



MacIntyre Academies
Quest Academy

MAY 2020 EDITION 1 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



Don't forget **Friday 8th May** is a bank holiday to mark the 75th anniversary of VE Day (Victory in Europe Day)

“Quote of the week”

“A person who never makes a mistake, never tried anything new”

Albert Einstein

WELCOME



Dear Parents/Carers,

Thank you for continuing to let us know about the activities your children have been involved with whilst they have been at home.

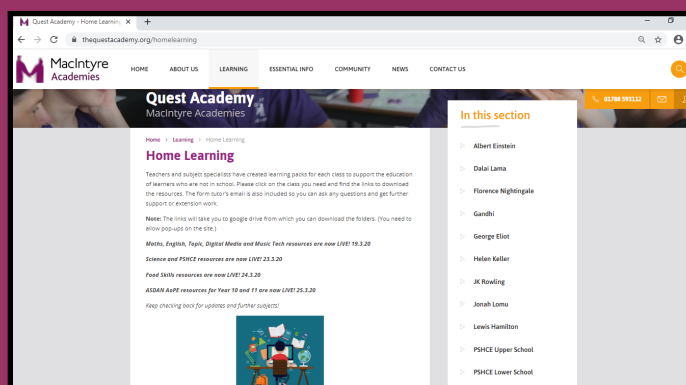
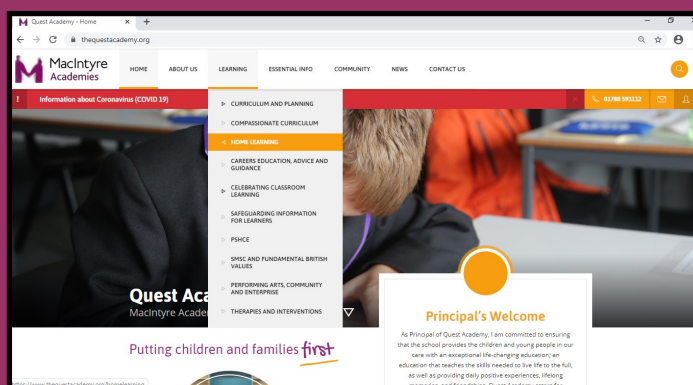
As you are aware Boris Johnson is making an announcement on Sunday night. It is my understanding that when the government feel it is safe for more learners to return to school all schools will be given time to make the necessary arrangements so that children and staff continue to be safe. As soon as I have more information I will write to you.

I would also like to thank Ryan English and Chris Edwards-Dewey who have organised a range of activities linked to the 75th Anniversary of Victory in Europe day. Please can you send us any examples of work /activities your children complete so that we can celebrate this momentous occasion in the next addition of our newsletter.

Kind Regards,

Nicola Wells.

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.)

A Pinch Of Magic

Author: Michelle Harrison

On the mysterious, marsh-bound isle of Crowstone, three sisters - Betty, Fliss and Charlie - live imprisoned by a curse that has trapped their family for generations.

But each of the sisters holds a secret, three magical objects passed down to them, each with a different enchanted property: an old carpet bag, a nest of dolls and a gilt-framed mirror. Together they hope to use their inheritance to defeat the curse upon them.

When they encounter a stranger, a prisoner, who claims to hold secret knowledge about the curse he's willing to trade - for a price - the sisters must decide who to trust and discover whether the objects they keep hold the key to their freedom or a path to unimaginable peril.



TONI-ANNE'S 'LOO ROLL' ART CHALLENGE



So my 4 year old dictated a lot of these interesting 'Loo Roll' designs, she has been learning about cutting and symmetry, she has even decided what the next one is going to be!

How is yours going?



HOW HAVE YOU BEEN KEEPING BUSY?

AJ has continued to paint a different picture each week and place it in his window. When you are out walking can you play 'Eye Spy' a picture in the windows? See how many you can see in your community. Please keep sending your fantastic photos in!

Week	Week Commencing	Eye Spy Picture
1	Monday 23rd March	A House
2	Monday 30th March	A butterfly
3	Monday 6th April	A Flower
4	Monday 13th April	An Easter Egg
5	Monday 20th April	Your Best Friend
6	Monday 27th April	A Buzzy Bee
7	Monday 4th May	A Sheep
8	Monday 11th May	A Monster
9	Monday 18th May	A Spider
10	Monday 25th May	A Tree



Dan has been outside, painting the fences at home! We have some very 'handy and helpful' young people!



