SUPPORT

Peer Listeners  
Anti-Bullying Ambassadors



### THE HEADTEACHER

Mrs Richardson

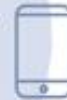
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7

### EXTERNAL SUPPORT

**In an emergency, always contact the  
Police on 999**

Childline: 0800 1111  
NSPCC Helpline: 0808 800 5000  
Samaritans: 116123



ARE YOU FEELING UPSET OR UNSAFE?  
ARE YOU WORRIED ABOUT A FRIEND OR  
FAMILY MEMBER?  
DOES SOMETHING NOT FEEL RIGHT?



**MOUNT HOUSE SCHOOL**  
INSPIRING EVERY INDIVIDUAL



## YEAR 11 GCSE GEOGRAPHY

We were looking at the small-scale ecosystem and the creatures that could be found in the school pond. We made a bar graph, analysed it and then evaluated the investigation.







## NEW HOUSE NAMES

Following a project completed by the House of Equality, we have moved away from mountains, due to some of the issues surrounding their names and the land upon which they sit, in particular the controversial Mount Rushmore.

We have renamed our houses after the ancient trees we can find on our school site to represent the school community:

**Olympus is now Cedar**

**Everest is now Ash**

**Rushmore is now Holly**

**Chimborazo is now Oak**

Student Heads of House are Irene Damianos, Aine Smith, Imogen Moore and Anastasia Moss.

The students are designing new logos and they'll be ready later this term.

## CHANGES TO SCHOOL BUSES

A new updated registration form has been added to the website on the Transport page:  
<https://www.mounthouse.org.uk/parents-area/transport/>

The key changes are :

### **Hendon Central**

Time changes so that the coach arrives at school earlier

07.25 Hendon Central

07.58 High Road Whetstone

08.01 Everyman

08.05 High Barnet

### **Enfield**

To facilitate incremental demand, the Enfield coach will no longer stop at Hadley Wood. The minibus will swing past and collect these passengers.

### **Canons Park**

Hadley Wood has been added to this route.

***Please be reminded that students who are taking the 5.15 bus must be in school attending a club. Please do not leave the school premises at 4.15 and then return to take the 5.15 bus.***



## CO-CURRICULAR

We have had a fantastic start to the term with co-curricular clubs. It is great to see that students have been actively participating in a variety of sports including football, netball, hockey, trampolining, table tennis and badminton. Physical activities like these not only promote a healthy lifestyle but also foster teamwork and sportsmanship.

### **Baking Club:**

It is wonderful that Baking Club remains popular both during lunchtime and after school. Rice crispie cakes are always a delicious treat, and a fun way to introduce the rules of the kitchen and ensure that everyone had something to take home – we hope you enjoyed the treats if they made it home. Please note that the ingredients for this half term are in a separate booklet on the website.

Next week we will be making scones and students will need these ingredients:

- 250g self-raising flour
- 50g caster sugar
- 50g unsalted butter, chilled and diced
- 1 medium egg
- 120ml buttermilk

### **Drama Club:**

The involvement of new students in art, music and drama clubs is an excellent way to encourage creativity and self-expression. During drama, our students entered the studio with the force of a tornado, excited and ready to make believe! Starting with a spontaneous improvisation - an excellent way of building confidence - several members created imaginative scenarios, demonstrating an ability to convey character using a range of vocal and physical skills. The more reticent watched, eager to participate when a little more sure of the territory. The rehearsed improvisations, based on the stimuli "Midnight", were startlingly ghoulish for such a young cast, but highly entertaining. The exuberant energy of our first session was an uplifting end to the school day.

### **Clinics:**

It has been particularly encouraging to hear that clinics have been popular among our Year 11 students. These opportunities can be instrumental in helping students prepare for their future academic or career paths.

Well done to everyone who has taken part, keep up the good work, and I hope the rest of the term continues to be just as successful and enjoyable for everyone involved.

## PE

During PE lessons this week, we started cross-country. For Year 7 students this meant learning the importance of warm-ups with different warm-up games, and students taking the responsibility to lead a warm-up game in each lesson. Year 8 and 9 students have ventured into the woods on the common to experiment with pacing over different distances, and we hope that plenty of students will sign up to the cross-country competition.

In Games this week, students took part in their chosen sports, with an option of trampolining, golf, football, hockey or basketball. It has been great for students to develop new and existing skills and we look forward to future progress made by all students across the school in the forthcoming weeks.

We are once again attending the upcoming ISA London North Cross-Country event at Abbots Hill School. If your child is interested in representing Mount House School at the event on the 16<sup>th</sup> November, please follow the link below to sign up by 9<sup>th</sup> October.

<https://forms.gle/DCHdBedZj3oVW9BJ9>

### **Mount House Triangular Football Tournament against Heath Mount and Kingshot**

“An exciting game started against Kingshot. Miki scored a goal, bottom left corner, a great shot from him. Shaoi shot bottom left, pure placement...what skills! Zac scored from just inside the opposition’s half and took us all by surprise, fantastic goal. We beat Kingshot 3-0.

