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Junior School girls explore

caves, take on quests and

tackle the 'Piranha Pool'!

Find out what being a House

Captain means to them.

The Mount celebrates

delivery of ten brand new

Steinway & Sons Pianos.

## The girls continued to inspire us all through their enthusiasm and enjoyment of School.

It has been quite a term at The Mount! Even as the country entered challenging times, the girls continued to inspire us through their enthusiasm and enjoyment of School.

At the end of the Autumn Term, a group of very excited girls enjoyed a fantastic Ski Trip in Folgarida. Many more trips followed in the Spring Term, including the Junior School Residential (p6). College girls went to Bath for the Model United Nations conference, Geographers visited Cranedale and College and Year 11 girls attended the Globe Theatre in London. Unfortunately a handful of trips were postponed due to the public health crisis, they will be rescheduled and we know the girls will seize every opportunity to live adventurously when they come.

On the sports field, our teams have had a fantastic term (p15). The girls know that sport is not just about winning; the matches where they do not win are just as important for testing their resilience and teamwork skills. Of course competition and challenge is not restricted to the sports field. Senior girls enjoyed the intellectual stimulus of Rotary York's Team Design Challenge, the Royal Society of Chemistry's Top of the Bench, the Geographical Association's Worldwide Quiz and the UK Maths Trust Team Challenge.

The Arts also continue to flourish. Becoming an All-Steinway School was celebrated in truly once-in-a-lifetime recital (p3) and I had the privilege of accompanying the girls on the trip to London's Steinway Hall in January. Our joyous Performing Arts showcase, "Heard It In The Playground", brought together girls from Junior School to College (p10). The Spring Concert was a real treat and a lovely reminder of the immense musical talent we have at The Mount, with many of our music scholars performing solos and duets.

I am always impressed by the girls' social conscience of the world around them. In January, representatives from Solving Kids' Cancer dropped by to thank the School for our support and the donation to their registered charity. This term, Junior School girls invited the whole School community to support their fundraising for Sport Relief. Senior Schoolgirls in their PeaceJam projects supported a variety of causes such as Reread, Yorkits and the British Heart Foundation.













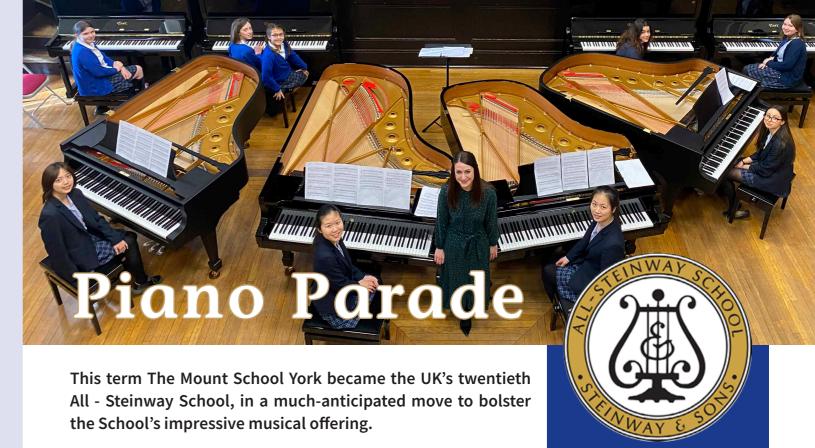






The end of the Spring Term was an unusual one as the whole world was met by the Covid - 19 crisis. The courage, compassion and empathy on display by the girls, staff and whole School community has been heart warming. Teaching continues from home and we support the children of key workers in School. At the time of publication we do not know what shape the Summer Term will take but we can be rest assured that the girls and staff will embrace it with the enthusiasm, spirit and determination that they always show.

Wishing you good health and happiness. Adrienne Richmond, Principal



On 4 March we took delivery of ten brand new Steinway pianos. Girls and staff had selected the pianos earlier in the year after a special visit to the Steinway Hall in London. To mark this very special occasion pianists from Year 6 to Year 13 gave a recital debuting the new instruments. The whole School and guests gathered for this unique one-off performance. The recital began and culminated with a special ensemble involving all ten pianos, performing a magnificent piece by Einaudi, arranged and conducted by Mrs Derbyshire, Head of Music.

BBC Radio York broadcast live from the School after the recital. Presenter Adam Tomlinson commented "It was a wonderful performance; it made a simply astonishing sound." A keen pianist himself Adam could not resist a quick live performance, "These are just absolutely phenomenal pianos," he enthused. During the live broadcast Mrs Derbyshire, added, "It's a very special day. We didn't have much time to rehearse all together. The girls did so well. I'm so proud of them."

