



MacIntyre Academies
Quest Academy

SEPTEMBER 2023 EDITION 2 NEWSLETTER



We would like to remind parents/ carers we have balls in school, learners do not need to bring in their own. If they do, they will have to be handed in on arrival like any phones.

“Quote of the week”

“Owning our story and loving ourselves through that process is the bravest thing that we'll ever do.”

~ Brené Brown

WELCOME



Dear Parents and Carers,

We hope this message finds you well. We are thrilled to share our gratitude for your attendance at our Destinations Evening on the 28th of September, 2023. Your presence made the event all the more special, and we hope you found the evening as informative and enjoyable as we did.

The Destinations Evening was a fantastic opportunity for us to showcase the myriad of possibilities and opportunities that lie ahead for our learners as they embark on their educational journey. From the world of college to higher education to the exciting prospects in various career fields, the event was designed to provide a glimpse of the many destinations our learners can aspire to reach.

We would like to extend a special thank you to all the parents, carers, and learners who attended. Your enthusiasm, engagement, and thoughtful questions made this evening a success. We are truly grateful for your active participation in the event.

We would also like to express our appreciation to all the teachers, staff members, and volunteers who worked tirelessly to make this event possible. Their dedication, passion, and hard work ensured that every aspect of the Destinations Evening ran smoothly. Without their support, this event would not have been possible.

Warm regards,

Tyla Owen

Interim Principal

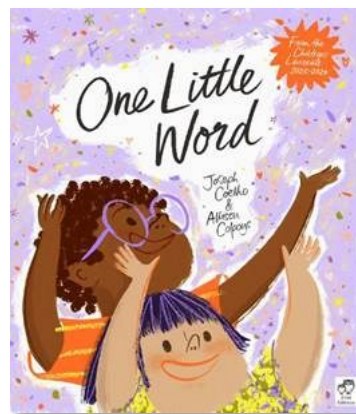
Half Term Holiday	Monday 30th October to Tuesday 7th November
Learners Start Back	Wednesday 8th November

We are successful because... the mother of one of our learners said that her son's social skills have really improved since attending Quest Academy. He now has a good network of friends, conforms to the rules and will wait his turn.

One Little Word

Author: Joseph Coelho **Illustrator:** Allison Colpoys **Reading age:** 6+

In the school playground, a big and hairy blob-like creature appears out of nowhere. The creature is called The Argument. It separates two best friends from each other and spoils all the other children's fun, making everyone rather angry.



The more the two best friends yell or pull faces at each other and treat one another as enemies, the bigger The Argument grows. Until eventually, The Argument becomes so enormous it squashes up against the playground children as the two friends shout at each other from the top.

There's only one little word that can shrink The Argument and restore peace and fun to the playground. Can the two friends realise this and which of them will say it first?

This is a poignant picture book about the power of friendship and knowing when to say sorry. The gentle, lyrical text from Children's Laureate Joseph Coelho handles the familiar heightened emotions of playground-fall outs in a way that feels sincere and authentic.

The text is complemented by brilliantly expressive illustrations. We love the vibrant colour palette and the attention to detail in the characters' expressions which change gradually as their feelings of anger develop into forgiveness and concern for one another.



WHAT SCHOOL IS LIKE FOR CHILDREN AND YOUNG PEOPLE?

Warwickshire's Young People's Forum - IMPACT want to help schools understand what school is like for children and young people and what could help make this better. This survey is for all Warwickshire children and young people, but with a keen interest in the views of those who have support needs.

To help gather views, young people have developed some questions which they would love you to answer. - <https://www.warwickshire.gov.uk/schoolexp> Please let children and young people know the opportunity is available and offer to support them to record their views if they would benefit from this. The survey is open until **October Half-term 2023**.

Experience in Warwickshire Schools



What is school like for you?



Let us know:

www.warwickshire.gov.uk/schoolexp
Survey for Young People made by
Young People from
IMPACT



But what is it like for you? - Let us know:
www.warwickshire.gov.uk/schoolexp

HALLOWEEN

Halloween is a holiday celebrated each year on October 31, and Halloween 2023 will occur on **Tuesday 31st October** (which falls in our Half Term this year!).

