



MacIntyre Academies
Quest Academy

SEPTEMBER 2022 EDITION 1 NEWSLETTER



“Quote of
the week”

“Consuming less means throwing away less, while reusing things actually helps to save the planet as well as the pennies.”

Sheherazade Goldsmith

WELCOME



Dear Parents/ Carers,

I hope that you are well and are able to join us at our “Meet the Teacher” afternoon on Thursday 29th September. You should have received individual emails/and or a phone call from your child’s form tutor to organise a time. Please contact them if this has not happened as it maybe, for example, that your child’s class teacher has been absent.

As you are aware, we are now able to serve hot meals in the canteen. Whilst our catering company always endeavour to serve the published meal choices, due to short supplies it may not always be possible for this to happen. We will of course let you and your child know as soon as we have been made aware of any changes.

I hope that you find our top tips about how to save energy helpful. We will continue to publish these and any other relevant information. Please contact the Family Footings Team if you would like some support with completion of forms or to discuss any concerns you may have.

I am aware that many of our learners are anxious about the energy crisis and the impact this may have on them. Some learners have asked me if the school will be able to afford to have the heating on at school. I have reassured them that our heating will be on as per normal.

Thank you for your ongoing support.

Kind regards,

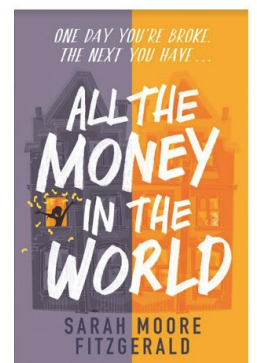
Nicola Wells

Book of the Week

All the Money in the World

by Sarah Moore Fitzgerald

Fifteen-year-old Penny longs for something better. Better than a small, damp flat. Better than her bullying classmates and uninterested teachers. Better than misery and poverty day in day out.



An unlikely friendship and a huge sum of money promise a whole lot of new chances for Penny, and she realises that not only can she change her life, she can change *herself*. *But at what cost?*



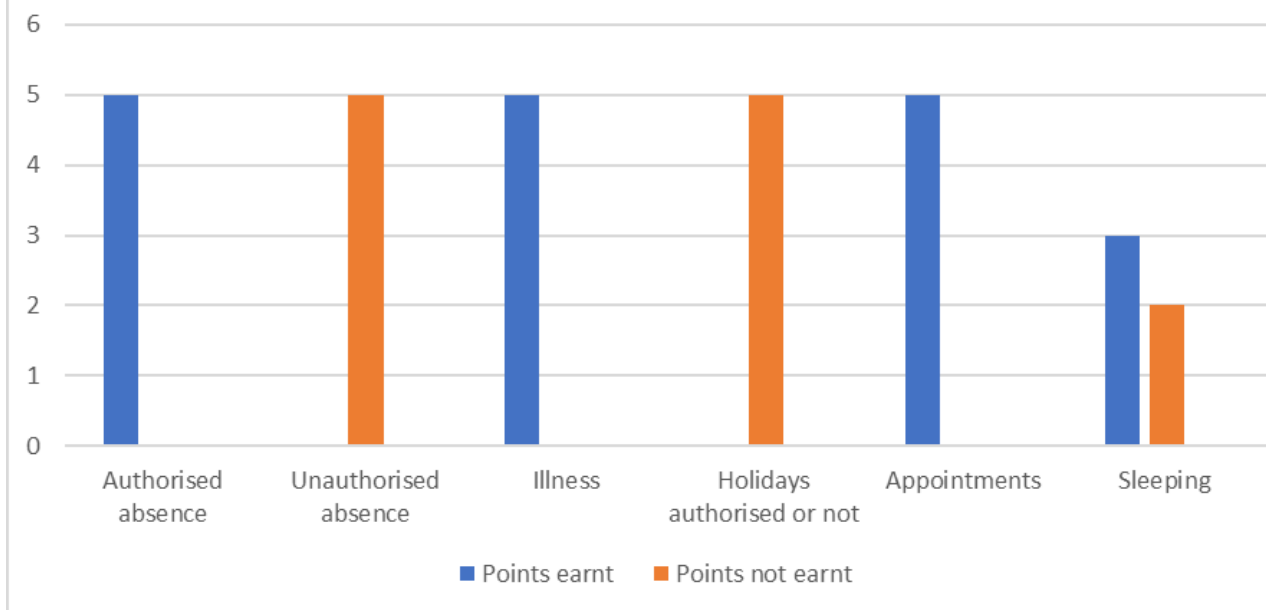
'If you have a child between the ages of 9 and 13, and they're not reading Sarah Moore Fitzgerald's work, you're missing a trick. Her latest book is laced with her trademark compassion and kindness, as well as being a cracking good read on privilege, wealth and identity. Not to be missed.' Louise O'Neill, *Irish Examiner*



