



NEWSLETTER – 20TH SEPTEMBER

MESSAGE FROM MR COOPER, SENIOR DEPUTY HEAD



Over the summer holidays my eight-year-old son was determined to work towards earning four Cub Scout badges. I asked him why he liked Cubs and one reason he gave was that they **helped other people**, like the time when they did some garden clearing for a local park, and when they took part in a litter pick (which does not seem to have transferred into picking up items after himself at home!). I was so proud of this answer; and this concept of giving service to others, and what we can learn from it, is at the core of my educational philosophy.

At Mount House we have developed a stream of Service Learning opportunities, led by Mrs Allman. In particular, Service Learning forms one of the pillars of our **Sixth-Form Futures** curriculum (alongside Critical Thinking, Life Skills, Careers Education, PSHE, and Academic Enrichment). It is expected that all sixth formers will volunteer to help others and reflect on what they are learning. Our year 12s are about to be introduced to our local partnership options this year which include work with the Barnet Environment Centre; working with residents at the CBS Day Centre; a life skills cooking class aiming to offer some festive gifts for local organisations in need; and some masterclass work with local primary schools. They have so much to gain by working with people from different walks of life and at different stages of life, and their soft skills and personal development will grow hugely as a result.

Closer to school there will be opportunities for sixth formers to support younger students as peer mentors, to work in co-curricular clubs, and even to help with some academic subject support. The principle of Service Learning draws down into younger years too with Duke of Edinburgh students having a chance to volunteer in some primary school science sessions, leadership roles across year groups, and an upcoming group of year 10s offering a Classics masterclass to primary school children following last summer's Theatre in Education project by year 9 and 10 students. The school's House system gives everyone an opportunity to give back and support others – seeing the power of the collective.

Of course, the idea of the power of the collective and giving back extends beyond the school and local community. It is important too to reflect on how we are global citizens and what we might learn from enterprising activities to support communities across the globe. This week in assembly we heard from the Wings of Hope charity <https://thewingsofhope.org/>.

We have partnered with this charity for the second year to offer all students the chance to form a team to take part in the Wings of Hope Achievement Awards (WOHAA). Wings of Hope aims to provide UK students with the opportunity to learn transferable skills in

collaboration and enterprise by devising fundraising ideas with the aim to open up opportunities for underprivileged children in India and Malawi, by providing them with a free education. WOHA participants go on an immersive journey of life skills training in leadership, project management, empathy, communication, and more. Last year a group of our sixth formers were finalists in the UK wide WOHA challenge, presenting their ideas to a team of experts and celebrities in Westminster. Well done to Vani, Darcie and Aoife for this achievement. This year we hope to have lots of teams across the school testing themselves, learning new skills, and helping others by entering the WOHA challenge. More information is attached to this week's newsletter and can also be obtained from Mrs Da Rocha.

Helping others, working with your friends, and developing valuable life skills – why would you not take part?

NEW STAFF WELCOME

This week, we'd like to introduce our new Teaching Assistant Mr Davis who will also support the PE department:

With five years of international competition for the Canadian National team and over a decade in the sport, Mr Davis specializes in hockey. He has played alongside and against some of the best hockey players in the world. Having been coached at an elite level, Mr Davis plans to bring his knowledge and expertise to our school and use it to develop students in all facets of sport. With a diverse background in many sports (cricket, golf, tennis and squash), his experience includes coaching everyone from young newcomers just starting their athletic journey to seasoned competitors striving for their peak performance.



More new staff profiles will follow in the coming weeks...

PTA

**Sponsored Moveathon - all day non-stop movement!
Thursday, 10 October 2024**

We are pleased to announce that we are running the Moveathon again this year. This is one of our biggest fundraisers and we are seeking your support.

