



MacIntyre Academies
Quest Academy

January 2018 Edition 2: Newsletter



WELCOME



Dear Parents/Carers,

Welcome once again to our fortnightly newsletter. The pupils have now settled back into the routine of school. They are continuing to make progress with their learning across the holistic curriculum.

Last week, Lee Martin, our Behaviour Lead, introduced pupils to our stepped approach to bullying, he reminded pupils about the previous advice given to them about what to do if they are being bullied, or they see someone else being bullied. (You can find out more on page 3/4).

Amy Wilkins, our Speech and Language Therapist, has also introduced THINK to the year 5 and 6 pupils to help them understand how comments they make can impact on others. You may find the acronym useful to use at home.

I would like to take this opportunity to thank the year 5 and 6 pupils, who have been looking after our red clawed Amazon Rainforest tortoise, Noddy, this week. We are now considering what our next pet will be.

Finally, thank you to the families who have provided photographs and updates about their child's achievements outside of school. We love to hear about our pupils' achievements, so please continue to share information with us.

Kind regards,

Nicola



"A mind is like a parachute, it doesn't work if it isn't open"

Frank Zappa

AT THE MOVIES

My class watched: Jumanji: Welcome to the Jungle

**Movie
Rating:**



By: Adam G.

The main characters are: Spencer (Dwayne Johnson aka The Rock), Fridge (Kevin Hart), Bethany (Jack Black), Martha (Karen Gillan) and Alex (Nick Jonas).

The setting: the film's African jungle setting was shot in Hawaii.

The story is about: a group of American high school students who were sent to detention. Whilst they were in detention, they find the video game Jumanji. They all picked their avatars, the nerdy one ends up being Dwayne Johnson. The basketball player is turned into Kevin Hart. The gossip girl of the school is turned into Jack Black, which is really funny at one part as she has to learn how to go to the toilet as a man. Martha who is like the nerdy girl turns into Karen Gillan, They begin playing the game until the console starts glowing green. They try to switch it off but as their bodies start disappearing they get sucked into the game and end up in the jungle.....

What I liked: This was my first time at the cinema, so getting the popcorn, nachos and an ice-blast was a great start (apart from nearly dropping them). The film was funny and very entertaining.

What I disliked: There wasn't anything I disliked!

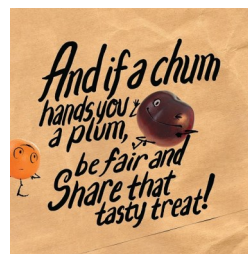
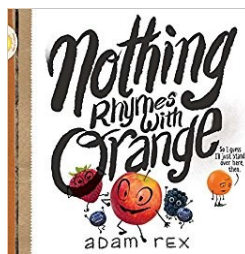
My favourite part: When Bethany discovered she was a man, and when she got eaten by a hippo.

Who I would recommend the film to: the film is rated a 12A, at 13 I enjoyed it.

Book of the Week

Nothing Rhymes with Orange

by Adam Rex



A perfect laugh-out-loud, read-aloud from *New York Times* bestselling author Adam Rex!

We all know nothing rhymes with orange. But how does that make Orange feel? Well, left out! When a parade of fruit gets together to sing a song about how wonderful they are—and the song happens to rhyme—Orange can't help but feel like it's impossible for him to ever fit in. But when one particularly intuitive Apple notices how Orange is feeling, the entire English language begins to become a bit more inclusive.

Beloved author-illustrator Adam Rex has created a hilarious yet poignant parable about feeling left out, celebrating difference, and the irrefutable fact that nothing rhymes with orange.

CHILD FRIENDLY ANTI-BULLYING ADVICE

If you are being bullied:

DO

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Act as though you don't care what they say or do.
- Remember it is NOT your fault and you are NOT alone.

DON'T

- Do what they say.
- Look upset or cry.
- Get angry.
- Hit them.