QUEST POINTS



Points clarification for circumstances outside of the normal learning conditions



Authorised absences

Learners will earn their points if all the correct procedures from the absence policy have been followed. This means that the learner's parents/carers have contacted the school and the request for absence has been authorised by SLT.

Unauthorised absences

Learners will not earn their points if the absence has not been authorised.

Illness

Learners will earn points if their parents/carers have contacted the school, Family Footings have been made aware and the illness is genuine, if this has not been the case the learner will not be able to earn any points.

Holidays

Learners will not be able to earn their points for authorised or unauthorised holidays during term time.

Rest breaks in class

If the learner has a medical or sensory need (highlighted medically or in EHCP/IHCP) that requires them to take short rest breaks within the school day then they will be able to earn their points. If the learner does not have one of these needs previously listed they will be able to earn the maximum of 2 – 3 points depending if they talk it out at the end of the lesson and make it right by catching up with their work.

Community Autism Support Service (CASS)

Service offer for adults (updated June 2022)

Who is it for?

Autistic adults (diagnosed, awaiting diagnosis or those that think they may be autistic)
 * Age 18 years + * Living in Coventry & Warwickshire (registered with a GP in this area)
 * Individuals not currently accessing or eligible for learning disability support

What We Offer

Support is aimed at providing individuals with the opportunity to:

- Understand autism and how it affects them individually
- Increase self-help strategies to better manage their emotional and mental wellbeing
- Feel more confident to engage with others and community activities
- Positively move forward independently to a more fulfilling life

Support Available

Peer Support Groups

Informal safe spaces to meet others who may be experiencing similar difficulties. We offer fortnightly groups as follows:

- 18 years+ groups, in **Stratford, Nuneaton, Rugby & Coventry.**
- 18-25 year old (Young Adult) Peer Support Groups in **Stratford, Nuneaton & Coventry.**
- A fortnightly **online group (18+)** for those who may not be able to access the face-to-face groups.

Individuals are invited to join one session per fortnight. Please contact us to find out more about these sessions.

Autism Education Course

This programme is for autistic adults (diagnosed, awaiting diagnosis or those that think they may be autistic) and looks at how adults are affected by autism; what challenges it brings (along with the positives); and where to seek support, with room for discussion and learning from each other. For current availability of our courses, and to book a place visit <http://caass.eventbrite.co.uk>. For further course updates or to find out about courses that are not listed on Eventbrite please contact us.

Information and Signposting

We can provide one off information and signposting support via telephone or email, with one of our support workers via email or a pre-arranged 10-15 minute telephone call.

Family/Carer Support

Run with [Act For Autism](#), we offer sessions for partners/family members/informal carers of autistic adults. Please visit [Act for Autism and Coventry & Warwickshire Mind Events | Eventbrite](#)

If you would like to access any of the above, or have further questions please call us on **024 7771 4545** and leave your name, contact number and postcode or email us at caass@cwmind.org.uk
<http://cwmind.org.uk/diverseortypical/>

We also have autism support available for **Children and Young People**, please visit our website for further information

Community Autism Support Service

We support autistic individuals aged seven to eighteen and older, living in Coventry or Warwickshire.



