



# NEWSLETTER – 8<sup>th</sup> MARCH

## MESSAGE FROM MR McCORMICK, ASSISTANT HEAD

There are few things worse than a busker with something to prove.

It was a Thursday afternoon in May 2002. I was staying at a youth hostel in Lisbon, a place where seasoned backpackers walked in with all their worldly possessions and left with slightly fewer. The lobby was mostly filled with people waiting for the night to begin. Some were reading, others, playing Snake on their phones. Another group was sprawled lazily on an assortment of couches, quietly watching Shrek. For a brief moment in time, it seemed possible to live in harmony with strangers – before all was shattered with the strum of a G-major chord.



She had come in imperceptibly and settled herself among the movie-watchers. Her blond hair was twisted into a bun and she slipped her well-worn Birkenstocks off her feet to curl her legs under her. It was only as she pulled out a guitar that the threat became apparent. Because she didn't see people napping, enjoying a movie or working. She saw an audience.

As she launched into *Creep* by Radiohead, time seemed to stop. All around her, shoulders tensed up. The lobby, which had the perfect acoustics for throwing a great party, also had the perfect acoustics for ruining a relaxing afternoon. Meaningful eye contact was made with everyone, anyone except for her, as we forged an unspoken agreement that to acknowledge her presence would be to encourage it. So as she sang 'I'm a loser,' no one as much as nodded along. When the song came to a close, the silence was palpable. No one dared speak or clap, at the risk of provoking her. Finally, she sighed loudly, took a breath, and ... started singing *Wonderwall*. So began a musical game of chicken. The more we ignored her, the louder her voice got. But still, she persisted. *Hallelujah. Seven Nation Army*. Just before beginning her highly unanticipated cover of *Hey Jude*, a hostel worker, whose job description appeared to include fuelling strangers' dreams, approached her to compliment her singing. She accepted bashfully, putting down her guitar to flirt with him. The room breathed a collective sigh of relief. We may have lost the battle, but we won the war.

It's a story I've told countless times. I know it's relatable – the thought of singing to a crowded group of strangers is stomach-turning for even the most extroverted among us. As a child, I believed I was good at everything. To a fault. I thought I'd grow up to be a world-famous lawyer, captain Scotland's national rugby team and if not, I'd settle for being a world-famous singer. The issue of lack of talent didn't deter me, fame was, apparently, my birthright.

I can't pinpoint exactly where things changed for me, but it was probably around the time I received a particularly vicious takedown from a teacher at a new school, it became apparent that the worst thing I could do was be seen trying. So I stopped. Mortified at the idea of not being good at something immediately, I grew up leaving a trail of unexplored interests behind me.

So how do I maintain my happiness, you ask? Delusion. Even now, no skill seems too far out of reach. I still think I could do a backflip, no matter how many pathetic leaps I make off of the side of a swimming pool. Because I truly believe I'm capable and by never trying, I don't have to prove myself wrong. But as the coming years stretch ahead of me ripe with more uncertainty than excitement, I wonder what I've missed out on.

While my peers plan their middle-ages, I find myself more occupied by lives I could have had than the one I do. When I can't sleep, I flip through my mental Rolodex of alternate-universe Mr McCormicks. The one who's a human rights lawyer. The one who writes for The Times. The one who knows how to do the splits. Yet instead of reaching for a branch of my metaphorical fig tree, I still find myself clinging to its trunk. But where would I be if I were less afraid of what lies beneath me rather than in front of me?

More and more, I find myself thinking of that blissfully – or willfully – ignorant busker from the hostel. Therein lies a lesson for all of us. Because maybe it actually doesn't matter how I saw her. Maybe all that matters is how she saw herself. Be everything you can be. Mount House School is the perfect environment in which to do that.

## SCHOOL PRODUCTION – ALICE IN WONDERLAND



You can now book your tickets to this year's school production of Alice in Wonderland

<https://www.eventbrite.com/cc/alice-in-wonderland-3171339>

## NEWS FROM THE SPANISH DEPARTMENT

### Engaging Spanish Classes at Mount House School: A Journey Through Language and Culture



¡Hola a todos!

Here at Mount House School, Spanish classes are not just about learning a language; they are an exciting exploration of culture, current affairs, and literature. From year 7 to A Levels, our students are fully engaged in their learning journey, thanks to a dynamic mix of activities and attention-grabbing topics.

