



MacIntyre Academies
Quest Academy

APRIL 2020 EDITION 4 NEWSLETTER



NEW FACEBOOK PAGE — Quest Academy Family Group



“Quote of
the week”

*“The beautiful thing about
learning is no one can take it
away from you”*

B.B. King

WELCOME



Dear Parents/Carers,

I hope that you continue to find our newsletter informative. If you have any suggestions about additional items we could include please contact the admin office to let them know your ideas. The member of staff who oversees data is now back at work and able to start populating learners' reports. We are hoping that the reports will be ready to be sent out on Monday 27th April. Staff continue to work hard preparing lessons for learners to complete at home. We have also created a web based lesson review for learners so that they can give us their feedback. We know that lots of learners have been completing online learning which staff continue to monitor. If your child has completed written work please send this in via email or ask the admin team to send you a pre-paid envelope so that the teachers can mark your child's work. We are also going to be introducing a "talk it out initiative" and you will receive a letter about this in due course. In line with government guidance we also need to involve families in the writing of our new SRE policy (Sex and Relationship Education). We had originally planned to give a small presentation in school but as this is not possible we will send you the presentation and policy for comment. If you have any comments you would like to make please contact Ryan English by the end of April so that he can prepare the document for the Local Advisory Board and Trust Board to review and ratify.

Please do not hesitate to contact me if you wish to have a chat.

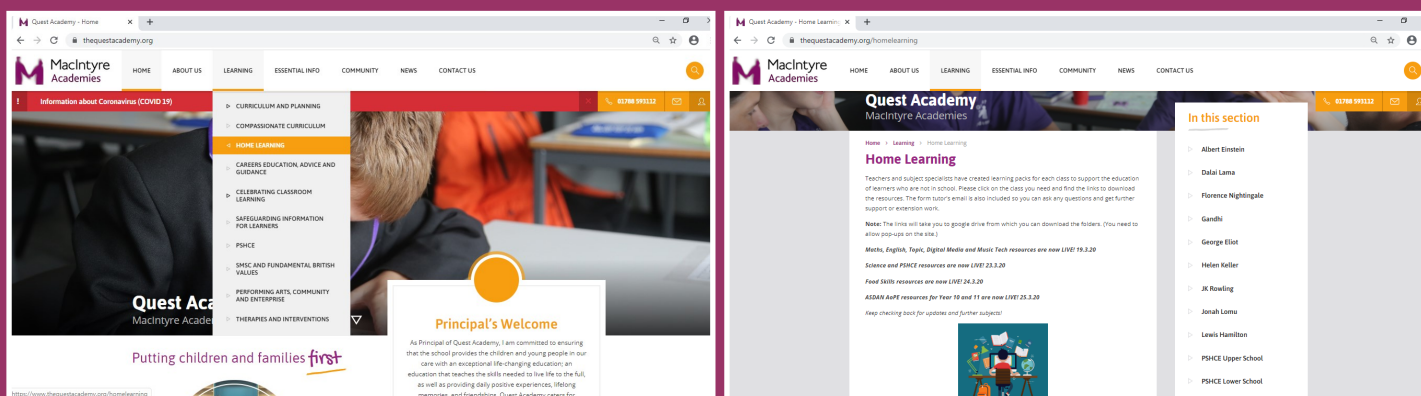
Kind regards,

Nicola Wells.

FOOD TECH AT QUEST



QUEST ACADEMY: HOME LEARNING



Don't forget we have some fantastic resources on our Quest Academy Website, under Home Learning <https://www.thequestacademy.org/homelearning>

Teachers and subject specialists have created learning packs for each class to support the education of learners who are not in school. Please click on the class you need and find the links to download the resources. The form tutor's email is also included so you can ask any questions and get further support or extension work.

Note: The links will take you to google drive from which you can download the folders. (You need to allow pop-ups on the site.)

