



MacIntyre Academies  
Quest Academy

## MAY 2020 EDITION 2 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



Don't forget **Monday 25th May** is a bank holiday

“Quote of  
the week”

*“Be the change that you  
want to see in the world”*

*Gandhi*

# WELCOME



Dear Parents/Carers,

I would like to take this opportunity to thank all the families who continue to support each other through Facebook and for sharing tips and ideas. I know that many families have really appreciated your support as it has helped them to realise that they are not the ones managing the roller coaster ride of emotions that seems to be part and parcel of the lives we are currently living.

If you have been supporting your child to access work through our website you may have noticed that we have been improving it. In the community section there is a new tab Radio Quest. In this area you will be able to listen to one of our radio broadcasts as well as two pieces of music created by Jack and Zakk in Year 9. Well done Jack and Zakk I really enjoyed listening to the musical pieces you created.

Thank you also to the Year 11 learners for sharing their dark short stories. I hope that you enjoy reading them.

Finally, just to let you know that following the Government's announcements on Sunday night we have started to plan for the gradual integration of learners from June 1<sup>st</sup> as long as it remains safe to do so. Throughout the week the Government has provided schools with additional guidance to support them plan for the gradual transition of learners back into school. As part of the transition back to school we are creating booklets for learners and will be sending out separate questionnaires for families and learners so that we can take your feedback into consideration.

Thank you once again for your continued support.

Kind Regards,

*Nicola Wells.*

## Book of the Week

### **The London Eye Mystery**

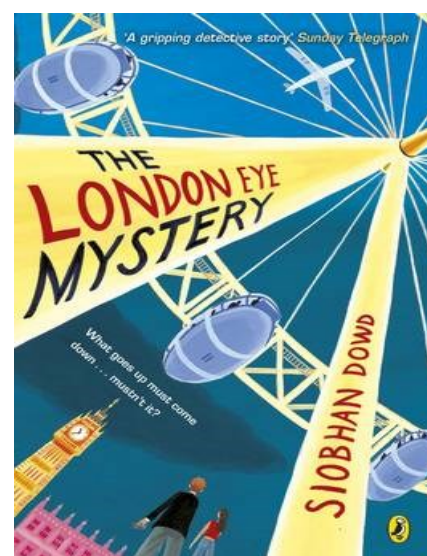
Author: Siobhan Dowd

**11.32am.**

Ted and his sister Kat watch their cousin Salim get on board the London Eye. The pod rises from the ground, high above the city.









**2.02am.**

The pod lands and the doors open. Everyone exits - everyone but Salim. Has he spontaneously combusted? (Ted's theory). Has he been kidnapped? (Aunt Gloria's theory.) Is he even still alive? (The family's unspoken fear.) Even the police are baffled - so it's up to Ted, whose brain runs on its own unique operating system, to solve this mystery and find Salim. Teaming up with Kat, Ted follows a trail of clues across London - while time ticks dangerously by...



# WORD AWARE CHALLENGE

Word Aware is a whole school approach to vocabulary learning. One of the key principles of Word Aware is 'fun with words'. How many of the challenge below can you complete?