The next game was against Heath Mount. Zac scored from the edge of the box, smashed it. Miki out of the top draw shoots from outside the box and puts it top left, what a goal! Zac from the edge of the box curls it around the goalkeeper to score another amazing goal. We beat Heath Mount 3-0.

Zac wins man of the match for his amazing goals and George got two clean sheets.”

Written by George – Year 7

Athletes of the week:

Year 7:	Zachary Chekairi
Year 8:	Purity Sigei
Year 9:	Luca Fenman
Year 10:	Kwaku Adusah Gyami-Junior
Year 11:	Mia Bushnell

## LONDON TO BRIGHTON CYCLE RIDE – 10<sup>TH</sup> SEPTEMBER

Theo Whitehouse took part in the 54-mile ride, starting in Clapham Common at 9:30am. The day was very hot and the route was hilly, but Theo did brilliantly and crossed the line in the sunshine at around 5pm.





## OPEN DAY

Please could we ask parents to add Saturday 30th September to their diaries. This is the key admissions event for the school and the students are always the highlight of any visit, which I am sure you remember from your own visits on open mornings.

This half day event is considered a school day for all students and attendance is expected, between 8.45 am and 12.30 pm. In recognition, we offer students a half day at the end of the year at Christmas.

Intended highlights for the open event include:

- Year 7 choir performing
- Years 8 and 9 as tour guides
- Year 10 and 12 Food Technology demonstration
- Year 9 and 10 Debating
- Year 11 GCSE Drama mock rehearsal
- Year 11 GCSE PE moderation activities
- Year 12 and 13 Science demonstrations

PLUS, many other roles with other departments.

We want to show the school off at its best and the students are what make it this. Thank you for your support in ensuring your children are with us on that morning.

## SCHOOL UNIFORM

Now that the very hot weather is ending, from Monday we will be returning to our full uniform expectations.

A reminder that the expected uniform is:

- Every student should have a blazer and this should be worn.
- The school jumper is an option should students wish. The hoodie is **not** an alternative to the jumper.
- School sports kit is only part of the uniform on the days that students have sport. Students wearing sports kit at other times will be asked to change. If a student is cold, they should wear the school jumper in addition to their blazer, and under layers. A coat for when they are outside is recommended.
- Those students wearing shirts should be wearing their tie at all times. These can now be purchased from the uniform shop alongside other uniform. Students wearing the blouse are not expected to wear the tie but have their house badges for their blazers which should be on.
- Any non-school uniform being worn is likely to be asked to be removed and collected at the end of the day.

Thank you for your support.





## NEWS FROM OUR PARENT TEACHER ASSOCIATION

Dear Parents and school staff,

We hope that you've all had a great start to the new academic year.

We would like to welcome all new parents and new school staff to the PTA, and we hope to see you at some of the events we hold during the year. It's a great way to get to know each other, help foster positive relationships across the school community and in doing so, raise some funds to support our school and students.

### **1. Some information about the PTA**

Up until this year we were known as Friends of Mount House, but over the summer break we applied for charity status and also changed our name to Mount House School Parent Teachers Association. Confirmation of our charity status is imminent, and this will enable us to do so much more for our students and have lots more fun!

### **2. Upcoming Events**

We have a number of events planned over the coming year and the first one is for the students.

#### **Mount House School Moveathon - Thursday 5 October**

Following the success of last year's event, we are running the Moveathon again this year. This is a student event consisting of non-stop movement on the Multi-Use Games Area (MUGA) or in the hall if the weather is poor and is supported by staff from the PE department. The event is organised so that all students have the opportunity to join in the fun. Last year, every year from Year 7 to the Sixth Form got involved.

We have arranged for personal trainer Chris Antoni of Tailor Made Fitness to run the event again this year. Chris is an experienced and qualified personal trainer who works with both adults and children.

Your children will be coming home with further information about the event and a sponsor form (see copy at the end of the newsletter), so please encourage them to get as many sponsors as they can. This is a fantastic opportunity for them to raise funds for the school, whilst having some fun exercising. Last year one of the parents did a whip-round at his work, which was a very successful way to raise some sponsorship.

There is a prize in each year group and in the Sixth Form for the student that raises most money. Also, and new for this year, the students will be involved in how the money raised and collected, is spent (with PTA and staff guidance and criteria provided).

### Family Bingo night on Thursday 12 October - save the date

This is an all-family and staff event and a great opportunity to meet up with parents, students and staff, new and old. It's always great fun, and who doesn't enjoy winning a line of bingo? Further information coming soon.

### 3. Getting involved.

If you are interested in being involved in the PTA we would love to hear from you. If you have a particular skill, idea or event you would like to share with us, can spare an hour or two to help at an event, or just come along to an event and enjoy the fun, that would be fantastic.

We understand that your time is precious, so just ask that you do what you can to support the PTA.

If you'd like to chat to somebody about the PTA, you can get a message to us via your PTA year rep or email us at [mounthousepta@mounthouse.org.uk](mailto:mounthousepta@mounthouse.org.uk) and somebody will get back to you.

Thank you.



*Parent Teacher Association*

**MOUNT HOUSE**

