



MacIntyre Academies
Quest Academy

APRIL 2020 EDITION 3 NEWSLETTER



NEW FACEBOOK PAGE — Quest Academy Family Group



“Quote of
the week”

*“The best way to predict
your future is to create it”*

Abraham Lincoln

WELCOME



Dear Parents/Carers,

I hope that you and your families are still well and that you have managed to enjoy some time outside enjoying the sun. Sydney has discovered that he loves digging holes in the garden



but as you can see from the picture he still loves chilling out and posing for photographs.

Thank you for continuing to send in photographs of activities that you and your children have been doing during the Easter Holidays. I am mindful and appreciate that for some families asking your child to complete school work at home is challenging. However, if for example, your child now can use the washing machine / dishwasher, follow a recipe or any other life skill such as tying their shoe laces please let your child's class teacher know as they can add this skill/ achievement to our assessment system Odyssey.

We will continue to keep you updated through our website, newsletters, emails, Facebook, Twitter and phone calls but please just email or ring if you need any further information or advice.

Currently we do not have any updates from the Department for Education.

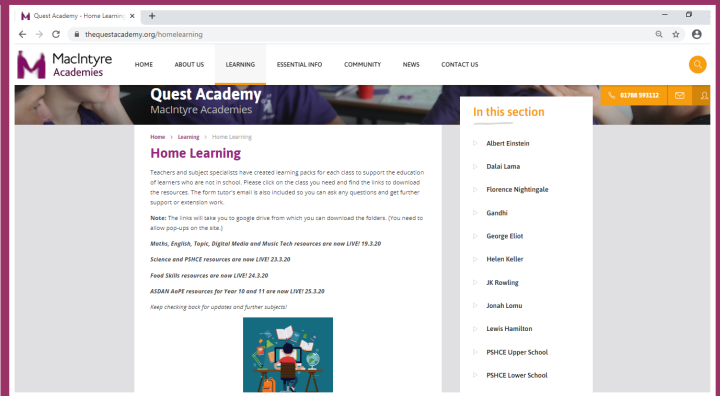
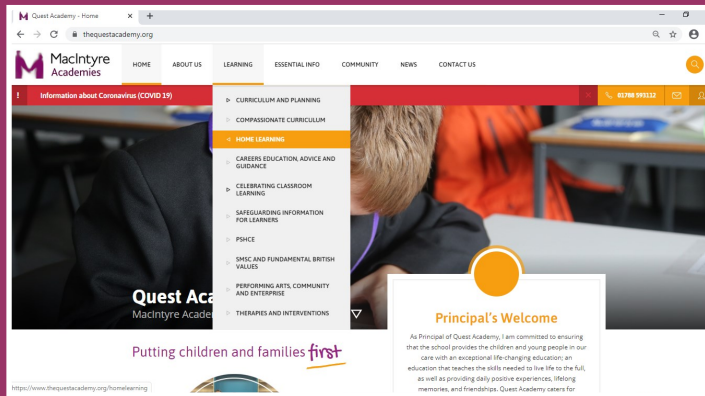
Thank you for your continued support at these very difficult and unpredictable times.

Kind regards,

Nicola Wells.



QUEST ACADEMY: HOME LEARNING



Don't forget we have some fantastic resources on our Quest Academy Website, under Home Learning <https://www.thequestacademy.org/homelearning>

Teachers and subject specialists have created learning packs for each class to support the education of learners who are not in school. Please click on the class you need and find the links to download the resources. The form tutor's email is also included so you can ask any questions and get further support or extension work.

Note: The links will take you to google drive from which you can download the folders. (You need to allow pop-ups on the site.)

Book of the Week

Greta And The Giants

Author: Zoe Tucker

Greta is a little girl who lives in a beautiful forest threatened by Giants. When the Giants first came to the forest, they chopped down trees to make houses. Then they chopped down more trees and made even bigger homes. The houses grew into towns and the towns grew into cities, until now there is hardly any forest left. Greta knows she has to help the animals who live in the forest, but how? Luckily, Greta has an idea...

