



MacIntyre Academies
Quest Academy

FEBRUARY 2023 EDITION 1 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”

“If you want others to be happy, practice compassion. If you want to be happy, practice compassion.”

Dalai Lama

WELCOME



Dear Parents/ Carers,

We are looking forward to seeing families at our lower school Parent's Afternoon on Thursday 16th February. If you have not yet managed to get an appointment please contact your child's class teacher.

As you are aware Tuesday was Safer Internet Day. Learners participated in an assembly (dependent on their class) and carried out a range of activities linked to how to keep themselves safe. We will include examples of their work in the next Newsletter after half term.

At the end of next week we will be sending home Y11 predicted grades home. If you have any queries or wish to discuss this further please contact the member of staff who will be more than happy to accommodate this .

Kind regards,

Nicola Wells

Don't forget
parents'
evening!

Lower School Parents Afternoon - Thursday 16th February from 4 – 6pm

Form tutors will be getting in touch with Parents/ Carers to make appointments.

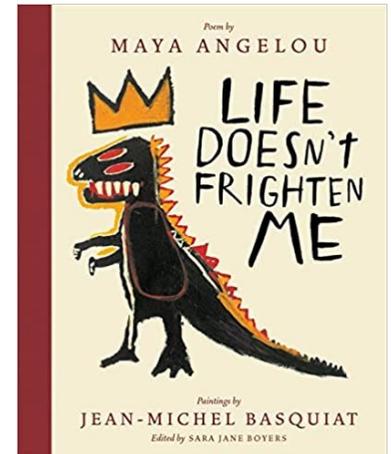
The appointments can be made face-to-face, or by TEAMS/ phone call.

Half term - Monday 20th - Friday 24th February 2023

We are successful because...

...the mother of one of our learners said that she is happy with her son's school – she said that Quest Academy is 'amazing'.

...the mother of one of our learners said that her son has grown in confidence and his resilience with change. Her son is establishing positive relationships and she said that he is happier since joining Quest Academy.



Life Doesn't Frighten Me

by Maya Angelou

Shadows on the wall.

Noises down the hall

Life doesn't frighten me at all

Maya Angelou's brave, defiant poem celebrates the courage within each of us, young and old. From the scary thought of panthers in the park to the unsettling scene of a new classroom, fearsome images are summoned and dispelled by the power of faith in ourselves.

Angelou's strong words are matched by the daring vision of artist Jean-Michel Basquiat, whose childlike style reveals the powerful emotions and fanciful imaginings of childhood. Together, Angelou's words and Basquiat's paintings create a place where every child, indeed every person, may experience his or her own fearlessness.

The Boy Whose Wishes Came True

by Helen Rutter

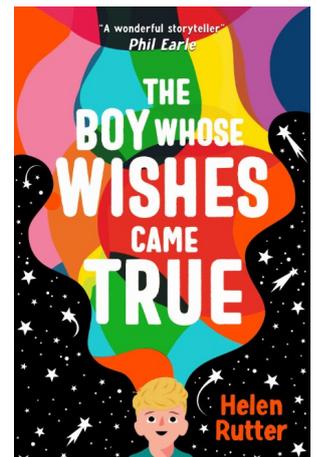
'A delight... This book is wise, suspenseful and witty' SUNDAY TIMES, Children's Book of the Week

A brilliantly funny wish-fulfilment story with a huge heart, from the author of one of 2021's most loved children's debuts, *The Boy Who Made Everyone Laugh*.

Archie Crumb is having a tough time. Picked-on at school, picked last for any team; his home has been sad and quiet since Dad left and his luck feels like its run out.

But things start looking up when Archie bumps his head and literally sees stars: his favourite famous football player standing in front of him, granting him nine wishes.

This is INCREDIBLE! Unlimited ice cream, a whole day of eating pizza and playing on the X-Box, revenge on the bullies, becoming the star player in a televised football tournament: finally, all his dreams can come true! Will Archie wish his way to happiness? Or will he realise that magic wishes may be wonderful, but only *he has the true power to change his life?*



- Perfect for fans of Lisa Thompson, David Baddiel and Jacqueline Wilson
- Helen Rutter's debut novel *The Boy Who Made Everyone Laugh* was chosen as a *Waterstones Children's Book of the Month* Funny, moving, inventive, uplifting children's fiction at its finest.

