

NEWSLETTER – 9th FEBRUARY

MESSAGE FROM MRS TRICKEY,
ASSISTANT HEAD



Navigating the Social Media Landscape: A Guide for Parents

Safer Internet Day 2024 took place on the 6th of February 2024, with celebrations and learning based around the theme 'Inspiring change? Making a difference, managing influence and navigating change online'. Safer Internet Day is the UK's biggest celebration of online safety. In the age of technology, social media has become an integral part of our children's lives, shaping the way they communicate, connect, and express themselves. As parents, it is crucial for us to understand the landscape of social media platforms and guide our children towards responsible and safe usage. In this newsletter, we will explore the benefits and drawbacks of popular platforms like Snapchat, WhatsApp and TikTok, while offering advice on age restrictions, appropriate use and resources for support.

Social media platforms offer numerous benefits for young people, fostering communication, creativity, and self-expression. They provide a space for our children to connect with friends, share achievements, and engage with diverse perspectives. Platforms like Snapchat encourage visual communication, while WhatsApp facilitates instant messaging, and TikTok allows for creative expression through short videos. These platforms can enhance social skills, creativity, and even provide educational content.

While social media brings undeniable benefits, it is essential to acknowledge the potential drawbacks and concerns associated with these platforms. Privacy issues, cyberbullying, exposure to inappropriate content and the addictive nature of social media are some challenges that parents should be aware of. Understanding these risks enables us to guide our children in making responsible choices online.

Each social media platform comes with age restrictions and guidelines designed to ensure the safety of young users. Snapchat, for example, is intended for users aged 13 and above, while TikTok has a minimum age requirement of 16. WhatsApp sets its age limit at 16, although in some regions it is 13. As parents, it is essential to adhere to these age restrictions and to guide our children in doing the same. Conversations about appropriate content, responsible sharing, and the importance of privacy settings are crucial in helping our children navigate these platforms safely.



Practical Tips for Parents:

1. **Open Communication:** foster open and honest communication with your child about their online experiences. Create a space where they feel comfortable discussing any concerns or challenges they may encounter.
2. **Set Boundaries:** establish clear guidelines for the use of social media, including time restrictions and appropriate content. Encourage breaks from screens to promote a healthy balance between online and offline activities.
3. **Educate About Privacy:** teach your child about the importance of privacy settings. Ensure they understand the implications of sharing personal information and the potential risks associated with connecting with strangers online.
4. **Model Responsible Use:** children often learn by example. Demonstrate responsible social media use by showcasing respectful online behaviour and healthy digital habits.

Places of Support and Guidance:

For additional support and guidance, there are various resources available to parents:

1. **NSPCC:** provides advice on internet safety, including a helpline for parents seeking guidance. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
2. **UK Safer Internet Centre:** offers resources for parents, including advice on age-appropriate online activities and discussions. <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>
3. **Common Sense Media:** rates movies, TV shows, podcasts, books, and more so families can feel good about the entertainment choices they make for their children. <https://www.commonsensemedia.org/>
4. **Childnet:** works directly with children and young people from the ages of 3-18, as well as parents, carers, teachers and professionals, finding out about their real experiences online and the positive things they are doing. <https://www.childnet.com/parents-and-carers/>

Navigating the social media landscape requires collaboration between parents, educators, and the wider community. By staying informed, setting boundaries, and fostering open communication, we can help our children harness the benefits of social media while mitigating potential risks.

Thank you for your commitment to the well-being of our students.



This week, we celebrate the incredible sporting achievements of three Mount House students in their different sporting disciplines.

ISABELLA SWIMS....



This year I qualified for the 50m, 100m and 200m breaststroke races at the Middlesex County Swimming Championships. The first weekend was at the Olympic pool in Stratford, London where I swam the 50m and 100m breaststroke. I got long course personal bests for both races. The next weekend was at Hillingdon pool in Uxbridge where I swam the 100m breaststroke. In my heat I swam a massive PB which got me to the final in fifth place. I was so happy with my results and it was an amazing experience to swim at the Olympic pool. **Isabella, year 8.**



... LIZZIE RIDES...

Last week, Lizzie was invited to take part in a training day with the British Showjumping Academy. Later this year she will jump with the British team at Nationals. **Lizzie, year 9.**



... AND ALICIA BOARDS!



