



MacIntyre Academies
Quest Academy

NOVEMBER 2021 EDITION 1 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



“Quote of
the week”

*“Every student can learn, just not
on the same day, or the same way.”*

- George Evans

WELCOME



Dear Parents/ Carers,

WOW! what an amazing week all learners have had.

The term started with the amazing news that Louis B. had been awarded **Silver** at the National Engage Awards. There are further details and pictures about his special day on page 10.

This week we reintroduced our Quest Points. Well done, to every learner who achieved either **Diamond**, **Platinum**, **Gold**, or **Silver** status, 100% of learners on site have achieved a status! A particular well done to all the learners who achieved **Diamond** (see list of names below). This was an incredible achievement as they had to achieve 98%. I am aware that many other learners were only one or two percent away from achieving **Diamond**. I have been very impressed by their attitude and determination to make sure they achieve **Diamond** next week. Learning to accept a decision and not giving up are important attributes that will support them to be "Ready for Life".

Kind regards,

Nicola Wells



McDonalds

Louis B

Jude B

Rome L

Jacob S

Billy H

Samuel B

Theo B

Sky W

Tommy B

Kylan-Jak C

Summer-Rae W

Thomas B

Blake G

Jamie B

Percentage of points required for each reward

Silver – 86% and below

Gold – 87%

Platinum – 92%

Diamond – 98%



Bowling

Evan

Lily E

Jacob C

Adam H

Harry F

Suni W

Jamie B

Jude O

Holly R

We are successful because... the parents of one of our learners said that Quest Academy is the right place for their son – he has improved his self-confidence and engagement with school and learning.



QUEST TERM DATES FOR 2021 - 22:

AUTUMN TERM 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 3rd June 2022
Ends	Wednesday 27th July 2022

Book of the Week

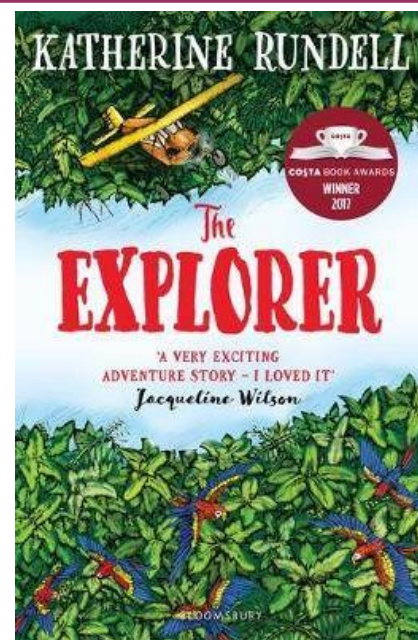
The Explorer

by Katherine Rundell (Author), Hannah Horn (Illustrator)

Fred, Con, Lila and little Max's plane is on the way to Manaus when it falls out of the sky. Now, lost in the Amazon rainforest, they must figure out the basics of survival: water, shelter, food. Do they wait for rescue, or find a way to rescue themselves?

As they get bolder and explore further afield, they see more traces of another human inhabitant, too – and then they find the map. Who was here before and where will the map take them?

Rundell's writing is exquisite – simultaneously quiet and loud, and with a wildness that reflects both the children's untamed natures and the forest around them. Fred is practical, Con sharp and thorny, Lila quiet and thoughtful, and Max is a miniature explosion. There is a hidden city, plus sloths and bees and snakes and caimans and everything inbetween. There are themes of friendship, the environment and survival, and it is completely, utterly wonderful. Pure adventure.



Reading age: 10+

REMEMBRANCE DAY IN BRITAIN

Thursday 11th November

November is the time of the year when we wear a red poppy in memory of those who sacrificed their lives for us during wars.

11 NOVEMBER
REMEMBRANCE DAY

Lest we forget



The **eleventh hour** of the **eleventh day** of the **eleventh month** marks the signing of the Armistice, on 11th

November 1918, to signal the end of World War One.

At 11am on 11th November 1918 the guns of the Western Front fell silent after more than four years continuous warfare.

It is a special day set aside to remember all those men and women who were killed during the two World Wars and other conflicts. At one time the day was known as **Armistice Day** and was renamed **Remembrance Day** after the Second World War.

Remembrance Sunday is held on the second Sunday in November, which is usually the Sunday nearest to 11th November. Special services are held at war memorials and churches all over Britain.

