



MacIntyre Academies
Quest Academy

JANUARY 2024 EDITION 1 NEWSLETTER



“Quote of
the week”

*“You can get excited about the future.
The past won’t mind.”*

~ Hillary DePiano

WELCOME

Dear Parents/Carers,



Firstly, I would like to wish all of our Learner and their families a Happy New Year.



As we come to the end of the first week of the Spring term, learners are settling back into the daily school routine nicely.

Secondly, I am honoured to be the Principal at such an inspirational school, where every day I know I will be inspired by our learners, parents/carers and staff who continue to demonstrate

strength and resilience within everyday life.

Quest Academy will continue to be committed to promoting an inclusive curriculum, high expectations for all and building a positive link with parents/careers of those children we are lucky enough to educate.

We will continue to strive for improvement in all elements of school life, ensuring all learners leave Quest Academy as the best version of themselves, equipped with the skills needed to be a positive member of their local community and wider society; I look forward to being part of the school journey that all our learners take.

Thank you for your ongoing support and I look forward to meeting you in the future.

Warm regards,

Laura Thackaberry

We are successful because...

...the parents of one of our learners have expressed formal thanks to the Quest Academy staff team for supporting their son in achieving success in an educational setting, with exploring of enrichment and moving towards reaching his potential.



Learners do not need to bring in their own balls, we have them available. If they do, they will have to be handed in on arrival like tech.

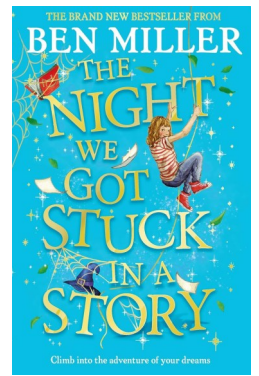
The Night We Got Stuck in a Story

by Ben Miller

Reading age



7-10 years



Turn the page . . . share the adventure in the latest top-ten family fairytale from bestselling author, actor and comedian, Ben Miller.

Lana and Harrison are staying with their grandparents, when they discover their favourite tree to play in is under threat. That night, a magical golden thread leads them up through the hollow of the tree into a storybook land, where wind and rain rage and a fearsome beast terrifies all who live there.

When Harrison is kidnapped by the evil Queen, Lana must do whatever it takes to find him, save the villagers and restore the balance of the storybook world, before the night is out.

A breathtaking journey through magical worlds for all the family, featuring Lana and Harrison, the adventure-loving siblings from the bestselling *The Day I Fell into a Fairytale*, from master storyteller, Ben Miller.

'Wonderful, funny, magical' Chris Evans

'A magical adventure' Sunday Express

'Bubbles with warmth and mischievous humour . . . irresistible' Alexander Armstrong

FREE SCHOOL MEALS

If your child is eligible for Free School Meals (FSM) please apply via the online application form using this link www.warwickshire.gov.uk/freeschoolmeals

Eligibility for benefits-related free school meals (FSM)

Families who receive the following are eligible for free school meals:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on-paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)



For learners currently on our FSM list you do not need to reapply. Any new learners joining Quest, will need to let Warwickshire Council know you have transferred.

FRUITY MUFFINS



Complexity: low-medium

Ingredients

- 250g self raising flour
- 1 egg
- 2 x 5ml spoons baking powder
- 60ml oil
- 100g caster sugar
- 150g canned fruit (in juice)
- 230ml semi-skimmed milk

Equipment

12 muffin cases, muffin tin, weighing scales, measuring spoons, measuring jug, mixing bowl, wooden spoons, can opener, 2 spoons, cooling rack.

Method

1. Preheat oven to 180°C or gas mark 4
2. Mix all the ingredients together to form a smooth batter.
3. Drain the juice from the canned fruit.
4. Stir in the fruit.
5. Divide the mixture equally between the muffin cases using 2 spoons.
6. Bake for 20-25 minutes, until golden.
7. Allow to cool on a cooling rack.

Top tips

- Vary the type of fruit you use. Try bananas, cherries or blueberries. Go for fresh, frozen, canned or dried fruits.
- Experiment with different spices, such as cinnamon, ginger or mixed spice.

