



NEWSLETTER – 13th September

MESSAGE FROM MR CROSBY, DEPUTY HEAD

Welcome back – I hope you had a wonderful summer and you and your child have had a positive start to the new term.

During our whole school assembly on Monday, we began proceedings by listening to a song from Nick Cope. ‘Nick who?’ I hear you say, which was just the response I received on Monday from staff and students (bar one brave individual who shall remain unnamed!). Nick is a CBeebies superstar, so having young kids who idolise him, I have had to follow suit. Like most productions made for children’s television now, the songs he produces for his programme ‘Nick Cope’s Popcast’ have a moral message and our family favourite is the song ‘Cloud’. Nick says in the chorus ***‘Why you wanna live under a little grey cloud when you can live under a rainbow?’*** and those words were the basis of our assembly and my message to you, our parents, this week.



Whilst some people choose to live their lives under a cloud, others are not given a choice and are forced to live under one. Of course there are many reasons why our lives are clouded: work stress, financial pressures and social challenges to name a few. These clouds are part of life’s cycle and everyone can, and most likely will, be the recipient of these experiences at some point. However, sadly some people are forced to live under a cloud, due to their ethnicity, their skin colour, their religion or sexual orientation.

As a school we reflected on the journey of our nation this summer: from the highs (and lows) of the Euros, the great Olympic successes right through to lows of the UK riots. We went from a nation celebrating its sporting heroes to a nation divided. Those very same rioters would most likely have been cheering on the England football team and our Olympians who were not only bringing glory and happiness to our country, but represent the very diversity and multiculturalism that makes our country great.

The scenes we witnessed over the summer in some of our communities were not a computer game or a film, they were, sadly, all too real. People were affected by what happened and whether that be directly or indirectly, all of us should have been impacted by this in some way; we should all have been sickened by the sight of it. We listened to a short video in our assembly from a group of young people in Hull who were directly impacted and were reminded they represent experiences and feelings from across the country... and many of the fears that some people of certain faiths and ethnic groups feel on a daily basis (if you would like to watch it, please [click here](#)).



Without undermining the trauma and damage caused by the riots, there were some positives that emerged from this disaster. Historians now talk about the ‘bystander’ being a significant cause of the Holocaust and we must be mindful that ‘those who do not learn from history are doomed to repeat it’. Our people, our communities, our society, came together and challenged the rioters. When there was planned and co-ordinated rioting, the majority of our country – those who stand for mutual respect and tolerance – came out in force at the locations the rioters were due to attend and stood against them; subsequently the rioting died out.

What unites us? In educational terms we talk about our ‘fundamental British values’ but these values are not just ‘British’, they are ‘human’ values that we all share:

- **Democracy:** the right to vote and have a say in how the country is run
- **Rule of law:** the idea that everyone should follow the laws of Britain, which are designed to protect everyone
- **Individual liberty:** the freedom to believe and act as you like within the law
- **Mutual respect:** the idea that people can live together harmoniously, no matter how different they are
- **Tolerance** of others: having a fair attitude towards people who have different opinions, beliefs, practices, or racial or ethnic background.

The last value is worth unpicking, as tolerance is a word with nuanced meanings. It can imply that you endure something and just put up with it. Is that good enough? People are forced to live under clouds as discriminatory prejudices will still remain when we just tolerate someone or something, so why don’t we work towards a society of **acceptance**, whereby we accept that people have protected characteristics and we are each entitled, within the rule of law, to be who we want to be and that acceptance should be genuine and not just something to be tolerated!

I hope today’s article has made you reflect on what happened this summer, reflect on your own experiences (do you live under a cloud or rainbow? Do you make others live under a cloud or rainbow?). We hope you live under a rainbow in everything you do.

PE

What a fantastic start to the year in PE and Games lessons! The sun has been shining and our students have been in great spirits, fully engaged, and excited to be back at school participating in physical activity. It’s wonderful to see everyone enjoying sports and staying active.

Games

Last week during our **football** games sessions, the students focused on passing, control and dribbling and exploring the importance of clear communication on the pitch. Students had the chance to put this into practice this week whilst playing in modified games and matches.



Next week students will be focusing on shooting and preparing for the fixtures which will be starting in the forthcoming weeks.

Golf remains a popular activity, with students dedicating time to the driving range to enhance their skills. They are not only learning new techniques but also refining their existing abilities.

