



MacIntyre Academies
Quest Academy



MAY 2022 EDITION 2 NEWSLETTER



Our final school day of this academic year is now Tuesday 26th July

Quote of
the week

“Just one small positive thought in the morning can change your whole day.”

- Dalai Lama

WELCOME



Dear Parents/ Carers,

This half term learners have benefited from the warmer weather and have been able to spend more time outside and going on trips. We have lots of experience days planned for the learners next half term and hope that these will be as popular as they were last year. Staff and learners are working hard for our annual Questival and our official opening on Friday 15th July.

Thank you to the families who shared their views about the change of the school day. The feedback we received has been shared with our Group Director and members of the Local Advisory Board. Our next step will be to contact Specialist Transport. If you did not have the opportunity to share your views in the timeframe it is not too late. Please contact me via email or via the front office, quest.office@macintyreacademies.org.

I hope that you have a wonderful half term and enjoy the Jubilee celebrations. We look forward to seeing all learners back at school on Monday 6th June.

Kind regards,

Nicola Wells



We are successful because...

... the parents of one of our learners said that his progress has been possible because of the consistent support and structure provided by Quest Academy. Due to this, their son has developed social skills and emotional regulation.

... the father of one of our learners said that he is pleased that the Quest staff team is supporting his son with his emotional regulation strategies.

Beatrice and the London Bus book series

By Francesca Lombardo

London based Italian author Francesca Lombardo brings enjoyment, hope, courage, determination and urban culture to young people with her newly released children’s book series – Beatrice and the London Bus.



Her stories resemble a modern London take of Alice’s Adventures in Wonderland with lots of humorous, inspiring and empowering contemporary fairy tale features and a classic feel for children and parents alike.

It all kicks off from Beatrice’s dream of becoming a London bus Driver. In the 150th anniversary of Alice in Wonderland it’s great to see another child heroine taking on a traditionally male task. She shows personality and determination, hence she is setting an example for young girls. The book series also encourages children to develop the fundamental aspects of social responsibility making them familiar with the aspects of being part of an important community, like the one of a big city like London.

The book series has even received an endorsement from the Culture team at the Mayor of London’s office. They said: “We very much enjoyed the Author’s story idea and we really appreciate her enthusiasm and passion for London. We wish the very best of success to this wonderful story.”

The Author is not stopping there and is currently writing BOOK 4 and 5 which will see Beatrice and the London Bus travelling through Paris, Rome, New York, Las Vegas, LA and other countries around the world (China, India). We cannot wait to read those stories!

Francesca is also working in partnership with some London Children Charities for a series of activities related to the books. *Beatrice and the London Bus* book series is available

from [Amazon](https://www.amazon.com) and www.beatriceandthelondonbus.co.uk

TERM DATES FOR 2021 - 22:

SUMMER TERM 2022	
Half term	Monday 30th May – Friday 3rd June 2022
Ends	Tuesday 26th July 2022

ADDITIONAL DATES FOR DIARY

Year Group	Vaccines to be given	Date
All years	Mop up Session	19/07/2022

CONNECT FOR HEALTH

On Tuesday 17th May Connect for Health (Warwickshire nursing team) visited Quest Academy to deliver a lesson about stress awareness. This was specifically targeted at years 6 and 11. The lesson utilised learners with engaging activities to equip them with strategies to cope with stress.

Categories covered:

- Explore your senses activity.
- Physical activity
- Relaxation activities.
- Creative activities

