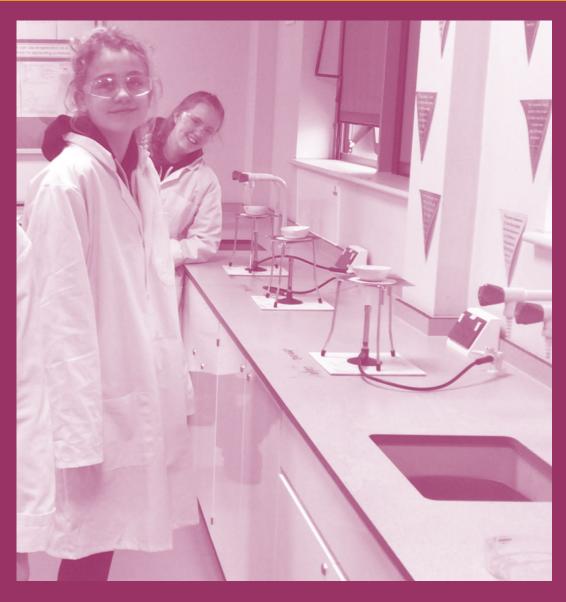


# **JANUARY 2021 EDITION 1 NEWSLETTER**

SHOUT is the UK's first 24/7 text service. It's a place to go if you're struggling to cope with your mental health and you need immediate help <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a>





"Setting goals is the first step in turning the invisible into the visible."

Tony Robbins

# WELCOME



Dear Parents/Carers,

Thank you for continuing to work with us and for all your support. Well done also to all the learners who continue to complete their work whether it is from home, school or a combination of the above.

Chris Edwards Dewey, Assistant Principal responsible for Teaching and Learning, has sent out a number of letters to you this term to support Home Learning. Today you should receive a letter, video clip and a Home Learning questionnaire. We would be really appreciative if you could take the time to complete the questionnaire as your feedback is invaluable.

Since returning to school after the Christmas holidays staffing levels have fluctuated quite considerably on a day to day basis. To date we have been able to accommodate absences without having to shut any classes. (Please understand this could change at any time and with little notice) Could you therefore check that you have given us your latest contact details and that you are regularly checking emails and phones for text messages.

Thank you to all the families who returned their permission slips for their child (Y7 and above) to have a lateral flow test. Yesterday the government announced that lateral flow testing kits would be delivered to Primary Schools next week. We will send more information about this next week. I would also like to take this opportunity to thank all of the staff who volunteered to be part of the lateral flow testing team. They have worked very hard to ensure that the room is set up and procedures are followed in line with their training.

The learners who took part in the tests were a credit to themselves.





Finally, I appreciate that this continues to be an incredibly challenging time for everyone. As a school, we will endeavour to do everything we can to educate your children safely and to provide support for families. Thank you for your patience and support as we communicate changes in ever evolving circumstances

Kind regards,

Nicola Wells.





# FREE SCHOOL MEAL VOUCHERS

In a recent communication from the DfE, further information has been shared regarding Free School Meal (FSM) vouchers.

The same national voucher scheme as before (Edenred) will be in place from next week (w/c 18<sup>th</sup> January 2021), and the cost of these vouchers will be met centrally by DfE. Edenred will begin contacting schools over the coming days. This will include important information on accessing the ordering site, so that orders can be placed moving forward.

For more information on FSM - <a href="https://assets.publishing.service.gov.uk/government/uploads/">https://assets.publishing.service.gov.uk/government/uploads/</a>
<a href="mailto:system/uploads/attachment">system/uploads/attachment</a> data/file/700139/Free school meals guidance Apr18.pdf

If you are a family entitled to FSM and require urgent support with food, please contact us on <a href="mailto:quest.office@macintyreacademies.org">quest.office@macintyreacademies.org</a> and we can arrange for a food parcel to be delivered to you.





# **QUEST TERM DATES FOR 2020 - 21:**

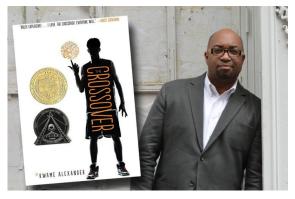
SPRING TERM 2021					
Half term	Monday 15th February 2021 - Friday 19th February 2021				
Trust INSET (no learners on site)	Friday 5th March 2021				
INSET day (no learners on site)	Monday 8th March 2021				
INSET day (no learners on site)	Tuesday 9th March 2021				
Ends	Thursday 1st April 2021				
Spring (Easter) holiday	Friday 2nd April 2021 - Friday 16th April 2021				
SUMMER TERM 2021					
Starts	Monday 19th April 2021				
Bank Holiday	Monday 3rd May 2021				
Half term	Monday 31st May 2021 - Friday 4th June 2021				
Ends	Friday 23rd July 2021				



#### The Crossover

by Kwame Alexander

Josh and JB are basketball legends at their school. They also happen to be identical twins, but it's easy to tell them apart if you know how to look.