Poppy Day

Remembrance Day is also known as **Poppy Day**, because it is traditional to wear an artificial poppy. They are sold by the Royal British Legion, a charity dedicated to helping war veterans.

Two Minute Silence

At 11am on each Remembrance Sunday a two minute silence is observed at war memorials and other public spaces across the UK.

The First Two Minute Silence in London (11th November 1919) as reported in the Manchester Guardian, 12th November 1919.

'The first stroke of eleven produced a magical effect.

The tram cars glided into stillness, motors ceased to cough and fume, and stopped dead, and the mighty-limbed dray horses hunched back upon their loads and stopped also, seeming to do it of their own volition.

Someone took off his hat, and with a nervous hesitancy the rest of the men bowed their heads also. Here and there an old soldier could be detected slipping unconsciously into the posture of 'attention'. An elderly woman, not far away, wiped her eyes, and the man beside her looked white and stern. Everyone stood very still ... The hush deepened. It had spread over the whole city and become so pronounced as to impress one with a sense of audibility. It was a silence which was almost pain ... And the spirit of memory brooded over it all.'

Remembrance Sunday is also marked each year, this falls on the second Sunday in November.



CHILDREN IN NEED

Friday 19th November



The BBC Children in Need Appeal Show

The big day is happening on November 19th! More than £1bn has been raised to help improve the lives of disadvantaged young people in the UK since the first major appeal in 1980. The theme of the event is “together we can change young lives”.

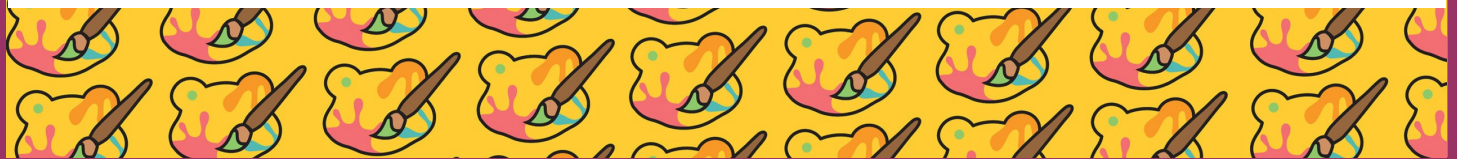
OFFICIAL PUDSEY TEE 2021 TEMPLATE



BBC
Children
in Need

NAME: _____

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NO-PENS-DAY WEDNESDAY

Wednesday 24th November

Last year we had a great success celebrating No-Pens-Day Wednesday. This year it is on **24.11.20**.

The aim is to not use a pen for a whole day and focus on the importance of speaking and listening. More information to come nearer the time.



Putting speaking and understanding skills in
the spotlight

24th November 2021

No Pens Day Wednesday is an annual day dedicated to speaking and understanding language that takes place in schools, colleges and early years settings across the country.

Speaking and understanding skills are fundamental for everything we do – learning, reading and writing, managing emotions, developing friendships and entering employment. However, speaking and understanding skills are underrepresented in the curriculum in comparison to reading and writing.

I CAN provides resources, advice and guidance for participating schools and settings so they can get the most out of the day.

By putting down your pens and shouting out about speaking and understanding skills, you can:

- Develop pupils' speaking and understanding skills
- Develop staff's understanding of speaking and understanding skills and embed them into your curriculum
- Try out new teaching approaches and engage pupils in exciting pens-free activities
- Identify pupils who need additional support to develop their speaking and understanding skills

Taking part is beneficial for all ages, from early years to college students! Sign up below to take part, download our resources and receive updates when new ones become available.

7 UNIQUE COLLEGES, ONE HEART ALL PART OF WCG

Sites across Warwickshire & Worcestershire, with a central base at Royal Leamington Spa College.

I thought I would email and remind you that this week and next week we are holding our In-person Open Events at our colleges, where students and parents can come into our colleges to look at our facilities, speak to tutors, get information about courses, A Levels, apprenticeships and T Levels etc.

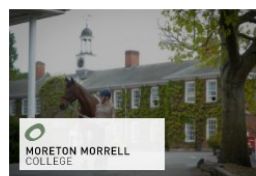
Our first one starts tonight at Royal Leamington Spa College!

