



NEWSLETTER – 14TH JUNE

MESSAGE FROM MRS HILLCOAT-HYDE,
ASSISTANT HEAD

Celebrating Our Year 9 Duke of Edinburgh Explorers

On Thursday 6th June, the school was buzzing with excitement as 20 intrepid year 9 students embarked on their Duke of Edinburgh bronze practice expedition in the Chilterns. Laden with rucksacks and brimming with enthusiasm, these students set off on a journey that promised not only adventure but also personal growth and lasting memories.



The Duke of Edinburgh Award, established in 1956 by Prince Philip, Duke of Edinburgh, has become a globally recognised programme that encourages young people to step outside their comfort zones, develop new skills, and contribute positively to their communities. Prince Philip was inspired to create the award after his experiences as a young naval officer and his involvement with the Moray Badge in Scotland, which promoted outdoor activities and community service. He envisioned a programme that would help young people gain essential life skills and achieve personal development through a structured framework.



**YOUTH
WITHOUT
LIMITS**

The award is structured around four key areas: physical fitness, skill development, volunteering, and expeditions, each designed to foster holistic growth.

Physical Fitness: this component encourages participants to adopt healthy lifestyles and engage in regular physical activity. Whether through team sports, dance, or individual fitness challenges, students build physical strength, resilience, and a lifelong appreciation for well-being.

Skill Development: here, students are encouraged to pursue interests and develop talents that are meaningful to them. This could be from learning a musical instrument or a new language to mastering a craft like photography or cooking. These activities not only boost self-confidence but also provide a sense of accomplishment and a foundation for future endeavours.



Volunteering: this crucial element of the award encourages students to give back to their communities. Through volunteer work, participants gain new perspectives, foster empathy, and develop a sense of social responsibility. Some of our Year 9 students have already demonstrated this by leading science lessons for primary school children at Monken Hadley School, making a significant impact on younger students.

Expeditions: this section challenges students to plan and execute expeditions, pushing them to explore the great outdoors and work as a team. This builds resilience, teamwork, leadership, problem-solving skills, and adaptability. Our recent practice expedition in the Chilterns provided a perfect training ground, helping students prepare for the upcoming qualifying expedition.

The Duke of Edinburgh Award's significance lies in its ability to transform lives. Since its inception, over 8 million young people from over 140 countries have participated, with the programme continually evolving to meet the needs of modern youth. The award is open to all young people aged 14 to 25, promoting inclusivity and ensuring that personal growth and achievement are accessible to everyone.

Congratulations to all our year 9 students who successfully completed their practice expedition! Their hard work, determination and positive attitude are commendable. As they prepare for their qualifying expedition, we wish them the best of luck. Remember, the Duke of Edinburgh Award is not just about reaching the end but about the journey and the personal growth that comes with it.

Their efforts and achievements in this programme shape students into individuals ready to make a positive impact on the world. As a school community we look forward to watching students embrace every challenge, learn from each experience whilst letting their journey inspire others. We look forward to celebrating their continued success and the incredible stories that our students bring back from their qualifying expedition.

P.E.

U13 girls' cricket and tennis fixture vs St. Francis' College

On Wednesday, the U13 girls' cricket and tennis teams travelled to St. Francis' College for a day of competitive matches. The girls have been improving all season, and their hard work showed in the closely contested games, with St. Francis narrowly winning.

In cricket, our team played well, showing great skills in batting, bowling, and fielding. Alicia stood out with her excellent performance, earning the Player of the Match title. Her contributions were key in making the game so competitive.



On the tennis courts, the girls played with energy and skill, demonstrating how much they have improved. The matches were tight, and their hard work and practice paid off with impressive performances. Even though St. Francis won, our teams showed great spirit and determination. The girls' ability to switch from their preferred sport of netball to play cricket and tennis so well is amazing and has made me very proud to see.

Overall, it was a day that highlighted the girls' dedication and progress. They have come a long way, and their performances were a great representation of their hard work and our school. I am very pleased with their efforts and proud of their achievements.

Miss Hopping



U15 Boys Fixture vs Aldenham School

Last Saturday, our U15 boys faced a strong Aldenham side in what turned out to be an enthralling contest. We opted to bowl first, a decision that proved to be spot on, thanks to some disciplined bowling and sharp fielding.

The bowling attack set the tone early, with Zeyad and Harvey opening the innings with precision and control. They built pressure right from the start, making it difficult for Aldenham to get off to a flying start. However, it was Eisa who produced the moment of the match. Eisa, coming in as the first change, bowled an absolutely outrageous delivery that will be talked about for days. The ball swung in late, pitched on a good length, and took out one of Aldenham's key openers, clipping the top of the off-stump. It was the kind of delivery that makes every bowler's heart sing and gave our team a significant boost.