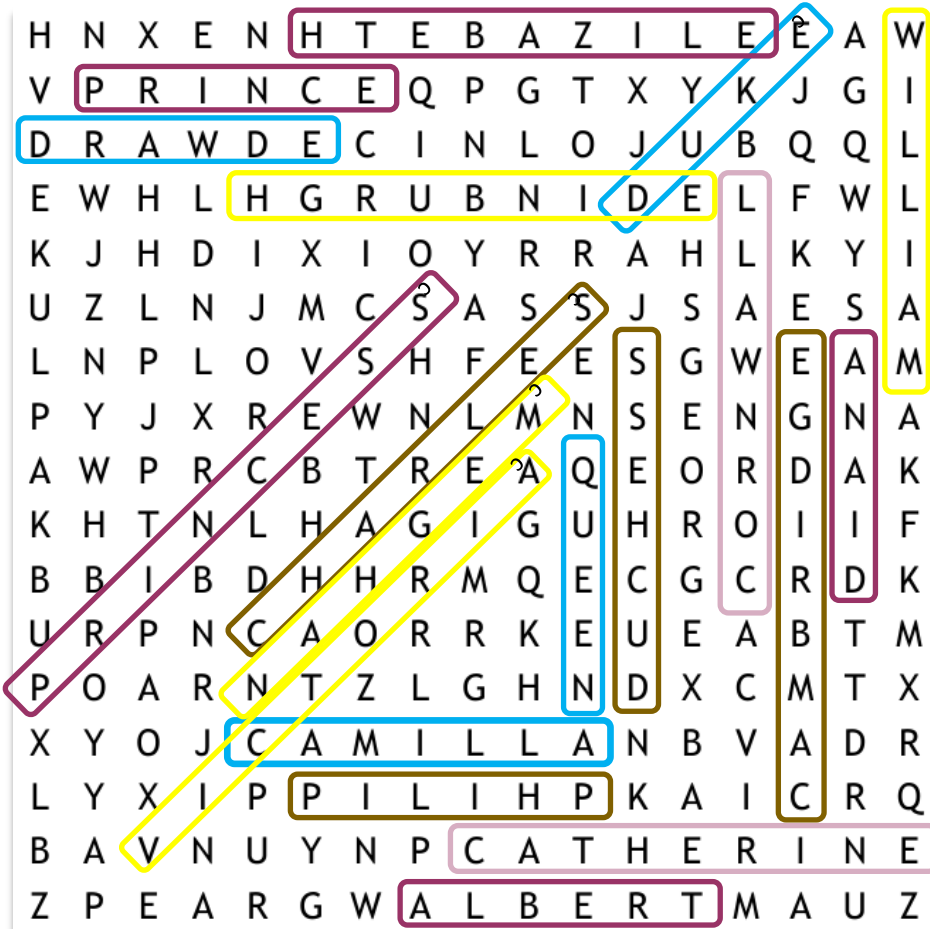


Feedback from learners were that they enjoyed and engaged in the tasks given.

Connect for Health are hoping to roll out other lessons such as Child Safety Week – date TBC and will deliver this to all learners.

For more information contact Joan Goodrich in Family Footings.

BRITISH ROYAL FAMILY WORDSEARCH ANSWERS



In honour of the upcoming Jubilee festivities we thought we would try a British Royal family Wordsearch.



- | | | | | |
|-----------|-----------|---------|-----------|-----------|
| princess | edinburgh | edward | cambridge | cornwall |
| albert | victoria | duke | duchess | catherine |
| prince | william | camilla | charles | george |
| diana | meghan | queen | philip | harry |
| elizabeth | | | | |



THE QUEEN'S PLATINUM JUBILEE BEACON

Date: 30th April 2022 - 12th June 2022 **Location:** Rugby Town Centre **Cost:** FREE

Follow the seven characters around the town centre and see them come to life on your phone or tablet. Join us for this historic occasion by taking part in our free, magical augmented reality story-trail. Located around Rugby town centre are seven magical characters on a day trip from Buckingham Palace. Join Sir Barnaby Beacon on the trail as he visits his friends, you'll be able to see them in augmented reality, decide what happens next in the story and even win a free digital fun pack at the end. Not only that, but each of the characters will tell you about a decade in the Queen's historic seventy-year reign.

To learn more or start the trail, [click here.](#)

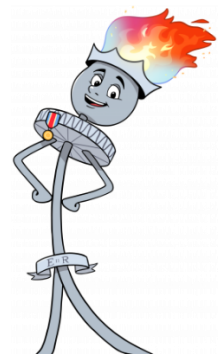
To take part simply:

1. Visit the website to see the trail map
2. Visit each of the characters
3. Scan their unique QR codes with your smartphone, learn more of the story and take a hilarious selfie with the character in AR
4. When you've found them all, download your free digital fun pack

On this particular morning, Sir Barnaby Beacon was getting ready to have one of the most important days of his life. They were lighting his beacon in honour of the Queen's Platinum Jubilee! He couldn't have been more excited, but there was still lots to do to get ready for the celebration. Sir Barnaby was quite busy getting himself ready, when his friend, Cherry Chandelier came in and asked him for help setting up the party. He told her that he was rather too busy getting himself ready and wouldn't be able to help at all! Cherry looked quite upset and left without another word.