What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to **S.T.O.P.** if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

QUEST Aims:

- We will all work together to **S.T.O.P.** bullying.
- We want to make all people feel safe and happy. Bullying can make people feel frightened and unhappy.
- To deal with bullying, we will help everyone:
 - To get on well together
 - Respect and understand each other
 - To believe that everyone has the right



Please contact
Lee Martin
for more information.



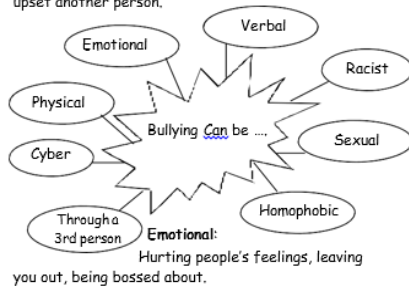
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**Child Friendly
Anti-bullying
Advice**

What is bullying?

A bully is someone who hurts someone deliberately, by using behaviour which is meant to hurt, frighten or upset another person.



Physical: Punching, kicking, spitting, hitting, pushing.

Homophobic: Calling you gay or lesbian.

Through a 3rd person: Sending a friend with horrid messages.

Verbal: Being teased, name calling, hand signs

Racist: Graffiti, calling you racist names.

Sexual: Rude comments, touching you when you don't like it.

Cyber: texts, e-mail.

Who can I tell?



What should I do if I am bullied:

START
TELLING
OTH
ER
PEOPLE



Bullying is likely to be...

SEVERAL
TIMES
ON
PURPOSE



What you can do to help

You should always treat bullying seriously.

Try to find a way to make it **S.T.O.P.** so that you can feel safe and happy in life.

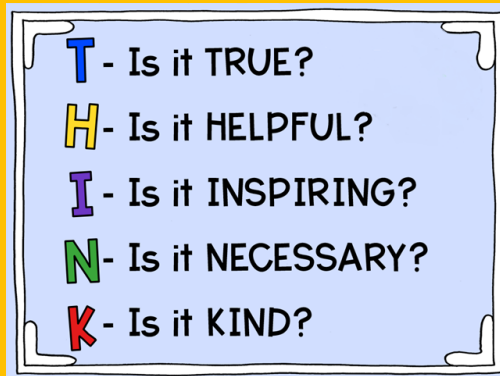


QUEST STEPPED APPROACH TO BULLYING



SPEECH AND LANGUAGE

This half term in the year 5/6 social communication groups we are focusing on positive communication with others. We have been discussing the THINK before you speak acronym. This is a structure that allows pupils to ask themselves the following questions before they speak:



It can be helpful to think about the metaphor “our words are like toothpaste.” Once the tooth paste is out the tube it cannot go back in, just as once we have said something, we cannot take back how it made another person feel.

CONGRATULATIONS

Well done Kieran for taking on such a huge challenge, we are all very proud.

*We love hearing about our pupils successes at home, please keep the pictures coming in.

Kieran takes on charity challenge

BY ALEX GREEN
alex.green@press.co.uk
01788 539999

A 10-year-old from Bilton is battling autism, ADHD and a rare metabolic disease to run 50 miles over 12 months to raise money for Birmingham Children's Hospital Charity.

Kieran Large has set himself the challenge so he can raise funds as a thank-you to the hospital – which he has had to attend since he was three months old.

He has so far raised £100 for the charity through a Just-Giving page.

His mother Sharon Large, a special education needs mentor at Lawrence Sheriff School, said: “Kieran wanted to do something significant to help.

“We wanted to give him something that would be good for him but we also wanted to set a realistic target – so the 50 miles in 12 months target was set.”

Kieran completed the first part of the challenge by taking part in a three-mile park run on Saturday, January 6.



Kieran Large taking part in the first stage of his fundraising challenge.

Mrs Large said: “Because of his autism he doesn't like big crowds and he has high anxiety so he was quite nervous before the run.

“For him going out where there are a lot of people is a real challenge. That's what makes it special.

“We just hung to the back as he found it quite hard when he started but he got a second wind and completed the full

three miles.”

Kieran, who attends a specialist school, regularly visits two consultants at Birmingham Children's Hospital.

