



# NEWSLETTER – 17<sup>TH</sup> NOVEMBER

## MESSAGE FROM MR MCCORMICK, ASSISTANT HEAD



On Monday evening, the McCormick family gathered around a television screen for our weekday ritual of watching Eastenders. It is not high-quality cultural viewing, but it provides us with the sense that no matter how stressful our days are, or how bad we think our life is at that particular time, we are thankful not to live in Albert Square. However, the intermittent shouting of “Get out of my pub” and “Want to take this outside?” was interrupted by the setting off of loud fireworks interspersed with the occasional cheer. A bit late for Guy Fawkes, we thought. Far too early for Christmas. A quick survey of the street showed flashes in the sky but no notion of where the noises were actually coming from.

At almost the same time the following evening, a heated exchange between Karen Taylor and Sharon Watts was interrupted, but this time by a knock at the door. At our front door was a neighbour who lives a few doors down and his four-year old son with a cheeky grin on his face. “Do you like fireworks?”, the little boy asked. We do, and were duly invited, alongside the residents of the houses in between, to their Diwali celebration that evening. They have no extended family here in the UK, and that night, we played some of those roles. The light of the fireworks, the bangs of the firecrackers, the hot drinks and the warmth of hospitality and cheery conversation diverted our attention from the cold November air.

Diwali, the Hindu festival symbolizing the triumph of light over darkness and good over evil, known as the "Festival of Lights," is a joyous occasion that transcends religious boundaries, fostering unity and spreading happiness. Also called Deepavali, it's celebrated with immense enthusiasm and fervour. The festival typically lasts five days, with each day holding its own significance and traditions. The lighting of diyas, bursting of firecrackers, and colorful rangoli decorations add to the festive atmosphere. In schools and communities, Diwali is an opportunity for cultural exchange, with students sharing traditions and stories, fostering understanding and appreciation for diverse cultures in a world where our leaders, political commentators and so-called “influencers” often provide more heat to already tense situations than the light of education and calm rational thought.

As many in our community celebrate Diwali, we should be inspired by the messages of light and of hope. May the glow of diyas illuminate our lives and inspire us to overcome challenges, fostering a victory of light over darkness, good over evil, and knowledge over ignorance.

## NEW YORK, NEW YORK

During the first week of half term, 44 students from years 9 to 13 accompanied by five staff jetted off to New York City for a Business & Computing enrichment trip.

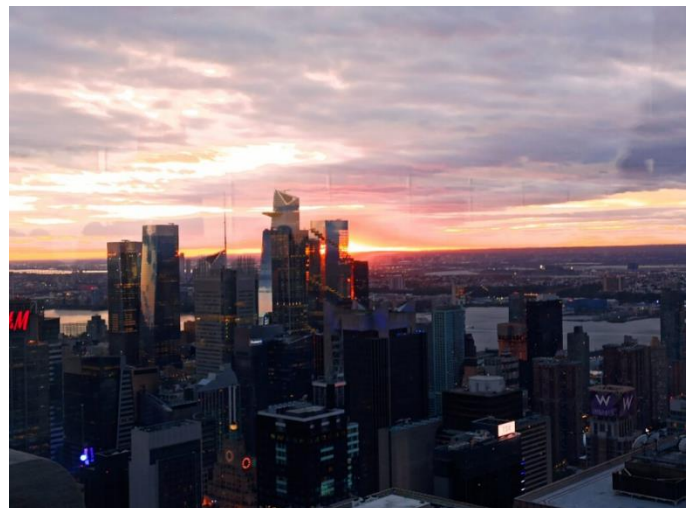


We began our trip early on Saturday 21<sup>st</sup> October – 4:30am in fact, leaving Heathrow bound for Newark airport in New York City. Arriving at the West Side YMCA, right next door to Central Park, we deposited our bags before heading out to eat and explore the local area. Everyone stocked up on snacks and drinks from Target & CVS as well as grabbing something to eat after our day of travelling, before heading back to the hostel to settle into their rooms. We took some time to freshen up before heading out again for our evening meals, followed by an early night for all.



