



MacIntyre Academies  
Quest Academy

## JUNE 2020 EDITION 3 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



“Quote of  
the week”

*“Your life is a reflection of the thoughts  
you think. Changing your thoughts  
changes your inner state, your behaviour  
and your end results.”*

*Julie Marah*

# WELCOME



Dear Parents/Carers,

I hope that you had a good weekend. I am aware that the link in our last newsletter, where Anna May was talking about how to support your child during COVID 19 did not work. Since then we have created a new [Research and Development Centre](#) on our website.

**There are four sections:**

1. [Family Support](#): (Anna May)
2. [Research and Enquiry projects](#)
3. [CPD and Learning opportunities](#) At the moment this features three clips: Upstairs/ Downstairs brain, Attachment and Shame.
4. [School to School Support](#) (Content coming soon)

I would also like to take this opportunity to remind families whose children are currently not coming into school that you are able to ring the office for a stamped addressed envelope so that you can send in work that your children have completed. Alternatively, you can give your child's work to staff who will at some point next week be delivering sensory fiddle toys, a parent/carer handbook that gives some useful information about keeping your children safe on the Internet and for the learners a mouse mat with reminders about how to keep safe online.

In the last week of term staff will also be delivering end of year reports and certificates so this will provide you with another opportunity to hand in work.

Please do not hesitate to contact me if you have any queries.

Kind regards,

*Nicola Wells.*

James (with a little assistance from Jarvis, Yr 11) has been constructing for us again. Our Forest school area has really started to develop with two new tepees.





# Safeguarding is Everyone's Responsibility

Here is some useful information from Andrew Hall, Specialist Safeguarding Advisor.

A new campaign from the New Zealand Government has just launched and four videos have been created to get the message home, illustrating the different challenges for parents online.

The videos can be found here:

- Pornography: <https://www.keepitrealconline.govt.nz/pornography/>
- Online Bullying: <https://www.keepitrealconline.govt.nz/online-bullying/>
- Online Grooming: <https://www.keepitrealconline.govt.nz/online-grooming/>
- Inappropriate Content: <https://www.keepitrealconline.govt.nz/controls-and-settings/>



On Friday, the Duchess of Cambridge led an online assembly for the Oak National Academy during which she spoke about the importance of mental wellbeing among children. The theme of the Duchess' assembly was **'spread a little kindness'** and was based on a lesson plan which is available on the Mentally Healthy Schools platform. This platform was developed in collaboration with children's mental health charity Place2Be and encourages children to explore ways in which they can show kindness and recognise the benefits of kindness to others.

- The Mentally Healthy Schools platform can be accessed here:  
<https://www.mentallyhealthyschools.org.uk/>
- The assembly is on the Oak National Academy website and can be accessed here:  
<https://classroom.thenational.academy/assemblies>

# FREE SCHOOL MEAL VOUCHERS UPDATE

Whilst we are still in a process of a phased return to school, we will continue to issue Free School Meal (FSM) vouchers to those learners who are not attending school or have only been attending a few days a week.

We hope the vouchers are working well for you all. We've not heard anything to the contrary.



For families without access to email, we are trying to post them out to you as quickly as possible. If you have any questions about the FSM vouchers, please contact Laura-Jane Boshell via email: [quest.office@macintyreacademies.org](mailto:quest.office@macintyreacademies.org)