He has had to have five surgeries in the last two years – Mrs Large said Kieran's autism means he finds the surgeries quite distressing.

Mrs Large said Kieran, who has two sisters and a

brother, is amazed at the amount of money he has been able to raise so far.

She said he didn't think anyone would donate, and his confidence has been boosted by the fact he has already doubled his £50 target.

A highlight for Kieran was having his idol, Gary Barlow, recognise his efforts in a tweet. To donate, visit goo.gl/n8S8Hj

FINE TO FINISH

This is used to support pupils to bring an activity to a natural end when they have not completed the activity.



Facts

- Some pupils experience an increase in anxiety levels at points of transition
- Some pupils have a 'perfectionist' approach to life and become anxious when they think they might not be able to meet their own high standard.
- Some pupils find it difficult to leave a piece of work unfinished, they may refuse to stop working and move onto their next lesson.

Suggested Script

"There are 10 minutes left of the lesson. It is fine to finish working now; you can complete your maths in tomorrow's lesson / after school..."

Hints and Tips

For finishing work: Offer support by building up a routine with a structure for ending the lesson making it easier for pupils to cope with anxiety.

For conversation: Be sensitive to the individual when encouraging them to bring their conversation to a close, as this is likely to be an area of distinct weakness.

YEAR 9 IMMUNISATIONS

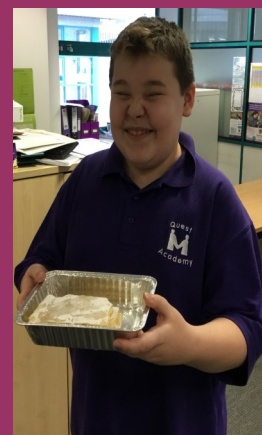


We have arranged for Year 9 vaccinations (for Meningitis ACWY, Tetanus, Diphtheria and Polio) to take place at school on **Tuesday 13th March 2018**. Letters and emails will be sent out over the next couple of weeks, however if you have any queries please contact reception.



Alex got to meet a baby lamb last week at his horse riding therapy.

Fin had been baking Millefeuille with Nicola this week



TAKE PART IN THE WORLD'S LARGEST WILDLIFE SURVEY

You can take part any time over this weekend:

https://www.rspb.org.uk/globalassets/downloads/biggardenbirdwatch/20172018/bgbw_pack_download_allv4.pdf



Count the wildlife that's counting on you

- 1 Watch the birds in your garden or local park for one hour.
- 2 Only count the birds that land in your garden or local park, not those flying over.
- 3 The same birds may land more than once. To avoid counting them twice, please submit the highest number you see of each bird species at any one time in the hour – not the total number you count over the hour.
- 4 Tell us what you've seen in your hour, even if you saw nothing – it's still really useful information! Tell us about other wildlife that visits your garden or local park during the year too.
- 5 Please complete and return this form to the Freepost address shown below, or enter your results at rspb.org.uk/birdwatch

Name of bird

Most seen at one time

Blackbird	<input type="text"/>
Blue tit	<input type="text"/>
Chaffinch	<input type="text"/>
Coal tit	<input type="text"/>
Collared dove	<input type="text"/>
Duncock	<input type="text"/>
Goldfinch	<input type="text"/>
Great tit	<input type="text"/>
Greenfinch	<input type="text"/>
House sparrow	<input type="text"/>
Long-tailed tit	<input type="text"/>
Maggie	<input type="text"/>
Robin	<input type="text"/>
Starling	<input type="text"/>
Woodpigeon	<input type="text"/>
Other species	<input type="text"/>

Please use CAPITAL letters.

Title (Mr, Mrs, Miss, Ms, etc)

First name

Last name

Address

Town

County/Council area

Postcode

Telephone

Mobile

Email (over 18s only)

Date of birth (if under 18)

The results of this year's Birdwatch will be released in March and summarised on our website.

If you let us know your email address (above) we will send the results straight to your inbox. Image by Genevieve Leaper (rspb-images.com).