Students had a fantastic time on the **trampoline!** Beginners have built a solid foundation in basic skills, gaining confidence and control. Some year 9 and 10 students have successfully mastered the backdrop, while others are planning and performing impressive ten-bounce routines.

Netball has been a hit during games afternoons, with students actively participating and improving their skills. From practising footwork and passing techniques to playing full matches, students have shown great teamwork and enthusiasm. Their dedication is paying off, with noticeable progress and a strong sense of sportsmanship throughout the sessions.

Miss Fraser led her first **yoga** session with a group of sixth-form students on Monday. They started with basic yoga which focused on working through all the joints in the body.

Hockey has restarted this term in games, and we have been perfecting the fundamentals of the game, working on long passing, shooting and gameplay-based scenarios. Next week we will practise receiving passes on the move and close control with the ball.

One afternoon of poor weather led to a change in the games programme, giving students a chance to try something new. Those scheduled for netball and hockey enjoyed an opportunity to participate in either boxing or Just Dance. The change was a hit, with students fully embracing the activities and having a fantastic time learning new skills while staying active indoors.

U13 Girls Hockey v Heath Mount School & Felsted School

Our U12 and U13 girls travelled to Heath Mount School to play in a hockey tournament. For many it was one of their first times playing a hockey match, but they did not look out of place at all! Queenie had a go at being a goalkeeper and was outstanding, saving the team from conceding on multiple occasions. The weather tried its best to hinder us with a thunderstorm, forcing us to go inside to talk tactics. The girls may not have won any of the games against two very formidable opponents, but they certainly won over the fans and coaches. A lot more to come from the girls in the future!



Athletes of the Week:

Year	Last week	This week
7	Vinny R	Larissa M
8	Oscar R	Queenie M
9	Esme S	Thomas G
10	Kasim M & Kerenza H	Saffron T
11	n/a	Sofie B
sixth form	n/a	Chin Yiu P

Sports clubs

As we begin the new year, we encourage as many students as possible to join lunchtime and after-school clubs, including the early morning strength and conditioning club on a Monday. These sessions offer a great opportunity to stay active and improve skills, and they'll also help us select students to represent the school in the various fixtures we have planned.

Cross Country

Cross Country club is underway on a Thursday after school, and we're working on pacing ourselves with our speed and breathing as we run. Rest was also a key aspect of Thursday's session, with timing our breathing and having short rests after a set of shuttle runs. Once again, we will be attending the ISA North London Cross Country competition. This will be taking place on 9 October at Abbot's Hill School.

The distances for each age group are shown below (boys and girls):

U12 - 2km

U13 - 2.5km

U14 - 3km

U16 - 3.5km

U18 - 4.5km

If you would like your child to represent Mount House School, please complete the link below.

<https://forms.office.com/e/q8sYLS1YeW>

New members of staff

We are pleased to introduce new members of staff. This term, we welcome new staff to the PE department, supporting our games and fixtures programme. With their wealth of experience and expertise, they bring valuable knowledge to our team, and we feel incredibly fortunate to have them on board.

Mr Palani

Mr Palani's main role at Mount House is working in the Learning Support team, but we are thrilled that he is also supporting our games programme.

Since he was a child, Mr Palani has been an avid sports player, always giving all sports a go. He eventually found his love for hockey, applying himself to compete at the highest level - Premier League and GB U21 hockey. Mr Palani plays for Southgate Hockey Club as a goalkeeper and has won many trophies and awards for them. He also loves football and is a lifelong fan of Arsenal. Also competing in football growing up, he reached the ISFA Cup U18 final. Mr Palani is focused on the aspects of skill, control and understanding of the sport as a whole.





Miss Pollard

Miss Pollard joins us as a graduate teacher in the music department and also supports the games programme. She has just graduated with a first-class honours degree from Durham University – and sang in the Proms at the Royal Albert Hall just two weeks ago!

From a young age, Miss Pollard has engaged in a variety of team and individual sports, including netball, tennis, swimming, athletics and cross country. She has represented her home county of Norfolk and Durham University for badminton, competed at the National Schools finals for hockey and her school team were the U18 county cricket champions. Miss Pollard is dedicated to helping Mount House students thrive in sports, develop teamwork skills and make lifelong friendships.



Profiles of other new teachers will be featured in next week's newsletter...

