



MacIntyre Academies
Quest Academy

FEBRUARY 2020 EDITION 1 NEWSLETTER



If you are unable to contact a senior member of staff on their mobiles during the day it maybe that they are in part of the building where there is no signal. Therefore, please email or contact via the school office as an alternative way of contacting them.

“Quote of
the week”

*“Every moment is a fresh
beginning.”*

T.S. Eliot

WELCOME

Dear Parents/Carers,



Last week during PSHCE, learners learnt about mental health. The focus was on recognising symptoms in themselves and others and how to manage stress and anxiety by using a range of strategies and taking part in different types of activities. In May, we will take part in the National Mental Health Awareness Week where the focus this year is sleep.

As part of our community action plan we are developing links within different businesses and stakeholders in the local community. We are now working closely with Rugby Independent School, where some of their lower sixth formers are working with some of our younger learners from Albert Einstein class. At the minute they are practising turn taking and reading skills by playing board games. They will then create their own board game based on everyone's ideas and interests.

This term we have introduced "You said, we did". Every Friday afternoon, during mentor time, learners have a discussion and the opportunity to write down ideas about what they would like in their school and or ideas. These are then discussed during the weekly school council meetings and fed back to classes. All suggestions and responses are collated in the whole school "You said, we did" book which will be displayed in the school café.

On Thursday 4th February, I received a wonderful message from a family who took the time to send me an email to praise learners in Rosa Parks for their impeccable behaviour and to thank Joshua for spending time playing on the bouncy castle with their two year old granddaughter. In addition, staff were also approached by another family who also praised the class for their good behaviour and to thank another learner, Amar for spending time playing on the equipment with their young daughter. Well done to everyone in Rosa Parks you should be all very proud of yourselves!

Next week is our last week before half-term (Monday 17th–Friday 21st February). Learners should return to school wearing their full school uniform on Monday 24th February.

I hope that you all have a wonderful half-term.

Kind regards,

Nicola Wells.

WORLD
**BOOK
DAY**

5 MARCH 2020

THURSDAY 5 MARCH

**SAVE
THE
DATE**



INTRODUCING OUR NEW TEACHERS!



Sam Rouse has worked as a teacher for the past 19 years in a variety of Further, Higher and Sixth Form settings as a teacher of Media. Film and Photography. He joins Quest as a Digital Media Specialist across the upper school, teaching graphics, photo-editing, moving image and animation projects alongside more generalised

careers and PSHCE subjects.

Sam Rouse

Class Teacher

Book of the Week

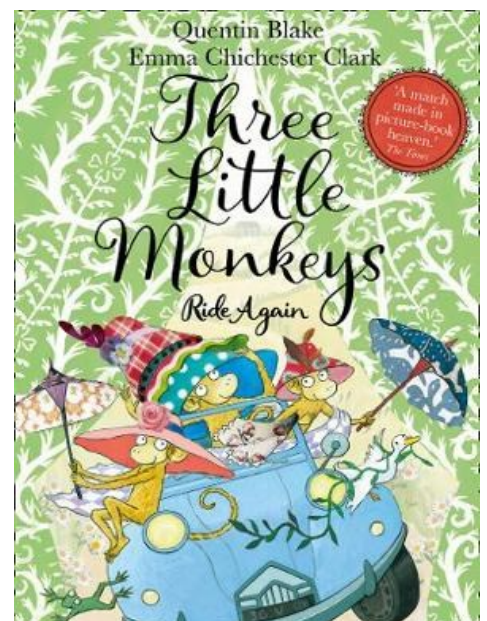
Three Little Monkeys Ride Again

Author: Quentin Blake

A remarkable collaboration - that brings together giants of the picture book world - to create a funny, anarchic and utterly delightful picture book. A classic of the future.

Beep! Beep! The three little monkeys are back in an irresistible new story!

Hilda Snibbs is taking her three mischievous monkeys to visit her mother in the country. But what is supposed to be a calm and peaceful holiday is soon filled with chaos and hilarious havoc!





Criminal exploitation: A guide for parents

Criminal Exploitation is when individuals or gangs target children and force them to carry out criminal activity. Exploiters may force young people to deal drugs, steal, commit violent or sexual acts and traffic them.