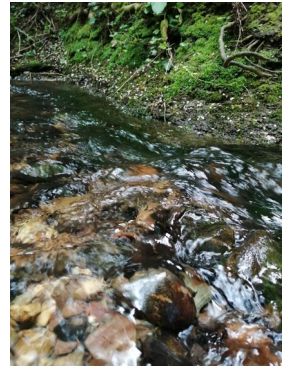
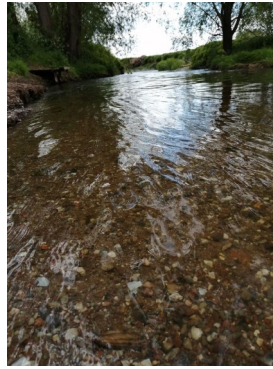
<p>Find 10 things in your house that start with a 't'</p> 	<p>How many words can you make using the letters in 'Quest Academy'?</p>	<p>Describe a tree to an alien who has never visited earth</p> 	<p>How many words can you think of that mean the same as small?</p>
<p>Ask an adult what their favourite word is</p>	<p>How many words can you think of the describe winter</p> 	<p>Find 5 things that are crunchy</p>	<p>How many words can you think of that mean the same as happy?</p> 
<p>How many words can you think of to describe a thunderstorm?</p> 	<p>Find 5 things that are thin</p>	<p>Describe the desert to an alien who has never visited earth</p> 	<p>Choose 3 words to describe your favourite animal</p>
<p>Find 5 things that are beautiful</p>	<p>What kind of things might you find in an abandoned house?</p> 	<p>Find 10 things in your house that start with the letter 'b'</p>	<p>Describe your favourite super hero</p> 

Amy Wilkins,

Speech and Language Therapist, [amy.wilkins@macintyreacademies.org](mailto:amy.wilkins@macintyreacademies.org)



# HOW HAVE YOU BEEN KEEPING BUSY?



Archie has been on a couple of solo walks and done some fantastic photography with his phone.



Jarvis has been busy making Fajitas.



Summer made honeycomb in school with Ed & Kirsty, look what she did with it once she got home!



Luke & his sister have been making Yummy Chocolate Rice Krispie cakes.



AJ took part in an Online Taekwondo Tournament. His Stkd club encouraged all the students to compete and to enter submitting videos for patters, weapons and high kick categories. AJ dressed up in his white suit and performed everything that was required in the garden.



## SCHOOL LEARNING



Matthew baked a chocolate marble cake for his parents 17th Wedding Anniversary. It was decorated with chocolate icing cream, sprinkles and a chocolate jazzies 17. Matthew took this home in a box as a surprise for them after their Mexican anniversary meal. Congratulations from everyone at Quest and well done Matthew!



Some of the activities we have been doing in lower school.

Slime making and building dinosaur heads.



# UPPER SCHOOL CREATIVE WRITING

Here are some dark short stories that Upper School have written independently based on this spooky picture.



## **The Disturbed Figure, By Joe**

Thunder thrashing down like a hard punch creating a sense of fear and shock. The trees blocking the sky, the sound of the soggy mud dripping as I stumble. The cold air surrounded me almost locking me into the depths of hell as I tremble. I could not see a way out. After trying an escape, in the foggy distance I came upon a disturbing sight. It was a dark figure standing there almost lifeless. A huge shockwave of fear repeatedly zooming through my body as I stand there frozen in shock.

Switching back to reality, I was dreaming... at least I thought I was. The figure was still standing there but had moved closer while I was distracted. Another shockwave of realisation suddenly hit me. I was a knife in his hand with some liquid dripping off of it... IT WAS BLOOD.

I then shouted "stay away" as tears start dripping down from my eyes. I was trembling. But I strangely got no response. It's like he was a model but then again he seems to have moved closely. I then decided to go and investigate with caution.

Trembling, I repeatedly move one step every 5 seconds with fear zooming through my body giving me a sense of anxiety. As the figure became more clear and closer, I realised he was wearing a dark black pinstriped suit and a black top hat. He had this black mask with a smile on it...

HE THEN STARTED RUNNING TO MY DIRECTION. A rush of fear hit me. Will I survive...?

## **The Shadow, by William**

As the man gazed on into the darkness of the wood the chill swirling fog stirred through the air and faint beams of light struggled as they disappeared into the gloom. The city of trees that attacked the sky punctured the clouds and scraped the heavens were this man's home he lived in a treetop palace dizzyingly high above the ground. But this man did not have slaves or servants no he lived alone hunting and gathering to survive.



### Run a Rabbit to Hell and Back, by Jarvis

The wind howls against the old man's ragged blood soaked clothes. The trees around him shifting in circles, the Gods disappointed by his cause of sin. The lonely, petrified old man falls to his knees hearing the footsteps of his demise approaching.