Scott has been busy dying his hair this weekend.



Adam and his Mum are working on his home learning environment.



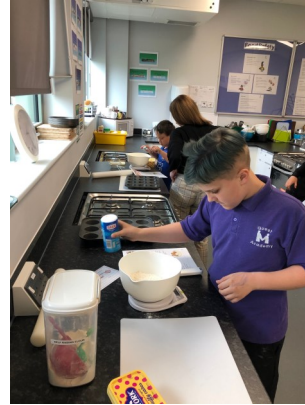
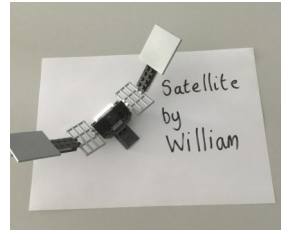
Charlie has been making Oreo fudge....it started really well and ended up with the spoon in his mouth.... just to make sure it tastes okay of course. Hopefully there was some left to share!



SCHOOL LEARNING

William and Declan were asked to do a presentation on Satellites and make some from lego...

Declan researched Elon Musk's SpaceX and made a replica of Starlink and Will created his own design.



Making Jam Tarts in Food Tech and Maths on manga high, .



Some learners in the lower school have been exploring various practical approaches to learning.

They have been creating Lego marble runs and chemical reactions in order to inflate balloons.

**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.*

HOW THE WORLD COULD CHANGE TO BETTER UNDERSTAND AND ACCOMMODATE THE NEEDS OF AUTISTIC PEOPLE FOLLOWING CORONAVIRUS

Information summarised from Autistica <https://www.autistica.org.uk/>

Workplaces could become more flexible and empathetic

Brett Heasman, autism researcher: *The lockdown has forced many companies to adopt working from home practices and has shown we have the technologies to support it, making more job roles accessible for autistic people that may struggle with face-to-face meetings.*



Therapeutic support is offered remotely

Freya Elise, autistic autism researcher: *Video calls for appointments means no travel or difficult waiting rooms and less unpredictability. Being able to use video calls or instant messenger during an appointment with my care coordinator means I can communicate how I best can at the time. Previously for many people the phone was the only option and this is difficult for many people.*



Recognising that autistic traits are natural responses

Sue Fletcher-Watson, autism researcher: *Our clinical definitions of autism take a selection of behavioural patterns and turn them into "symptoms" of a "disorder". They describe "deficits" in social and communication preferences and "rigid" or "restricted" interests and routines. In doing so, they suggest that non-autistic people are great at managing social interactions, effortlessly understand the emotions and needs of others, and waltz through life without relying on routine or hobbies. The Coronavirus crisis has exposed how these assumptions rest on the flimsiest of foundations. In this uncertain time, need for routine and therapeutic hobbies has sky-rocketed. Social connections are laborious - people sit in a Zoom video conference wondering if it is their turn to speak, and are wracked with worry afterwards in case they seemed rude. I am not autistic myself, but these mass experiences resonate powerfully with what autistic people have told me for years. My hope is that everyone will remember how they felt during the pandemic, and use that memory to increase their empathy for and acceptance of autistic people.*



Events become more accessible to a wider audience

Bethan Davies, autistic member of the Autistica science team: *Because of the impact of lock down, event organisers are being pushed to explore ways of holding in person type events virtually. For many of us this is something we have wanted to do for years but haven't been able to prioritise-bringing in newer technology that allows people to join in who wouldn't be able to do so already.*

This hopefully will continue forward to times when people who want to can attend events in person, and those who cannot or do not want to for any reason can still join in and feel included and heard, increasing the accessibility of a wide range of events and the knowledge, community and positivity that they impart.



The educational system will embrace different ways of learning

Carly Jones, autistic mother on the Autistica Insight Group: *I feel that now the U.K. has had to go remote with education we can learn from this and have optional remote learning for those unable to cope in a school system every day or those who suffer burnout.*

SHOULD I NOW WASH MY CLOTHES AT 60° TO HELP BEAT CORONAVIRUS AND WHAT COST DIFFERENCE DOES IT MAKE COMPARED TO DOING LAUNDRY AT 30°?



