



MacIntyre Academies  
Quest Academy

## MAY 2022 EDITION 1 NEWSLETTER



“Quote of  
the week”

*“If a child cannot learn in the way we teach,  
we must teach in the way the child can learn.”*

*- Dr O. Ivar Lovaas.*

# WELCOME



Dear Parents/ Carers,

Thank you to the families who have provided feedback in response to the letter sent out at the beginning of the week. If you have not yet had the chance to respond to the proposed changes to the school day the deadline is Wednesday 18<sup>th</sup> May.

Thank you to Cathy who led one of our Thursday Club Parent/Carer workshops last night. I hope that those families who were able to attend found the workshop useful. Please let us know if there are any workshops that you would like us to run during the second half of the Summer Term.

As you can see from page 10 our long awaited indoor climbing wall has been installed and staff have received the necessary training. Well done to all the learners who have managed to climb to the top.

I hope that you all have a lovely weekend.

Kind regards,

*Nicola Wells*

## *We are successful because...*

***...The carers of one of our learners said that he is achieving most of his EHCP outcomes because of the support that he receives at school. This has really helped to mould him into the 'fine young man' that he now is.***

***...The parents of one of our learners said that he is much happier since he joined Quest Academy, now being confident that he can have a good day at school. His parents are delighted with his progress with behaviour and that he is gaining confidence and making friends.***

## JONAH LOMU CLASS - FANTASTIC PE SESSION







## Can You See Me?

A powerful story of autism, empathy and kindness

**Written by: Libby Scott and Rebecca Westcott**

With diary entries written by eleven-year-old Libby Scott, based on her own experiences of autism, this pioneering book, written in collaboration with esteemed author Rebecca Westcott, has been widely praised for its realistic portrayal of autism.

Tally is **eleven years old** and she's **just** like her friends.

Well, **sometimes** she is. If she tries **really hard** to be. Because there's something that makes Tally **not** the same as her friends. Something she can't cover up, no matter **how** hard she tries: Tally is **autistic**.

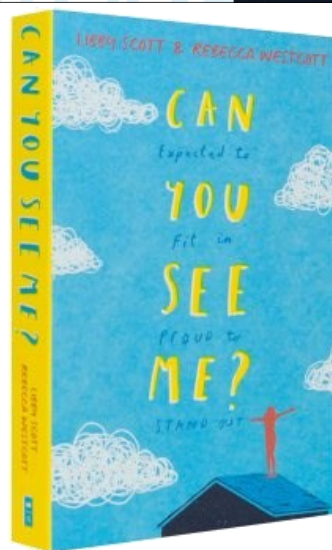
Tally's autism means there are things that **bother** her even though she **wishes** they didn't. It means that some people **misunderstand**, her and feel **frustrated** by her.

People think that because **Tally's autistic**, she doesn't realise what they're thinking, but Tally sees and hears - and *notices* - **all of it**.

And, honestly? That's not the easiest thing to live with.

- The first book written in collaboration with Libby Scott
- When Libby's mum shared a short piece of Libby's writing online it soon went viral, with tens of thousands of people saying that Libby's writing helped them understand autism for the first time
- This **fictionalised** portrayal of a young autistic girl is written by Rebecca Westcott, in close collaboration with Libby Scott, making it a truly original and inspirational book that will give readers of all ages a deeper understanding of what it's like to be autistic

Perfect for fans of *The Goldfish Boy*, *Wonder* and *The Curious Incident of the Dog In the Night-time*



## TERM DATES FOR 2021 - 22:

SUMMER TERM 2022	
<b>Starts</b>	Monday 25th April 2022
<b>Bank Holiday</b>	Monday 2nd May 2022
<b>Half term</b>	Monday 30th May – Friday 3rd June 2022
<b>Ends</b>	Wednesday 27th July 2022

## ADDITIONAL DATES FOR DIARY

Year Group	Vaccines to be given	Date
All years	<b>Mop up Session</b>	19/07/2022

# FOOD AND MOOD



Explores the relationship between what you eat and how you feel, including tips on how to incorporate healthy eating into your life.