BBC Look North were also in attendance interviewing Mrs Derbyshire and pupils about this extremely special recital. The pianos have now been moved to their new homes across the School, and we look forward to hearing them played for many years to come.







"It felt so special to play in the recital. The pianos are so smooth and really projected the sound. Going to Steinway Hall was a good experience. We got to see their showroom for the first time and choose the pianos for the school. We learned about how Steinway pianos are made, which was very interesting. It takes three years to remove all of the moisture from the wood which they use for the soundboard of each piano." Berlin, Year 8

"There were no tops on the pianos for the recital, so from where I sat I could see the back of the keys working, and that was really interesting. I really loved playing in the recital, even though I was nervous."

Florence, Year 6

"It was quite scary to perform in the recital but it felt amazing. The pianos are great, the pedals are so soft. The sound was fantastic; it sounded beautiful." Kyra, Year 6

## A conversation with . . . MOUNT HOUSE CAPTAINS

for a very long time. Named after York's Quaker and chocolate heritage, girls are split into Cadburys, Frys, **Rowntrees and Terrys.** 

The House System first and foremost is a way of encouraging teamwork, community spirit and friendships. Houses are divided vertically with girls from every year group in each House. They meet regularly to discuss upcoming activities, charity drives and events, as well as just checking in on one another. The teamwork and camaraderie the girls gain from working towards a common goal is invaluable in developing their compassion for others.

Each House is led by a Captain from College and Year 9 or 10. We chatted to some of the girls who are House Captains to find more about the benefits they feel the House System brings to The Mount community.

#### What does being a House Captain entail?

Morgan (Terrys): "I'm in Terrys and House Captain for Year 9. It's a bit of a mix of responsibility because you have to organise people, make sure they come to the meetings and get involved. I enjoy having that role of responsibility. There are also the College I House Captains, but if they're not available, then you've got to be in charge of people who are older and younger than you. That's quite a challenge, but it's the kind of challenge I enjoy."

#### What do you enjoy most about being a House Captain?

Naomi (Rowntrees): "I love that it's a leadership role where we're able to help the younger girls. I do my utmost to make sure their time here is the best that it can be. During the watched the girls cooperate and grow up, but I have also House Music Competition, I was watching the girls perform this dance routine that we'd created and I felt really proud front of everyone!" of them and what we'd achieved together."

**The House System has been part of The Mount's history** Denva (Cadburys): "It's important to look after the younger years. In the House Music Competition, in March it was especially great to bring us all together as a House. We'd created each of the acts ourselves, the music and the choreography. We all worked really hard for it and it was fulfilling to know that everyone made an effort. Being able to lead the girls as their House Captain was incredible."

#### What do you most enjoy about working with the younger girls in your House?

Sophie (Terrys): "It's fun working with the younger students and helping to organise whole House activities. As a House Captain, I hope to bring our House together as a community and increase levels of enthusiasm.

Elise (Cadburys): "I like helping the younger girls flourish. When we're leading a team of people it's nice to see what interests them and help them to become who they will be in the future."

Eleanor (Frys): "Leading the younger girls takes a lot of work, but it is rewarding and fun."

#### What have you gained from being a House Captain?

Angel (Frys): "Support and confidence. When I first stood in front of people in our House, I was really nervous because it was the first time I had had to speak in public. Everyone was very supportive. As a House Captain, the most enjoyable thing has been hearing the girls discussing ideas together. Their ideas for House Music were bold and interesting. Eleanor and I had our disagreements, but we overcame them! As a House captain, I have not only made great progress myself. I'm now not as nervous in

Georgia (Rowntrees): "Being House Captain has **Charlotte (Terrys):** allowed me the opportunity "I love having the to meet a wide variety of opportunity to give people. It's a pleasure to back into The Mount be around them because community. I enjoy everyone is genuinely the House events we lovely." have so much fun and laughter."





#### HOUSE MUSIC

In March, Senior School girls gathered for the eagerly anticipated House Music Event. The theme was musicals and we were treated to pieces from Mama Mia, Waitress, Shrek, Frozen, The Little Mermaid and many more. Well done to everyone who took part and had fun. It was a very entertaining afternoon!

