

NEWSLETTER – 17th MAY

MESSAGE FROM MRS HILLCOAT-HYDE

Making Good Choices

This week's quote, shared amongst the student and staff body, resonates deeply with the values we strive to uphold every day:

"Make good choices today so you don't have regrets tomorrow. Right is right even if no one is doing it; wrong is wrong even if everyone is doing it." (Unknown)

These words remind us of the importance of integrity, kindness and personal responsibility in our daily lives, especially within our school community.

Our students face several decisions daily, from how they treat each other to how diligently they prepare for exams. These choices help build them as individuals and can have a significant impact on their future. Being kind and supportive to one another fosters a positive and inclusive atmosphere that benefits everyone. Friendships built on mutual respect and understanding provide a strong foundation for a supportive community. As students work together and choose kindness, they contribute to the school community, encouraging inclusion and creating an environment where everyone feels valued and accepted.

This week, we were fortunate to welcome Deana Puccio, Co-Founder of The RAP Project (Raising Awareness and Prevention), who led insightful workshops for our year 9 and 10 students. The workshops aimed to promote mutual respect and consent, the importance of practising discretion, and setting personal boundaries both online and offline. Deana's engaging sessions provided valuable lessons on these crucial topics, empowering our students to navigate their social interactions with confidence and integrity. We are grateful for the opportunity to learn from her expertise and reinforce these essential values within our school community.

The second part of the quote, "wrong is wrong even if everyone is doing it," serves as a powerful reminder to resist peer pressure. It's easy to follow the crowd, especially when it feels like everyone else is making a particular choice. However, standing firm in our principles, even when it's difficult, is crucial. Whether it's saying no to negative behaviour, refusing to participate in gossip, or choosing not to cheat on an exam, these decisions reflect the true character of an individual.





Making good choices today ensures that we live without regrets tomorrow. Let's encourage our students to continue embracing kindness in their friendships, integrity in their studies, and courage in their values. By doing so, we support a school community that is not only successful academically but also rich in compassion and respect.

As our students navigate their school years, let's continue to guide and support them in their decisions, reminding them that they shape the future and define who they are.

GEOGRAPHY FIELD TRIP TO EPPING FOREST

A small group from year 10 took a trip to Epping Forest on the 30th April to study how characteristics of a river change downstream. We started in the Field Studies Council (FSC) classroom and learnt about the theory before we moved outside. In the afternoon we went to the woods next to the centre and began measuring width, depth and velocity, and completed a field sketch. The first location had practically no water as it was near the source in the upper course of the river. Then we went to the middle stage of the river which became more curvy and wider than before, finally reaching the lower location where there was a wider, deeper and faster section. Overall, we had an amazing time but due to it being a bit rainy, we got quite muddy!