As the boys build up to one of the most important matches of their lives, tensions grow between them and things at home and at school also add to the pressure.

The only time they feel truly themselves is on the court.

But is basketball enough to help them navigate the tricky transition to young adulthood when they have a major falling-out and it seems that Dad is



hiding something?

# **MOCK EXAMS**



In preparation for the summer exams series, our Year 11 learners will be taking part in mock exams on **Monday 18th January**, **Thursday 21st January** and **Monday 25th January**.

Mock exams are a normal part of exam preparation but given the current pandemic situation, classwork evidence, coursework and mock exam results may form an important part of teacher assessment based grades. Mock exams will be held under formal exam conditions as set out by JCQ. Learners will be expected to follow the JCQ regulations on Page 5. Class Teachers will be preparing learners for their mock exams over the coming weeks and it would be great if you could discuss with them at home too.

There has also been some discussion in the news over the past few days about learners taking 'mini-exams' next term to assist teachers in their grading. It is not yet clear what the assessments will look like or whether they will be used in all subjects. Ofqual is due to launch further information over the coming weeks.

For some useful tips on how to get exam ready/support your child/revision planning and more, please visit the BBC Bitesize website - <a href="https://www.bbc.co.uk/bitesize/collections/exams-and-revision/2">https://www.bbc.co.uk/bitesize/collections/exams-and-revision/2</a>

Laura-Jane Boshell,

Office Manager and Exams Officer.

C	)A	City & Guilds	CCEA	OCR	Pearson	WJEC

# Information for candidates



For written examinations — effective from 1 September 2018

This document has been written to help you. Read it carefully and follow the instructions. re is anything you do not understand, especially which calculator you may use, ask your teach

	If there is anything you do not understand, especially which calculator you may use, ask your teacher.						
A	Regulations – Make sure you understand the rules						
1	Be on time for all your exams. If you are late, your work might not be accepted.						
2	Do not become involved in any unfair or dishonest practice during the exam.						
3	If you try to cheat, or break the rules in any way, you could be disqualified from all your subjects.						
4	You <b>must not</b> take into the exam room:						
	a) notes;						
	b) potential technological/web enabled sources of information such as an iPod, a mobile phone, a MP3/4 player or similar device, a						
	smartwatch or a wrist watch which has a data storage device.  Any pencil cases taken into the exam room must be see-through.						
	Remember: possession of unauthorised material is breaking the rules, even if you do not intend to use it, and you will be subject to penalty and possible						
	disqualification.						
5	If you wear a wrist watch the invigilator will ask you to remove it and place it on your desk.						
6	Do not use correcting pens, fluid or tape, erasable pens, highlighters or gel pens in your answers.						
7	Do not talk to or try to communicate with, or disturb other candidates once the exam has started.						
8	You <b>must not</b> write inappropriate, obscene or offensive material.						
9	If you leave the exam room unaccompanied by an invigilator before the exam has finished, you will not be allowed to return.						
10	Do not borrow anything from another candidate during the exam.						
В	Information — Make sure you attend your exams and bring what you need						
1	Know the dates and times of all your exams. Arrive at least ten minutes before the start of each exam.						
2	If you arrive late for an exam, report to the invigilator running the exam.						
3	If you arrive more than one hour after the published starting time for the exam, you may not be allowed to take it.						
4	Only take into the exam room the pens, pencils, erasers and any other equipment which you need for the exam.						
5	You <b>must</b> write clearly and in black ink. Coloured pencils or inks may only be used for diagrams, maps, charts, etc. unless the instructions printed on the front						
	of the question paper state otherwise.						
С	Calculators, Dictionaries and Computer Spell-checkers						
1	You may use a calculator unless you are told otherwise.						
2	If you use a calculator:						
	a) make sure it works properly; check that the batteries are working properly;						
	b) clear anything stored in it; c) remove any parts such as cases, lids or covers which have printed instructions or formulas;						
	d) do not bring into the exam room any operating instructions or prepared programs.						
3	Do not use a dictionary or computer spell checker unless you are told otherwise.						
D	Instructions during the exam						
1	Always listen to the invigilator. Follow their instructions at all times.						
2	Tell the invigilator at once if:						
	a) you think you have not been given the right question paper or all of the materials listed on the front of the paper;						
	b) the question paper is incomplete or badly printed.						
3	Read carefully and follow the instructions printed on the question paper and/or on the answer booklet.						
4	Fill in all the details required on the front of the question paper and/or the answer booklet <b>before</b> you start the exam.						
	Make sure you fill these details in on any additional answer sheets that you use.						
5	Remember to write your answers within the designated sections of the answer booklet.						
6	Do your rough work on the proper exam stationery. Cross it through and hand it in with your answers.						
	Make sure you add your candidate details to any additional answer sheets that you use.						
E	Advice and assistance						
1	If on the day of the exam you feel that your work may be affected by ill health or any other reason, tell the invigilator.						
2	Put up your hand during the exam if:						
	a) you have a problem and are in doubt about what you should do;						
	b) you do not feel well; c) you need more paper.						
3	You must not ask for, and will not be given, any explanation of the questions.						
F	At the end of the exam						
1	If you have used more than one answer booklet and/or any supplementary answer sheets, place them in the correct order.						
	Place any loose additional answer sheets inside your answer booklet. Make sure you add your candidate details to any additional answer sheets that you use.						
2	Do not leave the exam room until told to do so by the invigilator.						
3	Do not take from the exam room any stationery. This includes the question paper, answer booklets used or unused, rough work or any other materials						
	provided for the even						

