



MacIntyre Academies
Quest Academy

SEPTEMBER 2021 EDITION 2 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



“Quote of
the week”

*“In order to succeed, we must first
believe that we can.”*

Nikos Kazantzakis

WELCOME



Dear Parent/ Carer,

Welcome to our fortnightly newsletter.

During the last fortnight classes have been benefiting from using some of the new purchases we made at the end of the Summer Term.



In particular, learners have enjoyed using some of the new computing resources we purchased to help them understand coding. To the left is a picture of a gyroscope robot which learners have programmed.

The new science, technology, engineering and maths outdoor equipment has also provided popular with learners and has helped them to understand key concepts linked to these subjects.

I would also like to take this opportunity to thank and congratulate the following learners:

- Owain, who went out of his way to introduce himself to a younger learner who was going to be in his taxi, as a result of moving house.
- AJ, Kieran, Elliot, Finlay, Jamie B, Kiyia for being selected to represent our Equality Champions Team.
- Holly, Amar, Kieran, Ruby, Callum, Lily, Kiyia, Harry F, Jack W, James B, Jude, Adam, Ryan T, Conrad and Oscar for being selected to represent their peers on the School Council.
- Lewis Hamilton Class for walking 78 miles this week (having started their walk from Lands' End and reaching Bodmin).
- Ryan and Riley for helping me plant some new shrubs at the entrance of the school and in the courtyard.
- Jack A. for really helping us out when it was hot and watering some of our 800 trees. These were planted in the holidays to help make us a greener school, improve our environment, provide us some protection from the wind as well as some privacy. Well done, to the School Council for putting this forward as a suggestion.
- All learners in Rosa Parks for being excellent ambassadors of the school when they are at Rugby Leisure Swimming Pool.
- Marley for being very brave and jumping into the deep end of the swimming pool
- All of the new learners in Shakespeare class for settling in so well.

Have a wonderful weekend.

Best wishes,

Nicola Wells

We are successful because... The parents of one of our learners thanked the Quest staff team for their son's support, which has been reflected in his positivity at home. They said that they appreciate the close home/school liaison and support.



QUEST TERM DATES FOR 2021 - 22:

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

Book of the Week

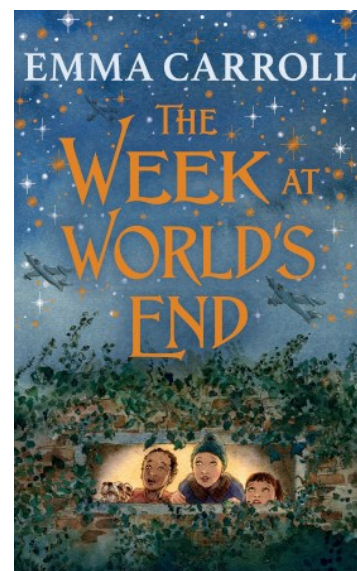
The Week at World's End

By Emma Carroll

Britain, 1962

'Who are you?' I asked. 'You don't know who I am? You mean, it's not been on the news?' The girl glanced from Ray to me and back again. 'It's better I don't tell you,' she said firmly.

Nothing ever happens in World's End Close. So when Stevie discovers a runaway girl in her coal shed, the first thing she does is fetch her best friend, Ray. Both are dying for a bit of adventure, and when the girl begs for help, they readily agree. Yet they soon realise they've taken on more than they bargained for. The girl, Anna, reveals she's on the run from people who are trying to poison her. Meanwhile, on the news, the Americans and Russians are arguing over missiles in Cuba. As the threat of war grows, Anna's behaviour becomes more mysterious. And when Stevie unearths a dark family secret, she wonders if Anna has come to World's End Close on purpose, with a special message just for her...