Written by Zana B



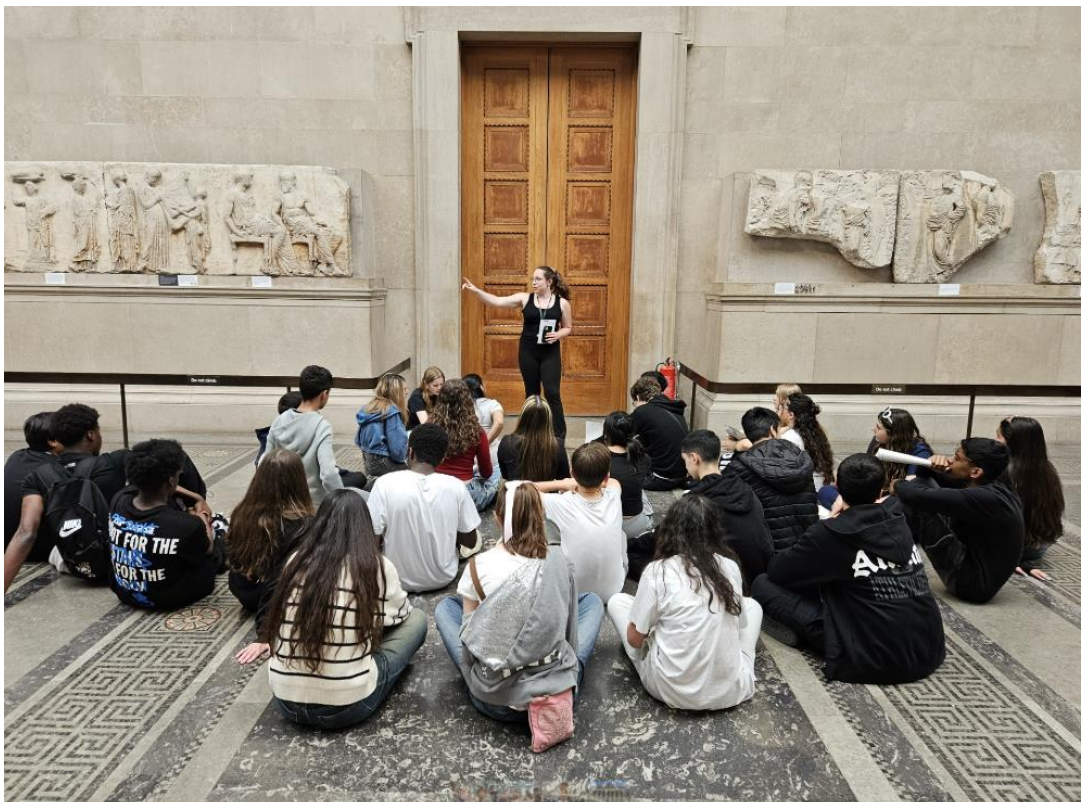


YEAR 9 AND 10 TRIP TO THE BRITISH MUSEUM

Our year 10 GCSE Classics and Latin students, as well as our year 9 cohort for next year, attended the British Museum on Wednesday. Students attended the Roman Legion Exhibition in the morning and in the afternoon explored material linked to their GCSE course. The students were fantastic and hopefully came home with lots to say about their positive cultural experience. Thanks to parents for their support.

A student perspective: ***this Wednesday all the GCSE Classics students from year 9 and 10 went to visit the British Museum for the Legion exhibition about life in the Roman army. In the morning, we set off on the tube and when we arrived, we attended the exhibition for the first half of the day. Before entering the exhibition, a member of staff showed us and let us hold a 2000-year-old coin, minted during the reign of the Emperor Augustus. I found it interesting that it had a hole in it from when someone made a bracelet out of it sometime after! We then had a quick stop for lunch and after we continued looking round the museum for other things that could help us with our GCSE course. There were so many artefacts that were taken from different places and brought to the British Museum. Some of the heads and legs of the statues had been cut off from the metopes of the Parthenon where people had just stolen them and brought them back to their houses. Finally, we looked around a few more rooms, such as the Ionic frieze from the Temple of Apollo at Bassae and headed home. I really enjoyed the trip and learnt a lot; I'm sure everyone else did too.***

Esme, year 9





CLASSICS INTER-HOUSE COMPETITION

The activity is 'creating Greek art'. Each of the four Houses will be given some clay, modelling tools and some images of the metope carvings from the Temple of Zeus at Olympia. There were originally 12 metopes depicting each of the 12 Labours of Hercules.

A small team will work together to create their own metope of one of Hercules' labours.

The winner will be decided in the following ways:

1. Is the scene recognisable?
2. Is the modelling/ carving realistic?
3. Does the scene fill the space well?

The judging will be decided on Monday by a member of the art and history departments.

UKMT MATHS CHALLENGE

Great news from the world of maths: recently a number of students in year 7 and 8 were put forward for the UKMT Maths Challenge, a multiple-choice paper focusing on problem solving, logic, and extension topics, aimed at gifted and talented year 8s.

Congratulations first of all to our year 7s who were still a year too young, but especially to **Isabella** (bronze), **Ena, Oscar and Parsa** (who each achieved silver). In year 8, bronze was also achieved by **Maximillian, Erin, Yaqub and Jacob** - putting them in the top 30% of G&T nationally.

Final mention to **Varun** who not only achieved a gold certificate (top 10% of G&T nationally), but also Best in School, and he made it through to the second round on Tuesday 11th June, where the questions get even trickier!