Food skills

- Weigh.
- Drain.
- Bake.
- Measure.
- Divide.
- Mix, stir and combine.



SAUSAGE CHILLI CHA CHA CHA - MODIFYING A RECIPE

Ingredients

- 1 onion
 - 1 orange or yellow pepper
 - 1x 5ml spoon (1tsp) ground cumin
 - 1x 15ml spoon (1tbsp) oil or spray oil
 - 450g (1lb) pork chipolata sausages
 - 400g can chopped tomatoes
 - 400g can red kidney beans
 - 1 red chilli or 1x 5ml spoon (1tsp) chilli flakes
1. What is meant by the term 'modifying a recipe'?
 2. Give four examples of how you can modify a basic recipe.
 3. Explain how you would modify the Sausage Chilli Cha Cha Cha recipe for:
 - a) Someone who does not like spicy food:
 - b) A friend who is a vegetarian:
 - c) A family member who has an intolerance to gluten:

CHILLI CON CARNE



Ingredients

- | | |
|-----------------------------|------------------------------------|
| – 1 onion | – 250ml water |
| – 1 clove garlic | – 1 x 400g can red kidney beans |
| – 1 green pepper | – 1 x 15ml (tbsp) tomato puree |
| – 250g beef mince (5% fat) | – 1 x 5ml (teaspoon) chilli powder |
| – 2 x 5ml (teaspoons) flour | – Black pepper |
| – 1 x beef stock cube | |

Equipment

Vegetable knife, Chopping board, Garlic crusher, Measuring spoons, Saucepan, Mixing spoon, Measuring jug, Can opener, Colander, Serving plates

Method

On the chopping board

1. Peel the onion and chop the onion.
2. Peel the garlic and crush the garlic.
3. Deseed the pepper and chop the pepper into chunks

Take the ingredients (prepared veg, meat & measured water, stock cube & flour) to the hob

1. Heat the non-stick saucepan on the hob on a medium heat.
2. Add the onion, garlic, green pepper and beef mince to the pan.
3. Carefully stir & cook until the mince has browned & the onions are soft (about 5 mins).
4. Stir in the flour.

Adding stock

1. Add the water to the pan and crumble in the stock cube.
2. Mix well.

Adding beans and flavouring

1. Using a colander, drain the red kidney beans.
2. Rinse the red kidney beans in cold water.
3. Add the red kidney beans to the pan.
4. Stir in the tablespoon (15ml) of tomato purée and the teaspoon (5ml) of chilli powder.
5. Season with black pepper.

Cooking the chilli

Reduce the heat and simmer for 20 minutes

Serving suggestion:

Great with rice, flatbread or a jacket potato.

Food skills

- | | | | | |
|-------------------|---------|--------|---------|----------|
| • Weigh & measure | • Chop | • Fry | • Drain | • Simmer |
| • Peel | • Crush | • Stir | • Boil | |

WINNIE THE POOH DAY

Thursday 18th January



Celebrated on author A. A. Milne's birthday (18th January 1882),

'Winnie the Pooh Day' celebrates the honey-obsessed bear!

Once upon a time, A.A. Milne began to tell bedtime stories to his

son, Christopher Robin . The stories were about the little boy's

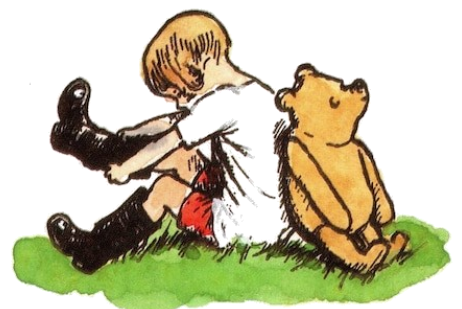
adventures in a friendly wood and his companions in these

stories were all his favourite toys - a donkey, a piglet, a tiger and a kangaroo. His favourite toy, however, was a stuffed bear that he had named **Winnie-the-Pooh**, after a bear that he had seen in London Zoo.

Milne began to write down the stories and poems and eventually they were published. The stories were so successful they have been turned into stage plays, radio shows, TV series and of course Disney animations.