#### **HOUSE SWIMMING**

Junior and Senior School girls took part in House Swimming galas this term. Girls in Year 7-10 all showed fantastic effort in the pool and from the gallery supporting their team mates. Congratulations to Rowntrees who came 1st. The Junior School swimmers demonstrated fantastic skills and great team spirit. The races were extremely tight as was the final result. A delighted Terrys just claimed victory.















## Wonders of Robin Wood!

In January, girls from Year 4 to Year 6 took part in Indoors the girls had an archery lesson and scaled a very adventurous residential at Robin Wood, **Dobroyd Castle set high up on the Todmorden Moors.** solving exercises including the Crate Challenge, the

During their stay the girls participated in several adventure and teamwork activities. They set sail on the site's lake for an introduction to canoeing, learning the importance of working together to keep the boats rowing. They tackled outdoor caves, giant swings and a zip wire around 80 metres long. The mixed weather including snow did not dampen the girls' spirits as they attempted the 'Knights Quest' a maze and numerous We were wonderfully proud of the girls, their obstacles. The trust the girls have in one another was put to the test in the Nightline activity as they were blindfolded and guided each other around an obstacle course.

different climbing walls. They took part in problem Dungeon Quest and the Piranha Pool! The challenges really captured the imagination of the children adding an exciting and thrilling element to the activities. Finally, they were challenged to jump from the 4-metrehigh indoor trapeze, a task they relished with great gusto. Have a look on twitter @mountdoor to see them in action!

determination to have a go and to challenge themselves. They supported each other, demonstrated fantastic teamwork and kept smiling and laughing throughout!



"My favourite thing about the residential was our instructor, Nicole. She was really adventurous. I think about half of the class were sometimes a bit worried. She just kept us going and encouraged us through every activity." Alexia, Year 5



"The thing I liked the most was caving because it was challenging." Emelia, Year 4



"I enjoyed the Piranha Pool and the caving the most. I thought Piranha Pool was good for problem solving. I thought it was very entertaining and I liked the comedy in it. It was very funny! The caving was really adventurous." Abigail, Year 6



"I enjoyed the residential. I liked Piranha Pool the most because it was a bit like an Escape Room, and I really like the challenge of Escape Rooms." Hetty, Year 5



"My favourite thing about Robin Wood was the dungeons and the caving. During caving we were playing hide and seek, then one of the tunnels came up and you had to try and get out." India, Year 4



"My favourite was the Piranha Pool because I was the last in my group to try to get across and I was really scared and it was really funny because I thought I was going to get bitten by a Piranha!" Emilia, Year 5



"My favourite activity was the giant swing. You were hoisted up into the air, when it let go you just shot downwards, and then it was really relaxing. It was nice going on the residential with the other year groups, it was special because we got to go together." Amelie, Year 5



"I really liked the giant swing. At first I was really scared, but once I got on it, it was actually quite relaxing. It was very cold up there." Lana, Year 4



"My favourite thing was the crate stacking. It was fun, it wasn't as wobbly when it was on ten crates as it was when it was on five crates!" Livvy, Year 5

# A Wholesome Education

Support, Guidance and care.

When she returned to The Mount last term for a visit, them for Year 11 and the College years in which they sit Kate Pryer, who attended the School between 2007-2013, realised something. "If I hadn't come to this school, if the staff weren't as caring, if the classes were too big, I'd Not surprisingly, in the exam years, support for the have so easily been lost in the crowd. I was so supported throughout my school career but particularly in my exam weekly lunchtime clinics in all subjects give the girls years. Without this I would definitely not have reached my full potential and I would not be who I am today." Kate was leaving shortly for Phoenix, Arizona, where she is dynamically assess the girls' pastoral needs. Year 12 girls, currently on a graduate placement assisting defence attorneys who are working on appeals for inmates on death row. During her visit, Kate spoke with the current 10 & 11 explains, "The girls know there is always someone

College cohort about her time at The Mount, applying to university, and life beyond School.

The educational journey that girls travel throughout their years at The Mount is a well-oiled machine, finely

honed to cater to the ways in which girls instinctively learn. Our aim is to maximize the educational benefits to them and to prepare them for their final exams and the foundations of their education, inspiring girls to have a thirst to learn. In Years 7, 8 and 9 that thirst is fed as new experiences are offered to them as they study every available subject. Through this they have the opportunity to find their passions, strengths and build their ambitions. In Year 10, girls gently settle in to their GCSE studies. Their whole educational journey prepares

girls intensifies. From January until final exams, the opportunity to resolve any problems they might have within the curriculum. Personal tutors continually having themselves just passed their GCSEs, are peer mentors for the Year 11s. As Jackie Eccles, Head of Years

> there for them to turn to. before they start to struggle."

