



NEWSLETTER – 2ND FEBRUARY

MESSAGE FROM MR COOPER, SENIOR DEPUTY HEAD



How are you?

I am sure we have all been there when you ask someone, "Are you ok?", not really expecting much more than a polite "Yes, thanks" back but in fact the person asked has an outpour of emotion. Something has been being held in and you happen to have been the person that asked enough to let it out. In assembly this week I looked at the power of asking people "How are you?" and importantly whether we genuinely listen to their answer, on the back of the fact that Thursday 1st February was Time to Talk Day led by the charity Mind.

In the hustle and bustle of school, it's easy to overlook the impact a simple question can have on someone's well-being. "How are you?" (or, you alright? / you good? / how's things? / alright bruv or whatever kids say these days!) may seem like a passing comment, but its significance could extend far beyond mere politeness. Sometimes that could be the most important question someone has been asked that day and we can all sometimes take a moment to ensure we are genuinely asking about someone's state of mind - this can be the powerful gesture of compassion that someone needs. Asking "How are you?" and listening to the response creates a space for someone to let you know they are good, or that they need some support. In a world that often encourages us to put on a brave face, this question and listening to the answer signals that our feelings matter and that it's ok to express them. It fosters a culture of empathy and understanding, essential elements of a supportive community. This is especially a barrier that boys can find hard to overcome, and campaigns such as "boys get sad too" are testament to the growing ease we are putting boys in to express emotions when perhaps previously they felt it difficult to do so.

This question can be a lifeline for those silently grappling with challenges. Sometimes the emotion that comes out is one we don't know what to do with - but especially at school, someone will know how to help and asking is the first step to getting that help. I suspect more often than not, the person to whom the emotion is revealed is someone trusted to help, and the emotion comes out at that moment for a good reason.

Time to Talk Day offers the chance to pause again and consider that mental health is a journey that many undertake in silence, and a sincere "How are you?" can be the key that unlocks conversations about struggles and triumphs. So, I challenged us in school to make a conscious effort to ask this question with genuine curiosity. By doing so, we cultivate an environment where everyone feels seen, heard, and valued. All from a few simple words – "How are you?".

NEWS FROM THE CLASSICS DEPARTMENT

Having completed their study of the myth of the Trojan War, **year 9** students have been reading about the journey of the Greek hero Odysseus. This week they were set the task of creating tableaux to accompany their retelling of the various stages of the journey, including the Lotus Eaters, Cyclops, man-eating Laestrygonians and Aeolus, god of the wind.



January has seen **year 10** students begin their study of ancient Greek and Roman religion. The topics require students to learn about religious practices such as sacrifice and their interpretation of omens. They have studied various priesthoods, including the Pontifices, Vestal Virgins and Augers, as well as sanctuaries and temples, such as the Parthenon and Pantheon.



Oscar M was able to develop his understanding of the ancient Greek sanctuaries at Olympia and Athens through his use of the computer game *Assassin's Creed*. He was able to use 'tour mode' on the game to guide his character around the reconstructed sites. He took this a step further and recorded his tour and shared it with his classmates. This was a wonderful example of independent learning and creativity, for which Oscar has been awarded the 'Humanities Hero.'

We hope to see more of our Humanities students extend their knowledge of their subjects beyond the classroom and textbooks, as Oscar has done, and we hope to share more successes with you soon!