A section at the back explains that, in reality, the fight against the 'giants' isn't over and explains how you can help Greta in her fight.



MICHAEL'S DRIVING EXPERIENCE

This was a birthday present from before Christmas – we booked him a driving lesson, timed for mid-March. Thankfully, it took place just before the coronavirus lockdowns began. Since this would be Michael's first ever driving experience, we thought we'd do it in style, and we booked him a half hour lesson in a Bentley. The bonus for Mum and Dad



was that we were allowed to sit in the back seats to share the experience! The lesson involved driving around an area of roads that have been prepared specifically for young drivers to be taught the basics of driving. There are stop signs and roundabouts to negotiate and there are other kids driving around at the same time to avoid. The instructor sat in the passenger's seat and had dual controls for brakes and accelerator and he was able to grab the steering wheel when needed to keep us safe. Michael did really well. He didn't hit anything! He was very good at indicating and looking for traffic before pulling out at junctions.

It was a very enjoyable experience for us all and we were very proud parents for what Michael had achieved. The above photo was taken after the lesson and we also have a video of the experience taken from inside the car so we can relive the experience whenever we want.

We booked it through Red Letter Days. It was operated by Young Driver; www.youngdriver.eu and it is possible to book directly with them.

Thank you to Mark (Michael's Dad) for this fantastic review!

DAN AND AJ'S ARTY CREATIONS

Fantastic to see so many of you creating wonderful work,
please keep sending them in to toni-anne.eagles@macintyreacademies.org



RHYS AND EVAN'S PRACTICAL MATHS

These are pictures of Rhys working out fractions whilst baking. What a fantastic way of combining maths with cooking. Thank you for sending them in Rhys and Rebecca!



Evan has also been doing some practical maths. He has been helping his Mum Leanne to weigh all the ingredients to make this lovely cake, decorated with some yummy mini eggs.



OUT AND ABOUT

Adam looks like he's got some serious height from that trampoline!

Fantastic pictures Nicola, thank you .



What a beautiful blossom tree/ walk Michael and Roni went on!



USING FILMS AND AUDIO BOOKS TO SUPPORT COMMUNICATION

Using films can be a motivating way to prompt discussion and theme activities. They can help children and young people to develop their abilities to identify context, take perspective and make personal connections. They can also be used to guess a character's thoughts, feelings and plans, make predictions about social behaviour, and use narrative language to discuss social interactions. There are a couple of websites that provide free plans with discussion points for each film or story.




<https://www.intofilm.org/>



Into Film is a national lottery funded initiative to give 5 -19 year-olds the opportunity to watch, make and understand film. Their film guides provide discussion questions and related activities for a range of films.

Below is an example of a guide for Peter Rabbit.



Talk about it before the film

Have you read a Peter Rabbit book?

What do you know about him and the story?

Peter could be described as 'mischievous'. What does this word mean?

Discussion points

1. Where do Peter Rabbit and his family live? What does the outside look like and what is the weather like?
2. The film also includes many other animals from the original book. Who are Peter Rabbit's friends?
3. How would you describe Thomas McGregor's personality? Do you think he's right or wrong to keep the rabbits away from the garden?
4. At the end of the film, Peter Rabbit and Thomas McGregor decide they will stop fighting. How do you think they can stay friends?

Extension activities

Design a garden that would be welcoming to other animals.

Where would you build your garden? In the countryside or in the city?

What fruits and vegetables would you like to grow there?

Would you have any special places for animals to rest and play in?

Be a film Critic

Bring your ideas together in a review.

You could include a summary of the story, mention other films that it's similar to, describe what you particularly liked or disliked and give it your star rating.

You could interview people in your house and find out if they liked the film.

