

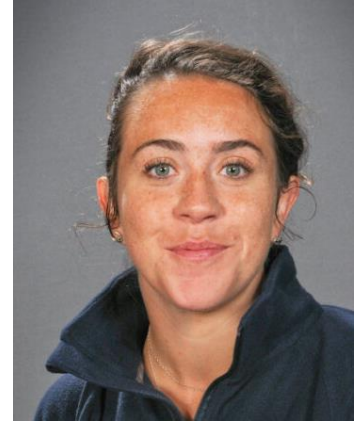


NEWSLETTER – 3RD MAY

MESSAGE FROM MS SMYTH,
ASSISTANT HEAD (PASTORAL)

The Power of Being True to Yourself

In form time this week, students were asked to discuss a quote from Raymond Hull - **“He who trims himself to suit everyone will soon whittle himself away.”** In this week’s newsletter, we delve into how young people can harness the power of understanding their own unique brand and use this to navigate their time at Mount House with confidence and purpose.



In a world filled with expectations and pressures to fit in, it's easy for young people to lose sight of what is important to them, juggling social pressure and the potential conflicts with their own value system. As a school we spend tremendous amounts of time trying to help our students see the merits of staying true to oneself and embracing their many talents and skills. Hull stresses the importance of maintaining our unique identity and staying true to our values, even when faced with the temptation to conform.

Embrace individuality: each of us possesses a set of unique qualities, skills and abilities. We should all reflect on what ours are! In doing so, we encourage everyone in our community to embrace their individuality and foster a sense of self-worth. Rather than seeking validation from others, let’s all try to learn to be proud of what makes us happy and take time to take part in as many clubs and extra-curricular activities as possible.

Surround yourself with supportive people: the company we keep plays a significant role in shaping our identity. We should surround ourselves with friends, mentors, and peers who appreciate and value us for who we are. These relationships provide a nurturing environment where we can thrive. Do your friends celebrate your achievements and give you space to grow (this also includes your online environment)? We should all be mindful of the content we consume and the platforms we engage with. We should prioritise platforms that foster positive connections and limit exposure to content that makes us feel bad about ourselves or actively encourages us to compare ourselves with others.

Practise assertiveness and self-advocacy: setting boundaries is essential for maintaining your own moral climate and who influences it. By establishing clear boundaries, we can assert our values and protect ourselves from undue influence. Learning to say no is an important life skill and takes practice. At Mount House school we encourage our young people to express their thoughts, feelings and needs clearly and confidently, showing them how to say no assertively when needed.



Finally, **learning from setbacks**: life is full of challenges and setbacks, but they need not define us. We teach young people to view setbacks as opportunities for growth and learning. By embracing resilience and perseverance, they can overcome obstacles without compromising their authenticity.

Embracing authenticity is not always easy, but it is our goal at Mount House that all our students strive to be their best brand ambassadors. By staying true to oneself, young people cultivate a strong sense of identity and attract meaningful relationships and opportunities into their lives. Let's empower the next generation to embrace their authenticity and shine brightly as their true selves.

HEAD OF YEAR PROFILES

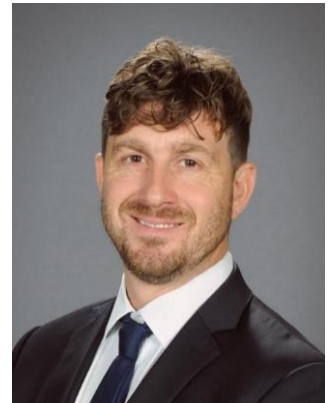
This week, we'd like to introduce you to the Heads of Year who will guide you through your time at Mount House. You'll find out how and when to contact them, as well as a bit about their careers and hobbies, their favourite foods, TV programmes, music and possibly some bad habits too!

YEAR 7: MR WHITEHOUSE

What is your role in the school? Head of Music and Head of Year 7.

When, how and about what should parents contact you? Any concerns, pastoral or academic. They can email or call me.

What are the other communication options / lines for parents?
 Year 7 form tutors: Ms Christofi, Ms Di Dio, Mrs Kelly and Mrs Rosenfeld.