For age 7-18
 (024) 7663 1835
autismsupport@cwmind.org.uk

For age 18 and over
 (024) 7771 4545
caass@cwmind.org.uk



Scan me to go to the website!
cwmind.org.uk


 Mind
 Coventry and
 Warwickshire



Period: 2022 to 2023

Courses for Parents and those Caring for Children

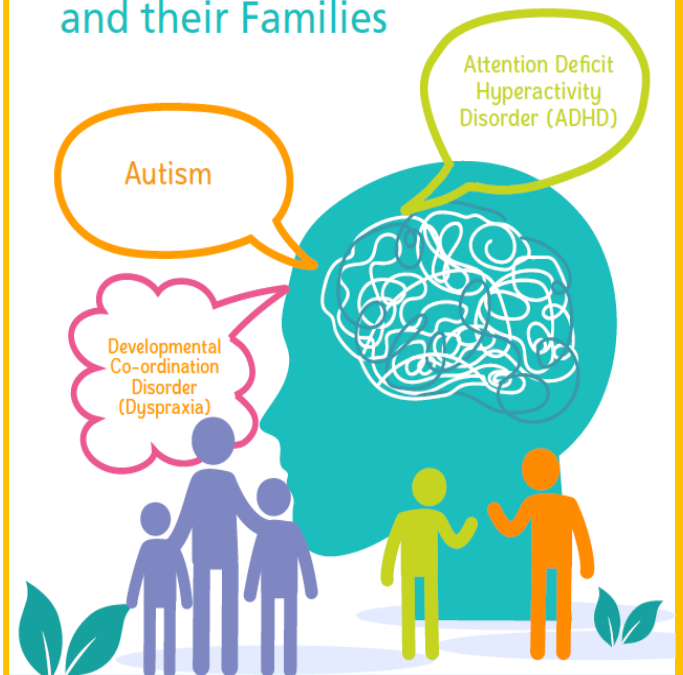


Courses available online – via Zoom
Understanding and Supporting School Aged Children Who Self-harm – 1 session – Thursday 23 rd June 2022, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Friday 1 st July 2022, 10am to 12pm
Understanding Low Mood in Children and Young People – 1 session – Monday 4 th July 2022, 12:30pm to 2:30pm
Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Friday 16 th September 2022, 10am to 12pm
Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Monday 19 th September 2022, 12:30pm to 2:30pm
Understanding Emotional Regulation in School Aged Children – 1 session – Thursday 29 th September 2022, 12:30pm to 2:30pm
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Wednesday 5 th October 2022, 12:30pm to 2:30pm
Understanding Self-esteem in Children and Young People – 1 session – Thursday 13 th October 2022, 12:30pm to 2:30pm
Understanding and Supporting School Aged Children Who Self-harm – 1 session – Tuesday 8 th November 2022, 10am to 12pm
Understanding Sensory Needs in School Aged Children – 1 session – Monday 14 th November 2022, 10am to 12pm
Understanding Low Mood in Children and Young People – 1 session – Wednesday 30 th November 2022, 12:30pm to 2:30pm
Understanding and Supporting Children Aged 3-11 Years with Anxiety – 1 session – Thursday 12 th January 2023, 12:30pm to 2:30pm
Understanding and Supporting Children Aged 12+ Years with Anxiety – 1 session – Friday 20 th January 2023, 10am to 12pm
Understanding Emotional Regulation in School Aged Children – 1 session – Monday 23 rd January 2023, 10am to 12pm
Understanding and Supporting Children and Young People with Emotionally Based School Avoidance – 1 session – Monday 30 th January 2023, 10am to 12pm
Understanding Self-esteem in Children and Young People – 1 session – Thursday 9 th February 2023, 10am to 12pm

Online registration:
 Visit: <https://www.recoveryandwellbeing.co.uk/>
 Email: Recovery.Academy@covwarkpt.nhs.uk
 Call: 0300 303 2626



Information and Advice for Neurodivergent People and their Families



Version one: July 2022



ENERGY SAVING TOP TIPS

We understand that a lot of families are worried about the impact of the increasing cost of living, and we know that many might struggle to make their incomes stretch to cover the basics. Please see some top tips below.

The warmer weather may mean that energy use is the last thing on your mind, but now is the right time to start thinking about your energy use over the next few months. We know that for many people, the huge increase in energy bills is already making life incredibly difficult. What's more, energy bills are set to rise even more in October.