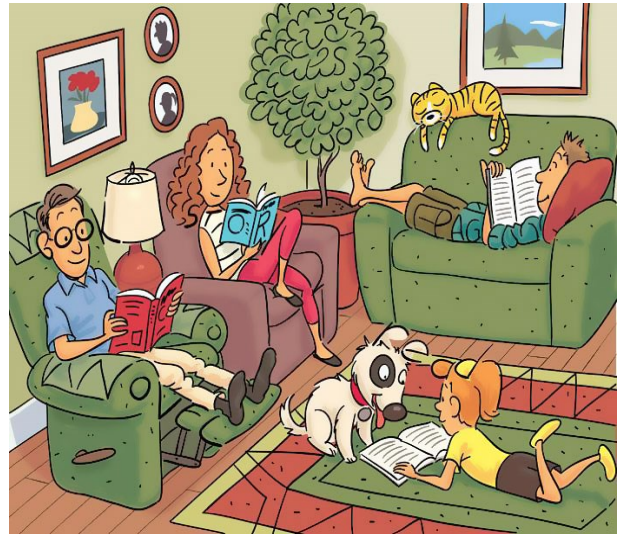
Storyline Online

<https://www.storylineonline.net/> Storyline Online is a variety of children's books that are read aloud with illustrations. Each book includes a program which aims to develop comprehension and verbal skills.

Amy Wilkins,

Speech and Language Therapist

CAN YOU SPOT THE 6 HIDDEN WORDS IN THESE IMAGES?



***ANSWERS IN THE NEXT NEWSLETTER**

THINKNINJA APP



Some of you may already be aware of this App, provided by Healios called ThinkNinja.

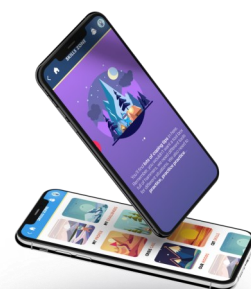
ThinkNinja is an app specifically designed to educate 10-18 year olds about mental health, emotional wellbeing and to provide

skills young people can use to build resilience and stay well. It has been amended to include specific information on Covid-19 and the anxieties this is causing.

Please find attached two links - one to all the assets developed to support the roll-out of ThinkNinja, and one on how to download it including high-level info on the COVID-19 resources.

<https://www.healios.org.uk/think-ninja-assets>

<https://www.healios.org.uk/services/thinkninja1>



The new COVID-19 content provides an opportunity to understand the following:

1. Fears relating to the virus
2. Isolation struggles and how to stay connected to family and friends
3. Worries about personal health and health of family members
4. Mental strength
5. Coping techniques to use during the crisis
6. Plus many other helpful tips



As the coronavirus spread across the UK, the data on daily use of the app increased 168% over five days. This was a significant indication that young people were worried about the virus.

As a direct result we did two things:

1. Added specific content to address worries about Covid19
2. Made ThinkNinja freely available to all young people across the UK

The new content was created by specialist child psychologists and is available via the WiseNinja chat main menu.

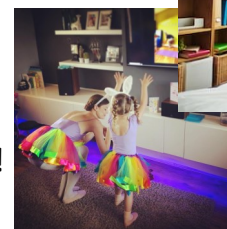
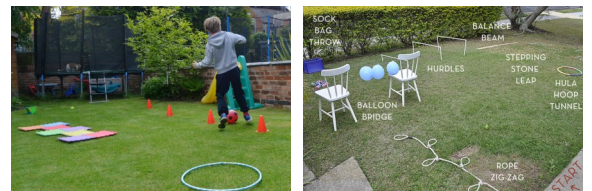
To download the free ThinkNinja App visit:



“NON-WORKSHEET” HOME-SCHOOL ACTIVITIES

Some of the best learning is done and the best memories are made when we put down the text books and have some real fun! Let's go!