## How can food affect mood?

Knowing what foods we should and shouldn't be eating can be really confusing, especially when it feels like the advice changes regularly. However, evidence suggests that as well as affecting our physical health, what we eat may also affect the way we feel.

Improving your diet may help to:

- improve your mood
- give you more energy
- help you think more clearly.



## How to manage your mood with food

- Tips to help you explore the relationship between what you eat and how you feel.

**Eating regularly:** If your blood sugar drops you might feel tired, irritable and depressed. Eating regularly and choosing foods that release energy slowly will help to keep your sugar levels steady. Slow-release energy foods include: pasta, rice, oats, wholegrain bread and cereals, nuts and seeds.

### Quick tips:

- Eating breakfast gets the day off to a good start.
- Instead of eating a large lunch and dinner, try eating smaller portions spaced out more regularly throughout the day.
- Avoid foods which make your blood sugar rise and fall rapidly, such as sweets, biscuits, sugary drinks, and alcohol.

**Staying hydrated:** If you don't drink enough fluid, you may find it difficult to concentrate or think clearly. You might also start to feel constipated (which puts no one in a good mood).

### Quick tips:

- It's recommended that you drink between 6–8 glasses of fluid a day.
- Water is a cheap and healthy option.
- Tea, coffee, juices and smoothies all count towards your intake (but be aware that these may also contain caffeine or sugar).

## Getting your 5 a day

- Vegetables and fruit contain a lot of the minerals, vitamins and fibre we need to keep us physically and mentally healthy.
- Eating a variety of different coloured fruits and vegetables every day means you'll get a good range of nutrients.

**Quick tips:** Fresh, frozen, tinned, dried and juiced (one glass) fruits and vegetables all count towards your 5 a day.

As a general rule, one portion is about a handful, small bowl or a small glass. For ideas on how to get your 5 a day, visit [NHS Choices](https://www.nhs.uk/choices/).

### Looking after your gut:

Sometimes your gut can reflect how you are feeling emotionally. If you're stressed or anxious this can make your gut slow down or speed up. For healthy digestion you need to have plenty of fibre, fluid and exercise regularly.

Healthy gut foods include: fruits, vegetables and wholegrains, beans, pulses, live yoghurt and other probiotics.

**Quick tips:** It might take your gut time to get used to a new eating pattern, so make changes slowly to give yourself time to adjust.

If you're feeling stressed and you think it is affecting your gut, try some [relaxation techniques](#) or breathing exercises.

### Getting enough protein:

Protein contains amino acids, which make up the chemicals your brain needs to regulate your thoughts and feelings. It also helps keep you feeling fuller for longer.

Protein is in: lean meat, fish, eggs, cheese, legumes (peas, beans and lentils), soya products, nuts and seeds.

**Quick tip:** Whatever your diet, why not do some research into other foods that contain protein, and find something new to try? For ideas on healthy recipes, visit [NHS Choices](#).

### Managing caffeine:

Caffeine is a stimulant, which means it will give you a quick burst of energy, but then may make you feel anxious and depressed, disturb your sleep (especially if you have it before bed), or give you withdrawal symptoms if you stop suddenly.

Caffeine is in: tea, coffee, chocolate, cola and other manufactured energy drinks.

**Quick tips:** If you drink tea, coffee or cola, try switching to decaffeinated versions.

You might feel noticeably better quite quickly if you drink less caffeine or avoid it altogether.

**Eating the right fats:** Your brain needs fatty acids (such as omega-3 and -6) to keep it working well. So rather than avoiding all fats, it's important to eat the right ones.

Healthy fats are found in: oily fish, poultry, nuts (especially walnuts and almonds), olive and sunflower oils, seeds (such as sunflower and pumpkin), avocados, milk, yoghurt, cheese and eggs.

