



NEWSLETTER – 10TH NOVEMBER

MESSAGE FROM MRS HILLCOAT-HYDE, ASSISTANT HEAD

As we approach Remembrance Day, it is worthwhile taking a moment to reflect on the sacrifices made by countless individuals who have dedicated their lives to serving their countries. This day holds a profound significance as we pay tribute to those who have fought and continue to fight for our freedom and peace.



Remembrance Day, observed on the 11th of November each year, marks the end of World War I and honours the brave soldiers who selflessly defend our nations in times of conflict. It serves as a poignant reminder of the human cost of war and the importance of striving for lasting peace.

This year, as we commemorate the day, let us not only remember the soldiers who lay down their lives for us, but also reflect on the ongoing struggles for peace and justice in the world. It is crucial to understand the importance of diplomacy, empathy, and international cooperation in preventing further conflicts and ensuring a safer world for generations to come.

Within our school community, we take the opportunity to participate in various activities that promote awareness and understanding of the significance of Remembrance Day. Today, we came together for a whole school service. Through our curriculum and other opportunities, we share and discuss the many ways we can pay our respects and learn from the experiences of the past.

Let us use this day as a reminder to cherish the values of peace, freedom and unity. By honouring the sacrifices of those who came before us, we uphold their legacy and demonstrate our commitment to building a better and more peaceful future for all.

As we approach Remembrance Day, let us wear our poppies with pride and join together in honouring the memories of the brave men and women who have served and continue to serve our country with courage, dedication, and unwavering commitment. May their sacrifices never be forgotten, and may their bravery continue to inspire us to strive for a world where peace reigns supreme.

Lest we forget.



REMEMBRANCE DAY SERVICE

As Ms Hillcoat-Hyde mentioned, the school community gathered together this morning to host our annual Remembrance Service. We watched the weather conditions carefully and, just as the students made their way around the pond, the rain eased and the sun shone through. It was a perfect moment for reflection on and empathy for our fallen.

We started the service with a song written for the centenary in 2014 by a group of students aged 11-14. We then listened to why the eleventh hour of the eleventh day of the eleventh month Remembrance Day is held and a national two-minute silence is observed: it was the moment the peace treaty was signed. The silence is meant as a tribute to those who lost their lives fighting for their country.

We then listened to the Last Post, followed by a two-minute silence, followed by the Rouse. The purpose of the Last Post is an implied summoning of the spirits of the fallen and the Rouse is to symbolically end the ceremony.

In 2023 we are particularly remembering and honouring **service**. Service, the act of defending and protecting the nation's democratic freedoms and way of life, is rarely without cost to those who serve. Physical, mental or emotional injury or trauma; the absence of time with loved ones; or the pressures that come from serving, highlight why the remembrance of service is so important.

This year we mark significant anniversaries united by the theme of 'service'. On the 70th anniversary of the Armistice which ended the fighting of the Korean War, we paid tribute to the British and Commonwealth forces who served in almost unimaginable conditions. We also honoured the contribution of the generation in uniform who undertook National Service, 60 years after the last serviceman was demobbed. On the 75th anniversary of the arrival of settlers from the Caribbean on the Empire Windrush, we explored the connections between the armed forces and the Windrush generation, and marked their service and the part they played in rebuilding post-war Britain.

Finally, we provided an opportunity for students to reflect on these key milestones and ask themselves the following questions:

1. What does service mean to you? Who do you serve?
2. How do you treat our fellow Mount House students depending on their race, gender or personality?
3. What is your purpose?

Mrs Richardson finished by reading the following words from Laurence Binyon's poem 'For the Fallen':

They shall grow not old, as we that are left grow old; age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, we will remember them.

We will remember them.



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CENTURY TECH WINTER CUP: 13th NOVEMBER – 10TH DECEMBER

