



MacIntyre Academies
Quest Academy

MARCH 2020 EDITION 2 NEWSLETTER



“Quote of
the week”

*“Life doesn’t require that we be the best,
only that we try our best.”*

H. Jackson Brown Jr.

WELCOME



Dear Parents/Carers,

Kind regards,

Nicola Wells.

Following on from the government's new guidance issued 16th March concerning Coronavirus (COVID 19) we have unfortunately had to cancel any non-essential appointments or meetings starting 18th March.

This includes **EHCP review meetings, therapists, admission tours, after school clubs and any parent events/meetings.**

SAFEGUARDING & FAMILY FOOTINGS

As most of you are aware Quest has two Family Footings Facilitators and the team is managed by Anna, Safeguarding and Wellbeing Lead.



- Daisy is responsible for lower school families and is available on;

daisy.howden@macintyreacademies.org

Work mobile 07504001918



- Joan is responsible for upper school families and is available on;

Joan.goodrich@macintyreacademies.org

Work mobile 07377990796



- If you have any higher level Safeguarding concerns or questions please contact Anna on

anna.stelfox@macintyreacademies.org

Work mobile 07377990797

We are available to help families with things like accessing family support, Early Help, Child In Need Meetings, Child Protection Meetings, taxi queries, support working with other professionals such as CAMHS, general safeguarding questions and much more.

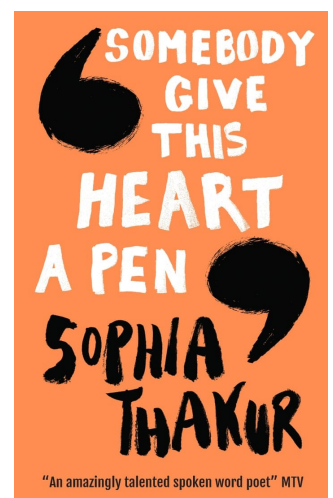
Anna Stelfox, Safeguarding and Wellbeing Lead for Quest Academy



Somebody Give This Heart a Pen

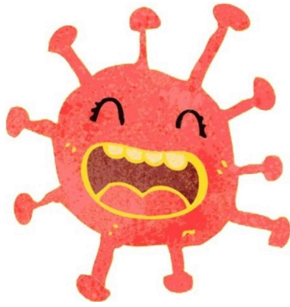
by Sophia Thakur,

The first published collection from acclaimed performance poet and YouTuber Sophia Thakur is full of intricate, hard-hitting poems about the experience of being a young black woman, divided into sections entitled Grow, Wait, Break and Grow Again. The rhythms, emphases and internal rhymes of performance poetry interweave elegantly with the quieter, more meditative shapes of verse on the page; it's an inviting collection, filled with strength, contemplative power and hope. "Always reseed. / Always restart. This is the natural process of a heart."



HELLO

I am a VIRUS,
cousins with the flu and the Common Cold



My name is Coronavirus

I love to travel...



and to jump from hand
to hand to say hi



Have you heard about me?



How do you feel when you hear my name?



Relaxed



Confused



Worried



Curious

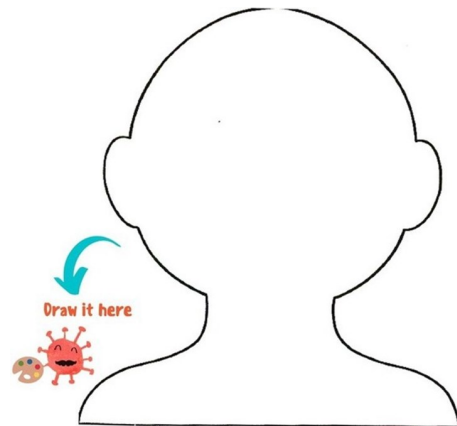


Nervous



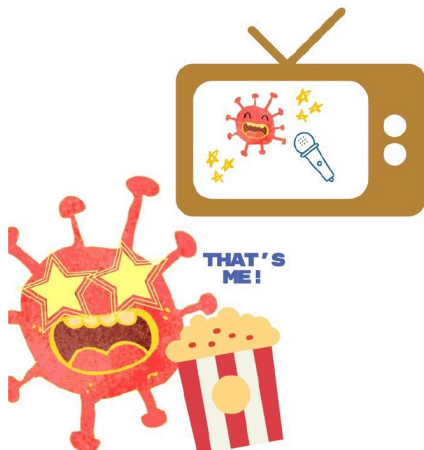
Sad

I can understand how you feel...

