



MacIntyre Academies
Quest Academy

May 2018 Edition 1: Newsletter



VIRTUAL TOUR OF OUR NEW QUEST ACADEMY, RUGBY:

<https://youtu.be/2Q1HNIhWLG0>

“Quote of
the week”

*“Nothing is a waste of time if you use
the experience wisely.”*

Auguste Rodin

WELCOME



Dear Parents/Carers,

Last week we had our second monitoring visit from the DfE. I am pleased to report that Nell Banfield, our DfE consultant, was very positive about our achievements to date. She will visit us again at some point during the Autumn Term. The purpose of Nell's visits are to ensure that we are on track to achieve a good Ofsted carry out their first inspection. Our inspection is due to take place during our third year of opening.

I have also been invited to sit on the Working Party for RISE, which is the new name for Child and Mental Health Service. (CAMHS) I attended the first meeting on Thursday. As part of the new service, RISE are setting up hubs across Warwickshire. The purpose of these is to provide opportunities for families to have access to earlier support and guidance. The first two Rise Community Hubs have now launched in the, The Ratcliffe Centre (Ratcliffe Road, Atherstone, CV9 1LF), and Escape Arts (The Old Slaughterhouse Heritage & Arts Centre, The Yard, Sheep Street, Stratford-upon-Avon, CV37 6EE). It is hoped that the hub in Nuneaton and Rugby will be opened sometime during the Autumn Term.

Each hub will provide a core service, but each will evolve depending on the local needs. The core offer will include:

- Themed coffee mornings for parents
- Weekly Consultation Sessions, where you can book a half an hour slot to see a professional in advance.
- Telephone Consultations
- Training to professionals, such as schools, GP's or the Third Sector
- Provision of two bespoke mental health based programmes for primary and secondary schools.

The following sessions are now available to book onto:

- **Understanding and supporting children aged 3-11 years with ANXIETY.**

Escape Arts, Stratford: 14 May 2018, 9.30-11am

Ratcliffe Centre, Atherstone: 21 May 2018, 9.30-11am

One to one consultations are available 11-12.30pm.

What is anxiety, and how can we help our children? Learn to spot the signs of anxiety and how it might look in children of different ages. Learn to tell the difference between the usual stresses of childhood, and when anxiety might be becoming a problem for a child. You will take away practical tips and activities you can do at home to support a child who is feeling anxious. You will also find out where to go for help locally if you are worried about your child's emotional wellbeing.

- **Understanding and supporting young people aged 11-18 years with SELF-HARM.**

Ratcliffe Centre, Atherstone: 18 June 2018, 9.30-11am

One to one consultations are available 11-12.30pm.

What is self-harm, and how can we help our young people? Learn about some of the reasons young people self-harm, and what can keep the problem going. You will take away practical tips and activities you can do at home to support a child who is self-harming. You will also find out where to go for help locally if you are worried about your child's emotional wellbeing.

- **SOURCES OF INFORMATION AND SUPPORT for children and young people's emotional wellbeing.**

Ratcliffe Centre, Atherstone: 16 July 2018, 9.30-11am

One to one consultations are available 11-12.30pm.

What is out there to help you help your child with their emotional wellbeing? We will explain how you can use the new Dimensions Tool, a web-based app that will help you to find support in the Warwickshire area that is specific to your child's needs. The Dimensions Tool is free to use and has been developed in conjunction with parents and carers, referrers and our clinical staff. We will also give you an overview of other useful local and national resources, including self-help books, websites, apps, etc.

To book your place, please email risecommunityhubs@covwarkpt.nhs.uk.

- **Understanding and supporting healthy EMOTIONAL DEVELOPMENT for children aged 3-11 years.**

Escape Arts, Stratford: 23 July 2018, 9.30-11am

One to one consultations are available 11-12.30pm.

What does healthy emotional development look like at different ages? What are the challenges children and parents face at different ages, and what can you do to help? We will give an overview of key stages in children's development, and tips for what you can do to support your children to grow up with positive emotional wellbeing.