A little while later, Sir Barnaby was looking for Cherry to find out where to go for the party, but much to his surprise everyone had already left! What a disaster! He'd been so busy that he forgot to ask where the party was. He was about to run out after them when he spotted a note pinned to door. It read, 'I'm getting ready for the Jubilee, but you won't be able to celebrate without me! I'll be waiting for you at the beacon's end, you'll find me by speaking to a friend. Cherry.'

He was very confused by this! There was nothing else he could do except walk into town and look for 'a friend'. Why don't you come along and join Sir Barnaby on his stroll. Let's get to the bottom of this!





FOOD AND COOKING AT QUEST

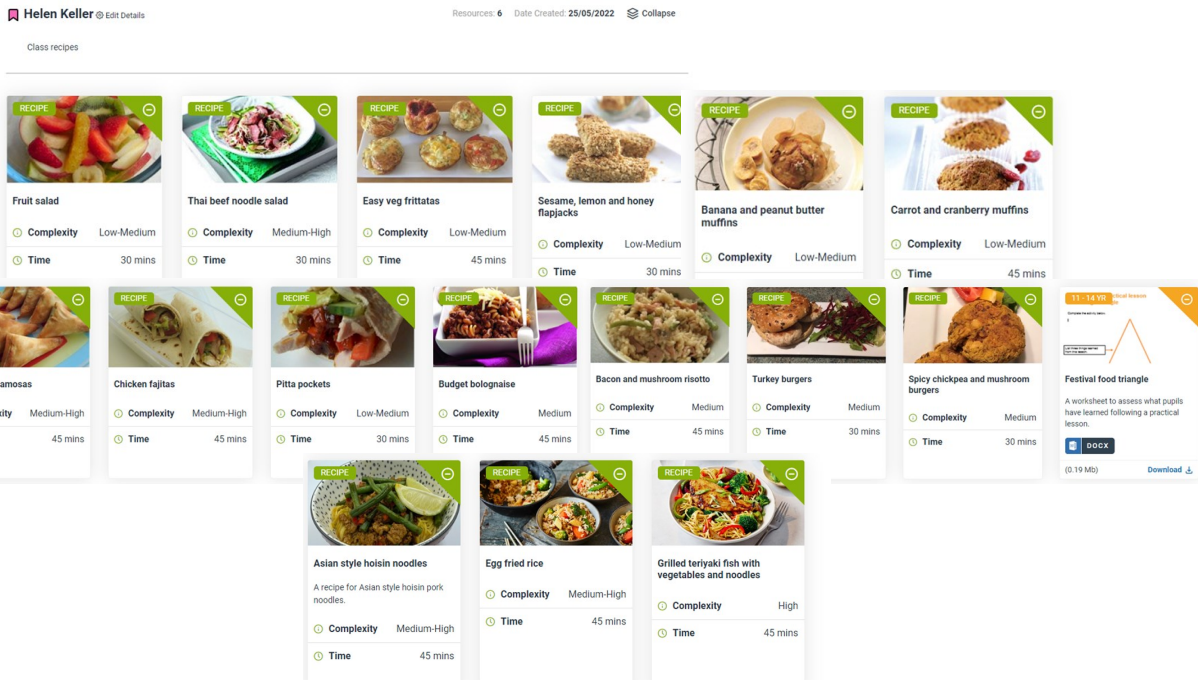
Cathy (our lovely Food Tech Teacher) is running the following workshop in our Thursday After School Club.

Thursday 23rd June - Food and Cooking at Quest:

Part 2 - Planning a practical session, supporting cooking at home.

Next term we are following the **Grab and Go** (lower school) and **Making Choices** (upper school) Schemes. Recipes for the schemes can be found on [FOOD: A Fact of Life](#) website.