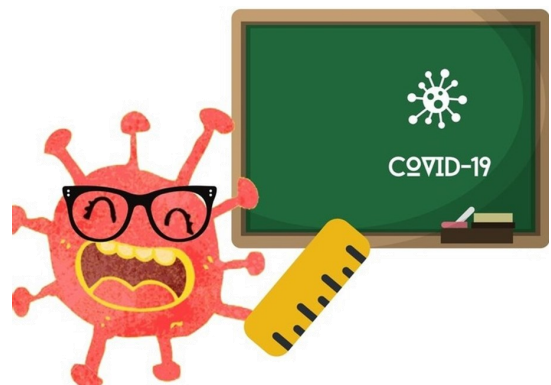


...I would feel the same way

Sometimes adults get worried when they read
the new or see me on TV



But I am going to explain myself...



So you can understand...

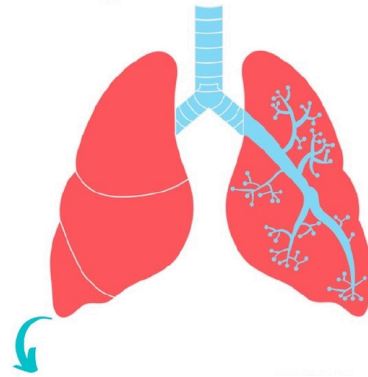
When I come to visit, I bring...



Difficulty Breathing?



But I don't stay with people for long and almost everyone gets better



Bye bye...

Just like when you get a scrape on your knee and it heals



Don't you worry!
The adult who take care of you
will keep you safe



And you can help by...



1.

By washing your hands with soap and water while singing a song.



You can sing your favourite song, the happy birthday song, or the alphabet song.



2.

By using hand sanitizer and letting it dry on your hands.

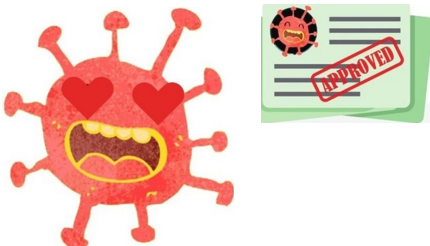


Without moving them count to 10
1,2,3,4,5,6,7,8,9,10
Once your hands are dry you can get back to playing!!

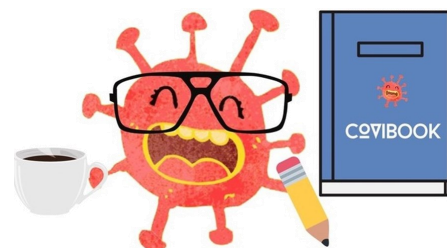
If you do all that I will not come to visit



While the doctors work to find a vaccine
that will allow me to say hi without



THE END



Download this PDF here:

www.mindheart.co/descargables

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140 FUN THINGS TO DO INDOORS

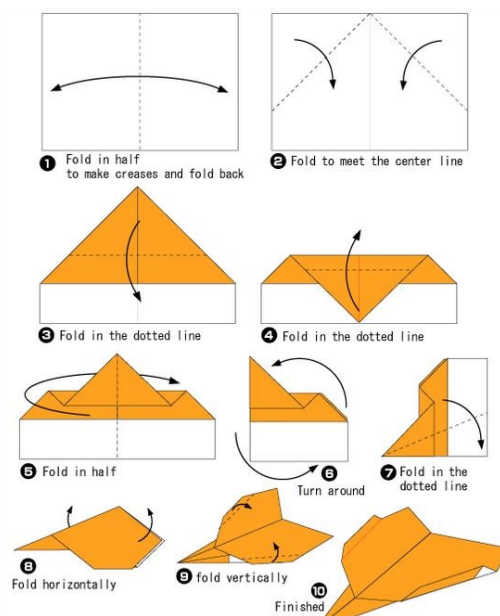
- ENJOY A MOVIE
- JUNK MODELLING
- BUILD A TALL TOWER USING BLOCKS
- HOST YOUR OWN PUPPET SHOW
- WATCH SOME FUNNY VIDEOS ON YOUTUBE
- ROLL CARS THROUGH PAINT
- MAKE YOUR OWN PIZZA
- GO ON A NUMBER HUNT AROUND THE HOUSE
- CREATE AN OBSTACLE COURSE
- POTATO PRINTING

