



MacIntyre Academies  
Quest Academy

APRIL 2020 EDITION 5 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



“Quote of  
the week”

*“Education is the most powerful  
weapon which you can use to  
change the world”*

*Nelson Mandela*

# WELCOME



Dear Parents/Carers,

Thank you for continuing to share comments and photos with us. As you can see from some of the photographs in the newsletter many learners have been focussing on developing skills linked to our 'skills for life' section of our holistic curriculum.

I would also like to take this opportunity to thank families who have sent in positive messages to staff. I would also like to reiterate how proud I am of all of our staff who continue to work collaboratively and are committed to lifelong learning. Currently all staff have signed up to online learning linked to an area of interest which they will then be able to use with learners once they return to school. Examples of these courses include Phonics, CBT, Art Therapy, Drama Therapy and Leadership and Management. Thank you once again for your continued support.

Kind regards,

*Nicola Wells.*



You know you work for a fantastic company when.....

***'To all of the staff at Quest A HUGE THANK YOU for your ongoing hard work and commitment to this school community! Hope you enjoy these treats!'***

Thank you MacIntyre Academies for the fabulous staff hamper.

## The Explorer

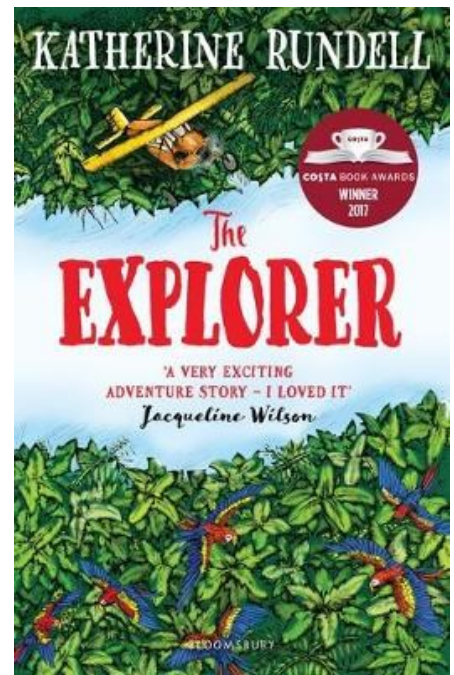
Author: Katherine Rundell

From his seat in the tiny aeroplane, Fred watches as the mysteries of the Amazon jungle pass by below him.

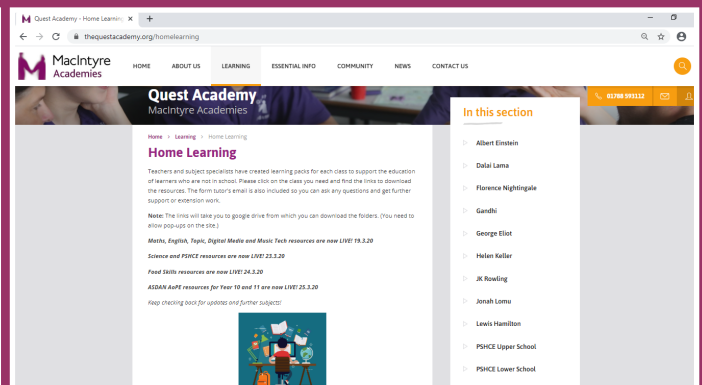
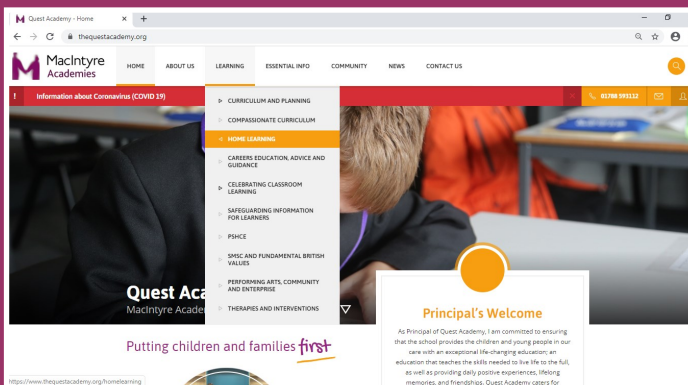
He has always dreamed of becoming an explorer, of making history and of reading his name amongst the lists of great discoveries. If only he could land and look about him.

As the plane crashes into the canopy, Fred is suddenly left without a choice.

He and the three other children may be alive, but the jungle is a vast, untamed place. With no hope of rescue, the chance of getting home feels impossibly small. Except, it seems, someone has been there before them...