My career at Mount House: I've been the music teacher here since 2017. Within this time, I was Head of House (for five years), and this is my third year as Head of Year.

My career / education before Mount House: my degree is in music (jazz). I played in bands mostly in the London area for many years and still play in a Bruce Springsteen tribute band (the last gig was in Ireland). Since completing a PGCE, I have taught in three large mainstream schools, but have remained at Mount House the longest.

My co-curricular clubs/activities: Phantoms (the elite band), Phantoms junior (up and coming), drum corps and choir - currently run by the amazing Natalie Dalcher.

My hobbies outside of school: I love tennis (Barnet LTC).

My favourite recent holiday / event: I love going to Cyprus with my family. I recently went to see Extreme (great band) at the Kentish Town Forum.

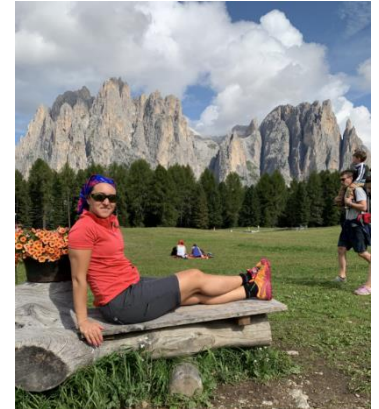
My pets: Mittens the cat.

Do as I say, not as I do: my guilty pleasure is listening to California Girls (Katy Perry): such a great song.

YEAR 8: MRS MARIOTTINI

As we stride into another exciting term here at Mount House, I wanted to take a moment to connect with you all and provide some updates on our year 8 journey.

Firstly, let me express how much of a joy it is to work with your children in year 8. Their energy, enthusiasm, and willingness to engage with their learning journey are truly remarkable. It's a privilege to be a part of their growth and development.



Contacting me: for any serious academic or pastoral concerns regarding your child, please do not hesitate to get in touch with me directly. I am here to support both you and your child through any challenges they may encounter. General inquiries can be directed to your child's tutors, who will be more than happy to assist.

Beyond academic and pastoral concerns, I am also available to discuss any queries or excitement regarding school events, trips, or other activities. Whether it's about an upcoming excursion or simply wanting to know more about our curriculum, feel free to reach out.

Getting to know each other: in the spirit of fostering stronger connections within our school community, I thought I'd share a bit about myself beyond my role as Head of Year 8.

My career at Mount House: I've been teaching Spanish here since 2016 and find immense joy in sharing my passion for the language and culture with my students. From GCSE to A level Spanish, I relish the opportunity to delve into literature and history, igniting curiosity and understanding.

Life before Mount House: prior to my teaching career, I explored various roles from waiter, secretary to business representative. Each experience has shaped my journey and enriched my perspective.

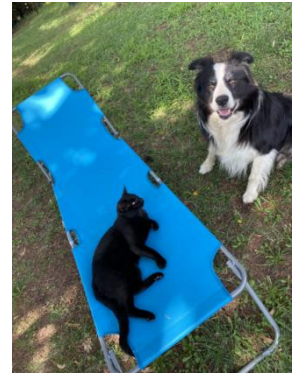
Co-curricular Involvement: I offer GCSE Spanish clinics every Monday lunchtime, welcoming all students who wish to strengthen their skills and confidence in the subject.



Outside of school: while I used to enjoy gym sessions and spinning, my current focus is on swimming, especially now as I'm expecting a baby. It's a peaceful respite amidst the excitement of daily life.

Favourite recent holiday: hiking in the Dolomites remains a cherished memory, blending adventure with breathtaking natural beauty.

Furry friends: although I don't have a pet in England, my visits to see my parents in Italy always involve quality time with their beloved border collie, Linus.



Do as I say, not as I do: confession time – I have a weakness for Italian food and enjoy the occasional night of clubbing when the opportunity arises.

In closing, I want to express my gratitude for your ongoing support and partnership in nurturing the growth and development of our year 8 students. Together, we can continue to create a positive and enriching learning environment for all.