- MAKE A PAPER PLANE AND FLY IT
- MAKE COLLAGES USING MAGAZINES/CARDS/CRAFT MATERIALS
- LOOK AT FAMILY PHOTOS TOGETHER
- PLANT SOME SEEDS
- ICE AND DECORATE BISCUITS
- DESIGN A KITE
- BABY/TOY WASH STATION
- MAKE A FUNNY VIDEO - SEND TO FAMILY/FRIENDS TO MAKE THEM SMILE
- HAVE AN INDOOR DISCO
- ART ON A LARGE SCALE

- LEARN A MAGIC TRICK
- DO SOME ROCK PAINTING
- PAINT ON FOIL
- FREEZE TOYS IN ICE AND RESCUE THEM USING WARM WATER
- MAKE PRINTS WITH PAINT USING LEGO BLOCKS
- PAINT A PICTURE
- CREATE YOUR OWN DANCE ROUTINE
- PLAY SNAP USING A DECK OF CARDS
- MAKE YOUR OWN PLAYDOUGH
- PHOTO CHALLENGE - TAKE PHOTOS WITH A CAMERA OF ITEMS ON A LIST

- DRAW FLAGS FROM DIFFERENT COUNTRIES
- MAKE YOUR OWN SLIME
- RESEARCH A FAMOUS AUTHOR
- MAKE A MUSICAL TUNE
- DESIGN A FAIRY GARDEN
- MAKE A PICTURE USING STICKERS
- MAKE YOUR VERY OWN SHOP
- PLAN, PREPARE AND COOK A FAMILY MEAL TOGETHER
- DRAW YOUR OWN PORTRAIT
- MAKE A TOWER WITH SHAVING CREAM AND WOODEN BLOCKS

MAKE A PAPER PLANE AND HAVE A FAMILY COMPETITION



- DRAW A CHARACTER FROM YOUR FAVOURITE BOOK
- MAKE A BIRD FEEDER
- CAR DRAWING ON A LARGE SCALE
- BUILD A DEN USING BLANKETS
- MAKE ICE PAINTS
- HAVE AN INDOOR PICNIC
- PLAY WITH BUBBLES AND WARM WATER IN THE SINK
- FOLLOW A SIMPLE DRAWING CHALLENGE ONLINE
- CREATE YOUR OWN BUBBLES/BUBBLE WANDS
- HAVE A TEA PARTY

GET THE CHALKS OUTSIDE!



- PLAY HIDE AND SEEK
- LEARN HOW TO COUNT IN A NEW LANGUAGE
- GO ON A TREASURE HUNT
- USE PAPER CUPS TO CREATE DIFFERENT FORMATIONS
- USE CHALK OUTSIDE
- EXPLORE PAINTING TECHNIQUES BY FAMOUS ARTISTS
- MAKE AND PLAY WITH GLOOP
- WRITE A STORY
- VIDEO YOURSELF TELLING A STORY TO SHARE WITH A FRIEND
- CREATE A VILLAGE USING CONSTRUCTION TOYS
- BAKE SOME CAKES/BISCUITS
- EXPLORE SCIENCE WITH A SIMPLE INVESTIGATION
- DESIGN AND MAKE YOUR OWN BOOKMARKS
- BUILD A BOAT THAT FLOATS
- CREATE POM POM SOUP
- PLAY CHARADES
- MAKE POTIONS
- MAKE NATURE PORTRAITS
- MAKE A FAMILY TIME CAPSULE
- WRITE A LETTER TO SOMEONE SPECIAL