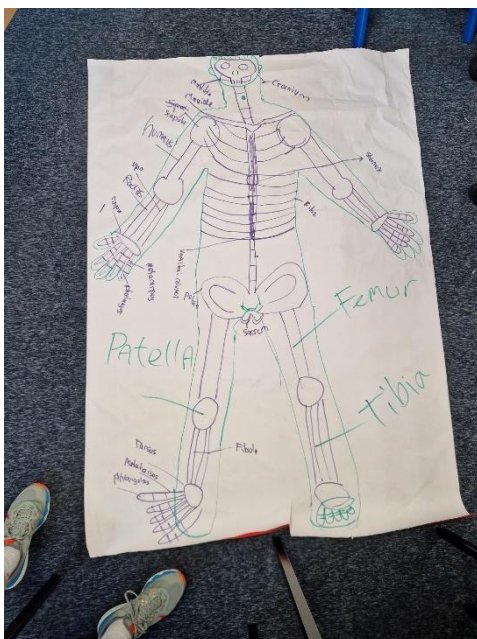


Organised by the PTA, the PE department and a qualified personal trainer (Chris Antoni of Tailor Made Fitness), each year group will spend 30 minutes in non-stop movement. This will consist of a range of activities and Chris and the PE staff will help make it fun for everyone! The event will be held on the Multi Use Games Area (MUGA), or in the hall if it's raining.

Next week all students will be given a sponsor form and all we ask is that they collect as many sponsors as possible. There will be a prize in each year group for the student that raises and collects the most sponsorship! Please look out for the form and encourage your children to collect sponsorship.

Thank you in advance for your support.

GCSE PE



Mr Mather's year 10 class enjoyed drawing out the skeleton and labelling the bones in the human body in their GCSE PE lesson last week.

CO-CURRICULAR PROGRAMME

The co-curricular clubs started last week and there are still spaces in a few clubs, so please go along and try them out. Here are some photos from this week's Dance club, Baking club and Discovery Lab club.



PE

This week, our U13 boys A & B football teams took to the field against Aldenham School in two thrilling matches. Throughout both matches, the boys demonstrated great teamwork and supported each other every step of the way. The B team impressed with their solid defensive work, while Oscar R from year 8 delivered some outstanding goalkeeping. A special mention goes to Ben S in year 7, who stepped in at the last minute to play goalkeeper for the A team, performing admirably under pressure.

The standout players of the match were Brendan N for the A team and Oliver A for the B team, both showing exceptional skills and determination on the field.

Well done to all the boys for their hard work and dedication.



YEAR 12 TEAM BUILDING TRIP

This year, sixth formers enjoyed a three-day team building trip to Thetford Forest, about an hour away from Cambridge. We stayed in an AirBnB with great facilities including a games room, spacious lounge and gardens. On day one, after settling into their rooms and exploring Thetford Forest, Group One cooked a scrumptious chilli chicken and pasta dish with a creamy tomato and cream sauce. Anna and Semi cooked enough pasta to feed an army, Alice's sauce was very well received, and Zarvan's and Theo's pan-fried chilli chicken meant everyone was very well fed. Theo impressed everyone with his culinary flair which was worthy of a MasterChef award. It was wonderful to see the students organising themselves and working together to cook a delightful meal.

Group Two had many pots and pans to clean, but they proved to be very efficient, with Katherine taking the lead and really showing everyone how it's done!

A quiz by Mr Abrahams was followed by a movie and popcorn, before the night was done.

The following day Group Two were in charge of cooking a full English breakfast for their peers. It was very interesting to see culinary skills of all abilities. Robert took charge of three frying pans to cook bacon for 21 people and Tiger's butter mushrooms were very tasty. Andreanna organised teas and coffees. George was a good sous chef to Robert, and Maria set the table.

After breakfast, the day continued with relaxation time in the hot tubs followed by a long walk in Thetford Forest. We saw the accommodation of the Desert Rats and learnt about what life was like for them living in the forest during World War Two.

In the afternoon year 12 took part in team bonding games, including Guess Who and The Rule game. Students all joined in, and the atmosphere was relaxed and happy. In the evening, year 12 enjoyed making their own pizzas, a burger barbecue cooked by Mr Abrahams, and a Bingo party night, hosted by our host and owner of the house Julie.

Day Three involved an early check out and a drive to Cambridge where we spent the day. Mrs Richardson joined us for this part of the trip and was able to give the students a quick tour of Cambridge. We started the visit with punting on the River Cam, with our guides or 'chauffeurs' as they are known pointing out the university colleges and the subjects that are studied in each one. They also gave a fascinating insight into rivalry between the colleges, student life and antics at university, which I am sure year 12 thoroughly enjoyed!

