



MacIntyre Academies  
Quest Academy

## SEPTEMBER 2022 EDITION 2 NEWSLETTER



“Quote of  
the week”

*“Your present circumstances don’t  
determine where you can go.  
They merely determine where you start.”*

*Nido Qubein*

# WELCOME



Dear Parents/ Carers,

It was lovely to see so many families at our “Meet the Teacher” event last week. I hope you found this useful.

I would like to take this opportunity to let you know that as a result of high staff absence linked to COVID and Flu we will not be running our “Thursday Club” until after October half term. We will send out further correspondence about “Thursday Club” in our next newsletter.

We now have a new learner ECO committee who will be focusing on the following areas: water, biodiversity and energy (see page 7). If you have any questions about our committee or would like to support us please contact Cathy Ward. Cathy has worked really hard to ensure that learners have a range of curriculum opportunities to gain the knowledge and skills needed to benefit and improve our planet throughout their lifetime. This was recognised by the ECO school award panel. Below is a section of the feedback we received:

*“We’re really impressed at how you’ve linked environmental issues to a variety of curriculum areas. We have enjoyed hearing about how involved you have been with growing your own potatoes and recycling batteries - well done! We love that your pupils have taken their great work beyond the school gates and into their homes and local community. This is a very challenging aspect of the Eco-Schools programme, so your Eco-Committee should be very proud of their successes in this area! The parent quote is a great testament to the work that you are doing with your Eco-Committee, that they are taking their Eco-Schools work home with them and getting their families on board is something to be proud of! I hope you and your Eco-Committee take great pride in your achievements, everyone involved should be incredibly proud of the changes they have made!”*

Kind regards,

*Nicola Wells*

**We are successful because...**

***...the mother of one of our learners said that Quest Academy is ‘brilliant’ and has ‘turned their lives around’.***

***...the mother of one of our learners said that Quest Academy has been the ‘best thing’ for her son and has ‘saved his life’ due to the progress that he has made with his mental health needs and feeling safe. She is very pleased that her son enjoys school and wants to attend.***



# INDIVIDUAL LEARNER PHOTOGRAPHS

We will be having Tempest Photographer come into Quest on **Tuesday 22nd November 2022** at **9:30am**. [www.tempest-photography.co.uk](http://www.tempest-photography.co.uk). Many of our learners choose to wear a blazer one day and then a school jumper the next, they need to decide what to wear on the day. It would be lovely to see learners in all their correct Quest Uniform.



**£45**  
per day  
\*No extra costs

# activeCamps

Multi-Activity Day Camps **Ages 3-14** 8:15am-6pm

Ofsted

Multi Sports  
Arts & crafts  
Team challenges  
Fancy dress  
& More!

**Half Term 24 - 28 October**

[info@oxfordactive.co.uk](mailto:info@oxfordactive.co.uk) [www.active-camps.com](http://www.active-camps.com) 01865 594325

## Book of the Week

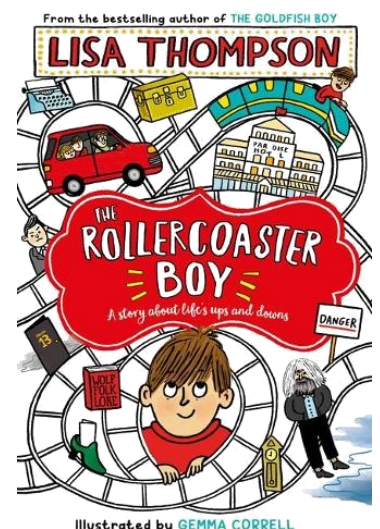
### The Rollercoaster Boy (Paperback)

By Lisa Thompson

Todd and Laurie's dad is either on top of the world, taking them on fun adventures, or down in the depths and sleeping all the time. In the middle of the night, he bundles them into the car and drives them to the Paradise Hotel. He paints a picture of a luxurious mansion surrounded by acres of land - a fairground, a swanky swimming pool, a grand ballroom, firework displays.

The reality is a rundown dump - and the disappointment means Dad takes to his bed. Todd and Laurie have the run of the place, and meet Scout, the daughter of the owner, who tells them about the night many years ago when a famous novelist vanished from her room on the top floor, which was locked from the inside... with clues to crack, a mystery to solve, and Dad to worry about, this holiday is full of twists and turns.

A sensitive, empathetic portrayal of having a parent with bipolar.



Reading age

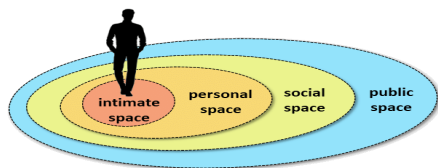


9 - 12 years

# PERSONAL SPACE

Personal space is important because it helps people feel safe and comfortable. It is the area around a person which they regard as *psychologically* theirs; the distance from another person at which one feels comfortable when talking to or being next to that other person. Most people value their personal space and feel discomfort, anger, or anxiety when their personal space is invaded/ encroached.