1. Draw / paint / colour - decorate your window / draw comics/ paint rocks/ get outside with some chalk!
2. Do a craft/ some sewing/ knitting.
3. Read a book/ listen to an audiobook.
4. Make up your own stories.
5. Interview each other or your grandparents over the phone/ FaceTime.
6. Write a letter / draw a picture for to family or a friend.
7. Put on a play or make your own music video.
8. Make a family scrapbook or write in a journal/ diary.
9. Do a Lego challenge.
10. Complete a STEM Challenge (science, technology, engineering and mathematics) / do a science experiment.
11. Take a walk/ Go for a bike ride - following current Government guidelines.
12. Learn a new outdoor skill/ work in the garden/ grow flowers and vegetables.
13. Create a garden Ninja Warrior/ obstacle course.
14. Play hide & seek or tag.
15. Build a house/ garden fort.
16. Look up something your child chooses - every time your child asks a question or expresses interest in a topic, take advantage of that moment to foster their curiosity and love of learning.
17. Watch a documentary or “how to” video, to introduce, review a topic or simply to inspire.
18. Cook - we try and include recipes every newsletter.
19. Clean / let your child decide between two chores (simple tasks can boost your happiness, lower your stress, or protect your body from diseases).
20. Do a puzzle/ a board game/ card game/ 20 Questions.
21. Learn new computer skills/ coding/ could you create a family website?
22. Do some dancing - whack that music up and have a boogie in the living room!
23. Do something nice for someone else, a random act of kindness!





Family VibEs

Living values in the home

This week, Family VibEs is encouraging families to strengthen relationships by being very KIND to each other... Kindness is a wonderful 'family value' of the week - and beyond.

In these challenging times, if we can't be anything else...let's be kind. It's what we all need.

WEEK 2 - KINDNESS



Kindness is . . .

. . . *putting others first*
. . . *sharing and caring*
. . . *thinking of others*
. . . *being kind to yourself too*

How are you being kind?

Parents and carers, please be very kind to *yourselves*.

You are doing a great job!

First and foremost, your children need to feel safe and happy.

Then they will learn...

Please use values language and actions to support all of you.

We are thinking of you all.

***"A single act of kindness throws
out roots in all directions, and
the roots spring up and make
new trees."***

Amelia Earhart

***"Kindness is the language
which the deaf can hear and
the blind can see."***

Mark Twain

KINDNESS ***Pass it on!***

Give a flower Eat lunch with someone new
Listen with your heart Visit a sick friend
Clean a neighbor's walk Offer a hug
Give an unexpected gift Make a new friend
Pick up litter Say "hello" Call a lonely student
Open a Door Help carry a load Plant a tree
Pass a kindness on Share a snack
Cheer up a friend Thank a Teacher Lend a hand
Read to a young child Do a kind act daily
Leave a thank you note Offer your seat
Cycle courteously BE TOLERANT Let another go first
Bake cookies for firefighters Give a compliment
Help a student make friends Assist an adult
Give a balloon away Lend a classmate a pencil
Celebrate something every day Encourage a friend
Respect others Walk a dog Do a favor
Forgive mistakes Smile at someone new

www.actsofkindness.org

the act of kindness foundation

Communication – sharing ideas

- What does kindness mean to each of us? Let's listen to each other.
- How do we show kindness? Is it in the small things, or are there some really big demonstrations of kindness? Are they just within our family, or do they reach others?
- Kindness Boomerang film <https://youtu.be/nwAYpLVyeFU>
- The Act of Kindness film <https://youtu.be/9rPsJdO1PeE>
- Kindness stories: The Rainbow Fish by Marcus Pfister, The Giving Tree by Shel Silverstein, The Snail and the Whale by Julia Donaldson, Lost and Found by Oliver Jeffers.

Behaviour & activities – doing together

- April showers... Great for growing kindness <https://www.thekindnessrocksproject.com/>

Decorate stones which you can leave for others to find (after the Coronavirus isolation). Include a kind message.

- Find out about Danny Wallace and his Random Acts of Kindness.
- Write letters or send pictures to people in a care home. They cannot have visitors at the moment.
- Kindness Cards - Giving cards to someone you love is a really kind thing to do! Everyone likes to receive a card, and a card to say thank you for showing an act of kindness shows someone that you really appreciate them. Design and make your own by cutting out small cards and decorating them. Write on the card, 'I really thought you were very kind today when you...'