## Book of the Week

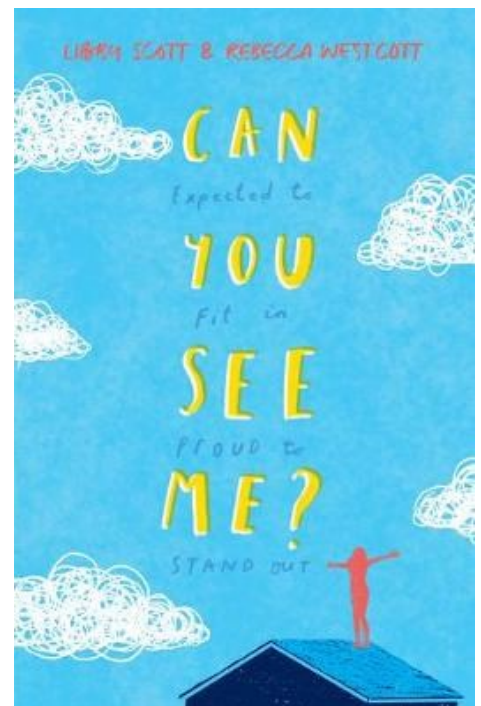
### Can You See Me?

Author: Libby Scott and Rebecca Westcott

Endearing, insightful and warmly uplifting, *Can You See Me?* is a story of Autism, empathy and kindness that will touch readers of all ages.

Tally is eleven years old and she's just like her friends. Well, sometimes she is. If she tries really hard to be. Because there's something that makes Tally not the same as her friends. Something she can't cover up, no matter how hard she tries: Tally is autistic.

Tally's autism means there are things that bother her even though she wishes they didn't. It means that some people misunderstand her and feel frustrated by her. People think that because Tally's autistic, she doesn't realise what they're thinking, but Tally sees and hears - and notices - all of it. And, honestly? That's not the easiest thing to live with.





# GUIDANCE ON WEARING FACE COVERING

From Monday 15th June you **must** wear a face covering when travelling on public transport in England (bus, coach, tram or train). The law requiring passengers to wear face coverings **does not** apply to children **under** the age of 11. Face coverings **should not** be used by children **under** the age of 3, for safety.

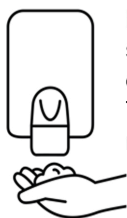
Where travel with children is necessary, such as to an education setting, consider whether children could walk or cycle, accompanied by a responsible adult or carer, where appropriate.

Learners, even if they are over 11, are **not required to wear face** coverings on school transport (this includes transport provided by local authorities, academy trusts or schools for the specific purpose of transporting children to and from their home and school).

## Wearing a face mask

### DO's

**DO** make sure your mask covers the mouth and nose whilst allowing you to breathe comfortably. You can use a face mask, bandana or a scarf.



**DO** wash your hands or use hand sanitiser before putting the mask on or taking it off. This also applies when putting the mask on for your child.

**DO** wear your face mask firmly over your nose and mouth. Take care to tuck away any loose ends.



**DO** make sure that you clean any surfaces that the mask may have touched when you use it.



Once removed, store it in a clean location until you can wash it.

**DO** wash your face mask regularly. It can go in the wash with other laundry using normal detergent.



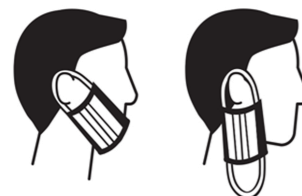
### DONT's

**Don't** touch your eyes, nose or mouth when wearing the mask.



**Don't** touch the front of the face covering or the part which comes into contact with the mouth.

**Don't** wear your mask on your chin or hanging off your ear.



**Don't** put your mask in your pocket or purse then wear it again.



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



Your parents have six sons  
including you and each son  
has one sister

**How many people  
are in the family?**

What is seen in the **middle** of  
March and April that can't be  
seen at the beginning or end of  
either month?

How is **seven** different from  
the rest of the numbers  
between one and ten?

**In a bus there is:**  
A 28 years old pregnant lady  
A 31 years old policeman  
A 52 years old random woman  
The bus driver who is  
68 years old.