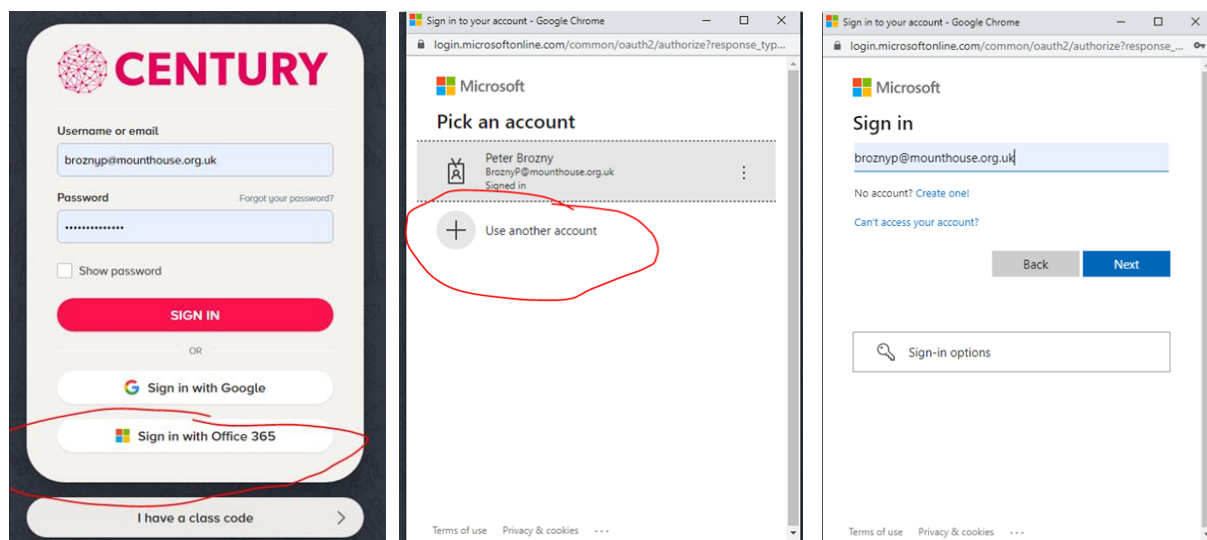
Mount House School is once again participating in the Century Tech Winter Cup. Students in Year 7-11 can take part by logging into their Century Tech account and completing as many "nuggets" as they can. Century Tech reviews how many nuggets our students are completing, and sends us a ranking each week.

The Century Tech website is an easy-to-use way to study English, maths and science. The great thing about Century Tech is that it will automatically assign additional nuggets to students based on topics with which they are struggling. The built-in AI guides the student towards the topics they need to focus on in order to improve.



We have assigned this competition to all of the students in years 7-11 on Show My Homework as an enrichment opportunity. We will be highlighting our students who are in the top 10 of completing questions each week and giving them each a House token. As a reminder, these tokens go towards the yearly House Cup competition and can be exchanged by the student for a food item in the tuck shop. At the end of the four-week competition, the top 3 students in our school will receive an additional prize.

Instructions: students log in using their school email login. <https://app.century.tech/login/>



In order to win the trophy, we encourage all students to go home each night and complete nuggets from November 13th till December 10th. Last year we as a school did really well in the national competition and aim to build on that success this year.

Let's win this, Mount House!

Many thanks for your support.



PE

The hall was occupied for mocks this week, so students engaged in a variety of outdoor activities. Year 12 students kickstarted the week with a refreshing wellbeing walk, a perfect re-entry into routine after a two-week half-term break.

The opportunity for a wellbeing walk was extended to students in years 7-10, where despite the rain and mud, they embraced the health benefits and thoroughly enjoyed their outdoor excursion.



Some students in years 7 & 8 showcased their prowess in cross country, demonstrating exceptional teamwork and individual effort to conquer the set challenges. Meanwhile, other students delved into the world of hockey, focusing on honing their skills in dribbling and ball control.

For students in years 9 & 10, the week brought diverse sporting experiences. Some immersed themselves in basketball, practising strategies for attack, while others eagerly prepared for an upcoming football match.

This week's activities not only served as a refreshing break from the usual routine but also highlighted the school's commitment to fostering holistic wellbeing and sportsmanship among its students.

Athletes of the Week

Year 7:	Luca G
Year 8:	Varun H
Year 9:	Liam R
Year 10:	Amelia M



FOOD TECHNOLOGY

Before half term, GCSE Food Technology were set a task from Miss Buckland where they had to create a noodle/rice-based dish that had to include at least three vegetables or chicken.



This week, year 8 groups 1 and 2 made Greek salads.

Year 9 investigated their added sugar intake. Students were asked to bring in two drinks and a snack that they would typically have at home.

The students worked out individually how much added sugar their snacks/drinks contained, then as a class. Students were asked to guess how much added sugar they believe they are recommended to have per day. According to Government Guidelines a 13-year-old should have no more than 25g of added sugar daily. As a class we were shocked to discover that the total amount of added sugar was over 1kg.



