



MacIntyre Academies
Quest Academy

JULY 2020 EDITION 2 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



“Quote of
the week”

*“Life isn't about finding yourself.
It's about creating yourself.”*

George Bernard Shaw

WELCOME



Dear Parents/Carers,

It is sad that we have not ended the academic year together as a school community but I hope that through our Newsletter, Website, Twitter and Facebook that you have managed to get a feel for all the accomplishments learners have achieved throughout the year.

Despite only moving into our new building in September 2019 and since March working in difficult circumstances, the building and grounds have really developed and over the Summer holidays we have a number of building projects going ahead.

The school has updated its COVID 19 Risk Assessment and will send this out towards the end of the holidays. We have also updated our Q and A which is attached to this email.

Towards the end of the Summer Term we will send you some additional information to support you help your child return to school. This will include a copy of your child's timetable.

Some learners may wish to continue to complete some learning activities during the holidays. There are details about this on the home learning page of the website.

For those learners who have not been in school for a while we are offering a 1-1 tour of the school in the last week of the holiday. Please contact us via the school office quest.office@macintyreacademies.org and we shall organise a convenient time to visit.

Finally, I would also like to take this opportunity to thank you for your continued understanding and support throughout this time.

Wishing you all a safe and fun summer with your family.

Kind regards,

Nicola Wells.

If you have any concerns I can be contacted throughout the summer holidays via:

- **Email** - nicola.wells@macintyreacademies.org
- **Work phone number** - 07932 909 754.

UNIFORM

Our uniform is a black blazer with purple tape on the collar and lapels, a black V-neck sweat-shirt with purple stripe, and a purple polo with embroidered Quest Academy logo. In addition to the logo items we expect children to wear black

trousers and plain black shoes or trainers; for those with sensory issues soft black trousers are allowed although we prefer tailored trousers. Similarly smart tailored black shorts will be acceptable in summer.



For PE learners wear a black t-shirt with purple side panels and white piping with an embroidered logo, a black hoodie with purple side panels and embroidered logo and black shorts with purple panels with white piping and logo, comfortable sports shoes – pumps or

trainers. Quest Black jogging bottoms for outdoor PE are allowed too.

If you would like to purchase new uniform, we have a limited stock of polo shirts, jumpers and blazers available in school. Please contact the school regarding stock level and sizes.

If we don't have the size or you require PE uniform, these can be ordered directly from Webb Ellis in Rugby. You can call and order over the telephone on **01788**

567777, email directly Christine@webb-ellis.co.uk or visit their <http://www.webb-ellis.co.uk/schools/>



CHILD IN MIND - PODCAST

The series, *Child in Mind*, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20 minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent - <https://www.annafreud.org/parents-and-carers/child-in-mind/>

Some of the subjects covered include:

- What do we know about childhood anxiety and what can parents do about it?
- What is ADHD and what help is available for children with ADHD?
- What is trauma and how does it affect the brain?



Book of the Week

Charlotte's Web

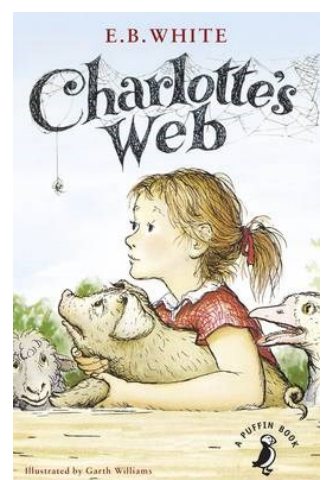
Author: E. B. White

Wilbur the pig's life has already been saved by Fern, but when he is sold to her uncle he realises his life is in even more danger.

Enter Charlotte A. Cavatica, a beautiful large grey spider.

Charlotte is determined to keep Wilbur from the chopping block, and comes up with an ingenious way to do just that.

Charlotte's Web is a classic tale of friendship, bravery and some animal magic.