140 FUN THINGS TO DO INDOORS

- MAKE A FRUIT KEBAB
- WRITE YOUR OWN QUIZ
- FACETIME A FAMILY MEMBER OR FRIEND
- HIDE A SEEK WITH TOYS - WRITE CLUES TO HELP OTHERS FIND THEM
- MAKE PAPER CHAIN DECORATIONS
- DO A PUZZLE
- MAKE A WRITING TRAY TO DRAW PICTURES AND WRITE MESSAGES
- GO ON A SHAPE HUNT AROUND THE HOUSE
- KEEP A TALLY OF THE COLOURS OF CARS PASSING BY YOUR HOME
- HAVE AN INDOOR TEDDY BEARS PICNIC
- FIND OUT ABOUT FAMOUS LANDMARKS AROUND THE WORLD
- HAVE A BUBBLE BATH
- LEARN SOME NEW SONGS
- MAKE A PAPER PLATE CREATION
- MAKE A BUG HOTEL
- MAKE A CARDBOARD TUBE MARBLE/POM POM/CAR RUN
- MAKE A TOWN IN A CARDBOARD BOX
- HAVE A SORT OUT AND TIDY YOUR ROOM
- PLAY A BOARD GAME OR TWO
- MAKE SHADOWS/SHADOW PUPPETS
- CREATE A LIFE SIZED DRAWING OF YOURSELF. ASK SOMEONE TO DRAW AROUND YOU
- MAKE BUBBLE SNAKES
- GET OUT THE CRAFT STASH AND MAKE SOMETHING
- DRESS UP
- DO SOME GARDENING
- MAKE SOCK PUPPETS USING UNPAIRED SOCKS
- MAKE SOME MUD CAKES IN THE GARDEN
- DO SOME COLOURING
- FIND OUT ABOUT LOCAL WILDLIFE IN YOUR AREA
- MAKE A SCRAPBOOK
- READ TO A SIBLING
- PLAY SIMON SAYS
- DO A GARDEN BIRD WATCH AND KEEP NOTE OF THE BIRDS YOU SEE
- MAKE A MASK
- SEE WHAT PICTURES YOU CAN FIND IN CLOUDS
- DISCOVER SOME NEW JOKES
- DO SOME PAINTING WITH SHAVING CREAM
- MAKE SOME HOMEMADE WRAPPING PAPER
- THROW AN ITEM (BALL/BEAN BAG) AND TRY TO HIT A TARGET
- MAKE A MUSICAL INSTRUMENT

BUILD A BLANKET FORT



MAKE SOCK PUPPETS WITH OLD ODD SOCKS



- MAKE JELLY
- RE-GROW SOME VEGETABLE SCRAPS
- USE CARDBOARD ROLLS TO MAKE SHAPES TO PRINT IN PAINT
- PRACTISE USING SCISSORS
- MAKE A SENSORY SMALL WORLD AND BRING A TOPIC/FAVOURITE BOOK TO LIFE
- LEARN ABOUT THE WONDERS OF THE WORLD
- DO A FLOAT OR SINK SCIENCE EXPERIMENT
- DO THE HAND WASHING EXPERIMENT WITH HERBS, WATER - SOAP AND NO SOAP
- PLAY NAUGHTS AND CROSSES
- PLAY I SPY WITH MY LITTLE EYE
- PAINT A GLASS JAR
- CHOOSE AN AUTHOR AND RESEARCH ALL THE TITLES THEY HAVE WRITTEN
- KEEP A PLAY DIARY OF WHAT YOU GET UP TO
- LEARN ABOUT DIFFERENT ANIMAL HABITATS
- ACT OUT A STORY YOU LOVE
- PLAY DOMINOES
- DRAW A PORTRAIT OF YOURSELF
- MAKE A CROWN/HAT TO WEAR
- CHECK IN ON A RELATIVE OVER THE PHONE
- MAKE SOME SALT DOUGH AND CREATE A KEEPSAKE
- PAINT ON ICE
- EXPLORE COLOUR MIXING USING THE 3 PRIMARY COLOURS
- MAKE PLAY MUD
- CREATE AND IMAGINE USING A LARGE CARDBOARD BOX
- TRY SOME MESS FREE PAINTING IN A BAG
- PLAY HOT POTATO
- PLAY HANGMAN
- HAVE A PJ DAY
- INDOOR BOWLING
- DO SOME BUBBLE PAINTING

GANDHI CLASS

This week Gandhi have had some highly engaging lessons in Science where they saw the effects of flammable gases! They were naturally engrossed in making home-made flame-throwers with Ryan and saw the results when ignited!