Book of the Week

The Beast of Buckingham Palace

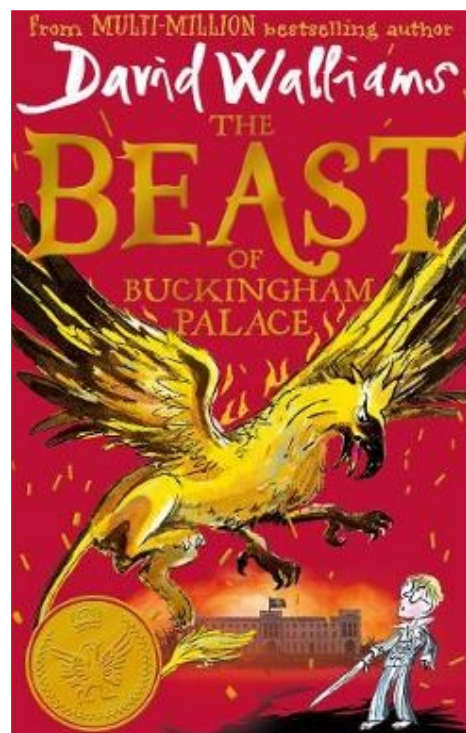
Author: David Walliams

It is 2120 and London is in ruins.

The young Prince Alfred has never known a life outside Buckingham Palace – but when strange goings-on breach its walls and stalk the corridors in the dead of night, he is thrust into a world of mystery, adventure and monsters.

And when his mother, the Queen, is dragged away to the Tower of London, Alfred must screw up his courage and battle to save her, himself... and the entire city.

In a future of myths and legends, join the bestselling David Walliams and venture forth into his most enthralling tale yet!



NEW STAFF

We had our new Occupational Therapist, Harry start with us this week and we decided to quiz him!

1) What is the best job you've ever had and why?

When I worked at Halfords, part of my job was to destroy old stock using a sledge hammer which was a lot of fun

2) Where's the most interesting place you've ever been too?

Rural Romania. When the cows came back from the field, they all walked back into their own houses in the village without having to be told where to go.



3) If you could live anywhere in the world, where would it be and why?

New Zealand, for the scenery.

4) Who is the most famous person you've met?

Ewan McGregor (Obi Wan Kenobi).

5) Tell us an interesting fact about yourself?

I've done a sky dive and a bungee jump.

6) Thinking about your working life, tell us about a time where you have gone beyond the requirements of your role to achieve something amazing?

I once worked with a young person who couldn't leave his room due to high anxiety. After a lot of work and individual sessions he was able to spend all day out of his room doing lessons and activities he loved.

7) Do you prefer hot sunny holidays' or wonderful winter holidays and why?

Hot and sunny because you don't have to pack much.

8) What is the most disgusting food you've ever eaten?

Durian (stink fruit), clue is in the name.

9) What sport do you like to watch and why?

Football. You can't beat a last minute winner!

10) What sport do you play and at what level?

I play Rugby locally.



11) What's your biggest sporting achievement?

Played at Twickenham in the national schools cup final (peaked early).

12) Have you ever done anything to raise money for charity?

I've raised money as part of my rugby club and for different volunteer projects I've been involved in.



14) What's your favourite food and why?

Toast, because it goes with everything... apart from marmite

15) What was the last TV series you watched?

Parks and Recreation

16) What car do you drive?

A Corsa

17) What car would you like to drive if money was no question?

Aston Martin DB9 in British racing green



Is there any members of staff you would like to interview?

What questions would you ask?