provided for the exam.

# **NEW STAFF**



We have had a new Teaching Assistants officially join our staff team over the last couple of weeks, so of course we had to do a Quest Quiz to get to know them!

Below are Katie's responses....

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

This job is the best job I have ever had. This is my first time working in a special educational needs school and I have loved every minute. No day is the same and the job is so rewarding.

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

New York. It was amazing, so much to see and do.

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

New York and I love it so much there and think it would be wonderful to stay there for good.



4. Who is the most famous person you've met?
Frank Lampard

**5. Tell us an interesting fact about yourself?**I skated on the ice rink at the Rockefeller centre at Christmas.



6. Thinking about your working life, tell us about a time where you have gone beyond the requirements of your role to achieve something amazing?

When working as a volunteer in a primary school, there was a young girl who was an elective mute. I took it upon myself to gain her trust and make her feel comfortable to talk around me. By the end of my time there she felt comfortable to read a book to me and then had the confidence to read a book to the teacher as well.

- 7. Do you prefer hot sunny holidays' or wonderful winter holidays and why?
- Probably sunny holidays because I find I can relax more, and I love the beach.
- 8. What is the most disgusting food you've ever eaten?

Mushrooms.

- 9. If you were to have friends/family round for dinner, what meal would you cook and why?

  Pesto chicken
- 10. What sport to do like to watch and why?

UFC because I find it entertaining.

11. What's your biggest sporting achievement?

I came second place in a women's doubles table tennis competition against some amazing players.

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

I used to do a lot for charity including cake sales, plant sales and quiz nights etc. We mainly raised money for MS and cancer research as these charities helped some of our family members and friends.

### 13. What's your favourite food and why?

Chinese food – I always have Chicken Chow Mein; I think it's delicious.

14. What was the last TV series you watched?

Elite

#### 15. Which tv programme/series did you binge watch over lockdown?

I watched a fair few, but I would say my favourite was Money Heist on Netflix.

16. What car do you drive?

Citroen C1

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

Lamborghini

18. What's the silliest thing you've googled during lockdown?

Holidays for Christmas 2020.

19. What's the thing you enjoy the most about lock-

down?

Netflix.

20. What's on your To Do List for 2021?

Holiday for Christmas 2021.



# **NEW UNIFROM OFFER**





Keep it smart and stylish in the Dover. The men's jacket comes with all the qualities of a winter jacket, packaged up in an on-trend bomber design. The bomber jacket boasts many qualities; it's waterproof, windproof, has taped seams and comes with a fleece

size XXS-XL

A good fleece lined coat with Quest embroidery	£27.99 - £29.99
A beanie with Quest Logo	£8.99











Organising and preparing packed lunches is often a task none of us like to do at the best of times, especially if we are presented with unique, unwholesome food choices by our lovely children. However, as we all know healthy food choices are essential for an array of reasons and therefore packed lunches should be well balanced, nutritious and filling. Here at Quest we are also providing a free, healthy breakfast to kick start the day the right way.

