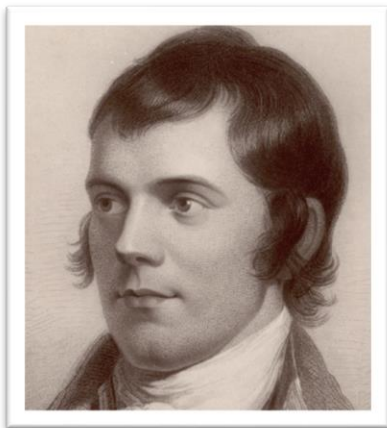




# NEWSLETTER – 19<sup>TH</sup> JANUARY

## MESSAGE FROM MR McCORMICK, ASSISTANT HEAD (ACADEMIC)

To those of us with Scottish heritage or, like me, who happened to be born there, the month of January meant three things. It meant darkness, as especially in the north, nights are long and days are short: I well remember walking home from primary school at 2:30pm in complete darkness. Secondly, it meant cold. Alongside cold, naturally came cold and wet. The Scots refer to this as 'dreich' and in Scotland this can be typical of practically every month of the year. Least important to me as a child, but most important to everyone as a nation, January meant Burns Night. This annual celebration, dedicated to the Scottish poet Robert Burns, has been a cherished tradition for centuries. Each year on 25<sup>th</sup> January, Scots and enthusiasts around the world gather together to pay homage to the Bard of Ayrshire and engage with the rich cultural tapestry that not only Burns' poetry, but also that Scotland, provides.



Born on 25<sup>th</sup> January 1749, Burns was a pioneer of the Romantic genre of poetry and a passionate advocate for the common man. Burns Night, which marks his birthday, is a time where communities in Scotland and around the world come together to share the appreciation of his literary contributions. One of the central elements of Burns Night is the traditional Burns Supper, a festive meal which typically includes the archetypal haggis (contrary to popular opinion, it is not an animal in its own right, wandering the Cairngorms) which is ceremoniously presented to the guests with the recitation of 'Address To A Haggis.' The dish is often served with neeps and tatties, or as Londoners would say,

swede and potatoes. A formal event will open with the Selkirk Grace, attributed to Burns and, after the meal, the reading of Burns' poems and songs. From the introspective verses of 'Auld Lang Syne' (that, no doubt, some of us belted out as 2023 departed), to the humorous 'Tae A Moose', each recitation captures the essence of Burns' literary prowess and has had a lasting impact on the culture of the country in which I spent my early years.

Burns' poems rarely enter my head outside of January, but for me, they represent the power of good teaching. I am by no means a culture vulture, but an enjoyment of his stories and poems was instilled at an early age, and this was done so by my teacher of the time, Mrs Gaffney. She was passionate about Burns' poetry and although at primary school, she was



there to teach us almost everything, she put particular effort into ensuring that we, children from a deprived Glasgow council estate of varying abilities, could all talk about the subjects of his poems with confidence. I learnt 'Address To A Haggis' in the dreich January of 1987, and 37 years later, I can still recite it word for word. I can still explain the meanings of Scots words he uses that have long fallen out of parlance and I still remember Mrs Gaffney.

Every teacher and every child has their own interests and passions, and many more that they have yet to discover. Every day, we at Mount House endeavour to exploit these.

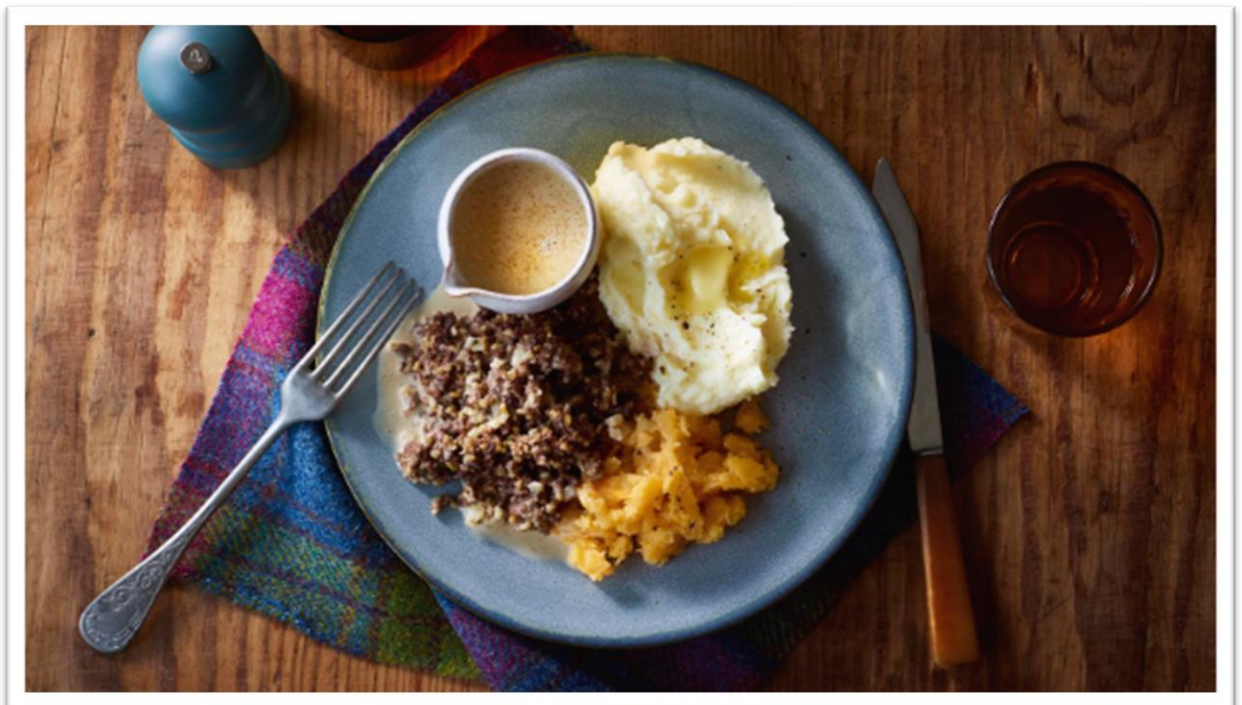
### First and last verses of 'Address to a Haggis' by Robert Burns (with a handy translation)