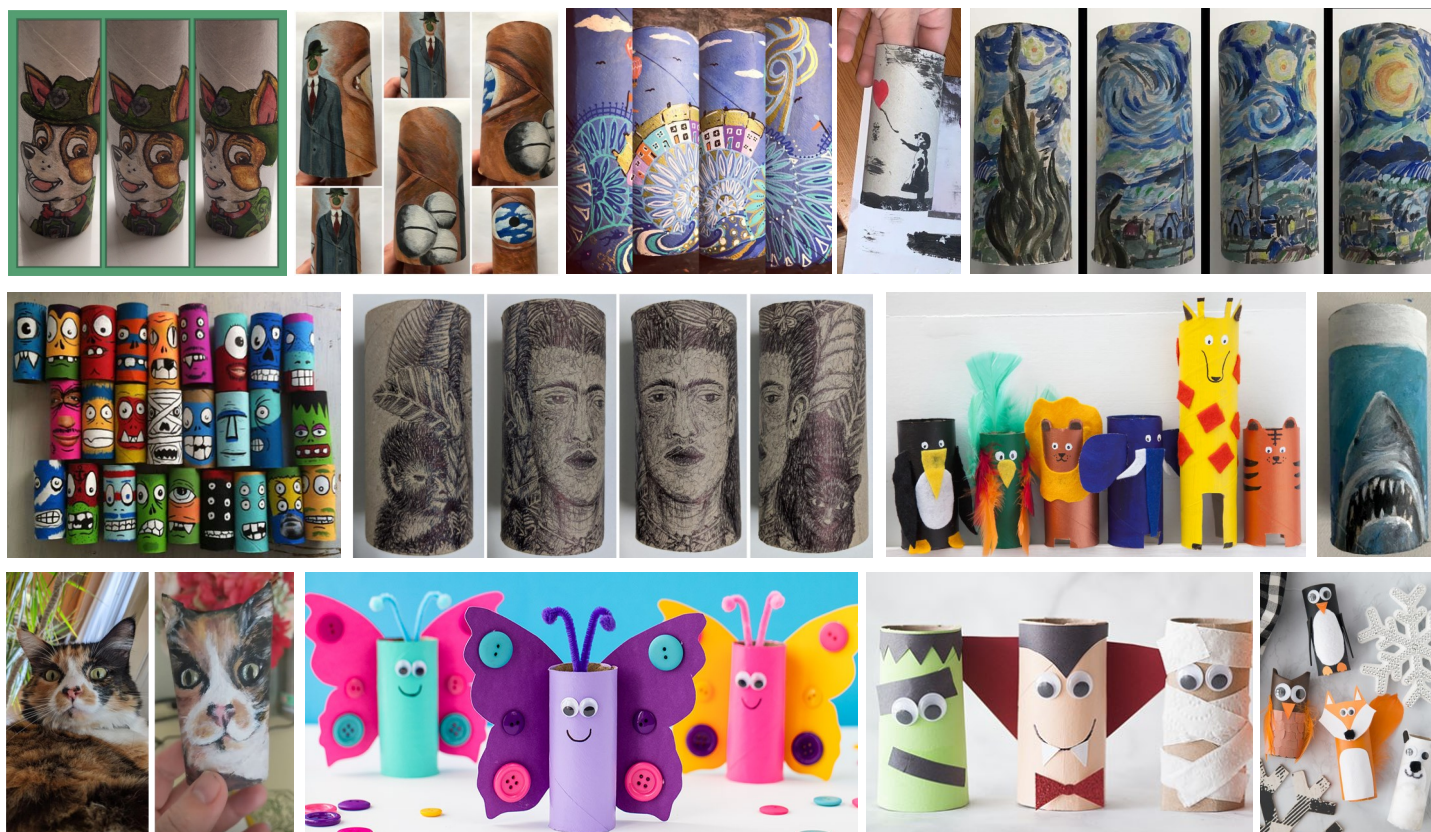


TONI-ANNE'S 'LOO ROLL' ART CHALLENGE



I have had you drawing dogs/ frogs/ camels and rainbows.....but this is an even stranger one! So we're all stuck indoors and might be getting a little bored. It doesn't matter if you're not that creative, it can be anything, graffiti, cartoons, expressions of rage, love, boredom, frustration. With some very basic equipment you can give this loo roll art challenge a go, maybe even challenge your family to get involved too.

