



MacIntyre Academies
Quest Academy

JUNE 2020 EDITION 4 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



We would like to remind parents/ carers that we are unable to have any pets on site, during the school day, at school drop off or collection time. Any animal on site needs to be fully Risk Assessed and we need to consider the Health and Safety of our learners.

“Quote of
the week”

*“Changes are what make life
interesting and overcoming them is
what makes life meaningful.”*

Joshua J. Marine

WELCOME



Dear Parents/Carers,

"What a difference a year makes!" it is hard to believe that we moved into our new school building nearly a year ago now.

I would like to take this opportunity to thank all the staff and learners who have been involved in creating the horticultural area, farm and Forest School area. Next year we plan to develop an outward bound area on the piece of land opposite the carpark where BAM were located. Phase 1 of the project will include building a climbing wall and zip wire.

Today is the Trust "Big Thank you" day thank you to all the families and learners who sent in film clips to say thank you to the staff. This has really made everyone's day special.

At some point this week, staff will deliver some parcels to learners (sensory fiddle toys, mouse MAT with reminders about how to keep safe online). The school has also purchased internet safety booklets for parents/carers which I hope you will find useful.

Currently, it would appear that schools will be fully open in September. We will be sending more detailed information out to you about this when we have been given more details by the Government. I am mindful that some learners will not have been in school since March and that others who have been attending school will have not been in school for six weeks. I would like to take this opportunity to reassure you that we will implement a transition and assessment programme to support all learners back into school full time.

If you would like to find out more information about any of the staff at Quest please go to our ["meet the staff section of our website"](#) you can read what they have to say by clicking on their picture.

Finally, I would just like to highlight that this edition of the newsletter contains lots of reminders for now and for September, for example, booking taxis.

Kind regards,

Nicola Wells.



FREE SCHOOL MEALS

- If your child is eligible for Free School Meals (FSM) please apply via the online application form using this link www.warwickshire.gov.uk/freeschoolmeals
- For learners currently on our FSM list you do not need to reapply - (new learners will need to let Warwickshire Council know they have transferred).

TAXIS / ESCORT IN VEHICLES

For Learners who are transported to and from Quest Academy via taxis with an escort, you will need to apply to your local Specialist Transport. To apply for Home to School Travel Assistance for Pupil's with Special Educational Needs & Disabilities (SEND) please select your correct county below:

- [Warwickshire](#)
- [Northamptonshire](#)
- [Coventry](#)



If you need any further assistance please contact Joan, in the Family Footings team or Toni-Anne in the office.

Book of the Week

The Boy Who Grew Dragons

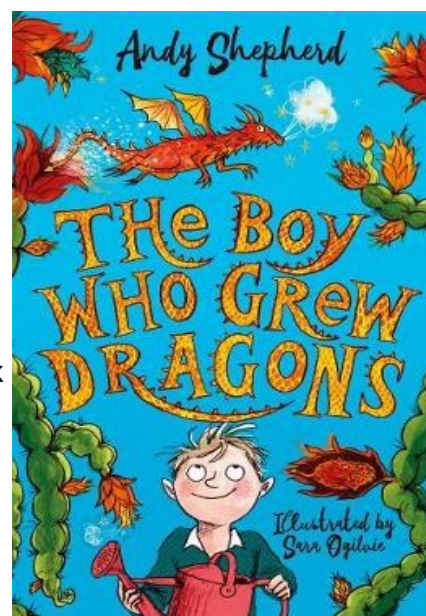
Author: Andy Shepherd.

When Tomas discovers a strange old tree at the bottom of his grandad's garden, he doesn't think much of it. But he takes the funny fruit from the tree back into the house - and gets the shock and delight of his life when a tiny dragon hatches!