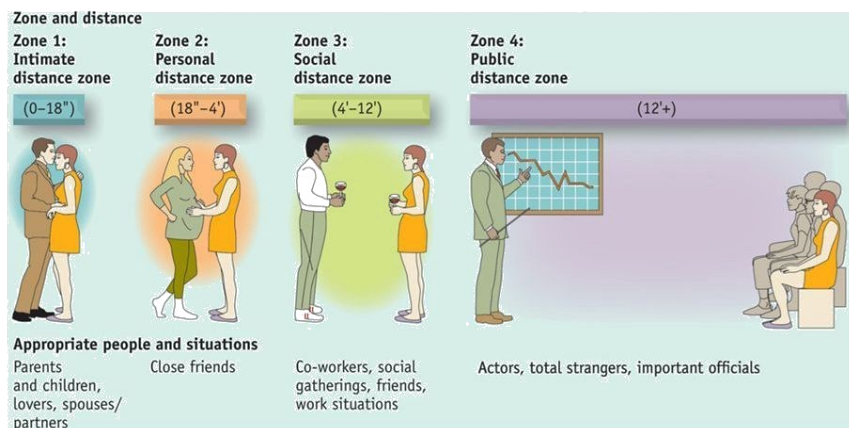
The amount of 'personal space' needed can be different from person to person. Some people may want more room between themselves and those around them, while other people don't mind if someone gets closer to them.



*'In a nutshell, personal space is the bubble around us. It is like we are wearing a second skin.'*

Permitting a person to enter your personal space or entering somebody else's personal space can be an indicator of your relationship:

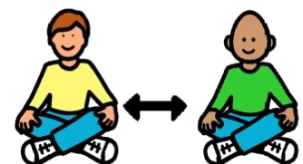
- **Zone 1:** smaller (*intimate*) zone reserved for family, very close friends, children , partners.
- **Zone 2:** *personal* distance is used for conversations with friends.
- **Zone 3:** *social* distance zone is to chat with co-workers/ work situations, social gatherings.
- **Zone 4:** is reserved for strangers, newly formed groups, and new acquaintances. Essentially, *public* distance is that range reserved for larger audiences.



In modern society, especially in crowded urban communities, it can be difficult to maintain personal space, for example on a crowded train, lift, etc. Many people find such physical proximity to be disturbing and uncomfortable, though it is

accepted as a fact of modern life. In a crowded, situation, eye contact tends to be avoided. Even in a crowded place, preserving personal space is important.

**Remember personal space varies from one person to another, with many factors in play like how well we know the person, the relationship and trust, along with your culture. It is so important because it helps people feel safe and comfortable.**



Giving my friends some space.



# Information and Advice for Neurodivergent People and their Families

An e-booklet, aiming to improve the information and support available for neurodivergent people and their families, has been published and is available on the **news page of the Dimensions of Health and Wellbeing website.**

This e-booklet has been co-produced with neurodivergent people, their families and professionals across Coventry and Warwickshire. It provides a wealth of information all in one place about services and support available for those who are diagnosed or who self-identify as neurodivergent, and those who care for and support them.

Feedback is welcomed to enable improvements to this first version of the e-booklet. Please share any comments with [disabilitiescommissioning@warwickshire.gov.uk](mailto:disabilitiescommissioning@warwickshire.gov.uk)



Scan the QR code or visit <https://dimensions.covwarkpt.nhs.uk/News.aspx?NID=26>

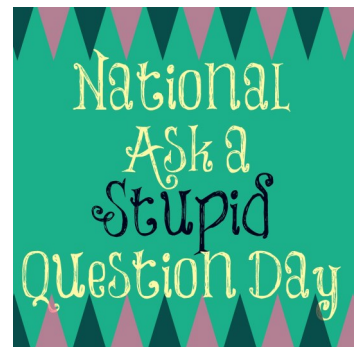


# ASK A STUPID QUESTION DAY 2022

Ask a Stupid Question Day is celebrated on September 28 (although in practice it is usually on the last school day of September). Ask a Stupid Question Day is a holiday that is sometimes celebrated by school students and teachers in the USA . It was created in the 1980s to encourage students to ask more questions in the classroom.

Asking random nonsense questions can lighten a conversation and make way for a few laughs, but they might also help you learn a little more about the person you're talking to. Try asking these random questions while you're sitting around and hanging out, or even over a meal. They're sure to spark a fun conversation that will keep you talking for hours on end.