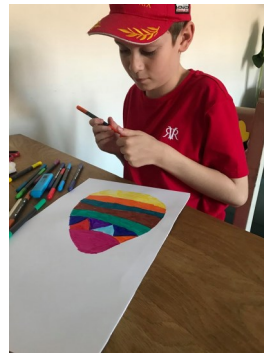
My four year old is obsessed with Paw Patrol so Tracker that was my first try (first image).



Please send them in to toni-anne.eagles@macintyreacademies.org

HOW HAVE YOU BEEN KEEPING BUSY?

Aj has been busy colouring, keeping up with Quest Suggestions and has been changing his window picture every week!

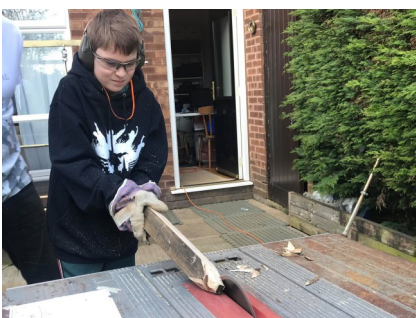


He and his sister also helped me at the allotment doing a great job pulling weeds and digging. He is an absolute expert and a great help.

He is walking the family pet Sox every day and goes on bike rides, adhering to the government guidelines.



Aj also helped his father build a new raised bed in the garden and also washed his car. He is really embracing the lockdown and is enjoying the good weather like everybody else staying home and keeping a safe! When out we respect the social distancing and we stay close to home.



We also played Scrabble in pyjamas and Aj won!
He followed the rules and came up with amazing words!

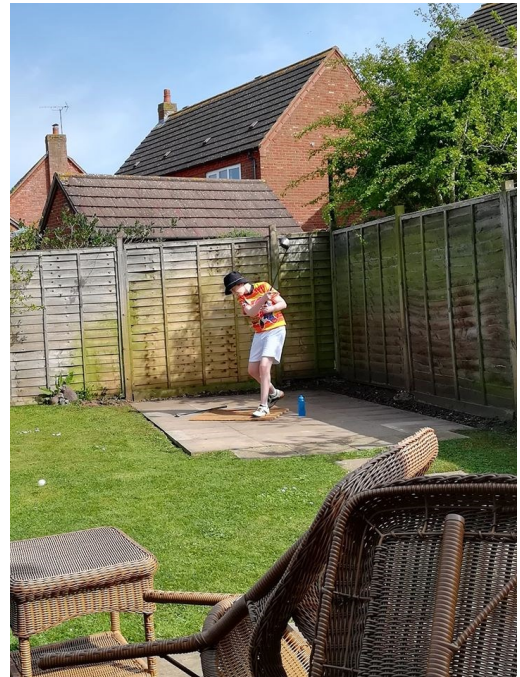


Some of the best learning is done and the best memories are made when we put down the text books and have some real fun! It is so lovely to see Aj and his family embracing this. Thank you to Aj's Mum, Daniela for sending in so many wonderful pictures and explaining everything they have been up to!

Dan has had a fantastic new haircut
and colour under lockdown!



Michael has been out practising his golf swing,
and has self titled himself Golfy McGolface!



Summer & Mum Jody have been
making some yummy cupcakes.



Adam has been celebrating his
brother's birthday!





Family VibEs

Living values in the home

Values-based schools focus explicitly on core values to create happy and nurturing learning environments...

We are encouraging families to come together, explore a single value each week to foster happy and nurturing homes in times of uncertainty and stress.

Each week, we will publish a resource for schools to share with families, providing ideas for how to think about and live a core value.

WEEK 3 - RESPONSIBILITY

<https://www.valuesbasededucation.com/vbe-resources/family-vibes>



Responsibility is . . .