## Why is eating healthy important?

Eating well is fundamental to good physical health and mental wellbeing. When we eat well we sleep better, have more energy and can concentrate better throughout the day, as well as providing essential nutrients to allow our children's minds and bodies to grow and develop to their full potential. Eating healthy should be an enjoyable social experience whether it's with friends, family or colleagues.

## What is healthy eating?

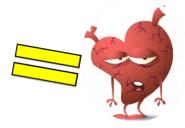
Healthy eating doesn't mean cutting out food groups or some of your favourite treats! It is all about balance, a wide variety of fresh fruits and vegetables, trying new things, making homemade meals to cut out on extra added salts and sugars, and limiting the amount of sweets, chocolates and other high sugar foods we snack on by replacing them with healthier alternatives.

# RDA - Government recommended daily allowance is (not including natural sugars from fruits and vegetables):

- Kids- No more than **24g** (around 6 sugar cubes).
- Adults No more than **30g** (around 7 sugar cubes).

As a reference here are some examples of common snacks and the sugar content in them:

- 89g in a bag Skittles.
- 25.8g KitKat Chunky.
- 22g in a slice of vanilla cheesecake.
- 39g in a can of Coca-Cola.
- 16g per 100g in Muller corner banana choc flakes.



# HERE ARE A FEW HEALTHY IDEAS...



Plain yoghurt drizzled with honey.

Roasted chickpeas or snap pea crisps or popcorn.



Fresh fruit chopped or whole or dried fruit.

Hard boiled eggs.

Pitta bread or vegetable sticks with humus.

Wraps- Chicken, turkey with roasted veg or fresh salad.



Warm lunches in a thermos: Soup with bread, rice or noodle dishes filled with veggies, lean meat, tofu or beans and pulses.



Bagels with cream cheese / avocado/ ham/ turkey.

Spanish egg tortillas filled with vegetables.

Pasta, couscous, egg or tuna salads.

Rebecca Young
HLTA in PE

# **SCHOOL COUNCIL**

For Quest's school council team we have 1 learner from each class to join in meetings weekly.

#### **Expectations of Learner:**

- Be a role model for other learners in class.
- Attend weekly meetings.
- Have a voice and help other learners to have a voice with having discussions in class.
- Encourage other learners in class to use 'I said, you did' slips.
- Help make decisions to better the school.

#### Long term plan for School Council

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Rights Respecting Schools/ SC Trip	Charity's and community	'I said, we did'	Rights Respecting Schools	Improvements for the school	Finalising the year.
SC	September 2020- October 2020 (7 weeks)	November 2020 – December 2020 (6/7 weeks)	January 2021- February 2021 (6 weeks)	March 2021- April 2021 (6 weeks)	April 2021- May 2021 (5 weeks)	June 2021 –July 2021 (7 weeks)
	Focus on setting up Rights Respecting schools – make sure we achieved bronze award, start achieving silver award.  Plan and speak to Nicola about the school council trip- team building trip.	Speak to the school council about different charity's they would like to work with as a school.  plan and research about these charity's  Get in contact with the charity and see if they have different resources.  Advertise and set up around the school-date/plan.	Encourage classes to fill in I said, we did slips and hand back to the school council member in the class.  Go through the 'I said, we did' slips. Plan a way we can show everything that the school is doing with 'I said, we did'.	Check up on Rights Respecting schools, See if we need to do anything else to achieve silver. If achieved silver start looking at the gold award. Ask SC for feedback on Rights Respecting schools and what they are doing.	Speak about the school and anything that needs to be improved in the school.  Book meeting with Victoria/Nicola and speak through all the issues/positives.  Plan how we can act on this as a SC team.	Go through everything we have done through the year.  Make sure everything is completed/ complete anything that is not finished.  See what we can do/ set up for next year.  Plan SC final assembly.  Check where we are with Rights Respecting schools.

#### **Rights Respecting Schools at Quest**

At Quest we believe strongly that every child should have their rights respected at all times and we strive to make this a central focus of our learner's education. We are also aiming to be recognised as a rights respecting school going forward, and achieve silver status.

#### Why Should We Become a Rights Respecting School

As a Rights Respecting School we believe:

- Learners will be happier
- Learners will feel safe
- Learners will have better relationships
- Learners will be able to be more involved in school life and the wider world.