> Support for the girls is

towards their exams. Jackie Eccles continues, "These years can be difficult for the girls, for many reasons. This is why each personal tutor has only a handful of tutees. We life beyond College. Junior School is all about building work with the girls to help them overcome the challenges they are facing. It may take merely a light touch or it might require a multi-level, multi-faceted cohesive approach."

incorporates balance and flow for work and rest. "There

GCSEs and A Level examinations.

someone to lend them an ear

provided not only in academic concerns. Teenage years are challenging, and especially so for girls who are working

Strategies for promoting mental health are also key. Nurse Cindy encourages the girls, especially in GCSE and A Levels, to create a holistic study plan which





"Teachers at The Mount want every student

to achieve their own personal best. The

Mount encourages students to grow and

become inspired in their education."

- Isla, Year 13







"The Mount will without doubt encourage

and push all your individuality and strengths.

Regardless of what you want to achieve, the

all-girl Quaker ethos encourages you to go

for it." - Alicia, Year 13



is robust scientific evidence to support the quidance I get stuck, you can just say it then and there." give the girls. I encourage them to have adequate sleep, practice healthy eating, get regular physical exercise, build enjoyment into their day and take micro-breaks. It boosts their memory capacity, their physical well-being and their mental well-being."

Naomi (Year 12) comments, "There is a lot of academic support available. However, you also have teachers checking in to see how you are mentally and making sure you are okay and not too stressed out. I think that's just as important as the academic support."

In the College years, girls study only three of four subjects for A Levels, with much smaller classes; they really hone their skills in their subjects and prepare for A Level assessments. Staff who have seen the girls develop

throughout their time at The Mount are well prepared to individual intellectual creativity. College itself is small give them the advice, support and guidance they require. Clare (Year 12) notes, "As you go from GCSE to A Level you get the chance to foster a different relationship with your teachers. It's more like mutual respect than the traditional student-teacher relationship. It's a really nice mix."

Charlotte (College I), adds, "The smaller classes at A Level have made learning a lot better, because A Levels are much harder than GCSEs." Georgia nods, "You're not saving all of your questions until the end; whenever you

Focus in College also encompasses life after The Mount. Wendy Thompson, Head of Careers, ensures the girls have submitted their UCAS applications by October. "It means they have one less thing to worry about," says Mrs Thompson, "and it also allows them to get excited and be inspired once their, and their friends' UCAS offers begin to trickle in. Usually by the middle of the Spring Term, everyone has received their offers, leaving the girls free to focus on those crucial final exams."

> Of course education is more than just exams. Michael Spiers, Head of College, describes how there is so much more for girls here. "Our College girls aren't expected to adhere rigidly to norms found in other settings; they are encouraged to explore their

enough for the girls to receive individual support, yet large enough to feel like a big family."

Girls at The Mount receive expert care to achieve their best possible outcomes. Even though they may not realise it at time! "I couldn't wait to leave when I was here and now that I'm back I realise it's such a wholesome school," explains Kate Pryer. "It's such a lovely way for a girl to be educated."

#### **EXAMINATIONS SUMMER 2020**

After this article was written the Government announced the cancellation of GCSE and A Level exams in Summer 2020, following the Covid - 19 global pandemic. At the time of going to press we are still digesting what this means and it may take time to get a definitive answer from the examination boards.

We know that Mount girls through the extensive support they have already received, and will continue to receive, are prepared for whatever the future may hold. Following the advice of their teachers, they remain focused and continue to work hard. We will continue to support and encourage all of the girls over the next few weeks and months. Our desire will always be for them to achieve their very best in and outside of the classroom.

09 REFLECTIONS SPRING 2020













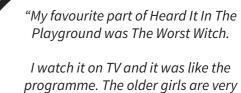


Girls from the Junior School and Senior School performed a truly remarkable showcase for the annual Performing Arts Showcase.

"Heard it in the Playground", was a celebration of School and memories. Curated by Head of Music Rachel Derbyshire, and Drama Teacher, Rachel Lavell.







India, Year 4

good. It was entertaining!"