**Who is the youngest?**

## LAST WEEKS CHALLENGE - DID YOU FIND THE ANSWERS TO THESE RIDDLES?

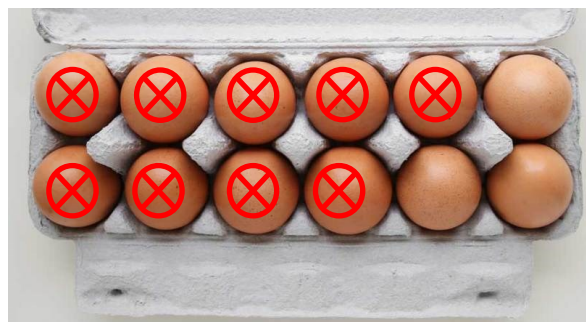
**What has 4 legs  
but only one foot?**



A bed has 4 legs, but the end  
of the bed is also called the  
'foot' of the bed.

A little girl goes to the store  
and buys one dozen eggs.  
As she is going home  
all but three break.

**How many eggs  
are left unbroken?**



All but 3 are  
broken = 3 are  
left unbroken.

**You can you serve me  
but never eat me.**

**What am I?**

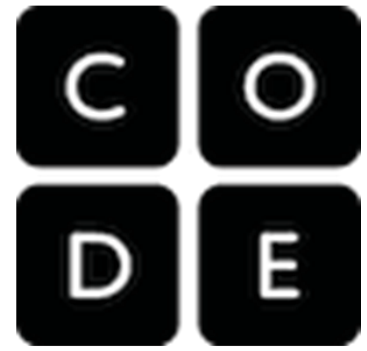


You serve the  
ball in tennis.



# QUEST

## DANCE CODING



# competition!



Code a Dance Party to share with your friends! The best entries will win a **£10 Amazon voucher**.

To enter go to [code.org/dance](https://code.org/dance)

and login using teacher code: **TQRMXG**

We will look to share the best examples on social media

and if you have any questions please email

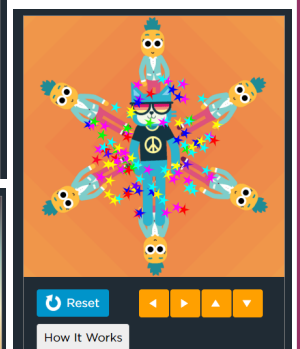
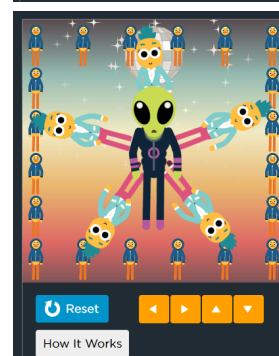
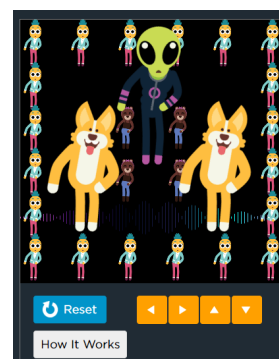
Sam Rouse at [samuel.rouse@macintyreacademies.org](mailto:samuel.rouse@macintyreacademies.org)

Here are 3 entries to the competition already.

Hartley [https://studio.code.org/projects/dance/INqVAnQ93\\_r9NWw0IGghM24UZYqyadUAefeTSWYTSXI](https://studio.code.org/projects/dance/INqVAnQ93_r9NWw0IGghM24UZYqyadUAefeTSWYTSXI)

Andrew <https://studio.code.org/projects/dance/n1-agaIJVRmE7bE4jZM9jZVSCioZitbLw3yCu5z7Jh4>

Nathan <https://studio.code.org/projects/dance/AgF-AjgU->





## COMPETITION TIME

As you are all aware we have had to make some changes in school to make sure that you are all safe and happy. You may have seen signs around school showing important information to help you remember.