Year 12 made pasta from scratch and created a roux sauce





CO-CURRICULAR

It has been a little on the cold side this week for after-school clubs, but that hasn't stopped students from joining the PE department to develop their skills and play matches, ahead of upcoming fixtures.

With the mock examinations in progress this week we have been unable to hold sports clubs that would normally take place in the hall. We are looking forward to welcoming students back to these clubs next week



This week's co-curricular activities brought the aroma of freshly baked cookies and the excitement of white rocky roads to our students.

During the Wellbeing Baking session, students indulged their creativity by choosing ingredients, with chocolate chips and a dash of cinnamon stealing the spotlight.

After school, the Baking Club faced a delectable challenge – creating perfect white rocky roads without burning the white chocolate. The sweet results showcased both skill and perseverance, turning the baking experience into a delightful after-school adventure.

This week's Star Baker is Queenie in year 7.

The new Baking Club recipes and ingredients list is available to download from the website – please follow this link:

www.mounthouse.org.uk/co-curricular





Parent Teacher Association
MOUNT HOUSE



We are excited to announce that our **Festive Fair** will be held on **Friday December 8th, 2023, from 3- 4:30. (school buses will be leaving at 5pm).**

There will be a raffle with fabulous prizes, as well as free mulled wine / hot chocolate. We will also have gift stalls, bottle & chocolate tombolas, cakes and treats, a photo booth, Santa Flip, a manicure stall, a sweet stall, a Gift Tree and more.

On Monday, we'll be sending home a copy of this letter along with two books of Christmas raffle tickets. We hope you will support the school by buying some tickets. Some of the prizes are included are below. **Please return completed ticket stubs with cash to Reception by Thursday December 7th.**

2023 Christmas Raffle Prizes

1. £250 Virgin Experience Days gift card
2. Luxury Christmas hamper
3. Sony headphones
4. One-hour personal training session with Chris Antoni of Tailor Made Fitness
5. £50 Wagamama gift card
6. £50 Pasta Brown gift voucher
7. Everyman Cinema gift voucher
8. The White Company festive gift set
9. Air Up water bottle
10. £20 Boots gift card

And many more wonderful prizes...

*If you would like to donate something towards the raffle prizes, please contact Julie Westmore on MountHousePTA@MountHouse.org.uk.

**If you are an artist / maker with festive items that might be of interest to the students, staff or parents, please get in touch using the email above by Friday 17th November, in order to be considered for a stall.

To help make this a success, we would be grateful if every family donated (collection boxes will be placed in reception after half term):

- 1 bottle (alcohol, soft or things like perfume etc)
- 1 box of chocolates (remember no nuts)



- Any pre-loved items that would work as gifts for example unused toiletries, jewelry, bags, toys, books etc.
- Any left-over and / or unwanted nail varnish

Finally, we would like to be able to offer festive treats from around the world to celebrate the fantastic diversity represented at the school. If you would like to donate goods for the stall these should be brought in on the day of the fair in a named container, with a list of ingredients (remember we are a nut-free school). So, we have an idea of numbers we would greatly appreciate it if you are willing to kindly donate some festive treats that you email us at MountHousePTA@MountHouse.org.uk



Thank you for your support.
Mount House School PTA



We would like to thank all of the students and parents who helped to raise money for the **Moveathon**. Together they raised **£1,896** and as agreed, the students who raised the money decide how this is spent in ways that will benefit and support their education and school life.



You can help Mount House School PTA raise funds by using #easyfundraising when you buy anything from 7500 of your favourite brands. It's easy to set up and doesn't cost anything extra. Please support us by clicking

<https://www.easyfundraising.org.uk/causes/mount-house-school-parent-teacher-association/>

We are looking for parents who own a catering business to see if we could work together on our various PTA events. If you are interested, please get in touch via our email: mounthousepta@mounthouse.org.uk

PARENT BUSINESS DIRECTORY ON THE SCHOOL WEBSITE

In the Parents' Area of the website, you will find our Parent Business Directory, where parents of current Mount House students can promote their small businesses. If you would like your business to be promoted on this page, please email marketing@mounthouse.org.uk with a picture or logo, some text and a link to your website.

