



**MOUNT HOUSE
SCHOOL**

INSPIRING EVERY INDIVIDUAL

CO-CURRICULAR PROGRAMME 2022 - 2023



MOUNT HOUSE SCHOOL





Expanding knowledge, developing interests



■ Mrs Hillcoat-Hyde

We aim to provide Mount House students, throughout their time at the school, with a range of co-curricular opportunities which will increase confidence and help them to find and express their identity. Students learn new skills, discover new passions and develop their interests, which prepares them for the next stage in life.

As a small school we are able to adapt the activities we offer students to help them develop their own unique pathway. All of the clubs featured in this booklet are available this year and new clubs are added on a term-by-term basis, according to demand. The range of courses on offer is hugely exciting - there really is something for everyone!



“ The aim is to provide **intellectual stimulation** beyond the boundaries of the classroom ”



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Academic Challenge, Discussion and Debate

01 SENIOR BOOK CLUB

Join a group of avid and like-minded readers to enjoy meeting weekly to discuss the themes of a pre-agreed book.

02 THE BATTLE OF BARNET SOCIETY

You go to school in Barnet, so may think it is about time you were able to tell your Earl of Salisbury from your Duke of Gloucester, and know a little more about the dastardly deeds of Warwick the Kingmaker. Discover more about the feuds which divided England from 1450 to 1485, including the still unsolved mystery of exactly where the Battle of Barnet in 1471 actually took place.

03 DEBATING SOCIETY

Students will learn the skills of team and competitive debating, at the same time as learning effective research skills. There will be an opportunity for students to select the debating topics they are interested in, and consider some key ethical issues.

04 HOUSE OF EQUALITY

This student-initiated society considers issues such as 'Black Lives Matter', antisemitism, gender equality and gay rights. We would like to think that through our group discussions and activities, we are able to appreciate more the ideals of freedom, justice and humanity.

05 HPQ (HIGHER PROJECT QUALIFICATION)

The Higher Project Qualification is a highly regarded academic qualification, and an opportunity for super-curricular learning. Students are taught research skills as a group, and then select their own personal research topics. They are given a teacher mentor who will guide them further in their research as they convert their topics of interest into questions, keep a log book of their research, produce a 2000 word essay and give a presentation on their research to a group of peers and teachers. This is marked internally and then submitted to the AQA exam board for moderation. It is deemed to be equivalent to 'half' a GCSE.



06 INTERNATIONAL SOCIETY

This is an opportunity for students in all years to meet and discuss some of the big international news stories of the day, to consider the geopolitics which might dictate the strategic decisions political leaders make and also to learn more about the history, culture and politics of other countries. Students will be expected to play an active role in the discussions, and there will be opportunities for students to bring their own interests to the group. This society is open to students in any year group.

07 LAWSOC

The Law Society is an opportunity for students to develop their interest in law and legal ideas and learn more about the justice system. There will be an opportunity for students to develop the skills that can be key for law students by preparing for and taking part in debates and presentations.

08 MATHS CHALLENGE

An opportunity for talented and interested mathematicians to stretch themselves beyond the curriculum, tackling exciting and challenging mathematical problems. Students may enter the junior, intermediate and senior maths challenge national competitions and we hope we'll be bringing home some mathematical silverware for the Mount House trophy cabinet! (Or some certificates.)

09 MAGICAL MATHS PROBLEM SOLVING

The theme for this club will be Maths in Nature. We will explore pine cone, radial symmetry, patterns, golden ratio and the Fibonacci sequence.

10 MUN (MODEL UNITED NATIONS)

Model United Nations will appeal to anyone who is interested in current affairs and politics. It is a role play where we debate global issues from the point of view of different national states. Initially we will hold debates in school but there will be an opportunity to join a conference at another school later in the year.



Academic Challenge, Discussion and Debate

11

THE SCHOOLS' CHALLENGE CLUB

The Schools' Challenge Club is open to all students in Years 7, 8 and 9. This is an opportunity to pit your general knowledge wits against the best Mount House has to offer. How good is your recall of Greek and Roman mythology? Are you an expert on the events of British, European and World history? Can you beat the best with your knowledge of capital cities and countries? Are you a mastermind on the monarchs of Britain? Can you cut it when asked questions about the culture and the arts? Are you a walking, talking sports boffin? If so, this club is for you. Come and practice with our University Challenge style buzzer system, and try and earn a place in the Mount House Schools' Challenge Team, the Schools equivalent of University Challenge, to compete against other schools in a national competition.