In our year 7 classes, we believe in making language learning fun and interactive. Recently, our young learners have been enjoying games such as Bingo, Mind Reader, and their absolute favourite, Sentence Stealer. This game not only reinforces vocabulary and grammar but also fosters healthy competition and teamwork. It's heartening to see their enthusiasm grow as they immerse themselves in the language.

Moving up to year 10, our students are delving into important societal issues. We are exploring the advantages and disadvantages of social media, as well as emphasising the importance of reading in today's digital age. These discussions not only enhance their language skills but also promote critical thinking and awareness of global issues.

In year 11, our focus shifts to environmental awareness. Students are passionate about exploring environmental issues and brainstorming solutions to create a better world for future generations. It's inspiring to see their dedication to making a positive impact.

For our year 13 students, the learning journey takes a deeper dive into history and culture. Currently, we're studying the Civil War in Spain and the era of Franco's dictatorship. Our Spanish Assistant, Lola, enriches the learning experience by providing invaluable insights that go beyond the textbooks. The students are captivated by her first-hand accounts and unique perspectives.

For their A Levels, our students have chosen fascinating topics for their Independent Research Projects. From delving into the life of Pablo Escobar to unravelling the rich history of Real Madrid football club, they are exploring their interests while honing their research skills.

In literature, we're delving into the film "El Laberinto del Fauno" by Guillermo del Toro and the play "La Casa de Bernarda Alba" by Federico García Lorca. These literary works not only provide linguistic challenges but also offer profound insights into Spanish culture and society.



In conclusion, learning Spanish at Mount House School is an amazing journey filled with exploration, discovery, and cultural immersion. Our students not only gain language proficiency but also develop a deep appreciation for the richness and diversity of the Spanish-speaking world. With engaging activities, thought-provoking topics, and dedicated educators, we're proud to offer an exceptional Spanish learning experience that prepares our students for success in a globalised world.

¡Hasta pronto!

Eleonora Mariottini  
Head of Spanish

## NEWS FROM THE BUSINESS DEPARTMENT



Are you interested in A Level business? Then let us tell you about the experience. We sixth-form business students have really been enjoying studying the subject and working on projects with classmates and our teacher.

Despite the complexity of the curriculum, we often find many fun ways to learn as a class, such as group activities. For example, we role-played managers of different departments in a hotel business called Martinhal. Each of us had to explain our roles and responsibilities, and how we would co-ordinate with each other to create a profitable business. The activity was fun, and the class

atmosphere whilst studying was both enjoyable and interactive.



We have also been investigating innovative companies that are addressing contemporary challenges. FabricNano is a biotech start-up which has developed a breakthrough technology offering a sustainable alternative to traditional plastic production. LAAGAM is another business which seeks to use FabricNano's technology to enable zero waste in the textiles and fashion industry.

**LAAGAM**



Another notable discovery involves harnessing electricity from people moving around their homes. The idea is that electricity is generated from human powered steps on staircases and floors. A number of Swiss labs have collaborated to develop a way to harness energy from wooden flooring and stairs using modified silicone and nanocrystals. The electricity is then used in the household or fed into the grid.

Another project explores lab-grown wood (really!) from MIT, reducing waste and advancing biomaterials.

Business A Level is a hard subject that requires massive commitment. However, if you have determination and enjoy the subject, this is definitely the subject for you.

***Ms Wong (Subject Lead, Business) thanks Business A Level students Waleed, Olivia, Aaron, Saam and Ayan for this contribution to the Newsletter.***

## NEW SCHOOL TRACKSUITS

Following on from student feedback, we have collaborated with Y1 to create a brand-new sports kit. Both the quarter-zip top and joggers are now available from Smiths Schoolwear (our uniform providers). 'Old' sports kit can still be worn, but if you need new kit please order it from Smiths:

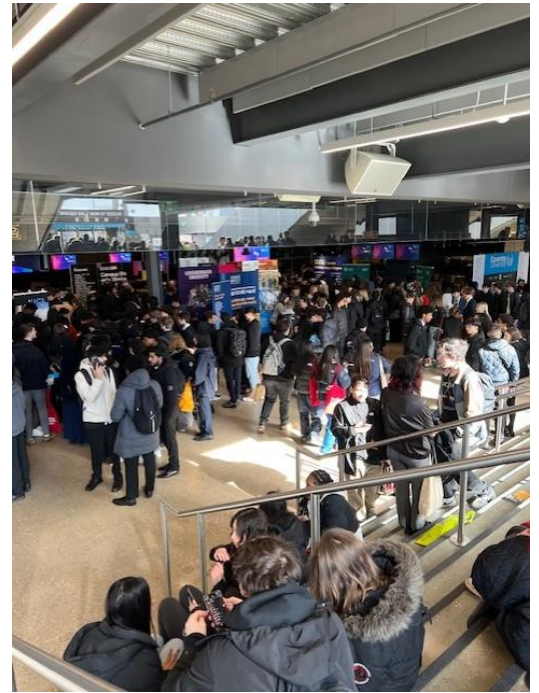


Link: <https://www.smithschoolwear.co.uk/product-category/find-your-school/mount-house-school/>