Here are the dates and times of all our Open Events taking place over the next two weeks:

- **Royal Leamington Spa College | Tuesday 9 November 2021 | 5.30pm - 8pm** [Book now](#)
- **Warwick Trident College | Thursday 11 November 2021 | 5.30pm - 8pm** [Book now](#)
- **Moreton Morrell College | Saturday 13 November 2021 | 10am - 2pm** [Book now](#)
- **Rugby College | Tuesday 16 November 2021 | 5.30pm - 8pm** [Book now](#)
- **Evesham College | Thursday 18 November 2021 | 5.30pm - 8pm** [Book now](#)
- **Malvern Hills Centre for Digital & Cyber Technology | Thursday 18 November 2021 | 5.30pm - 6.30pm** [Book now](#)
- **Pershore College | Saturday 20 November 2021 | 10am - 1pm** [Book now](#)

They can register a place using the links above or go to -

wcg.ac.uk/opevents



Face to face Family Support consultations are returning to Rugby Children and Family Centres:

Mondays: 9.30-11.30am Boughton Leigh Children & Family Centre

Tuesdays: 1.30-3.30pm Long Lawford Children & Family Centre

Wednesdays: 4-6pm Claremont Children & Family Centre

Family Support consultations are available for parents of children and young people aged 0-19 years (or 0-25 years where there is an identified additional need); or indeed any family member who has caring responsibilities for a child or young person. [To book a face-to-face consultation please contact the Family Support Helpline: 01926 412412.](#) Our Family Support Helpline is operated Monday to Friday between the hours of 9am-4pm. Select Option 2 for the Rugby Family Support Team.

REGULAR ASYMPTOMATIC COVID19 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 Government's website:

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

All Covid-19 test results, positive or negative, should be uploaded to the NHS portal.



Parents/ Carers of learners who participate with Forest School, as the weather is turning and getting wetter learners will need a coat, change of clothes and shoes/wellies as we will be outside in all weather. The clothing will get dirty and might get paint on so learners need to bring in spares or clothes parents don't mind learners ruining.



ODD SOCKS DAY

Anti-Bullying Week 15th - 19th November



Anti-Bullying Week 2021 is happening from Monday 15th – Friday 19th November and has the theme 'One Kind Word'. It is coordinated by the Anti-Bullying Alliance, which is based at the National Children's Bureau. In a world that can sometimes feel like it's filled with negativity, one kind word can provide a moment of hope. It can be a turning point. It can change someone's perspective. It can change their day. It can change the course of a conversation and break the cycle of bullying. Best of all, one kind word leads to another. Kindness fuels kindness. So from the playground to Parliament, and from our phones to our homes, together, our actions can fire a chain reaction that powers positivity. It starts with one kind word. It starts today and we need your help to make it happen!

What is Odd Socks Day?

- The Odd Socks are all about fun and laughter, but more importantly they deliver a message of individuality, acceptance and tolerance. Which is what being an Odd Sock is all about...because everyone is different and that's good!
- The Anti-Bullying Alliance, Andy and the Odd Socks started Odd Socks Day in 2017. They wanted to create a new and fun way of celebrating Anti-Bullying Week and what makes us all unique. **Odd Socks Day is an opportunity to have fun, be yourself and spread awareness of the core values Anti-Bullying Week promotes.**

What can we do as a school?

- We can donate to the Anti-bullying Alliance charity
- You can donate directly via the [Just Giving Page](#)
- Or donate £1 if you want to...

We can enter a competition

SHARE YOUR BEST
PICTURES/VIDEOS OF
YOU IN YOUR ODD
SOCKS

HOW TO ENTER



We would like schools to send us a photo or video that most creatively captures how the school participated in Odd Socks Day.

- To enter:
- Share your Odd Socks Day photos/videos on Twitter
 - Tag us - @abaonline @andyoddsock
 - Use the hashtags #AntiBullyingWeek and #oddsocksday

DEADLINE



Tweet to us in Anti-Bullying Week between 15th – 19th November. Winning schools will be announced on Friday 10th December.



PRIZES



The lucky winning schools will receive a visit and performance from Andy and the Odd Socks in 2022 (this may have to be a live virtual visit depending on COVID-19).



Bring your best **Odd Socks** on
Monday 15th November!



MOKI CHALLENGE

Lewis Hamilton - Here are the figures after week 4 of the Moki challenge. We managed to get to the equivalent distance of Thornbury on Severn (as the crow flies) past Bristol!