Our fielding was top-notch, with everyone contributing to keep the pressure on the opposition. Omar was exceptional behind the stumps, showing quick reflexes and ensuring no extras leaked through. After a disciplined bowling effort, we restricted Aldenham to a manageable total. The target, though competitive, was within our reach if we batted sensibly.

Tyler, our number three, walked in after the early loss of an opener and took charge of the innings. He played with remarkable composure, displaying a blend of patience and aggression that anchored our chase. Tyler's shot selection was immaculate, and his ability to find the gaps kept the scoreboard ticking. His performance was a masterclass in how to pace an innings under pressure, and it was his steady hand that guided us towards the target.

Throughout the innings, there were contributions from other batsmen, but it was Tyler who stood out with his match-winning knock. His focus and determination were exemplary, making him a deserving Player of the Match. The match concluded with a solid team effort. Every player contributed, whether with bat, ball, or in the field, showcasing the depth and talent of this U15 squad.

A special mention once again to Eisa for that incredible delivery, and to Tyler for his outstanding performance with the bat. Well played, lads. Keep this momentum going, and we'll have many more victories to celebrate.

Onwards and upwards!

PRIMARY SCHOOL CRICKET FESTIVAL 2024

On 11th June, Mount House hosted a cricket festival featuring local year 5 primary school pupils. The day began with a series of drills designed to enhance the pupils' skills and teamwork. Under the supposed bright summer sun, the energy and enthusiasm were palpable.

A special mention and thank you go to the year 10 students who took on the leadership roles, guiding their groups with patience and expertise, making the drills both fun and educational for the younger students. The morning's efforts laid a solid foundation for the competitive spirit that followed in the afternoon.

After a well-deserved lunch break, the festival transitioned into a round-robin tournament. The air buzzed with excitement as teams competed in a friendly yet spirited series of games.

The event was a tremendous success, highlighting a strong community spirit and the joy of collaborative sports. A big thank you to everyone involved, especially our year 10 leaders, for their remarkable contribution to a memorable day.

EQUALITY AND DIVERSITY AT MOUNT HOUSE SCHOOL

My name is Abi da Rocha and I am the Head of Equality, Diversity and Inclusion at Mount House School. But let me start with the background and path that brought me to that position.

Following the racial murder of George Floyd in 2020 by a police officer, there were nationwide protests. At that time, I was thinking of my daughter who was hoping to study in the US, as well as my son who had already been stopped and searched on several occasions within a few months, by the British Police. He had just bought himself a new car and was enjoying the driving experience. It was at this point I decided to do something within the school community to educate the students that we are all equal regardless of race, disability, sexual orientation or gender. The House of Equality, a club for the students, was created by myself and Mrs. Allman in September 2020. House of Equality has since then been educating the school community through assemblies, quizzes, celebrations of culture etc. The club was also instrumental to changing the House names as some had a racial background.



Moving on from House of Equality, which is still going strong today, I started a senior leadership course which included a school-based project. My project was based on diversifying the school curriculum. The ongoing aim is to ensure all students can identify and access the curriculum. This involves delving into the history of the topic being introduced. This is the part that is not normally taught but is now coming to light. By teaching this, students become interested in the subject as they find themselves enlightened. Some, during the course of the curriculum, will be able to identify their culture.

This process involved the input of the different stakeholders, including parents, students, staff, and carers. All the stakeholders share an abundant wealth of knowledge and this enabled me to feed back valuable information that would be beneficial to the curriculum. We started teaching the diversified curriculum this year with the year 7s.

I have also had the opportunity to bring different cultures into the school cuisine. Last academic year, I taught the whole of KS3 students cookery from different countries. Since the success of the Cultural Immersion Day, I am now working with the school catering manager to introduce cultural meals every 4-6 weeks. Students and staff have tasted foods from Europe and Africa. This month will be cuisine from the West Indies.

In my role as Head of Equality, I have established a link with WOHA, a charity which provides opportunities for children in developing countries. A few sixth-form students have been raising funds through various ways and have now reached the semi-finals for being one of the top teams. They are hoping to win one of the following awards:

- Most Entrepreneurial Team or Individual,
- Most Awareness Raised and Best Presentation,
- Community Action Award,
- Excellence in Sports/Performance/Arts/Culinary/Technology (as part of the project),
- Most Funds Raised,
- Overall Winning Team/Individual.

Being the Head of Equality, Diversity and Inclusion is an honour. Mount House is a school that wants to totally eradicate any form of discrimination or racism. It is a school focused on being fair and inclusive. I would like to play a part in transforming Mount House and ensuring that all the stakeholders including students, staff and parents are treated equally, fairly and not excluded in any shape of form. I look forward to continuing to work with the entire school community.