- Washing at 60° is more expensive but could kill off more germs.
- Some want to know whether higher temps could keep them safer.
- We reveal the difference in cost between 30° and 60° loads.



Grace Gausden, of This is Money, replies: Washing at 30° has been a message pushed to households for more than a decade as this enables households to cut CO2 emissions, save energy and help the environment. Many detergent makers boast that washing with their powder at 30° is as good as at 40°. But coronavirus will have caused concern that washing

at this low a temperature might not be the best idea. Simply put, the higher the temperature of the washing, the more germs killed, which is why people may be tempted to use a higher heat.

It has long been advised by the NHS that all underwear, towels and household linen should be washed at 60° - or at least 40° - with an antibacterial laundry product.

It adds people should wash their hands after handling dirty laundry - in fact, it says this is the most important step to avoid spreading infections. It also says that laundry shouldn't be left in the washing machine after a cycle has finished as any remaining germs can multiply rapidly.

Other tips include making sure your machine is cleaned regularly: many models now have a self clean mode which takes a couple of hours to run and will help keep it running smoothly, and keep it clean inside.

Items of sports kit can be washed at 60°, along with baby clothes and reusable nappies.

Government advice is to just wash items as the manufacturer's instructions say and as you normally would.

What is the cost difference?

Some people may still want to wash at 60 ° regardless given the current circumstances - but just how costly is it? Expert, Victoria Arrington of the Energy Helpline replies: You're right to be looking into taking extra steps to protect your family and community during this concerning time.



How much more running a 60° load would cost versus a 30° load depends on the make and model of your machine, and the energy tariff you're on.

As for the exact cost of a load, it depends on the kWh of your machine, and factors such as its energy rating.

The average A-rated machine uses 1kWh per load at 60°, and 0.56kWh at 30°.

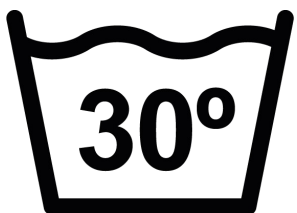
Putting two loads a day for 30 days on the cheapest tariff costs would set you back £4.20 a month if on 30° - £50.40 a year.

Meanwhile, still on the cheapest tariff, which is currently with Outfox the Market on its Fix'D 20 9.0 tariff, it would cost £7.80 on 60 degrees - £93.60 a year. This is a difference of £3.60 a month - equivalent to £43.20 a year. However, on the most costly standard default tariff, the cost rises to £6 when doing two loads a day on 30°, equivalent to £72 a year, and £10.80 a day on 60° - £129.60 a year. Running your machine twice a day on a default tariff at 60° would on average cost £10.80 per month - about £4.80 more than running at 30° on the same tariff.

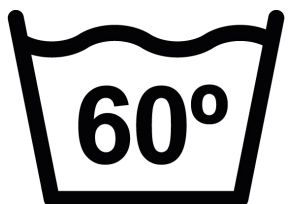
In general, going from 30° to 60° would roughly double the energy used by your washing machine and the related costs.

However, if you were to switch the cheapest energy tariff, the cost of running at 60° would drop by an average of £3 a month - or by about £36 a year.

Your energy costs across the board would on average go down by £280 a year if you were to switch to a bargain energy tariff. But with increased usage during this time (such as your extra washing), the amount you save may be much greater.



It only takes a few minute to switch and save on energy, but it could make a big financial difference during this difficult time.



Grace Gausden, This is Money, adds: Washing at a higher temperature is more costly, but it will offer a generally better clean. However, it is not just the temperature itself that will kill bacteria but also the detergent you use. This means you will likely need to fork out a little more for better washing powder or capsules to be completely sure that you are eradicating as many germs as possible.

GET OUTSIDE AS
MUCH AS YOU CAN!

CALL YOUR LOVED ONES
and...Tell them a joke!

HA
HA

What do you give
a sick lemon?
LEMON AID!

HOW TO STAY HAPPY WHEN YOU'RE STUCK AT HOME

PLAN THE DAY AHEAD
and aim for a balance of
things to keep you busy

9am	Make breakfast
10am	Art
12pm	LUNCH
1pm	Read
2pm	Build a rocket!

Do you
want
to play
dinosaurs?