Cathy is hoping to share them virtually next half term.

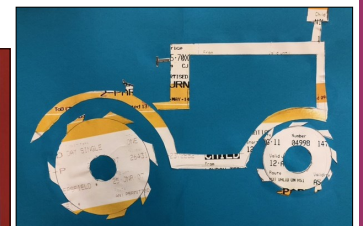


TRANSPORT/ TRAVEL ART



This term in Art we have been looking at Travel and Transport. We looked at an artist called Bethany Y Milam, who has done a series of cut out work, titled 'Please Mind The Gap'. This series began as a tongue-in-cheek response to the artist's experience of being a commuter. "The work is both a record of a

single journey and an exploration of a wider shared experience that draws on each viewer's personal memories and associations. The works imply a narrative that is never told in full, encouraging the viewer to construct their own meanings." ([Milam, B.](#))

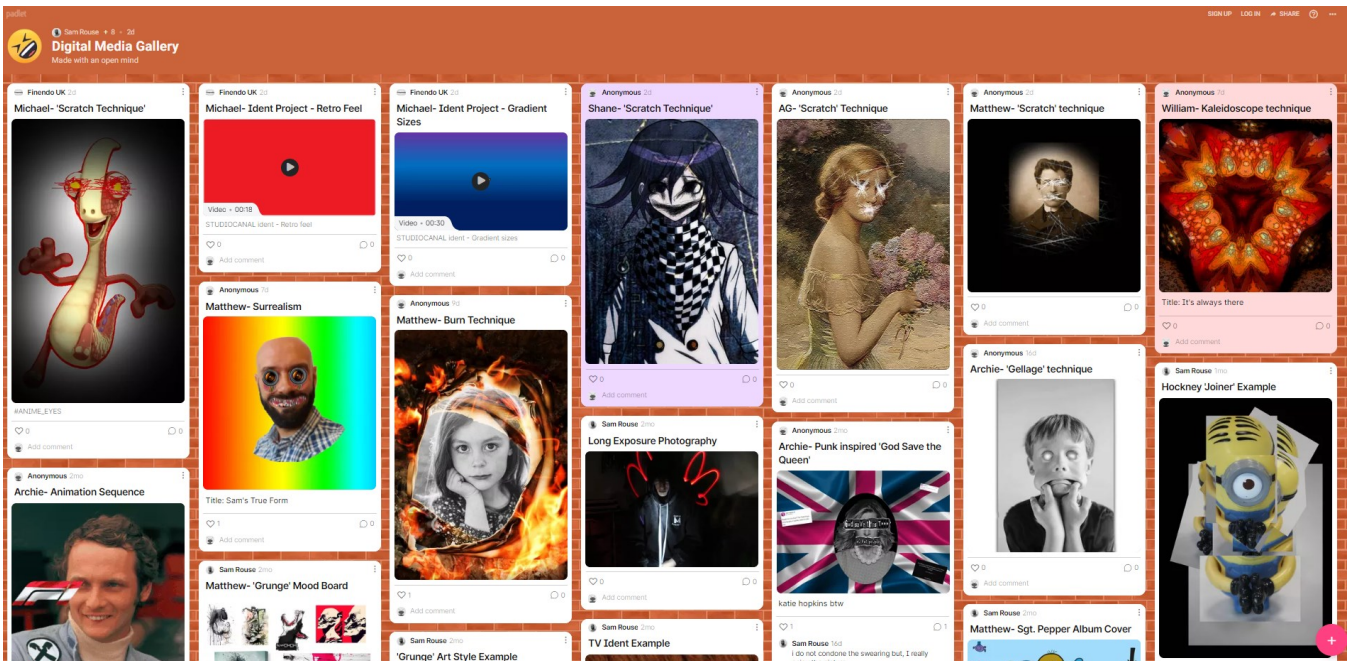


Euan in George Eliot has so accurately and carefully completed

his Transport Cut Out he has been able to create two fantastic pieces of work!

TECHNIQUE EXPERIMENTS

Teacher, Sam Rouse been collecting a 'wall' of digital media submissions by our Year 10 groups on the Level 2 Creative iMedia qualification



 mind Coventry and Warwickshire

Community Autism Support Service (CASS)

Service offer for adults as of February 2022

Who is it for?