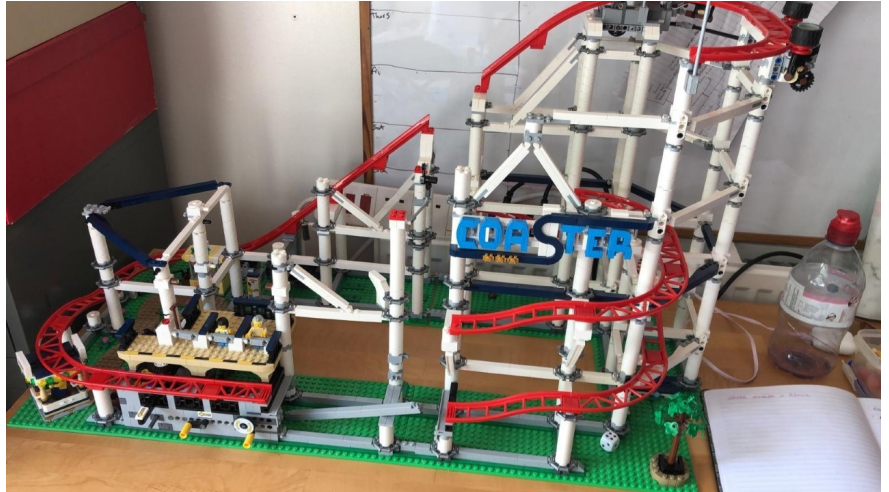
The tree is a dragonfruit tree, and Tomas has got his very own dragon, Flicker.

Tomas soon finds out that life with Flicker is great fun, but also very ... unpredictable. Yes, dragons are wonderful, but they also set fire to your toothbrush and leave your pants hanging from the TV aerial.

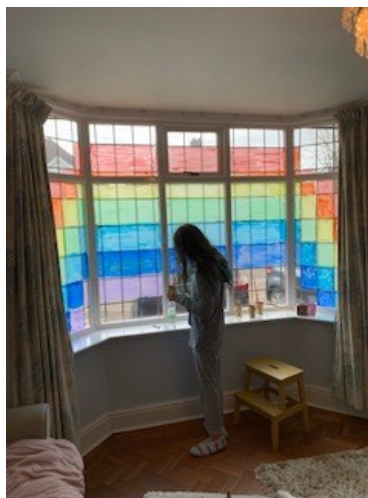
Tomas has to learn how to look after Flicker - and quickly. And then something extraordinary happens - more dragonfruits appear on the tree. Tomas is officially growing dragons... The first book in a sparky and utterly enchanting new series.



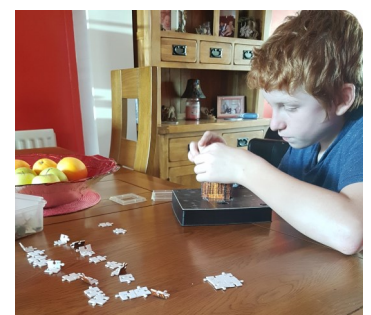
HOW HAVE YOU BEEN KEEPING BUSY?



Grace has been busy cooking and just look at that Lego creation!



Jemima has also been busy baking, painting rainbows, and has an incredibly loyal furbaby.



As well as doing his school work Kieran has made honeycomb and a cake for his nan. Practised his skating, started a 3D puzzle of big ben and a 1000 piece Disney puzzle!

SCHOOL LEARNING

OLYMPICS

CONTINUED...



Potato Squash Room:
Learners have been busy
recreating the Olympic
Torch.

Rainbow Room: Have
been recreating the
Winter Olympics.



This week Matthew, Declan and Archie made tortilla Wraps from scratch! Declan filled his with spicy authentic Mexican fillings, Matthew had chicken and cheese and Archie made a fabulous vegetarian enchilada with tofu and a variety of mixed vegetables. Well done guys!



Our glorious garden
continues to grow.
Can you tell what
plants we have
springing up?



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.

Respect is about how you feel about and how you treat others. You can have respect for others, and you can have respect for yourself.

Respect

Follow the three R's: – Respect for self. – Respect for others. – Responsibility for all your actions.

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Respect is...

...due regard for the feelings, wishes, or rights of others.

...given, in order to receive it in return

...acknowledging differences without criticism

...needed to achieve harmony

What does Respect mean to you?

How To Be Respectful

R	– Remain calm
E	– Encourage others
S	– Stay positive
P	– Politeness
E	– Embrace differences
C	– Consider the consequences
T	– Think before you speak

Respect for ourselves guides our morals, respect for others guides our manners.

Laurence Sterne

“Respect is like a mirror. The more you show it to others, the more it is likely to reflect on you.”