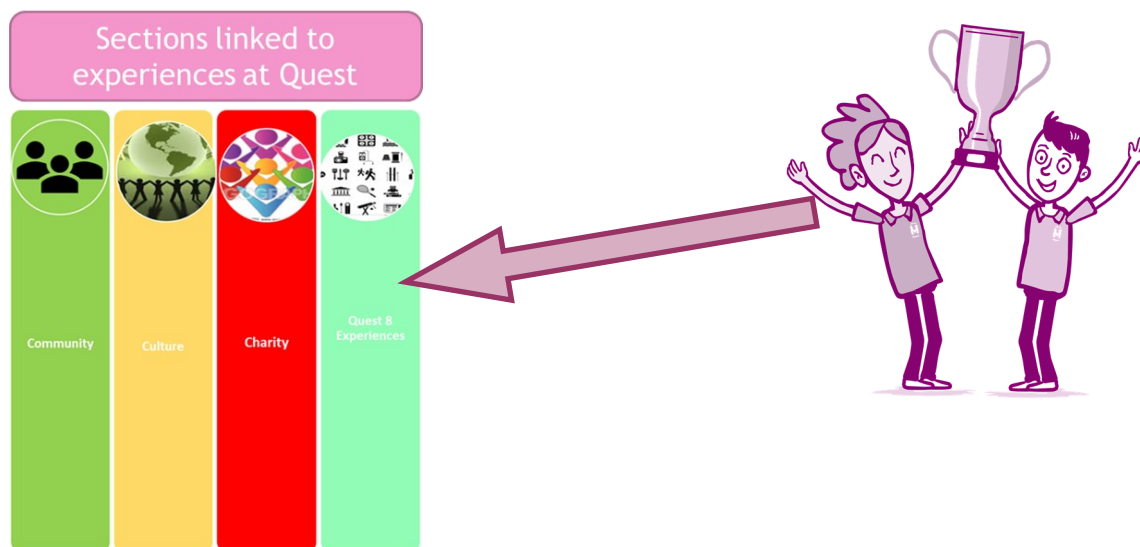


QUEST 8 - EXPERIENCES

Objectives

- To identify our next area of Quest 8
- To work as a class team towards an end goal
- To improve our own health and well being
- To learn more about the island on which we live

One of the areas of Quest 8 is to do with Experiences. This is the next area we are looking at:



Our first “experience”

As a class teams, we want learners to be able to walk the length of our country...**from the furthest point north to the furthest point south...** **Question:** Do you know what these 2 places are called?



Answer: John O’Groats to Lands End...

The total distance that learners will have to walk as a class is 874 miles!!



So how are we going to do this?

- We are going to make use of our brand new MOKI Bands
- Each week, we will wear them to walk / run around our track
- After each walk, we will down load the data and look at how far we've walked as a class
- As we start reducing the 874 miles, we will plot our journey on a map that will be displayed in class.



What will our journey be like?

- There are many "routes" available that can be downloaded by each class
- They can use pins to plot their journey
- Along the way, when they 'arrive' at the next town, learners could look to see what that town is famous for....perhaps sample food from that area or cook their own, look at famous landmarks, battles, history, phrases and so much more....
A chance to get to know our country!



What will we get for doing this?.

- A HUGE sense of achievement!
- A healthier body and mind **Your health and wellbeing matters!**
- Greater understanding of the country you live in.
- New experiences.
- Develop Team work skills.
- Certificate of completion for Quest 8 folder.



Next Steps...

- 1) Try out the bands and get used to wearing them.
- 2) Walk around the track, see how many laps = miles walked / time.
- 3) *Some may be able to do the maths to predict how long it will take as a class to walk.*
- 4) Learners will vote whether they are starting at Lands End or John O'Groats.
- 5) Identify a map suitable for displaying their journey.
- 6) Each class member / pair maybe given a task to research that area and report back, listing the facts for all to see!



Adult and Community Learning
Family Learning
Online



Soothing Sacks Wellbeing for Families

Free 5 week online course

Choose either:

Wednesday 22nd September 7.00pm-8.30pm

Or

Wednesday 3rd November 7.00pm-8.30pm

During this period of change and uncertainty many children are experiencing heightened levels of anxiety and stress and this is impacting on their health and wellbeing.

