



MacIntyre Academies
Quest Academy

MAY 2020 EDITION 3 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



Don't forget next week is Half Term!

In an emergency please contact Nicola via email/ phone:

nicola.wells@macintyreacademies.org / 07932 909 754.

“Quote of
the week”

*“When educating the minds of
our youth, we must not forget to
educate their hearts”*

Dalai Lama

WELCOME



Dear Parents/Carers,

It is hard to believe that it is half term next week. I am hoping that the weather continues to be fine so that we can all spend some time outside either relaxing or exercising.

As we prepare for the final half term of the school year we will continue to risk assess learners' transition back to school in line with Government and Local Authority Advice.

As you are aware the Prime Minister is due to make an announcement on Thursday 28th May about whether it is safe for pupils to return to school. Whilst we are already planning a phased transition programme for learners to safely return we will not be sending out any further information until after this announcement.

In line with Government guidance we have and continue to update our Safeguarding and Behaviour Policy and Procedures. Due to new guidance given to school's over the last week we will be creating new social stories and outlining new procedures to ensure that staff and learners are safe.

This week we also received information from the Specialist Transport Service to inform us that they will only transport one learner at a time, with a maximum of two learners dependent on the size of the vehicle. In their correspondence with the school they also informed us that any parent who was able to transport their child to school would be eligible for a travel allowance payment.

I understand that many of you and your children are anxious about a return to school. As part of a gradual transition back to school we will be offering a drop in session where you and your child can come into the café area to meet a member of their staff team if this is something that you think would be helpful.

I am aware that some of you may have had a family bereavement during this time. Winston Wish are a charity that specifically offer bereavement support to children. For more information please click on the link provided. www.winstonswish.org.

I would also like to take this opportunity to let you know that we have just been awarded the bronze Rights, Respecting Schools Award. Whilst lots of the learners, staff and families have been involved in the process I would particularly like to thank Emily Smith and the School Council for their invaluable contributions.

Kind regards,

Nicola Wells.



KEEP CALM, STAY WISE & BE KIND.

This **Coping Calendar** has 30 suggested actions to look after ourselves and each other as we face this global crisis together. Pass on to others and help spread the word.

<https://www.actionforhappiness.org/coping-calendar>



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

- | | | | | | | |
|--|---|--|--|--|--|---|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time |  <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> | | | | |



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

Book of the Week

The Creakers,

Author: Tom Fletcher

Lucy Dungston has woken up to find all the grown-ups in her town have disappeared.

Lucy's friends are *thrilled* there are no more grown-ups. They're running wild! They're building roads of trampolines, and eating cereal for every meal.