Parent Consultation Sessions

During the following dates and times you can book a 20-30 minutes one on one consultation. To book onto a session please email risecommunityhubs@covwarkpt.nhs.uk.

Ratcliffe Centre:

Date	Time
14 May	9-1pm
11 June	9-1pm
23 July	9-1pm

Escape Arts:

Date	Time
21 May	9-1pm
4 June	9-1pm
18 June	9-1pm
2 July	9-1pm
16 July	9-1pm

If you have any further queries about this please feel free to contact the school. I hope that you find this information useful.

Kind regards, *Nicola*

Pupil's and parents will be informed about their form teacher and classrooms for September on Wednesday 6th June 2018.



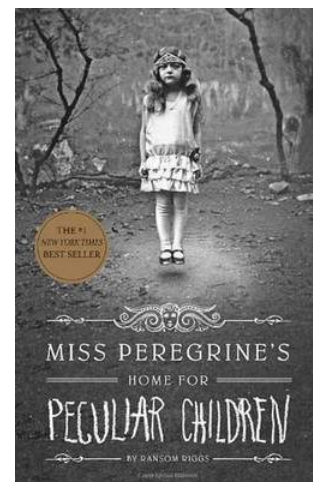
IN THE LOVELY HOT WEATHER PLEASE ENSURE YOUR CHILD COMES INTO SCHOOL WEARING SUN PROTECTION.

Book of the Week

Miss Peregrine's Home for Peculiar Children

by Ransom Riggs

After a family tragedy, Jacob feels compelled to explore an abandoned orphanage on an island off the coast of Wales, discovering that the children once kept there — including his own grandfather — may have been dangerous, and may be still alive.



PERSONALISED LEARNING

New
pupil
transition
work.



Maths
extension
work.



Fine
motor
skills.



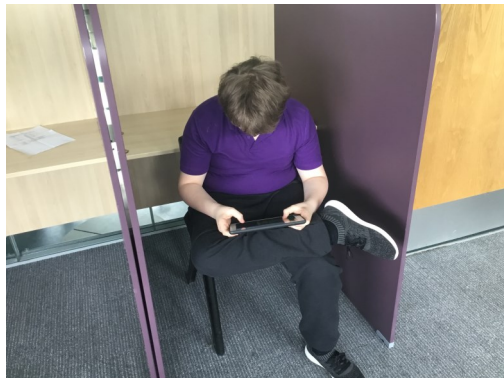
Quest
Newspaper:
Developing
writing skills.



Maths
extension
work.



Maths
extension
work.



Radio
Club:
Speaking
& listening
skills.



Radio
Club



Social
Skills.



Fine
motor
skills.

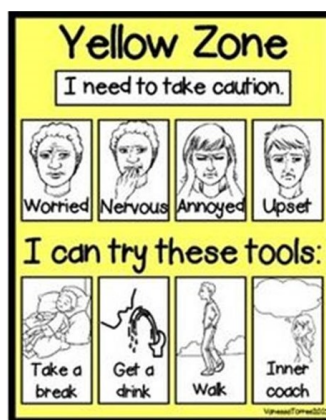


INFORMATION ABOUT THE **ZONES** OF REGULATION®



The Zones of Regulation® is designed by Leah Kuypers. It aims to help pupils gain skills in the area of self-regulation.

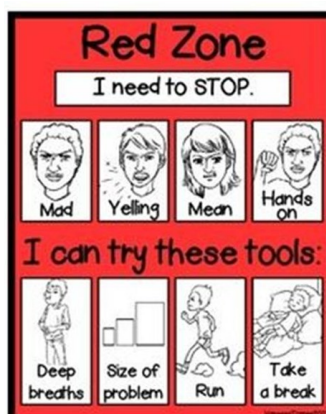
Self-regulation can go by many names, such as self-control, self-management, and impulse control. It is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when a student plays on the playground or in a competitive game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.



