



MacIntyre Academies
Quest Academy

MAY 2021 EDITION 1 NEWSLETTER

COVID Testing: Regular asymptomatic testing - It is vital that staff and learners continue to test twice weekly (Sunday & Wednesday evenings) in order to identify asymptomatic cases of Covid-19. If your child has had three tests on site, lateral flow tests will be periodically sent home from school.



“Quote of the week”

“You don’t always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens.”

Mandy Hale

WELCOME



Dear Parents/Carers,

I hope that you are all well. I am sure that you are looking forward to getting back to some normality next week, in terms of being able to spend time with friends and family indoors as well as enjoy other activities such as going to the cinema.

I have attended a number of annual reviews over the last two weeks and it has been wonderful to hear the difference Quest has made. We have decided that it would be nice to share some of the comments with you in our newsletter every fortnight.

Year 11 learners are working hard to ensure that they have the evidence needed to gain their qualifications this year. After half term they will be following their Preparation to Adulthood Pathway. This will look different for each learner. We are currently waiting to hear back from colleges, other providers and confirmation about WEX placements. Once we have received confirmation from the different stakeholders we will be able to finalise each learners timetable.

I hope that you have a wonderful weekend.

Kind regards,

Nicola Wells.



Parental feedback from an Annual Reviews:

We are successful because...

- 1. Carers of one of our learners said that Quest Academy is 'the best thing that has happened for him,'. They said that the support from the whole staff team has allowed him to 'be himself', to make mistakes and be accepted.'***
- 2. The father of one of our learners said that the close and nurturing support in place for his son during his time at Quest Academy has been very helpful in his development of confidence and sense of wellbeing.'***

LATEST NEWS ON EXAMINATIONS... TEACHER ASSESSED GRADES (TAG)



As you would have heard in the news, this year's summer exam series, including A levels, GCSEs and other qualifications, and all primary assessments, have been cancelled as we fight to stop the spread of coronavirus.

The Government's priority is now to ensure affected students can move on as planned to the next stage of their lives, including going into employment, starting university, college or sixth form courses, or an apprenticeship in the autumn.

The main focus will be to ensure GCSE, A and AS level students are awarded a grade which fairly reflects the work that they have put in. Ofqual will develop and set out a process that will provide a calculated grade to each student which reflects their performance as fairly as possible, and will work with the exam boards to ensure this is consistently applied for all students. The exam boards will be asking teachers, who know their students well, to submit Teacher Assessed Grades (TAG). To produce this, teachers will take into account a range of evidence and data including performance on mock exams and non-exam assessment. Clear guidance on how to do this fairly and robustly will be provided to schools and colleges by JCQ. The exam boards will then combine this information with other relevant data, including prior attainment, and use this information to produce a calculated grade for each student. The aim is to provide these calculated grades to students on **Thursday 12th August 2021**. In terms of a permanent record, the grades will be indistinguishable from those provided in other years.

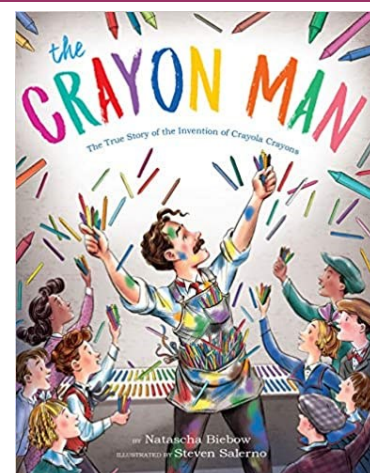
Laura-Jane Boshell,
Office Manager and Exams Officer.



Book of the Week

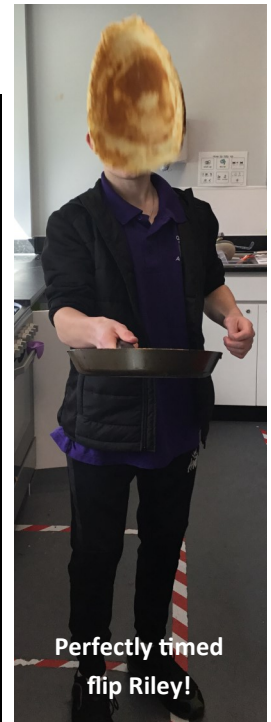
The Crayon Man: The True Story of The Invention of Crayola Crayons
by Natascha Biebow

What child doesn't love to hold a crayon in their hands? But children didn't always have such magical boxes of crayons. Before Edwin Binney set out to change things, children couldn't really even draw in colour. Here's the true story of an inventor who so loved nature's vibrant colours that he found a way to bring the outside world to children – in a bright green box for only a nickel! With experimentation, and a special knack for listening, Edwin Binney and his dynamic team at Crayola created one of the world's most enduring, best-loved childhood toys – empowering children to dream in COLOUR!