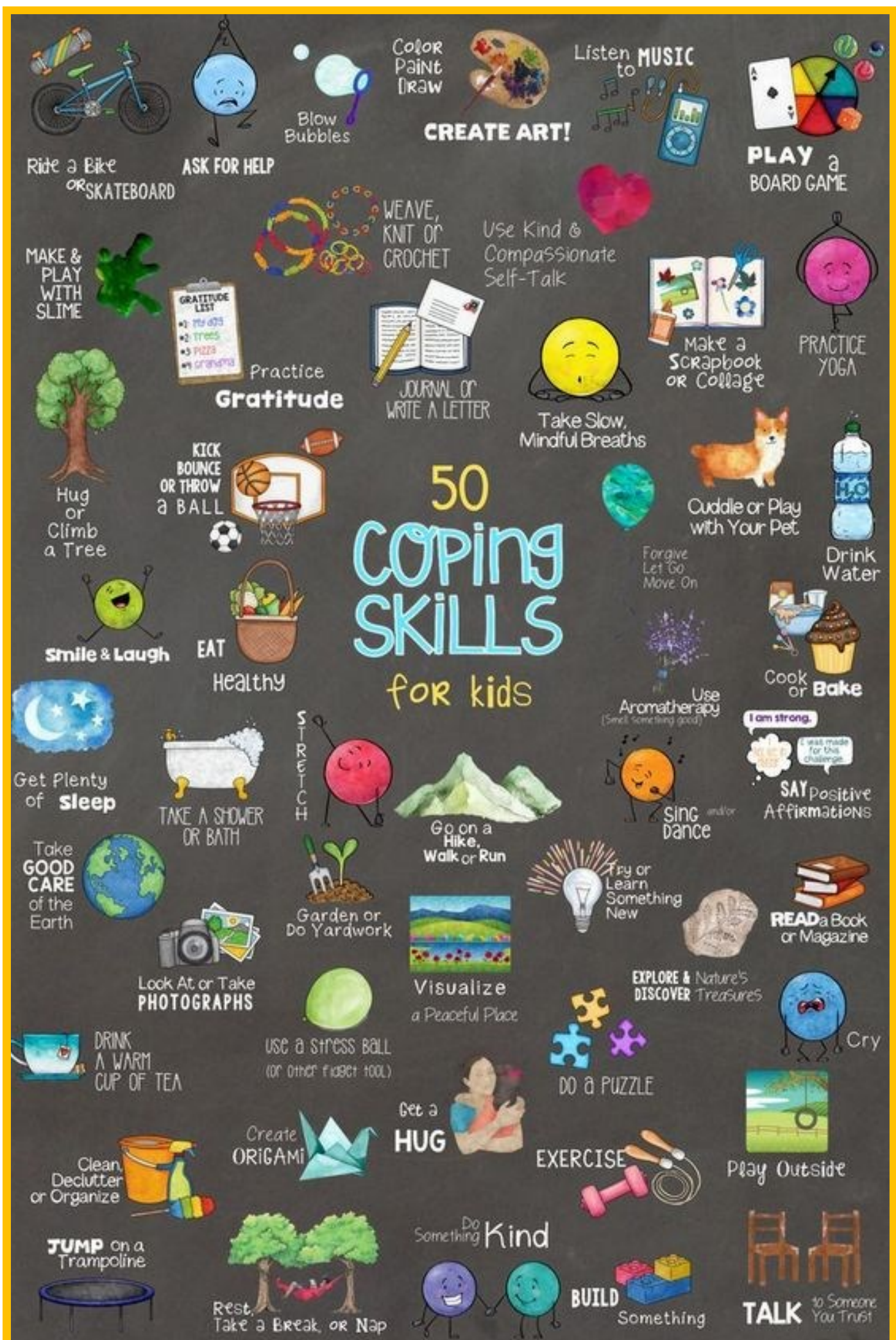
But Lucy wants her mum back, and nothing is going to stop her.

Even if it means having to venture into the strange, upside-down world of the mysterious monsters under her bed...

And the upside-down world isn't the most hygienic of places...

Tom Fletcher's bestselling story is packed with amazing illustrations by the disgustingly talented Shane Devries. It's the perfect spooky (and slightly gross) tale for Halloween!





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!**



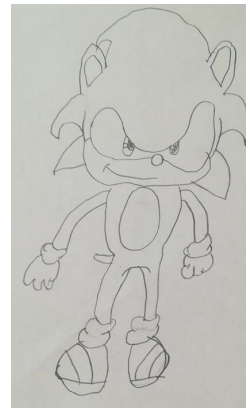
Email your design to toni-anne.eagles@macintyreacademies.org

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

Anderson Avenue, Rugby, CV22 5PE



HOW HAVE YOU BEEN KEEPING BUSY?

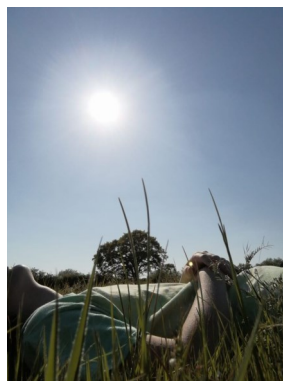
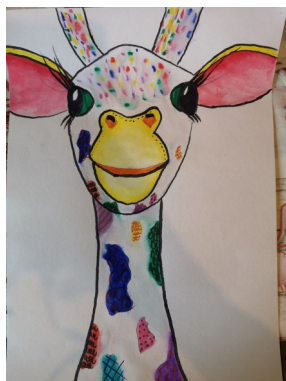


Michael & Sonic enjoying the bluebells in his local woods. Michael was especially impressed by this den (looks like a big forest school project!). He has also been busy drawing Sonic.