1. What are 3 things you could buy at a supermarket to make the cashier give you a weird look?
2. If animals could talk, what species would be the rudest?
3. Would you rather always talk in rhymes or sing instead of speak?
4. Would you rather live in Narnia or go to school at Hogwarts?
5. If you could merge 2 different animals to create the ultimate animal, what 2 animals would it be/ what would it look like?
6. Would you rather have a horse the size of a cat, or a cat the size of a mouse?
7. If you were suddenly arrested for no reason and your face was all over the news, what would your family and friends assume you did?
8. Would you rather travel 100 years into the future or 100 years into the past?
9. You can make one of your body parts detachable without any negative repercussions. What body part would it be and why?
10. Your life is now a video game. What are some of the cheat codes you can use and what do they do?
11. Would you rather save a life or have a bucket full of gold?
12. You're now a superhero with an unlikely power. What would it be?
13. Would you rather eat a small can of cat food or eat 2 rotten tomatoes?
14. Would you rather have your grandmother's hairstyle or first name?
15. What outrageous conspiracy theory do you think might actually seem quite logical?
16. A witch has cast a spell on you turning you into an inanimate, non-electronic object for a year. To be changed back into human form before the year is up, you need to be able to get at least a hundred people to touch you. What inanimate object would you be?
17. If your pet could talk, what's 1 thing they could say that would ruin your image?
18. You've just won an all-expense paid trip to anywhere in the world, where are you going?
19. You've been alone on a desert island for nearly a decade and you're finally brought back to civilization. You're handed the keys to the a 5-star hotel room. What do you do first – use the bathroom or sleep in the king-sized bed?
20. If you stand behind a clock.... Is it still going clockwise?





# WELCOME TO OUR ECO SCHOOL COUNCIL

## OUR COMMITTEE:

James and Jack - HK

Evan and Ben - WS

Jude - AF

Sacha - AT

Jack A – DL

William and Kiyia - LH



## ON OUR AGENDA:

### Water

- Contact water supplier to deliver assembly
- Support water aid
- Posters for 3P pee, poo and toilet- for learner toilets
- Posters for disposing of cooking fats
- Ask Alan to show us the schools water meter

### Biodiversity

- Do we have bird boxes, bat houses or hedgehog homes?
- Take part in RSPB big garden bird watch
- Fundraise for endangered animals
- Assembly on endangered, vulnerable or threatened animals
- Deforestation assembly



### Energy

- Checks for lights off at lunchtime
- Do we have solar panels or wind turbine
- Have an energy free day or lesson
- Get Alan to show us the smart meter

### Global citizenship

- Raise money for environmental, wildlife or animal welfare charities
- Support a local food bank
- Fairtrade cake bake
- Staff know about schools sustainable goals
- Fairtrade check- staffroom and kitchens
- Class survey for learner knowledge of environmental issues.







# SCRUMMY SCONES

## Ingredients

- 250g self-raising flour
- 40g spread
- 125ml semi-skimmed milk



## Equipment

Weighing scales, baking tray lined with grease proof paper, sieve, mixing bowl, measuring jug, palette knife, flour dredger, rolling pin (optional), small scone cutters, pastry brush, oven gloves, cooling rack.

## Method

- 1) Preheat the oven to 220°C or gas mark 7.
- 2) Weigh and measure the ingredients.
- 3) Sift the flour into the mixing bowl.
- 4) Using your fingertips, rub the spread into the flour until it resembles fine breadcrumbs.
- 5) Pour in the milk a bit at a time and mix it with the palette knife to make a soft dough. Save a little of the milk.
- 6) Place the dough on a lightly floured work surface and knead lightly.
- 7) Roll out the dough or press it into shape by hand, until it is 1.5cm thick.
- 8) Cut-out the scones using a cutter. No cutter? Divide the dough and press and shape by hand!
- 9) Place the scones onto the baking tray, brush with a little milk and bake for 12-15 minutes, until golden brown.
- 10) After baking, place the scones on a cooling rack.

## Top tips

- Try some of these ingredients to flavour the scones. Choose one ingredient from each column per batch of scones. These quantities are designed to flavour the full batch of dough so to flavour a portion of the dough, reduce the amounts.

Use 75g of one of these ingredients	Use ½ x 5ml spoon of these
Reduced fat cheese, grated	Mustard
Sweetcorn	Dried mixed herbs
Courgette, grated	Cumin
Pepper, finely chopped	Chives
Spring onions, finely chopped	Curry powder

- When rubbing the spread into the flour, lift your hands to help get air into the mixture and shake the bowl to encourage large lumps to the surface.
- If you do not have scone cutters, allow the children to create their own shapes.

## Food skills


- Weigh.
- Sift.
- Knead.
- Cut out.
- Bake.
- Measure.
- Rub in.
- Roll out.
- Glaze.