NEW MENUS

MONDAY WEEK 1 W/C 10/5, 7/6, 28/6, 19/7	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUNA MAY SANDWICH	SLICED TURKEY BAP	CHEESE BAP	HAM SANDWICH	EGG & CRESS BAP
BACON BAP	CHEESE & TOMATO PIZZA	LOVES JOES BURGER	CHICKEN POPPER MINI BAGUETTE	FISH FINGER BAP
VEGGIE FINGER SUB	VEGAN HOT DOG	HOT PASTA POT	BBQ JACKFRUIT PIZZA	VEGGIE FINGER BAP
MONDAY WEEK 2 W/C 17/5, 14/6, 5/7	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEESE BAP	CHICKEN SANDWICH	HAM BAP	TUNA MAY SANDWICH	CHEESE BAP
MEATBALL SUB	LOVES JOES BURGER	CHEESE & TOMATO PIZZA	CHICKEN POPPER MINI BAGUETTE	FISH FINGER BAP
BBQ JACKFRUIT PIZZA	HOT PASTA POT	VEGAN HOT DOG	HOT PASTA POT	VEGGIE FINGER BAP
MONDAY WEEK 3 W/C 24/5, 21/6, 12/7	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEESE SANDWICH	TURKEY SANDWICH	TUNA BAP	CHICKEN BAP	CHEESE BAP
LOVES JOES BURGER	CHEESE & TOMATO PIZZA	CHICKEN POPPER MINI BAGUETTE	HOT DOG	FISH FINGER BAP
HOT PASTA POT	VEGAN HOT DOG	VEGGIE FINGER SUB	HOT PASTA POT	VEGGIE FINGER BAP



Perfectly timed
flip Riley!

*Each Deli Bag
contains a fruit
juice & a pudding

educaterers 



QUEST TERM DATES FOR 2020 - 21:

SUMMER TERM 2021	
Starts	Monday 19th April 2021
Bank Holiday	Monday 3rd May 2021
Half term	Monday 31st May 2021 - Friday 4th June 2021
Ends	Friday 23rd July 2021

QUEST TERM DATES FOR 2021 - 22:

AUTUMN TERM 2021	
INSET days (no learners on site)	Thursday 2nd and Friday 3rd September 2021
Starts	Monday 6th September 2021
Half term	Monday 25th October – Wednesday 3rd November 2021
Start of term	Thursday 4th November 2021
Ends	Friday 17th December 2021
Christmas holiday	Monday 20th December 2021 – Monday 3rd January 2022
SPRING TERM 2022	
INSET day (no learners on site)	Tuesday 4th January 2022
Starts	Wednesday 5th January 2022
Half term	Monday 21st – Friday 25th February 2022
Trust INSET (no learners on site)	Friday 11th March 2022
INSET day (no learners on site)	Monday 14th March 2022
Ends	Friday 8th April 2022
Spring (Easter) holiday	Monday 11th – Friday 22nd April 2022
SUMMER TERM 2022	
Starts	Monday 25th April 2022
Bank Holiday	Monday 2nd May 2022
Half term	Monday 30th May – Friday 3 rd June 2022
Ends	Wednesday 27 th July 2022

REGULAR ASYMPTOMATIC TESTING

It is vital that staff and learners continue to test twice weekly (Sunday & Wednesday evenings) in order to identify asymptomatic cases of Covid-19. If your child has had three tests on site, lateral flow tests will be periodically sent home from school.

