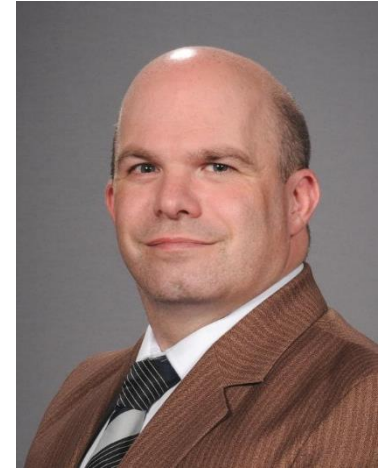




NEWSLETTER – 22nd SEPTEMBER

MESSAGE FROM MR McCORMICK, ASSISTANT HEAD ACADEMIC

Yom Kippur, often referred to as the Day of Atonement, is one of the most solemn and significant holidays in the Jewish calendar. It's a day when Jews around the world come together to engage in deep reflection, seek forgiveness, and renew their spiritual connection. Yom Kippur falls on the 10th day of Tishrei, following Rosh Hashanah, the Jewish New Year. In the Western calendar, this day falls on Monday, 25th September. This day is marked by a 25-hour period of fasting, prayer, and self-examination. It is believed that on Yom Kippur, God seals the fate of individuals for the coming year, so it is a time of profound spiritual significance.



Yom Kippur reminds us all, regardless of our faith or lack thereof, of the importance of seeking forgiveness and making amends for our mistakes. It is a day of humility, reflection, and the pursuit of self-improvement. It teaches us the value of taking responsibility for our actions and striving to become better individuals. This is something the entire Mount House community can learn from. In contemporary Britain, we are rightfully ready to assert our rights, but sometimes forget that alongside that comes responsibility. The right to use the NHS comes with the responsibility of paying taxes to provide for it, the right to wander around unhindered comes with the responsibility of not committing crime or encroaching on other people's private property, for example. We should not detract from the notion of getting things wrong, as this is one of the crucial ways that we learn. Last year, I learnt how to use power tools; but a brief inspection of the wall of my study at home would reveal the mistakes that I made getting it right. Most importantly with making mistakes, is the acceptance that as imperfect beings, humans sometimes do make mistakes, and that one should admit to them openly, learn from them to avoid the same error in the future and move on.

For Jewish students and families, Yom Kippur provides an opportunity to reflect on their actions, make amends, and strengthen their bond with their community and faith. It's a time to recognize the power of forgiveness and the potential for growth and transformation.

As Yom Kippur approaches, let us all take a moment to reflect on the significance of this day and the universal message it carries. It is positive if the Mount House community engages with the key concepts: seeking forgiveness, embracing self-improvement, and fostering a sense of compassion and understanding toward one another.

G'mar Chatimah Tovah – may you be sealed for a good year!

FAREWELL TO COLIN DIGGORY ON HIS RETIREMENT

We said goodbye to Colin Diggory, who retired as Mount House School’s Chairman of the Board of Directors, at a drinks reception in the library last week. We’d like to thank Colin for his years of service to the school and welcome the new Chairman, Ian Davies.



Colin Diggory, Mrs Richardson, Ian Davies



YEAR 7 CLASSICS SCAVENGER HUNT



Year 7 had fun on their scavenger hunt, finding information on inventions from the classical period that helped shape modern society.



FOOD TECHNOLOGY

So far in food technology, students have covered the following topics: personal hygiene, hygiene in the kitchen, food poisoning and knife safety. The students practised their knife safety skills and created their own fruit salad.



CO-CURRICULAR

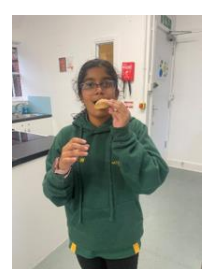
Baking club

This week students rose to the challenge when making scones during Baking Club after school. This was a tricky bake which required students to follow the recipe carefully. It was great to see our older students who attended the club last year support some of our new joiners. The smells from the oven were amazing and the bakes looked very tasty. We hope you all enjoyed the scones.



Students who have joined us for baking club at lunch time have enjoyed spending time with peers across the school whilst making flapjacks and are looking forward to next week's surprise bake.

Congratulations to Zach in Year 7 for being this week's Star Chef!





PE

We had a great start to the week with students from Year 7 joining Mrs Hillcoat-Hyde for running club at 7:30 on Monday morning. The group of students who attended worked extremely hard, setting their own challenge in terms of the distance covered whilst completing the session. A special mention goes to William Lewis, who set and completed the highest challenge within the group. Well done, William.