The old man closes his eyes, accepting his fate. A ghostly whisper chants in front of him, talking about setting him free from a doomed existence, giving the man a slash to the throat with its dreaded claws.

The old man's fate was now sealed, he gave no resistance as the blood pours from his gushing throat; collapsing to the ground, his lifeless body left to nature's scavengers.

The night fades several hours after the old man disappeared from civilisation. The city council focused on finding him as he was the wanted murderer of a three year old girl name Sophie.

Having no current leads on the situation a detective veteran names Andrew Stephens was leading the investigation, searching far and wide within the city limits to no avail, never having known he had fled to the forest. The case was almost dropped until countless repots came from the forest of people going missing.

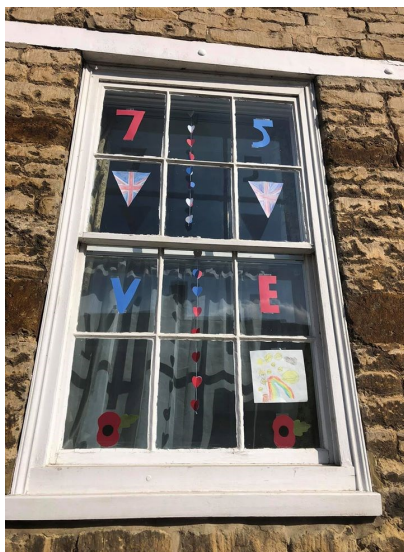
The city ordering all officers on patrol to search the forest path ways only for the officers to report nothing out of the ordinary.

## LOWER SCHOOL FOOD TECH



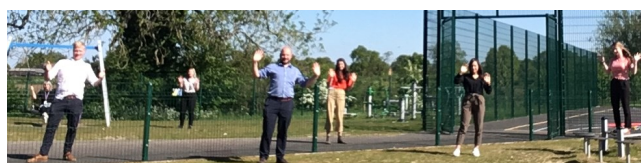


# VE CELEBRATIONS - FRIDAY 8TH MAY 2020



VE Day - Victory in Europe Day is the day celebrating the formal acceptance by the Allies of World War II of Nazi Germany's unconditional surrender of its armed forces on Tuesday 8th May 1945, marking the end of World War II in Europe.

How did you celebrate?