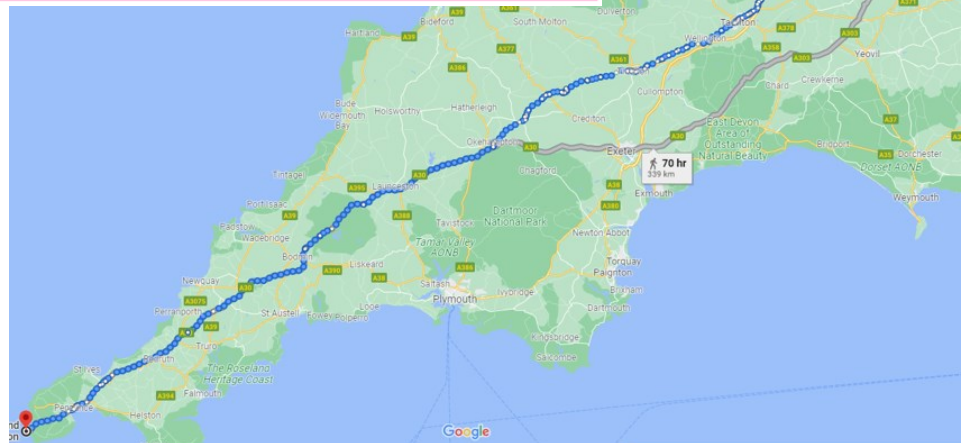
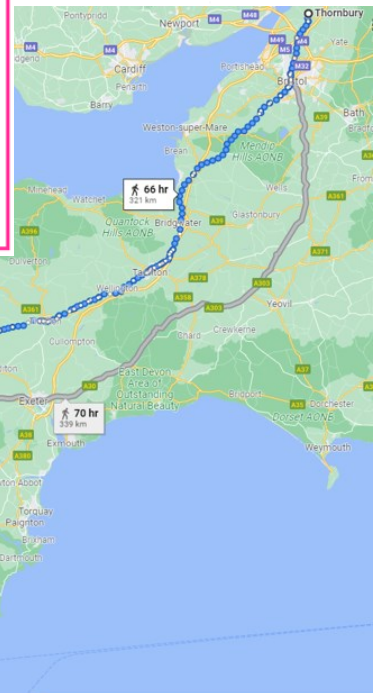
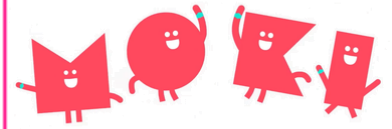
What will our journey be like?...

<https://goo.gl/maps/aG5Mh7y1ftu28fv38>

WEEK (Autumn Term 1)	Steps to Miles
1 (week 4)	164,068 steps = 93.78 km (Bodmin, Cornwall)
2 (week 5)	53,181 steps = 40.52 km [Total = 134.3 km (Oakhampton, West Devon)]
3 (week 6)	65,863 steps = 61.72 km [Total = 196.02 km (Uffculme, Mid Devon)]
4 (week 7)	105,156 steps = 80.13 km [Total = 276.18 km (Thornbury on Severn, Avon)]

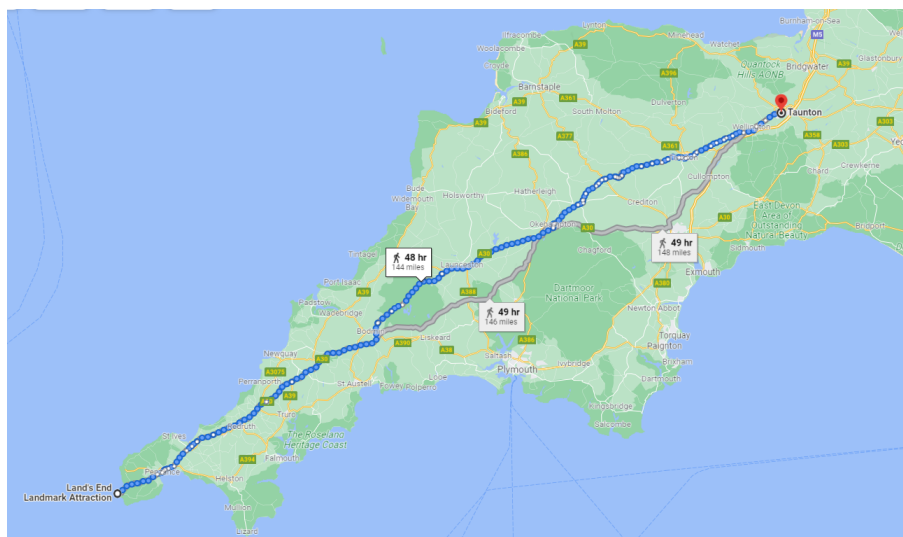
<http://www.kylesconverter.com/length/steps-to-kilometers>