You can support your child in developing understanding of their Zones by:

Use the language and talk about the concepts of The Zones as they apply to you in a variety of environments.

- Make comments aloud so your child understands it is natural that we all experience the different zones and use strategies to control (or regulate) ourselves. For example, “This is really frustrating me and making me go into the Yellow Zone. I need to use a tool to calm down. I will take some deep breaths.”
- Help the student gain awareness of his or her zones and feelings by pointing out your observations.
- Share with your child how his or her behaviour is affecting the zone you are in and how you feel.
- Help your child become comfortable using the language to communicate his or her feelings and needs by encouraging the student to share his or her zone with you.
- Make sure to positively reinforce your child for recognising their zone and managing their behaviours while in it, rather than only pointing out when students are demonstrating unexpected behaviours while in a zone.



It is important to note that everyone experiences all of the zones—the Red and Yellow Zones are not the “bad” or “naughty” zones. All of the zones are expected at one time or another.

PLEASE SEE OUR NEWEST MENUS

We run on a 3 week rolling basis and the same menu's take us round till November 2018.

Lunch Menu Week 1:

Commencing Monday 14/5, 11/6, 2/7, 3/9, 24/9, 15/10.

Lunch Menu Week 2:

Commencing Monday 21/5, 18/6, 9/7, 10/9, 1/10, 22/10.

Lunch Menu Week 3:

Commencing Monday 4/6, 25/6, 16/7, 17/9/8/10, 5/11.

Educaterers Lunch Menu Week 1
Commencing Mondays 14/5, 11/6, 2/7, 3/9, 24/9, 15/10.

Monday	(v) Vegetarian Only
Pork Sausages (G,SL)	(v) Vegetarian Sausages (G,SL,SB)
Tuesday	
Chinese Style Turkey Meatballs (G,SB)	(v) Chinese Style Quorn Meatballs (G,SB,E)
Wednesday	
Roast Pork	(v) Quorn Fillet in Gravy (E,G,D)
Thursday	
Chicken Pie (D,G)	(v) Vegetarian Toad in the Hole (G,SL,SB,D,E)
Friday	
Breaded Pollock Fillet (F,SB)	(v) Breaded/Unbreaded Vegetable Fingers (G)

Week 1 Dessert Menu
Every day we offer:
Fresh fruit as an alternative dessert option

Monday
(v) Strawberry Swirl Mousse (D)

Tuesday
(v) Homemade Citrus Sponge with Mandarin Oranges (G,E)

Wednesday
(v) Homemade Cookie (G)

Thursday
(v) Homemade Orchard Fruits Crumble with Custard (G,D)

Friday
(v) Homemade Chocolate Cracknel (G)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

Accompaniments may vary to those shown.
(v) Please let your school cook know if you require a hot vegetarian meal on a day when one isn't shown.

Key
V = vegetarian
D = Dairy
N = Coconut
S = Sesame
E = Egg
G = Gluten/Wheat
F = Fish
M = Mustard
SL = Soya
SU = Sulphites

Educaterers Lunch Menu Week 2
Commencing Mondays 21/5, 18/6, 9/7, 10/9, 1/10, 22/10.

Monday	(v) Vegetarian Only
Organic Pork Meatballs (G,SL)	(v) Quorn Meatballs (G,E)
Tuesday	
Chicken Korma (D,E,M)	(v) Veggie Bunch (G,E,D,SB,SU)
Wednesday	
Roast Beef in Gravy	(v) Quorn Fillet in Gravy (E,G,D)
Thursday	
(v) Cheese and Tomato Pies (G,G)	
Friday	
Seafood Fish Fillet (F,G)	(v) Jacket Potato with Cheese (D)

Week 2 Dessert Menu
Every day we offer:
Fresh fruit as an alternative dessert option

Monday
Ice Cream Tub (D)

Tuesday
(v) Homemade Very Berry Muffin (G,E)

Wednesday
(v) Homemade Superfood Granola Bar (G)

Thursday
(v) Yeo Valley Organic Yoghurt (D)

Friday
(v) Homemade Chocolate Fapjack (G)

All our meals include a carbohydrate accompaniment, seasonal vegetables and/or salad. We offer a choice of fruit juice cordial, organic semi skimmed milk and water to drink.