## 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.

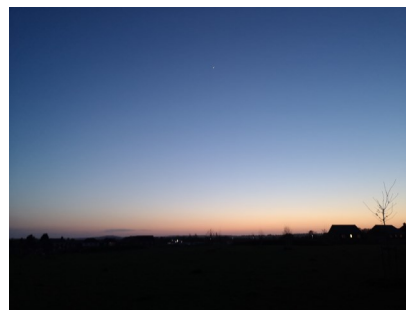
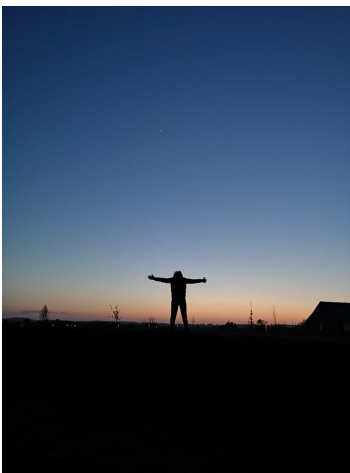
**Note:** The links will take you to Google drive from which you can download the folders. (You need to allow pop-ups on the site.)

# HOW HAVE YOU BEEN KEEPING BUSY?

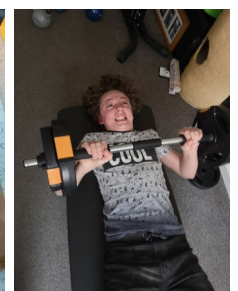
Archie and his Mum Charli have completed their first online art tutorial. What amazing work! If anyone is interested in doing drawings like this look for Artbase on FB. A woman called Beth is doing quite a few video tutorials, so you can do them whenever and it's free <https://www.facebook.com/ArtBaseWorkshops/>



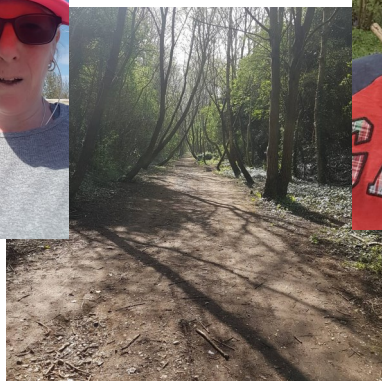
On Tuesday 21st Archie and Mum were Starlite Train satellite watching. They spotted all 40 of them. Archie is amazing at spotting these things. He also spotted a shooting star. What an experience!



Archie has been keeping very busy, with a 3 mile dog walk, Maths and English, bread making, upper body exercise, learning on the Google Earth app



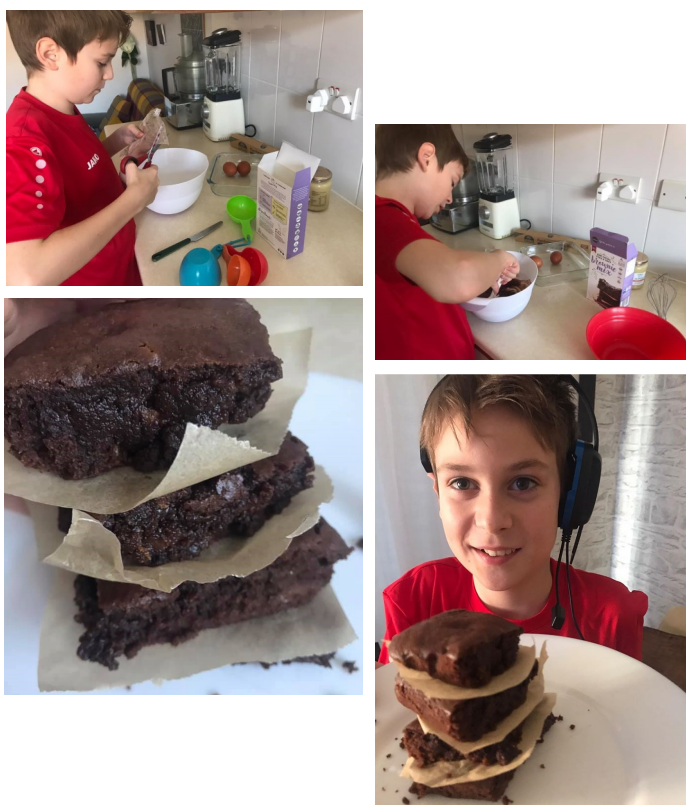
Kieran and his Mum Sharon have been keeping very active over the last few weeks from going running, family walks with Gracie the dog to Mum and Kieran working along side each other.