In Food Technology the learners had free-reign to make a dish of their choosing, this resulted in some delicious cornflake cakes, pancakes and shortbread biscuits to satisfy anyone's sweet-tooth cravings!



MEET SYDNEY THE DOG BY JOEL



"Hi,

I am Sydney and I am Dachshund Jack Russell cross.

I am only 7 months old and I am told I am very cute. I like to have treats and I'm learning how to sit.

I like to run around the office and play with my toys .I enjoy meeting loads more people especially if I get more treats."

QUICK VEGGIE LASAGNE



Ingredients

- ½ onion
- 1 garlic clove
- 1/2 carrot
- 1 celery sticks
- 50 g green lentils
- ½ x 10ml spoon oil
- 200 g canned chopped tomatoes
- 1/2 x 5ml spoon mixed herbs
- 1/2 x 15ml spoon tomato puree
- 100ml crème fraiche, reduced fat
- A sprinkle of parmesan
- 25 ml semi-skimmed milk
- Black pepper
- 3 lasagne sheets



Equipment

Weighing scales, chopping board, knife, peeler, garlic press, saucepan, wooden spoon, measuring spoons, measuring jug, metal spoon, ovenproof dish or foil trays.

Method

1. Preheat the oven to 190°C or gas mark 5.
2. Prepare the ingredients:
 - peel and chop the onion;
 - peel and crush the garlic;
 - peel and slice the carrot;
 - slice the celery;
 - grate the cheese.



3. Fry the onion, garlic, carrot and celery in the oil until soft - about 4 minutes.
4. Add the lentils, tomatoes, herbs and tomato puree.
5. Pour in some water, just enough to cover the mixture, bring to the boil and then allow to simmer for 15 minutes with the lid on.
6. Blend the crème fraiche, half the grated cheese, milk and pepper together.
7. In an ovenproof dish or foil tray, spread some lentil mixture in the bottom, cover with lasagne sheets and a little crème fraiche sauce. Repeat this, finishing with the sauce on top.
8. Sprinkle the remaining grated cheese on top and bake for 20 minutes.

Top tips

Experiment with different herbs, for example fresh basil or oregano for different flavour sensations! Try using different vegetables such as courgettes, peppers or aubergine.

Food skills

- Weigh.



- Measure.



- Peel.



- Chop and slice.



- Layer.



- Bake.



- Grate.



- Fry.



- Mix and stir.



- Boil and simmer.



ATTENDANCE



Well done to Helen Keller and JK Rowling classes for achieving 100% attendance this week, week ending 13.03.2020.

WELL DONE!

Joan Goodrich,

Family Footings Facilitator and DSL



TERM DATES FOR 2019 - 20:

Spring Term 2 Monday 24th February - Friday 3rd April

MAT INSET Day Monday 16th March (no school)

Easter Holidays Monday 6th April - Friday 17th April

Bank Holiday: 75th anniversary of VE Day - Friday 8th May (no school)

Summer Term 1 – Monday 20th April - Friday 22nd May

May Half Term- Monday 25th May - Friday 29th May

Summer Term 2 – Monday 1st June - Wednesday 22nd July



The early May bank holiday in 2020 will move from Monday 4 May to Friday 8 May to mark the 75th anniversary of VE Day.

Warwickshire school term dates have been updated to reflect this, with Monday 4 May 2020 now designated a normal school day.

Quest Contact details

Quest Academy,
Anderson Avenue,
Rugby
Warwickshire
CV22 5PE

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.

Please can we remind parent/carers to call school on **01788 593 112**, before 9am if your child may be late or is unwell.