There are things you can do and help is at hand:

- 1) According to the Energy Saving Trust, any switched on charger that is plugged in will still use electricity, regardless of whether the device is attached or not. Switching sockets off, when not in use, could help us save £100s!
- 2) Turning your thermostat down by 1 degree could save you up to 10% a year on your bill
- 3) Switch to low energy light bulbs. LEDs use about 90% less energy than standard bulbs
- 4) Wash your clothes on the lowest heat setting. 90% of a washing machines energy is used to heat water
- 5) Take advantage of the weather and dry clothes on a washing line instead of using a tumble dryer
- 6) Reduce your shower time. Try setting an alarm for 3-4 minutes. Doing this regularly can save more energy and water than you might think
- 7) Thick curtains help to keep the heat in. Keep them tucked behind radiators and close them at dusk to avoid heat escaping.
- 8) Move furniture away from radiators to let warm air circulate.
- 9) [Draught proofing](#) is one of the cheapest and most effective ways to save energy in any type of building. Check doors, letterboxes, windows, loft hatches and floorboards
- 10) A third of heat can be lost through the walls. Think about [cavity wall](#) and loft insulation. There may be grants available for this, Act on Energy can provide advice
- 11) Only boil the amount of water you need when you need it. Boiling extra water takes more time and uses more energy
- 12) Use the dishwasher and washing machine when they are full to make the most out of the energy and water used



Energy
saving

The Family Information Service (FIS) supports families across Warwickshire with advice and information. You can get in touch with the team for by emailing fis@warwickshire.gov.uk or calling 01926 742274.



Rugby Autism Network (RAN) is a registered charity. They aim to support parents, helping them to do their best and enabling families to enjoy more quality time together.

Rugby Autism Network was created in 2009 by a local parent as there was very little support available in Rugby. Their organisation became a registered charity in 2016. In 2017 they won the prestigious Rugby's Pride Award at the Rugby FM Pride of Rugby awards. They currently support over 200 associate members and their families, over 500 parents through the RAN chat group and they have an audience of over 1000 local people on our Facebook page.

They organise [events](#) which offer a chance for parents and carers to get to know each other. Gatherings such as breakfast support meetings with occasional guest speakers, autism-friendly activities and opportunities for the children to make new friends. Details can be found on the Rugby Autism Network Events page.

The charity membership is free, to apply to become an associate member please download and print the form, which can be found on the [charity page](#). Associate membership benefits vary throughout the year, but may typically include:

- Discounts on workshops and webinars
- Rebates on entry fees and parking for days out
- Discounted autism-friendly events
- Access to resources

If you would like any further information, please contact the charity at:

admin@rugbyautismnetwork.co.uk



On Sunday 11th September,
David (Jack W's Dad)
completed the Great North Run

in aid of Rugby Autism Network. Although he wasn't pleased with his time of 2.12hrs, we were definitely impressed!

If you would like and are able to help sponsor David, please see his link on our Quest Family Facebook. Or follow this link below:

https://www.peoplesfundraising.com/donation/run-the-great-north-run-for-ran-2022?fbclid=IwAR3NdqB-kPA5EEZ-Y-I3fZJx-C3fHjnnkA3ZTU_6m42itnbMXTkRS27duvg



HOUSEHOLD SUPPORT FUND

Frequently Asked Questions (August 2022)



What is the Household Support Fund?

The government has made available £421 million to the Household Support Fund (HSF) to be shared amongst local authorities in England to provide targeted financial support for those most in need of help with significantly rising living costs. The Fund will support vulnerable households, particularly those including children and pensioners, to ensure that people have the support they need to afford food, energy, water bills and associated costs. More information is available at: <https://www.gov.uk/government/publications/household-support-fund-guidance-for-local-councils>

What is it for?

The Household Support Fund is to provide support to vulnerable households, particularly families with children and pensioners, affected by significantly rising living costs where alternative sources of assistance may be unavailable.

How much was Warwickshire allocated and on what basis?

Warwickshire's allocation is £3.47m to cover the period 01 April 2022 to 30 September 2022. Funding has been allocated by population, weighted for the Index of Multiple Deprivation.

What can the funding be used for?

The conditions of the grant mean that the funding cannot be used for the provision of general advice on managing debt and the type of support is ringfenced to provide support with food, energy and water bills or other essentials. Specifically,

- at least one third of the total funding must be allocated to support households with children,
- at least one third of the total funding must be allocated to support pensioners, and
- up to one third of the total funding to other households genuinely in need of support.

How is the HSF funding being distributed in Warwickshire?