On Sunday, our first full day, we took a long walk through Manhattan. First, we called in at the Grand Bazaar NYC, which (originally called GreenFlea Market) was launched in 1979 by a group of parents as a simple yard sale to raise funds for their children's schools. Today, it's the only purpose-driven market that donates 100% of its profits to four public schools, funding arts, enrichment, and classroom essentials for over 2,000 children. In 2016 the market changed its name to 'Grand Bazaar NYC' to better reflect its diverse offerings, and to set a new and exciting path forward. Today, Grand Bazaar NYC is the oldest, largest, and most diversely curated weekly market in New York City. Some of our students hunted down, and found, some excellent vintage sports jackets and some custom Dr Marten boots – making use of haggling to get the best prices possible.

After browsing the bazaar, we continued our walk through Manhattan, stopping off at a Target, a Five Below (think American B&M/The Range) and a TJ Maxx (yes, TJ – not TK!) before lunch. We then walked our way back to the hostel through Central Park, before dumping our shopping and heading out to 'Top of the Rock', the top of the Rockefeller Centre (86 floors up) which gave us phenomenal views of the New York skyline in all directions. Our students took some amazing photographs and captured the sun setting over the city.





Following our visit, each group headed off to find their dinner – Mrs Trickey’s group found an excellent \$1 pizza shop and certainly got great value for money (and excellent pizza). Other groups found food outlets to suit their tastes and needs – including visiting Popeye’s for chicken, McDonald’s to compare with the taste back home, WingStop, Wendy’s and many more. We all then walked back to the hostel to rest and recuperate for our next adventure.

Monday was our busiest day. We were all up nice and early for breakfast so that we could catch our 10am ferry to Liberty Island. Staff and students boarded the top deck of the ferry to get excellent views of New York from the water. On Liberty Island, students had the opportunity to see the Statue of Liberty up close, before jumping back on the ferry to head to Ellis Island. On Ellis Island, we visited the Ellis Island Immigration Museum to learn about the history of migration to the USA. The museum is a place where visitors can spend hours learning about Ellis Island's history before, during, and after its use as America's immigration station. The museum also tells the stories of why so many people emigrated to America and what became of them after they arrived. We learned a great deal about the immigration process and how migrants were treated upon their arrival in the USA. It offered us the opportunity to contemplate our own family stories of migration and consider how the world has changed in relation to immigration and immigrants, and also how it has not.

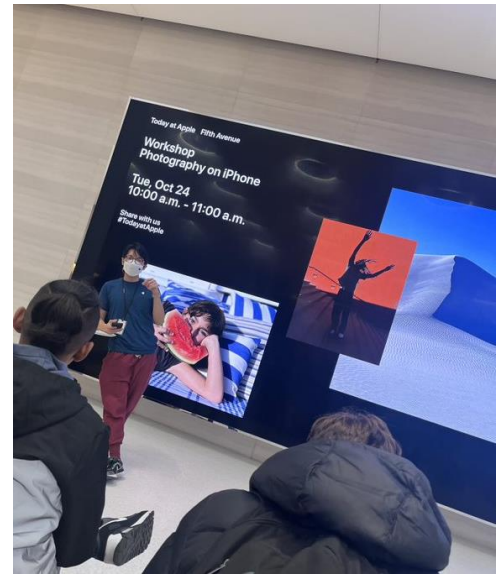


Once we had visited the museum, we all reboarded the ferry to return to the mainland and begin our Wall Street Insider Tour. On this tour, we learned about the 400 years of history that led to modern Wall Street, including its beginnings as Dutch trading outpost, saw where high-powered meetings take place and where the fate of the American economy is determined. We saw the New York Stock Exchange from the outside and heard how this institution came to be a global leader on the financial stage, seeing many traders walking into and out of the stock exchange itself. We also learned about the immigrant roots of some of America’s largest financial institutions and caught a glimpse of where the ‘captains of industry’ live and work and where multi-million-dollar deals are negotiated. It also gave us the opportunity to

discover the Financial District's cultural side, including its skyscraper and historic architecture as well as standing on top of billions of dollars’ worth of gold underneath us in the vaults of the Federal Reserve Bank.