On Sunday 21st January I competed in 'Survival of the Sickest' (a team GB skateboard competition) in Glasgow. Having become a passionate skateboarder in the last year or so, it was my first ever competition and I am delighted to say I came in third position! In the U14 girls' competition, we did a warm-up and then a jam where we all skateboarded together, which enabled me to qualify for the finals. We then had three 45 second runs where we were tasked



with performing tricks and were judged based on the execution and level of difficulty of the tricks. It was such an awesome weekend! I wasn't expecting to do well on my first ever competition or make lots of new friends, but I am happy to say I did both! Next competition is in London during April... bring it on! **Alicia, year 8.**

PE

U13 Hockey Tournament – Lee Valley

Alright, folks, let's dive straight into the action-packed day down at Lee Valley, where nine talented year 7 and 8 students took centre stage at the ISA U13 National Hockey Tournament. The very grounds where legends were made during the 2012 Olympic Games played host to a new generation of athletes, and what a spectacle it was.

From the first whistle, it was clear that these young players meant business. Goals were the currency of the day, and it was Kimi R, Oscar R, and Varun H who stamped their authority on the score sheet. Kimi, with the precision of a marksman, Oscar, with the finesse of a seasoned pro, and Varun, cool as ice under pressure, converting a penalty flick to ensure the scoreboard kept ticking.

But let me tell you, folks, this tournament wasn't just about the goal scorers. Every single student on that pitch showcased brilliance in their own right. It was a collective effort, a symphony of skill and determination that resonated throughout the grounds of Lee Valley.

Now, let's talk about the knockout game, a moment that will be etched in the memories of these young warriors forever. George C, standing tall between the sticks, became the hero of the hour, saving all three penalty flicks and sending waves of jubilation through the team. It was a testament to his courage and resilience under pressure, a defining moment in the tournament.

But as we know in sport, sometimes the fairytale ending eludes even the most deserving of teams. Despite their valiant efforts, our heroes fell short in the final, succumbing to a 2-0

defeat. However, they didn't return home empty-handed. Oh no! They marched proudly, adorned with silver medals, a symbol of their grit and determination in the face of adversity. Special mentions must go to Kimi R and Oscar R, whose contributions on the field were nothing short of outstanding. Their skill, tenacity, and leadership shone brightly throughout the tournament, inspiring their teammates to reach greater heights.

And let's not forget the most important aspect of it all – fun. Yes, folks, amidst the highs and lows of competition, these young athletes never forgot to enjoy themselves. They played with smiles on their faces, hearts full of passion, and a camaraderie that transcended the final whistle.

So, as the sun sets on Lee Valley and the echoes of battle fade into the distance, let us remember this day not just for the goals and the medals, but for the memories forged, the friendships formed, and the joy of simply playing the beautiful game of hockey.

Written by Mr Mather (thank you to this week's ghost writer, Gary Neville).

Athletes of the Week:

Year 7:	Oscar R
Year 8:	Isabella D, Josie A and Yuna A
Year 9:	Reuben T
Year 10:	Sotirios P
Year 11:	Anna C

CAREERS

Apprenticeship options



Apprenticeships are growing, with a huge range now available and often very competitive to get into, with well-known industries and firms increasingly setting up these programmes to develop their graduate talent.

In particular, degree-level apprenticeships are popular choices that offer challenging academic and practical settings for students after sixth form.

The Apprenticeship Guide is an excellent resource to explore this. Our sixth formers will do so as part of their UCAS preparations in year 12 but parents may also want to take a look to see what is out there and aid their understanding of this growing and excellent education option, and it can be found through this link:

[The Apprenticeship Guide](#)

HOLOCAUST MEMORIAL DAY TRIP TO FINCHLEY SYNAGOGUE

On Tuesday, the year 9s and 10s had the privilege to attend Finchley Reform Synagogue for a Holocaust Memorial Day event. We were warmly welcomed by the community and Rabbi Miriam Berger in her opening speech. We then received an insightful talk on the history of the Holocaust, where students offered their thoughts and responses to important questions. We were very fortunate to hear from Holocaust survivor Mala Tribich MBE and her incredible life story.

Following such an emotional talk, we were then given a short history on the bravery of Irena Sendler and the importance of being an upstander. Students then immersed themselves into a workshop that allowed them to empathise with the victims of the Holocaust: we created jars representing individuals belonging to communities who faced persecution in the 1930s and 40s.

We then heard the recitation of a beautiful poem *Refugees* by Brian Bilston highlighting the experience of refugees and the need for universal compassion.

We concluded our experience with five of our Mount House students lighting candles and a minute's silence out of respect of all Holocaust survivors. **If we had observed an individual minute's silence for each Jewish victim of the Holocaust, we would be silent for 11.5 years.** Well done to the students for their participation and contribution to a successful day. We hope they gained something from the experience.





MOUNT HOUSE PTA

The Stand-Up Comedy night is coming up soon. Please secure your tickets:

<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



Dan Evans



Mark Maier (MC)

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)



Weekly Menu

Week 3

MENUS NEXT WEEK

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