# COMPETITION TIME - DESIGN AN APRON

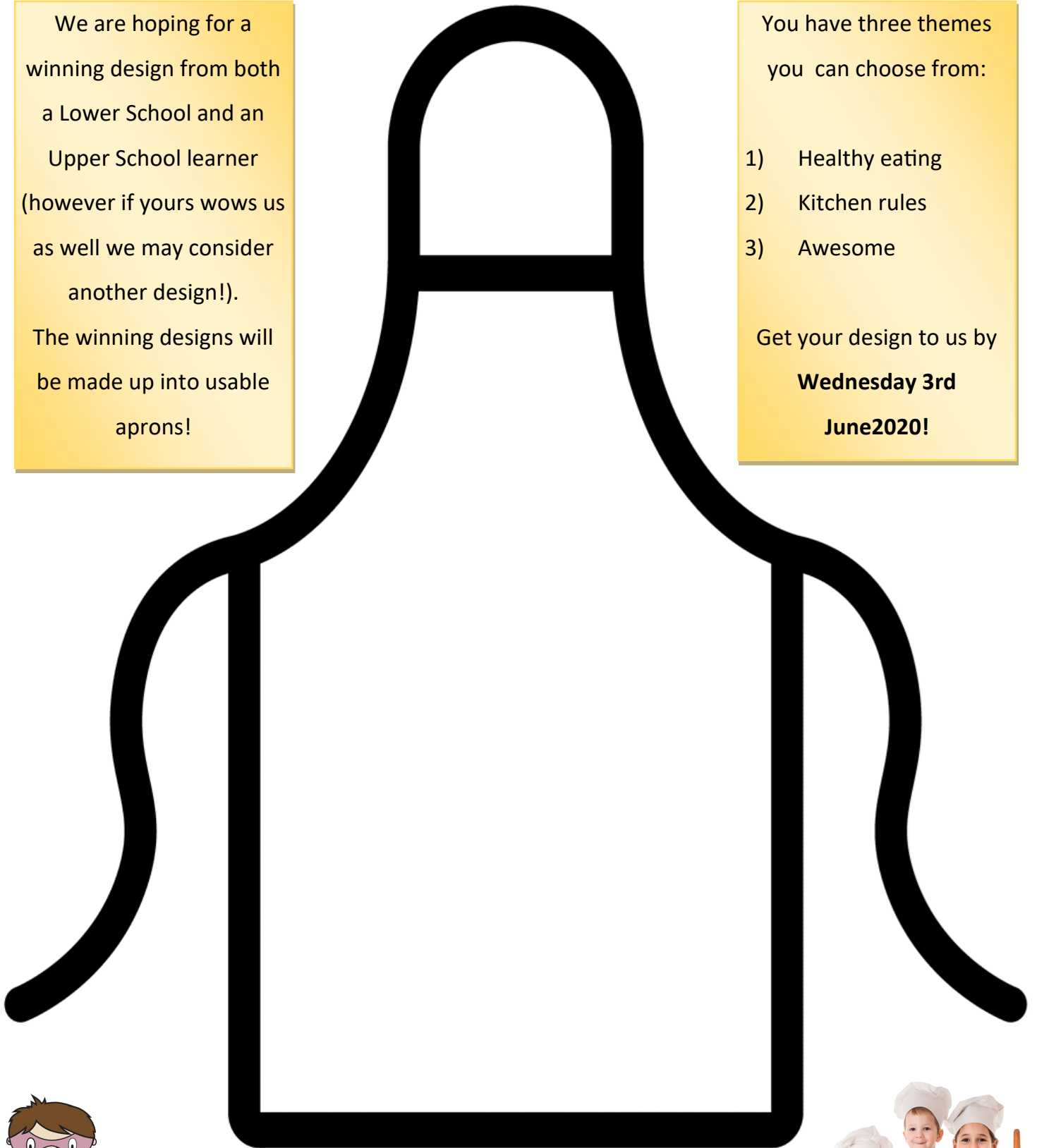
Cathy (our awesome Food Tech teacher) has a competition for all our Budding Bakers & Culinary Creators! We would love to get your creative juices flowing and for you to design a new apron for Quest Academy.

We are hoping for a winning design from both a Lower School and an Upper School learner (however if yours wows us as well we may consider another design!). The winning designs will be made up into usable aprons!

You have three themes you can choose from:

- 1) Healthy eating
- 2) Kitchen rules
- 3) Awesome

Get your design to us by  
**Wednesday 3rd  
June 2020!**



Email your design to [toni-anne.eagles@macintyreacademies.org](mailto:toni-anne.eagles@macintyreacademies.org)

or send through the post to Cathy Ward, Quest Academy,

Anderson Avenue, Rugby, CV22 5PE



# NEW STAFF

We had our new PE Higher Level Teaching Assistant, Rebecca start recently and we decided to quiz her!

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

Working as a Detention Centre officer, because I got to meet people from all over the world and listen to their unbelievable stories and life experiences, which is what made me take a career break and travel S.E.A.

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

Angkor Wat, in Cambodia.



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

Maybe Spain but I could live anywhere in the world as long as I have my family with me.