Children who are being criminally exploited will usually be subject to physical violence and threats – but exploiters are smart: they'll spend months or years grooming their victims, and parents often aren't even aware it's happening.

If you think your child is being exploited it's important to know that **you are not alone and not to blame**. You should:

- Report your concerns to Children's Social Care or the NSPCC's helpline on **0808 800 5000**. A social worker can help you take steps to protect your child. They will make an assessment based on concern your child is at risk of harm from outside of the family.
- You can also report your concerns to the police using their non-emergency number. If you feel your child is in immediate danger then call the police on **999**.

Don't be worried about contacting the police – you are trying to protect your child.

If you would like more support, go to other professionals who can help: your GP, school, police or a youth worker.

- If your child isn't where they are supposed to be, report them missing straight away on **101**. **You do not have to wait 24 hours.**
- If your child is picked up in a car, or has train or bus tickets, keep a record of this information to give to the police or social worker
- There may be other evidence that your child is being exploited, such as interactions on social media, unexplained money or phones, clothing or gifts, change in behaviour; where possible try to keep a record of this.

If you're able to speak to your child then let them know they aren't in trouble – and that you're worried about them. Remember that there may be threats made against you or your family by the people exploiting your child. Your child may believe that they are protecting you. Let your child know that you know about this risk and that it is not their responsibility to protect you.

If they don't want to talk to you, let them know that they can always call ChildLine on **0800 1111** or Get Connected on **0808 808 4994 (text 80849)**.

SAFEGUARDING ADVICE



Supporting young people online

Information and advice
for parents
and carers



The internet – an inspiring and positive place

The internet is an amazing resource which enables children and young people to connect, communicate and be creative in a number of different ways, on a range of devices. However, the internet is always changing, and being able to keep up to date with your children's use of technology can be a challenge. You may sometimes feel that your child has better technical skills than you do, however children and young people still need advice and protection when it comes to managing their lives online. Issues that your child may encounter on the internet will vary depending on their age and online activities. We have grouped potential online risks into these 4 categories.



Conduct:

Children need to be aware of the impact that their online activity can have on both themselves and other people, and the digital footprint that they create on the internet. It's easy to feel anonymous online and it's important that children are aware of who is able to view, and potentially share, the information that they may have posted. When using the internet, it's important to keep personal information safe and not share it with strangers. Encourage your child to be respectful and responsible when communicating with others online, and to consider how what they share may reflect on them. Discuss with your child the importance of reporting inappropriate conversations, messages, images and behaviours and how this can be done.



Content:

Some online content is not suitable for children and may be hurtful or harmful. This is true for content accessed and viewed via social networks, online games, blogs and websites. It's important for children to consider the reliability of online material and be aware that it might not be true or written with a bias. Children may need your help as they begin to assess content in this way. There can be legal consequences for using or downloading copyrighted content, without seeking the author's permission.



Contact:

It is important for children to realise that new friends made online may not be who they say they are and that once a friend is added to an online account, you may be sharing your personal information with them. Regularly reviewing friends lists and removing unwanted contacts is a useful step. Privacy settings online may also allow you to customise the information that each friend is able to access. If you have concerns that your child is, or has been, the subject of inappropriate sexual contact or approach by another person, it's vital that you report it to the police via the Child Exploitation and Online Protection Centre (www.ceop.police.uk). If your child is bullied online, this can also be reported online and offline. Reinforce with your child the importance of telling a trusted adult straight away if someone is bullying them or making them feel uncomfortable, or if one of their friends is being bullied online.



Commercialism:

Young people's privacy and enjoyment online can sometimes be affected by advertising and marketing schemes, which can also mean inadvertently spending money online, for example within apps. Encourage your child to keep their personal information private, learn how to block both pop ups and spam emails, turn off in-app purchasing on devices where possible, and use a family email address when filling in online forms. Make your child aware of scams that may seek to gain access to their accounts, and advise them to be wary in following links or opening attachments in emails that appear to be from organisations such as banks and service providers.