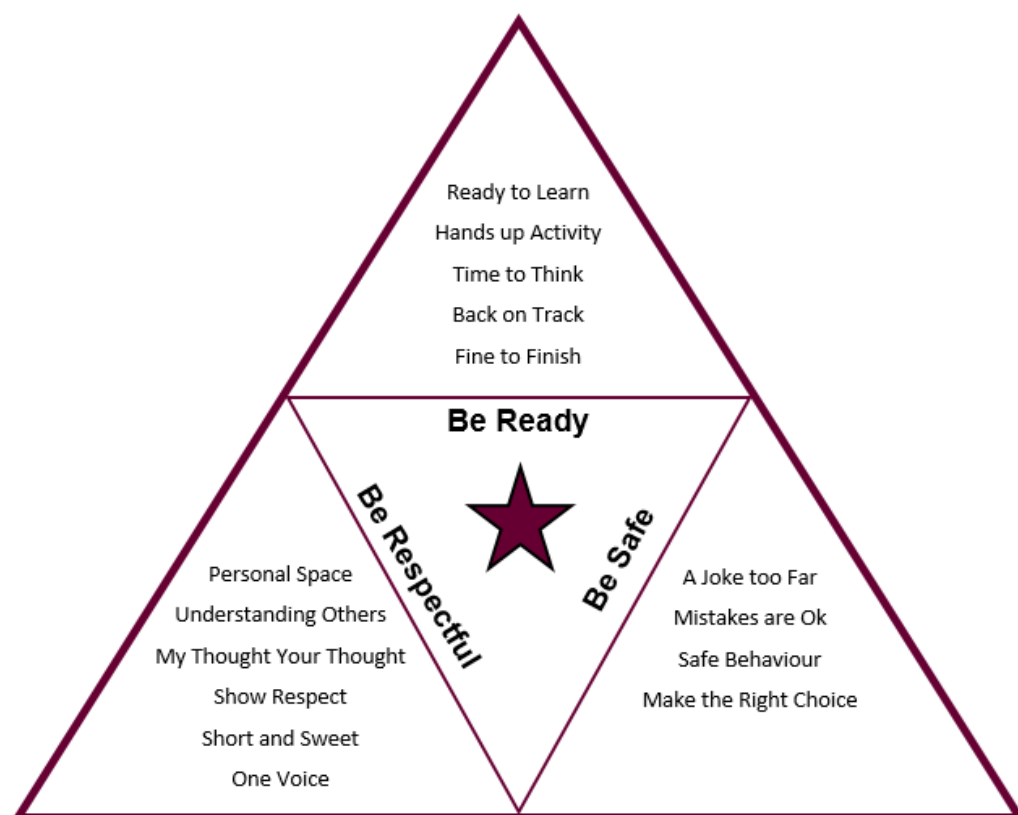
QUEST POINTS, FRIDAYS AND SCRIPTS

In September there will be some strengthening of procedures, please note there is no new changes just some minor adaptations due to COVID-19.

Friday enrichment opportunities will no longer be referred to as “rewards” but instead, this will now become social skills (lower school) and community and enterprise (upper school).

As a result of these adaptations, there will be no Quest points for each lesson, we will instead emphasise the use of empathy points, promoting and recognising positive behaviour within Quest. We will recognise positive behaviour presented by learners in the form of recognition time (at the end of each day), postcards, certificates and a whole class reward based on an individualised empathy target per class.

SCRIPTS



Refined scripts from September, a few scripts have been removed, this is to ensure the use of scripts are simpler and easier to understand for our learners. The scripts are broken down into our three school rules, be **ready**, be **respectful** and be **safe**.

MAKING IT RIGHT

Learners will have an opportunity to attend a ‘making it right’ session, at the end of each lesson (5-10min, this is a token gesture). This is for learners who have been unable to access their learning or have shown unsafe behaviour during a lesson that is not in line with the three school rules.

If the learner has been unable to complete the ‘making it right’ session at the end of the lesson, the session will then be held at the end of the day (3pm-3:25pm). These sessions will either be

academic or behaviour-based, depending on the reason for the 'making it right' session. If the learner does not need to attend any 'making it right' sessions, they will attend 'recognition time' instead, where they will access a range of choice time opportunities in recognition of their positive behaviour.

What happens if a learner does not access "Making it Right":

- 3 sessions missed – email home from tutor
- 5 sessions missed – phone call home from behaviour lead/ discussed in Inclusion meeting
- 10 sessions missed – parent/career meeting with Assistant Principal and behaviour lead

The amount of sessions missed resets at the start of each half-term.

FRIDAYS:

Due to recognition time being held each day, Enrichment will no longer be held on a Friday. Instead, lower school will access a Social Skills programme and upper school will access a Community and Enterprise programme. These programmes will be implemented in order to facilitate the learners in developing more skills that are suited to their age-group, in a fun and engaging way, ensuring they are "Ready for Life". Due to the nature of the activities learners will take part in Fridays remain a non- uniform day.