. . . the commitment to successfully complete a task you agreed to undertake.
. . . Valuing our world by caring for it
. . . Valuing others by helping them
. . . Volunteering to help without expecting reward
How are you being responsible?

Rights are often linked to Responsibilities

Look at the chart below. Can you think of more or better examples?
 Please share your ideas on ['Family VibEs'](#)

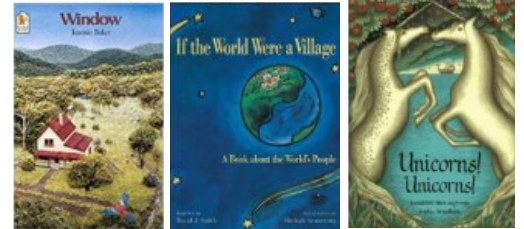
You have the right to a home	BUT also, the responsibility to keep that home clean and pleasant.
You have the right to be fed	BUT also, the responsibility to eat foods that will keep you healthy.
You have the right to be warm	BUT also, the responsibility to not waste energy.
You have the right to fresh water	BUT also, the responsibility to not waste it
You have the right to be listened to	BUT also, the responsibility to listen to others

"If you want children to keep their feet on the ground, put some responsibility on their shoulders."
 Abigail van Buren

"Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more"
 Anthony Robbins

Communication – sharing ideas

- * What does **responsibility** mean to each of us? Let's listen to each other.
- * How do we show responsibility in our daily life? List each family member's responsibilities. Could some younger members try new ones this week? Why not try each other's?
- * Watch a Video of If the World were a Village of 100 people <https://youtu.be/FtYjUv2x65g>
- * Responsibility stories: Where the Forest meets the sea and Window by Jeannie Baker, Unicorns, Unicorns! By Geraldine McCaughrean, If the World were a Village by David J Smith



Behaviour & activities – doing together

- * Do some family research into Fairtrade. (Fairtrade.net). Talk about how it came about. What Fairtrade products do you buy as a family? How does it link to being responsible?
- * Become ECO warriors, responsible for our planet! Create a wall chart to record what everyone recycles in your household. Have a column for each type of recycling (or re-use). Keep a tally for the week of every time an item is recycled. How well are you doing?



Happiness – family fun

- * Try a responsible project; create bird feeders and identify the birds that visit. At this time of year, they are nesting and bringing up the young.
- * Plant some seeds and nurture them. They can be for beauty or for food. They can be in a garden or a windowsill pot. Record how they grow. Take photos every day.
- * At dinnertime, choose a food on your plate and count how many steps were involved in getting it to your table. For example, milk's journey might be table, kitchen, fridge, shop, lorry, distribution site, milk tanker, farm, cow. If someone gets stuck, go around and see if anyone can think of more steps. How far back can you go?



Photo by Francesco Gallarotti on Unsplash

Wellbeing – being well in body and mind

- * At the end of the day make a list of the things you did to help others and/or how others helped you.
- * Be responsible to your body by making sure you exercise each day.
- * Take time to keep your mind fit and healthy by sitting quietly and still for a couple of minutes each day. Concentrate on your breathing. Slow down the thoughts in your mind. 'Pause'.

BBC HAVE RE-VAMPED THEIR BITESIZE WEBSITE, TO INCLUDE DAILY LESSONS HOSTED BY CELEBS

<https://www.bbc.co.uk/teach/bitesize-daily-schedules-teach/zdtwjhv>

From 20th April, you will be able to access regular daily lessons in English, maths and other core subjects, in an expanded version of the BBC Bitesize website and also in special programmes broadcast on BBC iPlayer and BBC Red Button.

Our aim is to ensure that every child in the United Kingdom has access to education resources that support core aspects of their nation's school curriculum. Bitesize Daily will run for 14 weeks and is designed to support teachers, parents and children learning at home.