Tests can also be ordered from the Governments website:

<https://test-for-coronavirus.service.gov.uk/order-lateral-flow-kits/condition>



HM Government

NHS
Test and Trace

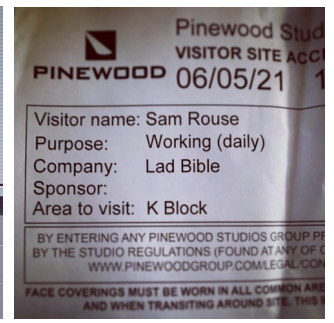
**Twice weekly rapid
COVID-19 testing**

Test at home
Report online
Keep life moving

Let's take this next step safely.

GET YOUR TESTS
FROM SCHOOL OR COLLEGE

The advertisement features a woman in a colorful striped sweater holding a COVID-19 test kit. In the background, two children are playing on the floor. The wall is decorated with many small framed photos. The NHS logo and 'Test and Trace' text are in the top right. The HM Government logo is in the top left. A yellow banner across the middle contains the text 'Twice weekly rapid COVID-19 testing'. On the left, white text reads 'Test at home', 'Report online', and 'Keep life moving'. At the bottom right, a yellow arrow points right with the text 'GET YOUR TESTS FROM SCHOOL OR COLLEGE'.



Sam Rouse, our teacher of Media and Computing was given an exciting opportunity to visit the home of UK Film- Pinewood Studios. He was credited as inspiring a former student, Tayyib, who was the focus of a short documentary celebrating achievements with the British Film Institute and the British Academy of Film and Television.

Sam had encouraged Tayyib to pursue his love of media and film, by developing his practical skills and supporting opportunities to work at the National Film Theatre in London. Tayyib went on to both study film technology at University and has subsequently worked on some of the biggest films made in the UK, including the new James Bond film 'A Time to Die' and the newest instalment of the Batman franchise which has just finished filming.

The day included Sam surprising Tayyib mid-interview on set to say thank you for his kind words. The short programme will be available to view on a number of social media platforms associated with the LadBible group, alongside television programmes promoting the positive work of the National Lottery in funding UK film.

TIME FOR YOU

We are currently welcoming a 'Time For You' Counsellor, to work with some of our learners. Spaces are limited, and we have contacted families should we feel a learner may benefit. Here is a little information about their service:

Time For You Schools Service

We provide counselling in many schools across the county as part of our Time For You Service for children and young people aged 5-19. We ask for parental consent to be given for those in primary school. We use a range of creative interventions when working with children and young people. The Time for You service is available to children from the age of 10 and we can also provide therapeutic play for children from the age of 5.

Children & Young People's Services

We recognise that relationship difficulties affect children and young people too. This service is designed to support children & young people through the process of:

- Parental divorce and separation
- New step-parents/siblings
- Difficulties in relationships generally (at school, with peers, with parents)
- Bullying
- Loss and bereavement
- School transition
- Witnessing domestic violence in the family home



May 3 - 9, 2021

CHILDREN'S BOOKWEEK

The Arts

Use these activities to help find your superpower



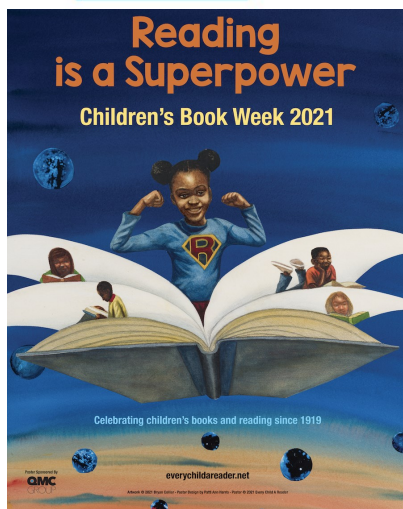
SUPERPOWER (noun): a skill, personal trait, or passion that plays an important role in your life, helps you do good in the world, and makes you feel special, happy, and confident.

Choose one or several of these activities and have fun discovering or reaffirming your superpower! Don't forget to ask for help and permission from your parent, caregiver, or teacher.

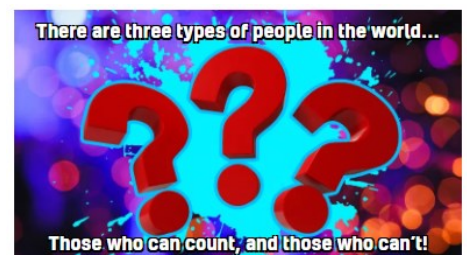
Not all of these activities are directly related to superpowers or superheroes, but will still help you to pinpoint your own personal superpower!