12

THE SINGLE STORY

Mount House is a diverse school, with students and families from every continent. As we prepare our students for life in a global society, in the UK we find ourselves having departed the European Union and becoming ever more inward looking. With this comes the danger of reverting to what is known as the 'Single Story', where we create stereotypes and have an incomplete view of others. This Society will meet to consider the dangers of the single story through discussion and debate, and through this forum we hope to develop our cultural understanding, our open-mindedness and our international-mindedness. An interest in reading is essential, as is a willingness to actively participate in the group discussions.



13 SPEAKERS' CORNER

Speakers' Corner is a fantastic opportunity which offers any one the opportunity to raise a certain issue or concern – whether it be politics, football, current affairs, sport or any issue at all. Those involved will receive certificates and prizes during the course of the year.

14 "THE MOUNT"

This is the new school annual journal to be produced by Years 11-13. We are looking for an editorial team to write and work on material that summarises Mount House academic year from all views and areas. You could be keen on leading a particular section, or want to try your hand at journalism or editing skills. It is the first edition of what will be a yearly publication led by students, for the whole community to enjoy.

15 VARSITY (SENIOR)

This group is for those students from Years 9-13 who have significant academic potential, and aims to develop their brilliant young minds. Using our critical thinking skills and a variety of disciplines, we always have lively and incisive discussions on a range of themes and ideas. We have discussed the extent to which human beings are individualistic or community-minded animals, drawing on the ideas of Marx. We looked at a selection of paintings by David, Manet and Picasso to discuss the varying perspectives, not only of the art itself but the message and meaning behind the art. We have also discussed the complexities of the US presidential election and considered the Electoral College.

16 VARSITY (JUNIOR)

For Years 7-8 this is a chance to explore ideas and think critically about the world around us. It will challenge your thinking and look at ideas such as Fake News, the meaning of art, can we really trust our senses, and global issues. We will discuss and do activities that allow all opinions to be explored and students are encouraged to nominate topics they want to look at too.



Clinics and Surgeries

The aim of the various subject based clinics is to give students the opportunity to focus on key topics/areas within the subject that are covered within the syllabus/curriculum they are doing throughout the course of the year.

Creative Arts

17 BAKING

We are delighted to have our new food tech room up and running and are excited to say that we are introducing a new baking club where students will have the opportunity to learn skills in the kitchen as well as social skills. Students are encouraged to come and have fun trying out new recipes and of course eating them!

19 CREATIVE CORNER

Providing opportunities to create pieces of art work using a whole range of materials: oil pastels, chalk pastels, water-colours, charcoal, pencil, clay, mod-roc... the list goes on. A chance to work on a larger scale than you would in normal art lessons, to learn new skills and to have fun.

18 CLASSICS CRAFTING CLUB

Join the Classics department for half an hour of crafting based around all things Greek and Roman! We'll be creating our own mosaics, designing coins, making models of impressive ancient monuments, and anything else that you can think of.



20 GO CREATE

An opportunity to create very beautiful and unusual digital images. You can try out lots of new and old techniques, taking photos with the school's SLR cameras and your mobile phone. Using Photoshop, you can learn how to edit your photos, combine images and apply filters and effects. There will also be the opportunity for students to work on GCSE and A Level pieces of work in Art and Photography.

21 TEXTILES

Crafts come in many forms from card making, book binding, knitting and embroidery to name but a few. They are steeped in tradition but are always in trend as popular hobbies which sometimes lead to career opportunities. Students who fancy trying some different craft activities, including an introduction to stitch, will love this club. They can enhance their creative and practical skills, share ideas with others and use the time as a way to relax too. Enthusiasm, dedication and some patience, are all that students need to join this club. Students will be introduced to new practical skills and given possibilities to be creative with design, whilst learning about traditions and history. They will have an opportunity to learn more about the careers associated with crafts through research into books, journals and case studies and will be able to build their own mini portfolio of skills.

22 ORIGAMI

Interested in the Japanese art of paper-folding? Come along to Origami Club and learn to create intricate objects from cranes to foxes. All students and staff are welcome!



Games

23 BRISCOLA

Briscola is a smart, addictive game which is extremely popular in Italy, using the Italian 40 card deck with suits of coins, cups, batons and swords. The type of Briscola game varies depending on player numbers, so for example if there are four players, you can play a brilliant version with a partner. As well as Briscola, students in this club can also learn another game called Scopa which in Italian means “sweep” and the aim is to sweep all the cards off a pile in the middle.

24 STRATEGY GAMES

Take part in games where the decision-making skills have a high significance in determining the outcome. The games played will require internal decision free-style thinking, and typically very high situational awareness.