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

Keira Knightly

**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?**

Working as an EFL teacher in a boarding school in Vietnam I changed the perspective and behaviour of the teachers, staff and the parents of the students at the school, about how the students needed to be treated, educated and fed. I brought in other volunteers who specialised in SEN and psychology to help and used my sport and nutritional background to help too. The students at this school were there because they were labelled 'Badly behaved', 'out of control' or 'Addicts'. However on closer inspection these children had various educational and behavioural needs which needed specialised help and care. These are disorders that are unknown of or talked about in most districts across Vietnam. But research, dedication and enthusiasm allowed everyone at this institution a newer and happier outlook on education and mental well being, giving the students a much better and more fulfilled education and social life.

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

Hot and Sunny holidays because I enjoy water sports, and the beach and I really need a tan!!

**7. What sport to do like to watch and why?**

I like to watch Rugby and Boxing because I find them the most enjoyable.

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

Fermented duck eggs.





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

I pole dance and play football just for fun.

## 10. What's your biggest sporting achievement?

Long distance running and heptathlete for county and national level in secondary school.



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

Tough Mudder, Race for Life, parachute jumping and volunteering at orphanages in Cambodia and getting sponsors to help build their communities and schools.

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

Too hard, I love food and eat almost everything.

## 13. What was the last TV series you watched?

The Afterlife

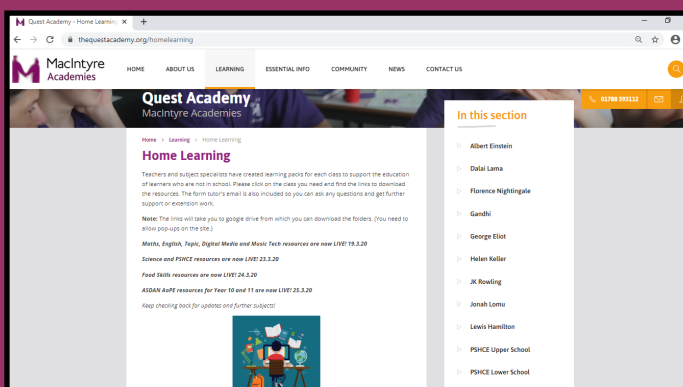
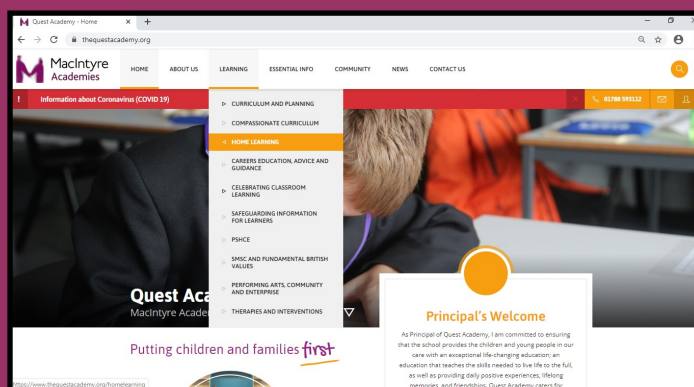
## 14. What car do you drive?

Mitsubishi colt

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

Some type of new electric or hybrid car (family car) otherwise a corvette.

# 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.)



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.

Please join our [Family VibEs Facebook group](#) for more ideas. See our website for further guidance and resources [www.valuesbasededucation.com](http://www.valuesbasededucation.com)

***This week, we celebrate the value of GRATITUDE***

# Gratitude



## DID YOU KNOW

### Gratitude...

- \* SHIELDS YOU FROM NEGATIVITY
- \* MAKES YOU AT LEAST 25% HAPPIER
- \* REWIRES YOUR BRAIN
- \* ELIMINATES STRESS
- \* HEALS
- \* IMPROVES SLEEP
- \* BOOSTS SELF-ESTEEM & PERFORMANCE
- \* ENHANCES THE LAW OF ATTRACTION
- \* IMPROVES RELATIONSHIPS