The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the 8th century, Pope Gregory III designated November 1 as a time to honour all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

The Celts, who lived 2,000 years ago, mostly in the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth.

In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort during the long, dark winter.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes.

When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter.

Did you know? 1/4 of all the candy sold annually in the USA is purchased for Halloween!









Did you know? More people are buying costumes for their pets. Americans spent nearly \$500 million on costumes for their pets in 2021—more than double what they spent in 2010!



MUSIC AT QUEST



As well as teaching music across the school, we are pleased to offer some 2 to 1 (free) instrument lessons. These sessions will run for 50 minutes, once a week, at a convenient time for learners and tutors. We will be offering the following instrument lessons:

Guitar 	Flute 	Keyboard 	Drums 	Vocals 
Bass guitar 	Saxophone 	Recorder 	More options may be added as time goes on but I will let you know	

Nathan, Caroline and myself will be delivering these sessions. We will let you know in advance when the sessions will start , so learners have time to process this change in their timetables.

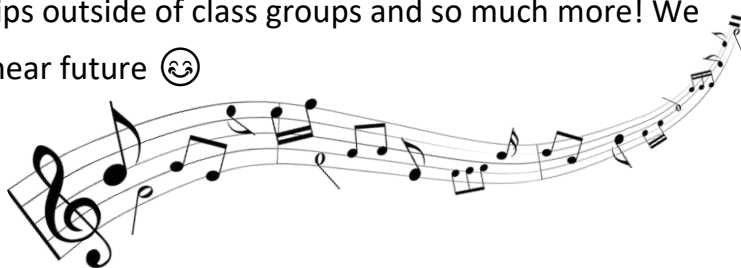
We are really excited to be able to offer these sessions – music is such a powerful tool for confidence building, communication skills, creating friendships outside of class groups and so much more! We look forward to hearing more bands play in the near future 😊

If you have any questions, please let me know.

Zoe Thompson

Music Teacher

Zoe.Thompson@macintyreacademies.org



STAY SAFE WHEN TRICK OR TREATING

On Halloween, you may be heading out on the streets to go trick or treating. Here are some tips to make sure you stay safe while having fun:

- Make sure a responsible adult/ guardian is with you - it could be older brother or sister if over 16
- Plan your route before you leave and make sure someone else knows where you are going
- Stay close to home and if possible only visit the houses of people you know. NEVER enter a stranger's home!
- Stay on pavements and check carefully before crossing roads - especially if you're in a large group
- Wear reflective or light-coloured clothing so you can be seen
- Carry a torch to check what's around you and to avoid falling over
- If you are wearing a mask, make sure you can still see clearly
- Make sure your costume is warm - it is almost November!
- Take water with you, you may get thirsty!
- Throw away treats or sweets that have been opened/ unwrapped
- *Don't argue with people or "trick" them* if they don't have more sweets or don't want to celebrate Halloween. There will be many more who want to engage in the fun!



Signifies a child with autism. This trick-or-treater might not say 'trick-or-treat' or 'thank you,' might not wear a mask and might be sensitive to sights and sounds. They also might take a little longer to select the perfect treat!



Signifies a child with a food allergy. This trick-or-treater might have a peanut or gluten allergy, or another allergy they're sensitive to. They might like a different 'treat,' like a sticker or glow stick!



National
Trust

VISIT A NATIONAL TRUST PLACE FOR FREE THIS AUTUMN

Take a stroll surrounded by colour, spot wildlife and connect with nature when you escape into autumn. Experience the awe of the season at places in our care by claiming a free, single-use pass to use between 18 September and 20 October 2023.

How do you find your escape? Is there a woodland you love to walk in, do you spot birds – or do you enjoy taking your friends and family somewhere new surrounded by nature? Autumn's a great time to get out and about, and we're giving away a select number of autumn passes so you can get free entry to a National Trust place of your choice.

Claim a free autumn pass - This single-use pass allows free entry for:

- 2 adults and up to 3 children
- 1 adult and up to 4 children
- 2 adults on their own.