Autistic adults (*diagnosed, awaiting diagnosis or those that think they may be autistic*)
 * Age 18 years + * Living in Coventry & Warwickshire (*registered with a GP in this area*)
 * Individuals not currently accessing or eligible for learning disability support

What We Offer

Support is aimed at providing individuals with the opportunity to:

- Understand autism and how it affects them individually
- Increase self-help strategies to better manage their emotional and mental wellbeing
- Feel more confident to engage with others and community activities
- Positively move forward independently to a more fulfilling life

Support Available

Peer Support Groups

Informal safe spaces to meet others who may be experiencing similar difficulties. We offer **fortnightly** groups, in Stratford, Nuneaton, Rugby and Coventry. We also offer a fortnightly online group for those who may not be able to access the face-to-face groups. Individuals are invited to join one session per fortnight. Please contact us to find out more about these sessions.

Autism Education Course

This programme is for autistic adults (diagnosed, awaiting diagnosis or those that think they may be autistic) and looks at how adults are affected by autism; what challenges it brings (along with the positives); and where to seek support, with room for discussion and learning from each other. For current availability of our courses, and to book a place visit <http://caass.eventbrite.co.uk>. For further course updates or to find out about courses that are not listed on Eventbrite please contact us.

Information and Signposting

We can provide one off information and signposting support via telephone or email, with one of our support workers via email or a pre-arranged 10-15 minute telephone call.

Family/Carer Support

Run with [Act For Autism](#), we offer sessions for partners/family members/informal carers of autistic adults. Please visit [Act for Autism and Coventry & Warwickshire Mind Events | Eventbrite](#)

***** Ask us about our NEW Young Adult Peer Support Groups for individuals age 18-25, offered as an alternative to the peer support groups above *****

We also have a Children and Young People's autism support service available
<http://cwmind.org.uk/autism-support-service/>

If you would like to access any of the above, or have further questions please call us on **024 7771 4545** and leave your name, contact number and postcode or email us at caass@cwmind.org.uk
<http://cwmind.org.uk/adult-autism-support/>

Help to pay your household bills

Are you, or is anyone you know, struggling to pay energy bills?

If you or someone you know are struggling financially and unable to afford to pay their gas or electricity bill, please call the Local Welfare Scheme in confidence.

Call **0800 408 1448** between 20 June and 8 July 2022.

www.warwickshire.gov.uk/localwelfarescheme



The Household Support Fund can help households in need of support

Do you need help to access food and manage your money?

www.warwickshire.gov.uk/facinghardship

Warwickshire Local Welfare Scheme

The Warwickshire Local Welfare Scheme helps the most vulnerable residents at times of unavoidable crisis when they have no other means of help.

It also administers the Household Support Fund, which provides one-off financial support for people in need as the country continues its recovery from the pandemic. It can help families with children, other vulnerable households and individuals facing hardship, to ensure that they have the support they need to afford food, energy, water bills and associated costs. To enquire or apply call the Local Welfare Scheme.

Visit: www.warwickshire.gov.uk/localwelfarescheme

Call: 0800 408 1448
or 01926 359182



ALAN TURING CLASS - VISIT TO DUNCHURCH BAPTIST CHURCH

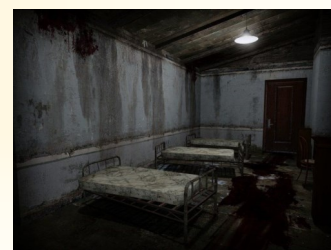
On Tuesday 17th May, Alan Turing class were given the opportunity to visit Dunchurch Baptist Church during their ACE (Adventure, Community and Enterprise) lesson. Our learners have written their thoughts and what they enjoyed most during the visit:

- There was a room called the 'quiet room' where they read stories to children, in the room there is also a 'prayer tree' where you can write a prayer for someone you are thinking about, which I did (Billy).
- "I could not believe that they have a band which has someone who plays the bass like me" (Sacha) however he would have preferred if he could have actually played himself!
- "I was so shocked to see a pool at the front of the church and was confused to why a church has a swimming pool" (Jack) we then listened and learnt that the pool was actually where people are baptised to reaffirm their belief in god. The class were all given the opportunity to go in and have a look.
- "I was surprised when I first saw the building as its overall structure was different to what I associate with churches, however once inside I found it a very pleasant place" (Alfie).
- "When we went outside we got to look at the old gravestones, we were then challenged to see if who could find the oldest gravestone, I didn't like this though as it meant we had to walk on the graves which I think is disrespectful" (Rory).
- "I enjoyed visiting the church because its brand new and it helped me understand what other new churches might look like in the future and how many different ways there are to respect god" (Matty)



THE ORPHANAGE, INDEPENDENT WRITING BY AMAR

There it was, the orphanage, shuddering with fright I opened the door... I saw a shadow. It smelled pungent. I walked into the orphanage my spine was tingling there was a dark room. I walked in the dark room I saw a doll with scary music in the back ground. I was scared, frightened I kept walking then I walked in to a hall and there it was the shadow. I ran and I fell over. I stud back up and I ran till I was upstairs I heard children laughing I walked towards it I saw children laughing and they disappeared when I saw them. Suddenly I fell it was darkness I woke up after hours I was back outside. What had happened to me?



REFLEXOLOGY THERAPY USING THE FUNCTIONAL REFLEX THERAPY APPROACH



Reflexology is a non-invasive complementary therapy that can promote deep relaxation and help improve wellbeing.

It is a positive touch therapy that is based on the theory that there are different points on the feet and lower leg, hand and forearm, face and ears that relate to corresponding areas of the body and that by working these points, naturally healing responses may be encouraged.

Functional Reflex Therapy (FRT) is a combination of relaxation techniques drawn from reflexology and has been designed for children and adults of all ages with high levels of anxiety.

Reflexology using the FRT approach (on feet and lower leg) has now been introduced in 1:1 sessions for learners, offering supportive calm time, which may help to reduce levels of anxiety and to prepare for ongoing activities throughout the day.

Regular Reflexology may:

- reduce anxiety and stress related conditions
- induce relaxation and calm
- help with sleep disorders
- help improve mood
- help concentration and focus
- have a positive effect on issues that affect individuals and those around them in many areas of their everyday lives



During the sessions learners are encouraged to make their own choices to create an environment that is relaxing for them. The length of time out of the classroom is up to 30 minutes.

Parents with questions about the sessions offered can email amy.wilkins@macintyreacademies.org

Links for the article:

For further information about Reflexology visit www.aor.org.uk and for information about

QUEEN ELIZABETH II SUNCATCHER

You will need:

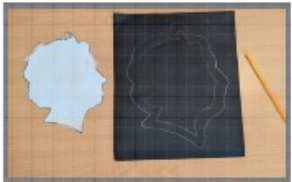
• The Queen's head template	• Scissors	• Pencil
• Black card	• Glue stick	• Blue, red and white tissue or crepe paper, cut into strips about 2cm wide



1) First, print out the suncatcher template and cut around the outline.



2) Next, use the masking tape or sticky tack to secure the template to the black card.



3) Using the pencil, neatly draw around the outline of The Queen's head template.

Create the frame by drawing a larger version of The Queen's outline, about 1 or 2 cm wide from the first outline.



Remove the template from the black card.



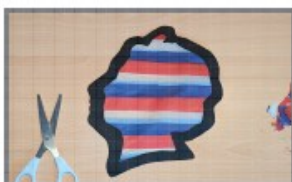
4) Gently, create a fold down the middle of the card and snip a cut using the scissors. Use this to cut around the outline of the smaller image of The Queen.

Cut around the larger outline of The Queen carefully. Do not cut into the frame - it should remain whole. You should now have a black card suncatcher frame.



5) On the side of the black frame which has your pencil marks, spread the glue using a glue stick.

6) Place a strip of colourful tissue paper over the glue.



7) Continue to place the colourful strips of tissue paper across the suncatcher frame, securing them onto the double-sided sticky tape. Make sure you fill the whole frame with the colours. You can create a pattern with the colours or place them at random.