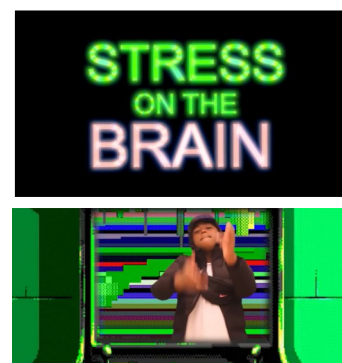


I came across this rap video all about the impact of stress on the brain. It's a great one for learners to watch. <https://www.youtube.com/watch?v=fhI9KLwfpbM>

Stress on the Brain was made by a group of students from New River College (Islington), working with SoapBox Youth Centre. They talk about stress, trauma, the effect on your brain and give tips to help stay calm in stressful situations. For more information about the video contact admin@peelinstitute.org.uk Music by young people for young people.

Produced by @misterleesmusic Edited by : @mikey_bharj

Dr Anna May,
Clinical Psychologist



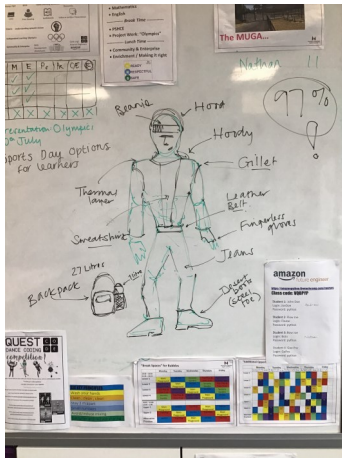
Anna May is available every Monday, you can request a phone call with her via the quest office email quest.office@macintyreacademies.org

WHAT'S BEEN HAPPENING AT SCHOOL?

The flower beds are taking shape!



'Zombie Apocalypse' planning with Callum, just in case there is ever an outbreak at Quest.



Andrew, Damian & Joe have worked incredibly hard on Quest's awesome entry to the Project 24 competition organised by [Brake](#)

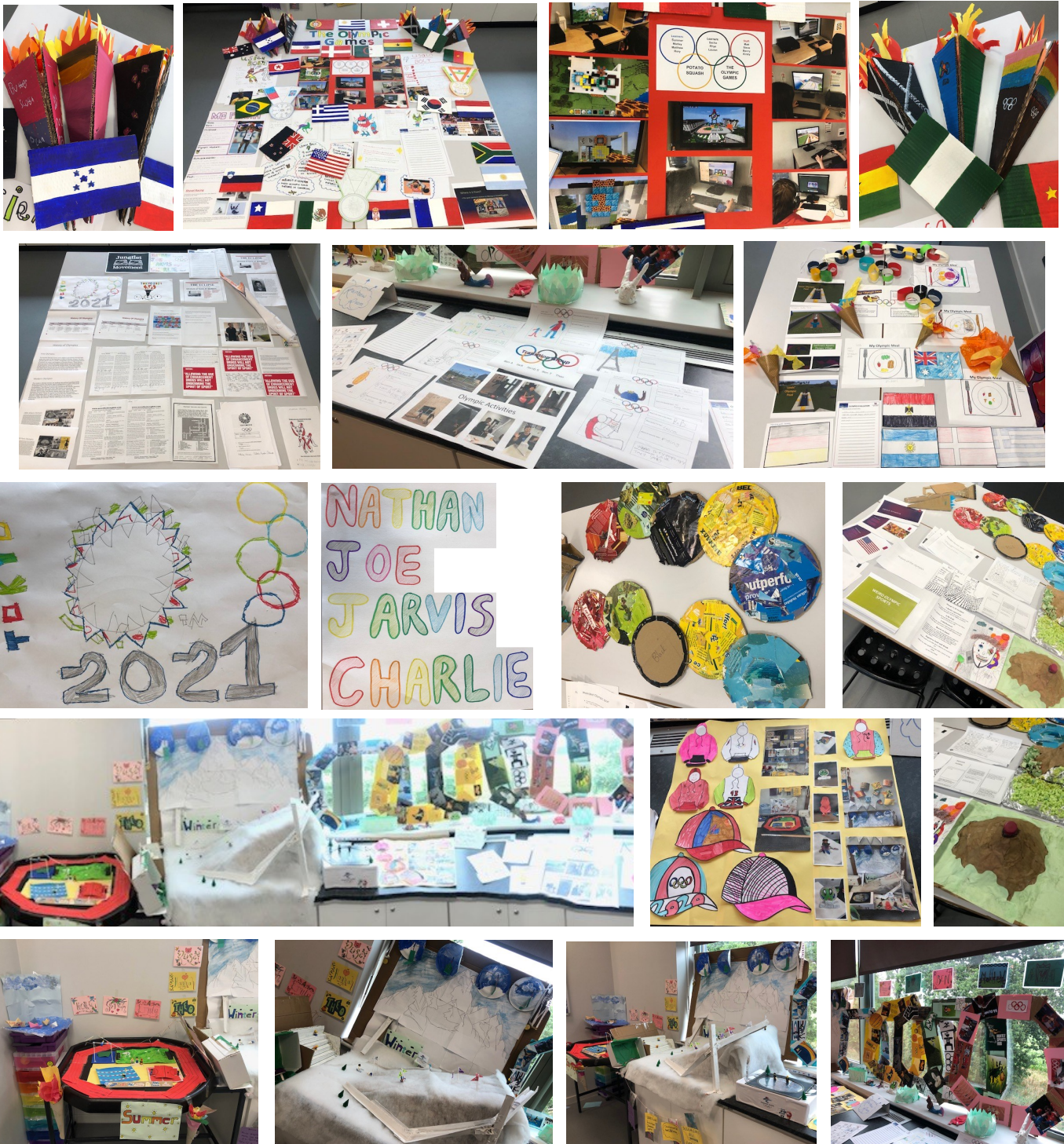
Through stop frame animation it promotes awareness that someone in the world dies every 24 seconds due to cars speeding. Hence a 24 second video! Well done boys! <https://twitter.com/i/status/1285211483681554432>