This 5 week course is designed to give parent/carer/practitioners the knowledge and skills to support their children and boost their happiness and wellbeing

Resources will be provided to create a wellbeing toolkit

If you would like to attend, use the QR code or link below and choose Adult & Community Learning - Family Learning:

<https://www.warwickshire.gov.uk/adultlearningandtrainingcourses>

If you require any further information please email:

katrinamcdade@warwickshire.gov.uk

cheryl neil@warwickshire.gov.uk

catherinewest@warwickshire.gov.uk



SCRUMMY SCONES

Ingredients

250g self-raising flour
40g spread
125ml semi-skimmed milk



Complexity: low-medium

Equipment

Weighing scales, baking tray lined with grease proof paper, sieve, mixing bowl, measuring jug, palette knife, flour dredger, rolling pin (optional), small scone cutters, pastry brush, oven gloves, cooling rack.

Method

1. Preheat the oven to 220°C or gas mark 7.
2. Weigh and measure the ingredients.
3. Sift the flour into the mixing bowl.
4. Using your fingertips, rub the spread into the flour until it resembles fine breadcrumbs.
5. Pour in the milk a bit at a time and mix it with the palette knife to make a soft dough. Save a little of the milk.
6. Place the dough on a lightly floured work surface and knead lightly.
7. Roll out the dough or press it into shape by hand, until it is 1.5cm thick.
8. Cut-out the scones using a cutter. No cutter? Divide the dough and press and shape by hand!
9. Place the scones onto the baking tray, brush with a little milk and bake for 12-15 minutes, until golden brown.
10. After baking, place the scones on a cooling rack.

Top tips

- Try some of these ingredients to flavour the scones. Choose one ingredient from each column per batch of scones. These quantities are designed to flavour the full batch of dough so to flavour a portion of the dough, reduce the amounts.

Use 75g of one of these ingredients	Use ½ x 5ml spoon of these
Reduced fat cheese, grated	Mustard
Sweetcorn	Dried mixed herbs
Courgette, grated	Cumin
Pepper, finely chopped	Chives
Spring onions, finely chopped	Curry powder

- When rubbing the spread into the flour, lift your hands to help get air into the mixture and shake the bowl to encourage large lumps to the surface.
- If you do not have scone cutters, allow the children to create their own shapes.

Food skills

Weigh.	Measure.	Sift.	Rub in.	Knead.
Roll out.	Cut out.	Glaze.	Bake.	

MENUS 2021 - 2022

MONDAY WEEK 1 W/C 06/09, 27/09, 18/10, 15/11, 06/12	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TUNA MAY SANDWICH	SLICED TURKEY BAP	CHEESE BAP	HAM SANDWICH	EGG & CRESS BAP
BACON BAP	CHEESE & TOMATO PIZZA	LOVES JOES BURGER	CHICKEN POPPER MINI BAGUETTE	FISH FINGER BAP
VEGGIE FINGER SUB	VEGAN HOT DOG	HOT PASTA POT	BBQ JACKFRUIT PIZZA	VEGGIE FINGER BAP

MONDAY WEEK 2 W/C 13/09, 04/10, 01/11, 22/11, 13/12	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEESE BAP	CHICKEN SANDWICH	HAM BAP	TUNA MAY SANDWICH	CHEESE BAP
MEATBALL SUB	LOVES JOES BURGER	CHEESE & TOMATO PIZZA	CHICKEN POPPER MINI BAGUETTE	FISH FINGER BAP
BBQ JACKFRUIT PIZZA	HOT PASTA POT	VEGAN HOT DOG	HOT PASTA POT	VEGGIE FINGER BAP

MONDAY WEEK 3 W/C 20/09, 11/10, 08/11, 29/11	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHEESE SANDWICH	TURKEY SANDWICH	TUNA BAP	CHICKEN BAP	CHEESE BAP
LOVES JOES BURGER	CHEESE & TOMATO PIZZA	CHICKEN POPPER MINI BAGUETTE	HOT DOG	FISH FINGER BAP
HOT PASTA POT	VEGAN HOT DOG	VEGGIE FINGER SUB	HOT PASTA POT	VEGGIE FINGER BAP