Matthew has been learning to do laundry and out helping in the garden! Such important life skills, well done Matthew!



AJ has been busy in Food Tech, making delicious brownies. He really enjoyed making them and Mum Daniela said she can definitely recommend the brownie mix from Sainsbury's.



Michael has been busy doing some Food tech at home, making meatballs, oven chips and leek and cabbage. He and Mum Roni have also been doing some fantastic shark drawings.



Kieran has been reading and follow instructions to enable him to assemble his new music decks. He brought them himself with his birthday money, he worked the money out himself, and ordered it online without any help! He's now blasting out his tunes!!

Lucky Mum!



Adam and Mum Nicola have set up their own Quest Home school, what a fantastic space to focus in.



Haydn has been busy making fajitas



Evan has made a huge achievement, he has been working so hard to ride his bike. He has managed to pedal and ride around on it for the first time!

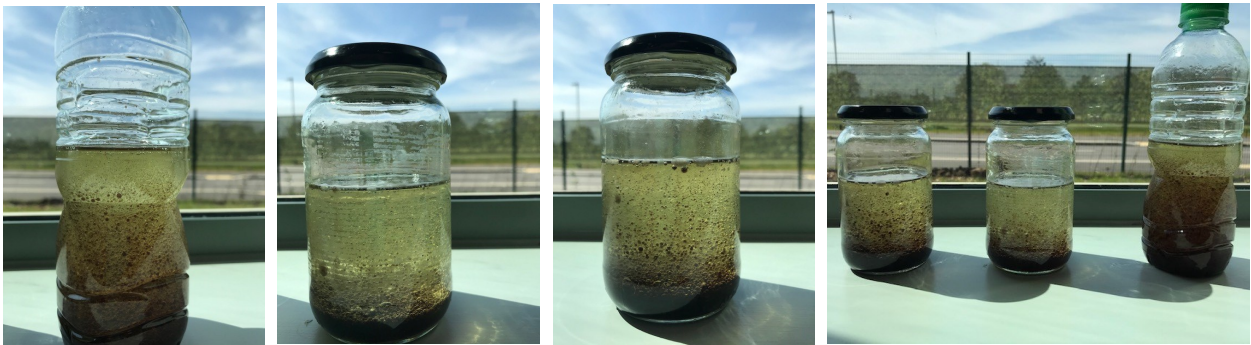


# SCHOOL LEARNING

These were the learners favourite foods to eat that they made in Food Tech this week. Declan made Spicy Chicken Pasta, William made Sausage Mash and Beans. It was Joe's first time in the food tech room this week where he made Chocolate Cakes, and Cheese and Tomato Pasta. Joe said "I enjoyed it and loved the fame when I got home and shared my food."



In lower school they have been creating some home-made lava lamps.



*\*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.*



## KIRSTY'S BUG HOTEL



We have some exciting new projects being planned for the return of all our learners!

Staff have been donating wood, bricks, plant pots etc. so learners can create their very own bug hotels within school, teaching them about

wildlife and how we all could help our natural wild life even in our own back gardens.

We also have plans for the learners to create their very own class allotment bed so they can learn how to grown their own fruit and vegetables, that we then hope to sell to the public.



We would like to let you and your students know about the support and services that are still available at WCG, during the current climate. This includes information on courses, transport queries, useful advice and contact information. Our team is still on hand to answer questions from students should they need help.

# BE INSPIRED AT WCG

## We're here to help!

-   
**ROYAL LEAMINGTON SPA COLLEGE**
-   
**WARWICK TRIDENT COLLEGE**
-   
**RUGBY COLLEGE**
-   
**MORETON MORRELL COLLEGE**

We understand that this is a confusing and unprecedented situation we are currently in, but, rest assured, we are here to help and support prospective students and their parents to access information about all of our courses and fantastic college facilities.

### VISIT OUR DEDICATED ONLINE HUB: [wcg.ac.uk/leavingschool](http://wcg.ac.uk/leavingschool)

Access a wide range of information, advice and guidance including:

- College welcome videos at each site
- Panoramic photos and 360° videos of our workshops / studios / classrooms
- Links to all of our subject areas
- Course search facility with the ability to apply online
- Information on careers advice, learning support and inclusion, transport, financial support and more

If you have any other questions or want to speak to our team about applying for a course with us, email our Admissions Team on [info@wcg.ac.uk](mailto:info@wcg.ac.uk).