THE OLYMPICS AT QUEST ACADEMY

Over this last Half Term Learners have been developing a wide range of products that meet with the current Curriculum theme of “The Olympics.” The results of their efforts have been incredible with a wide variety of learning opportunities taken including Winter Olympic Ski Slopes, Torches, PowerPoints, structured writing, flags, mascots and even Olympic Music has been created! All of the work was displayed at once within our Art Room and learners got to see and make comments on the work their peers had produced.

In true Olympic style, medals were given out to learners in school colours at either Bronze, Silver or Gold! The photographs below show the learners work and their medals. Congratulations to our learners on this most successful Curriculum theme!

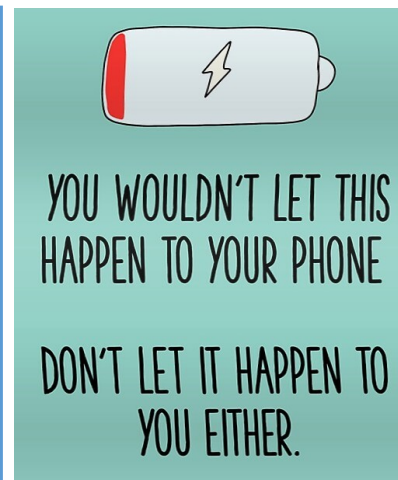
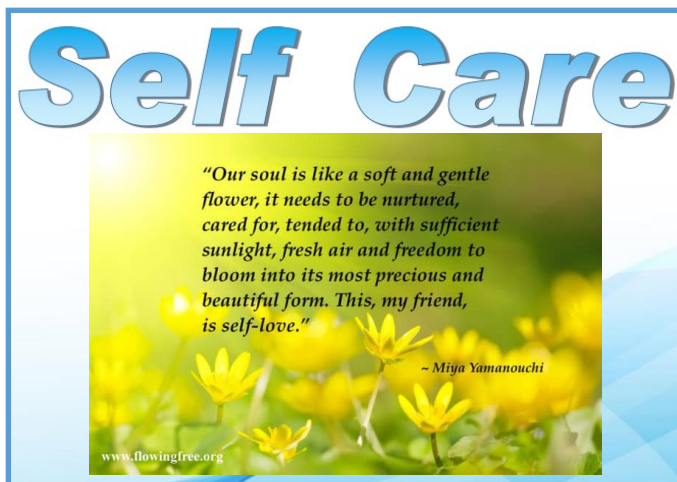


Jamie Rynberk
Assistant Principal



Family VibEs is for schools who want to engage parents more deeply in their children's values experience. Values in the home are key to nurturing family relationships, especially in challenging times. Family VibEs is a series of short leaflets for parents with ideas and help to bring values into the home. We hope this family values toolkit can help families to grow closer and more understanding of each other.