BITESIZE DAILY LESSONS

The newly-expanded Bitesize website has been tailored for every age group from Year 1 to Year 10. The lessons will draw on the best of our existing BBC Bitesize and BBC Teach content, with activities and input from the broader education sector who have generously thrown their weight behind our work. The Bitesize website will offer a newly-created maths and English lesson for each year group every day, as well as a lesson in another curriculum topic.



BITESIZE DAILY ON IPLAYER

Bitesize Daily programmes - 20 minute shows each designed to target a specific age group - will be available on on BBC iPlayer, on any device, and on TV via the Red Button.

The lessons have been designed in consultation with teachers and education experts and will be presented by teachers, experts and by well-known BBC faces, including Karim Zeroual and Katie Thistleton. There will be some subject-specialist presenters too, for example, Bobby Seagull and Rachel Riley for maths, and Matt Barton for English.

We are also offering a weekly, age-appropriate 'Book Club' for young learners where books will be read by many famous people. In week one alone we have Strictly stars Oti Mabuse and Diane Buswell, comedian Russell Kane and England rugby player, Maro Itoje.

PARTNERSHIPS

In launching Bitesize Daily, we are delighted to have worked with several educational organisations including the RSC, the Premier League, Twinkl, TES, Pearson, SAM Learning, Sparx, Oxford University Press and children's publishers including Puffin Books, Nosy Crow and Macmillan.

EXAM UPDATE



There has been an update on the [gov.co.uk](https://www.gov.co.uk) website on 15th April with regards to the planning for exam results for Summer 2020. A summary of their proposal is below but for full details please click on the attached link.

<https://www.gov.uk/government/consultations/exceptional-arrangements-for-exam-grading-and-assessment-in-2020?fbclid=IwAR3ar82s3IT5QpAQ35coOgYft--FaGN-KEbmUFYXArxIR4LJ2alwxVYdvkl>

Aim:

- to ensure students can receive grades in these qualifications this summer so they can progress to the next stages of their lives without further disruption
- that the grades will be as valued as those of any other year
- that the approach will be fair.

In this consultation we are seeking views on a number of features of the exceptional arrangements for awarding GCSEs, AS and A levels in 2020. We propose to apply the same arrangements to Extended Project Qualifications and the Advanced Extension Award.

In summary, the great majority of learners who had been entered to take exams this summer will receive a grade calculated by the exam board for each of their subjects. Learners who feel that the grade does not reflect their ability or for whom it was not possible to issue a calculated grade, will be able to take exams in the additional exams series which will be scheduled for this autumn or, if they prefer, next summer.

Aspects of the arrangements by which learners will receive results this summer have already been set out by the government. However, there are implementation decisions we must make, including the changes to our regulatory framework. We propose which of our rules we plan temporarily to set aside or change.

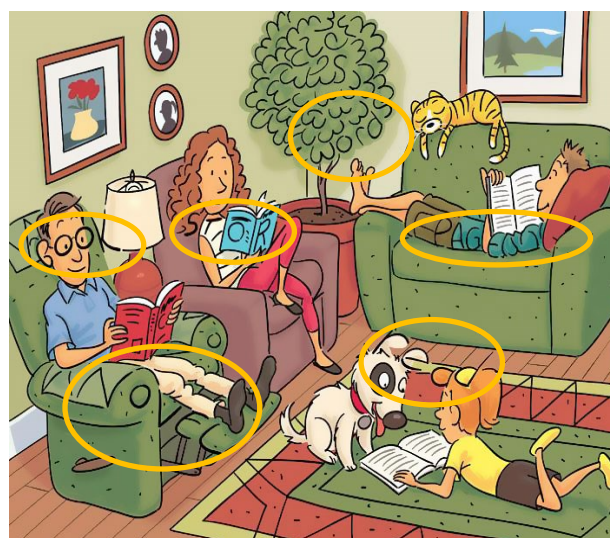
In light of the speed with which the arrangements must be finalised if learners are to receive their results in good time, this consultation will close on Wednesday 29 April 2020. We encourage everyone with an interest to read the proposals and respond.