It is true to say that Pooh Bear - as he became known - was not the cleverest bear in the world, but he was loyal and kind and always ready to help his friends. Although he did not realise it, being a Bear of Little Brain, Pooh Bear was a true philosopher. In honour of **Winnie the Pooh Day**, here are a few wonderful quotes.

1. "If you live to be a hundred, I hope I live to be a hundred minus one day, so that I never have to live a day without you." — Winnie the Pooh
2. "It isn't much good having anything exciting, if you can't share it with somebody." — Winnie the Pooh
3. "Rivers know this: There is no hurry. We shall get there some day." — Winnie the Pooh
4. "A hug is always the right size." — Winnie the Pooh
5. "Sometimes the smallest things take up the most room in your heart." — Winnie the Pooh
6. "A little consideration, a little thought for others, makes all the difference." — Eeyore
7. "The things that make me different are the things that make me, me." — Piglet
8. "If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever." — Winnie the Pooh
9. "If the string breaks, then we try another piece of string." — Owl
10. "Love is taking a few steps backward maybe even more to give way to the happiness of the person you love." — Winnie the Pooh
11. "It never hurts to keep looking for sunshine." — Eeyore
12. Piglet: "How do you spell 'love'?"
Pooh: "You don't spell it...you feel it."

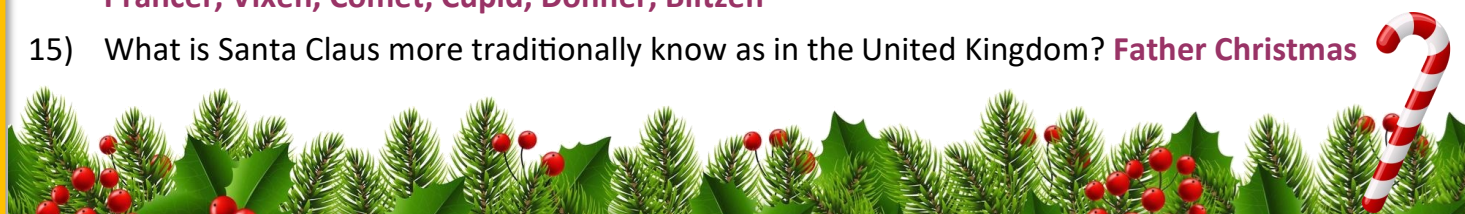


ACADEMIC YEAR 2023 - 2024

SPRING TERM 2024	
Half term	Monday 12th February to Friday 16th February 2024
Learners Start Back	Monday 19th February 2024
Y9 Parents & Options Evening 4 - 6 pm	Thursday 7th March 2024
Trust INSET Day (no learners on site)	Friday 8th March 2024
Easter Fayre 2 – 3.30 pm Term Ends	Friday 22nd March 2024
Spring (Easter) holiday	Monday 25 March 2024 to Friday 5 April 2024
SUMMER TERM 2024	
Starts	Monday 8th April 2024
Y7 & 8 Subject Parents Event 4 - 6pm	Thursday 11th April 2024
Bank Holiday (no learners on site)	Monday 6th May 2024
INSET day (no learners on site)	Tuesday 7th May 2024
Half term	Monday 27th May 2024 to Friday 31st May 2024
Learners Start Back	Monday 3rd June 2024
Ends	Tuesday 23rd July 2024

CHRISTMAS QUIZ ANSWERS

- 1) What colour is Rudolph's nose? **Red**
- 2) Who helps Santa Claus make toys? **Elves**
- 3) Where does Santa Claus live? **The North Pole**
- 4) What colour are Santa's boots? **Black**
- 5) True or False - Elves are tall... **False**
- 6) What flavour are candy canes? **Peppermint**
- 7) What do Santa's reindeer pull on Christmas Eve? **Sleigh**
- 8) How many times does Santa check his list? **Twice**
- 9) True or False - Most kids leave out chips and dip for Santa Claus on Christmas Eve... **False**
- 10) What does Sant bring to children who are naughty? **Coal**
- 11) Where does Santa Claus usually leave presents in the home? **Under the Christmas Tree**
- 12) What two colours are popular at Christmas? **Red and Green**
- 13) What beverage company started to use Santa in its adverts in 1931? **Coca Cola**
- 14) What are the names of the original eight reindeers that pull Santa's sleigh? **Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen**
- 15) What is Santa Claus more traditionally know as in the United Kingdom? **Father Christmas**



Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023

YEAR 11'S CHECK THIS OUT!