Once our tour was completed, we were back on the subway heading uptown to our hostel for a freshen up before heading out once again for our evening meals and the first of our cinema trips. Mrs Trickey and a group of horror-fanatic students had the full American cinema experience seeing *The Exorcist: Believer!* It was excellent. Other groups went out to see the bright lights of Broadway and Times Square, and some stayed at the hostel itself to use the sports facilities and play games. Some of our students even used their evening to revise for the mock exams, showing true dedication to their studies.

Tuesday's adventure began with a workshop on iPhone photography at the Apple store on Fifth Avenue, and this was followed by a fabulous day of shopping. We visited the Nintendo World Store and learned how there are only a few in the world... one of them being in New York near Rockefeller Plaza. We learned that some of our students have a phenomenal ability to shop and an excellent day was had by all. Tuesday evening saw several activities taking place again, with the horror fans heading out to see *Saw X* at the cinema with Mrs Trickey, while others went to see a Broadway Show called *Shucked* with Ms Di Dio. Others stayed at the hostel to use the sports facilities or play games with the other teachers.



Our final day, Wednesday, involved another adventure on the subway to visit Samsung 837, Chelsea Market & Soho. Samsung 837 is an interactive 'technology playground' full of Samsung technology. Students had the opportunity to investigate the latest smartphones, watches, gaming platforms and innovative technology at this flagship store.

Following our visit to Samsung, we headed into Chelsea Market to hunt down some lunch and have yet more retail therapy. It is considered one of the greatest indoor food and retail marketplaces in the world today and is located in the heart of New York City's Meatpacking District. Historically, Chelsea Market was a little like Borough Market in London, renowned for its fresh foods and ingredients where people could take advantage of the local butchers and fishmongers. In more recent times, it has broadened its offering to include small independent retailers selling quirky items as well as having an excellent food hall. We were also fortunate enough to stumble across an 'artists & fleas' event for independent designers to sell unique, handmade or custom-designed items. It was here we were able to fully embrace our haggling skills and get some amazing deals.

We then made our way into Soho for our final shopping opportunity of the week before heading back to the YMCA to pack up our rooms before preparing for our final evening. Each group made their way into the city, visiting different places to eat but also ensuring that they experienced must-see Times Square at night.

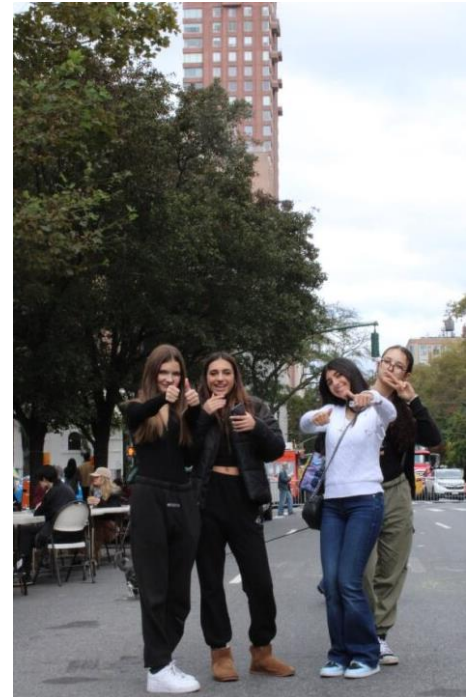
On departure day, we were all up super early in the morning for our transfer back to the airport to board our flight home. Arriving back in the UK on Thursday evening, we were all looking forward to our own beds and the opportunity to rest our somewhat weary legs after walking a total of 50 miles across the five days we were there.



All in all, this trip was a phenomenal success and I would like to take this opportunity to thank parents for their support which enabled us to have such a brilliant trip. I would also like to thank Ms Di Dio, Mr Mather, Ms Hassan, Mrs Da Rocha and Mrs Petinou for giving up a week of their half term to support the trip.

Mount House students were exemplary across the whole week, with even some fellow plane passengers commenting on how amazing our students were and how impressed they were with their behaviour.

Mrs Trickey, Assistant Head and Head of Technology Faculty



## CENTURY TECH WINTER CUP: 13<sup>th</sup> NOVEMBER – 10<sup>th</sup> 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.