PANCAKE DAY

Better known as Shrove Tuesday in the UK, Pancake Day falls on Tuesday 21st February 2023. Shrove Tuesday is the day before Ash Wednesday, the first day of the Christian festival of Lent. Lent is the period of forty days before [Easter](#) when traditionally one would fast and pray, in remembrance of the forty days that Jesus spent fasting in the desert whilst being tempted by Satan. Since the date of Shrove Tuesday is governed by the date of Easter, it occurs on a different day each year, usually in mid to late February or early March.

Pancake Races - A Crazy British Tradition

A great British tradition on Pancake Day is that of pancake races, where racers compete against one another to run over a certain distance with a frying pan and pancake. The pancake usually has to be tossed a certain number of times in the course of the race.

Races are held all over the UK, and the most famous one is the [Olney Pancake Race](#) held at Olney in Buckinghamshire. According to legend, a housewife who was making pancakes heard the bell calling her to church and ran to church still wearing her apron and holding her frying pan. Consequently the participants in the races usually wear an apron.

A Classic Pancake Recipe

Ingredients

- 125g plain flour
- A pinch of salt
- 1 egg
- 300ml milk
- A little oil for frying



1. Sift the flour into a bowl and make a well in the middle of the flour.
2. Add the eggs into the well and whisk them into the flour. Then add the milk and keep whisking until all the lumps have gone.
3. Leave the batter to stand for at least half an hour in the fridge.
4. When you are ready to cook, heat your frying pan up and add a tiny amount of oil. The best way to do this is to put the oil on a piece of kitchen towel and wipe the surface of the pan (carefully - it is hot remember!) so that only a very thin coating covers it.
5. Now add the batter (whisk it again if it has separated) until it just covers the bottom of the pan. When bubbles appear in the surface of the pancake turn it over and cook the other side for the same length of time.

Of course you should turn it by tossing the pancake; however if you hope to actually eat any of the pancakes you will need to turn the pancake with a slice of some kind, or make at least twice as much batter to give you a chance to practice!

Serve with sugar and lemon juice.

RANDOM ACTS OF KINDNESS DAY

Friday 17th February

Help make kindness the norm® at school, home and work by using the links below!



[The Kindness Experience](#)



[Become a RAKtivist®](#)



[Take the Workplace Challenge](#)



[Kindness in the Classroom](#)

Participate in the first annual #KindnessExperience on Random Acts of Kindness Day, February 17, 2023! You might just change someone's life—maybe even your own!

THE KINDNESS EXPERIENCE

This is a simple experiment for individuals to experience the scientific benefits of kindness.

The positive effects of kindness are experienced in the brain of everyone who witnessed the act, improving their mood and making them significantly more likely to “pay it forward.” -Jamil Zaki

Together, we can show the world the amazing impact simple acts of kindness can have on the recipient, the giver and anyone who witnesses it.

IT'S EASY AS 1, 2, 3:

- Pick your top two kindness ideas and write each one on a separate piece of paper. Put the ideas in a container and randomly select one. Engage as many people as you can... wherever you spend your time!
- Perform the act of kindness.

Share how it went—tag @rakfoundation or email us info@randomactsofkindness.org.

Check out our [kindness ideas](#), calendars (school, work and home) and our brand new kindness poster (see below) to help brainstorm ideas.



WORLD BOOK DAY

WORLD
**BOOK
DAY**
2 MARCH 2023

World Book Day on **Thursday 2nd March 2023** is shaping up to be the best ever. In the UK, nearly 400,000 children don't have a book of their own. Having access to books and developing a love of reading for pleasure is vital for a child's future.

Our vision is to see more children, from all backgrounds, developing a life-long habit of reading for pleasure and benefitting from the improved life chances this brings them.