Warwickshire County Council is distributing the funding via the Warwickshire Local Welfare Scheme and working with Districts and Boroughs to identify specific projects that can be supported within the scheme's parameters. The council has proactively identified vulnerable families with children eligible for benefits related free school meals and residents in receipt of pension credit, who are automatically receiving vouchers towards food and fuel costs. Other vulnerable residents who are struggling financially can apply for support from the scheme or other sources by contacting the Local Welfare Scheme Team directly on 0800 4081448.

How can people find out about financial support available to them?

Warwickshire County Council's webpages (www.warwickshire.gov.uk/localwelfarescheme and www.warwickshire.gov.uk/facinghardship) will be updated with details of support and messages will be sent out via the council's Twitter (@Warwickshire_CC) and Facebook (@WarwickshireCountyCouncil) social media platforms. Information about food and financial support for those facing hardship will also be shared with schools and other education settings as well as public, community and voluntary sector partners to reach people in local communities who may benefit from this help.

Who can apply for financial support from the Local Welfare Scheme?

Please go to the website <https://www.warwickshire.gov.uk/localwelfarescheme> for the most up to date eligibility criteria. The additional funding has enabled some temporary changes to ensure flexibility when supporting our most vulnerable residents at times of unavoidable crisis when they have no other means of help

How can people apply for support?

Vulnerable residents who are struggling financially can apply for support from the scheme or other sources by contacting the Local Welfare Scheme Team directly on 0800 4081448.

Northamptonshire Carers is celebrating National Inclusion Week.
This Year's Theme is:

"Time to Act: The Power of Now"

As a valued Professional within our community
we would like to invite you to our

*****Learn, Lunch & Laugh Event*****

Free Lunch provided
with CPD Certificate included

Connecting our Caring Community

Tuesday 27th September 2022

12pm – 4pm

**St Crispin Community Centre,
St Crispin Dr, Northampton NN5 4GJ**

To book your place, email:

makingcarerscount@northamptonshire-carers.org

By Friday 16th September 2022

or call, 01933 677907 opt 1

"Thank you for a great event.
Much to think about
and a great help to me in my research"

Previous Carers Week Attendee (08-06-2022)



Northamptonshire
Carers



Registered Charity No. 1061417. Company Limited by Guarantee No. 3328459



**MAKING
CARERS COUNT**
Working in partnership with Carers Trust



Meals are available **free of charge** to pupils who meet the free school meals [eligibility criteria](#) – known as benefits-related FSM

You can apply for benefits-related FSM at any time online through the Parent Portal: <https://admissions.warwickshire.gov.uk/Synergy/Enquiries/Citizen/FreeSchoolMeals.aspx>

Reasons to apply:

- Even if your child is currently receiving free school meals because they are in Reception, Year 1 or 2, you should still apply for benefits-related FSM if you think you may be eligible.
- Doing so means that your child’s school will be given extra funding for six years, which can help to fund valuable teaching and learning support for your school.
- Applying for benefits-related FSM also means you will be eligible to receive funding for the holiday periods from the [Warwickshire Local Welfare Scheme](#).

If you need any assistance in applying for free school meals please contact our Family Footings Team and they will support you in your application.

<https://www.gov.uk/apply-free-school-meals>



SEPTEMBER IS ROALD DAHL’S BIRTH MONTH

The very first Roald Dahl day (13th September) took place on what would have been Roald’s ninetieth birthday in 2006.

Celebrations took place all over the world, with the day being recognised with fun-filled events in the UK, USA and Holland.

Twelve years later, and many more people are recognising this special day, celebrating our favourite Roald Dahl characters, stories and moments with fans the world over.



If you haven’t read any of his amazing books please check them out!



In our experience, educators and young people care deeply about environmental issues and have a strong desire to actively protect our planet. However, environmental issues such as climate change, biodiversity-loss or plastic pollution are huge global issues and the thought of tackling them can be intimidating, leaving many feeling overwhelmed and wondering 'Where do I begin?'

The Eco-Schools programme provides a simple, seven-step framework that answers this question whilst empowering young people to make a difference in their school, local community and beyond. Since 1994, millions of young people around the world have worked through the

Eco-Schools Seven Steps before being recognised for their efforts with a prestigious Eco-Schools Green Flag.

Fantastic news Cathy and the Eco-Team!