This week, our Century Stars are:

1. Yuna A
2. Isabella D
3. Jesse S
4. Leo B
5. Zachary H
6. Amari B
7. Cassian H
8. Erin J
9. Romario S
10. Amirati N



## HISTORY HOUSE COMPETITION

Last week's House event was hosted by the history department. The ultimate history quiz consisted of four rounds: multiple choice, guess the historical figure, solve the riddle and fill in the blanks.

The quiz required students to think about their breadth of historical knowledge, with topics focusing on the Norman conquest, the Tudors and 20<sup>th</sup> century world history.



## P.E.

Following the hall being out of action last week, students eagerly returned to their routine, diving headfirst into a diverse array of athletic activities that engaged and inspired. From energetic football and hockey matches to the expert dribbles of basketball, the precision swings of golf, and even the thrill of trampolining, the week was a testament to the diverse sporting interests embraced within the school's curriculum.

Our footballers showed their prowess on the field, while hockey players moved round the court tirelessly, displaying impressive teamwork and skill. Particular praise to Miss Hopping, who displayed excellent technical skill on the football pitch by nutmegging Mr Mather.

Meanwhile, the basketball court echoed with the rhythmic bounce of the ball as students honed their techniques, and golf enthusiasts perfected their swings with dedication and focus. Not to be outdone, the trampolining sessions provided an adrenaline rush, as students bounced and flipped, mastering control and agility in this exhilarating activity.

Beyond the physical aspects, these sports continue to provide invaluable lessons of teamwork, discipline, perseverance, and sportsmanship among the students. The camaraderie and spirit exhibited during these sessions exemplify the holistic development encouraged at our school, where students not only excel academically but also flourish in their physical pursuits.

### This week's fixtures

“On the 16th of November, a group of brave and talented runners took part in a **cross-country** running race at Abbots Hill School. We showed consistency and great resilience. Although we did not medal, we were supportive of each other and our competitors and had a lot of fun!”  
Isabella, Oscar and William - year 7.

Years 7 and 8 took part in a **netball** match v Kings School. This was a great opportunity for a training match. Play was end-to-end and the final score was 4 – 6 to Kings School. Tilly H scored an amazing goal from the edge of the D, with Easha scoring the other three. Tilly H was named Player of the Match from the opposing team. Well done to everyone who took part.

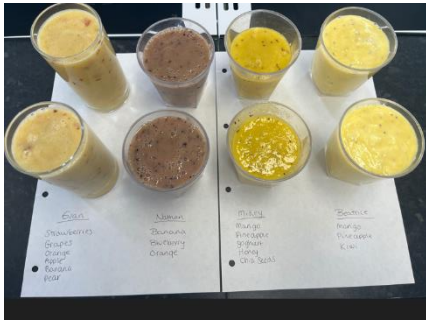
### Athletes of the Week

Year 7	Vivi B & Ella M
Year 8	Benji B & Purity S
Year 9	Kerensa
Year 10	Alican M
Year 11	Alice G
Year 12	Charlene K



## FOOD TECHNOLOGY

This week, the year 7 and 8 students had theory lessons, so they have been reflecting on what they have learnt by making the fruit salad and the Greek salad. They have also started to study the Eatwell Guide and we are discussing nutrition.



Year 9 created a menu for a restaurant of their choice, making sure they cater for vegan/vegetarians too. The students were asked to think about pricing their menu and whether it is affordable for most working families to attend. They also looked at the importance of a balanced diet and how the Eatwell Guide influences that. The students then made a fruit smoothie that had to contain at least three different fruits.

Year 10 have been investigating how heat effects food and the variety of different heat methods we use to cook foods.

Year 12 have moved on to Topic 3, which investigates the structure and classifying macronutrients. Students will learn to understand the importance of recognising the chemical structure of macronutrients and the resources used to classify them.

## CO-CURRICULAR

This past week has been a whirlwind of creativity and accomplishments at school. Our students eagerly embraced new culinary experiences at the lunchtime baking club, including delicious blondies (white chocolate brownies, for those of you not in the know).

The after-school hours were filled with the delightful aroma of freshly baked pizza pinwheels, offering a savoury treat to cap off their day.

Star Baker this week was Harvey in year 10.