What does self-care mean to each of us? "Our soul is like a soft and gentle flower, it needs to be nurtured".



Self Care is...

...an important Value to celebrate

....proper (as in appropriate) selfishness

...giving yourself the capacity to be kind to others, by being kind to yourself

...something that gives people the emotional strength to cope

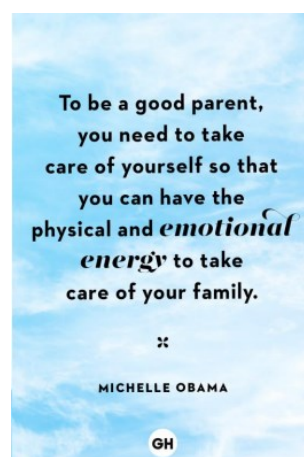
How do you care for yourself?



"Self care is giving the world the best of you.

Instead of what's left of you."

— Katie Reed



3 WEEK ROLLING LUNCH MENU: SEPT 2020 - JULY 2021



Educaterers Hot and Cold Deli Bag Menu Week 1 - w/c Mondays 31/08, 21/09, 12/10, 9/11, 30/11



Monday

Tuna Mayo Sandwich (F.E.G.SB.)
Cheese, Crackers and Apple (G.D.), Juice Carton



Hot bap or filled bread of the day, served as an additional choice alongside the cold sandwich, bap or wrap.

or

Hot Dog
featuring our award winning pork sausage (G.SU.)
(vegetarian only) Veggie Hot Dog (G.SB.SU.)

Tuesday

Turkey Soft Bap (G.)
Iced Mandarin Sponge (G.E.), Milkshake (D.)



or

(v) Homemade Rustic Margherita Pizza Slice (D.G.)

Wednesday

(v) Cheese Soft Bap (D.G.)
Ice Cream Tub (D.), Juice Carton



or

Lowerhurst Farm Organic Beefburger in Bap (G.)

Thursday

Sliced Ham Sandwich (SB.G.)
Homemade Crunch Cookie (G) Fresh Fruit, Milkshake (D.)



or

(v) Veggie Hot Dog
Linda McCartney veggie sausage (G.SB.SU.)

Friday

(v) Egg Mayonnaise & Cress Soft Bap (G.E.)
Sticky Ginger Cake (G.E.), Fresh Fruit, Milkshake (D.)



or

Fish Fillet Finger Bap
2 x Fish Fingers (F.G.)

Please note all deli bags are served with either vegetable sticks or salad.

A drink is provided with each meal, water is also available on request.

Ketchup is offered with the hot bap of the day

Presentation may vary to that shown in the photographs.

Meals may be served in bags or on plates depending on where they are to be served and eaten.

Key

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

www.educaterers.co.uk

Menu may change to meet customer preferences.

Tel: 01926412999

Email: contactus@educaterers.co.uk

educaterers A FOOD STORY

Allergies

Please contact your school cook for information regarding the content of dishes and products on our menu.



Educaterers Hot and Cold Deli Bag Menu Week 2 - w/c Mondays 7/09, 28/09, 19/10, 16/11, 7/12.



Monday

(v) Cheese Soft Bap (D.G.)
Flapjack (G.), Fresh Fruit, Juice Carton



or

British Red Tractor Chicken Fillet Wrap (G.)

Tuesday

British Roast Chicken Wrap (G.), Homemade Sponge (G.E.), Fresh Fruit, Milkshake (D.)



or

Hot Dog
featuring our award winning pork sausage (G.SU.)
(vegetarian only) Veggie Hot Dog (G.SB.SU.)

Wednesday

Ham Soft Bap (G.)
Ice Cream Tub (D.), Juice Carton



or

Lowerhurst Farm Organic Beefburger in Bap (G.)
(vegetarian only) 2 x Veggie Fingers in a Bap (G.)

Thursday

Tuna Mayo Sandwich (F.E.G.SB.)
Chocolate Shortbread (G.), Fresh Fruit, Milkshake (D.)



or

(v) Veggie Hot Dog
Linda McCartney veggie sausage (G.SB.SU.)

Friday

(v) Cheese Soft Bap (D.G.)
Dinky Doughnuts (G.E.D.SB.), Juice Carton



or

Fish Fillet Finger Bap
2 x Fish Fingers (F.G.)

Please note all deli bags are served with either vegetable sticks or salad.