Claim your free pass →

Some places we look after may be busier at certain times and on certain days, which you may want to keep in mind before visiting. Weekdays are usually quieter than weekends, and the peak time for arrivals is usually late morning or early afternoon.

Certain places may require booking in advance to visit. Remember to check the webpage of the place you'd like to visit to see if you need to pre-book. When pre-booking online, select the free member's ticket option and use the code `ESCAPEINTOAUTUMN2023` when asked for your membership number. Some [National Trust places are exempt from this offer](#), so please check before planning your visit.



Charlecote Park



Baddesley Clinton

SWEET MINI PANCAKES

Ingredients

100g self raising flour
25g wholemeal self raising flour
1x15ml spoon caster sugar
180ml milk
1 egg (medium)
100g fruit, e.g. blueberries, raspberries, banana, sultanas
Spray oil for frying



Complexity: low-medium

Equipment

Chopping board, knife, weighing scales, sieve, mixing bowl, whisk, measuring jug, frying pan, 15ml spoon, and fish slice.

Method

1. Chop the fruit into small chunks or keep whole (depending on size of fruit).
2. Sieve the flours into the bowl and add the sugar.
3. Whisk the egg and milk into the flour.
4. Stir in the fruit.
5. Pour into the measuring jug.
6. Heat the frying pan and add a few sprays of oil.
7. Pour in 2 x 15ml spoons of mixture for each pancake.
8. Cook until bubbles appear on the surface and then turn using the fish slice.
9. Cook the underside of the pancake for one minute or until golden brown.
10. Serve.

Top tips

- Use canned fruit pieces, so that you don't have to chop anything.
- Transfer the pancake batter to a jug or use a ladle to reduce the spills as the mixture is placed in the frying pan.
- Serve with low fat Greek yogurt, and a drizzle of honey.

Food skills

- Weigh.
- Measure.
- Whisk.
- Stir and combine.
- Fry.
- Cut (if using fresh fruit).

MUSHROOM RISOTTO

Ingredient

- 150g chestnut mushrooms
- 1 onion
- 2 cloves garlic
- 1 x 15ml spoon olive oil
- 250g risotto rice
- 1 x 5ml spoon vegetable stock powder or 1 stock cube
- 1-1.5 litres water, boiling
- 1 x 15ml spoon parmesan
- 1 x 10ml spoon thyme

Complexity: medium



Equipment

Chopping board, knife, garlic press, weighing scales, measuring spoons, frying pan, wooden spoon, kettle, measuring jug.

Method

1. Prepare the ingredients:
 - peel and chop the onion;
 - slice the mushrooms;
 - peel and crush the garlic;
 - grate the cheese;
 - chop the thyme.
2. Fry the onion and garlic in the oil until softened.
3. Add the mushrooms, and fry for another 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add a little of the stock to the rice - a little at a time. Wait for the stock to be absorbed, stirring constantly.
7. Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.
8. Stir in the parmesan and thyme into the rice.

Top tips

Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
Use different herbs and spices e.g. basil, parsley or chilli.

Food skills

- | | |
|-------------------|-----------|
| • Weigh. | • Grate. |
| • Measure. | • Fry. |
| • Peel. | • Stir. |
| • Chop and slice. | • Simmer. |
| • Crush. | |

How To Stay Safe on Bonfire Night



- Never touch fireworks



- Stand well back from the bonfire

- Never go near a firework after it has been lit



- Only one sparkler at a time

- Wear gloves when holding a sparkler

- Keep pets indoors



ACADEMIC YEAR 2023 - 2024

We have 2 extra days for half term in October, these days are added on to the Summer Term. The rationale is that the days allow families to take advantage of quieter and cheaper holidays.