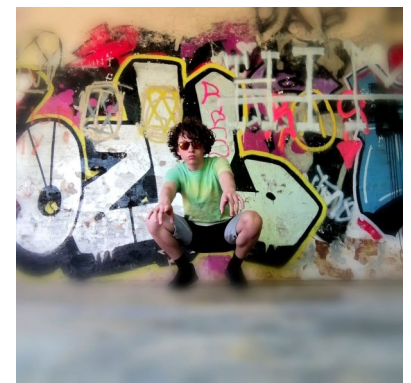
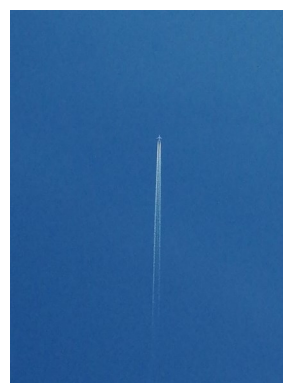
Adam had been also been busy drawing. The reflections on this apple are really strong, we can't wait to see more!



Kieran decided if he couldn't go on his Scout Camp he would camp out in his garden. What a fantastic idea!



Archie, and his Mum Charli, have continued to do some fantastic art tutorials, producing some amazing work! And Archie has taken some more fantastic photos whilst out on a bike ride.



SCHOOL LEARNING

Learners have been practising independent cooking, creating a meal with 3 different elements. This involved planning, timing, a range of cooking skills and presentation to create a meal for one. They all enjoyed the opportunity to cook with freedom to create toast a type of egg and a canned food.



SCHOOL LEARNING

This week, Upper School have been looking at life in the trenches during World War One.

Declan and Joe wrote some wonderful postcards home from their imagined life in the trenches.

POSTCARD



I have been in the trenches, the life is very hard hitting so far. People are getting mowed down every second. All we have to eat is Corned Beef and if we're lucky, we might get some tinned stew and a wee bit of rum as a drink.

The smell here is disgusting. I can't believe it. If this is a bit slow it's because we don't get time for this before we have to fight and stand in a mixture of mud and blood.

All I can see is black clouds and dust from constant explosions. Every time I climb up I'm feeling nothing but mud, sludge and human disposition liquid.

When I come back, you will have to cook me chilli chicken pasta.

From Declan.



Anderson Avenue

Rugby

Warwickshire

England

CV22 5PE

 AIR MAIL POSTCARD

Dear Mom

My pain is all I feel. My sadness is my permanent emotion. I've joined the war. My love is all I have to give to you as I sit here surrounded by the haunting sound of men in pain. Men screaming. I also repeatedly hear the explosive detonating from every possible direction. I am scared. Hurt. Disturbed. In an hour or so I am going to have to go onto the bloody floor. The screams I witness repeatedly replay in my mind disturbing me more. I can't do this anymore. The smell of the lifeless, emotionless bodies fill the air as well as the alley used by lots of different soldiers. The sound of the rats scuttling, alerting me for danger. More lives being lost as the harrowing atmosphere haunts us.

From Joe



Anderson Avenue

Rugby

Warwickshire

England

CV22 5PE

SCHOOL LEARNING

Upper School have also been looking at the lost citadel of Pompeii.

They wrote some eye-witness accounts.



The mountain blew it's top. It was the most horrific thing I have ever seen in my life. As the plumes of ash and rock shot up into the sky, rocks fell out of the sky and hurled themselves toward the ground crushing hundreds of innocent people. The thundering groans of the mountain filled the air and the screams of children echoed through the air. The taste of ash and sulphuric fumes and the smell of fire burnt my nose.

By William.

The ground trembles underneath my feet. My mind drew to think the worst. I could see the heat singeing through the great Vesuvius Mountain, now spewing smoke out of the summit. After the great moment of time, the earth rattles again, I believed it was the gods condemning us for our sins.

The great mountain now spewing smoke out of the summit.

I gaze at the mountain, the cracking of it's mass piercing the clouds and sky. The birds of our city flying away. The day of reckoning upon us.

By Jarvis



Family VibEs

Living values in the home

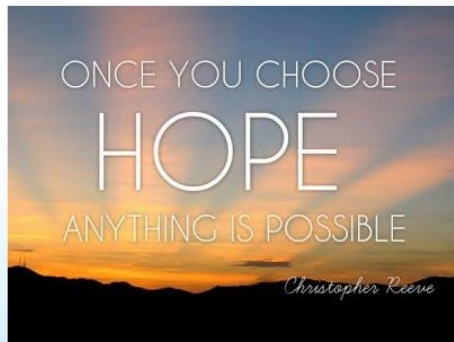
Values-based schools focus explicitly on core values to create happy and nurturing learning environments...