**Quick tip:** Try to avoid anything which lists 'trans fats' or 'partially hydrogenated oils' in the list of ingredients (such as some shop-bought cakes and biscuits). They can be tempting when you're feeling low, but this kind of fat isn't good for your mood or your physical health in the long run.

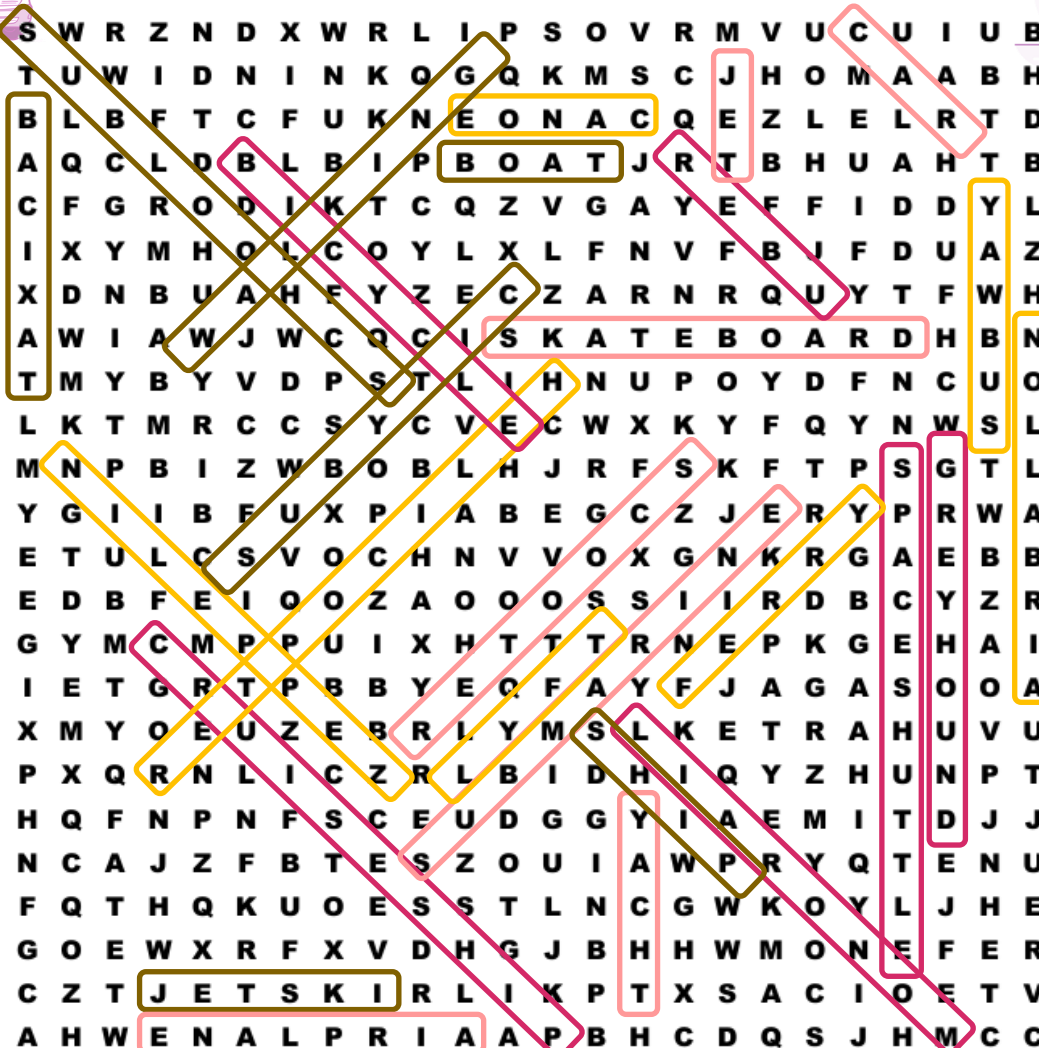
### Get professional support

Sometimes the best way to improve your diet is with the help of a health professional.