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Monday

(v) Cheese Sandwich (D.G.SB.), Chocolate Cracknel (G.), Juice Carton



or

British Red Tractor Chicken Fillet Wrap
(G.)

Tuesday

British Sliced Turkey Wrap (G.), Yoghurt (D.), Raisin Box, Juice Carton



or

(v) Veggie Hot Dog
Linda McCartney veggie sausage (G.SB.SU.)

Wednesday

Tuna Mayo Soft Bap (G.F.E.) Up Beet Chocolate Cake (G.E.), Fresh Fruit, Milkshake (D.)



or

Lowerhurst Farm Organic Beefburger in Bap
(G.)
(vegetarian only) 2 x Veggie Fingers in a Bap (G.)

Thursday

British Roast Chicken Soft Bap (G.), Zesty Orange Cookie (G.), Fresh Fruit, Milkshake (D.)



or

Hot Dog
featuring our award winning pork sausage (G.SU.)
(vegetarian only) Veggie Hot Dog (G.SB.SU.)

Friday

(v) Cheddar Cheese Wrap (D.G.), Fruit Muffin (G.E.D.), Juice Carton



or

Fish Fillet Finger Bap
2 x Fish Fingers (F.G.)

Please note all deli bags are served with either vegetable sticks or salad.

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educaterers **A FOOD STORY**

Allergies

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Free SCHOOL MEALS

UNIVERSAL INFANT FREE SCHOOL MEALS – IS MY CHILD ELIGIBLE?

If you have a child in Reception or Key Stage 1, your child is entitled to a free lunch every day. By offering so much great choice, we're confident your child will find a meal combination they enjoy from our menu to help them develop and excel during school time.

Please contact your child's school for more information.



OUR INGREDIENTS

IT ALL BEGINS WITH OUR PASSION FOR FANTASTIC FOOD!

When we source our ingredients, we seek out trusted suppliers to provide the freshest, most nutritious and highest quality produce possible.

Our suppliers put sustainability, animal welfare and ethical trading at the heart of their businesses. As a result, we know with confidence, the food we serve is wholesome, safe and fully traceable.



PROMOTIONS

LOOK OUT FOR OUR CALENDAR OF EXCITING THEMED MENUS AND PROMOTIONS INCLUDING:

Mythical Creatures Menu - October

Hello Yellow - World Mental Health Day - October

Bonfire Banquet - 5th November

Food for Life Roast Dinner Day - November

Chinese New Year - February

World Book Day - March

Pupil Favourite Lunch - May

Sport's Day Picnic - July

...and not forgetting our Amazing Christmas Lunches with all the trimmings - December

Please note not all schools participate in all themed events, check with your child's school for more details.



the NUTRI GANG
"On a mission for nutrition"



Find out more about Saffron, Iris, Reece and Doug, our NUTRIGANG at www.educaterers.co.uk

TOP 5 facts about our lunch.

Fact 1

We are the school meal specialists serving over 130,000 meals every week.

Fact 2

At least 75% of our menu is freshly prepared everyday by our professional kitchen teams.

Fact 3

All our staff are trained in allergy awareness to provide menu advice and support for customers with food allergies and intolerances.

Fact 4

We work with NHS dietetics teams across the region to support customers with special dietary needs.

Fact 5

Most importantly, we love what we do and we are always on a mission to create fun at lunchtime.

Join our TEAM

Are you passionate about food?

Could you help us serve healthy lunches to local schoolchildren?

Would you like to work school hours, term time only?

Then why not join one of our friendly school based teams? Full training package offered with opportunities for career progression.

Find us on Facebook at Educaterers Join Our Team or via the link on our website.



educaterers **A FOOD STORY**

www.educaterers.co.uk

Email: contactus@educaterers.co.uk

Menu may change to meet customer preferences.

Are you finding things hard right now?

You do not need to struggle alone, help and support is available right now if you need it.

Warwickshire Children
Putting children at the heart of all we do.

It's okay not to feel okay, but we want you to feel safe.

You do not need to struggle alone, help and support is available right now if you need it.

If you are 11-18 talk to someone today:

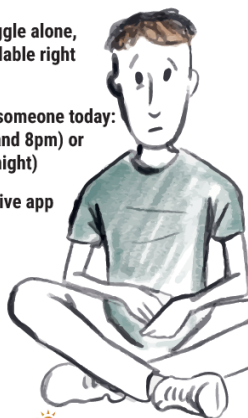
☀ 02476 641799 (8am and 8pm) or

🌙 0300 200 0011 (overnight)

Or download the Stay Alive app

www.cwrise.com

If you have seriously harmed yourself, call 999 or ask someone to call 999 for you.