We are encouraging families to come together, explore a single value each week to foster happy and nurturing homes in times of uncertainty and stress.

Each week, we publish a resource *for schools to share with your families*, providing ideas for how to think about and live a core value.

This week, we celebrate the value of Hope

Hope



Hope is the thing with feathers that
perches in the soul - and sings the tune
without the words - and never stops at all.

Emily Dickinson

Hope is...

...an optimistic state of mind that is based on an expectation of positive outcomes.

...A candle in the darkness.

...The only thing stronger than fear.

...A wealth of possibilities What are your hopes for the next day, month, or year?

Dream it, Believe it, Feel it, Achieve it!

~ Clehonger Primary School

"Never lose hope. Storms make people stronger and never last forever."

~ Roy T. Bennett

"Learn from yesterday, Live for today, Hope for tomorrow."

~ Albert Einstein

Communication – sharing ideas

- * What does Hope mean to each of us? Let's listen to each other.
- * Hope stories: A child's Garden—Michael Foreman , The Tin Forest —Helen Ward
- * The Book of Hopes – Katherine Rundell <https://literacytrust.org.uk/family-zone/9-12/bookhopes/> A whole wonderful book you can read online.

- * Watch: A beautifully told version of Pandora's Box <https://youtu.be/Bcrms7GWVs4>
- * Watch this version of a an uplifting picture book Miss Rumphius by Barbara Cooney https://youtu.be/xxh8ZPU_HfY 4



Behaviour & activities – doing together

- * Jar of hopes and dreams. Cut long strips of coloured paper (wrapping paper works well). Each person writes down their hope or dream for the future and folds the strip into a little 3D star. Instructions for this are at <https://www.thesprucecrafts.com/3d-folded-paper-startutorial-2905535>
- * Fill a glass jar with your hopes and dreams and agree on a date when you will open them and see if you achieved your dream.

Happiness – family fun

Hope Display

- * Collect some interesting looking rocks – you will need four in total. Wash them and when dry paint a letter on each to spell the word HOPE. Give this pride of place in your home or garden and it will act as a reminder to always have hope!

Hidden Gems

- * You will need a clear plastic jar like a coffee jar or jam jar. Also, 15 very small plastic objects such as a paper clip, bead, dice, googly eye etc, birdseed or rice and tape. Make a list of the items that you are going to put into the jar so that another person will know what to look for. Place the items in the jar and pour in the birdseed or rice a bit at a time. Place on the lid and seal around the edge with tape. Now! Give a good old shake to mix up all the objects. The idea is that a person has to search and find all the objects by moving the jar around. The one who finds the most is the winner!



Wellbeing – being well in body and mind

- * Share a positive and hopeful visualisation together. You can try: <https://youtu.be/eXSLQZq08nA>
- * Find out about a local charity helping those with Mental illness. Look at this one as an example: dontlosehope.co.uk



MENTAL HEALTH AWARENESS WEEK

Hosted by the Mental Health Foundation, Mental Health Awareness Week is 18-24th May 2020.

The theme is kindness.



Why did we pick kindness as the theme?

Why kindness is the theme for mental health awareness week 2020 and why it could be the most important week we've ever run....

..Last week, I waited in a socially distanced queue outside the supermarket as the rain started to fall. One of the staff noticed we were getting wet. He scurried away to find a pile of umbrellas, carefully disinfected the handles and passed them out with a smile. To my surprise, my eyes started to well up. At a time when I felt alone, I suddenly felt connected.

If I asked you the last time you gave or experienced kindness, you would tell me stories of when you felt moved, protected, held, seen, loved.

We think it could be the most important week we've hosted, not least because our own research shows that protecting our mental health is going to be central to us coping with and recovering from the coronavirus pandemic - with the psychological and social impacts likely to outlast the physical symptoms of the virus.

Why kindness?

We have chosen kindness because of its singular ability to unlock our shared humanity. Kindness strengthens relationships, develops community and deepens solidarity. It is a cornerstone of our individual and collective mental health. Wisdom from every culture across history recognises that kindness is something that all human beings need to experience and practise to be fully alive.

Celebrate kindness

But we also want to shine a light on the ways that kindness is already flowering at this time. We have seen it in the dancing eyes of 100-year-old Captain Tom Moore as he walked his garden to raise money for the NHS and in the mutual aid groups responding to local needs. We want that kindness to spread further in every community in the UK.