*Fair fa' your honest, sonsie face,  
Great chieftain o the puddin'-race!  
Aboon them a' ye tak your place,  
Painch, tripe, or thairm:  
Weel are ye wordy o' a grace  
As lang's my arm.*

*Good luck to you and your honest, plump face,  
Great chieftain of the sausage race!  
Above them all you take your place,  
Stomach, tripe, or intestines:  
Well are you worthy of a grace  
As long as my arm.*

*Ye Pow'rs, wha mak mankind your care,  
And dish them out their bill o fare,  
Auld Scotland wants nae skinking ware  
That jaups in luggies:  
But, if ye wish her gratefu prayer,  
Gie her a Haggis*

*You powers, who make mankind your care,  
And dish them out their bill of fare,  
Old Scotland wants no watery stuff,  
That splashes in small wooden dishes;  
But if you wish her grateful prayer,  
Give her [Scotland] a Haggis!*





## NEWS FROM THE TEXTILES DEPARTMENT

Miss Cosham has chosen to feature Alice W's work, as her book is coming together so beautifully. Alice always goes above and beyond with her work; she works hard in lessons and does extra at home. For our theme of natural forms, Alice was inspired by her own photos of beaches and sunsets, and she has created many woven pieces which reflect the colours we see in her photos and mood board. Alice has really taken to weaving and sewing and has produced numerous samples of the various stitches and techniques. Well done Alice - keep up the good work!





## EXAMINATION DIET WORKSHOPS

When we talk to students about preparation for examinations, we discuss how important it is to keep a healthy lifestyle as part of the increased study routine. One aspect of this is a healthy diet and we are pleased to inform you that Thomas Franks will lead a workshop for **years 11, 12 and 13 on Monday 29<sup>th</sup> January** with a focus on exam nutrition.

This will be an informative session, giving students some tips (and samples) on quick and nutritious snacks and meals that will be helpful for their holistic examination preparations. It will take place as part of the Games programme, linking into how that programme promotes a balanced lifestyle.

We will be offering similar sessions to younger year groups later during the academic year. Years 7 and 8 will learn about general healthy living on **Wednesday 17<sup>th</sup> April** in a workshop entitled Eat Well; meanwhile years 9 and 10 will explore sustainable diets and food waste on **Thursday 25<sup>th</sup> April** to both help their own healthy lifestyles as well as consider our role as global environmental citizens.

## FOOD TECHNOLOGY

Year 9 started the week with a quiz on everything they have been taught so far this year.

In theory lessons year 10 have been looking at food spoilages this week and have made cheesecakes and risotto. Ingredients were nicely prepared at home by **Olivia** in Year 10.



Year 12 started chapter 5 *The structure of nutrients* and have made a cheesecake of their choice.



Star baker this week: Zak in Year 11.

## PE

### **Table tennis:**

On Tuesday, Krrish, Rocco and Aaron in year 11 represented the school at the U16 ISA table tennis tournament. The boys found themselves up against tough competition in the group stages, playing a total of seven games against talented students from different schools in the league. Undaunted by the challenge, all three played exceptionally, emerging victorious and earning their rightful place in the much-anticipated knockout rounds.

In an inspiring display of sportsmanship and unwavering competitiveness, Krrish, Rocco, and Aaron not only showcased their individual talents but represented Mount House School and made everyone proud of their achievements.