THE £1/€1.50 BOOK SELECTION



We're delighted to share with you the line-up of [£1/€1.50](#) books for 2023 that **children can choose for free with their £1/€1.50 book token!** With books for beginning, early, fluent and independent readers, there is something for everyone to enjoy. Alongside the 12 titles available across the UK, we also have two exclusive books for Ireland and a new World Book Day Welsh title. The books will be available from booksellers from 16 Feb 2023

– [find your nearest participating bookseller](#). The token redemption period is from **16 Feb – 26 March 2023**. Find out everything you need to know about the books and token exchange [here](#).



Make a **BURGLAR BILL** EYE MASK

YOU WILL NEED:

- ✓ Black card
- ✓ Black elastic
- ✓ Pencil
- ✓ Scissors
- ✓ Hole punch or pencil to push through holes

1. Use the **eye mask template** to draw round on black card or paper. Cut out the mask and the eye holes.



2. Punch a hole on either side, thread a length of black elastic through the holes and secure it with a knot. Wear a striped top and use a pillowcase or bin bag for your loot!



Add your copy of **Burglar Bill** and your outfit is complete!

This will work if you want to be a Jolley Rogers pirate – just swap your loot sack for a cutlass and add a spotty headscarf if you have one.

Make **GEEK GIRL** GLASSES

YOU WILL NEED:

- ✓ Cheap glasses (available for £1 from Poundland)
- ✓ Red permanent pen



1. Using the **Geek Girl letters template**, place it underneath your glasses so you have a guide, and draw on the letters with red permanent pen.



2. Colour the letters red, and there you have it!



Top off with your favourite **Geek Girl** book and your favourite look, et voila!



Make a **MR TWIT** BEARD

YOU WILL NEED:

- ✓ Cereal box or cardboard
- ✓ Pencil
- ✓ Brown paper
- ✓ Scissors
- ✓ Tin foil
- ✓ Felt tips
- ✓ White paper
- ✓ Glue
- ✓ Hole punch (or pencil)
- ✓ Length of elastic (available from supermarkets)
- ✓ Downloadable beard template

1. Draw round the **beard template** on to the back of a cereal box. Cut it out.



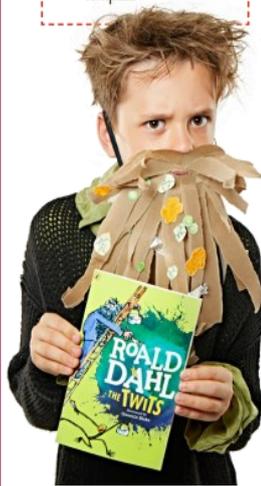
2. Begin sticking pieces of ripped brown paper over the top of the cardboard beard, building up layers.



3. To make the old food, draw some cornflakes, peas and bits of scrambled egg on to white paper, colour in and cut out. Cut out some sardine shapes from tinfoil. Glue these to the beard in a random order.



4. Using the pencil or a hole punch, push holes through each side of the moustache area. Thread through a length of elastic, tie it at each side and there you have it.



Remember to grab your copy of **The Twits** and your outfit is complete!

Dress up as... **THE CENTIPEDE** from *James & The Giant Peach*

1. Print out the **legs template** twice and draw round it on to white card. Using a brown felt tip pen, draw slightly curved lines down the legs and cut out.



2. Print out **boots templates 1 & 2**, draw round them on to brown card. (Alternatively, you can cut out and colour in the boots without drawing round them on to the card). Draw round the outline of each boot with black felt pen, cut out and attach to the bottom of each of the legs with sticky fixers or glue, making sure on one side they are facing right and on the other side they are facing left!



3. Cut a vertical line down the centre of the neck of the top or t-shirt. Draw on two brown buttons to the right of the cut.



4. Draw horizontal brown lines across the top and sleeves (don't worry – it doesn't have to be perfect!)



Don't forget your copy of **James and the Giant Peach!**



- FOR THE REST OF THE OUTFIT**
- Brown cap
 - Braces
 - Brown felt tip
 - Scissors
 - Brown/black trousers
 - Brown shoes

TO MAKE **The centipede's body**

YOU WILL NEED:

- ✓ White shirt or long-sleeved white top
- ✓ Legs template x 2
- ✓ Boots templates 1 & 2
- ✓ White card
- ✓ Brown card (if you don't have brown card, just use the back of a cereal packet or colour in white card with brown felt tip pen)
- ✓ Scissors
- ✓ Pencil
- ✓ Brown and black felt tip pens
- ✓ Double-sided tape, glue or sticky fixers



WARM HUBS IN WARWICKSHIRE

[Warwickshire Libraries](#) are open throughout the week, with events taking place. They also provide Warm Bags (containing a blanket, hat, scarf, hot water bottle and gloves) and Toiletry Bags (3 options available; sanitary products, hygiene products for children and hygiene products for adults), while stocks last.