Finally, we want to use the week to explore the sort of society we would like to emerge from the coronavirus pandemic.



Kindness and Mental Health

Kindness is defined by doing something towards yourself and others, motivated by genuine desire to make a positive difference. We know from the research that kindness and our mental health are deeply connected. The research shows that kindness is an antidote to isolation and creates a sense of belonging. It helps reduce stress, brings a fresh perspective and deepens friendships. Kindness to ourselves can prevent shame from corroding our sense of identity and help boost our self-esteem. Kindness can even improve feelings of confidence and optimism. Kindness is an act of courage.

But kindness is an intrinsically risky endeavour. It can risk us looking foolish or being taken advantage of, which is why we sometimes retreat. To receive or to give kindness is an act of courage. We want to use Mental Health Awareness Week to support each other to take that brave step and harness the benefits for both giver and receiver.

A kinder society?

We have a once in a generation opportunity not only during but also following this pandemic for a reset and re-think about what kind of society we want to emerge from this crisis.

Applied kindness could have a transformative impact on our schools, places of work, communities and families. As the former Governor of the Bank of England, Mark Carney, has said, now is a time to put values above valuations. We must seize this time to shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.

Kindness Matters – what you can do?

During Mental Health Awareness Week we will release new data to reveal how many of us experience kindness in the UK and a summary of the latest evidence about its important mental health benefits.

There will be tips, fundraising ideas and stories that we hope will inspire you.

We know that one act of kindness can lead to many more. This is the type of community action that we need to inspire others as we discover our connection to each other and extend kindness to ourselves.

During Mental Health Awareness Week, we are asking you to do three things:

1. Reflect on an act of kindness. Share your stories and pictures (with permission) of kindness during the week using **#KindnessMatters** and **#MentalHealthAwarenessWeek**
2. Use our resources in your family, school, workplace and community to join with thousands in practising acts of kindness to yourself and others during the week
3. Share your ideas on how you think we could build a kinder society that would support our mental health using **#KindnessMatters** and **#MentalHealthAwarenessWeek**

Do you need urgent help?

If your mental or emotional state quickly gets worse, or you're worried about someone you know - [help is available](#).

You're not alone; talk to someone you trust. Sharing a problem is often the first step to recovery.

You can tag us across social media – we would love to see what you get up to:

Facebook: [@mentalhealthfoundation](#)

Twitter: [@mentalhealth](#)

Instagram: [@mentalhealthfoundation](#)

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>



According to the [Ofqual website](https://www.ofqual.gov.uk), exam boards will be contacting schools,

colleges and other exam centres asking them to submit, by a deadline that will be

no earlier than 29th May 2020, the following:

- a centre assessment grade for every student in each of their subjects: that is, the grade they would be most likely to have achieved if they had sat their exams and completed any non-exam assessment. Judgements should balance different sources of evidence such as:
 - classwork
 - bookwork
 - any participation in performances in subjects such as music, drama or PE
 - any non-exam assessment – whether or not complete
 - the results of any assignments or mock exams
 - previous examination results – for example, for any re-sitting students or those with relevant AS qualifications
 - any other records of student performance over the course of study
 - the rank order of students within each grade for each subject – for example, for all those students with a centre assessment grade of 5 in GCSE maths, a rank order where 1 is the most secure/highest attaining student, and so on. This information will be used in the statistical standardisation of centres' judgements – allowing fine tuning of the standard applied across all schools and colleges
- a declaration from the Head of Centre making the submission

To make sure that grades are as fair as possible across schools and colleges, exam boards will put all centre assessment grades through a process of standardisation using a model being developed with Ofqual. We will consult on the principles of our model shortly, but we expect it will look at evidence such as the expected national outcomes for this year's students, the prior attainment of students at each school and college (at cohort, not individual level), and the results of the school or college in recent years. It will not change the rank order of students within each centre; nor will it assume that the distribution of grades in each subject or centre should be the same. The process will also recognise the past performance of schools and colleges. However, if grading judgements in some schools and colleges appear to be more severe or generous than others, exam boards will adjust the grades of some or all of those students upwards or downwards accordingly.

Schools and colleges have been told that they must not share their centre assessment grades with students, parents or carers, under any circumstances, until after final results are issued.