There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

1 Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

2 Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

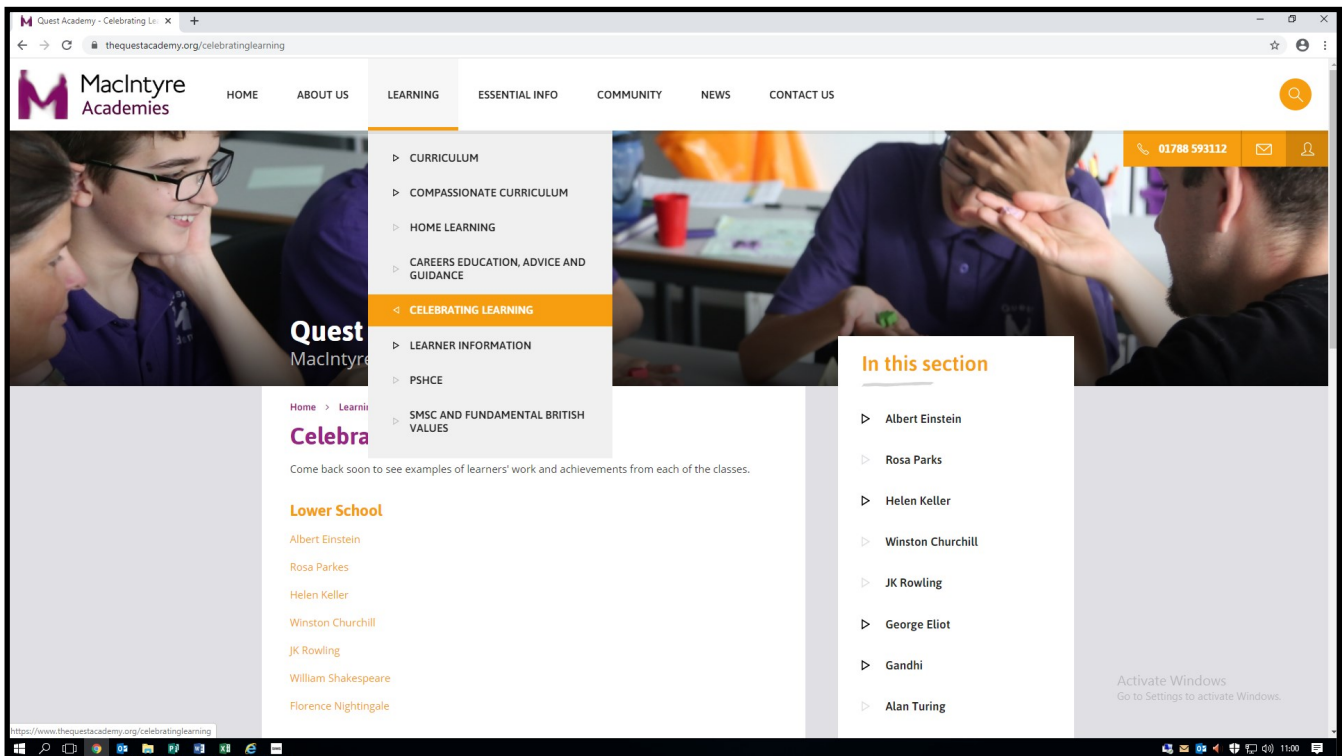
3 Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