# ULTIMATE LEMON MERINGUE PIE

You can't go wrong with a classic lemon meringue pie, and this easy recipe is particularly good.

- **Prep:** 1 hr & 30 mins
- **Cook:** 1 hr & 45 mins
- **Or** 40-50 mins if baking the pastry a day ahead

## Ingredients

For the pastry	For the filling	For the meringue
<ul style="list-style-type: none"><li>• 175g plain flour</li><li>• 100g cold butter, cut in small pieces</li><li>• 1 tbsp icing sugar</li><li>• 1 egg yolk</li></ul>	<ul style="list-style-type: none"><li>• 2 level tbsp cornflour</li><li>• 100g golden caster sugar</li><li>• 2 large lemons, zested</li><li>• 125ml fresh lemon juice (from 2-3 lemons)</li><li>• 1 small orange, juiced</li><li>• 85g butter, cut into pieces</li><li>• 3 egg yolks and 1 whole egg</li></ul>	<ul style="list-style-type: none"><li>• 4 egg whites, room temp</li><li>• 200g golden caster sugar</li><li>• 2 tsp cornflour</li></ul> 

## Method

**STEP 1** For the pastry, put the plain flour, butter, icing sugar, egg yolk (save the white for the meringue) and 1 tbsp cold water into a food processor. Pulse until the mix starts to bind – make sure the mix is not overworked.

**STEP 2** Tip the pastry onto a lightly floured surface, gather together until smooth, then roll out and line a 23 x 2.5cm loose-bottom fluted flan tin. Trim and neaten the edges. Press pastry into the flutes. The pastry is quite rich, so don't worry if it cracks, just press it back together. Prick the base with a fork, line with foil, shiny side down, and chill for 30 mins-1 hr (or overnight).

**STEP 3** Put a baking sheet in the oven and heat the oven to 200C/180C fan/gas 6. Bake the pastry case 'blind' (filled with dry beans) for 15 mins, then remove the foil and bake a further 5-8 mins until the pastry is pale golden and cooked. Set aside. *Can be done a day ahead.* Lower the oven to 180C/160C fan/gas 4.

**STEP 4** While the pastry bakes, prepare the filling. Mix the cornflour, golden caster sugar and lemon zest in a medium saucepan. Strain and stir in the lemon juice gradually. Make the orange juice up to 200ml with water and strain into the pan. Cook over a medium heat, stirring constantly, until thickened and smooth.

**STEP 5** Once the mixture bubbles, remove from the heat and beat in the butter until melted. Beat the egg yolks (save white for meringue) and the whole egg together, stir into the pan and return to a medium heat. Keep stirring vigorously for a few minutes, until the mixture thickens and plops from the spoon. (It will bubble, but doesn't curdle.) Take off the heat and set aside while you make the meringue.

**STEP 6** Put the egg whites in a large bowl. Whisk to soft peaks, then add 100g of the golden caster sugar a spoonful at a time, whisking between each addition without overbeating. Whisk in the cornflour, then add the remaining 100g of sugar as before until smooth and thick.

**STEP 7** Quickly reheat the filling and pour it into the pastry case. Immediately put spoonfuls of meringue around the edge of the filling (if you start in the middle, the meringue may sink), then spread so it just touches the pastry (this will anchor it and help stop it sliding). Pile the rest into the centre, spreading so it touches the surface of the hot filling (and starts to cook), then give it all a swirl.

**STEP 8** Return to the oven for 18-20 mins until the meringue is crisp and slightly coloured. Let the pie sit in the tin for 30 mins, then remove and leave for at least another 30 mins-1 hr before slicing. Eat the same day.

# TERM DATES FOR 2022 - 2023

## AUTUMN TERM 2022

<b>INSET day (no learners on site)</b>	Monday 5th September 2022
<b>Starts</b>	Tuesday 6th September 2022
<b>Half term</b>	Monday 24th October - Wednesday 2nd November 2022
<b>Start of term</b>	Thursday 3rd November 2022
<b>Ends</b>	Friday 16th December 2022
<b>Christmas holiday</b>	Monday 19th December 2022 - Monday 2nd January 2023

## SPRING TERM 2023

<b>INSET day (no learners on site)</b>	Tuesday 3rd January 2023
<b>Starts</b>	Wednesday 4th January 2023
<b>Half term</b>	Monday 20th - Friday 24th February 2023
<b>Trust INSET (no learners on site)</b>	Friday 10th March 2023
<b>Ends</b>	Friday 31st March 2023
<b>Spring (Easter) holiday</b>	Monday 3rd - Friday 14th April 2023

## SUMMER TERM 2023

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

### Quest Contact details:

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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.

### 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.