Volunteering Opportunity

Enfield Town Junior Parkrun takes place every Sunday, and the organizers are always seeking volunteers. Our students have been invited to assist, either as part of their Duke of Edinburgh award or simply to give back to the community. Parents are also welcome to volunteer. For more information, please visit: [Enfield Town Junior Parkrun](#).



CO-CURRICULAR PROGRAMME MICHAELMAS TERM

Our exciting co-curricular programme started this week but there's still time to sign up for clubs. Now's the time to try something different, learn new skills and have fun. Another benefit is that you'll meet plenty of friends from other year groups. Have a look at the schedule below and see what looks good to you.

Day	Club Name	Year(s)	Time	Location
Mon	Strength & Conditioning	All	07:30 – 08:10	Meet on Courts
Mon	Classics Club	7 - 9	1 st Lunch	Room 22
Mon	Water Explorers	7 - 9	1 st Lunch	Room 23
Mon	Table Tennis	9 - 13	1 st Lunch	Hall
Mon	Economics Clinic	Sixth Form	1 st Lunch	Room 7
Mon	Dance	All	2 nd Lunch	Hall
Mon	HPQ (Higher Project Qualification)	9 & 10	2 nd Lunch	Room 1
Mon	Communication Café	Invite only	2 nd Lunch	Room 3
Mon	Biology Clinic	11	2 nd Lunch	Room 10
Mon	Inspire Art	9 - 13	2 nd Lunch	Art Room

Day	Club Name	Year(s)	Time	Location
Tues	Choir	All	8.20-8.50 am	Music Room
Tues	Wellbeing Baking	Invite only	All Lunch	Food Tech
Tues	Badminton	9 - 13	1 st Lunch	Hall
Tues	Touch Typing	Invite only	1 st Lunch	IT Suite
Tues	Enrichment & UK Maths Challenge	9 - 13	1 st Lunch	Room 15
Tues	Badminton	7 & 8	2 nd Lunch	Hall
Tues	Inspire Art	9 - 13	2 nd Lunch	Art Room
Tues	Chemistry Clinic	11	2 nd Lunch	Room 10
Tues	The Mount	Y12	2 nd Lunch	Room 1
Tues	Robotics	All	16:10 – 17:00	Room 9
Tues	Baking Club	All	16:10 – 17:00	Food Tech
Tues	Hockey	All	16:10 – 17:00	MUGA
Tues	Wizards Homework Club	7 - 9	16:10 – 17:00	Room 6
Tues	Phantoms Junior	7 - 9	16:10 – 17:00	Music Room



Tues	Creative Corner	7 - 9	16:10 – 17:00	Art Rooms
Tues	Year 11 French	11	16:10 – 17:00	Room 19
Tues	Geography Clinic	10 & 11	16:10 – 17:00	Room 23
Tues	Homework Club	7 - 10	16:10 – 17:00	Room 22
Tues	Supervised Study	11 - 13	16:10 – 17:00	Library & Sixth Form Work Room

Day	Club Name	Year(s)	Time	Location
Wed	Wellbeing Baking	Invite only	All Lunch	Food Tech
Wed	Table Tennis	7 & 8	1 st Lunch	Hall
Wed	Classics Discussion	10 - 13	1 st Lunch	Room 22
Wed	PEPs for PE	11	1 st Lunch	Room 18
Wed	Maths drop-in support and homework clinic	7 - 10	1 st Lunch	Room 16
Wed	Acapella	All	2 nd Lunch	Music Room
Wed	Global Voices	7 - 9	2 nd Lunch	Room 19
Wed	House of Equality	All	2 nd Lunch	Room 3
Wed	Inspire Art	9 - 13	2 nd Lunch	Art Room
Wed	Baking Club	All	16:10 – 17:00	Food Tech
Wed	Retro Computer Gaming	All	16:10 – 17:00	IT Suite
Wed	Kids MBA (Master of Business Administration)	7 - 10	16:10 – 17:00	Room 7
Wed	Phantoms Senior	10 - 13	16:10 – 17:00	Music Room
Wed	The Story Tellers	All	16:10 – 17:00	Room 1
Wed	Varsity	All	16:10 – 17:00	Room 2
Wed	Football	All	16:10 – 17:00	MUGA
Wed	Further Maths GCSE	Invitation only	16:10 – 17:00	Room 20
Wed	Homework Club	7 - 10	16:10 – 17:00	Room 22
Wed	Supervised Study	11 - 13	16:10 – 17:00	Library & Sixth Form Work Room