#### Gratitude is...

***...A feeling of thankfulness and a pleasant feeling from within.***

***... It can come from things that happen now or in the past.***

***...Feeling grateful for people, places, sensations, achievements.***

***...A wonderful way to begin and end each day. How are you feeling gratitude?***

*"This a wonderful day. I've never seen this one before."*

— Maya Angelou

*"It's not happiness that brings us gratitude. It's gratitude that brings us happiness."* — Anonymous

*"Gratitude turns what we have into enough."*

— Aesop

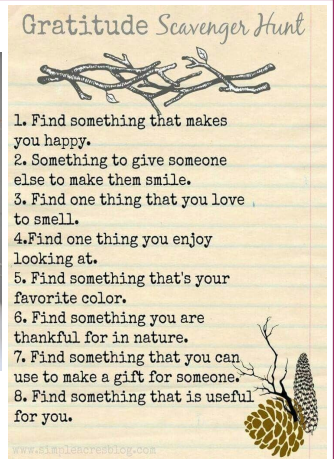
*"We can complain because rose bushes have thorns or rejoice because thorns have roses."* — Alphonse Karr

#### Communication – sharing ideas

- \* What does Gratitude mean to each of us? Let's listen to each other.
- \* Gratitude stories: My Dad's Brilliant – Nick Butterworth, My Mum's Fantastic, My Grandpa is Amazing, My Grandma is Wonderful, Who is the World For – Tom Powell and Robert Ingpen, I'm Special, I'm me – Anna Meek, Frog is a Hero – Max Velthuis, Zoe and the Fairy Medicine – Jane Andrews, Broken Bird- Michael Broad
- \* Watch: I'm Thankful each day (younger children) <https://youtu.be/JlodsXEvo4U>



## Behaviour & activities – doing together



## Happiness – family fun

- \* Make a gratitude 'shout out' board. Put up a large sheet of paper in a room where everyone spends time (kitchen, perhaps). Write 'Thank you for...' at the top and then leave a pack of post-it notes close by. Everyone writes on a post-it whenever they feel grateful to a family member, e.g. Jim finding my lost key, and displays it on the sheet. At the end of the week, share these and celebrate.