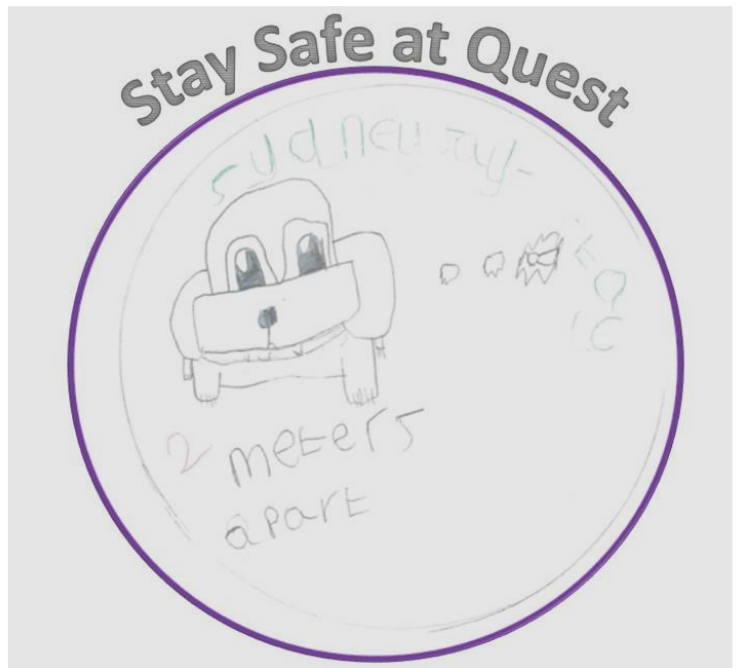
We would like you to give the school a personal *Quest* feel to our displays by creating your own warning/information signs.

The most interesting designs will be used and displayed around school. The designs could be completed by hand or by computer

programme. Competition closes on 30<sup>th</sup> June and can be sent to either your class teacher or to

[quest.office@macintyreacademies.org](mailto:quest.office@macintyreacademies.org) So, *get sketching!*

John Harrison, Teacher.



## ANOTHER COUPLE OF 'AWESOME' APRON DESIGNS!



# SAUSAGE PITHIVIER WITH APPLES AND WALNUTS



## Ingredients

- 1 apple
- 1 egg
- 1 x 15ml spoon white breadcrumbs
- Small handful of broken walnut pieces
- 1 x 15ml spoon chives
- 400g Cumberland sausages (or spiced)
- Pinch of cinnamon
- 400g puff pastry

## Equipment

Greaseproof paper, baking tray, vegetable peeler, grater, 2 x chopping boards, large mixing bowl, vegetable knife, measuring jug, fork, measuring spoons, mixing spoon, flour dredger, two different sized plates or saucers, pastry brush.

## Method

1. Preheat the oven to 200°C, gas mark 6.
2. Line a baking tray with greaseproof paper.
3. Peel and grate the apple. Place into the large mixing bowl.
4. Chop the chives and add to the apple.
5. Crack the egg into a measuring jug and whisk with a fork.
6. Place the sausage meat into the mixing bowl with the apple and chives. If using sausages, remove the meat from their skin.
7. Add the breadcrumbs, pinch of cinnamon and the broken walnut pieces to the bowl and mix well.
8. Cut the block of pastry into two, with one piece being slightly larger. Place the scored pastry on top of the meat, joining the edges with the bottom pastry circle. Push the pastry edges firmly together to ensure a good seal.
9. Scallop the edge of the pastry by pushing it in at intervals with the back of a knife.
10. Glaze the pastry with more of the beaten egg.
11. Bake the pithivier in the oven for about 20 minutes, until the pastry is risen, golden brown and firm.
12. Allow to stand for 2-3 minutes before cutting into the pithivier. Then the other. The larger piece will form the top of the pithivier and requires a little more pastry.
13. Roll out the pastry pieces on a lightly floured surface.
14. Cut the pastry into two circles, 20cms and 23cms diameter approximately (use two different sized plates or saucers as a template).
15. Place the smaller circle on the lined baking tray. Mound the sausage meat mixture on to the pastry leaving a 2.5cm border. Wash and dry hands thoroughly if you have touched the raw meat.
16. Brush the pastry border with some of the beaten egg.
17. Place the larger circle of pastry onto a chopping board and score crescent shaped incisions with the back of a sharp knife halfway through the pastry starting at the centre and working towards the outer edge, turning the pastry as you go. Be careful not to pierce the pastry right through.