## UNIVERSITY SEARCH FAIR

Year 12 attended the University Search Fair at Tottenham Hotspur stadium. Here are their impressions of the day:

*During my school trip to UCAS, I had a so much fun exploring the campus and looking forward to the university atmosphere. I even got the chance to chat with teachers from Plymouth and Oxford, which was super exciting and gave me a glimpse into what studying at those prestigious universities could be like. The trip was not only fun but also really informative, sparking my interest in the academic opportunities that lie ahead. **Pedro F***



*On Friday 1<sup>st</sup> March, my year group and I went to a career fair. As I want to become an accountant, I wanted to explore the different options available which will lead me to a successful career. I visited various Universities and apprenticeship stands such as LSE, EY, PwC, and many more. I learned about the grade criteria I need to obtain to get in, what college or apprenticeship life will be like,*

*along with starting salaries and support packages when I join. It was a very useful trip as I got to network with young accountants and other finance graduates and I'm thankful that the teachers arranged this visit. **Ayan S***

*Attending the University Search Fair was incredibly beneficial and an eye-opening experience for me. Speaking with the University of Law was a highlight of the fair for me, as their insights and advice provided me with a clear understanding of the grades and qualifications required to pursue my aspirations of studying law. It was empowering to learn about the various pathways available to me and to see first-hand the range of options for further education and career development. The fair not only expanded my knowledge but also sparked a newfound enthusiasm for my academic journey! **Freya C***



## PE

### **U13 Football Game**

*The camera zooms in on the pitch, capturing the intensity of the U13 A team's match. Michael Owen's voice comes through the broadcast, full of anticipation and excitement.*

Michael Owen: "Hello, folks! What a match we've had here today between these two U13 A teams! It's been an absolute thriller from start to finish, with both sides giving it their all! Let's dive right into the action."

*The first half sees a flurry of goals from both teams.*

Michael Owen: "Wow, what a half of football we've seen here! Goals flying in left, right, and centre, and neither team showing any signs of slowing down! It's been a real end-to-end battle, and you can feel the tension in the air!"

*As the second half kicks off, the U13 A team comes out firing on all cylinders, putting on a masterclass of skill and determination. Benji leads the charge with two fantastic goals, followed by Shao, Ellis, and Hassan, who scores his first 1st team goal.*

Michael Owen: "And just when you thought it couldn't get any more exciting, the U13 A team come out in the second half with guns blazing! Benji's on fire with two brilliant goals, and Shao, Ellis, and Hassan joining in on the action! It's been a real team effort from the lads, and they're showing no signs of letting up!"

*Despite their valiant efforts, the U13 A team falls short as the final whistle blows, with the opposing team clinching the victory. However, there are standout performances to be celebrated, including goalkeeper George's heroics, and a crucial clearance off the line from Oscar.*

Michael Owen: "Heartbreak for the U13 A team as they narrowly miss out on victory, but what a performance it's been! Special mention to goalkeeper George, and to Oscar for that incredible clearance off the line, keeping the team in the game! And let's not forget our man of the match, Jake, who's been an absolute standout on the field today, closely followed by the impressive Benji! It's been an absolute pleasure bringing you this thrilling encounter, folks. Until next time, take care!"

Written by Mr Mather – with support from Michael Owen.

### **Year 11 football game vs East Barnet**

The year 11s of Mount House stepped up to face East Barnet School for a game of football. At half time we were 3-0 down, caused by some errors in the defence. However, the boys did not give up and started the second half full of hope and were motivated after an



inspiring team talk from our captains. Instantly in the second half we became more attacking and to start the scoring for Mount House, Luke our magician assisted Alex who tapped the ball in the back of the net. To keep our hopes alive, Michael stepped up and thumped an amazing shot from outside of the box into the bottom left corner to make it 3-2 to East Barnet. Unfortunately, East Barnet got a goal back but that did not drop our heads and Leon slotted a lovely header into the bottom corner from a whizzed in cross from Luke. In the end we lost the game, but the boys showed pure determination and football excellence throughout this game.