A FORTEM APPRENTICESHIP

Our apprentices work towards an **NVQ level two or above**, while gaining practical skills and experience - all while **earning a wage**.

Apprentices work with a fully **qualified trade mentor**, as well as spending **one day per week in college**.

Apprenticeships last from **two - four years**, and are available to all aged 16 and above.

Upon completion of your qualification, you will move into a **trade role** to continue your development.

To register your interest in apprentice roles, contact: recruitment@fortem.co.uk

The following apprenticeships are available in Orbit:

- » **Apprentice Electricians** – Coventry, Stratford upon Avon, Warwick and surrounding areas
- » **Apprentice property maintenance operatives** – Coventry, Stratford upon Avon, Warwick, Milton Keynes and surrounding areas.
- » **Apprentice Carpenters** – Coventry, Stratford upon Avon, Warwick and surrounding areas.

“The opportunity has allowed me to go from someone who has never even picked up a chisel or plane before, to two years later, working on my own and completing sometimes 7 jobs a day.”

Ellie Mills



National Apprenticeship Week 2024

Lisi Aerospace is a global leader in the manufacturing industry. We specialise in producing engine and structural components for aircrafts.

We have a range of exciting Apprenticeship opportunities in:

- IT
- Maintenance
- Finance
- Engineering
- Business
- HR

The Open Day will include a range of different activities:

- The history and the future of Lisi
- Factory Tour
- Quiz
- Meet the Apprentices



Apprenticeships are a great way to support our employees and help develop new talent. If you would like to find out more about us and how an apprenticeship could be a great way to start your career, scan the QR code, complete the registration form and come and see us during one of the open days.

Join us for one of our **Open Days**

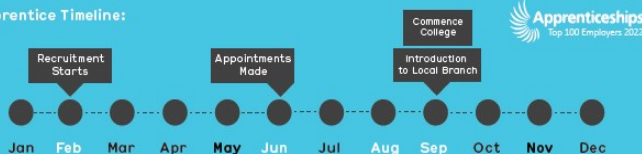
Tuesday 6th Feb
or
Thursday 8th Feb

Register your interest by scanning the QR Code below following with an online form to complete:



www.lisi-aerospace.com
LISI Aerospace
38 Butlers Leap, Rugby
CV21 3RQ

Apprentice Timeline:



DON'T FORGET MOCK EXAMS ARE COMING UP!

FOREST SCHOOLS

Reminder to learners who are doing Forest Schools, please bring in warm clothing for forest school (coats, gloves, hats, scarves) we do have overalls and wellingtons but nothing to keep learners warm as we will be outside no matter the weather. Learners can also bring in a change of clothes for forest school as it is very wet muddy.



EVERY SCHOOL DAY COUNTS

Attendance: At Quest Academy, we seek to ensure that all our learners receive a full time education which maximizes opportunities for each learner to reach his or her true potential: we feel that good attendance (95% or above) and good punctuality too are a vital part of this and we want all learners to strive towards this.

Government statistics have proven that children with poor attendance are 47% less likely to meet their potential examination results compared to learners with good attendance.

We have a desire to strive towards 100% attendance for all of our learners and expect all parents/ carers to actively support us in ensuring that their children are in school, safe, at all times. We also aim to hold all parents / carers that give low priority to good school attendance accountable.

Lateness: Pupils must attend registration on time to be given a present mark. Registration starts at 8.50am until 9am. Arrival after the start of morning registration will be given an 'L' code. After 9.30am a 'U' code (unauthorised absence) will be given.

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: 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. 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.

PRIVACY NOTICE

MacIntyre Academies collects and uses pupil information which complies with General Data Protection Regulation (GDPR). This is Europe's framework for data protection laws – it replaces the previous 1995 data protection directive, which UK law has previously been based upon.

Please note that limited personal data is used and stored as per the MAT Retention Policy.

You can read the full details of our [Privacy Notice](#) in the policy. This includes more details of our legal basis for the use of specific information.