## Top tips

Serve hot with a tomato salad or let it go cold and serve with a fruity chutney and green leaf salad.

## Food skills



Weigh.



Peel.



Chop & cut.



Mix.



Cut out.



Roll out.



Beat.



Glaze.

Bake.

Measure.

Grate.

Whisk.

# HOW HAVE YOU BEEN KEEPING BUSY?



Samuel making soap

Evan wanted to introduce you all his new puppy Rosie. She is a Shorkie Poo. Mum is a Shih Tzu and Yorkshire Terrier cross, and Dad is a Toy Poodle.



Baking kinda" day with summer

Adam: Mushroom parcels, garlic flat breads and strawberry sorbet



Michael, and Mum Roni have made a deal regarding Michael teasing the family cat; a trip to 'horizon hill' to reflect on events, or potentially lose a daily electronics session for two weeks. He loves it once he gets going. And it's 1.8 miles round trip. Well done Michael! Now leave the cat alone!



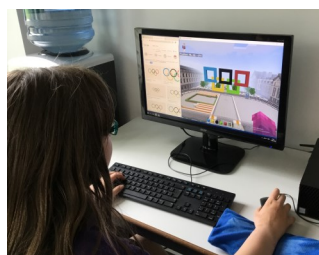
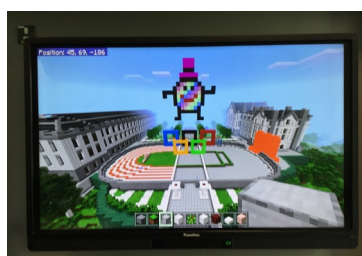


Kody has been busy creating at home again. These are Call of Duty Cola Perk Bottles. To make them Mum, Jennie and Kody had to buy clear bottles and coloured bottle caps from a beer brewing website. Then they got some sticker paper and Kody downloaded the bottle labels and cap labels.

He had to mix different food colouring to get the perfect colour for each perk. Then cut and place the labels in the right place.



## SCHOOL LEARNING

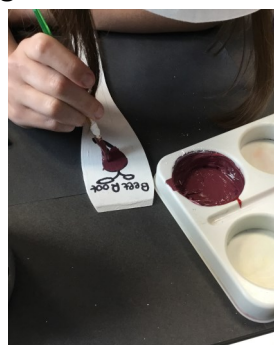
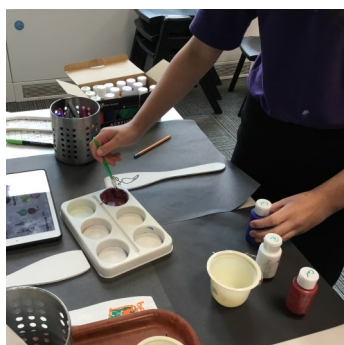
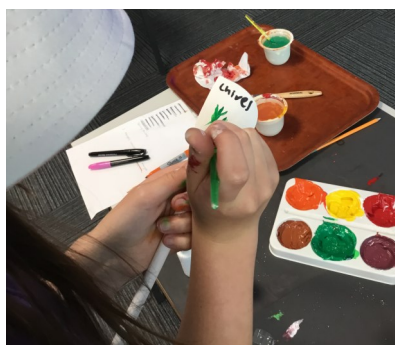


### OLYMPICS CONTINUED...

On Minecraft learners have been designing a running track, podium, seating, and floating Olympic rings and mascot above the stadium.

## GARDENING/ ART

Teacher Matt and learners Summer and Rhys have been busy creating plant signs for our new kitchen garden.





Teamwork connects strongly to the value of friendship. There are other elements involved in being a good team-player. Do you have to be friends to work well in a team?

Enjoy exploring this value.

# Teamwork



None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful.