JOB VACANCY



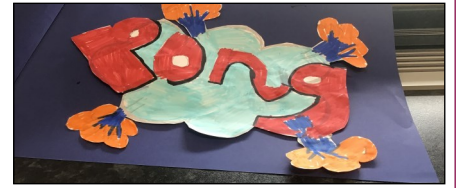
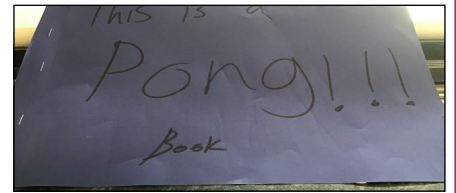
School Cleaner required for a site on Anderson Ave, Rugby area . The site is cleaned 5 days per week, Monday to Friday, this is 2.25 hours per day. totalling 11.25 hours per week. To be cleaned between the hours of 3.30 pm and 5.45 pm Cleaning experience preferred but not essential as full training will be provided to the successful candidate. Individual must be reliable, well presented and capable of cleaning to a high standard.

A DBS is required for this site, or for the right candidate a DBS will be carried out.

To apply for this position please call the Recruitment Manager on 07495 702345 or [Apply Here](#)

ART WORK

Learners in George Eliot, Alan Turing and Winston Churchill are currently working their way through a Communication Project in Art. As part of this project they have looked at how we understand art, thinking about how we communicate through body language, facial expression etc. They have also been looking at onomatopoeia. To the right is a fantastic example from Rory D. He creatively turned his word into a little book and it 'pongs' off the page with little springs!



They have also been working on Calligrams and looking at Typography.

Calligram: letters cleverly arranged into shapes to create an image that expresses the meaning of the letters or words. *Letters or words that create a visual image of themselves.*

Typography: visual aspect of the written word. Fonts can turn words into stories, they tell you what something is about, how it will make you feel, whether or not you'll like it before you even start watching a movie or reading a magazine.



ONLINE GAMING

Gaming online has become a standard way for young people to play on gaming platforms, but it is very easy to forget the potential risks when they are playing in the safety of their own home. Do you check who they are playing with and talking to online? Do you look at the virtual world they are playing in? Do they understand why they must be cautious and protect themselves whilst playing online? There is lots of information available to parents to offer guidance and support, and help to educate our young people. Here are a couple of trusted websites that you and your child can take a look at:

www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-gaming/
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

Having ground rules and limited access to electronic devices is key; use these website links to get suggestions on how to help put these in place and also monitor your child's activity online:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>
<https://uk.pcmag.com/parental-control-monitoring/79219/the-best-parental-control-apps-for-your-phone>

It is also important to be mindful of how much time is spent on electronic devices and screen time, for our mental health, emotional regulation, sleep routine and our physical health in general:

<https://www.internetmatters.org/hub/news-blogs/new-screen-time-guidance-advises-parents-to-consider-not-using-phones-at-dinner-and-bedtime/>

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Books Can:

Studies show that people who read for fun are more likely to feel happy and confident.



Your heartbeat slows. Your muscles melt. One minute you're reading in bed, and the next you're *zzZZzzzzZZzzzz*.



Whether you're starting a book club or bonding over *Wimpy Kid* with a friend, you'll be part of a reading community.

Increases
knowledge and
vocabulary by

50%

Lowers stress by

68%

Can lengthen
your life by

2 years

What science tells us about why you should get lost in a great story



Reading is a workout for your . . .



Reading exercises the brain, improving your memory. (Maybe you'll stop forgetting your lunch at home!)



Books help you
see vivid pictures
in your mind.
So you feel like
you're actually at
Hogwarts, riding
a Nimbus 2000.



Research shows that reading about a character's thoughts and feelings can make you kinder.



Year Group	Vaccines to be given	Date
	Nasal Flu Programme	12/11/2021
All Year 9	Td/IPV & Men ACWY	27/01/2022
All Year 8	HPV 1	25/03/2022
All Year 9	HPV 2	25/03/2022
All years	Mop up Session	19/07/2022



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.

SCHOOL COUNCIL AND EQUALITY CHAMPION MEMBERS

Our first Equality Champions meeting takes place on Wednesday 6th October.