### IT'S NOT TOO LATE TO APPLY FOR SEPTEMBER

We have a huge range of subjects and different study programmes that mean you can choose the best option for you and your future.

#### What do we offer?

- |                       |   |                            |                                 |
|-----------------------|---|----------------------------|---------------------------------|
| • Apprenticeships     | • Business, Events & Destination Management | • Engineering              | • Performing & Production Arts  |
| • A Levels            | • Childhood Studies                         | • Equine & Farriery        | • Sport & Public Services       |
| • Agriculture         | • Computing & IT                            | • Floristry                | • Travel, Tourism & Hospitality |
| • Animal Welfare      | • Construction                              | • Hair, Beauty & Therapies | • Veterinary Nursing            |
| • Applied Sciences    | • Cookery                                   | • Health & Social Care     | • ...and more!                  |
| • Art, Design & Media | • Countryside Management                    | • Motor Vehicle            |                                 |
|                       |   | • Music                    |                                 |

### TRANSPORT

For information about our extensive bus network visit [wcg.ac.uk/transport](http://wcg.ac.uk/transport) or email us on [transport@wcg.ac.uk](mailto:transport@wcg.ac.uk) and we'll help you find the quickest and easiest way to get to college.

**APPLY NOW:** [wcg.ac.uk/howtoapply](http://wcg.ac.uk/howtoapply)



It's not too late to apply for September With confirmation by

the Department for Education that GCSE results day will remain as planned on **Thurs 20 Aug 2020**, it's important for students to know that we are still accepting and processing their applications as usual right up until enrolment at the end of August. For information on our courses, where to apply online and more - visit [wcg.ac.uk/leavingschool](http://wcg.ac.uk/leavingschool)



## How to contact us

Dani and Cassie have been furloughed until 14 May, so they will not be answering any means of communication until they return. All contact information is below but if you have any queries or questions in the meantime, please don't hesitate to get in touch with me via the details below.

### **Careers Advisors (Virtual) Update Events - 7 July 2020**

These events are taking place via Google Hangouts in virtual format, on Tuesday 7 July for Warwickshire. There's still plenty of time to register your interest on one of these dates, so please get in touch with us. More details to follow on these in June.

#### **Joe Meade**

**Marketing Officer (FE and Worcestershire)**

Email: [joemeade@wcg.ac.uk](mailto:joemeade@wcg.ac.uk)

Phone: 0330 135 6054 (redirects to mobile)

**Danielle Scattergood - Schools Liaison contact for Warwickshire, Northamptonshire, Oxfordshire & South Leicestershire** E: [dscattergood@wcg.ac.uk](mailto:dscattergood@wcg.ac.uk) T: 0330 135 6097

**Cassandra Baxendale - Schools Liaison contact for Leicestershire** E: [cbaxendale@wcg.ac.uk](mailto:cbaxendale@wcg.ac.uk) T: 0330 135 6300



What did you do with all your leftover Easter Egg boxes?

Laura and her family turned them into some fantastically scary dragons!

**What amazing recycled art could you make?**





# Family VibEs

Living values in the home

Parents and carers, please be very kind to *yourselves*.

***You are doing a great job!***

First and foremost, your children need to feel safe and happy.

***Then they will learn...***

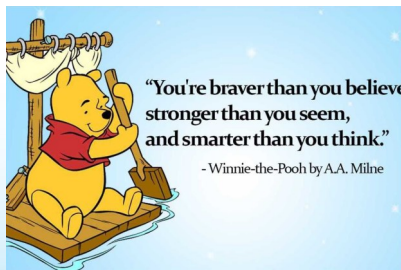
Please use values language and actions to support all of you.

We are thinking of you all.

Please join our [Family VibEs Facebook group](#) for more ideas.

See our website for further guidance and resources [www.valuesbasededucation.com](http://www.valuesbasededucation.com)

## Positivity



*"You're braver than you believe  
stronger than you seem,  
and smarter than you think."*  
- Winnie-the-Pooh by A.A. Milne

### Positivity is

*..... the act of training your brain to think and respond to situations calmly and optimistically. It takes time and a little effort every day, but the rewards can be life-changing*

*... thinking in an optimistic way, looking for solutions, expecting good results and success, and focusing and making life happier. It is a happy and worry-free state of mind, which looks at the bright side of life.*

*"Keep your face to the sunshine and you cannot see a shadow."*  
Helen Keller

*"When someone does something good, applaud! You will make two people happy."*  
Samuel Goldwyn



*"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough"*  
Oprah Winfrey

### Communication – sharing ideas

- \* What does Positivity mean to each of us? Let's listen to each other.
- \* Watch a Video of Potatoes, Eggs and Coffee beans story  
<https://youtu.be/GVw1Raxk8f0>
- \* Positivity stories: Greta and the Giants by Zoë Tucker Illustrator: Zoe Persico (Age 4-8 yrs), Oh! The Places You'll Go! - Dr Seuss, You Are Awesome by Matthew Syed (Age 10+), Happiness does not Come from Headstands by Tamara Levitt .