— Mother Teresa —

AZ QUOTES

**Teamwork is . . . .**

.... the key to success

...valuing every member of the team

...working together towards a common goal

...respecting each other

**What does teamwork mean to you?**

*"Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved."*

- Mattie Stepanek

**Cooperation is the thorough conviction that nobody can get there unless everybody gets there.**

Virginia Burden



*"Alone we can do so little, together we can do so much."*

- Helen Keller

## Communication – sharing ideas

- \* What does Teamwork mean to each of us? Let's listen to each other. It may at first, seem similar to Friendship, but is it?
- \* When the family collaborate and work together, they are much stronger and happier than when pulling in different directions. What are your common goals?
- \* Teamwork Stories: Farmer Duck by Martin Waddell, Stone Soup Traditional, The Great Big Enormous Turnip by Alexei Tolstoy, How the Crayons Saved the Rainbow by Monica Sweeney,
- \* Youtube video about Teamwork <https://youtu.be/y0FtXhSu0JO>
- \* YouTube video story: Teamwork can make the Dream Work <https://youtu.be/6fbE52YDEjU>



## Behaviour & activities – doing together

- \* Create a family jigsaw (see picture) showing how you all fit together. You can include special friends or extended family too.
- \* Create a family web showing how you all support each other in different ways. Put everyone's name on a card and blu tak to a large piece of paper. Use wool or string to represent the different connections of support between you, e.g. Parent to child representing preparation of food.



## Happiness – family fun Play some family team games:

- \* Jenga with a twist: <https://lifeasmama.com/6-funactivities-for-family-game-nights/>
- \* Play 'Night Bowling', using empty bottles as skittles, containing glow sticks to make them light up
- \* 'Keep it Up' Balloon game. (throw up a balloon and work together to try and keep it up in the air for the longest possible time.)
- \* Host a Zoom Quiz night for family & friends. Bond as a family by making your own Quiz team. Each participating group can set one round of questions, so everyone gets to play a full part.



## Wellbeing – being well in body and mind

- \* Try a family yoga session together as a family. <https://youtu.be/0i534tsWQWQ> is one example.
- \* YogaDad has some simple yoga videos suitable for families. Also available on YouTube. He includes some themed around Values such as Courage and Kindness. <https://www.youtube.com/channel/UCIBZYHD2e6NZWEOUsni9V6w>







# ON TRACK

## SPORTS

## & Youth Clubs

### VIRTUAL YOUTH CLUBS

#### TUESDAY

#### WEDNESDAY

#### THURSDAY



**Come and join us and get involved in fun filled activities such as quiz nights, games, arts, crafts and much more...**

## 7-8PM via "ZOOM" app

For more information contact Kevin Brookes on  
07766603993 or email: [ontrack@rugby.gov.uk](mailto:ontrack@rugby.gov.uk)

*"The industry, as far as we can see as families, are grooming the next generation with a whole set of online games and these are aimed at 7, 8, 9 year olds – that's the next generation who are going to be their income generators" - Liz Ritchie, Gambling With Lives*

The digital world that we live in can be a minefield for families and parents/carers. The way in which children 'game' now is completely different to how modern day parents and carers would have experienced. The 'monetization' of gaming is at the forefront of research and there are increasing concerns surrounding online gaming and the subsequent links this has with underage gambling.



# From ONLINE GAMING to ONLINE GAMBLING

## Recognising the Signs



### 10 Signs for Parents to Look For:

Disordered gambling is sometimes referred to as the 'silent killer'. Unlike drug or alcohol addictions the signs are sometimes harder to spot and if not dealt with at an early age can have a devastating affect on both the gambler and their families later on in life.

1

#### EXCESSIVE USE OF DEVICES

This can lead to increased isolated behaviour and lying about the amount of time spent online.



2

#### SPENDING MONEY ONLINE WITHOUT PERMISSION

If a child is willing to spend money online (invariably on a parent's card) without permission then this should act as an early warning sign to parents to ensure that there are some barriers and parental controls in place.

3

#### CHANGES IN BEHAVIOUR

Children may become moody, aggressive or argumentative particularly during or shortly after periods of online gaming.