Day	Club Name	Year(s)	Time	Location
Thurs	Wellbeing Baking	Invite only	All Lunch	Food Tech
Thurs	Speakers Corner	All	1 st Lunch	Room 3
Thurs	Trampolining	9 - 13	1 st Lunch	Hall
Thurs	Anti-Bullying Ambassadors	Ambassadors	1 st Lunch	Room 1
Thurs	The Rainbow Pages Collective	9 - 13	1 st Lunch	Room 4
Thurs	Maths Exam Focus Clinic	11 - 13	1 st Lunch	Room 16
Thurs	Wellbeing Art Club	All	1 st Lunch	TBC
Thurs	Trampolining	7 & 8	2 nd Lunch	Hall
Thurs	Drum Corps	All	2 nd Lunch	Music Room
Thurs	Origami	All	2 nd Lunch	Room 8
Thurs	Book Club	10 - 13	2 nd Lunch	Room 2
Thurs	Inspire Art	9 - 13	2 nd Lunch	Art Room
Thurs	Physics Clinic	11	2 nd Lunch	Room 10
Thurs	Enrichment & UK Maths Challenge	7 - 8	2 nd Lunch	Room 15
Thurs	Baking Club	All	16:10 – 17:00	Food Tech
Thurs	Discovery Lab	7 - 9	16:10 – 17:00	Room 9
Thurs	Science Olympiad	10 - 13	16:10 – 17:00	Room 10
Thurs	The Cinephile Chronicles: The Burton Film Club	9 - 13	16:10 – 17:00	Room 4
Thurs	Netball	7 - 9	16:10 – 17:00	MUGA
Thurs	Competitive Netball	10 - 13	16:10 – 17:00	MUGA
Thurs	Cross-Country	All	16:10 – 17:00	Offsite
Thurs	Drama	All	16:10 – 17:00	Drama Studio
Thurs	Scrabble	All	16:10 – 17:00	Room 1
Thurs	Homework Club	7 - 10	16:10 – 17:00	22
Thurs	Supervised Study	11 - 13	16:10 – 17:00	Library & Sixth Form Work Room



DRUM LESSONS

Uche, the drum teacher at Mount House, will be continuing to teach lessons this term and has a few spaces left. Please don't hesitate to get in touch for any further details or questions you may have via email: ucheb1@gmail.com.

NEWS FROM THE PTA

On Wednesday 4 September the inaugural Mount House PTA AGM was held. A quorum was met so we were able to present our report on the past year and our plans for the coming year. In the 2023/2024 academic year we managed to raise **£14,269** for the school and spent **£4,470** on items and activities for the school which included:

- The set up of the Retro Gaming club.
- Footballs, cello, robotics equipment, retro gaming equipment, and a new sofa for The Hive (to be purchased) all chosen by students from the funds raised by the Moveathon.
- New library books including the booklist for the Yoto Carnegies Medal for 2024.
- Refreshments for students, parents and staff at the Festive Fair, the school production of Alice in Wonderland and the summer concert.
- Post-exam ice creams for students.
- Class of 2024 biscuits and drinks at the sixth-form Prom.
- Summer Fair ice creams for all students and staff and a Total Wipeout inflatable for the house competition.
- Engraved winners' golf medals for the annual summer golf competition.

And coming this academic year - financial wellbeing workshops for students covering subjects such as budgeting, credit and savings, taxes and pensions.

Part of the money raised was due to the **Easyfundraising** scheme. It is easy to sign up and nominate Mount House School PTA as your chosen charity and then, with every participating internet purchase you make, the company will donate some money to us. It costs you nothing but we raise money - so please sign up at www.easyfundraising.org.uk.

We also re-elected:

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| • Julie Westmore as Secretary | • Salma Mustafa as a parent member |
| • Keezia Obi as Chair | • Yamin Mustafa as a parent member |
| • Claire Davies as Treasurer | • Mrs Richardson as a staff member |
| • Roy Summers as a parent member | • Mr Whitehouse as a staff member |

Dates for your diary are

- **Moveathon** on Thursday 10 October, a full day of non-stop movement for the students. Watch out for those sponsor forms!
- **Quiz night** is our first parent event on 8 November. We need to beat the staff team so save the date! Further details shortly.

If you missed our presentation and would like a copy, would like further information or details, own a business or provide services that the PTA could use or are interested in getting involved then we would love to hear from you MountHousePTA@mounthouse.org.uk.

Thank you for all your support!