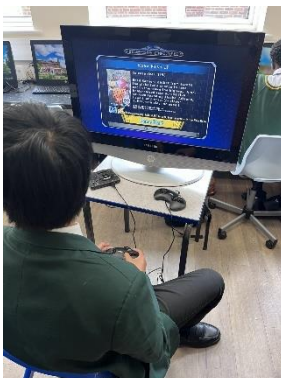
CELEBRATING RETRO GAMING SUCCESS AT MOUNT HOUSE SCHOOL

Swipe right to see the joy and achievements of our Retro Gaming Club, led by the incredible Mrs. Trickey and her digital maestros, Fred, Luca, and Evan! This academic year has been a blast as we've delved into the nostalgic realms of classic gaming, creating memories and fostering skills that last a lifetime.

Did you know? Here are three amazing facts about the positive impacts of computer gaming:

1. **Enhanced Cognitive Abilities:** engaging in retro gaming stimulates problem-solving skills, spatial awareness, and strategic thinking, honing our minds for real-world challenges!
2. **Social Connection:** Retro Gaming Club isn't just about pixels and power-ups; it's a hub of friendship and camaraderie! Through gaming, we bond, communicate, and learn the value of teamwork.
3. **Stress Relief and Relaxation:** amidst the hustle and bustle of academic life, retro gaming offers a well-deserved break. It's not just fun; it's therapeutic, helping us unwind and recharge for the challenges ahead!

The first rule of Retro Gaming Club is: you do talk about Retro Gaming Club! Spread the word, rally your friends, and let's level up together!





AFTER SCHOOL BAKING CLUB'S BISCUIT CHALLENGE

As we near the end of the school year, the students in Baking Club will work on a **Best Biscuit Challenge**. Students will research, design and bake their favourite 'Best Biscuit'. This next week will be focused on trying out recipes which students have researched. The final week of the clubs (week of the 24th June) students will bake their final version of their Best Biscuit to be judged by teachers.

It is important that students who wish to participate in this final challenge bring the correct ingredients to school to try out their recipes. This should include the ingredients for a basic biscuit recipe to which students can add and bring in extra ingredients.

Basic Biscuit Recipe

250g of unsalted butter
 140g of caster sugar
 1 egg
 300g of flour

ROAD SAFETY WORKSHOP

We are delighted to have hosted a Road Safety workshop for our year 7 and 8 students on Thursday 13th June. Well done to students from years 7 and 8 for being so focused during the performance and for their positive engagement with the workshop.

Road collisions continue to be a major cause of injury and death for young people across the UK. As young people get older and move from primary to secondary school, making more and more independent journeys, they become more at risk of being involved in a road collision.

Making young people aware of the risks and providing them with strategies to take positive actions to remain safer are important parts of their development.

Walking and cycling should always be encouraged amongst young people as sustainable travel is an important part of staying healthy and active; teaching road safety alongside this helps them to become safer and more confident independent travellers as well.

Yesterday's session exposed students to important road safety issues, including dangers surrounding distractions (from phones and friends etc), peer pressure and influence and behaviour when near roads. This session helped our students gain a greater understanding of the road safety dangers young people face and enabled them to develop strategies to improve their safety around roads and motivate them to take personal responsibility for





their own decisions and behaviour. On the back of the workshop, please encourage your child to complete the online questionnaire, which can be found on Satchel.


Parent Teacher Association
MOUNT HOUSE

FRIDAY
28th June
2:15-4:15pm

SUMMER FAIR







Ice Cream - Pizza - Drink Stall
Music - Nails - Hook A Duck
Second Hand Uniform - Book Stall
Spin the Wheel - Coconut Shy - Ring toss
Sweet Stall - Bottle Tombola
TOTAL WIPEOUT - House Competition
Hamper draw @ 3:45pm







SOUTHGATE HOCKEY CLUB

JOIN US!

ONE CLUB, HOCKEY FOR ALL AGES AND ALL LEVELS

JUNIOR HOCKEY

EMAIL - SOUTHGATEHC.MEMBERSHIP1@GMAIL.COM

SUMMER HOCKEY

THURSDAY EVENINGS AND SUNDAY MORNINGS UNTIL 30TH JUNE

COME AND TRY JUNIOR HOCKEY

EMAIL SOUTHGATEHC.MEMBERSHIP1@GMAIL.COM

SUMMER CAMPS

BOOKING NOW OPEN FOR DAY AND RESIDENTIALS - AUGUST 2024

COME AND TRY JUNIOR HOCKEY

EMAIL CHRIS.PEARCE.SHG@GMAIL.COM

JOIN US!

ONE CLUB, HOCKEY FOR ALL AGES AND ALL LEVELS

JUNIOR HOCKEY

EMAIL - SOUTHGATEHC.MEMBERSHIP1@GMAIL.COM



MENUS NEXT WEEK

Weekly Menu

Week 3

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>