- **Dietitians** can help you work on specific problems.
  - **Nutritional therapists** can help you improve your overall health.
  - **Nutritionists** can help you explore how food and nutrition affect your health and wellbeing.
- You could ask your NHS doctor to refer you. Alternatively you can find private practitioners at the Freelance Dietitians website, the Association for Nutrition website or the British Association for Applied Nutrition and Nutritional Therapy (BANT) website.



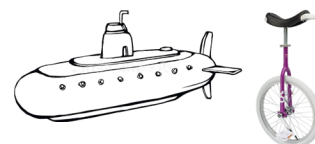
# TRANSPORT WORDSEARCH ANSWERS



- Walking
- School Bus
- Taxi Cab
- Ship
- Jet Ski
- City Bus
- Boat
- Skateboard
- Yacht
- Submarine
- Scooter
- Jet
- Car
- Airplane
- Zeppelin
- Lyft
- Subway
- Helicopter
- Ferry
- Canoe
- Air Balloon
- Greyhound
- Uber
- Space Shuttle
- Monorail
- Cruise Ship
- Bicycle



## TRANSPORT/TRAVEL ANAGRAMS ANSWERS



rac	krutc	sub	panel	nva
car	truck	bus	plane	van
abot	ccleniuy	keib	nairt	hips
boat	unicycle	bike	train	ship
ocean	restock	erbmsuani	xtia	cphlireeot
canoe	rocket	submarine	taxi	helicopter





## FOOD AND COOKING AT QUEST

Cathy (our lovely Food Tech Teacher) is running the following workshops in our Thursday After School Clubs (she even mentioned encouraging our Y11 to bake scones for parents/carers/visitors to eat).

- **Thursday 12th May** - Food and Cooking at Quest: **Part 1 - A guide to what we do from a learner's point of view.**
- **Thursday 23rd June** - Food and Cooking at Quest: **Part 2 - Planning a practical session, supporting cooking at home.**



## BRITISH ROYAL FAMILY WORDSEARCH

H	N	X	E	N	H	T	E	B	A	Z	I	L	E	E	A	W
V	P	R	I	N	C	E	Q	P	G	T	X	Y	K	J	G	I
D	R	A	W	D	E	C	I	N	L	O	J	U	B	Q	Q	L
E	W	H	L	H	G	R	U	B	N	I	D	E	L	F	W	L
K	J	H	D	I	X	I	O	Y	R	R	A	H	L	K	Y	I
U	Z	L	N	J	M	C	S	A	S	S	J	S	A	E	S	A
L	N	P	L	O	V	S	H	F	E	E	S	G	W	E	A	M
P	Y	J	X	R	E	W	N	L	M	N	S	E	N	G	N	A
A	W	P	R	C	B	T	R	E	A	Q	E	O	R	D	A	K
K	H	T	N	L	H	A	G	I	G	U	H	R	O	I	I	F
B	B	I	B	D	H	H	R	M	Q	E	C	G	C	R	D	K
U	R	P	N	C	A	O	R	R	K	E	U	E	A	B	T	M
P	O	A	R	N	T	Z	L	G	H	N	D	X	C	M	T	X
X	Y	O	J	C	A	M	I	L	L	A	N	B	V	A	D	R
L	Y	X	I	P	P	I	L	I	H	P	K	A	I	C	R	Q
B	A	V	N	U	Y	N	P	C	A	T	H	E	R	I	N	E
Z	P	E	A	R	G	W	A	L	B	E	R	T	M	A	U	Z

In honour of the upcoming Jubilee festivities we thought we would try a British Royal family Wordsearch this week!



princess	edinburgh	cornwall	cambridge	edward
albert	victoria	catherine	duchess	duke
prince	william	george	charles	camilla
diana	meghan	harry	philip	queen
elizabeth				

# How to build resilience and emotional health in children

## Our top tips



## Practical ways

### Build positive relationships

Help them to strengthen and build positive relationships with their friends and other adults. This will help them to understand, think and communicate with others, as well as contribute to social and emotional development.