Using the scissors, trim off any overhanging tissue paper.

You have now made a colourful Platinum Jubilee sun catcher in the image of Queen Elizabeth II.

All you need to do is place the sun catcher in a window and enjoy watching the sun shine through the colourful display during the Jubilee celebrations.



SUPPORTING YOUNG PEOPLE IN YOUR COMMUNITY

Whether you work at a youth club, coach a sports team, or run extra-curricular activities outside of school, we have practical information, resources and tips that give you the tools you need to support a young person with their mental health.

Do you work in the community?

Being an adult in a young person's life who they open up to about their mental health can be a rewarding but challenging responsibility to take on. Whether you work at a youth club, coach a sports team, or run extra-curricular activities outside of school, we know the positive and crucial role you play in the lives of young people but often feel under-equipped to support them. Here you will find practical information, resources and tips that give you the tools and confidence you need to support a young person with their mental health.



Tips on building relationships between young people and adults

Young people have improved mental health and wellbeing as a result of positive relationships with adults in their community. Supportive adults keep young people safe and let them know that they have somewhere to turn to when needed. We gathered youth workers, music tutors, sports coaches and mentors together to hear their top tips for building positive relationships where mental wellbeing can thrive.

Tips for setting boundaries

A key thing young people told us about their supportive adults is to clearly set the boundaries of your relationship. This way young people can set their own expectations, which helps them feel secure in understanding when and what they can share with you, and what you will do with that information.

- ★ Clearly set out your boundaries
- ★ Have a genuine interest
- ★ Remember their name and pronouns
- ★ Honest compliments
- ★ Grow your own emotional literacy, and share it!
- ★ A 'No' to chat today is not always a 'No' tomorrow
- ★ Be fully present
- ★ Think about culture
- ★ Keep it regular
- ★ Achieve something new together

Our purpose

🎯

To stop young people's mental health reaching crisis point.

Every young person whose mental health ends up in crisis is a young person who has been failed. We know that the earlier young people can access the right help, the more likely it is that they can avoid these crises.

Our vision

👁️

A world where no young person feels alone with their mental health.

We want to see a world where every young person who is struggling feels able to reach out, and has people and services around them who can really help.

Our mission

❤️

To make sure all young people can get the mental health support they need, when they need it, no matter what.

Whether they need a reassuring conversation, specialist mental health support or simply the knowledge that they are not alone, in how they are feeling, we will make sure that all young people get support that meets them where they're at as quickly as possible.

Our values

🗣️

We're not afraid to speak up for what's right. We know what needs to change because young people tell us, if they raise their voices so do we.

💡

We're optimistic. Things get tough, but we never forget to celebrate progress and never stop looking for practical ways to make things better.

❤️

Kindness is our strength. Everything we do, we do with love, care and compassion.

🎉

We celebrate what makes you, you. Whoever you are, we welcome you and encourage you to always be true to yourself.

? Start with boundaries

Take some time to know your own boundaries - when are you really available? Set the boundaries early on in your relationship rather than when you find your boundaries being pushed.

🗣️ It's kind to be clear!

Give time to clearly and gently set out your availability, especially if you think that is different to your young person's expectations. Repeat your availability - it's easy to forget.

🗣️ Stick to them

Stick to your boundaries once you've set them - consistency is crucial in creating trust and understanding.

FAMILY SUPPORT HELPLINE AND FACE TO FACE CONSULTATIONS

Family support workers are available across Warwickshire to listen, support and offer advice and guidance to families and professionals.

- To speak to a family support worker over the telephone, call **01926 412412**, Monday to Friday between 9am - 4pm.
- If you would like to book a face-to-face consultation with a family support worker at one of the sessions shown below, please telephone the **family support line** on 01926 412412, Monday to Friday, between 9am-4pm.



MENUS: JUNE - JULY 2022

Lunch is provided by a company called Educaterers, menus run on a 3 week revolving basis. If there's a day where your child does not like the option they will need to bring in a packed lunch.

Start back →

MONDAY WEEK 1 W/C 20.06, 11.07,	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 06.06, 27.06, 18.07	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 13.06, 04.07, 25.07	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

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

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.