Mr Thorne, Head of Maths





GLOBAL STUDIES HOUSE EVENT WINNERS

Last week, Social Sciences ran the House event. The brief was to investigate global current news stories and to produce a broadsheet front page. Part of the brief was to include stories from Mount House and to throw in a story that might be a little far-fetched. The clear winner was **Ash House**, who went all out to produce a brilliant front page. Well done to all the contributors!

Mrs Allman



ONLINE PORNOGRAPHY WORKSHOP

On Wednesday, our year 9 and 10 students took part in workshops tackling vital issues affecting our young people on how online pornography, the pornification of pop culture and the objectification of women in the media influence attitudes and sexual expectations. The students critically looked at how these narratives blur the lines of consent. They were supported in understanding the laws on rape, sexual assault and sexual harassment. We also discussed sexting, revenge porn, sextortion, up skirting, and the laws defining it, as well as how harmful and humiliating these trends can be to another person.



Year 9 and 10 were engaged and responsive to these important messages. Please have a follow-up conversation at home with your child about their learning experiences and if there are any issues that have arisen on the back of the workshop, please communicate with us and we will endeavour to support you and your child. Following on from the success of the workshops and given the importance of these messages, a workshop for parents will take place at 19.00 on Monday 20th May – [click here to sign up](#).

A huge WELL DONE to our students for their engagement and willingness to learn; we hope they can continue to shift the culture and narrative in our society.

A student perspective:

Yesterday we had a very successful workshop on rape, sexual harassment, pornography and toxic masculinity.

I would like to thank the presenter Deana on behalf of the students for talking to us and the school for arranging the talk. I know that some of us would not like to talk about these things as we find them embarrassing, but these are important issues and it helped us understand the serious nature of these topics and the criminal repercussions.

Overall, the talk highlighted the importance of respecting boundaries, understanding consent and promoting a safe and respectful environment for all individuals.

I would like to thank the school and Deana once again for the talk; as I said even though some people found it embarrassing, we really enjoyed it and learnt a great deal!

Sadhra, year 10

PE

Athletes of the week:

Year 7	Zac
Year 8	Alicia
Year 9	Beatrice
Year 10	Georgie and Rosie

U13 girls cricket fixture vs Haileybury School

From the outset, it was evident that the team was focused and ready to give their best. The girls demonstrated remarkable skills, particularly in their batting, which kept the match competitive and exciting. Their ability to stay composed under pressure and make strategic plays was commendable.

Throughout the game, there were several standout performances that highlighted the team's potential and growth. The batters, in particular, shone brightly, making significant contributions that kept the scoreline close. Each player brought their own strengths to the field, contributing to a well-rounded and dynamic performance.

In the end, the girls narrowly missed victory, losing by a mere 7 runs. However, the narrow margin of defeat underscored their capability and potential for future success.



Isabella at the Swim England London Regional Summer Championships and National Qualifier Meet

On Saturday 4th May, I took part in the London Regional Summer championships. This is the first year I have qualified to take part in these championships so I was very excited to go. It is very tough to qualify, as the London region includes swimming clubs from all 32 London boroughs as well as from the following four counties: Middlesex, Essex, Surrey and Kent. So, the qualifying times to get to this meet were very tough.



The meet took place at the London Aquatics Centre in the Queen Elizabeth Olympic Park. I qualified to swim the 50m breaststroke. I had a really good swim and swam a long course PB which moved me up eight places from my seeded place, so I was very happy with this result.

I also recently took part in a National Qualifier event on Sunday 12th May, which was held in Manchester at the pool where the Commonwealth Games took place. Again, I was really happy to be selected to swim, as only 12 swimmers from the Enfield squads were accepted. In this event I swam both the 50m and 100m breaststroke. I had two really good races and in my 50m breaststroke I won the bronze medal.



**PTA SUMMER FAIR:
FRIDAY 28TH JUNE 14.15 – 16.15**

We are excited to announce that the date of our annual summer fair is **Friday 28th June** in the school grounds after sports day from 2.30pm. We hope that as many of you as possible are able to attend, as it promises to be a fantastic event and a celebration of the Mount House community.