Mrs Mariottini is about to embark on maternity leave, and we wish her all the best. Ms Wachowska will be taking the reins as Head of Year 8 until she returns.

MS WACHOWSKA

What is your role in the school? Head of Year 8 (maternity cover) and teacher of English.

When, how and about what should parents contact you? Parents are cordially invited to email me.

What are the other communication options / lines for parents? Please reach out to your child's form tutors or call Reception to schedule a phone call or in-person consultation.



My career at Mount House: I commenced my role at Mount House in September 2023 and must admit it has been an immensely enjoyable experience working here.

My career / education before Mount House: I graduated with an English teaching degree in 2004 and subsequently spent two years teaching English as an additional language to secondary school students and adults with Special Educational Needs through a collaboration between a charitable organisation and a university.

After that I decided to take a couple of years' break from teaching to further my own education through travel and a Master's degree in Bilingual Translation, creating subtitles for

commercial films, working as a Research Manager for a London-based media company, and as a Medical Translator and Interpreter for Imperial College Hospital NHS Trust. Despite these ventures, my passion for teaching never faded and I felt compelled to return to the education sector, where I have since had the great privilege to teach English language and literature.

My career in education has been diverse and challenging, which allowed me to grow and contribute in several different ways. My roles ranged from being the English KS3 Coordinator, Assistant KS4 Coordinator, KS4 Intervention Coordinator, KS3 LIFE Skills Coordinator, the Deputy Head of Sixth Form, and Lead Coach, through planning and delivering training sessions for staff on topics such as quality teaching and learning or positive behaviour management, to raising the whole school profile of literacy.

My co-curricular clubs/activities: I run a Debating club every Thursday lunchtime and a Creative Writing club every Thursday after school. All students are welcome to attend.

My hobbies outside of school: DIY projects, visiting art galleries (especially where emerging artists and designers showcase their work), theatre, travelling, baking, reading fiction.

My favourite recent holiday / event: my favourite events are parties that my partner and I host for our friends and family. Favourite holidays are always spent in countries that offer plenty of sun and vitamin sea, a good range of museums and a castle or two.

My pets: despite growing up with many (and this is no metaphor for family members), I have none at present.

Do as I say, not as I do: in the spirit of “either all or nothing”, I enjoy binge-watching crime, drama and comedy series.

YEAR 9: MR PEARA

What is your role in the school? I am Head of Year 9 and Head of Biology.

When, how and about what should parents contact you?

- Parents can send me an email at any time during the school day, or if in an emergency, at any time. I will endeavour to reply as soon as possible, or at the very latest within 24 hours.
- Parents may wish to telephone me, and leave a message if I am teaching or unavailable. I will return the call within 24 hours.
- If parents would like to meet with me face to face, then they can arrange that with me directly.



My career at Mount House: I joined Mount House School in September 2019, having previously been the Head of Science at a large inner London comprehensive school in Camden for five years. Prior to that I became a teacher in 2012, starting my teaching career at Friern Barnet School.

My career / education before Mount House: I came into teaching rather later in life than some of my colleagues, having been a litigation solicitor for 15 years. My clients were from a multitude of backgrounds and my cases were a mixture of company, commercial and personal matters. One of my most memorable cases was representing a serial killer on a human rights matter, which was interesting and quite frightening. This case was a complete contrast to the case about toasters. Yes toasters!

I am always asked why I decided to change careers and become a teacher, and my answer is always, "I always wanted to be a teacher, and make a real difference to the lives of children". This has not changed, and after four years at Mount House School, I love my job even more than when I started.

My co-curricular clubs/activities: my co-curricular club is the biology clinic.

My hobbies outside of school: outside of school I torture myself by supporting Tottenham Hotspur FC, which most Spurs fans can relate to. I enjoy watching anime with my kids, and have recently completed Attack on Titan. If anyone can explain to me what it was about, that would be appreciated! I love watching movies, and my favourites films are *Jaws*, *The Godfather*, *Shawshank Redemption*, *Contact*, *Interstellar* and *Chariots of Fire*.