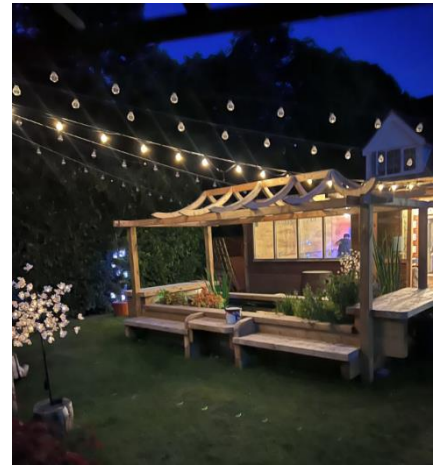
After lunch, we headed off to the American World War Two cemetery and visitors' centre. This was a poignant visit and the videos in the interactive visitors' centre meant that students gained deeper insight and appreciation into the sacrifice which these young soldiers made, whose average age was just 20 years old. Several students visited the chapel and signed the visitors' book, expressing their personal thoughts and gratitude.

Overall, we had a great trip and we could not have asked for better behaviour and politeness from our students. The owner of the house commented on this and said she would gladly welcome Mount House again next year. A special thank you to Mr Abrahams for being an amazing support and great quizmaster on the trip.



'It was a fun trip and lots of good memories were made' - Lorenzo

'Finally got to know my new classmates' - Johnny



'It was such a fun experience with all my friends' - Alice



'Interesting few days, once in a lifetime experience with new friends' - Zarvan

'Making new friends in a new environment' - Tiger

'I had a great time, spending time with new people I perhaps wouldn't normally hang out with' - Anna





Weekly Menu

Week 1

LUNCH MENUS NEXT WEEK

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Soup of the day served with freshly baked bread</p> <p>Dish of the day Sweet and sour chicken With Vegetable fried rice</p> <p>Vegetarian option Creamy mushroom risotto Vegan Friendly</p> <p>Snack Option Baked Potatoes Or Fresh Pasta and sauce</p> <p>Served With Roasted red peppers Roasted baby sweetcorn</p> <p>Dessert Blueberry Mousse</p>	<p>Soup of the day served with freshly baked focaccia</p> <p>Dish of the day Spaghetti and Meatballs In marinara sauce</p> <p>Vegetarian Option Sundried tomato, olive and Feta Quiche</p> <p>Snack Option Baked Potato with Various Fillings Or Fresh Pasta and sauce</p> <p>Served With Sautéed Green Beans Roasted cauliflower</p> <p>Dessert Lemon Drizzle</p>	<p>Soup of the day served with freshly baked bread</p> <p>Dish of the day Mount House Hot Dog With caramelized onions</p> <p>Meat free and Gluten free sausages available</p> <p>Vegetarian Option Vegetable chow mein Vegan Friendly</p> <p>Snack Option Baked Potatoes Or Fresh Pasta and sauce</p> <p>Served With Spiced Caramelised Carrots Cajun corn</p> <p>Dessert Blueberry banana bread</p>	<p>Soup of the day served with freshly baked focaccia</p> <p>PUPILS Choice Cheesy beef quesadillas With Mexican black bean rice</p> <p>VEGETARIAN OPTION Cheesy chickpea and sweet potato quesadillas With Mexican black bean rice</p> <p>SNACK OPTION Baked Potatoes Or Fresh Pasta and sauce</p> <p>Served with Roasted spiced aubergine and courgettes</p> <p>Dessert Strawberry coconut yoghurt pots</p>	<p>Soup of the day served with freshly baked bread</p> <p>Dish of the day Handmade Beefy Burgers With Burger sauce and spiced wedges Or Filet-o-fish burgers With Tartare sauce and spiced wedges</p> <p>Vegetarian Option Homemade Mexican bean burgers With Burger sauce and spiced wedges</p> <p>Snack Option Jacket Potatoes Or Fresh Pasta and sauce</p> <p>Served With Crispy Potato Wedges Garden Peas</p> <p>Dessert Ice cream with raspberry compote</p>