Explore the arts with this activity list including theater, dance, visual art, crafts, and writing.

- ☐ Write a short skit or play -- it can be about superheroes or whatever you want. Find family or friends to play the roles and someone to be the audience.
- ☐ Use recycled materials (egg cartons, empty jars and containers, paper towel tubes, etc.) to create a statue of someone who inspires you with their superpower.
- ☐ Make your own cards. Using paper and art supplies around the house, create handmade cards and write messages to your favorite people. Ask an adult to help you mail them.
- ☐ Teach your favorite craft activity to a sibling, friend, parent, or other adult.
- ☐ Make your own Children's Book Week decorations using stuff you have at home.
- ☐ Come up with your own superhero theme song (hums, or dahs, or oohs to make it simple).
- ☐ Create a superhero costume for yourself.
- ☐ Use play-doh or clay to build your superheroes' hide-out.
- ☐ Create a story in the topic you like and then make puppets to put on a show for your family and/or friends!
- ☐ Write a short story or poem about your favorite art form.
- ☐ Draw a comic strip or page of a picture book about your favorite art form.
- ☐ Read one book from the themed book list and share it with a friend or family member.
- ☐ Ask for a book recommendation on the theme from a friend, family member, teacher, or librarian.
- ☐ You found a great book about art? Sit down with a parent, family member, family, teacher and read to them your favorite paragraph or chapter so you can talk about it.



If you're looking for something to do check out the Beano Website! It has lots of quizzes, games and so incredibly bad jokes!



Our planet is heating up. Choosing more veggie food is one of the best things we can all do for the planet. By replacing meat with vegetarian sources of protein, (for example nuts, seeds, beans & lentils) we can reduce carbon and other greenhouse gas emissions.

Did you know?

1.

The whole food production process of farm-to-plate totals 30% of all global greenhouse gas emissions.

Eating a veggie diet means 2.5 times less carbon emissions than a meat diet.

2.

A vegetarian diet uses less water. It takes far less water to produce plant protein than meat. A chicken breast takes over 542 litres of water to produce, that could fill up your bathtub 6.5 times.

3.

By eating vegetarian food for a year you could save the same amount of emissions as taking a small family car off the road for 6 months.

You might not be able to stop using your car in day-to-day life, but you can choose veggie food.

RAINBOW BURGER WITH SWEET POTATO FRIES

A burger that is packed with colour and flavour using mashed butter beans and pine nuts as the base then adding grated courgette, sweet potato, and beetroot.

✓ DAIRY-FREE

✓ EGG-FREE

✓ NUT-FREE

✓ SUITABLE FOR FREEZING

✓ VEGAN

SWEET POTATO FRIES

- 600g sweet potato
- 1 tbsp vegetable oil
- A pinch of salt & pepper

BURGER

- 1 x 400g can butter beans
- 40g pine nuts, toasted
- 1 small courgette
- 200g sweet potato
- 150g cooked beetroot
- 1 tbsp ground cumin
- 2 tbsp chickpea flour
- 1 tbsp coconut oil
- Salt and pepper, to taste

TO FILL THE BURGER

- 4 vegan burger buns
- A handful mixed salad leaves
- 1 small red onion, sliced
- 1/2 cucumber, sliced