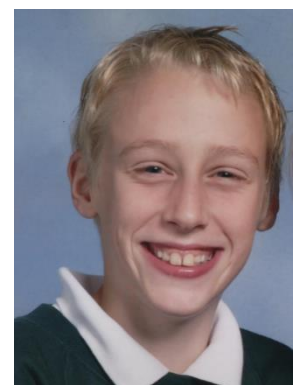
I love reading; I have to recommend a book I read recently called *The Mountain in the Sea*, which is set in the not-too-distant future, and is about octopuses and artificial intelligence. If you would like, I can arrange time to tell you all about it. I would also thoroughly recommend anything by William Boyd and Louis de Bernieres.

My favourite recent holiday: I usually spend summer holidays in Cyprus, so you can find me on most days on the Finikoudes in Larnaca. If you see me there, come and say hi!

YEAR 10: MR MATHER

What is your role in the school? I am Head of Year 10 and a PE teacher.

When, how and about what should parents contact you? If you have any concerns about your child in my year group and have already been in contact with their tutor who has then passed it on to me.



A recent picture of
Mr Mather



What are the other communication options / lines for parents?

The first point of call should be your child's tutor as they see them every day.

My career at Mount House: I started my career at Mount House four years ago.

My career / education before Mount House: I went to school and college in Devon, before going to Cardiff Metropolitan University to study Sports and Exercise Science, then to the University of Exeter to complete my PGCE.

My co-curricular clubs/activities (a plug for your club): hockey on a Tuesday after school, table tennis on a Wednesday lunch time and football on Thursday after school.

My hobbies outside of school: I play hockey for Winchmore Hill and Enfield, currently pushing for promotion.

My favourite holiday: summer, as I get to travel.

YEAR 11: MRS DA ROCHA

What is your role in the school? I am Head of Year 11.

When, how and about what should parents contact you? Parents should feel free to contact me for any issue - academic, pastoral and social issues via my email during school hours.



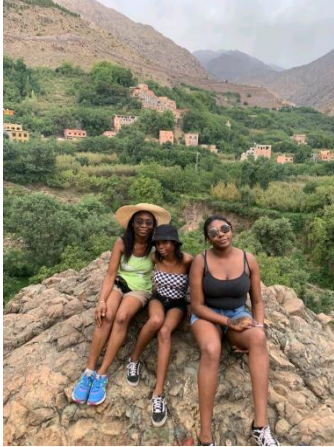
What are the other communication options / lines for parents? I can also be contacted via their child, Sheila or any other member of staff.

My career at Mount House: I started working at Mount House in September 2017. At that time, my daughter was a student here so I was very happy when a vacancy arose and I was given the position of teacher of Spanish and French. I also taught Cookery. I became the first ever Head of Year to year 10s in January 2021, leading them to the end of Year 11. Since then, I have been a Head of Year to the last two year 11 groups. It has been challenging but rewarding to watch them mature as they prepare for their GCSE exams. I am also the Head of Equality, Diversity and Inclusion and Head of Holly House.

My career / education before Mount House: I have a PGCE in French, a Diploma in Translation and Interpreting obtained in France and have just been awarded a certificate in National Professional Senior Leadership.

My co-curricular clubs/activities: I am a co-founder and leader of the House of Equality which is run by students and focuses on raising matters of inequalities. We also run the annual Mount House Cultural Day.

My hobbies outside of school: I enjoy reading, walking (sometimes), listening to music, dancing, meeting people and watching reality programmes, game shows and soaps such as Eastenders and Coronation Street.



My favourite recent holiday / event: it has to be Morocco when I visited Casablanca and Marrakesh with my family in 2022. There is so much culture to be learned and experienced in Morocco. Amazing!

My pets (pictures welcome): my pets are my three beautiful children. I love them to bits and when possible, I take them everywhere with me.

Do as I say, not as I do: check out the Joyread app (for romance stories) - only for the over 18s please.

YEAR 12: MRS LAZOURAS

What is your role in the school? Head of year 12 and Head of Faculty (Languages).

When, how and about what should parents contact you? Via the school email / telephone.