Beyond the culinary adventures, our enthusiastic trampolinists displayed incredible determination during their sessions. Students rose to the challenge by refining their routines across various difficulty levels. We are immensely proud to announce the remarkable achievements of Ella M and Vivi B (Year 7 students) who have mastered the front drop in isolation. Their dedication and hard work truly paid off, so well done Ella and Vivi.

As always, we encourage and celebrate our students' efforts in exploring new horizons and pushing their boundaries. Here's to a week filled with delectable discoveries and triumphant accomplishments. Well done to everyone that has been involved in the co-curricular programme this week.



## LUNCH MENUS NEXT WEEK





**TreeTops**  
restaurant

# Weekly Menu

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Soup of the day</b> served with freshly baked bread</p> <p><b>Dish of The Day</b> Grilled Sausage and Creamy Mash with Fried Onions</p> <p><b>Vegetarian option</b> Celeriac Gratin with Mushroom, Kale and Leeks <i>Vegan Friendly</i></p> <p><b>Snack Option</b> Baked Potatoes Or Fresh Pasta</p> <p><b>Served With</b> Spicy Baked Rive Sweet corn and Spring Onions Braised Savoy Cabbage</p> <p><b>Dessert</b> Vanilla Iced Slice</p>	<p><b>Soup of the day</b> with freshly baked bread</p> <p><b>Dish of the day</b> Crispy Topped Cottage Pie With Garlic and Herb Gravy</p> <p><b>Vegetarian option</b> Indian Lentil Dahl with Coriander Naan</p> <p><b>Snack Option</b> Baked Potato with Various Fillings Or Fresh Pasta</p> <p><b>Served With</b> Fresh Broccoli Courgetts and Peas</p> <p><b>Dessert</b> Seeded Carrot and Apple Cake</p>	<p><b>Soup of the day</b> served with freshly baked bread</p> <p><b>Dish of the day</b> Indian Chicken Madras With Mini Naan Breads</p> <p><b>Vegetarian option</b> Falafel with Lemon and Coriander Dressing in a Warm Wrap <i>Vegan Friendly</i></p> <p><b>Snack Option</b> Baked Potato Or Fresh Pasta</p> <p><b>Served With</b> Steamed Coconut Rice Fresh Green Beans and Fennel Roasted Carrots</p> <p><b>Dessert</b> Very Fruity Granola Bars</p>	<p><b>Soup of the day</b> served with freshly baked bread</p> <p><b>Dish of the day</b> Smoked Haddock and Dill Fishcakes with Lemon Mayo</p> <p><b>2<sup>nd</sup> option</b> Beetroot and Toasted Seed Risotto</p> <p><b>Snack Option</b> Baked Potato served with Various Fillings Or Fresh Pasta</p> <p><b>Served With</b> Oven Fries Mushy Peas, Baked Beans</p> <p><b>Dessert</b> Lemon and Courgette Cake</p>	<p><b>Soup of the day</b> served with freshly baked bread</p> <p><b>Dish of the day</b> Smoked Haddock and Dill Fishcakes with Lemon Mayo</p> <p><b>2<sup>nd</sup> option</b> Beetroot and Toasted Seed Risotto</p> <p><b>Snack Option</b> Baked Potato served with Various Fillings Or Fresh Pasta</p> <p><b>Served With</b> Oven Fries Mushy Peas, Baked Beans</p> <p><b>Dessert</b> Lemon and Courgette Cake</p>
<h2 style="text-align: center;">Themed Day Menu Student Choice</h2>				



LOCAL EVENTS

**IN AID OF THE RUTH STRAUSS  
FOUNDATION**

HANDMADE  
TOPS &  
KIMONOS

ITALIAN LEATHER  
HANDBAGS

HAND PAINTED  
SILK SCARVES  
CLOTHING

**Christmas**

JEWELLERY

**Market**

CANDLES

14 PLUS STALLS

COME AND JOIN US

TUESDAY **21ST** NOVEMBER

SILK  
FLOWERS

2PM - 6PM

HADLEY WOOD GOLF CLUB,  
BEECH HILL, BARNET EN4 0JJ

ACCESSORIES

GIFTS

£5 ENTRY INCLUDES A  
RAFFLE TICKET

DECORATIONS

FOOD  
PROVISIONS

HOMEBAKED CAKES AND  
COOKIES