RANDOM ACTS OF KINDNESS CARDS



Happiness – family fun

- Make a Kindness calendar. Visit <https://www.actionforhappiness.org/kindness-calendar> and make a list of kind acts to do each day, which are safe during the Coronavirus emergency.
- Do something for a charity. Decide on a charity to support by doing or making something. Work together to raise funds.



Wellbeing – being well in body and mind

- Write everyone's name on a slip of paper. Mix them up and then take one each. Keep it a secret. Do something kind for that person. At the end of the day talk about how you felt and how it made them feel.
- Show kindness by allowing each member of the family some calm and peaceful time in their busy day.



COVID 19 SUPPORT FROM WARWICKSHIRE IF YOU ARE VULNERABLE.

If you are unable to leave your home due to COVID-19 and have no support to help you get food, medication or to access services then Warwickshire can help you.

How can you contact us?

If COVID 19 is affecting you and you have no support from friends or family you can access support through these routes:



0800 408 1447

COVID 19 Hotline



Professional Referrals



Local Authority

Contact Centres

What we can offer

We can provide support for a number of issues using our normal channels and help you to tap into the additional support being provided by community and voluntary groups:



Food parcels



Medicine Deliveries



Shopping Deliveries



Outbound calls made to the shielded list



Financial or social isolation



Mental health & wellbeing support



Homelessness and housing support



Information, advice and online services e.g. virtual/home library



Hospital discharges/ hospital to home



Home isolation

FREE SCHOOL MEAL SUPPORT

Warwickshire's Welfare Scheme Details:

If your child is registered for Free School Meals (FSM) you can apply for assistance to buy food. You will receive a £30 voucher per child via text/SMS to your mobile and this can be exchanged for cash at any Paypoint outlet.

They are currently offering 6 weeks of support as they do not know how long schools will be closed for.

Your Local Welfare Scheme Team will be happy to help, you can apply by:

- calling on 0800 4081448 or 01926 359 182. You will be asked for each child's name, date of birth and a valid mobile number.
- emailing warwickshirelocalwelfarescheme@warwickshire.gov.uk You will need to include each child's name, date of birth and a valid mobile number.

Please be patient when calling as they are experiencing a high volume of enquiries.

***Please be aware this welfare scheme has a deadline of Friday 17th April 2020.**

FALAFEL BURGERS

A healthy burger that's filling too. These are great for anyone who craves a big bite but doesn't want the calories.



PREP: 10 MINS
COOK: 6 MINS



SERVES 4



EASY



Vegetarian



Vegan

INGREDIENTS

- 400g can chickpea, rinsed and drained
- 1 small red onion, roughly chopped
- 1 garlic clove, chopped
- handful of flat-leaf parsley or curly parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp harissa paste or chilli powder
- 2 tbsp plain flour
- 2 tbsp sunflower oil
- toasted pitta bread, to serve
- 200g tub tomato salsa, to serve
- green salad, to serve

NUTRITION: PER SERVING

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
161	8g	1g	18g	1g	3g	6g	0.36g

METHOD

- 1) Drain a 400g can chickpeas and pat dry with kitchen paper.
- 2) Tip into a food processor along with 1 small roughly chopped red onion, 1 garlic clove, handful of flat-leaf parsley, 1 tsp ground cumin, 1 tsp ground coriander, 1/2 tsp harissa paste or chilli powder, 2 tbsp plain flour and a little salt.
- 3) Blend until fairly smooth, then shape into four patties with your hands.
- 4) Heat 2 tbsp sunflower oil in a non-stick frying pan, add the burgers, then quickly fry for 3 mins on each side until lightly golden.
- 5) Serve with toasted pitta bread, 200g tub tomato salsa and a green salad.



STAY AT HOME

PROTECT THE NHS

save lives

PLEASE REMEMBER TO ONLY LEAVE HOME FOR:



- ◆ Essential shopping
- ◆ Medical needs
- ◆ Exercise once per day
- ◆ Travel to work if absolutely necessary

SAFEGUARDING & FAMILY FOOTINGS



- **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.

Putting children and families *first*