<https://www.mounthouse.org.uk/parents-business-directory/>



CAREERS

We are excited to invite you to our incredible **Virtual Insight Evening with The University of Law on Thursday 16th November, from 5pm – 6:30pm**, where top law professionals will be sharing their experience of careers in the legal industry, as well as sharing their key tips on our panel discussion to give you a real insight into their world of work.

The breadth of industry knowledge and insight that will be shared throughout the evening will provide you with real clarity to help you decide on your future career path. There will also be Q&A opportunities throughout the evening so you can ask any burning questions you have, or simply find out more about the industry from the most experienced law professionals.



Application Link: <https://www.surveymonkey.co.uk/r/ULawInsightEvent>



On **Wednesday 15th November from 5pm – 6:30pm** this virtual webinar will be held via Zoom. This fantastic evening will give you an insight into what **Deloitte** do and what a career at such a huge global firm can look like. They will be sharing tips on how you can succeed in your future, and we will be hearing from top professionals who will be sharing their personal insights to a Big 4 firm.

Providing such a range of professional services all in-house makes a lifetime career at Deloitte so exciting and vibrant and full of opportunities. 'Future you' could be auditing or advising global brands like GSK, Boeing or even Morgan Stanley!

Click here to sign up now: <https://www.surveymonkey.co.uk/r/InsightIntoDeloitte>



CHARITY ACTIVITIES

1. CHILDREN IN NEED DAY: FRIDAY 17TH NOVEMBER

On Children in Need day, students will be permitted to wear non-uniform for a suggested minimum donation of £1 to raise money for Children in Need.



We are asking that students wear one item of clothing or accessory in the colour of their house (as all colours are represented on Pudsey's bandana!)

Ash = Blue
 Cedar = Yellow
 Holly = Green
 Oak = Red

2. ODD SOCKS DAY: MONDAY 13TH NOVEMBER



3. WINGS OF HOPE CHILDREN'S CHARITY

This year, to spread some festive magic, Darcie Dudding and Aoife Thompson in Year 12 are selling gingerbread biscuits with all proceeds going to the Wings of Hope charity, which provides free education to those in poorer nations.

It only costs £2 to send a gingerbread biscuit to a friend or to buy one to take home for a family member this December. If you would like to purchase one please contact us at: Duddingd@Mounthouse.org.uk \ Thompsoa@Mounthouse.org.uk or please find either girl at school Monday-Friday. Please note that the deadline to order a gingerbread biscuit ends on the 12th of December, and they shall be handed out on the 15th of December (the last day of school)

LUNCH MENUS NEXT WEEK



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Weekly Menu

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the day served with freshly baked bread Dish of The Day Grilled Sausage and Creamy Mash with Fried Onions Vegetarian option Celeriac Gratin with Mushroom, Kale and Leeks Vegan Friendly Snack Option Baked Potatoes Or Fresh Pasta Served With Spicy Baked Rive Sweet corn and Spring Onions Braised Savoy Cabbage Dessert Vanilla Iced Slice	Soup of the day with freshly baked bread Dish of the day Crispy Topped Cottage Pie With Garlic and Herb Gravy Vegetarian option Indian Lentil Dahl with Coriander Naan Snack Option Baked Potato with Various Fillings Or Fresh Pasta Served With Fresh Broccoli Courgettes and Peas Dessert Seeded Carrot and Apple Cake	Soup of the day served with freshly baked bread Dish of the day Indian Chicken Madras With Mini Naan Breads Vegetarian option Falafel with Lemon and Coriander Dressing in a Warm Wrap Vegan Friendly Snack Option Baked Potato Or Fresh Pasta Served With Steamed Coconut Rice Fresh Green Beans and Fennel Roasted Carrots Dessert Very Fruity Granola Bars	Soup of the day served with freshly baked bread Dish of the day Smoked Haddock and Dill Fishcakes with Lemon Mayo 2ND option Beetroot and Toasted Seed Risotto Snack Option Baked Potato served with Various Fillings Or Fresh Pasta Served With Oven Fries Mushy Peas, Baked Beans Dessert Lemon and Courgette Cake	Soup of the day served with freshly baked bread Dish of the day Smoked Haddock and Dill Fishcakes with Lemon Mayo 2ND option Beetroot and Toasted Seed Risotto Snack Option Baked Potato served with Various Fillings Or Fresh Pasta Served With Oven Fries Mushy Peas, Baked Beans Dessert Lemon and Courgette Cake

Themed Day Menu

Student Choice