[Market Hall Museum, Warwick](#), is hosting events, activities, and additional opening hours.

[Warwickshire County Records Office](#) is open every Wednesday between 16.30 – 18.30 until the end of March. Enjoy hot drinks, warm snacks, access to WiFi and computers. You can also access online family history resources and expert advice on using them.

[Warwick Arts Centre](#) is open 09.00 – 21.00 everyday and has access to toilets, Changing Space and free sanitary products and nappies. Free activities are also available.

[Warwickshire Fire and Rescue Service](#) wholetime fire stations Warm Hubs are located at Atherstone (Mondays 14.00 – 16.00), Coleshill (Fridays 10.00 – 12.00), Leamington (Thursdays 10.00 – 12.00), Nuneaton (Tuesdays 10.00 – 12.00) and Rugby (Wednesdays 10.00 – 12.00).

Warm Hub Directories

WARM HUB DIRECTORIES

[WRCC Warm Hubs Network](#) has nearly 90 Warm Hubs and Winter Warm Hubs in Warwickshire and Solihull. [View WRCC website](#) to find out more information including the locations, events, if food and drinks are provided.

[Warm Welcome](#) provides information on organisations that have opened free, warm welcoming spaces for the public this winter. Use the map to find locations in your local area.

[Warm Spaces](#) provide a directory of Warm Banks where people can find warmth, community, and help.

CHILDREN'S MENTAL HEALTH WEEK



Place2Be's Children's Mental Health Week 2023 will take place from 6-12 February.

This year's theme is Let's Connect. Let's Connect is about making meaningful connections.

For Children's Mental Health Week 2023, Place2Be are encouraging people to connect with others in healthy, rewarding and meaningful ways.

People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health. As parents and carers, you play an important role in your child's mental health. Check out the official [free resources](#) for families from Place2Be!

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

What can you do?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too! With your older child, you may find times such as car journeys a good time to talk, or to reconnect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

2. Talk to your child about important connections

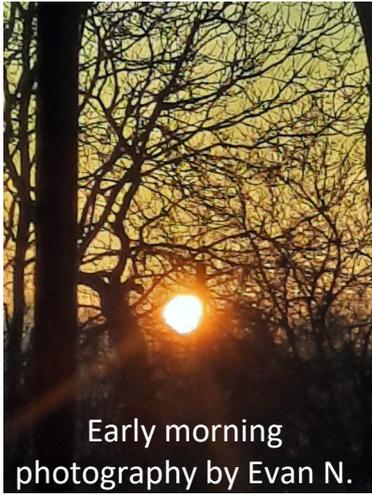
This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, e.g. family members who live in a different country or people who have died. Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour.
parentingsmart.org.uk



BEAUTIFUL SKIES OVER THE SCHOOL THIS WEEK



QUEST SHOP - MOTHERS DAY GIFTS

The learners are busy planning and creating some lovely Mother's Day gifts! Please take a look at our [Quest Shop](#) (on our website) at what the learners have created so far.

You can also start to place your orders through our website!

Just follow the instructions on how to order.

[Home](#) > [Community](#) > [Quest Shop](#)

Quest Shop

Welcome to our very own Quest Shop!

Our learners have been working hard planning some lovely gifts for Mother's Day!

Please take a look at all the designs we have for sale this year, the learners will be printing them on either a mug, an apron or a tote bag.

Mug £3.99

Tote bag £4.99

Apron £5.99



- ▶ Christmas Items
- ▶ Food Items
- ▶ Keyrings
- ▶ Quest Shop Order Form

 01788 593112

ACADEMIC YEAR 2023 - 2024

Please find below the agreed dates for academic year 2023 - 2024. We have two extra days for half term in October and days added on to the Summer Term. The rationale is that the days have been organised to allow families to take advantage of quieter and cheaper holidays.