NORTH WARWICKSHIRE SUMMER HOLIDAY SCHEMES, ACTIVITY IDEAS & SUPPORT

- **NB Leisure Trust Play Scheme**

Multi-activity play scheme for children aged 5 – 12. **Only OPEN to children of key workers.**

Our Lady and St Joseph Academy, Coton Road, CV11 5TY <https://www.nbleisuretrust.org/playscheme>

- **KSD Holiday Clubs**

Multi-activity holiday scheme for children aged 5+. Open 10:00 – 15:00.

KSD Studio, 161 Heath End Road, Nuneaton, CV10 7JB <https://www.facebook.com/KSDHoI Clubs/>

- **Positive Impact Foundation** <https://www.facebook.com/PIFoundationCiC>

Football holiday scheme for children aged 7 – 12. Open **3rd - 18th August, 09.00 - 15.00.**

Snowhill Recreation Ground, Victoria Road, Hartshill, CV10 0LS. To book - Leah.Grant@positive-impactuk.com / 07857 668320

- **TS Academy**

Summer soccer camp running from **10th – 28th August.**

Polesworth Sports Centre, Dordon Road, B78 1QT <https://ts-academy.class4kids.co.uk/camp/58>

- **TS Academy**

Summer soccer camp running from **20th July - 7th August.**

Warton Nethersole CE Primary School, Maypole Road, B79 0HP <https://ts-academy.class4kids.co.uk/camp/55>

- **TS Academy**

Summer soccer camp running from **20th July - 7th August.**

TS Grounds, Speedwell Lane, CV9 2DT <https://ts-academy.class4kids.co.uk/camp/56>

- **Take A Break** will be offering summer holiday provision for children/young people with disabilities on a reduced activity programme. Every child/young person will have an individual risk assessment completed and a support package to meet their needs will be created. For updates and contact information, please view the Take A Break website - <http://www.tabw.org.uk/>

<https://www.facebook.com/WarwickshireFIS/>



THIS WEEKS CHALLENGE - CAN YOU FIND THE ANSWERS TO THESE RIDDLES?



I come in different shapes and sizes. Some parts of me are curved, other parts are straight.

You can put me anywhere you like, but there is only one right place for me.

What am I?

John's father has five sons
The names of four sons are
Papa, Pepe, Pipi and Popo
respectively

What is the name of the fifth son?

I get smaller
every time
i take a bath

What am I?

Riddle me this

Stronger than steel yet
Lighter than cotton
Found in a corner
Forever forgotten
I bother so many
But marvel a few
You can't seem
To make me
I'm a mystery to you
What am I?

I jump when i walk
and sit when i stand

What am I?

Riddle me this



**What is
stronger
than steel
but cowers
from the sun?**

LAST WEEKS CHALLENGE - DID YOU FIND THE ANSWERS TO THESE RIDDLES?

A man is four times
as old as his daughter.
In 20 years time he
shall be twice as old as her.

How old are they now?

Dad is 40 and the
daughter is 10.

Two sisters we are
One is dark and one is fair
In twin towers dwelling
We're quite the pair
One from land
And one from sea
Tell us trully...

Who are we?

We are salt &
pepper.



Solve me this
I start with an **E**
End with an **E**
And have a letter in me
What am I?

I am an
envelope.



I am black
when you buy me
red when you use me
When I turn grey
you know it's time
to throw me away
What am I?

I am

Coal.



I turn everything
around while
standing still
What am I?

I am a mirror.



Can you solve this?
The faster you run
the harder it is
to catch me
What am I?

I am out of breath!



NEW STAFF

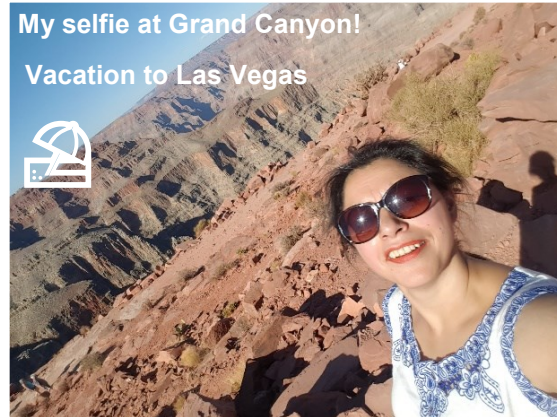
We have a new Teaching Assistant called Nari joining us in September, so in true Quest fashion we decided to quiz her!