4 Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

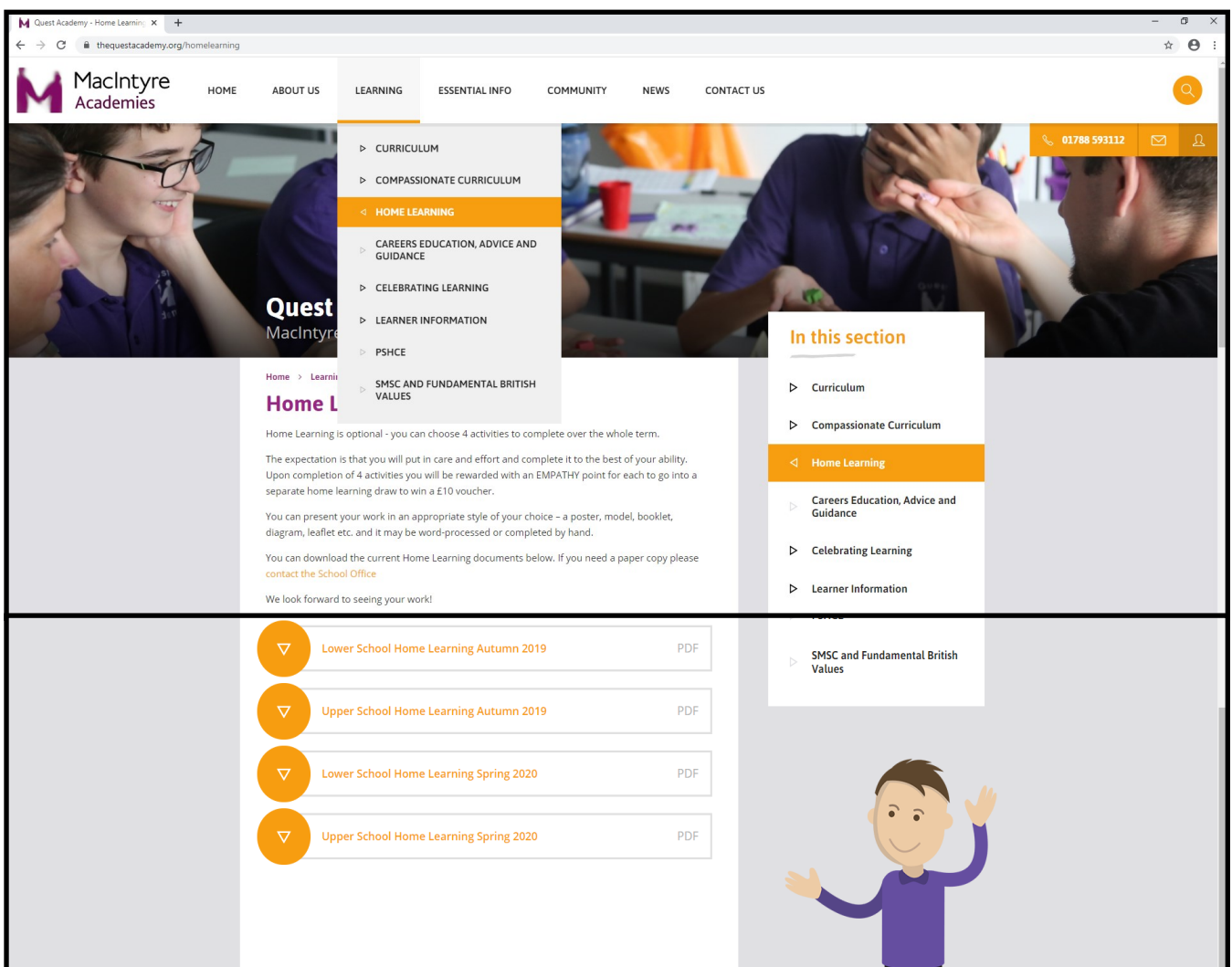
5 Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Find out more ways of starting a conversation about online safety at www.childnet.com/have-a-conversation

Don't forget to check out our website, we have a fantastic section celebrating learning!



We also have a Home Learning section, this is optional but the website has information about the four activities that can be completed over the term.





FRUITY MUFFINS

INGREDIENTS

- 250g self raising flour
- 2 x 5ml spoons baking powder
- 100g caster sugar
- 230ml semi-skimmed milk
- 1 egg
- 60ml oil
- 150g canned fruit, drained

EQUIPMENT

- 12 muffin cases
- Muffin tin
- Weighing scales
- Measuring spoons
- Measuring jug
- Mixing bowl
- Wooden spoon
- Can opener
- 2 spoons

METHOD

1. Preheat oven to 180°C or gas mark 4.
2. Add the flour, sugar, baking powder and oil.
3. Add the egg and milk, then mix together to form a smooth batter.
4. Stir in the fruit
5. Divide the mixture equally between the muffin cases using 2 spoons.
6. Bake for 20 – 25 minutes, until golden.
7. Allow to cool on a cooling rack.

TOP TIPS

- Vary the type of fruit you use. Try bananas, cherries or blueberries. Go for fresh, frozen, canned or dried fruits.
- Experiment with different spices, such as cinnamon, ginger or mixed spice.