FIND WAYS TO PLAY
WITH YOUR FRIENDS
even if you can't
be together

DIG OUT ONE TOY
or game every day
that you haven't
seen in a while

REMEMBER:
this is tough
for everyone,
so be PATIENT
and KIND
to those around you.

Mummy,
would you like a drink?

LEARN SOMETHING
NEW EVERY DAY
just for fun - like,
how to draw
a gorilla...

FIND A BOOK YOU LOVE
and get stuck in

MEOW!
I love
this one!

MOVE!

Dance, run, jump,
kick a ball, shake about -
especially if you're
feeling frustrated



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

Patience



Patience is...

...Waiting for something or someone without getting agitated or angry.

...Being patient with yourself when you try something new.

...Working through challenges without giving up.

...Allowing a child to persevere and be independent, when it would be quicker to do it for them!

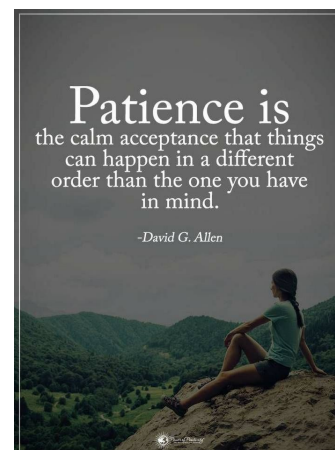
How are you being patient?

"One minute of patience, ten years of peace."

~ Greek proverb

"Nature does not hurry, yet everything is accomplished". Lao Tzu

"Have patience with all things, But, first of all with yourself." Saint Francis de Sales



Communication – sharing ideas

- * What does Patience mean to each of us? Let's listen to each other.
- * Patience stories: A Child's Garden by Michael Foreman, The Giving Tree by Shel Silverstein, Zog by Julia Donaldson, The Heart and the Bottle by Oliver Jeffers, Growing Good by Bernard Ashley
- * Watch the story of Robert the Bruce and the Spider <https://youtu.be/j2HMBGELeFM>

Behaviour & activities – doing together

- * Save the seeds from some fruit and vegetables. Try planting them and wait patiently to see them grow. Alternatively, slice the top from a carrot and stand it in a shallow dish with a little water. What happens after a day or two?
- * Research pictures of mosaics on the internet. Decide together on a simple image and sketch the outline on paper or card, e.g. something like a fish or a flower. Tear up small pieces of coloured paper from magazines and mix equal parts of water and glue together. Dip the paper in the glue and place onto the sketch taking care not to leave any white bits. Overlap slightly and then using the brush paste over the paper lightly with the glue paste and leave to dry.



Happiness – family fun

- * Learn to play Patience. How many different kinds can you find? Try them with cards and online?
- * Learn a new skill. Try ideas like knitting, calligraphy, tying knots (or shoelaces!) juggling (try scarves to start with). How much patience did you need?
- * Now try the ultimate challenge; teach your new skill to someone else!
- * Practise some magic tricks and entertain each other. <https://magictricksforkids.org/>



Wellbeing – being well in body and mind

- * Identify the trigger(s) which make you lose your patience. Remind yourself that things take time. Take one day and make patience your goal for the entire day.
- * Try being still and concentrating on just your breath for one whole minute. Try this once a day every day for the whole week. Does it get any easier? Can you all do this together, or do you need to be alone?

“As someone who struggles a lot with patience, mindfulness really helps me to be patient with myself.” – Nick Wignall

NEW STAFF

We had our new Facilities Assistant, James start recently and we decided to quiz him!



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

Every job I have done has been great, some times they get boring or hard, but over all any job that helps others to do their jobs better or enjoy life more fully is a great job by me.

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

I think visiting Ephesus in Turkey was amazing, learning about history and the Pamukkale.



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

I would love to live on one of the KOH YAO Islands or own another of the islands near by. I enjoy space and just want to relax on a beach, swim / snorkel / scuba dive in light, clean blue waters.



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

I have met and worked with Jonathan Ross, I even made the news that night and Sir Cliff Richard for a documentary.

5) Tell us an interesting fact about yourself?

I have survived 3 near death experiences in my life, if not more depending how I remember them 😊

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

The one that stands out in my memory is servicing a table circular saw, it allowed the people I did it for to continue to serve the community doing fencing and garden's.

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

I prefer Hot Sunny holidays as I like walking and exploring different places with my wife.