1. What is the best job you've ever had and why?

As an Education Consultant, I worked in Warwickshire schools and the local community. I enjoy working with young children & adults. I love a new challenges & I am good at problem solving.

2. Where's the most interesting place you've ever been too?

Places I have been lucky enough to visit are Las Vegas, Florida, Paris, Rome, Florence & Tenerife. In Tenerife I was able to climb a Volcano!



3. Tell us an interesting fact about yourself?

I have been married for 30 years and have four beautiful children, who are grown up and have left home.

4. What sport do you play and at what level?

I like to keep active by going to the gym 3 times a week. I attend Spin, Body pump and Yoga Classes. I have taken up jogging and cycling (two things I have always wanted to do, but never had time to). I can jog 10K now! Personal best!

5. Have you ever done anything to raise money for charity?

Since the lockdown I have been a volunteer for the local community. Going shopping, gardening or talking to them on the phone. I also support several local charities.

6. What's your favourite food and why?

I enjoy cooking. I enjoy sharing my recipes and feeding everyone. Chicken curry and biryani are my signature dishes!

7. What was the last TV series you watched?

I like to watch movies and also enjoy watching comedy shows like "Goggle Box" on a Friday Night. I also like to watch "Strictly Come Dancing".



8. What car would you like to drive in money was no question?

If I ever won the lottery I would love to own a Classic Car.



NEW STAFF

We have a new Teaching Assistant called Marlon joining us in September, so in true Quest fashion we decided to quiz him!

1. What is the best job you've ever had and why?

Ricoh Arena - I got to work with a lot of my close friends, I was able to watch the football and rugby on the weekends and see all different events that was put on.



2. Where's the most interesting place you've ever been too?

It's hard to pick but I've been to Jamaica, Mexico and Africa on my most recent holidays and they've all been amazing.



3. If you could live anywhere in the world, where would it be and why?

Bora Bora - it's hot and a beautiful country I would be able to fish all day.

4. Tell us an interesting fact about yourself?

I've played basketball for England and had a chance to become an Olympian in 2008.



5. Thinking about your working life, tell us about a time where you have gone beyond the requirements of your role to achieve something amazing?

Because I'm a youth worker in my community I see a lot of young people around the area and when I'm not on work I make sure I say hi and see if they're okay.

6. Do you prefer hot sunny holidays' or wonderful winter holidays and why?

I prefer hot days where I can go and have a BBQ in the park with my friends and play basketball as well.

7. What is the most disgusting food you've ever eaten?

Celery.

8. What sport do you play and at what level?

I play basketball and I play division 3 men's for Coventry flames.

9. Have you ever done anything to raise money for charity?

Sponsored silence.

10. What's your best party trick?

I can talk like Donald Duck.

11. What's your favourite food and why?

Pasta, I just love me a Bolognese with cheese.

12. What was the last TV series you watched?

DC's Legends of tomorrow.

13. What car would you like to drive in money was no question?

Mitsubishi Evo.





QUEST TERM DATES FOR 2020 - 21:

AUTUMN TERM 2020	
INSET day (no learners on site)	Tuesday 1st September 2020
Starts	Wednesday 2nd September 2020
Half term	Monday 26th October 2020 - Tuesday 3rd November 2020
Ends	Friday 18th December 2020
Christmas holiday	Monday 21st December 2019 - Monday 4th January 2020
SPRING TERM 2021	
INSET day (no learners on site)	Monday 4th January 2021
Starts	Tuesday 5th January 2021
Half term	Monday 15th February 2021 - Friday 19th February 2021
Trust INSET (no learners on site)	Friday 5th March 2021
INSET day (no learners on site)	Monday 8th March 2021
INSET day (no learners on site)	Tuesday 9th March 2021
Ends	Thursday 1st April 2021
Spring (Easter) holiday	Friday 2nd April 2021 - Friday 16th April 2021
SUMMER TERM 2021	
Starts	Monday 19th April 2021
Bank Holiday	Monday 3rd May 2021
Half term	Monday 31st May 2021 - Friday 4th June 2021
Ends	Friday 23rd July 2021

SAFEGUARDING & FAMILY FOOTINGS TEAM



- **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.

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 email the member of staff to let them know that you have called.