During PE lessons this week we have continued cross country, with the focus this week on extending the distance run by building pyramids. For example, one lap completed, followed by a rest, then onto the next layer of the pyramid, two laps run followed by a rest. The effort from all students has been fantastic throughout the week.

It has been a wet week of Games afternoons this week. However, this has not stopped students from getting involved whilst developing their skills and game play across a range of activities. Football matches have taken place during Games for Year 7-9 students.

Match Reports

U13 Boys' Football vs Aldenham: "We played against Aldenham School. The game started with Aldenham scoring the first goal. Zac hits the post with a skilful shot, and Elis is there to score the goal, making it 1-1. Zac came through with a lovely strike to make it 2-1 to Mount House. Aldenham gets a goal back for their team and Zac from the edge of the box with a very skilful shot curls it around the keeper, giving us a 3-2 lead. Aldenham strike to make it 3-3 and in the last 5 minutes scored two more goals. 5-3 to Aldenham, well played, boys."

Written by George Christou

U15 Boys' Football vs Aldenham: "Yesterday we had a great and challenging match where we played our best. Our first goal was from Andonis where he scored an absolute banger from a freekick, but sadly they received a penalty and scored. Minutes later they scored a second goal from a cross which gave them the lead 2-1. With eight minutes left of the first half we received a corner where Harvey scored making it 2-2. After half time, we started the game full of energy where we were able to press the opponent. With the ball in our possession Peter made a lovely run through where he was able to beat the keeper and score at the near post. Sadly the opposition received another penalty where they scored to make it 3-3. The game ended 3-3."

Athletes of the Week:

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|---------|-----------------|
| Year 7 | William Lewis |
| Year 8 | Jasmine Price |
| Year 9 | Esme Hillman |
| Year 10 | Grace Gakhar |
| Year 11 | Anna Collington |
| Year 12 | Ayan Shazad |

ANNA'S MARATHON WALK

On Saturday, Anna from Year 11 will be taking part in the Shine Night Walk in Central London, walking a full 26 miles. She is doing this to raise money for Cancer Research.

It is a fantastic achievement and effort from one of our students and all of us at Mount House School wish her the best of luck and we hope the weather is okay!

If you would like to help Anna continue her fund raising, please follow the link below



<https://fundraise.cancerresearchuk.org/page/kates-giving-page-231092>



DRUG FACTS FOR PARENTS

A number of drugs have been highlighted in the media recently as ones that are becoming popular amongst young people. These drugs are Ketamine and Nitrous Oxide. Concerns have also been raised recently about the prevalence of vaping. Below is some key information for parents & carers regarding the dangers of these drugs, what to look out for and where to get additional support.

KETAMINE



Sold as a grainy white or light brown powder. Looks similar to cocaine but is a very different drug. It is also called Donkey Dust, Green, K, Ket, Special K, Super K, VitaminK and Wonk. Users might feel detached, happy, chilled and/or anxious, confused, 'tripped out' after taking Ketamine. The effects on the body are memory loss, nausea, depression, numbness so you can't feel pain.

Ketamine is a very powerful anesthetic that can cause serious harm. Taking ketamine can be fatal, particularly if it is mixed with other drugs. Ketamine can increase your heart rate and blood pressure. It can make you confused, agitated, delirious and disconnected from reality. It can make you feel sick, and it can cause damage to your short- and long-term memory.

Because of the body's loss of feelings, paralysis of the muscles and the mind's loss of touch with reality, you can be left vulnerable to hurting yourself or being hurt by others. Because you don't feel pain properly when you've recently taken ketamine, you can injure yourself and not know you've done it. Ketamine can cause serious bladder problems, and sometimes the damage can be so serious that the bladder needs surgical repair or even removal.

The longer term effects of ketamine use can include flashbacks, memory loss and problems with concentration. Regular use can cause depression and, occasionally, psychotic symptoms such as hallucinations. Ketamine can also make existing mental health problems worse. You can read more about the issues with Ketamine and its rise in popularity [here](#) or via the [Talk to Frank](#) website.

NITROUS OXIDE



Nitrous Oxide (NOS) is a colourless gas sold in canisters, usually inhaled using a balloon. It is also called Balloons, Chargers, Hippie Crack, Laughing Gas, Nos, Noz and Whippits.

Users of NOS might feel relaxed, giggly, sound distortions and/or dizzy, anxious, paranoid after taking NOS. The effects on the body are that it can give you a headache and/or stop you thinking straight.