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

I am afraid that I have yet to try a food that I can't eat or face.

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

I enjoy watching Rugby as the atmosphere is far more family friendly than football and they are more relaxed about movement during the breaks.

10) What's your best party trick?

I have a remnant of a cycling accident on my left leg that is a little bit off the wall.

11) What's your favourite food and why?



I love to eat - Just seared Steak with chunky chips and a side order of onion rings. The steak is so tender and melts in your mouth, the chips are filling and the onion rings are crispy.

12) Have you ever met Royalty? If yes, tell us more...

I don't know if you see him as royalty, but I worked with Sir Cliff Richard for a few days, I used to work for a production company and they were used to do some filming of a documentary. I have worked on the same stage as Genesis and Pink Floyd, many years ago I used to help do PA set up at the start of a music festival called Knebworth.

13) What was the last TV series you watched?

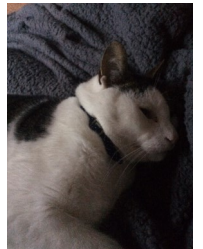
The TV series I am watching at the moment is 'Elementary' on amazon.

14) Name the best TV series you've watched and why?

The best series I have watched is S.H.E.I.L.D as I am a fan all things Marvel!

15) Do you have any pets? If yes, tell us more...

I have one cat called Smudge, two guinea pigs and I believe a hedgehog in the garden.



16) What car do you drive?

I currently drive a BMW 3 series Estate, that I got from a friends garage when mine was going to cost a lot to repair.

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

I would love to have a Volkswagen Caravelle as I enjoy space and transporting people about, I would also Like a Harley Davidson motorbike to just ride about.



James has already been busy building in our kitchen garden.

In the future Cathy (our Food Tech teacher) would like to enter us in 'Rugby in Bloom for schools'.

We are also having a poly tunnel, each class will have a raised bed to grow products- to use or sell We would also like to incorporate some seats too.

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



Can you spot the gherkin hiding in all
the food?

Can you spot the sneaky cat hiding
among the owls?



Can you spot the frog in the
leaves?

LAST WEEKS CHALLENGE - DID YOU FIND THE THING THAT IS DIFFERENT IN EACH PICTURE?

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



Did you spot the Queen hidden
among the royal pups?

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



PLEASING PASTA



Ingredients

- 2 spring onions
- 4 x 15ml spoon sweetcorn (drained)
- 1/4 cucumber
- 200g can mixed beans
- 1 small can tuna (in water)
- 200g of cooked bow-tie pasta (farfalle)
- 1 x 15ml spoon reduced fat dressing
- A few sprigs of fresh coriander



Complexity: Low-medium

Time: 45mins

Equipment

Chopping board, kitchen scissors, measuring spoons, table knife, can opener, sieve, small basin, fork, mixing bowl, wooden spoon.

Method

1. Prepare the vegetables:
 - snip the spring onions, using scissors;
 - measure the sweetcorn;
 - chop the cucumber into small pieces;
 - open, drain and rinse the beans in a sieve over the sink.
2. Carefully open and drain the tuna. Place in a small basin and break up gently with a fork.
3. Place the vegetables, beans, tuna and pasta in a large mixing bowl.
4. Pour over the dressing.
5. Stir everything together.
6. Snip coriander over the salad, using scissors.
7. Serve.



Top tips

Use different vegetables or fruit, e.g. French beans, mango.

Add strips of cooked chicken, ham or beef.

Food skills



Weigh.



Snip.



Drain.



Measure.



Chop.



Stir.



PROTECT THE **NHS**

♥ **save lives**

PLEASE REMEMBER TO ONLY LEAVE HOME FOR:



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

SAFEGUARDING & FAMILY FOOTINGS



- **Daisy** is responsible for lower school families and is available on;
daisy.howden@macintyreacademies.org Work mobile 07504001918



- **Joan** is responsible for upper school families and is available on;
Joan.goodrich@macintyreacademies.org Work mobile 07377990796



- If you have any higher level Safeguarding concerns or questions please contact **Anna** on anna.stelfox@macintyreacademies.org Work mobile 07377990797

We are available to help families with things like accessing family support, Early Help, Child In Need Meetings, Child Protection Meetings, taxi queries, support working with other professionals such as CAMHS, general safeguarding questions and much more.

Quest Contact details

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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.