–Prem ‘Sagar’

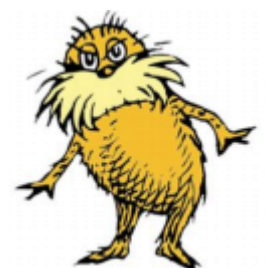
Respect

GIVE IT

TO GET IT

Communication – sharing ideas

- * What does Respect mean to each of us? Let's listen to each other. Respect is a Value that has to be show to be earned.
- * Respect Stories: How to Make a Better World by Keilly Swift, The Tree Lady by H. Joseph Hopkins, Here we are by Oliver Jeffers, The Lorax by Dr Seuss, Respect by Michaela Morgan, Child of Galaxies by Blake Nuto
- * Youtube video story: <https://youtu.be/gQWfYASoLUQ>



Behaviour & activities – doing together

- * Watch the Respect Rap on Youtube <https://youtu.be/iGuT9-Y5J4> Now try making up your own family rap based on this one.
- * Make a mind map of what Respect looks like in your home.
- * (see the example below)



Happiness – family fun

- * Happy Families game. Play the traditional card game or one of the many alternatives available, but practise requesting cards respectfully!
- * Try Respectful Bingo! There are lots of picture matching Bingo games for young children (or you can make your own for learning sight words, etc.) When the caller holds up a picture you have on your base board you must say 'Yes please' politely to be given the card (shouting out does not work!) Ideas could be based on pictures of wild birds/insects, cars, or anything that is a common interest for the family.



Wellbeing – being well in body and mind

- * Respect starts with self respect and part of that involves respecting our own health and wellbeing. What can we do to improve our general health and wellbeing?
- * Each family member can set a goal for the week. It may be to eat more healthily, take more exercise or even go to bed earlier! Support each other in achieving your goal.



NEW STAFF



We had a couple of new Teaching Assistants officially join our staff team over the last couple of weeks,

so of course it was time to start quizzing them! This is the lovely Jo's responses....

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

The best job I have ever had is actually right here at Quest! That's because this is the first job I have had that truly encapsulates what I love doing; working with children in education. I also love the supportive staff team here at Quest.

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

I have been to the Galapagos Islands, which is where there are giant Tortoises!

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

I would probably live in New Zealand if I could live anywhere, because you can go to the beach and the mountains in the same day.

4. Tell us an interesting fact about yourself?

I have converted two vans into campervans and travelled in both the UK and Europe with them.

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?

As a climbing instructor, I really enjoyed taking my skills and teaching friends to climb safely outdoors then watching them develop confidence in their climbing.

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

Always hot and sunny (although I do love snowboarding and climbing in the winter too).

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

I like all food, but I could probably live without mushroom soup!

8. What sport do you like to watch and why?

I love to watch Ice Hockey as it is fast and exciting.

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

My favourite sport to do is rock climbing and I competed in lots of competitions at university.

10. What's your biggest sporting achievement?

Winning a climbing competition against another university when I wasn't expecting to!

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

I have done a big sponsored walk to raise money for Alzheimer's research.

12. What's your best party trick?

Probably pulling myself up using two fingers on each hand.

13. What's your favourite food and why?

Pasta and pizza, because they are delicious!

14. What was the last TV series you watched?

I have just finished watching After Life on Netflix.

15. What car do you drive?

A Campervan!

16. What car would you like to drive if money was no question?

I would love to drive an old classic car, not sure which one!



Is there any members of staff you would like to interview?

What questions would you ask?



MEDICATION IN SCHOOL

Any medication sent into school must in the original packaging with pupil's name, date of birth and dosage clearly marked and be given to the taxi escort and then directly to a member of staff. Learners must not carry their own medication unless it is inhalers.

- We ask that you read the '*Supporting Learners with Medical Needs*' Policy (available on the school website).
- We would like to reiterate that there is no legal duty requiring school staff to administer medication therefore it should be noted that this is a service that the school is not obliged to undertake.
- In order for the school to deliver medication you need to complete the '*Administration of Prescription Medication*' section in the Compulsory Information Pamphlet.
- Medication supplied must be suitable for use and within date.
- If your child vomits or spits out the medication given, the dose will not be repeated.
- Please notify the school of all changes in medication and/or any relevant information.

If your child begins to feel ill whilst at Quest Academy we can administer some non-prescription medications. We will ask you to complete a non-prescription medication form (this is part of the Compulsory Information Pack).

We will only administer non-prescription medicines (such as Paracetamol or Calpol) under exceptional circumstances and with parental consent.

We can also administer Piriton if your child is hayfever/allergy sufferer (in either syrup or tablet).