This is to protect the integrity of centres' judgements, and to avoid anyone feeling under pressure to submit a grade that is not supported by the evidence. Since the final grades for some or all students in a centre could be different from those submitted, it also helps to manage students' expectations. We're working hard to get results out as soon as is possible – results won't be delayed after the dates they were expected in August and ideally will be released a little earlier, so students can have the certainty they need.

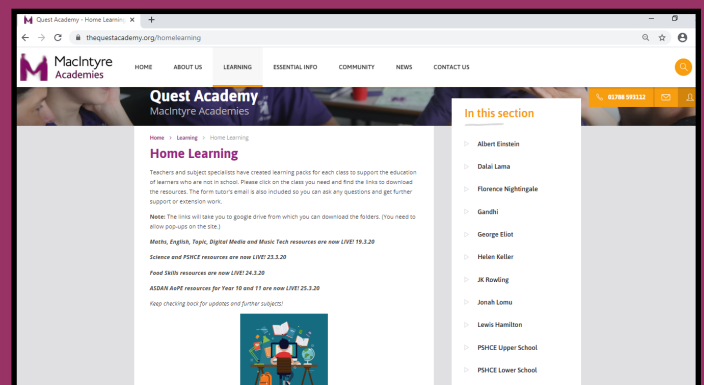
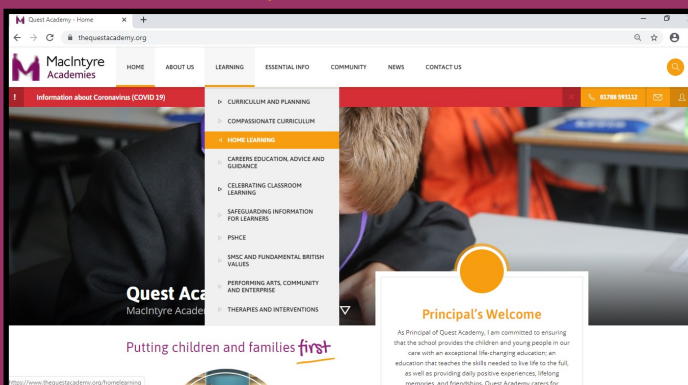
We are all focused on making sure students are not disadvantaged by these unprecedented circumstances, including allowing for an appeal where appropriate. We will consult on proposals for specific appeal arrangements soon.

Students will also have the opportunity to sit exams at the earliest reasonable opportunity in the new academic year - we are working across the sector to plan for how and when these additional exams will take place. Many students will be taking other general and vocational or technical qualifications instead of or alongside GCSEs, AS and A levels. While this process does not apply to those qualifications, the same aims apply. We are working as quickly as possible to develop an approach and we will provide further information as soon as we can.

Laura-Jane Boshell,

Office Manager and Exams Officer.

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.)

Be SMART with a

Be SMART: Online Safety Video Lessons for 6 - 9 year olds (Childnet)

Childnet have released six new easy -to-follow videos for parents and children to work through together.

The 10 - 15 minute videos offer simple, clear online safety advice using fun activities, games and discussion. There are optional follow-up activities to extend children's learning. The videos can be found here:

<https://www.childnet.com/resources/video-lessons>




BE SMART ONLINE

- S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.
- M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on www.thinkuknow.co.uk.
- A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.
- R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.
- T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline - 0800 11 11 or www.childline.org.uk.
- BE SMART WITH A HEART** Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.