It is very dangerous to inhale nitrous oxide directly from the canister, and doing it in an enclosed space is also very dangerous. If you take too much nitrous oxide you risk falling unconscious and/or suffocating from the lack of oxygen. People have died this way. A

further risk is dizziness, which might make you act carelessly or dangerously. Heavy regular use of nitrous oxide can lead to a deficiency of vitamin B12 and to a form of anaemia. Severe B12 deficiency can lead to serious nerve damage, causing tingling and numbness in the fingers and toes. This can be very painful and make walking difficult. It can even lead to paralysis, and the damage may be lasting. Regular use can stop you forming white blood cells properly. It can be hard to judge the amount to use safely. If you have too much you can end up fainting, having an accident or worse.

VAPING



Vapes are electronic devices designed to allow people to inhale nicotine in a vapour. Using a vape is known as vaping. Vapes are also available without nicotine. They are also called e-cigarettes, e-cigs, e-hookah, e-liquids, puff bars, vape pens, vape pods and vape sticks.

Users of vapes might feel dizzy, get a headache, nauseous or mildly stimulated, relaxed. The effects on the body are increased blood pressure and heart rate, faster breathing.

Nicotine vaping is recommended by the NHS as a way for adults to stop smoking. But it isn't recommended for non-smokers, especially children and young people under 18. Vaping is substantially less harmful than smoking but that doesn't mean it's harmless. Smoking gives you nicotine by burning tobacco, which creates many harmful toxins that can cause serious illnesses including cancer, lung disease, heart disease and stroke.

Vaping gives you nicotine by heating e-liquid, which creates fewer toxins and at lower levels. In general, smokers who switch to vaping reduce their exposure to a wide range of toxic substances. This includes tar and carbon monoxide, very harmful compounds which are produced by cigarettes but not by vapes. But vaping still exposes users to some toxins and we don't yet know what the risks might be in the longer term.

Nicotine is an addictive substance which can be hard to stop using once you've started. Also, nicotine may be riskier for young people than for adults – there's some evidence that in adolescence the brain is more sensitive to its effects. Nicotine is a toxin and poisoning can happen if larger doses are taken.

Nicotine vaping products are covered by regulations to protect users, including maximum nicotine strength and bans on certain ingredients. But some disposable vapes on sale are illegal and don't meet UK quality and safety regulations. They might look like the real thing, but they aren't so it isn't possible to know what's actually in them. Non-nicotine vapes are not covered by the same regulations as nicotine vapes and are not without risk.



SCHOOL NOTICES

New calculators

The Maths Department will be buying calculators in bulk so that students can obtain them directly from school as and when they need them, with the cost being charged directly to their end-of-term school bill. The models are:

- Up to GCSE: Casio FX83GT-CW (charged at around £12 each)
- Up to A Level: Casio FX991-CW (charged at around £27 each)

Please contact Mr Toby if you would like to opt out of this scheme:
tobyj@mounthouse.org.uk.



Open Day – Saturday 30th September

This half-day event is considered a school day for all students and attendance is expected 8.30am-12.30pm. In recognition, we offer students a half day at the end of the year at Christmas. We want to show the school off at its best. Thank you for your support in ensuring your children are with us that morning.

Reporting absence, appointments and lateness

To report a student absent, email absence@mounthouse.org.uk or phone Sheila on reception on 0208 449 6889 by 8am on each day of that absence. **Include your child's full name and form in all email correspondence.** If your child is unwell, please give the specific illness details. Please always inform reception if your child is going to be late or has an appointment. **Students must not leave the school site without permission and must always sign in and out at reception.**

Planned absence request

To request planned absence which is not a medical appointment, please use the absence request form in the parents area of the website or follow this link: <https://www.mounthouse.org.uk/absence-request-webform/> Our Deputy Head Pastoral will make the decision whether to authorise the absence.

General school queries

For general school queries, email schooladminofficer@mounthouse.org.uk

Medical

Any inhalers or Epinephrine Auto-Injectors to be kept in the Medical room must be sent in to reception with a care plan on the first day of school. Parents are responsible for checking expiry dates. Students should **also** keep an inhaler or injector on their person. If students ever need to take temporary medication during the school day, please contact Sheila on reception E: reception@mounthouse.org.uk or 0208 449 6889. No medication will be accepted without a completed consent form which can be emailed to you on request.

Flu vaccinations

Flu vaccinations for all students in years 7 – 11 will take place on Wednesday 27th September.

UPCOMING DATES

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|--------------------------------------|--------------------------------------|
| Wednesday 27 th September | Flu vaccinations |
| Saturday 30 th September | Open Day |
| Thursday 5 th October | School Moveathon – see details below |
| Thursday 12 th October | Family Bingo night |
| Friday 20 th October | Cultural Immersion Day |

Mount House School Moveathon

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.

Please encourage your children 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).