The RSPB is a registered charity in England & Wales 207076, in Scotland SC037654. 356-0736-16-17



Big Garden Birdwatch

Enjoy an hour in the company of nature during **27–29 January 2018** and be part of the world's largest wildlife survey.

Thank you for taking part – your results will help us work out how nature is doing right across the UK.

How often do you see other wildlife?

You may not see the creatures below in your hour (especially hedgehogs, slow worms and grass snakes, which may be hibernating), but we'd like to know if they have visited your garden or local park in the last year and, if so, roughly how often. Please put the appropriate letter from the key (below) in the box next to the animal. Please don't leave any boxes blank, so if you don't know, write "F". Thank you for helping us find out more about your local wildlife.

A = Daily, B = Weekly, C = Monthly, D = Less than monthly, E = Never, F = Don't know

Badger	<input type="text"/>
Fox	<input type="text"/>
Frog	<input type="text"/>
Grass snake	<input type="text"/>
Muntjac	<input type="text"/>
Great crested newt	<input type="text"/>
Grey squirrel	<input type="text"/>
Hedgehog	<input type="text"/>
Mole	<input type="text"/>
Red squirrel	<input type="text"/>
Roe deer	<input type="text"/>
Slow worm	<input type="text"/>
Stag beetle	<input type="text"/>
Stoat	<input type="text"/>
Toad	<input type="text"/>

Some species do not appear in all parts of the UK.

How many people took part? Adults Children

If you didn't do the Big Garden Birdwatch at home, where did you do it?

Postcode (if different from opposite)

If you'd like to change how you hear from us, it's easy to do. Just call us on 01767 693680 (Monday to Friday, 9am–5pm), visit rspb.org.uk/preferences, or write to Supporter Services, The RSPB, The Lodge, Sandy, Bedfordshire, SG19 2DL.

Thank you! Tell us what you saw online at:

rspb.org.uk/birdwatch using code **BH30**. The survey results will be announced on 28 March and summarised on our website.

Please let us know your results by 13 February 2018. If you'd rather return your form by post, please put it in an envelope and write **Freepost RSPB BIG GARDEN BIRDWATCH** on the front. Please ensure only this wording appears on the return envelope. This is a short address, but rest assured it'll reach us.

BNJNM0173

SAFEGUARDING NEWS



**Children's
Mental Health
Week 2018**
5-11 February #childrensmhw
ChildrensMentalHealthWeek.org.uk

Children's Mental Health Week is fast approaching 5 -11 February 2018.

Run by school-based children's mental health charity Place2Be, this year's theme 'Being Ourselves' invites everyone to come together and celebrate their uniqueness.

What's it all about?

It can sometimes be difficult for all of us to think positive things about ourselves and to know what it is that makes us who we are. Children and young people also struggle with this a great deal, in particular children with additional needs.

Understanding that we are all unique with our own strengths, qualities and interests is very important for our wellbeing. Through having a positive view of ourselves, we can feel better equipped to cope with life's challenges and make better connections with others.

As parents and carers, you play a very important role in helping your children to understand that they are unique.

Here are a few simple ways that you could encourage your children to understand the importance of "**Being Ourselves**".

Point out your children's positive qualities determination, courage, kindness - help them to notice what makes them unique.

Have a chat about the strengths, qualities and interests within your family over dinner in the car or when you are playing together....it can be fun to notice how we are all different from each other.

Celebrate your efforts with your children whether you go for a run, get promoted at work or cook a great meal, sharing your achievements, no matter how big or small, will help your children to recognise their own.

Don't forget: If you're worried about your child, talk to your GP or contact us at School. You can also find a list of organisations that provide support and advice on www.place2be.org.uk.

TERM DATES 2017- 18

- ♦ Term starts Monday 8th January 2018 - Thursday 29th March 2018

Half Term - Monday 19th February - Friday 23rd February 2018

- ♦ Term: Monday 16th April 2018 - Friday 20th July 2018

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

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

INSET DAYS (no school)

- ♦ Thursday 29th March 2018
- ♦ Monday 16th April 2018

SAFEGUARDING

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.