Kathryn Fallon



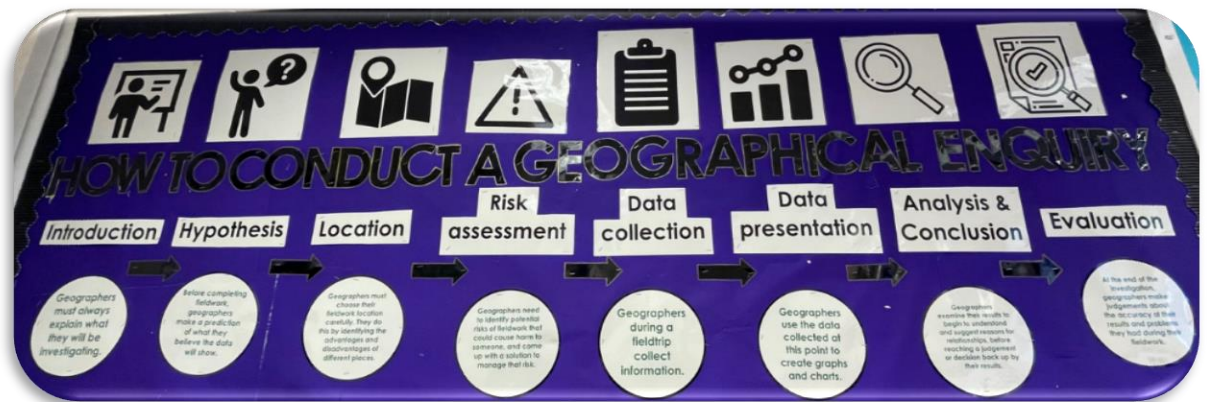


GEOGRAPHY

Year 7 geographers studied geographical map skills last term and for homework made these 3D contour maps.



Also, this display is in the geography room to help students when investigating topics for fieldwork enquiries.



ENGLISH: POETRY AND THE IMPORTANCE OF PERSONIFICATION

This half-term, year 7 have been studying poetry in English. They have read a range of poems by children’s poets. In studying poetry, they have explored language, metaphor, rhyme, similes and personification. This week Mr Nancarrow’s class has read Carol Anne Duffy’s *Meeting Midnight*, in which the poem’s persona or narrator meets midnight personified, as a mysterious woman described in relation to images associated with midnight. For example:

*Her eyes were sparkling pavements after frost.
I heard the twelve cool syllables, her name,
chime from the town.*

Students read and discussed the poem and then made notes on what they associate with a particular time of the day. They then wrote their own poem personifying their chosen time.

Personification is a very important literary device, and indeed is seen in some of the first literature ever written, such as the 15th century play *Everyman*, where the characters are the personification of human traits and qualities, such as beauty, strength and discretion. In the 19th century, Emily Dickenson wrote the lines:

*Because I could not stop for Death –
He kindly stopped for me –*



Understanding how ideas and themes may be embedded in personification is an important skill when studying literary texts. In writing their poems, students demonstrated their understanding of the concept, creating a foundation for further study of personification in literature. Here are two of the students' poems.

The Morning Sky

*I look up at the sky.
 The morning sky, clear blue and glows pale
 like a bubble.
 The moon disappears and the sun rises.
 The death of night and the morning comes.
 The morning sky shines.
 Turning from the dark night to morning glow
 The sun that shone like crystal is surrounded
 by the blue sky.
 The night sky was dark like the sky was
 crying.
 And the chirping of birds announces the morning.
 The sky peeping through the windows was already
 clear blue*

by Hina O Year 7

Year 9 is also studying poetry. Like their younger colleagues in year 7, they have also been exploring personification. However, they have been challenged academically in reading Donne's famous sonnet *Death be not proud* in which the poet defeats death through his argument addressed to the figure of death personified. In this way death is taunted and mocked by Donne in order to make him - 'death' - insignificant and therefore not to be feared. Donne also draws on the Christian belief in eternal life after death. In order to understand this aspect of Donne's poem, students read extracts from the *King James Bible*, therefore developing their understanding of the poem's context, another key aspect of reading and studying literature. Below are two extracts from students' essays on the poem in which they explain Donne's argument.