"I really enjoyed it especially because we got to perform songs and dances. I also got to perform on stage with my older sisters who are in Senior School." Alexia, Year 5

"The thing I liked best was the singing. Performing with the older girls was fun!" Hetty, Year 5

## Where are they now? We chat to Mount Old Scholar, Yasmin.

Yasmin Jauhari joined The Mount School in Year 7. After leaving The Mount in 2002, Yasmin attended six years of medical school. She graduated from St George's University in London with a Neuroscience degree. Since then her CV has greatly expanded including living in Fiji working on a marine conservation site. She returned to the UK to undertake another 5 years of medical training to become a surgeon. This was followed by a PhD, alongside expeditions to the Amazon and Mongolia. She also found the time to train as a Yoga Teacher. Yasmin is currently working as a specialist registrar in General Surgery.

#### What is the first thing that comes to mind when you having that moment of silence before you start your day. think back to your years at The Mount?

I came to The Mount from Malaysia. I had never lived in England before. It was a hard age twelve, away from your family, speaking a new language. Everything about it was so novel. It was before the era of mobile phones and the internet. I'm starting to sound quite old! Everyone was very supportive. Whenever I felt homesick I got hugs. It was an incredibly amazing life experience. Boarding at that age could have been so hard but it was so wonderful. I was lucky to have The Mount as that first experience away from home.

#### What is your fondest memory of The Mount?

There are so many to choose from. I guess some of my fondest memories were as a boarder and the silly things midsummer night, onto the lawn, to taste the midnight dew. My friends are going to absolutely laugh because every time we talk about it now we're like, "Oh we were such geeks!"

#### How important an influence has the Quaker ethos been to you?

I came from Malaysia where Quakerism is not widely known. So for me Quakerism, was part of my learning of being in an English school. In hindsight, it was wonderful because it is very accepting of the person that you are. That was important to have at such a time of change. The thing that I really appreciated then and even more now is just the peace. I enjoyed Meetings in the morning and just

The Meetings are really, really special.

#### Through your years at university, did you feel conscious of influences from your time at The Mount?

There are two elements to that. One is that I'm still really good friends with the girls from The Mount. So even when Medical School was hard and I didn't know what university was meant to be, I still had this grounding of my friends who really knew me. The other element to it was that, I learnt to be comfortable in my own skin. In so many ways University was challenging and I think those challenges were met with a certain degree of calmness. I didn't deviate from who I was. My friends will tell me I'm still the same person I was when I was twelve, through university to who I am now. I think a lot of that is due to the fact that every you do to occupy your time. Once we all snuck out on a stage of growing up I was able to be grounded in who I was.

#### Looking ahead, what are your hopes for the future?

To be honest, I don't know. I generally just take each step one at a time. Career-wise I think I will become a breast surgeon. I've taken my PhD in it and essentially most of my training is geared up towards that. But where I'm going to live and what hospital I'm going to be in, I have no idea. I've had to adapt to so many different environments, being in England and going to uni and then moving around. A certain amount of that adaptability has definitely come from some of my earlier experiences. I've learnt that you can be happy in most environments if you have the right mindset. And I think I definitely owe that to The Mount.

### I love The Mount!

A couple of years ago I took my husband to The Mount with Lucy, a good friend of mine who was Head Girl. Mrs Thompson remembered us and my husband laughed, "This is madness. You guys are in your 30s and your teachers remember you. You're so excited to be back at School and showing me around." I think that's a real testament. It was a very important place for all of us. That's where we grew up and figured things out for ourselves and it was safe to do that. We made friends for life!

# Exploring Environments

This term children in the Early Years had great fun exploring different environments. They have travelled to Polar regions, dived under the sea and built Castles for Knights. They also braved lots of different weather; rain, snow, ice and sunshine as they explored their surroundings at School. In March the whole Junior School visited Eureka. The Early Years children enjoyed exploring the variety of different environment displays.

"We saw the rainforest, where the scorpions were black. Then we went to the desert and the scorpions were brown. We went to the Arctic and saw snow and a polar bear. We saw a whale like in The Whale and The Snail." - Florence













During their Under the Sea topic, the Early Years children each named a different sea creature, and added stories their Friendship





STEM (Science, Technology, Engineering and Maths) studies are entwined in The Mount's DNA, as we saw when girls celebrated British Science Week in March. The whole Junior School including the Early Years enjoyed a visit to Eureka in Halifax. Here they enjoyed discovering more about themselves and the human body and the fascinating world of sound and light. They also took part in workshops leading a rover mission to Mars.