School Council meetings are held every Monday 3 - 3.20pm.

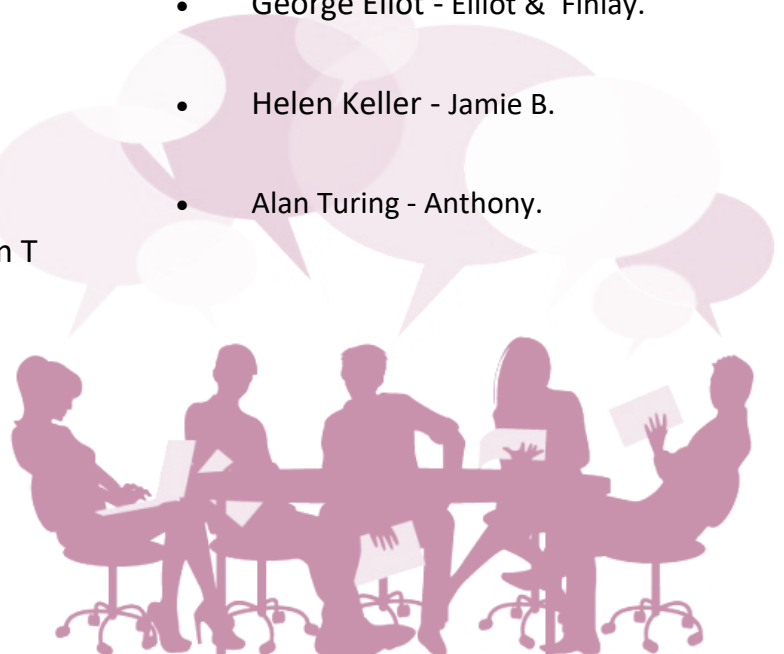
Every class chose/ voted for their peer representatives, please see the list below:

SCHOOL COUNCIL:

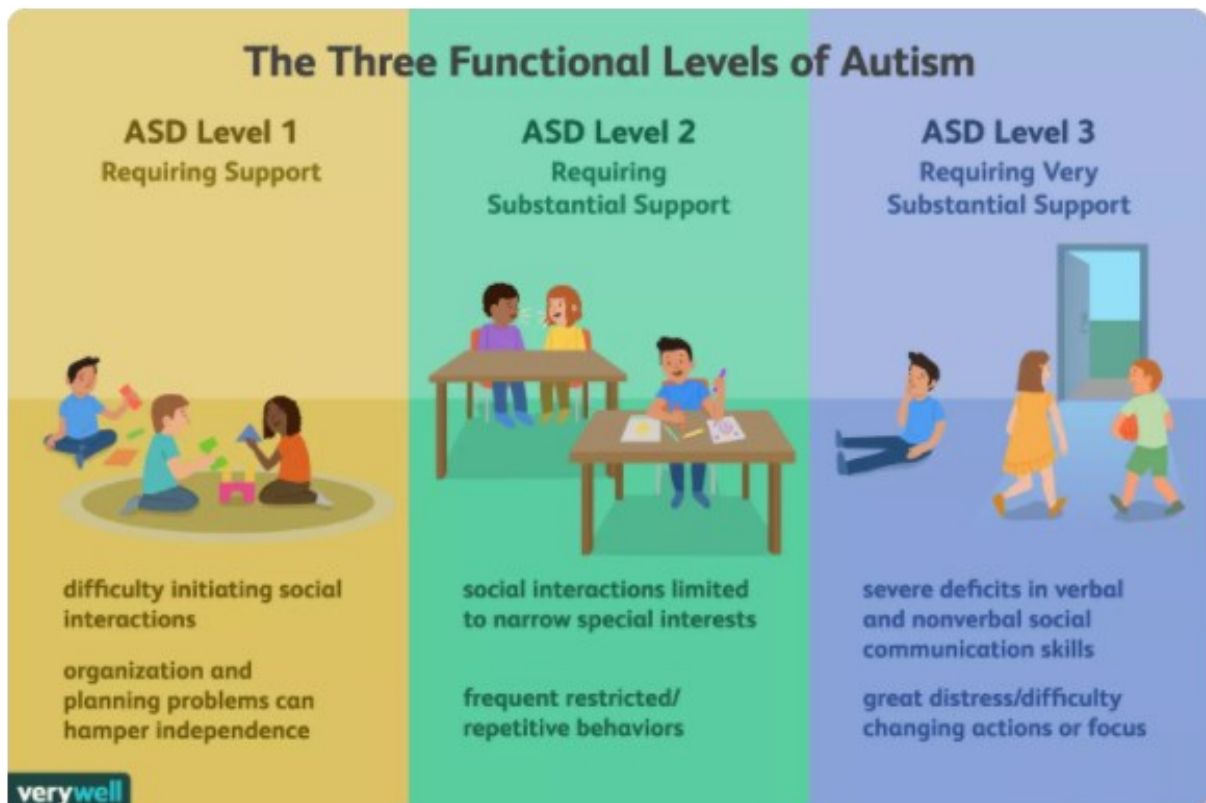
- Florence Nightingale - Jack W. & James B.
- Albert Einstein - Lily & Adam.
- Shakespeare - Holly & Jude O.
- Aretha Franklin - Oscar & Harry F.
- George Eliot - Amar, Conrad & Ryan T
- Gandhi - Ruby.
- Lewis Hamilton - Kieran & Kiyia.
- Dalai Lama— Callum.