I met half-past five

*I met half-past five.
 His eyes were as heavy as lead.
 He wore a thick black leather
 jacket with a hood.
 And then he winked and smoked
 a little air.*

*I followed him.
 His walk was a very big shuffle.
 He took me to the lake.
 Where the frozen water is.
 On the midnight breeze,
 I saw his breath freeze.
 I heard the chiming from the
 temple of time.*

*Half-past five
 paused on the horizon.
 He stood there, still.
 Then I saw a girl on the bridge.
 It was six o'clock.
 'Hurry, hurry! It's getting late.'
 Then they ran hand in hand
 Far into the dark forest.
 After all that I decided to sleep.*

*The next day I bumped into
 three o'clock.
 He started talking and wouldn't
 stop.*

By Angelo P, Year 7



In the first line of the poem, Donne writes, 'Death be not proud,' he is personifying death in order to attack him with his argument about what 'he' – death is, saying don't think you're amazing, don't think you're great. [. . .] Later on, in line four Donne mocks 'poor Death.' He claims he just mimics sleep. 'From rest and sleep, which but thy pictures be.' [. . .] In the final two lines we are told that after 'One short sleep past, we wake eternally/And death shall be no more, Death, thou shalt die.' This is Donne's final mockery of death because he is saying that you may move us on, but then our souls move on past death, so that 'death shall be no more,' and we wake to live eternally' with God.

Florence S, Year 9

[Donne] continues to belittle Death by telling him that 'poison, war, and sickness' kills people, not Death himself, and that 'poppy or charms can make us sleep as well'. He compares Death to sleep, showing him that he shouldn't be so full of himself as what he does isn't unique. Death is no different to sleep. Donne uses a rhetorical question to explain that there are other things that are better than death himself. So 'why swell'st thou then?' He concludes his argument with a threatening statement: 'And death shall be no more, Death, thou shalt die.' He tells death that he too shall reach his end and that he 'Shall be no more.'

Eve H, Year 9

PE

London Move Now Paralympic Festival

On Monday 29th January a selection of students in year 7 and 8 went to Lee Valley Sports Centre and tried out some Olympic and Paralympic sports. We were lucky enough to meet some Olympic and Paralympic athletes. We had so much fun! Some students showed Olympic qualities and some even won medals. We all got a cool water bottle each. Our favourite sports were archery because it was fun to hit the target; judo was because we could chase each other around a confined space; and visually impaired football because it was interesting to learn how to play a sport without our sight.

Report by Jasmine, Isabella and Purity Year 8



Kate Grey
(former Paralympic swimmer) &
Jenna Downing
(Inline Skating World Champion)



ISA Netball tournament

On Wednesday we travelled to Redbridge leisure centre for an ISA netball tournament. There were lots of schools and it was very challenging. It took a few matches for us to warm up and show our best efforts. In the group stages we began to understand the importance of spreading out on the court and this helped us in our friendly match against Kings School, resulting in a win!



Daniela V



U15 boys' hockey vs John Lyon School: 1st February

Report by two anonymous would-be football commentators (Santino and Louca)

"We started our journey hungry for a victory. We arrived and the lads were confident and you could sense the competitiveness. The game started and we all done our jobs, but towards the end of the first half we slowed down and got sloppy. We did our best to keep the opposition from scoring, but they kept going and going and ended up scoring.

However, our keeper Omar saved us multiple times before they scored. There were a few minutes left of the first half; we were tired and our heads were dropping and unluckily they took their opportunity and scored their second.

It was half time and Mr van Leeven called the boys in. We all were huddling around him and he made a sensational speech, which gave us the strive to get back into the game. Big up Mr van Leeven for giving us the motivation.

The second half started and we all were ready. Our passing improved and we got to the top end of the pitch, Santino got the ball, stayed calm and composed, and put an astronomical through-ball to our glorious striker, Louca, who had played unbelievably all game. He was near post against the keeper and he shot. The keeper dived through the air and made an outstanding save. We were unfortunate not to score.

Our captain Sotirios controlled the tempo of the game and was excellent. We were starstruck how many goals they would have scored without the almighty Junior putting in the work at the back of the pitch like a brick wall.

At some moments of the game I thought I was watching prime Real Madrid (but Santino likes Barca so we also played like prime Barca). We all done a great job and we should all be proud. Can't wait till I touch a hockey stick again, looking forward to it."

Man of the match: Omar R (close second Louca K).



Hockey fixtures are in full flow this term and students have enjoyed the opportunity to participate in matches and competitions. To further engage with the sport, we have been working with Southgate Hockey club and would like to share the following with you. If you have any questions, you can go directly to the club (www.southgatehc.org.uk) or please feel free to contact the PE Department.