4

#### A CHANGE IN ATTITUDE TO SCHOOL

Children may display an obvious change in attitude to learning and a more negative view of school.

5

#### DISENGAGED WITH FAMILY LIFE

Children start to prefer spending time alone online rather than engage in normal family activities.



6

#### COMPULSIVE EATING

This includes both eating the wrong types of food excessively and not eating healthily.



7

#### IMPATIENT

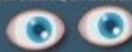
Not prepared to wait for anything (mirrored in excessive online game play and in app purchases) and nothing is ever good enough.



8

#### 'THE LOOK'

Compulsive gamblers are often said to look zoned out, have a greyness, look ill, experience a loss of weight and stop taking pride in their appearance. The same can be said of those who are starting to develop a gaming addiction.



9

#### OBSESSIVE BEHAVIOUR

Children who demonstrate obsessive behaviour in everyday life are often reported to be 'at risk' of developing an online gaming disorder.



10

#### DISHONESTY

This could include starting to tell lies and in the more extreme cases even stealing things.

### 10 Top Tips for Parents:

If you think that your child may be at risk of developing a gaming addiction then there are a series of measures that you can put in place. This is by no means an exhaustive list but just some strategies that could ensure a potential situation does not escalate.

1

#### BE AWARE

Do not fall into the trap that it's just what children do – as parents/carers/families be 'on the same page' and do not be allowed to be played off against one another.



2

#### VISIT THE GP

Although both gaming/gambling addictions are now recognised as a mental disorder, some doctors may not be experts in these areas – families can self-refer to NHS Gaming and Gambling Clinics.

3

#### DO YOUR RESEARCH

See what help and support is available. Visit [www.gamfam.co.uk](http://www.gamfam.co.uk) and become an expert.



4

#### SPEAK TO THE SCHOOL

Have an open and honest conversation. Schools are investing heavily in mental health and can arrange or direct you to the most appropriate support services.



5

#### TAKE AN ACTIVE INTEREST

This applies to school work and in creating a learning environment at home. Find activities and hobbies that create a life away from the screen and be part of it.

6

#### BECOME THE EXPERT

Research the game your child is playing – does the game have loot boxes?



7

#### PUT BARRIERS IN PLACE

Set up parental controls for all devices (including phones) and set up screen time. Visit the 'Partnership with Parents' section at [www.gamfam.co.uk](http://www.gamfam.co.uk) for further details.

8

#### FINANCIAL CONTROLS

Turn off in-app purchases. Do not link your debit/credit card to your child's device and use a prepaid card instead. For example Monzo, Go Henry, Nimbi or speak to your bank for advice.



9

#### DISCUSS LOOT BOXES AND SKIN BETTING

Have a conversation about loot boxes and skin betting. Many games can still be played and completed without using loot boxes on the console version but be mindful of the mobile versions.



10

#### DO NOT LEND MONEY FOR GAMBLING

Or if you think it will be used for online gaming, without your permission.





## SAFEGUARDING & FAMILY FOOTINGS



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



- **Joan** is responsible for upper school families and is available on;  
[Joan.goodrich@macintyreacademies.org](mailto:Joan.goodrich@macintyreacademies.org) Work mobile 07377990796



- If you have any higher level Safeguarding concerns or questions please contact **Anna** on [anna.stelfox@macintyreacademies.org](mailto:anna.stelfox@macintyreacademies.org) Work mobile 07377990797

We are available to help families with things like accessing family support, Early Help, Child In Need Meetings, Child Protection Meetings, taxi queries, support working with other professionals such as CAMHS, general safeguarding questions and much more.

### Quest Contact details

Quest Academy,  
Anderson Avenue,  
Rugby  
Warwickshire  
CV22 5PE

E: [quest.office@macintyreacademies.org](mailto:quest.office@macintyreacademies.org)

T: 01788 593 112

### How to contact members of staff:

Please contact Reception if you would like to speak with a member of staff. You will either be transferred or reception will email the member of staff to let them know that you have called.