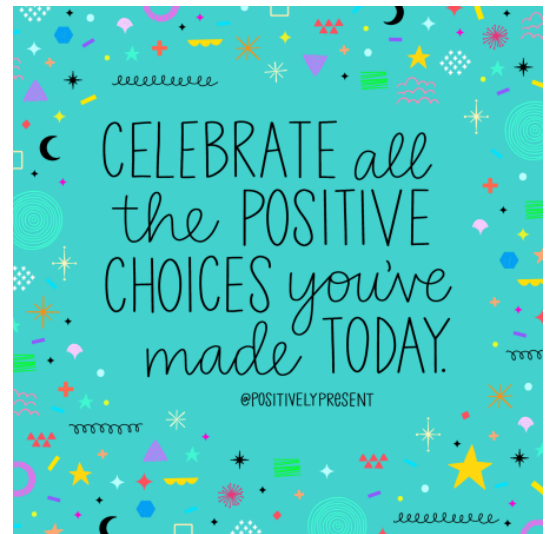


## Behaviour & activities – doing together

- \* Share ideas of what you each enjoy/like/appreciate in their lives.
- \* Activity – Create an affirmation board. Grab a poster board or small canvas. Together, draw or find pictures which describe your values, things you want to achieve, and/or who you want to become. Encourage everyone to include positive things they believe about themselves, their goals, things they can't do YET but want to learn
- \* Keep a daily positivity diary – include in it for example 'one amazing thing that happened today', a personal affirmation, how will I make tomorrow even better and/or something you are looking forward to tomorrow.

## Happiness – family fun

- \* Music is a great way to lift your mood. Hold a family disco with a playlist of everyone's favourite tracks. Be positive about the choices of others (even if their taste differs from yours!).
- \* Use an old tissue box to post positive statements about each other and then open them at the end of the week for a celebration.



## Wellbeing – being well in body and mind

- \* Why not share your 'positive' place? Tell your family about a place that is special to you.
- \* Positive Affirmations are positive statements that children and adults can repeat to themselves in order to increase self-esteem, promote positive thinking, and change negative self-talk. They work best if each person thinks of their own. This is because the healing power of affirmation comes not from saying the positive words aloud, but from internalizing them. We suggest affirmations that are short, positive, and present tense. Examples include:

- I am kind.
- I am enough.
- I am loving.
- I am a good friend.
- I am unique.

A whole family affirmation would be a lovely way for everyone to work together.

Many thanks to Sarah Phillips (HT of Loddon Primary School) for contributing many of the ideas for this week's Value of Positivity.

# LAMB CUPCAKES



## Ingredients

- 170g plain flour
- 85g butter or baking fat/block
- 1 onion
- 100g lean lamb mince
- 220g can of chopped tomatoes
- 1x 5ml spoon tomato purée
- 450g ready prepared mashed potato
- 25g Cheddar cheese
- 8-10 large paper cake cases plus extra for baking blind



## Equipment

Large mixing bowl, measuring spoons, muffin tin, rolling pin, 10cm pastry cutter, greaseproof paper or extra muffin cases, baking beans or dried rice/pasta, cooling rack, vegetable knife, chopping board, small saucepan, wooden spoon, baking tray, piping bag, fluted nozzle.

## Method

1. Preheat the oven to 180°C, Gas Mark 4.
2. Make the shortcrust pastry:
  - sift the flour into a mixing bowl;
  - rub the fat into the flour until it resembles breadcrumbs;
  - add 3x15ml spoon cold water and mix to a firm smooth dough.
3. Line a muffin tin with paper muffin cases.
4. Roll out the pastry on a floured surface. Cut 8 x 10cm diameter discs of pastry.
5. Gently push a round of pastry into each paper muffin case. Line each pastry case with some greaseproof paper, or spare muffin cases, and baking beans or dried rice/pasta.
6. Bake the pastry cases blind for 15 – 20 minutes.
7. When cooked, remove the cases from the oven and carefully take out the paper and beans from each case. Allow the cases to cool slightly before lifting them out of the muffin tin.
8. Peel and dice the onion finely.
9. Place the mince and onion in a small saucepan and dry fry until the meat is brown. The meat will cook in its own juices. Wash and dry hands thoroughly after touching the raw meat.
10. Add the canned tomatoes and tomato purée to the mince. Stir well; reduce the heat and leave to cook for about 10 minutes. Then allow to cool a little.