MAKES 4 BURGERS PREPARATION 20 MINS
COOKING 30 MINS

- 1) Preheat the oven to 200°C/gas mark 6.
- 2) Chop the sweet potato into chips, about 1cm thick, no need to peel. Place the chips onto a baking tray, drizzle with vegetable oil and season with a pinch of salt and pepper. Arrange them in a single layer and put them onto the top shelf of the oven to cook until golden, 25-30 mins, turning halfway through.
- 3) While the chips are cooking start on the burger. Drain and rinse the butter beans, place in a mixing bowl and roughly mash with a potato masher. Stir in the pine nuts.
- 4) Coarsely grate the courgette, sweet potato and beetroot. Squeeze out any excess water from the courgette then add the prepared vegetables to the bowl with the butterbeans. Add the ground cumin, ½ of the chickpea flour and seasoning. Gently stir the mixture until combined.
- 5) Lightly dust the work surface with the remaining chickpea flour and divide the burger mixture into four equal pieces. Shape into four patties about the same size as the burger buns.
- 6) Heat the coconut oil in a frying pan, add the burgers and cook on each side for 5 minutes until golden and cooked through. Only turn the burgers once.
- 7) Five minutes before you are ready to serve, put the burger buns on the baking tray with the chips to lightly toast.
- 8) Serve the burgers in a toasted bun with a side of sweet potato fries and a handful of salad leaves, sliced red onion and cucumber.



"Nature is something we see everyday but don't fully open our eyes to and I think that by connecting more with nature every day and observing the little things, like the birds chirping or the blue sky and sunshine, we can become more grateful each and every day."

Peer Educator
Peer Education Project

Over the past year, I have learned how important it is to connect with the natural world around us. Whenever I start to feel stressed about school, I now decide to go on a walk to reconnect with myself.

Peer Educator
Peer Education Project

Over the past year, I have realised just how vital it is for me to spend time away from screens and work. It allows me to clear my head and breathe freely, without worries of pending assignments, even if it is just for a short while. This gives me time to reflect on my thoughts and feelings.

Peer Educator
Peer Education Project

Why is nature good for our mental health?

From walking in the woods and sitting in the garden, to caring for house plants and even watching nature programmes, there are many ways we can find to connect with nature wherever we are.

Connecting with nature is not just about the amount of time we spend outdoors; it is also about building a relationship with nature by noticing and becoming sensitive to what is around us. We use our senses to do this.

Connecting with nature not only improves our physical health but our mental health too!

Research tells us that there are many benefits to connecting with nature for our mental health, including:

- Feeling happier;
- Feeling less stressed or angry;
- Having more and better-quality sleep;
- Feeling less worried;
- Being more environmentally aware and engaged;
- Increasing self-esteem and self-confidence;
- Improving attention and concentration;
- Encouraging participation in physical activities; and
- Increasing social contact with other people and animals.

It is helpful to find our own, individual ways for connecting with nature that mean something to us.

Top tips for connecting with nature

Start small

Spend five minutes paying attention to nature everyday.

This can be when you are at home, at school or outside.

- What shapes can you see in the clouds?
- How many different colours make up one leaf?
- Can you hear any animal noises?

Do what works for you

Connect with nature by doing things you enjoy.

These might be different to others, and that's ok.

Try a few different things and see what you like – you can always try something new!

Switch off

Having a phone is very handy, especially when exploring new places. Yet we can find it difficult to switch off from our devices and social media, especially if we receive notifications!

It can be hard to do but, why not pop your phone on "silent" and enjoy the sounds of nature instead?

Even if you want to use your phone to take pictures, set your notifications to "mute" so you won't get distracted.

Ways to connect with nature

Finding your own space in nature

Bring nature in

- Eat breakfast in front of the window, notice the nature outside.
- Grow vegetables from your windowsill.
- Look after an indoor pot plant.
- Listen to nature sounds such as a waterfall or whale calls to help you relax.
- Watch a wildlife programme.
- Put up a bird feeder, either in your garden or on your windowsill – see if any birds stop by for a snack!
- Sit by an open window and listen to the sounds outside.



Mental Health Awareness Week 2021

We're inviting you to **#ConnectWithNature** to support your mental health!

There are many ways you can get involved.



For more information about this year's Mental Health Awareness Week visit mentalhealth.org.uk/mhaw or join the conversation on social media using **#ConnectWithNature** and **#MentalHealthAwarenessWeek**

Ways to connect with nature

Finding your own space in nature

Get creative

- Try a bark rubbing.
- Take a picture of what nature means to you.
- Write some creative sentences.
- Do a quick sketch of a natural object or your surroundings.
- Write a poem or song lyrics about your favourite nature spot.
- Collect natural objects and make a handmade card for a loved one.



Stay active

- Practice yoga or stretch in the garden or in a local park.
- Go on a bike ride.
- Go for a walk or run.
- Go outdoor swimming.
- Skateboard.



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.

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.