AUTUMN TERM 2023

- **INSET Days (no learners on site)** Friday 1st, Monday 4th and Tuesday 5th September 2023
- **Learners Start Back** Wednesday 6th September 2023
- **Half term** Monday 30th October to Tuesday 7th November 2023
- **Learners Start Back** Wednesday 8th November 2023
- **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
- **Trust INSET Day (no learners on site)** Friday 8th March 2024
- **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
- **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





SIBLING SUPPORT GROUP

8+

5 - 6:30 PM

STARTS MONDAY 6TH MARCH



Inspired by siblings, for siblings of disabled children. A safe space to come, meet others, have fun, share experiences and take part in a range of activities with experienced staff. We will come together as a group for 4 weeks, we will then reunite for a theatre trip on Saturday 6th May 2023.



REGISTER NOW

☎ Selina 07525785594
✉ selinaturnerentrust@gmail.com

Benn Partnership Centre
Railway Terrace
Rugby CV21 3HR



CHILDREN WITH DISABILITIES WORKSHOPS

There are a variety of useful workshops coming up at the Boughton Leigh, Rugby Childrens Centre to support parents, carers and grandparents with a child who has disabilities.



The following workshops are facilitated by Warwickshire County Council's Children with Disabilities team:

An information session for parents, carers and grandparents on the importance of sensory play for those caring for children with disabilities.

Wednesday 1st March 10am 12pm

An interactive workshop to help understand the importance of play that meets a child's sensory needs. Parents and carers will be able to participate in the sensory activities and gain further insight into the benefits.



Parents and Carers drop-in session.

Wednesday 8th March 10am 12pm

An opportunity to attend a drop-in session and be able to speak to a member of the Children with Disabilities Team about a young person or child who has been diagnosed with a disability and looking for advice and information. (please note this is not a referral into CWDT).



An information session for parents, carers and grandparents on caring for children with disabilities with communication difficulties.

Monday 13th March 10am 12pm

An information session on a range of communication methods that can be used to help promote a child's language skills and development. We will explore a variety of methods to include visuals, verbal and non-verbal communication.



An information session for parents, carers and grandparents on caring for children who have a diagnosis of Autism and support strategies for children who display challenging behaviours.

Monday 20th March 10am 12pm

An introduction to Autism, exploring the traits and characteristics that a young person may present with. We will look at how to create a safe and stimulating environment for a young person with Autism. This session will also explore strategies to support children and manage their feelings and anxieties which can present in challenging behaviours.



Sessions will be delivered face to face by the Children with Disabilities Team

Venue: Boughton Leigh Children's Centre, Wetherell Way, Rugby CV21 1LT

This programme is FREE and available only to parents and carers of children with disabilities living in Warwickshire - If you live in another area, please contact your local early help team to see what they can offer you.

We regret that we are unable to offer childcare for parents to attend the programme and unable to accommodate children in the room due to limited numbers.

To book onto a workshop visit www.eventbrite.co.uk

and search 'children with disabilities Warwickshire' or scan the QR code.



For any general enquires or questions about the upcoming workshops please email cwtdadmin@warwickshire.gov.uk



SAFEGUARDING & FAMILY FOOTINGS TEAM

Daisy Howden Mobile : 07504 001 918
daisy.howden@macintyreacademies.org



Joan Goodrich Mobile: 07377 990 796
Joan.goodrich@macintyreacademies.org



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.



2023 HOLIDAY CLUB SCHEME

Paddox Primary School (CV22 5HS)

Clubszone are pleased to be working with the local council in providing exciting opportunities for the Easter and Summer holidays in 2023.

Time of the club will be 8:40am – 4:15pm each day.

Our holiday camps are **5-star rated on Trustpilot** and we provide many different activities for children of all abilities aged between 5 – 13.