*Congratulations!!!
Fantastic work Cathy!*

We are very pleased to tell you that you and your Eco-Committee at Quest Academy have been awarded an Eco-Schools Green Flag.

We reviewed your application and noted the following:

It's wonderful that you have appointed such an enthusiastic Eco-Committee, this shows your schools excellent commitment to both the programme and the eco-cause. It was really great to read how your Environmental Review provided the basis for the projects in your Action Plan. It demonstrates a reflective and considered approach to your Eco-Schools work, this is a great skill that many adults can learn from! It was wonderful to see how completing your Environmental Review helped your Eco-Committee to spot gaps in your school's existing environmental activity. But equally important is that it helped you to recognise the great work that you were already doing. This helps to keep up the good activity whilst making you feel empowered to do different things. We love this! Your Action Plan was concise, SMART (Specific, Measurable, Achievable, Relevant and Time Bound) and clearly influenced by your environmental review. This is a great example of self-reflective practice, research-led planning and critical thinking. Good work! We're really impressed at how you've linked environmental issues to a variety of curriculum areas. We have enjoyed hearing about how involved you have been with growing your own potatoes and recycling batteries - well done! We love that your pupils have taken their great work beyond the school gates and into their homes and local community. This is a very challenging aspect of the Eco-Schools programme, so your Eco-Committee should be very proud of their successes in this area! The parent quote is a great testament to the work that you are doing with your Eco-Committee, that they are taking their Eco-Schools work home with them and getting their families on board is something to be proud of! I hope you and your Eco-Committee take great pride in your achievements, everyone involved should be incredibly proud of the changes they have made! Your Eco-Code is really descriptive and enjoyable to read. We loved seeing your Eco-noticeboard it's really informative and eye catching- great effort! Congratulations to everyone for the great work you have managed to do, earning your Green Flag with Merit. You should all be very proud of your work and the application you have submitted!

The Eco-Schools Team

DONATION REQUEST FOR ACE (ADVENTURE, COMMUNITY & ENTERPRISE)

For ACE we have so many exciting projects planned for our learners and as part of it (and as part of our Eco School program), we will be looking at sustainability, reusing, renewing and recycling of materials. So we're asking that if anyone has any of these things they can gift to Kirsty or Emma through the year that would be amazing.

The things we are looking for most are:

- Jeans or trousers
- T-shirts for tie dying
- Socks to make sock puppets
- Bubble wrap
- Any recyclable material e.g. plastic bottles, newspapers, toilet tubes, plastic tubs, bedding, beads, stones, egg crates.



The 3'R's



Please bring any items to the office or ask your child to handover at the learner entrance as they come into school.

TERM DATES FOR 2022 - 2023

AUTUMN TERM 2022	
INSET day (no learners on site)	Monday 5th September 2022
Starts	Tuesday 6th September 2022
Half term	Monday 24th October - Wednesday 2nd November 2022
Start of term	Thursday 3rd November 2022
Ends	Friday 16th December 2022
Christmas holiday	Monday 19th December 2022 - Monday 2nd January 2023
SPRING TERM 2023	
INSET day (no learners on site)	Tuesday 3rd January 2023
Starts	Wednesday 4th January 2023
Half term	Monday 20th - Friday 24th February 2023
Trust INSET (no learners on site)	Friday 10th March 2023
Ends	Friday 31st March 2023
Spring (Easter) holiday	Monday 3rd - Friday 14th April 2023
SUMMER TERM 2023	
Starts	Monday 17th April 2023
Bank Holiday	Monday 1st May 2023
Half term	Monday 29th - Friday 2nd June 2023
INSET day (no learners on site)	Monday 10th July 2023
INSET day (no learners on site)	Tuesday 11th July 2023
Ends	Friday 28th July 2023

SAFEGUARDING & FAMILY FOOTINGS



Daisy Howden Mobile : 07504 001 918

Email: daisy.howden@macintyreacademies.org



Joan Goodrich Mobile: 07377 990 796

Email: Joan.goodrich@macintyreacademies.org

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.

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.

You will also need to contact the taxi company to let them know.



NOTICE

Monday 19th September

Bank Holiday for the
State Funeral of Queen Elizabeth II

Please be advised Quest will be shut for the Bank Holiday
We welcome all learners back in as normal on the Tuesday.