Music and Performing Arts

25 CHOIR

The school choir welcomes students of all ages to practise and perform a range of musical pieces. A chance to perform at the Christmas Carol service will be the highlight of the Michaelmas term, with further concerts planned for Spring or Summer.

26 DRAMA

Drama Club provides an exciting opportunity to work imaginatively together to create pieces of drama based on a range of stimuli and also work with scripts – all aimed to develop your skills and boost your confidence. Keen members who choose to participate in our annual musical or play, will also have opportunities to rehearse during these sessions.



27 DRUM CORPS

Drum corps is for drummers who are serious about their craft and want to take it to the next level. With expert drum leadership they develop all aspects drumming, including drumline beats and routines.

29 STRINGS WITH WIND

All violinists, cellists, violists, flautists and other wind players of any experience level are invited to join this after-school club for ensemble playing. We play a range of genres, as part of the Christmas and Summer Concerts, and in the school play. Players will also be encouraged to play in assemblies and at other school events. The club is led by Ms Wong, who plays the violin, and Mr Whitehouse, Head of Music.

28 THE PHANTOMS

This guitar group is perfect for all levels, whether you are a budding guitarist or a virtuoso. Parts and roles are differentiated for each performance and audiences always love their shows.



STEM

30 APPS4GOOD

This club will offer an opportunity to support students in understanding and learning how they can shape their future through technology.

31 CC4G

The CC4G initiative, launched in June 2005, gives girls aged 10-14 the opportunity to take part in a range of activities from designing their own magazine covers, designing a room for their favourite celebrity to creating a fashion show or mixing music. With the CyberFirst Girls' Competition taking place each year, we are introducing a CC4G club. 'Captain. Logic. Chatter. Vision. Have you got what it takes to win the CyberFirst Girls' Competition.'

32 ECO-SCHOOL COMMITTEE

Eco-Schools is a global programme which engages millions of students around the world. Students at Mount House are working towards completing the Eco Schools Green Flag Bronze Award, an internationally recognised award for excellence in environmental action and learning.

33 EXCELLENT EXPERIMENTS

Science club offers an opportunity to explore the wonders of science outside the classroom. This could involve anything from forensics to launching rockets! Learn more about the stars and planets in the solar system. Discover how DNA was developed. Most of all, discover how science can be fun.



34 MEDSOC

Students joining the MedSoc will be those interested in a career in any one of the many branches of medicine, be it as a dentist, doctor, nurse, paramedic or vet. The group will meet to discuss a wide range of topics related to careers in medicine. This will include issues of medical ethics but will also cover preparation for university applications and work experience.

35 ROBOTICS

Learn coding and important engineering skills as we design and build robotics as part of the International Vex robotics competition. We will test out designs against each other in school and then form our best team to represent the school at the regional, national and international level.

36 SCIENCE CHALLENGE

Students will be stretched and challenged as they prepare for competitions in Biology, Chemistry and Physics. In the Olympiad Competitions students are competing to represent the UK in international finals. The competition for younger years involves winning awards, competing against other schools or even creative challenges like photography. A great opportunity for ambitious scientists.



Sport and Wellbeing

37 ATHLETICS

Athletics club includes field and track events. Students have the opportunity to develop individual performances and throughout sessions will be working towards improving their 'Personal Best' (PB). Events will include sprints, middle-distance and long-distance and relay races, high jump and the skills required for long jump, javelin, shot put and discus.

38 BADMINTON

An opportunity to develop racket skills whilst competing against peers and staying fit. During badminton sessions, students will have opportunities to practise their clears, smashes and net shots before utilising them in game play.

39 BASKETBALL

Basketball club is open to all students who are keen to develop their skills and knowledge in basketball. Students will have the chance to perfect their dribbling, shooting and passing techniques as well as develop their understanding of some of the more complex set plays, rules and tactics. This club is open to novice and experienced players.

40 CRICKET

The PE Department and Owais Shah enjoy coaching 11 a-side cricket, indoor cricket and street cricket. This is a diverse programme of batting and fielding sessions along with the opportunity to participate in matches. Students develop bowling and batting skills to support them when playing 11-a-side cricket during the summer term. Street cricket is an exciting, fast paced 6-a-side version of the world's most popular bat and ball sport. With the smaller field, it makes batters think and play more finely tuned shots into tighter areas, giving the bowling team plenty of chances for wickets, catches and stumpings. Street cricket is a great way to help improve all aspects of your cricketing game.