In the Senior School girls took part in a national poster competition launched by the British Science Association. They were tasked with making a poster entitled 'Our Diverse Planet'

Elsewhere this term to launch their 'Discover' topic girls in Year 1 and Year 2 enjoyed a fantastic day being Mad Scientists, exploring, experimenting, taking observations and deliberating what further research they should undertake. The girls carefully observed micro habitats and recorded their findings.









A delegation of five Year 12 girls travelled to Bath for the annual Kingswood School International Model United Nations (MUN) Conference.

The girls debated their resolutions and actively participated in the individual sub-committees where they represented Portugal. The girls found the protocols interesting. Eleanor said, "Who knew that third person could be so passive-aggressive?" mimicking with her best speaker's voice, "Does this delegate not agree?"

All agreed that it was a great experience and look forward to taking part again next year. The Kingswood School MUN is a truly international event, with pupils coming from schools across the Continent and the Irish Republic.



# TEAM MOUNT

Following a short rest after an action-packed Ski trip in the Christmas holidays our Sports department were prepared for another active term. And what a busy but fantastic term for team sports it's been!

The U12A Netball team stormed through their fixtures with an unbeaten season, showing unbelievable determination and teamwork every time, they took to the court. They also competed in several tournaments and we are extremely proud of them making it to the final of the York Schools Netball Tournament where they came second after a closely fought and nail-biting final. Not to be out done the U12B team also took part in a Netball competition. For many this was the first time they had played in a match. They all gave 100% in very cold conditions.

The U14, U16 & U19 teams competed in the Scarborough & District Netball Tournament. Once again, the British weather was not onside, and the girls played valiantly in very cold conditions. They all displayed fantastic resilience as they braved the elements. The U14 & U16 came 5th and the first team came 3rd. The U15A team also had a fantastic season winning matches against St Peter's, Fulneck and Ackworth.

Junior and Senior Swimming squads enjoyed a full calendar with House Swimming and competitive meets against Queen Margaret's, Terrington Hall, Pocklington, Hill House and Harrogate Ladies' College.

Hockey fixtures began with an afternoon at Red House School. Girls took part in four matches over the afternoon. The girls won 1, drew 1 & lost 2. There were brilliant hockey skills on show from everyone and lots was learnt.

Well done to everyone who took part!

#### THERE'S NO 'I' IN TEAM

It is an age-old motto, there is no 'I' in team, but one that Mount girls demonstrate. Throughout all the sporting activities this term there has been one common factor, the excellent teamwork the girls have displayed. When they step out to play, they do so as a team, not a group of individuals. Girls have trained together, communicated with one another, learnt to cooperate and built strong friendships.

Learning to cooperate with others towards a common goal in sports is what builds character, friendship and important life skills. We have witnessed friendships built within all our teams, and the journey the girls have been on throughout this season is truly memorable.



## TEACHER SPOTLIGHT

Emily Mitchell teaches Maths in the Senior School. She and her husband have three young children and she has a passion for educational research.

#### What are your qualifications?

BSc in Maths and Physics, PGCE in Maths, MA in Education.

#### What drew you to teaching?

It combines two things I really enjoy and have a passion for-education and Maths. I love being in the classroom and interacting with the pupils, and also thinking through the educational theory of good lesson planning etc.

### What book are you currently reading?

The Seven Sisters series by Lucinda Riley.

## What is your favourite film or television show?

'Westwing' or 'Friends' boxsets.

## Name three favourite songs/pieces of music from your current playlist.

I've never been very good at following any particular band or genre, but

my current playlists consist mostly of nursery rhymes at the moment! I listen to classical music to relax.

#### Chocolate or crisps?

Chocolate, always!

## Name two of your heroes and tell us why you admire them.

This one made me think... I think people that I admire are probably ones I know and have seen their lives 'in action' rather than someone famous. There is an older lady at my church who has had many trials and extremely difficult circumstances in life, but she is so joyful, never complains, and is always looking out for others. I admire her hugely and would like to be able to be like that.

I have another friend who is currently living and working as a nurse in a remote hospital in Madagascar. She has limited access to electricity and water, but gives all her time, effort and love to nursing people who otherwise would have no access to healthcare, and making a huge difference to many lives. I think she's amazing!





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## Windows of hope . . .

Windows across the world have transformed into colourful canvases as children post rainbow pictures to brighten the public's mood.

The "chase the rainbow" trend has seen children and their families in the UK, US and beyond painting and drawing multicoloured displays along with messages of hope.

The children of key workers in School during the last week of term created their own pictures that are now being displayed in the Principal's PA's office. Please share your creations with us via twitter @mountschoolyork