1

- Give them space to spend quality time with their network of friends and loved ones.
- Help them build a positive relationship with themselves and others by letting them spend time doing the things they love.

### Build emotional awareness

Encourage them to understand, express and manage their emotions. Children who learn to handle their emotions tend to have better physical and emotional health, do better at school and get on better with friends. Let them know it is ok for them to seek help and support too if they need this.

2



- Encourage them to get to know who they are and what values they hold.
- Give them lots of positive encouragement and praise.
- Share your experiences with them so they can see you understand what they are going through.

### Build independence

Help them learn to be independent in their actions and thoughts. This will help to develop their confidence, self-efficacy and self-esteem. It will also boost motivation and help them to work through challenges.

3



### Build confidence

Help them build their confidence by taking on challenges and allow them to learn from it even if they do not manage to complete the challenges.

4

- Encourage them to learn problem-solving skills as that is key to building resilience. No matter what the situation or issue is, there is always a resolve for it.
- Whether they accomplish them or not, encourage them to plan goals and challenges, which help to boost their self-esteem and confidence and independence.

### Get support

Family Lives is always here to support you through difficult times. For support call our confidential helpline on 0808 800 2222, email us at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or chat to us online.

5



Find out more  
[www.familylives.org.uk](http://www.familylives.org.uk)





# TIPS TO KEEP YOUR TEEN SAFE

**Help them say 'no' to pressure** - Point out that their friends might just be showing off. Help them see that they can have a mind of their own. If you are worried about the friends they are keeping or that they may be involved in a gang, try to spot the signs.

**Make sure they are aware of the risks** - Teens need to understand risks. Lots of young people get in trouble if they are under the influence of drugs or alcohol.

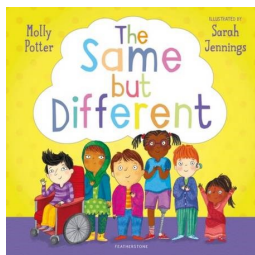
**Positive messages help** - Your behaviour will influence them most. Try to set a positive environment so it helps them to flourish and feel more secure.

**Don't expect instant solutions** - If they are displaying risky behaviour, it might be they are possibly struggling with other issues such as bullying, self-esteem, mental health, or relationships. Let them know you are there to listen and help. Avoid trying to solve everything with one conversation. Seek support from others such as your GP, the school, family and friends.

**Be clear about the boundaries** – Talk to them about what is and what isn't allowed in your house and help them understand what your worries are too.

**Not going out late alone** – Have a conversation about how they will get home. Encourage them to keep in touch by phone and letting you or a friend know where they are going. Go through safety tips with them so they understand what to do if they face an uncomfortable or worrying situation.

**Keep the conversation flowing** – Keep talking about anything and everything! Having open chats with your teen is important as it lets them know that they can come to you if they are struggling. Think about how you talk to your teen too, keep your tone calm and avoid shouting.

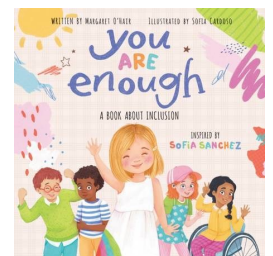


## NATIONAL SHARE A STORY MONTH 2022

**Celebrate the Power of Storytelling With**

**National Share-a-Story Month: May 1 - May 31**

The Federation of Children's Book Groups is an



organisation that was started in the 1960s. It was created in response to parents' desires to learn more about children's books and how to encourage their own children to read more. Children's Book Groups were created all over the UK, and the Federation served to link them all together. The Federation has been responsible for a number of different initiatives including National Share-a-Story Month.