BBC 500 WORDS CREATIVE WRITING COMPETITION

The age category for entrants is 5 to 13 years of age.

The deadline is 27th February.



Quest and Beyond

On Tuesday 5th of February, I visited Rugby College for a tour and a small introduction of where I could go after year 11. The tour was lead by someone named Jules who was showing us what the college had to offer, my first impression was that the building was massive inside and out and had 3 floors along with the courtyard which from my point of view could fit the whole of Quest into one space.

The college is made up of different departments ranging from assisted living, hair, beauty & nails all the way to brick laying and carpentry, aka you can do whichever subject you are passionate about.



The main thing about the college is that they treat you like an adult, and are supporting you through your day. Your timetables are also more flexible meaning you can visit McDonalds during your break!

I can definitely say I'm looking forward to hopefully moving to Rugby College when that time comes around.

Reporting from Rugby College,

Adam, Year 10.

ATTENDANCE

Congratulations to George Eliot Class for achieving **100% attendance**, week ending 31.01.2020 and Florence Nightingale for week ending 07.02.2020.



WELL DONE!

Joan Goodrich,

Family Footings Facilitator and DSL





CUSTARD TART

With buttery pastry and a creamy filling, it's no wonder this dish has become a classic

PREP: 25 MINS

COOK: 1 HR, 20 MINS plus chilling

SERVES 8

INGREDIENTS

For the pastry

- 140g butter, chilled and diced
- 250g plain flour
- zest 1 lemon
- 100g golden caster sugar
- 1 egg, beaten
- 1 tbsp whole milk

For the custard

- 250ml double cream
- 250ml milk
- 1 vanilla pod, split
- 1 strip lemon zest
- whole nutmeg
- 8 egg yolks
- 100g golden caster sugar

METHOD

1. To make the pastry, rub the butter into the flour with the lemon zest and a pinch of salt until it resembles breadcrumbs. Add the sugar, egg and milk and bring together to form a dough. This can be made 2 days in advance.
2. On a lightly floured surface, roll the pastry out and use it to line a 20cm tart tin, leave 2cm of pastry hanging over the edge. Chill for 30 mins.
3. Heat oven to 180C/160C fan/gas 4. Line the case with baking beans, bake blind for 20 mins, then remove the beans and continue to cook for a further 20 mins until the base is biscuity. Remove from oven and reduce the temperature to 140C/120C fan/gas 1.
4. Bring the cream, milk, vanilla pod, lemon zest and a small grating of nutmeg to the boil. Beat the egg yolks with the sugar until pale, then pour the hot milk and cream over, beating as you go. Strain custard into a jug, allow to settle for a few mins, then skim off any froth.
5. Carefully pour the custard into the tart case, grate some more nutmeg over the top and bake for 40 mins or until just set with the very slightest wobble in the middle. Remove from the oven, trim the pastry edges off (away from the filling), then leave to cool completely before serving in slices with a grating more of nutmeg, if you like.

Pancake Station

Dessert on Tuesday 25th February

Choose from
the following toppings:

Fresh Fruit Salad
Choice of Sauce Topping
Chocolate Custard
Traditional Lemon and Sugar
Golden Syrup
Chopped Bananas

What's your favourite?



TERM DATES FOR 2019 - 20:

Spring Term 1 Monday 6th January - Friday 14th February

February Half Term Monday 17th February - Friday 21st February

Spring Term 2 Monday 24th February - Friday 3rd April

MAT INSET Day Monday 16th March (no school)

Easter Holidays Monday 6th April - Friday 17th April

Bank Holiday: 75th anniversary of VE Day - Friday 8th May (no school)

Summer Term 1 – Monday 20th April - Friday 22nd May

May Half Term- Monday 25th May - Friday 29th May

Summer Term 2 – Monday 1st June - Wednesday 22nd July



The early May bank holiday in 2020 will move from Monday 4 May to Friday 8 May to mark the 75th anniversary of VE Day.

Warwickshire school term dates have been updated to reflect this, with Monday 4 May 2020 now designated a normal school day.

Quest Contact details

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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 e-mail 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.