Laura-Jane Boshell,

Office Manager and Exams Officer.

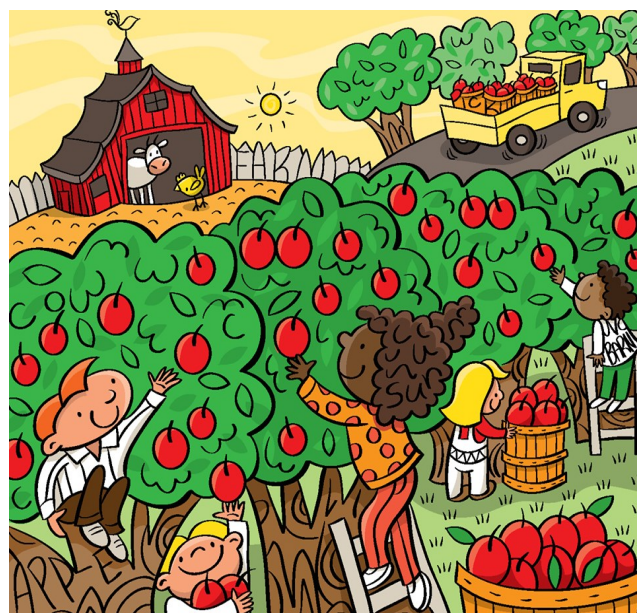


THE ANSWERS - COULD YOU FIND THE 6 HIDDEN WORDS IN THESE IMAGES?

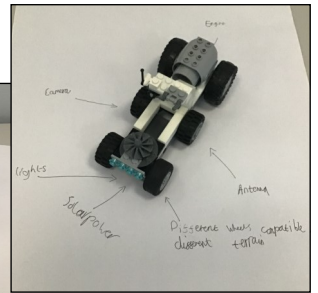
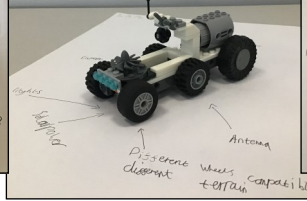
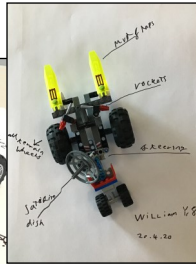
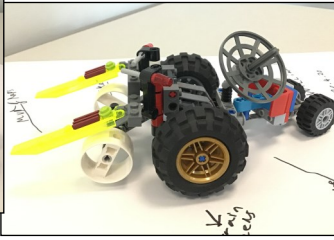
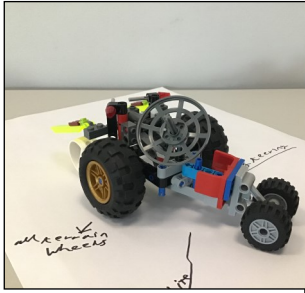


Did your eagle eyes manage to find all the hidden words?

THIS WEEKS CHALLENGE - CAN YOU FIND THE 6 HIDDEN WORDS IN THESE IMAGES?



SCHOOL LEARNING



HOW WOULD HUMANS SURVIVE IN SPACE

How Can Humans Survive In Space

What do humans need to survive?

WHAT HUMANS NEED TO SURVIVE

1. FOOD BECAUSE FOOD SUPPLIES US WITH ENERGY
2. SHELTER BECAUSE HUMANS NEED PROTECTION FROM THE WEATHER
3. WATER BECAUSE HUMANS NEED TO BE HYDRATED
4. WARMTH BECAUSE WE NEED TO BE WARM TO BE EFFICIENT
5. OXYGEN BECAUSE WITHOUT IT WE CAN'T BREATHE

Requirements For Survival

- For Humans To Survive they need to acquire the following requirements: Air, Water, Food, shelter, sanitation, touch, sleep and finally personal space.