# **EQUALITY CHAMPIONS**

- The role of an Equality Champion is to understand others and understand that everyone should be treated equally.
- The Equality Champion team will be learning about stonewall so that they can understand and teach others.
- To become an Equality Champion learners fill out a application form which is shown below, this is to see if the learners understand the role. Learners can join throughout the year if they show interest but will be expected to attend weekly meetings and join in with planning and discussions.
- Equality Champions also help to plan for different events that happen throughout the year, for example LGBT+ and Black history month.

#### **Application for Equality Champions**



#### Long term plan for Equality Champions

Go through the role of an equality champion Planning for Black history month	Pian Disability month Pian National Anti- Bullying week Pian charity days: Children in need, Remembrance Sunday	Pian LGBT history month Pian Holocaust memorial day	Pian International women's day Pian National Autism Awareness Month Pian Charity days: Red nose day World book day World book day World poetry day	Pian Earth day Pian Mental health awareness week Go through all planning throughout the year	Pian National school grounds week Pian Wrong trouser day Finalise the year
September 2020 Crowber 2020 (7 weeks)  Speak to the EC team about the role.  Plan for black history month 1 <sup>st</sup> October 2020-31 <sup>st</sup> October 2020-31 <sup>st</sup> October 2020. (Plan power points, worksheets and what we can do around the school.	November 2020- December 2020 (8/7 weeks)  Spask to the EC team about the different dates we will be planning for this term.  Plan National Anti- bullying week 11th November 2020-15th November 2020-15th November 2020-16th November 2020-15th November 10th November 18th 2020-15th November 18th 2020-15th November 10th November	January 2021- February 2021 (8 weeks)  Speak to the EC about the dates and what we will be planning for this term.  Plan Holocaust memorial day 27th January 2021, speak about what we will be planning and what this day is. Plan power point for the morning power point worksheets for classes to do.  Plan LGBT history month February 2021. Plan what different activities we will be doing throughout the month, plan power points, worksheets!	March 2021- April 2021 (6 weeks)  Speak to the EC team about what they know about international women's day.  Plan international women's day 6th March 2021. Plan a power point, worksheets for the day for classes to do.  Plan National Awareness month (April 2021)  Plan different activities and worksheets we can do throughout the month, plan assembly on this.  Plan fundraising days:  World book day 1th March 2021  World Poetry day (21st march 2021)  World Poetry day (21st march 2021)  World Poetry day (21st march 2021)  (Speak to charity's about items we can use around the school)	April 2021- May 2021 (5 weeks)  Plan Earth day- (22 <sup>nd</sup> April 2021)  Research what earth day is-plan activities and power point for the day.  Plan/ go through with Danica Mental Health awareness week.  Go through all planning we have done this year and look up dates for next year, start to discuss ideas of what we could do around the school.  Speak about the different planning we have done and have it has been.	June 2021- July 2021 (7 weeks)  Plan National school grounds week (13 <sup>th</sup> -17 <sup>th</sup> of June 2021)  National grounds week is to encourage learners to be outside more. Plan different activities outside for the week. Plan encourage learners to be outside for the week. Plan a power point to explain to all classes what it is, for the start of the week.  Plan Wrong Trouser day (24 <sup>th</sup> June 2021)  Wallace and Gromit inspired day to raise awareness and money for a hospice charity-research a hospice – contact them and plan the day/activities we car do around the school. Go firrough the year speak about the planning and what we can be doing differently next year.  Book meeting with Nicola go thorough planning from this year and speak about ideas for next year.

# **REUSE YOUR CHRISTMAS CARDS**



Christmas may be the most wonderful time of the year, but it's also one of the most wasteful, creating a rise in the volume of waste materials being produced and disposed of during this busy season.

Much of this, unfortunately, is sent to landfill where it damages the environment.

Over a billion Christmas cards are sent a year in the UK.

Some plain cards can be recycled, but cards with glitter on are not usually suitable for recycling. One way you can reuse cards is to make gifts or new cards from them.





















Please send in any photos of things you make with your old cards.  $\mathcal{A}my\ \mathcal{W}ilkins$ 

Speech and Language Therapist

# CHRISTMAS MACRO QUIZ ANSWERS





Mistletoe









Poinsettia

Snowflake

**Pine Cone** 







Reindeer

**Christmas Pudding** 

Fir Tree/ Christmas Tree









Mince Pie

Holly

Robin Christmas Tree Lights

# **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.

#### **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.