What are the other communication options / lines for parents? Parents' evening, scheduled meeting.

My career at Mount House: this is my ninth year at Mount House. I have taught here through all the changes from when the school was a Catholic girls' school (St Martha's) to the present day.

My career / education before Mount House: I have taught in the state schools Northumberland Park and Broomfield school; **was an** English Language assistant in Vitré, Rennes France at Collège Gerard de Nerval and at the Lycée Bertrand D'Argentré; I was a French teacher for Enfield Council, bringing languages to primary schools including Hadley Wood Primary, Vita et Pax and Winchmore Junior school.

My co-curricular clubs/activities: next academic year I am hoping to run a board game club, where students will play French board games.

My hobbies outside of school: Greek dance, gym, walking, cooking.

My favourite recent holiday: Athens, Rome, Florence and always Cyprus!



My pets: our adorable Lhasa Apso Max who is sadly no longer with us.

Do as I say, not as I do: chocolate straight from the fridge, eating ice-cream from the tub, watching Eastenders, dancing in the kitchen!

YEAR 13: MRS MACDONALD

What is your role in the school? Head of English and Performing Arts faculty and Head of Year 13.

When, how and about what should parents contact you?
 Parents can contact me at my school email address.

What are the other communication options / lines for parents? Or leave a message with Reception and I can call them back.



My career at Mount House: This is my ninth year at Mount House. I have always been a sixth form tutor at the school but two years ago, stepped up to Head of Sixth Form.

My career / education before Mount House: I went to university in Scotland and did my PGCE at Middlesex University. I have worked previously in schools in Hertfordshire.

My co-curricular clubs/activities: I run a senior book club for years 11-13.

My hobbies outside of school: reading (of course), walking the dog, eating out (too much!).

My favourite recent holiday / event: at half-term I went to see the Chanel exhibition at the Victoria and Albert museum where I am a member. It was fantastic.

My pets: Ziggy MacDonald – a Jack Russell/Chihuahua cross. Very feisty!

Do as I say, not as I do: hiding chocolate at the back of the fridge so other family members don't find it!

SPEAKERS' CORNER

On Monday 29th April, Mount House hosted a mock Mayoral election during assembly. Five sixth formers spoke on behalf of official parties campaigning in this year's election. The hustings event was chaired by Anna in year 11 and Rina in year 10.

Representing the:

- Conservative party - Aoife.
- Green Party - Jessica.
- Labour - Darcy.
- Liberal Democrats - Walled.
- Count Binface - Freya.



Each candidate was given 90 seconds to speak, watched by our official timekeeper Siana. All candidates spoke clearly, demonstrating a clear understanding of the issues facing London and its future.

A mini question time followed, with a question from the hall from Ruben in year 9, who wanted to know how the candidates would deal with London's growing crime rate.

The hustings concluded with our students voting at one of our four polling stations. The votes were counted by a number of students from years 8 and 9.

It was a close-run race. Ultimately the winner at Mount House was Count Binface with 68 votes. A majority of 30 over his nearest rival, the Conservative candidate. Turnout was 92%.

Congratulations and well done to all students who took part in the assembly.

Mr Allman





ART

Year 9 took close-up photos of sweets and treats and then created acrylic paintings inspired by British artist, Sarah Graham who was born just up the road in Hitchin.





PE

Athletes of the week:

Year 7:	Miki A
Year 8:	Benji B
Year 9:	Zidane S
Year 10:	Omar R
Year 11:	Leon G

U13 Cricket fixture vs Keble School:

On Wednesday, Mount House U13 boys attended Keble School for their first cricket fixture of the season. The boys demonstrated a strong athletic performance in bowling and fielding, making it very hard for Keble to return the shots. Special mention to Varun for his fielding ability. With this being the first fixture, we have areas to improve on in batting, but we are excited for future fixtures!

BAKING CLUB

This week in baking club we made Curly Wurly raspberry bakes. The recipe was adventurous, as we had to make a raspberry coulis and prepare a buttery mixture.

We developed skills when faced with challenges including the butter being too hard. But the overall outcome was amazing - some of us even trying Curly Wurlys for the first time.