Why Do Humans Need Food Specifically To Survive

- Food is one of the key requirements of survival; this is because of the role it plays for us humans. We need food for energy, growth, warmth, repair. We need the nutrients on a daily basis in order to keep us healthy. The three main nutrient groups in food are fats, protein, carbohydrates. A good diet is always beneficial.

WAYS OF ESTABLISHING LIFE

1. CREATE FARMS BY PLANTING VEGETABLES
2. PLANT OTHER THINGS SUCH AS TREES OR BUSHES
3. CREATE WATER SOURCES AND A WORKING WEATHER CYCLE INSIDE A BIO DOME
4. MAKE AN OXYGEN FACTORY BY PLANTING TREES

Why Do Humans need Oxygen for survival?

- Oxygen is all around us in the air that we breathe, and that is a good thing because we could not live without it. Oxygen fuels our cells and helps provide the basic building blocks that our bodies need to survive. Our cells combine oxygen with nitrogen and hydrogen to produce various proteins that build new cells.

Why Do Humans Need Sleep For Survival?

- Our bodies all require long periods of sleep in order to restore and rejuvenate, to grow muscle, repair tissue, and synthesize hormones. How Much Sleep Do We Really Need? Healthy sleep is critical for everyone, since we all need to retain information and learn skills to the success in life.

TO SURVIVE ON MARS I WOULD NEED

1. A FORM OF SHELTER.
2. A WATER SOURCE.
3. SOME SORT OF FARM FOR FOOD.
4. A ROVER OF SOME SORT WHICH I'M GOING TO MAKE.

How Would I Explore Mars?

- To explore and survive on Mars I would need to meet the following requirements: have a rover, have some form of air, have food, water and shelter. I'm now going to design my own rover.

***Remember the most recent scientific advice on how to further limit the spread of COVID-19 is clear. If children can stay safely at home, they must, to limit the chance of the virus spreading. That is why the government has asked parents to keep their children at home, wherever possible, and asked schools to remain open only for those children who absolutely need to attend.**

POTATO SALAD



Ingredients

- 400g cooked new potatoes
- 2 x 15ml spoons of fresh dill
- 2 x spring onions
- 2 x 15ml spoons of low-fat mayonnaise

Equipment

Knife, chopping board, mixing bowl, measuring spoons, metal spoon.

Method

1. Chop the potatoes in half and place into the bowl.
2. Chop the herbs and spring onions and add these to the bowl.
3. Stir in the mayonnaise.

Top tips

- More vegetables can be added, e.g. canned sweet corn or peas, peppers.
- Meat or other ingredients can also be added, e.g. ham, cooked chicken or hard boiled eggs can be added to the salad.
- To change the flavour of the salad, omit the dill and add different herbs, e.g. mint or coriander.

Food skills

Complexity: low



Weigh.

Measure.



Chop.

Stir.



RUGBY / WARWICKSHIRE LIBRARY SERVICE

Warwickshire Library Service are currently offering free access to their audio library & other resources... <https://library.warwickshire.gov.uk/iguana/www.main.cls?url=librariesfromhomeplus>

- **eLibrary** A Digital Library free with your library card #LibrariesFromHome
- **BorrowBox eBooks and eAudio** eBooks and eAudio for adults and children, including many exclusive titles.
- **RB Digital eMagazines** A selection of the most popular UK magazine titles.
- **Press Reader eNewspapers** UK and world wide newspapers
- **Naxos Music Library** Free streaming of classical music.



DIGITAL LIBRARY HELP

We'll Help You Get Started with Our Digital Library.

✉ libraryenquiryteam@warwickshire.gov.uk

**STAY AT
HOME**

PROTECT THE NHS

save lives

**PLEASE REMEMBER TO
ONLY LEAVE HOME FOR:**



- ◆ Essential shopping
- ◆ Medical needs
- ◆ Exercise once per day
- ◆ Travel to work if absolutely necessary

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.

Putting children and families **first**