JOIN US AT SOUTHGATE HOCKEY CLUB



HOCKEY TOTS

Fun and Interactive outdoor sessions for children 2-6 years old, introducing them to hockey and team sports.

Every Sunday at 9am.

[@southgatehockeytots](#)



JUNIOR HOCKEY

Training, matches and tournaments for all age groups and all levels from U8's to U18's with our coaching team.

Every Sunday from 9am.
Every Thursday from 6pm.

[@southgatejuniorhockey](#)



BACK TO HOCKEY

For anyone wanting to try out hockey as a first timer or return after time out from the sport.

Every Saturday at 9am.

[@southgatehockeyclub](#)



FOOD TECHNOLOGY

Over the last two weeks in Food Technology, **year 7 and 8** made apple crumble. All students were able to demonstrate their skills of weighing and measuring ingredients.

Year 9 demonstrated their kneading skills to make bread rolls. The Food Tech Department were very impressed with **Manni's** outfit!

Year 12 made filo pastry and experimented with a dish of their choice. Students have looked at a case study which asked them to make a three-course menu for children that is low in sugar and high in fibre.



GCSE students looked into food wastage and how we can reduce the ways we waste food during the current cost of living crisis.

Last week students made stir fry where we looked at how we can use food that is almost out of date to cook a delicious meal. Mr Cooper and Mr Crosby made an appearance where they tried **Dharmani's** chilli broccoli stir fry – both left the food room a bit flushed in the face! This week students made a soup of their choice. Well done to **Omar** who made chilli tomato soup and added bread to his dish (which he enjoyed for lunch!).



CO-CURRICULAR: BAKING CLUB

This week in Baking Club, the students made 'fancy jam tarts'. Star baker was **Erin J.**



THOMAS FRANKS NUTRITION



Thomas Franks gave our year 11 students an informative session on healthy diet, in particular how nutritious snacks and meals can support their exam preparations and study routines.

We will be offering similar sessions to younger year groups later during the academic year: years 7 and 8 on Wednesday 17th April; years 9 and 10 on Thursday 25th April.





SIXTH FORM SERVICE LEARNING



Some of our year 12 students are helping out at the Chipping Barnet Day Centre each week as part of the service learning initiative set up in the sixth form. They have written about their experience of the first afternoon.

“When we arrived, we met the afternoon supervisor Gill and she showed us around, allocating us different tables where the elderly residents were sat. This allowed us to get to know them all and to

chat to them about ourselves and their interesting pasts.

The majority of the residents were elderly women, but the only man, John, was so engaging we didn't notice until the end.

While we were all talking, we sat and played games of Rumikub, and each one of us managed to win a round!

We were lucky enough to take part in the 94th birthday celebrations of a lady called Molly; we sang happy birthday, indulged in a delectable lemon cake and enjoyed a hot cup of tea.

At around 3:30 the residents started to leave and get the minibus back home, so we helped them with their coats and hats. After they left, we helped clean up before returning to school.

Vani, Aoife and Megan year 12.



CAREERS

Hertfordshire University is running a **live Degree**

Apprenticeship online session to kick off National Apprenticeship week. It's an opportunity to find how they work, how they compare to the traditional route of full-time university, and how to start looking for one. There'll also be an opportunity to ask questions.



Date: Monday 5 February
Time: 16.30 – 17.15

Please follow this link for further information: www.herts.ac.uk

PTA



COME AND JOIN US FOR OUR FIRST SOCIAL OF 2024!
Friday 9th February from 7pm-9:30. (Doors open at 6.45)

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.



Second Hand/ Nearly New Uniforms

For information please email Julie on Mounhousepta@mounthouse.org.uk.



Mount House PTA IS hosting a Stand-Up Comedy Night on the evening of Friday March 8th 2024.

Tickets are now on sale:

<https://www.eventbrite.co.uk/e/stand-up-comedy-night-tickets-810085426317>

STAND UP COMEDY!



