

Good morning. My name is Marija.

At The Mount School York, we are deeply connected to our Quaker roots, and we are encouraged to live by the values of Simplicity, Truth, Equality, Peace, Social Justice, and Sustainability.

All students are invited to take an active part in school life, whether that's through the School Council, Food Council, volunteering, or leadership roles such as House Captains and the College Leadership Team. We are taught to recognise the light in everyone and to put Quaker values into action every day.

The Mount is an extremely diverse community, with students from many different backgrounds and beliefs. Yet, we all share and uphold the same Quaker values, which creates a respectful, trusting, and supportive environment where everyone can flourish.

This June, the Quaker Leadership Training was held at the Quaker Meeting House in York, bringing together student leaders from The Mount, Bootham, and Ackworth schools. We explored Quaker values, Quaker worship, Quaker business, and Quaker meetings. This experience has had a lasting impact on our leadership teams, and our House Captains now plan to run more Quaker reflection meetings to help others across school take part in thoughtful, values-led discussion.

We have also taken time to reflect more deeply on what Quaker Meeting means through our regular Morning Worship. This has helped us to appreciate quiet reflection and the importance of listening as a community. As a school community, we place heavy emphasis on Quaker Worship. We come together during the week for Quaker silent meetings, as well as having morning meetings presented to the school by each year group. In the silent meetings, we take time to reflect on the text of the day, and girls feel confident to stand up and express their views to the school. We each value the simplicity of the meetings and use the quietness to think about how the text of the day relates to us, as well as current world events.

Our sense of community extends far beyond the classroom. Earlier this year, our boarding pupils took part in the Shine Sparkle Walk in support of St Leonard's Hospice. It was wonderful to see everyone walking together for such a meaningful cause, showing compassion and care for others.

One of the greatest strengths of The Mount is its community spirit. This is shown through our Mount Old Scholars Association, which hosts events around the world to connect our international alumni. Because of the strong relationship our school holds with its former students, we were able to host a Careers Week, where Old Scholars returned to share their professions, their school journeys, and advice for the future. These talks were inspiring and relatable. It was motivating to hear from people who once stood where we are now.

Recently, our previous Head of Rowntree House, Lisa, spoke to The Rowntree Society in memory of Joseph Rowntree, reflecting on how his values continue to influence both our school and the wider community today.

Last academic year, we launched our first International Day, a celebration of our diverse community and the many cultures that make The Mount such a special and inclusive place to learn.

We also held a tree-planting ceremony to remember an Old Scholar who generously gave to support our pupils. It was a moving reminder of the lasting bonds within The Mount community, and of how generosity and care continue to nurture future generations.

The Mount remains a place where tradition and progress meet, where every girl is encouraged to find her voice, recognise the light in others, and make a difference in the world.

Thank you.

Good morning, my name is Zara I am a member of the CLT at the mount, which is our pupil leadership team.

Throughout the academic year, all students are given the opportunity to partake in a large range of events and these help us grow a deeper understanding of the Quaker Faith. The Ethos of the school allows us to put our beliefs and experiences into practice.

I believe it is The Mount's encouragement of independent thinking which allows Mounties to put into action the Quaker values into our lives **in** and **out** of school. It is the supportive atmosphere, where individual contributions and opinions are recognised, pupils develop a strong Moral Compass and the confidence, energy and enthusiasm to promote and support Quaker values. We are fortunate to also have time within the school day to reflect and think about Quaker values because we have the space of silent meeting, where we can reflect on the Text of the Day or think through our own thoughts for the day.

Each year group is given the opportunity to create a presentation for a morning meeting and each year group will also have their own project related to Quaker values for example year 11 are looking at sustainability in correspondence to our theme for September. In terms of simplicity, our school text, 'qui fidelis est in parvo', 'have faith in small things' relating directly to the teaching that if we show skill, care and attention towards the details and if we use our resources carefully, in time we will be capable of being responsible for much more. The motto can be applied to many aspects of life for example by making small changes these can add up to spiral into a big significant change. This motto is about the power of the small things.

Our recent morning meeting presentation concentrated on the importance of the individual and how we all have a purpose, discussing how when we all put our individual strengths together, we come out stronger.

During Quaker week, we take time to learn about Quaker values and look at examples people have set. As well as this, junior school have learnt about the Quaker values (STEPSS) and how these values link to the meeting of worship. They also learnt how meetings are run and the role of the Elders. Year 6 have illustrated and displayed the STEPSS in the foyer area and they now begin every afternoon with a short silent meeting, which is led by our Year 6 Elders.

In senior school years 7-11 partake in PSHE lessons which focus on Peace and learning about the Peace laureates and the work that they do. In college, we have life and ethic lessons which are used to learn about a variety of topics including responsibility and autonomy. This term we have had presentations from Peace Jam in school and pupils in year 8 and 9 are currently involved in peace jam projects. We even have our unique Nutcracker mentoring system where younger girls are supported by college, this is in order to strive for an atmosphere of peace in the school and to contribute towards a more equal society.

As a school, we place great emphasis on organising charity events, led by our team of House Captains. Girls regularly donate a small amount of money in fundraising events, such as Children in Need, Jeans for Genes, and our recent Macmillan coffee morning.

We focus on our school charity, which is chosen in house meetings, when we sit together and come to a unanimous agreement. We have chosen a local charity this year, York against Cancer which we donate money directly towards.

The Mount values itself as a community and one big family. Part of this is a **teamwork** approach at school. For example, we each contribute to sports teams, music ensembles, drama performances and other groups such as debating. And each of our individual efforts results in a big effect. Even leadership roles are a team effort, with our College Leadership Team and Group of house captains.

The Mount also has a tradition of taking part in the Model United Nations conferences in Bath. This sees older girls researching current issues affecting the country they are representing and engaging in challenging debate on issues relating to the environment, sustainable development, health, and economic policy. A valuable insight into the workings of the UN Council, the value of finding consensus to achieve peace and move projects forward for a more equitable world. It was a pleasure to be invited to Bootham this week to join them in their own Model United Nations, a new event that we hope will become a long-standing tradition.

My experience at the Mount from year 5 has been one of friendship and personal growth. The quaker values have become part of my everyday life as they have for every individual upon being reflected throughout our school year.