AUTUMN TERM 2023

Half term	Monday 30th October to Tuesday 7th November 2023
Learners Start Back	Wednesday 8th November 2023
Mock Exams Start	Monday 27th November 2023
Y10 & 11 Parents Evening 4 - 6pm	Thursday 14th December 2023
Xmas Fayre 2 - 3.30 pm Term Ends	Friday 22nd December 2023
Christmas Holiday	Monday 25th December 2023 to Friday 5th January 2024

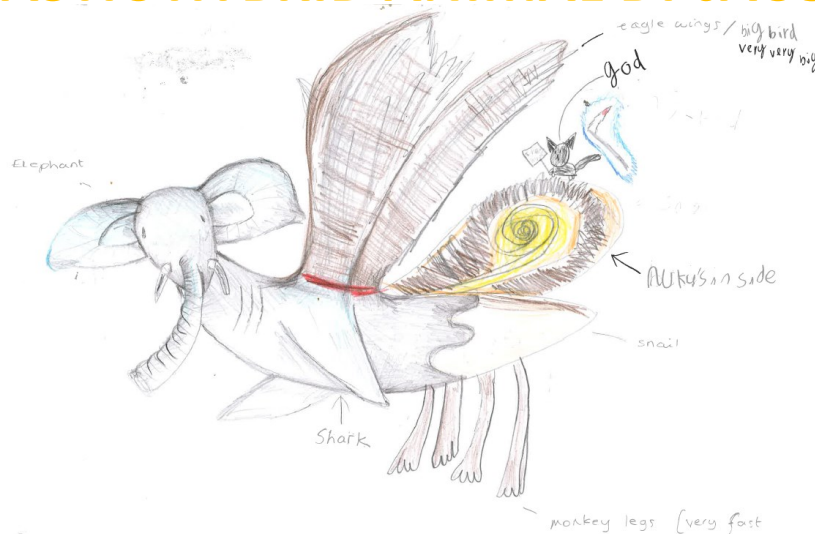
SPRING TERM 2024

Starts	Monday 8th January 2024
Half term	Monday 12th February to Friday 16th February 2024
Learners Start Back	Monday 19th February 2024
Y9 Parents & Options Evening 4 - 6 pm	Thursday 7th March 2024
Trust INSET Day (no learners on site)	Friday 8th March 2024
Easter Fayre 2 – 3.30 pm Term Ends	Friday 22nd March 2024
Spring (Easter) holiday	Monday 25 March 2024 to Friday 5 April 2024

SUMMER TERM 2024

Starts	Monday 8th April 2024
Y7 & 8 Subject Parents Event 4 - 6pm	Thursday 11th April 2024
Bank Holiday (no learners on site)	Monday 6th May 2024
INSET day (no learners on site)	Tuesday 7th May 2024
Half term	Monday 27th May 2024 to Friday 31st May 2024
Learners Start Back	Monday 3rd June 2024
Ends	Tuesday 23rd July 2024

PERSONALISED LEARNING ART: FANTASTIC HYBRID ANIMAL BY JACOB B



YOUNGmINDS
fighting for young people's mental health

#HelloYellow

World Mental Health Day is on **Tuesday 10th October**. We can all struggle with how we're feeling, but sometimes things get tough and it can be difficult to cope. For so many young people, when this happens, they don't get the help they need, when they need it. But together, we can change this.

Supporting you and your mental health

Whether you want to understand more about how you're feeling and find ways to feel better, or you want to support someone who's struggling, we can help.



I am a young person



I am a parent



I work with young people

EVERY SCHOOL DAY COUNTS

At Quest Academy, we seek to ensure that all our learners receive a full time education which maximizes opportunities for each learner to reach his or her true potential: we feel that good attendance (95% or above) and good punctuality too are a vital part of this and we want all learners to strive towards this.

Government statistics have proven that children with poor attendance are 47% less likely to meet their potential examination results compared to learners with good attendance.

We have a desire to strive towards 100% attendance for all of our learners and expect all parents/ carers to actively support us in ensuring that their children are in school, safe, at all times. We also aim to hold all parents / carers that give low priority to good school attendance accountable.

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

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.

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

PRIVACY NOTICE

MacIntyre Academies collects and uses pupil information which complies with General Data Protection Regulation (GDPR). This is Europe's framework for data protection laws – it replaces the previous 1995 data protection directive, which UK law has previously been based upon.

Please note that limited personal data is used and stored as per the MAT Retention Policy.

You can read the full details of our [Privacy Notice](#) in the policy. This includes more details of our legal basis for the use of specific information.