**What is National Share-a-Story Month?** It is a celebration that takes place every year throughout the month of May. It has proved to be an excellent way to celebrate storytelling and how powerful it can be. Children and stories are brought together with a variety of different events that take place across the UK. In 2022 the overall theme is 'Belonging – Yourself & Your Emotions, Friends & Family and Community.'



## NEW CLIMBING WALL

Florence Nightingale learners had a fab time on the new climbing wall this week!



## HOW DOES YOUR GARDEN GROW? OURS IS GROWING PRETTY WELL!!!



## MAY 2022

Lunch is provided by a company called Educaterers, menus run on a 3 week revolving basis. If there's a day where your child does not like the option they will need to bring in a packed lunch.

MONDAY WEEK 1 W/C 02.05, 23.05	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUNA MAY SANDWICH	SLICED TURKEY BAP	CHEESE BAP	HAM SANDWICH	EGG & CRESS BAP
BACON BAP	CHEESE & TOMATO PIZZA	LOVES JOES BURGER	CHICKEN POPPER MINI BAGUETTE	FISH FINGER BAP
VEGGIE FINGER SUB	VEGAN HOT DOG	HOT PASTA POT	BBQ JACKFRUIT PIZZA	VEGGIE FINGER BAP

MONDAY WEEK 2 W/C 09.05, 30.05	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEESE BAP	CHICKEN SANDWICH	HAM BAP	TUNA MAY SANDWICH	CHEESE BAP
MEATBALL SUB	LOVES JOES BURGER	CHEESE & TOMATO PIZZA	CHICKEN POPPER MINI BAGUETTE	FISH FINGER BAP
BBQ JACKFRUIT PIZZA	HOT PASTA POT	VEGAN HOT DOG	HOT PASTA POT	VEGGIE FINGER BAP

MONDAY WEEK 3 W/C 25.04, 16.05	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEESE SANDWICH	TURKEY SANDWICH	TUNA BAP	CHICKEN BAP	CHEESE BAP
LOVES JOES BURGER	CHEESE & TOMATO PIZZA	CHICKEN POPPER MINI BAGUETTE	HOT DOG	FISH FINGER BAP
HOT PASTA POT	VEGAN HOT DOG	VEGGIE FINGER SUB	HOT PASTA POT	VEGGIE FINGER BAP



## NATIONAL DOUGHNUT WEEK 2022

This year National Doughnut Week takes place from the 7th to the 15th of May.

**What is it?** National Doughnut Week is an event which takes place annually with the aim of raising funds for The Children's Trust. The Children's Trust is a registered charity based in Tadworth which provides rehabilitation services for young people and children who have suffered a brain injury. More than 40,000 children in the UK suffer a brain injury every year, which could be the result of an accident or an illness. For many the prognosis is good, but there are thousands who have difficulties which are ongoing or long-term. The Children's Trust provides support services for these children and their families. By supporting National Doughnut Week you will be helping to raise funds to help The Children's Trust continue their work in supporting these children and their families.

**How to get involved:** The Children's Trust and other sponsors of the event encourage bakers, coffee shops, schools and offices to bake and sell doughnuts. There is no fee to participate, just a simple registration form to complete online. Once registered, a pack of goodies is available to help with the organisation and promotion of the event. All the funds raised go straight to the charity. There is a [list of establishments](#) that are taking part, so you can pay them a visit and buy your delicious doughnuts. Take them to the office and encourage your colleagues to buy some? Click [here](#) for more information about how to participate in this year's event.





# SAFEGUARDING & FAMILY FOOTINGS



- **Daisy** is responsible for lower school families and is available on;  
[daisy.howden@macintyreacademies.org](mailto:daisy.howden@macintyreacademies.org) Work mobile 07504001918



- **Joan** is responsible for upper school families and is available on;  
[Joan.goodrich@macintyreacademies.org](mailto:Joan.goodrich@macintyreacademies.org) Work mobile 07377990796

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](mailto: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.