## Wellbeing – being well in body and mind

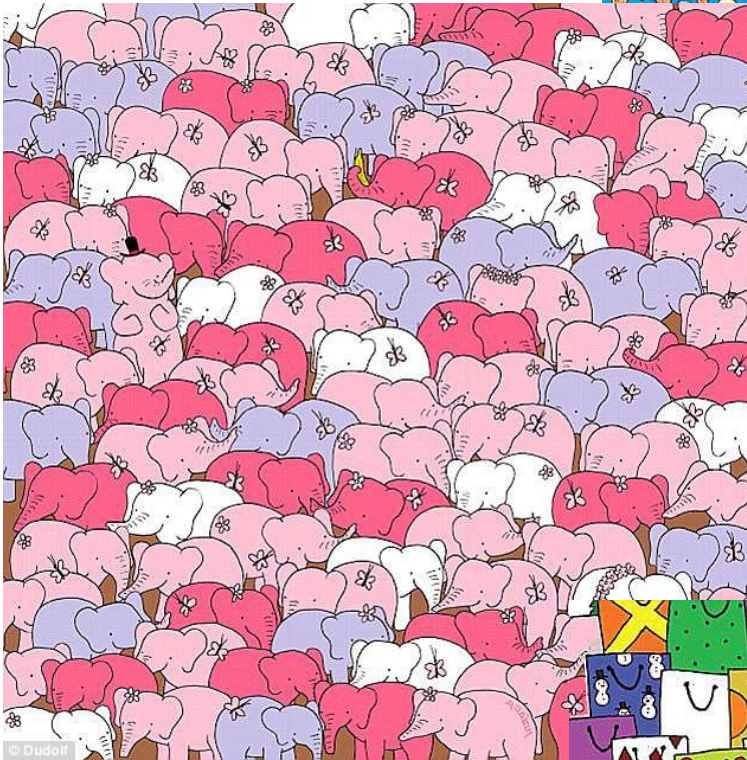
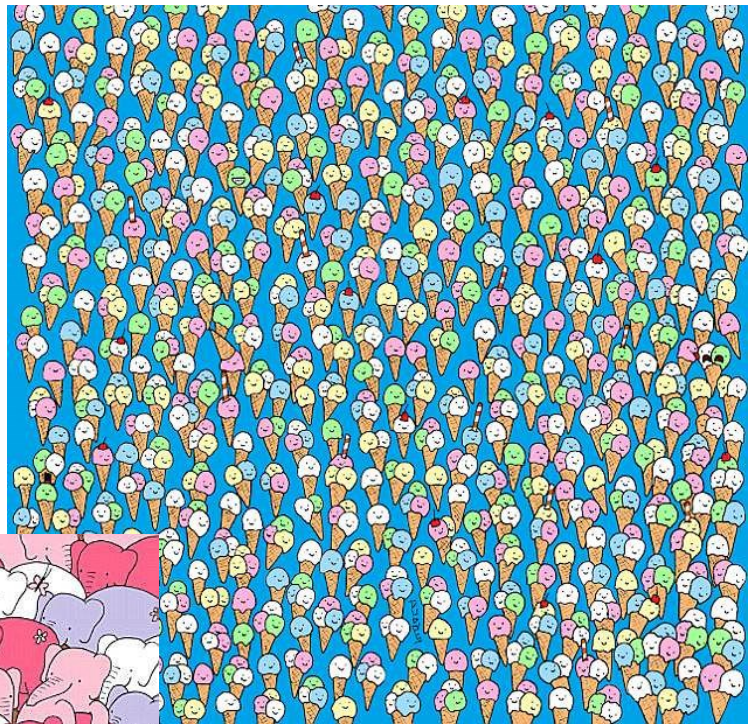
The Gratitude Game – thank you David Gumbrell for this Just roll a dice (or use a random number generator on the internet). Then follow the corresponding reflection of gratitude according to these rules.

- 1) **If you roll a 1:** Name something in nature that you are grateful for and then Google it to find out a fact about that cloud, that insect, that flower that you didn't know before. Knowledge is good for the soul.
- 2) **If you roll a 2:** Name someone in your extended circle who you are grateful for. Send them a text today and ask if they are ok. Let them know that you are out there, let them know that you are thinking about them.
- 3) **If you roll a 3:** Name a public service that you are grateful for. Privately clap them for the good work that they are doing. Think of a way of showing appreciation for them — post something on social media to let them know that you care.
- 4) **If you roll a 4:** Name a foodstuff that you are grateful that you have in the cupboard. Can we reflect of consumables that we took for granted, but may appreciate more now?
- 5) **If you roll a 5:** Name a friendship that you are grateful for. As our resilience takes a bashing, we realise that we can't do this alone — we need others to help and support us on this. Who is that person for you? How can you let them know today?
- 6) **If you roll a 6:** You have to name all of the previous 5 that you are grateful for, working your way from 1–5 and do them all. Who said that 6 was a lucky number!



# THIS WEEKS CHALLENGE - CAN YOU FIND THE THING THAT IS DIFFERENT?

Can you spot the lickable lolly pop  
hiding in all those ice creams?



Can you spot the happy heart in the  
herd of elephants?

Slightly out of season, but can you  
spot the Christmas card hiding in all  
the gift bags?





# LAST WEEKS CHALLENGE - DID YOU FIND THE THING THAT IS DIFFERENT IN EACH PICTURE?



Did you spot the gherkin hiding in all the food?

Did you spot the sneaky cat hiding among the owls?



Now this one was really tricky, did you spot the frog in the leaves?



# BE INSPIRED AT WCG

## We're here to help!



ROYAL LEAMINGTON SPA  
COLLEGE



WARWICK TRIDENT  
COLLEGE



RUGBY  
COLLEGE



MORETON MORRELL  
COLLEGE

We understand that this is a confusing and unprecedented situation we are currently in, but, rest assured, we are here to help and support prospective students and their parents to access information about all of our courses and fantastic college facilities.