Man of the Match: Zac S.

### **THE HOCKEY HERALD**

*An Electrifying Encounter against John Lyon School: U15 Hockey Heroes Shine Bright Despite Setback*

In a captivating clash that had fans on the edge of their seats, the U15 hockey squad showcased their flair and resilience, despite facing a challenging opponent. Though the final score didn't sway in their favour, the team's performance was nothing short of inspiring.

Between the posts, Owen stood tall as a formidable barrier, pulling off a string of sensational saves that left spectators in awe. His lightning-quick reflexes and unwavering focus kept the opposition at bay, thwarting their attempts to breach the defensive line.

On the wings, the dynamic duo of Louca and Harvey dazzled with their blistering pace and precision passing. Their seamless synergy and explosive bursts of speed left defenders trailing in their wake, creating ample opportunities for attacking plays and injecting a sense of excitement into the game.

In the midfield, Oscar and Seth showcased their relentless work ethic and tactical acumen, pressing high and disrupting the opposition's rhythm with their strategic interceptions and timely challenges. Their tireless efforts set the stage for the team's offensive surges and defensive resilience.

However, it was Junior who truly stole the spotlight with a Man of the Match performance at centre back. Commanding and composed, he marshalled the defence with authority, reading the game impeccably and neutralizing countless opposition threats with his astute positioning and impeccable timing.

Despite the final outcome, the U15 hockey squad's performance was a testament to their skill, determination, and unwavering spirit. Their display of resilience and teamwork left an indelible impression on all who witnessed it, serving as a source of inspiration for aspiring hockey stars everywhere.





Though the battle may have been lost, the hearts of these young athletes burned with a fiery determination to rise again, stronger and more determined than ever before. With their heads held high and their spirits undaunted, they march forward, ready to conquer whatever challenges lie ahead in their quest for greatness.

### Athletes of the week

Year 7: Brendan  
 Year 8: Florentia and Tia  
 Year 9: Fred  
 Year 10: Sofie and Roman  
 Year 11: Michael and Anna

### FOOD TECHNOLOGY

Year 7 and 8 have made bread over the last two weeks, thinking about the importance of yeast during the rising stage.



Year 9 have looked into culture and religion and how that can affect a person's diet. Students also created a sensory word bank to develop their vocabulary when evaluating their dishes.



Students made pizzas with a choice of their own toppings.

Year 10 have also been looking into cultures, religions and diets. We have briefly covered English, Scottish, Welsh, Polish and Korean culture food, how it is made and the history behind the dish.



Students made potato fritters and veg/meat kebabs.



*"Last week in A Level food tech, we did a range of theories and practices, these included me making chicken drumsticks from a chicken we deboned from a previous lesson, and Sienna made meringue. We also both made flapjacks after we had both done practice exam questions from a test." by Jessica, year 12*

### BAKING CLUB

This week, students took on the challenge of making shortbread biscuits after school, which smelt delicious as they came out of the oven.

This term's baking booklet can be found on the school website:

<https://www.mounthouse.org.uk/co-curricular/clubs-activities/>

## DRUGS WORKSHOPS

On Monday 4<sup>th</sup> March, years 7-10 and year 12 took part in a series of Drugs Workshops to help them make informed choices in life. The talks were really positively received; do ask your child at home about their experience and learning. The talks were a brutally honest account of what the potential repercussions are for students if they were to take drugs and the message at the end was: we control our own decisions and therefore can definitely influence one person – ourselves! If we all make the right choices, the problem of drugs wouldn't exist! A simple solution in amongst all the knowledge gained on current drugs related issues pertinent to each age group.

We look forward to welcoming Steven (and Milly) back in September to do some further workshops with our students, alongside hosting an online session for parents in the evening. Details will be published well ahead of time and we hope you can attend.



*“On Monday 4<sup>th</sup> March, Drugs Line came in to Mount House school to give a drugs and alcohol talk to all students. The aim of the talk was to inform and support students by giving personal stories in the hopes of dissuading students from making the same mistakes, and, if students end up in bad situations, they know where to get help and information from. The use of sharing personal stories deeply touched the students as it showed realistically how easily you can end up in these situations.” by Jessica (year 12).*



### MENUS NEXT WEEK



# 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 <b>Vegan Friendly</b></p> <p><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>