Next week we are making berry crumble pots - 'biscuits' has been missed off the ingredients on the booklet. We will ensure that we have biscuits for students who do not have them on the day.

CAREERS FAIR

The Careers Fair was a great success, with around 25 stalls, including the Army, the Jimmy Choo Academy and a recording artist.





Hadley Wood Lawn Tennis Club

OPEN DAY

with charity partner
Bright Ideas for Tennis

£5

for non-members
Includes drink and
BBQ voucher!

Free entry
for U16s

Sunday 5th May 2024 at 10am

**Hadley Wood Tennis Club
1-7 Crescent E, Barnet EN4 OEL**



Great fun day for all the family
with BBQ, bar, raffle, cake stall,
bottle tombola, bouncy castle,
cardio tennis, 3/4 year-olds session,
parent and child session, fastest serve
competition and exhibition match.

**BOOK YOUR
SESSION NOW**



Coaching Sessions by two ex Davis Cup players!

10 - 10.45am **Children's Coaching** (5-10 yrs) @ £5 per head
 10.45 - 11.30am **Teenager Coaching** (11-16 yrs) @ 10 per head
 11.30 - 12.30pm **Social Adults Coaching** (beginners / low intermediate) @ £15 per head
 12.30 - 1.30pm **Club Players Coaching** (intermediate / advanced) @ £20 per head
 1.30 - 2pm **Fastest serve competition**
 2pm **Exhibition match** with the Davis Cup players for a number of lucky members





Weekly Menu

Week 1

MENUS NEXT WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Soup of the day served with freshly baked bread</p> <p>Pasta Bar Rich Beef hognaise With spaghetti and crispy garlic bread</p> <p>Vegetarian option Pumpkin and crispy Kale risotto With Parmesan and cannellini beans Vegan Friendly</p> <p>Snack Option Baked Potatoes Or Fresh Pasta</p> <p>Served With Steamed broccoli Garden Salad</p> <p>Dessert Winter Bramley Apple Crumble With Double Cream</p>	<p>Soup of the day served with freshly baked bread</p> <p>Dish of the day BBQ Chicken Drumsticks With Garlic and Parsley Rice</p> <p>Vegetarian Option Sundried tomato and Feta Deep Filled Quiche Vegan Friendly</p> <p>Snack Option Baked Potato with Various Fillings Or Fresh Pasta</p> <p>Served With Fresh Green Beans Roasted fennel cauliflower</p> <p>Dessert Banana and cinnamon Cake</p>	<p>Soup of the day served with freshly baked bread</p> <p>Dish of the day Mount House Hot Dog With Fried onions and a Mustard Mayo</p> <p>Vegetarian Option Chinese Stir-fry with Quorn Garlic, soy and Vegetable Noodles Vegan Friendly</p> <p>Snack Option Baked Potatoes Or Fresh Pasta</p> <p>Served With Spiced Roasted Carrots Fennel coleslaw Paprika sweetcorn</p> <p>Dessert Mount House 3 Berry Mess</p>	<p>Soup of the day served with freshly baked bread</p> <p>PUPILS Choice Mexican chicken Fajitas With Guacamole, sour cream, and fresh salsa</p> <p>VEGETARIAN OPTION Mexican fresh Vegetable Fajitas With Kidney Beans, Guacamole, sour cream and fresh Salsa</p> <p>SNACK OPTION Baked Potatoes Or Fresh Pasta</p> <p>Served with Steamed Rice Roasted Aubergine and Courgettes Carrots</p> <p>Dessert Chocolate Mousse</p>	<p>Soup of the day served with freshly baked bread</p> <p>Dish of the day Breaded cod With Tartar sauce Or Salmon and dill fish cakes with tartar sauce and Lemon</p> <p>Vegetarian Option Tandoori Quorn and Vegetable Indian Wrap</p> <p>Snack Option Jacket Potatoes Or Fresh Pasta</p> <p>Served With Crispy Potato Wedges Garden Peas Crunchy Salad</p> <p>Dessert Carrot cake with cream cheese frosting</p>