Unit Descriptions	
1 Step. The distance covered by a single step assuming a stride length of 0.762 meters or 2.5 feet. Although stride length will vary by person and activity this may be useful in estimating distance traveled from the reading on a pedometer.	1 Kilometer. 1 Kilometer is equal to 1000 meters. Meters is the SI base unit of length. The prefix kilo, abbreviated "k", indicates one thousand. 1 km = 1000 m.



Gandhi - As a class we are now in Taunton we have done 205.17

WEEK (Autumn Term 1)	Steps to Miles
1 (week 3)	95,580 steps to 72.83km = 42.52 miles
2 (week 4)	300,079 steps to 228.66km = 142.91 miles
3 (week 5)	130,742 steps to 99.63km = 62.26 miles

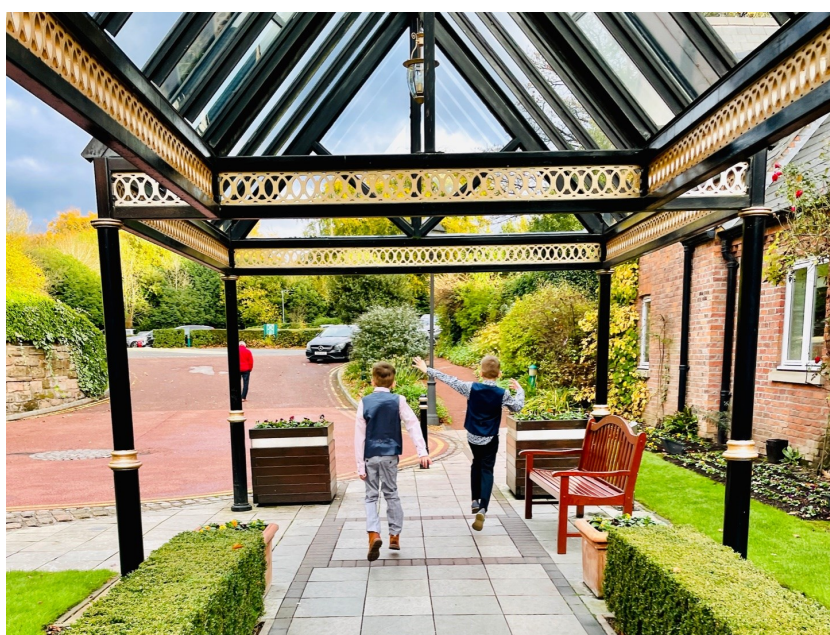


NATIONAL ENGAGE AWARDS

"We just wanted to thank you again for submitting Louis for an Engage award. Louis, Jude and I went up to Manchester on Tuesday and stayed overnight, enjoying some lovely meals in a very posh hotel! We spent this morning in the swimming pool and jacuzzi before heading to the ceremony in the afternoon. Stuart Robinson delivered a very inspiring talk about the journey he has been on from RAF to Paralympic gold medallist! Louis seemed quite nervous but was an absolute star and bravely collected his award (he won Silver!) in front of everyone. An official photographer took some amazing photos. I was so proud of both Louis and Jude!"

Many thanks,

Marie (Jude and Louis' Mum).



GINGERBREAD PEOPLE

Ingredients

200g plain flour
75g brown sugar
50g butter or baking fat/block
1 x 15ml spoon golden syrup
½ x 5ml spoon bicarbonate of soda
1 x 5ml spoon ground ginger
1 egg
Glace cherries/currants and icing to decorate



Equipment

Weighing scales, baking tray, mixing bowl, sieve, small bowl, fork, small saucepan, measuring spoons, wooden spoon, rolling pin, flour dredger, biscuit cutters, oven gloves, cooling rack.