EQUALITY CHAMPIONS:

- Lewis Hamilton - Kieran & Kiyia.
- George Eliot - Elliot & Finlay.
- Helen Keller - Jamie B.
- Alan Turing - Anthony.



UNDERSTANDING THE THREE LEVELS OF AUTISM



Anyone who meets the criteria for having autism spectrum disorder (ASD) will be further diagnosed as having ASD level 1, ASD level 2, or ASD level 3, according to criteria outlined in the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5).

These levels are based on a person's strengths and limitations in regards to their ability to communicate, adapt to new situations, expand beyond restricted interests, and manage daily life. They specifically indicate how much support an autistic person needs, with level 1 meaning relatively little support is required and level 3 indicating the need for a great deal of support.

The three levels of autism make it possible for doctors to make a specific diagnosis and also helps people who are taking care of someone with autism have a clear understanding of that person's strengths and limitations. The levels described in the DSM-5 reflect a more refined way of diagnosing autism than that of the previous DSM.

<https://www.verywellhealth.com/what-are-the-three-levels-of-autism-260233>

Being assigned one of the three levels of autism can be useful for understanding how high - or low - functioning someone is likely to be and determining what types of services and supports would serve them best. It won't, however, predict or account for nuances in their personality and behaviour, which means the support and services they receive will need to be highly individualised.

NEW STAFF

We have had a new Teaching Assistant officially join our staff team over the last couple of weeks, so of course we had to do a Quest Quiz to get to know them!



Below are Kelsey's responses....

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

Prince Charles and Princess Camilla on a school trip.

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

Formula 1, I enjoy sitting down and watching it with my partner and support Max Verstappen.

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

When I was in my early teens I shaved my hair off to raise money for children with cancer and donated my hair. I have also done a Race for life mud run. These both being in honour of my grandad who I lost to cancer.

4) What's the thing you enjoy the most about lockdown?

Quality time with loved ones.

5) How did you spend your spare time? Hobbies etc?

Listening to a lot of musical show tunes. I love Harry Potter and Hamilton the musical. I am also a big fan of Disney films, Dwayne 'The Rock' Johnson and Lin-Manuel Miranda. It's my dream to see a Broadway musical live one day.



HM Government NHS Test and Trace

Twice weekly rapid COVID-19 testing

Test at home
Report online
Keep life moving

Let's take this next step safely.

GET YOUR TESTS FROM SCHOOL OR COLLEGE

REGULAR ASYMPTOMATIC

It is vital that staff and learners continue to test twice weekly (Sunday & Wednesday evenings) in order to identify asymptomatic cases of Covid-19.

If your child has had three tests on site, lateral flow tests will be periodically sent home from school.

Tests can also be ordered from the Governments website:

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

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.