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



I have keys
but no locks
and no rooms
You can enter but
you can't go outside

What am I?

It has only one color
But not one size
Stuck at the bottom
Yet easily flies
Present in sun
But not in rain
Doing no harm
And feeling no pain

What is it?

Five pieces of coal, a carrot
and a hat are lying on
the lawn of a garden.

Nobody put them there
but there is a perfectly logical
reason why they are there.

What is it?

2, 3, 5, 9, 17, ?

**What is the next number
in the sequence?**

I run
It runs
I stop
It runs

What is it?

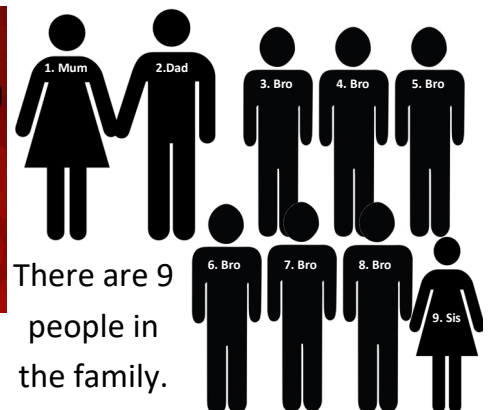
LAST WEEKS CHALLENGE - DID YOU FIND THE ANSWERS TO THESE RIDDLES?

How is **seven** different from
the rest of the numbers
between one and ten?

- One
- Two
- Three
- Four
- Five
- Six
- Seven (the only no. to have 2 syllables)
- Eight
- Nine
- Ten

Your parents have six sons
including you and each son
has one sister

**How many people
are in the family?**



What is seen in the **middle** of
March and April that can't be
seen at the beginning or end of
either month?

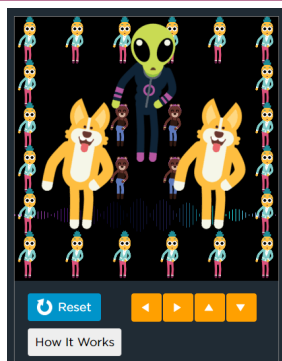
The letter 'r' can
be found in the
middle of March
and April.

In a bus there is:
A 28 years old pregnant lady
A 31 years old policeman
A 52 years old random woman
The bus driver who is
68 years old.

Who is the youngest?



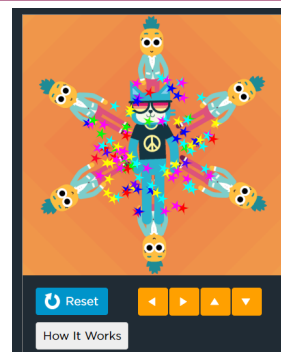
The unborn baby
is the youngest.



QUEST

DANCE CODING

competition!



Code a Dance Party to share with your friends! The best entries will win a **£10 Amazon voucher**.

To enter go to code.org/dance
and login using teacher code: **TQRMXG**

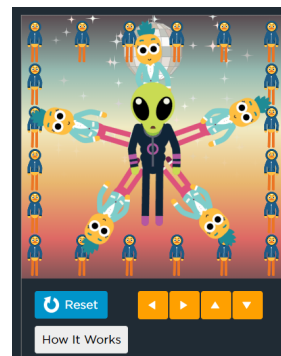
We will look to share the best examples on social media and if you have any questions please email Sam Rouse at samuel.rouse@macintyreacademies.org

Here are 3 entries to the competition already:

Hartley https://studio.code.org/projects/dance/INqVAnQ93_r9NWw0IGghM24UZYqyadUAefeTSWYTSXI

Andrew <https://studio.code.org/projects/dance/n1-agaIJVRmE7bE4jZM9jZVSCioZitbLw3yCu5z7Jh4>

Nathan <https://studio.code.org/projects/dance/AgF-AjgU-EhLG2g9dmbqJ3oHCSrI9yiGuStBvCSfWsk>