Stalls will include a sweet jar stall, a hamper table, a bottle tombola, a second-hand uniform stall, book stall, a Peroni, prosecco and soft drink bar, and loads of fun activity stalls run by the students of each House, plus food vans.

All the money raised will go back into the school for school outings, extracurricular activities like retro gaming and robotics, and other exciting projects. However, the main reason for the fair is for us all to get together to celebrate the end of the year and have some fun!

The Summer Fair Committee have been hard at work coming up with ideas and plans for the day, but do need your help for this to be best day for the students. In the first weeks after half term (so from 3rd June), there will be boxes placed in reception to collect the following donations. We ask each student to bring in:

- A glass jar filled with sweets - remember no nuts and the sweets should be wrapped. The jar can be as big or as small as you wish and if you'd prefer not to fill the jar with sweets, some small toys or craft items are equally welcome (although sweets tend to be an easier option).
- A bottle – alcohol of course very welcome, but if you'd prefer a soft drink (for example if your child takes public transport/the school bus to school) then please ensure that the bottle is within date and less than a year old. Equally acceptable are bottles of perfume/aftershave etc or other toiletry items - as long as it's a bottle!
- Any second-hand books which you no longer want to keep.

We will also be contacting you directly through WhatsApp about hamper donations which were such a success last year.

Thanks for all your help in making this event fun and successful.



MOUNT HOUSE SCHOOL PARENT STUDENT GOLF COMPETITION

**THURSDAY 27TH JUNE, TEE OFF FROM 5PM
£40 PER PLAYING PAIR (9 HOLES EACH, FOOD AND
DRINK ON ARRIVAL)**

**TO TAKE PART YOU WILL NEED TO CREATE A PARTNERSHIP
BETWEEN YOUR CHILD AND YOURSELF.**

**IN YOUR PAIR, YOU WILL BE PLAYING A SHAMBLE FORMAT. THIS
MEANS BOTH OF YOU WILL TEE OFF, YOU WILL THEN SELECT
WHICH BALL WAS BETTER AND BOTH PLAY YOUR NEXT SHOT
FROM THERE. THIS WILL CONTINUE UNTIL ONE BALL HAS BEEN
PUTTED.**

**THE COMPETITION WILL BE PLAYED OVER 9 HOLES, WITH THE
WINNING PAIR EARNING A TROPHY AND MEDALS.**

**PLEASE FOLLOW THE LINK BELOW, TO SIGN UP YOUR ADULT AND
STUDENT PAIR.**

[HTTPS://FORMS.OFFICE.COM/E/PDQTAJJHQ3](https://forms.office.com/E/PDQTAJJHQ3)

**IF YOU HAVE A STUDENT WHO DOES NOT HAVE AN ADULT TO
PLAY WITH, PLEASE EMAIL MR MATHER**





SOUTHGATE HOCKEY CAMPS

Bookings are now being taken for all camps during May half term and in the summer holidays.

Early bird discounts are available if booked more than two weeks in advance.

Please visit the hockey camps page on the website: www.southgatehc.org.uk

BACK BY POPULAR DEMAND

**PERFORMANCE CAMP
30 & 31 MAY**

**LEAD BY SOUTHGATE M1 &
TRINIDAD & TOBAGO
INTERNATIONAL**

TEAGUE MARCANO

SOUTHGATE HOCKEY CAMPS

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WWW.SOUTHGATEHC.ORG.UK/HOCKEY-CAMPS**

EARLY BIRD DISCOUNT IF YOU BOOK BY 16 MAY

PHOTO: JACQUES/AGENCE

**JUNIOR CAMP
30 & 31 MAY**

BOOK NOW

**A FUN COURSE OF HOCKEY
SKILLS FOR CHILDREN OF ALL
ABILITIES IN YEARS 7-9.**

SOUTHGATE HOCKEY CAMPS

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WWW.SOUTHGATEHC.ORG.UK/HOCKEY-CAMPS**

EARLY BIRD DISCOUNT IF YOU BOOK BY 16 MAY



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 Chilli 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 Vegan Friendly</p> <p>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>