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



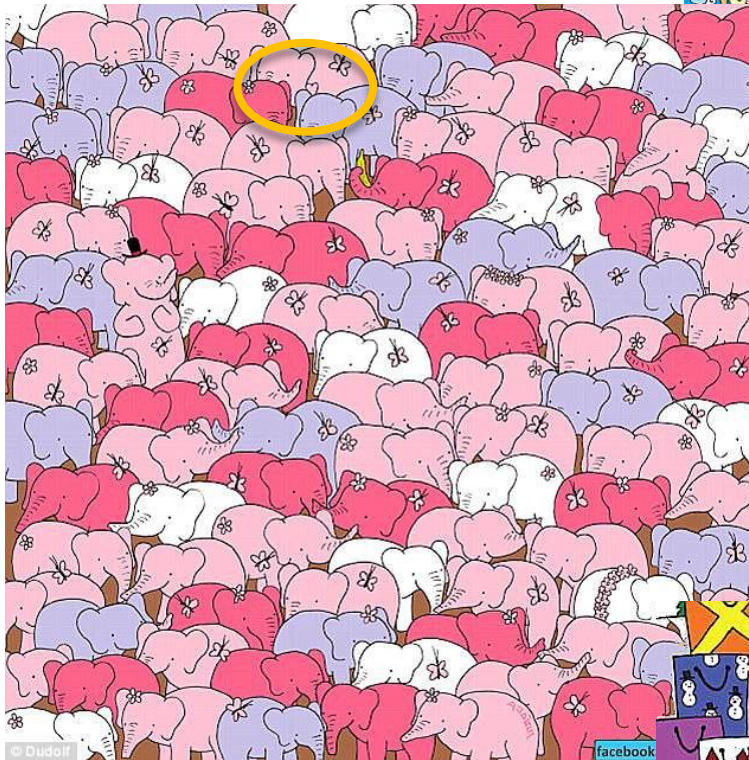
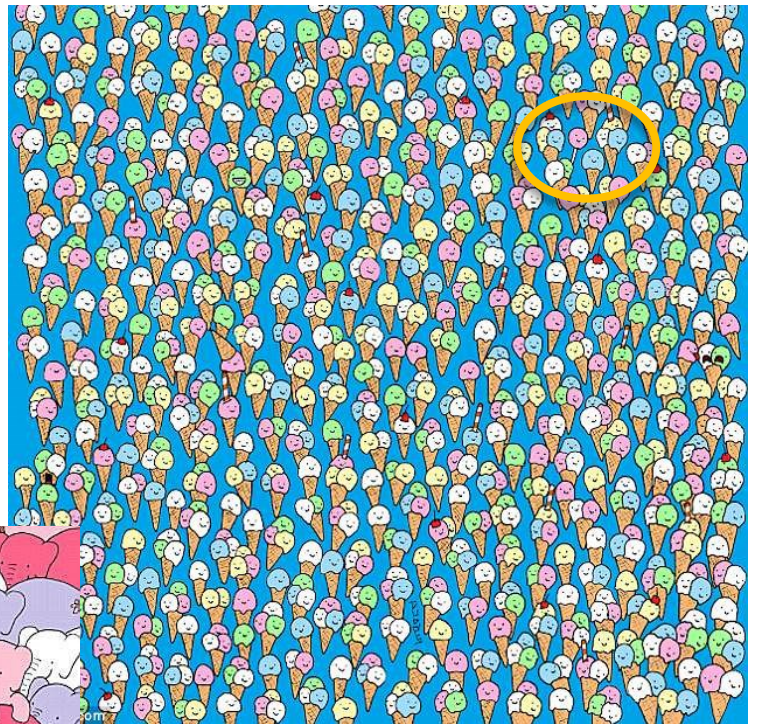
I am a fruit
I am a bird
I am also a person
What am I?

Feed me
and I will live
but give me
a drink
and I will die
What am I?

How can a pocket
have something
in it if there
is nothing in it?

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

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



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



Although slightly out of season, did
you spot the Christmas card hiding
in all the gift bags?

SIMPLE SPRING ROLLS



Ingredients

1x small carrot
2 x spring onions
40g beansprouts
25g frozen peas
1 x 15ml spoon oyster sauce
4 filo pastry sheets
Oil



Equipment

Chopping board, vegetable knife, vegetable peeler, grater, mixing bowl, kitchen scissors, measuring spoons, dessert spoon, baking tray, pastry brush, oven gloves.

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Top, tail, peel and grate the carrot.
3. Snip the spring onions in the mixing bowl.
4. Add the beansprouts, peas and oyster sauce.
5. Mix the ingredients together.
6. Place the filo pastry sheets on the work surface.
7. Halve the pastry sheet and work on one half at a time.
8. Spoon a little vegetable mixture along the top edge.
9. Fold over twice.
10. Fold in the two edges.
11. Continue to roll up the spring roll.
12. Place on the baking tray.
13. Brush with a little oil.
14. Bake for 15 minutes, until golden.

Complexity: medium



Top tips

- Use oven gloves when putting food into, and taking food out of, the oven.
- Try adding different vegetables, e.g. finely diced celery, peppers.
- Make sure the join of the pastry is underneath before cooking the spring rolls.

Food skills



Weigh



Grate



Fold



Measure



Mix



Glaze



Trim



Divide



Bake



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.