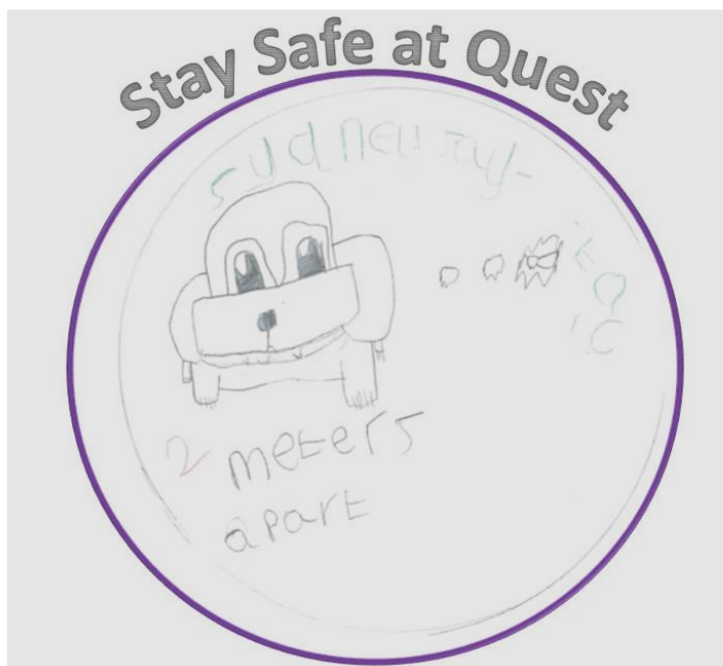


COMPETITION TIME

As you are all aware we have had to make some changes in school to make sure that you are all safe and happy. You may have seen signs around school showing important information to help you remember.

We would like you to give the school a personal *Quest* feel to our displays by creating your own warning/information signs. The most interesting designs will be used and displayed around school. The designs could be completed by hand or by computer

programme. Competition closes on 30th June and can be sent to either your class teacher or to quest.office@macintyreacadeies.org **Go get sketching!**



John Harrison, Teacher.

PACKED LUNCHES AT QUEST



Please can we remind families about what our expectations are for learners who bring in packed lunches:

- We are a healthy school (please do not include fizzy pop, cans, chocolate bars, or sweets)
- No nuts due to allergies
- No carrier bags or knives (for health & safety reasons)
- Please remember to bring in a water bottle, especially on hot sunny days.

WHILST THE SUN IS SHINING:

As well as remembering to bring in water bottles please consider how sun can affect in other ways. Please can we ask parents/carers to ensure that sun cream is applied before learners arrive at school and bring a hat/cap if possible.



We do have sun cream on site to apply again at lunch time, providing consent form received.

SNACKS AT QUEST

Breakfast

The raspberry crispy slices look as though they are the most popular item for our Breakfast snacks. We are trying to mix up the flavours going to classrooms to encourage learners to experiment and try others - we have fruit bags available too.



Sensory Snacks

In discussion with Harry, our new Occupational Therapist, we shall be moving away from breadsticks, rice cakes and crackers as a sensory snack— moving towards carrot, pepper, celery and cucumber. Just look at all those glorious colours!



PIRI PIRI BURGERS WITH MEDITERRANEAN VEGETABLES



Ingredients

1 lemon
450g lean minced beef
1 x 15ml spoon English mustard
1 x 15ml spoon tomato ketchup
2 x 15ml spoon chilli sauce
1 x 15ml spoon fresh thyme leaves
Black pepper
2 red onions
1 courgette
1 yellow pepper
2 sprigs of fresh thyme
2 sprigs of fresh rosemary
1 x 15ml spoon olive oil



Equipment

2 x baking trays, zester, weighing scales, measuring spoons, large bowl

Method

1. Pre-heat the oven 180°C or Gas Mark 4.
2. Grease or line two baking trays.
3. Zest the lemon.
4. In a bowl mix the minced beef with the English mustard, tomato ketchup, chilli sauce, lemon zest and fresh thyme.
5. Season with black pepper, mix well and shape into 4 burgers.
6. Place the burgers on a baking tray.
7. Prepare the vegetables:
 - peel and thickly slice the red onions;
 - wash and slice the courgette lengthways;
 - wash, deseed and slice the pepper into rings.
8. On a separate tray place the red onions, courgette and pepper. Add the sprigs of fresh thyme and rosemary and drizzle with the olive oil.
9. Place the burgers and vegetables into the oven and cook for 25-30 minutes

Top tips:

Serve with crusty bread and a dollop of natural yogurt mixed with chilli and lemon zest.

Food skills:

WEIGH



ZEST



FORM & SHAPE



PEEL



MEASURE



MIX, STIR
& COMBINE



CUT, CHOP, SLICE,
DICE & TRIM



ROAST





**CONTROL
THE VIRUS**



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.