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*Please be advised we are a nut free school.

PUPIL PREMIUM

Pupil Premium is additional funding given to schools to address the current underlying inequalities between children eligible for free school meals (FSM) and their peers.

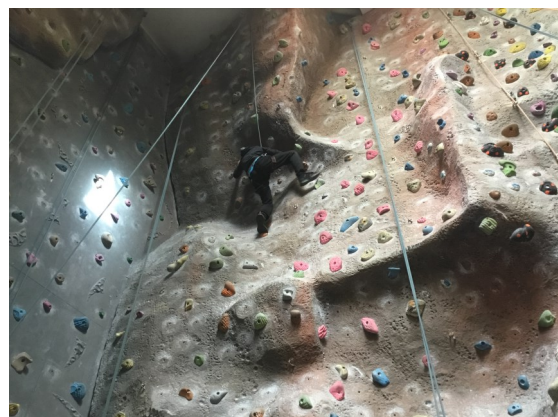
As a school we decide how Pupil Premium is allocated and spent, this is because the Government feels we are best placed to assess what additional provision should be made for each of our pupils. Please contact school for more information.



GOLD REWARD: JUMP XTREME



ROCK CLIMBING



SAFEGUARDING

Please can parents be aware of these apps and discuss them with children.

10 APPS TEENS ARE USING THAT PARENTS NEED TO KNOW



Calculator%

This app looks like a calculator but functions like a secret photo vault.



Hot or Not

Strangers rate your profile. Goal is to lead to a hook up.



Omegle

A free online chat website that promotes chatting anonymously to strangers.



Burn Book

Post anonymous rumors about people through audio messages, texts, and photos.



Yellow

This app is designed to allow teens to flirt with each other in a Tinder-like atmosphere.



Wishbone

An app that allows users to compare kids against each other and rate them on a scale.



Whisper

An anonymous app where the creators promote sharing secrets and meeting new people.



Kik

Messaging app. Kik has built in apps and web content that would be filtered on home computer.



Ask.fm

Ask an anonymous question and get an answer. This app has been linked to the most severe forms of cyberbullying.



Instagram

Many kids are now creating fake accounts to hide content from parents. Kids also like to text using Instagram because messages are deleted once a user leaves conversation.

FOR MORE INFO: APPSOLUTELYAPRIL.COM

TERM DATES 2017- 18

- ♦ Term: Tuesday 17th April 2018 - Friday 20th July 2018

Half Term – Monday 28th May - Friday 1st June 2018

- ♦ Term starts Monday 4th June - Friday 20th July 2018

SAFEGUARDING—VISITORS POLICY

Keeping children safe in school is every school's priority. As part of our Visitors' Policy, we require all visitors to sign in at reception and read and sign our Visitor's Code of Conduct.

Please, therefore, do not take offence when our office staff ask you to adhere to our procedures. Should any parent /carer feel unable to comply, we will be unable to let you past the reception area.

Quest Contact details

Quest Academy,
St David's Way,
Bermuda Park,
Nuneaton
CV10 7SD

E: quest.office@macintyreacademies.org

T: 01788 593 112



How to contact members of staff:

Please contact Reception if you would like to speak with a member of staff. You will either be transferred or reception will e-mail the member of staff to let them know that you have called.

Reporting pupil absence and lateness:

If your child is absent for more than 7 days you will need to provide a doctors certificate. If we do not receive a doctors note and have not seen your child we will have no alternative but to refer the matter to the Safeguarding Board in line with our safeguarding procedures.