41 DANCE

Dance gives students the opportunity to express themselves in various ways and Dance Club will create a place for students to do this through movement. The focus will be on building on different dance skills, eventually working towards creating routines to perform to audiences and also to take to Barnet Dance Festival.

42 FOOTBALL

Football is the most popular game in the world, and for good reason. Our football club builds teamwork skills and helps to increase confidence and self-esteem, alongside other health benefits like improved co-ordination and muscular strength.

43 GOLF

We will be taking students off site to the Old Fold Manor golf club course to learn the exciting skills associated with the great game of golf (additional cost).

44 HOCKEY

Hockey club will provide an opportunity for students to develop new and existing skills through both drills and modified games. There will be an opportunity for students to compete against other schools during the course of the year.

45 MINDFULNESS

Healthy mind, healthy life. With the goal of mindfulness being to wake up to the inner workings of our mental, emotional, and physical processes, this club will offer a variety of activities that will allow students to relax ahead of the day, activities will include; meditation, mindful colouring, yoga.



Sport and Wellbeing

46 NETBALL

Netball club for Key Stages 3, 4 and 5 and provides an enjoyable and competitive opportunity to encourage the aspirations of each player. Students will develop individual skills and will learn how to apply these within games at a basic and more complex level. Training together as a team will allow a process where students are selected to represent the school in a number of friendly and league matches along with various competitions.

47 RUNNING CLUB

Running Club is an opportunity for individuals to take part in an activity for varying reasons. The club will give students the opportunity to improve/maintain levels of fitness, boost confidence, relieve stress and take part in a sport they enjoy.

48 ROUNDERS

Rounders is a bat-and-ball game played between two teams (striking and fielding) that involves hitting a small, hard, leather-cased ball with a round end wooden, plastic, or metal bat. The players score by running around the four bases on the field. Students will develop batting and fielding skills and will have the opportunity to apply these within matches.

49 TABLE TENNIS

An opportunity to develop skills used within this explosive competitive sport. Also known as ping-pong and whiff-whaff, table tennis is a game where play is fast and requires quick reactions. Try out some different grips such as the penhold, the shakehand and the seemiller! When on the attack, hit the ball with techniques such as the loop or flip. In defence learn how to block, chop and lob. Develop your ping-pong ball spinning skills.



50 TRAMPOLINING

Students will develop an understanding of the safety requirements for trampolining before undertaking various challenges on the trampoline. Students will work at their own pace, allowing them to reach their full potential. Skills will start with basic jumps, progressing to drops and turns, before linking the two together, and for those ready to or able to, there will be the opportunity to attempt/demonstrate somersaults. Students will also have the opportunity to link movements together in a routine at their level.

51 YOGA

Yoga is an excellent way to stretch and tone your body as well as relax and relieve stress.



Duke of Edinburgh's Award Scheme

The Duke of Edinburgh's Award programme is offered at three progressive levels which, if successfully completed, lead to a Bronze, Silver, or Gold Duke of Edinburgh's Award.

With assistance from adult Leaders, participants select and set objectives in each of the following areas:

- Volunteering: undertaking service to individuals or the community.
- Physical: improving in an area of sport, dance or fitness activities.
- Skills: developing practical and social skills and personal interests.
- Expedition: planning, training for, and completion of an adventurous journey in the UK or abroad.
- At Gold level, participants must do an additional fifth Residential section, which involves staying and working away from home for five days, doing a shared activity.

To achieve an award, the participant must work on each section for a minimum period of time, and must be monitored and assessed by someone with knowledge of the chosen activities. Each progressive level demands more time and commitment from participants: Bronze 3–6 months; Silver: 6–9 months; Gold: 12–18 months. Participants are required to show regular activity and commitment to the award for the duration of their DofE programme, which is usually at least one hour per week.

And last but not least, a very useful skill

52 TOUCH TYPING

Typing club is a really fun way to learn how to type and improve your typing skills. Please come and join us in the hive every lunch time.





HOUSE SYSTEM

Mount House prides itself on its very active House system whereby all staff and students are assigned to one of four houses.

The Houses are all named after mountains: Olympus, Rushmore, Chimborazo and Everest representing elements such as challenge, adventure and achievement. Each House is described as a 'family within a family,' providing a great sense of belonging and support throughout Mount House School life.

The House system rewards effort and achievement, both for excellent academic work and involvement in the weekly house competitions which generate close bonds between students.

In Sixth Form the House system becomes a unique opportunity for students to grow and develop leadership skills through responsibility for helping younger students in their House to succeed. The pinnacle of this leadership opportunity is the student selection of Heads of House who support running the house meetings, assemblies and public speaking on behalf of their House.







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