Method

1. Preheat the oven to 180°C or gas mark 4. Grease a baking tray.
2. Sift the flour, ginger and bicarbonate of soda into a mixing bowl.
3. Whisk the egg in a small bowl using a fork.
4. Gently melt the fat, syrup and sugar together in a small saucepan. Do not allow to boil.
5. Add the syrup mixture and the beaten egg to the flour.
6. Mix to form a soft dough.
7. Allow the mixture to cool.
8. Roll out the dough to 0.5 cm thick on a floured work surface.
9. Cut into gingerbread shapes and carefully place on the baking tray.
10. Decorate with currants or cherries.
11. Bake for 8-10 minutes. Carefully remove from the tray and allow to cool thoroughly on a cooling rack.
12. Pipe icing on top to decorate.

Top tips

To make Christmas decorations, use a star or snowflake cutter. Make a hole in the top before baking and thread ribbon through once cooled. Hang on your Christmas tree or give as gifts

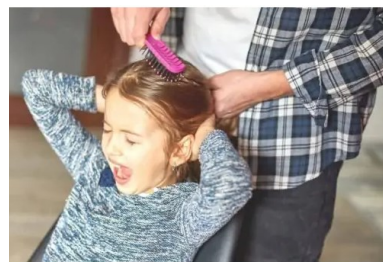
Food skills

 Weigh.	 Measure.	 Sift.	 Whisk.	 Melt.
 Mix.	 Roll out.	 Cut out.	 Decorate.	 Bake.

7 WAYS TO HELP KIDS SENSITIVE TO HAIR BRUSHING!

Does your kid hate or freak out when it's time to get their hair brushed?

You're not alone! Try these 7 ways to help kids with sensory issues and needs with hair brushing. Get the best hairbrush and detangle picks too! A lot of kids don't like getting their hair brushed, but some kids have a down right freak out, scream at the top of their lungs, or run and hide in terror when the hairbrush comes out. As frustrating and exhausting as it is if that's your child's response to hair brushing, then **something deeper may be going on**. Understanding what that is allows you to help them, instead of fight against them, all while you manage to get their hair brushed!



Why Do Some Kids Hate Getting Their Hair Brushed?? While it might seem like your child is just trying to make your life more difficult, the reality is that if they hate and refuse to get their hair brushed, then it's likely because they have at least one [sensory sensitivity](#). Any of the following are possible sensitivities related to hair brushing...

1. The tugging of the brush or comb in the hair hurts their head or is very uncomfortable.
2. The sensation of the brush bristles on their scalp is painful or intolerable. Both number 1 and 2 are related to the [tactile, or touch, sense](#) specifically.
3. If your child is standing in front of you and you have to work through a lot of knots, they could sway back and forth which could make some kids feel uneasy, dizzy, or motion sick. This is due to the brain having [difficulty processing vestibular \(or movement\) sensations](#). Kids with this sensitivity will often avoid or dislike riding swings or climbing playground equipment too.
4. Sitting or standing still to get their hair brushed is very challenging. This is common for kids that are [sensory seekers](#). Sensory seekers love movement and may have a difficult time sitting for so long. If your child is old enough, when you aren't brushing their hair, ask them why they don't prefer it. Their answer could give you insight into why they're avoiding it. The tips you'll learn shortly will help you hone in on their sensitivity!

Keep in mind that kids can have sensitivities to other hygiene activities too like [washing their hair](#), [cutting their nails](#), or [brushing their teeth](#), as well.

Does Sensitivity to Hair Brushing Mean My Kid Has Sensory Processing Disorder? If you've never heard of [sensory processing](#), it may be worrisome to hear your child may have a "sensory sensitivity." However, lots of kids and adults have these sensitivities. They can't help them, it's all related to how their brain works. However, **the brain can always make new connections so they can become desensitized to these sensations and potentially not even mind hair brushing in the future!**



While any child can have a sensory sensitivity, it's very common for kids with Sensory Processing Disorder (SPD), Autism, or ADHD, as all of these diagnoses have difficulty with sensory processing.

If you're wondering [if your child has other sensory needs, check out this list of 21 other sensory red flags that are easy to miss!](#)

7 Ways to Help Kids Sensitive to Hair Brushing: You can do a lot to help your child tolerate getting their hair brushed, as well as a few work arounds!