Example Timetable

Time	Group 1 Ages 5-6	Group 2 Ages 7-8	Group 3 Ages 9-10	Group 4 Ages 11-13
8:40am - 9:15am	REGISTRATION AND GROUP GAMES			
9:15am - 10:00am	TAG GAMES	BASKETBALL	HANDBALL	TAG RUGBY
10:00am - 10:40am	DRAMA	QUAD BALL	TENNIS	BASKETBALL
10:40am - 11:15am	MORNING BREAK			
11:15am - 12:15pm	LASER TAG	VOLLEYBALL	DANCE	FOOTBALL
12:15pm - 1:15pm	LUNCH BREAK			
1:15pm - 2:00pm	DODGEBALL	DRAMA	ROUNDERS	ARCHERY
2:00pm - 2:45pm	FOOTBALL	ARCHERY	FENCING	DANCE
2:45pm - 3:00pm	AFTERNOON BREAK			
3:00pm - 3:45pm	DANCE	FOOTBALL	PAC-MAN	TABLE TENNIS
3:45pm - 4:15pm	SIGNING OUT AND GROUP GAMES			

The HAF scheme is for children that are pupil premium and receive free school meals. There is **NO CHARGE** for this service and the children would also receive a **free lunch** at the club.

How to register a place for your child?

Ways to Book

- ① Text 07305191086
- ② Email HAF@clubszone.co.uk
- ③ Scan The QR Code Below



Information Required to Secure Your Booking

- Full Name of Child
- Date of Birth
- School Attending
- Home Postcode
- Parent Name
- Parent Email Address
- Parent Phone Number

Please inform us about any SEN support that your child may require.

RECYCLE THE UNRECYCLABLE WITH TERRACYCLE®

Thanks to Cathy, Quest are now registered to collect the below items (washed out). The more we collect, the more points we earn that can go towards purchasing supplies. Learners can bring them in from home.



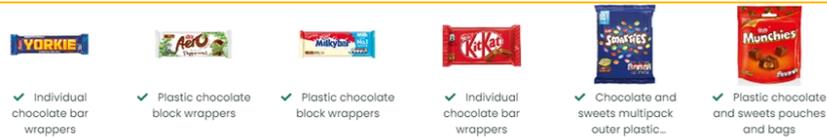
The KP Snacks® Nuts, Popcorn, Crisps & Pretzels Packet Free Recycling Programme accepts nuts, popcorn, crisps & pretzels packets from all brands.



The Cheese Packaging Free Recycling Programme: any brand of flexible plastic cheese packaging and nets



Confectionery Free Recycling Programme accepts plastic confectionery packaging from all brands.



QUEST ACADEMY LUNCHES: UPDATE

- As of **Monday 17th April 2023** school meals will cost **£2.72** per day (**£13.60** per week).
- Payment for hot lunches need to be made in advance via ParentPay. Your account needs to be in credit at all times. If you have not paid for a meal in advance your child will need to bring in a packed lunch. If you haven't currently got a ParentPay account please contact the School Office on 01788 593 112.
- If your child is eligible for Free School Meals (FSM) please apply via the online application form using this link www.warwickshire.gov.uk/freeschoolmeals For learners currently on our FSM list you do not need to reapply-new learners will need to let Warwickshire Council know they have transferred).
- We have lunch delivered by a company called Educaterers, menus run on a three week revolving basis (if you would like these menus emailing please let the School Office know). If there is a day where your child does not like anything then they will need to bring in a packed lunch.
- Fizzy drinks and sweets **are not allowed** in school. On special occasions Quest may buy sweets/ ice-cream for the learners. **Please also note we are a nut free school.**



educaterers



A FOOD STORY



ParentPay

TERM DATES FOR 2022 - 2023

SPRING TERM 2023

Half term	Monday 20th - Friday 24th February 2023
Trust INSET (no learners on site)	Friday 10th March 2023
Ends	Friday 31st March 2023
Spring (Easter) holiday	Monday 3rd - Friday 14th April 2023

SUMMER TERM 2023

Starts	Monday 17th April 2023
Bank Holiday	Monday 1st May 2023
Bank Holiday (Kings Coronation)	Monday 8th May 2023
Half term	Monday 29th - Friday 2nd June 2023
INSET day (no learners on site)	Monday 10th July 2023
INSET day (no learners on site)	Tuesday 11th July 2023
Ends	Friday 28th July 2023

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.