### **Netball Match:**

We all played well, especially as this was our first time playing together. Although we did lose, I think with a bit more practice we will go on to win with excellence. There are lots of things we did well but there are also a few things we still need to improve on.

The positives during the game were our teamwork skills; we worked well as a team and communicated well. The things we need to improve on are to spread out a bit more, mark the other team as much as we can, so we can put pressure on the opposition and distract them.

Overall, I am really pleased about our performance, and I am sure that we will win next time, if we work together on our areas of improvement. I hope you are all pleased with your individual performances and well done to every single one of you, for showing up, being good sportswomen and showing that we are truly really good team players.

Match report by Queenie, year 7

### **Athletes of the Week**

Year 7:	Queenie M
Year 8:	Eesha B
Year 9:	Kasim M
Year 10:	Andonis C
Year 11:	Luke W
Year 12:	Tobi S

**Please note:** as of next week, Netball club will be moving to Wednesday 16:15-17:00 and Football club to Thursday 16:15-17:00.

## CO-CURRICULAR

The new co-curricular programme for this term is now available. Please follow this link to the website and browse the clubs and activities: [www.mounthouse.org.uk/co-curricular](http://www.mounthouse.org.uk/co-curricular)

Clubs and activities are an important part of life at Mount House, and we would like to encourage every student to join at least one club. It's a great way to get to know people who are not in your form or year, and to find activities you are passionate about.

### PTA



### **COME AND JOIN US FOR OUR FIRST SOCIAL OF 2024! Friday 9th February from 19.00-21.30 (doors open at 18.45)**

Mount House parents, teachers and friends are all welcome. Teams of 6-8 people ideal - or join a team on the night.

Categories are: film/movies, general knowledge, food/drink, pictures, history, arts & literature, sport and music.

Prize for the most original team name and overall winners.

Complimentary sandwiches, nibbles and soft drinks.

Bottles of wine and beer will be available to purchase.

Tickets are £10 per person. **Purchase your ticket today via <https://square.link/u/AUYBjNYd>**

All proceeds will go to the Mount House PTA to fund future student activities and projects.




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### **Second hand/nearly new uniforms**

For information please email Julie on [Mounthousepta@mounthouse.org.uk](mailto:Mounthousepta@mounthouse.org.uk).

### **Save the date**

Mount House PTA is holding a Comedy Night on the evening of **Friday 8<sup>th</sup> March 2024**. Please note the date in your diaries, details to follow very soon.





MOROCCO TRIP

**MOROCCO**  
**2024**  
**21.10.24-25.10.24**

**Years 8-12**

**Activities**

- Atlas Mountains
- Marrakech Food Market
- Moroccan Hollywood
- Morocco Waterfalls
- Food Tasting Trail

**Years 8-12**

Sign up by: 26th January 2024

Contact Mrs da Rocha for more information

## 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> Mexican Beef Chili with rice and Sour Cream</p> <p><b>Vegetarian option</b> Roasted Vegetable and Chickpea tagine With rice <b>Vegan Friendly</b></p> <p><b>Snack Option</b> Baked Potatoes Or Fresh Pasta</p> <p><b>Served With</b> Sweet corn and Spring onions Roasted Aubergine and Courgettes</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> Chinese Chicken With Special fried rice</p> <p><b>Vegetarian option</b> Indian Lentil Dahl With Mini coriander and garlic Naan, mango chutney</p> <p><b>Snack Option</b> Baked Potato with Various Fillings Or Fresh Pasta</p> <p><b>Served With</b> Roasted Indian spiced Cauliflower Chilli Green Beans</p> <p><b>Dessert</b> Apple and Ginger Cake</p>	<p><b>Soup of the day</b> served with freshly baked bread</p> <p><b>Dish of the day</b> Grilled Cumberland sausage With mash potato and onion Gravy Gluten free sausages available</p> <p><b>Vegetarian option</b> Vegan quorn sausage with mash potato and onion Gravy</p> <p><b>Vegan Friendly</b> <b>Snack Option</b> Baked Potato Or Fresh Pasta</p> <p><b>Served With</b> Fresh Green Beans Savoy cabbage</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> Roast pork With apple sauce, stuffing, gravy and crispy crackling</p> <p><b>Vegetarian option</b> Roasted vegetable and thyme crumble</p> <p><b>Snack Option</b> Baked Potato Or Fresh Pasta</p> <p><b>Served With</b> Roast potatoes Roasted carrot and swede Broccoli</p> <p><b>Dessert</b> Chocolate and beetroot cake</p>	<p><b>Soup of the day</b> served with freshly baked bread</p> <p><b>Dish of the day</b> Breaded Cod with tartar sauce and Lemon Or Mackerel and dill fish cake with tartar sauce and Lemon</p> <p><b>Vegetarian option</b> Roasted pepper and mushroom quiche cheddar quiche</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>