1. Massage their scalp, use deep pressure, or joint compressions: Before you start to brush their hair, you can use some sensory activities to help [ground or regulate](#) them so they can tolerate the brushing more easily. Here are a few ways you can do that: Massage their scalp with your hands, deep under their hair:



- Push down on their shoulders with deep pressure for a few minutes. Use [joint compressions](#) on joints:
- Have them do 5, 10, 20 jumping jacks before sitting down. Only use any of those preparatory activities IF your child likes them. If they complain they don't like you massaging their scalp or pushing down on their shoulders, stop.

2. Have them lean up against something or sit in between your legs: A lot of times, we try to brush hair when our kids are dripping wet out of the bath while they stand in front of us. Instead, make sure your child is comfortable, dry, and try having them sit in front of an arm chair or couch so they can lean back into it. Bring your legs around their sides, and give them some [deep pressure](#), which is calming and feels more secure for the majority of children.

This is VERY important for kids that have any dizziness or feel unstable during hair brushing. It may even help to give them a stuffed animal or stress ball to squeeze as you brush. Tell your child to close their eyes if they still feel dizzy or ungrounded and try to keep tugging to a minimum so they don't sway out of their control.

3. Put them in front of a mirror or selfie mode: While your child is seated, if you can place a mirror in front of them, or let them use a device on selfie mode so they can see what's happening as you brush their hair. When a child can't see what's happening, it's naturally more anxiety producing and it also further challenges their sensory system. This simple tip can help some kids tolerate hair brushing with much more ease!

4. Hold one hand firmly on their head while brushing and start brushing from the top down: The tugging of hair brushing is probably the most aggravating aspect of hair brushing for kids. To help minimize that sensation, put one hand firmly on the child's scalp as you brush down with the other hand. Start at the top of the hair and gently brush down. Move your hand down, continuing to push on the scalp as you move further down the hair.



5. Use detanglers and sensory brushes: If your child is sensitive to the way the brush feels on their scalp or has a lot of knots in their hair, you may want to consider using some special brushes designed to minimize the sensation or detanglers to decrease the amount of knots.

6. Let your child choose the brush: Letting your child choose which brush or comb you use has two benefits. First, it gives your child a sense of control. If you have a variety of options, try to give them 2-3 to pick from so they aren't overwhelmed with the choices. Making a choice also shifts their attention off of getting their hair brushed and onto making a decision. Second, your child may not be able to articulate which brush feels better to them, but they may be able to choose it when they see the options laid out. Chances are the brush they pick will be the least assaulting to their senses, which is what you want!

7. Spray water on dry hair: Sometimes, it's helpful to spray some water on a knot or tangled hair when you're trying to brush it when it's dry. The water helps the brush or comb glide through the hair more easily. This can be especially helpful for curly haired kids!



Bonus tip: Keep hair cut shorter: This is a "work-around" strategy. Although you may have visions of a child with long beautiful hair, but the shorter the hair is, the easier it is to brush.

CHRISTMAS MENU

WEDNESDAY 15TH DECEMBER



LEARNER PHOTOGRAPHS

We will be having Tempest Photography come into Quest to take school photos on

Tuesday 23rd November 2021 at 9.30am.

www.tempest-photography.co.uk

We have been assured that the photographer has experience in special schools, and we look forward to seeing some smiley faces.

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.



NATIONAL SLEEP HELPLINE

Do you struggle to fall asleep? Do you feel tired? Do you have a child who won't sleep in their own bed?



Sleep deprivation can have a serious impact on emotional, physical and mental health and many people who are seeking our support are approaching crisis point, whether that's adults or families. One in four children in the UK are not getting enough sleep, this has an impact on their behaviour and ability to learn, as well as their physical health. Having a sleep issue is surprisingly common. At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

Sleep education is empowering – you can understand why you might not be sleeping well and how that can change. We promise to listen without judgement and help you decide what next steps are right for you.

The free helpline is run by trained sleep advisors who can talk to young people directly, or parents. The helpline is open 5 nights a week, Sunday to Thursday, 7-9pm and the number is 03303 530 541.

You can read more here: [The National Sleep Helpline](https://www.sleepaction.org.uk)

Corporate partner, Furniture Village, helped launch a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice regardless of age, ethnicity, background or income.

SAFEGUARDING & FAMILY FOOTINGS



- **Stevie-Jayne** is responsible for lower school families and is available on;
Stevie.JayneFarrell@macintyreacademies.org Work mobile 07504001918



- **Joan** is responsible for upper school families and is available on;
Joan.goodrich@macintyreacademies.org Work mobile 07377990796

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.



Putting children and families *first*