### VISIT OUR DEDICATED ONLINE HUB: [wcg.ac.uk/leavingschool](http://wcg.ac.uk/leavingschool)

Access a wide range of information, advice and guidance including:

- College welcome videos at each site
- Panoramic photos and 360° videos of our workshops / studios / classrooms
- Links to all of our subject areas
- Course search facility with the ability to apply online
- Information on careers advice, learning support and inclusion, transport, financial support and more

If you have any other questions or want to speak to our team about applying for a course with us, email our Admissions Team on [info@wcg.ac.uk](mailto:info@wcg.ac.uk).

### IT'S NOT TOO LATE TO APPLY FOR SEPTEMBER

We have a huge range of subjects and different study programmes that mean you can choose the best option for you and your future.

#### What do we offer?

- Apprenticeships
- A Levels
- Agriculture
- Animal Welfare
- Applied Sciences
- Art, Design & Media
- Business, Events & Destination Management
- Childhood Studies
- Computing & IT
- Construction
- Cookery
- Countryside Management
- Engineering
- Equine & Farriery
- Floristry
- Hair, Beauty & Therapies
- Health & Social Care
- Motor Vehicle
- Music
- Performing & Production Arts
- Sport & Public Services
- Travel, Tourism & Hospitality
- Veterinary Nursing
- ...and more!

### TRANSPORT

For information about our extensive bus network visit [wcg.ac.uk/transport](http://wcg.ac.uk/transport) or email us on [transport@wcg.ac.uk](mailto:transport@wcg.ac.uk) and we'll help you find the quickest and easiest way to get to college.

**APPLY NOW:** [wcg.ac.uk/howtoapply](http://wcg.ac.uk/howtoapply)



For information on how to join a virtual open event - visit [wcg.ac.uk/openevents](http://wcg.ac.uk/openevents)

Apply Now: <https://wcg.ac.uk/howtoapply>

# FABULOUS FRUIT SALAD



## Ingredients

- 2 satsumas
- 4 strawberries
- 8 seedless red grapes, halved lengthways
- 8 seedless white grapes, halved lengthways
- 2 bananas
- 2 x 15ml spoons orange juice



**Complexity:** Low-medium

**Time:** 45 mins

## Equipment

Chopping board, table knife, large bowl, a 15ml spoon, 4 serving bowls.

## Method

1. Peel the satsumas and separate into segments.
2. Pull the stalks from the strawberries and cut into slices.
3. Peel the bananas and cut into slices.
4. Place all the fruit in the bowl and add orange juice.
5. Mix all the ingredients together.

## Top tips

Try using different types of fruit such as peeled and sliced kiwi fruit, chunks of fresh mango or canned pineapple.

Instead of orange juice try another juice, such as apple.

You could serve your fruit salad in a hollowed out fruit such as melon to make it look attractive.

## Food skills



Measure



Peel



Slice



Combine and mix.

**Why don't you get creative with your fruit? We would love to see your photos!**



5 Fun Fruit Art Tutorials - YouTube  
youtube.com



Food Art - Action for Healthy Kids  
actionforhealthykids.org



FOOD ART: 19 AMAZING Shaped Animals ...  
coolandcrazythings.com



Photographs of Spliced Fruits ...  
thisiscolossal.com



Healthy Food Art activity for ...  
thecrafttrain.com







## SAFEGUARDING & FAMILY FOOTINGS



- **Daisy** is responsible for lower school families and is available on;  
[daisy.howden@macintyreacademies.org](mailto:daisy.howden@macintyreacademies.org) Work mobile 07504001918



- **Joan** is responsible for upper school families and is available on;  
[Joan.goodrich@macintyreacademies.org](mailto: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](mailto: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](mailto: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.