11. Place the baked pastry cases on a baking tray and fill with the mince mixture.
12. Place the potato in a piping bag with a fluted nozzle and decorate the top of each cupcake with piped potato. Grate the cheese and sprinkle on top.



### Top tips

If short of time, use ready-made shortcrust pastry.













Use a plate as a template if you don't have a pastry cutter large enough.

Warm the mashed potato in a microwave oven before using if it is too cold to pipe easily.

Decorate with finely chopped tomato and spring onions before serving.

Re-heat at home in a pre-heated oven, gas mark 4 or 180°C for 20-25 minutes until piping hot and the cheese is golden.

### Food skills

- Weigh 
- Bake 
- Sift 
- Rub in 
- Roll out 
- Cut out 
- Peel 
- Dice 
- Fry 
- Simmer 
- Pipe 
- Grate 

## TONI-ANNE'S 'LOO ROLL' ART CHALLENGE



I am a little concerned it may look as though I have opened up my own crèche....

I haven't I promise! Simply the joys of being an Art Teacher stuck at home with a 4 year old!

As you can see we are working our way through our Art 'Loo Roll' challenge!

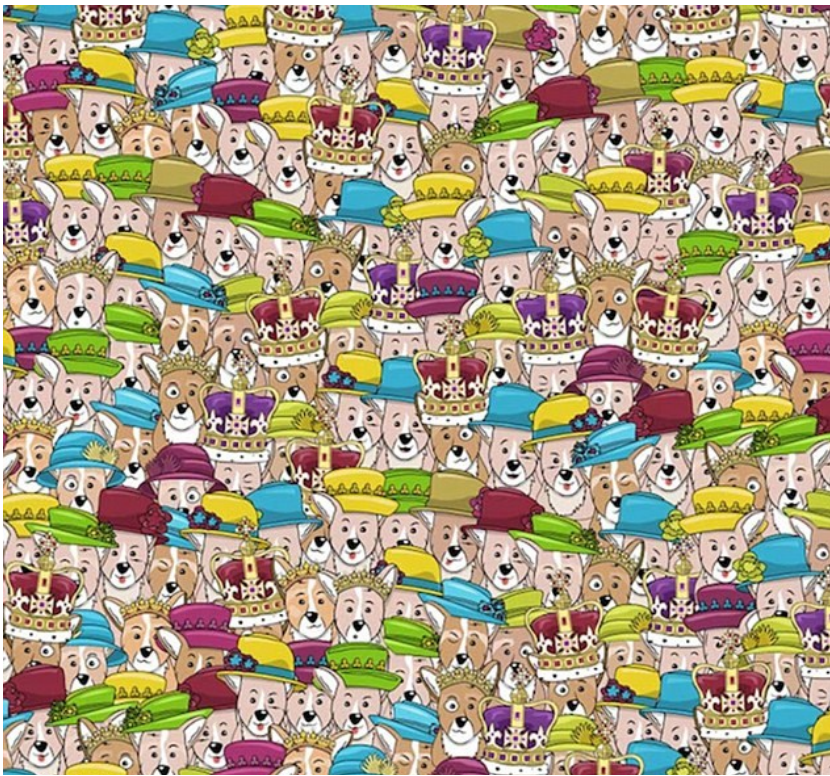
How is yours going?



# THIS WEEKS CHALLENGE - CAN YOU FIND THE THING THAT IS DIFFERENT?

Can you spot the one and only snake hiding in this 'tower' of giraffes?

Little fact for you: Did you know that 'tower' is the collective/ group noun for giraffes?



Can you spot the Queen hidden among the royal pups?

One to make you hungry today!  
Can you spot the Cheese and Onion pastry hiding in all the steak bakes?



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



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

 **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](mailto:daisy.howden@macintyreacademies.org) Work mobile 07504001918



- **Joan** is responsible for upper school families and is available on;  
[Joan.goodrich@macintyreacademies.org](mailto: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](mailto: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](mailto: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**



 Families First  
Quality Award