Join us for a hilarious night of ****Stand Up Comedy****

Featuring



Shazia Mirza



Steve Best



Mark Maier (MC)



Dan Evans

FRIDAY, MARCH 8TH 2024

Mount House School, Camlet Way, Barnet, EN4 0NJ

DOORS OPEN AT 6:45 PM FOR DINNER.

INDIAN FOOD PROVIDED BY APNA PUNJAB

SHOW STARTS AT 8PM.

Tickets £25 per person (includes dinner)

<https://www.eventbrite.co.uk/e/stand-up-comedy-night-tickets-810085426317>

**over 18s only.*

***Onsite Parking available*



Brought to you by Mount House PTA, a registered charity (Charities Commission No. 1204962)



SOUTHGATE HOCKEY CAMPS IN HALF TERM

PERFORMANCE CAMP
A DAY IN THE LIFE OF A GB PLAYER
15 & 16 FEBRUARY 2024
MEMBERS & NON-MEMBERS
£60 1 DAY | £100 2 DAYS
£5 SIBLING DISCOUNT
10AM-4PM
14YRS-18YRS
For boys and girls aged 14-18 who have played representative hockey at county level and above. Ideal for players at Talent Academies.
Experience standards expected of premier league and international players. You will work hard and learn about advanced aspects of the game on the pitch and the video room.
COACHING TEAM INCLUDES **KWAN BROWNE & WILL CALNAN**
EURO 2023 SILVER MEDALLISTS

TALENT CAMP
LED BY SOUTHGATE COACHING TEAM AND SOUTHGATE 1ST TEAM PLAYERS
SOUTHGATE HOCKEY CAMPS
£50 1 DAY | £90 2 DAYS | £5 SIBLING DISCOUNT
OPEN TO MEMBERS & NON-MEMBERS
15 & 16 FEBRUARY 2024
OPEN TO BEGINNERS & IMPROVERS
6YRS - 16YRS | 10AM-4PM

www.southgatehc.org.uk/hockey-camps

MENUS NEXT WEEK



Weekly Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Soup of the day served with freshly baked bread</p> <p>Honey Glazed Chicken wings with Garlic and Herbs</p> <p>Vegetarian option Macaroni cheese</p> <p>Snack Option Baked Potato Or Fresh Pasta</p> <p>Served With Oven Baked Herb Potatoes Roasted Carrots</p> <p>Green Salad</p> <p>Dessert Cherry and Bramley pie With Fresh double Cream</p>	<p>Soup of the day served with freshly baked bread</p> <p>Turkey Masala with a Rich With Coconut Rice, mini coriander naan bread and mango chutney</p> <p>Vegetarian option Roasted sweet Potato and Chickpea Curry</p> <p>Snack Option Baked Potato with Various Fillings Or Fresh Pasta</p> <p>Served With Roasted Broccoli Buttered sweetcorn</p> <p>Dessert Poached Pear Crumble With Vanilla Custard</p>	<p>Soup of the day served with freshly baked bread</p> <p>Dish of the day Italian Beef Lasagne with Garlic Bread</p> <p>Vegetarian option Roasted Vegetable and Puy Lentil Lasagne</p> <p>Snack Option Baked Potatoes Or Fresh Pasta</p> <p>Served With Sauteed Greens and Kale Roasted Fennel Carrots</p> <p>Dessert Lemon Sherbet Drizzle Cake</p>	<p>Soup of the day served with freshly baked bread</p> <p>PUPILS CHOICE</p>	<p>Soup of the day served with freshly baked bread</p> <p>Dish of the day Breaded cod Fillet with Tartar Sauce</p> <p>Or Salmon and dill fish cakes with tartar sauce and Lemon</p> <p>Vegetarian option Vegetable chilli with Rice Bowl with melted cheese Vegan Friendly</p> <p>Snack Option Jacket Potatoes Or Fresh Pasta</p> <p>Served With Crispy Spiced hand cut Wedges Mushy Peas Minted Garden Peas</p> <p>Dessert Blueberry cake</p>
	<h2 style="color: green;">Themed Day Menu</h2>				
	<h2 style="color: green;">Students Choice</h2>				

