



MacIntyre Academies
Quest Academy

JUNE 2020 EDITION 1 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



“Quote of
the week”

*“Make your life a masterpiece;
imagine no limitations on what
you can be, have or do”*

Brian Tracy

WELCOME



Dear Parents/Carers,

The main focus of our Newsletter this week is to celebrate the activities that learners have been involved in both at home and school.

I am so impressed with how all the learners have adapted to their new “Family Bubble” and to the new procedures and systems put in place to keep them and others safe.

Today the cleaners informed me that many of the learners had been thanking them for all of their extra hard work to keep the school clean throughout the school day. These acts of kindness were really appreciated by them.

Please do not hesitate to contact me if you have any queries.

Kind regards,

Nicola Wells.

nicola.wells@macintyreacademies.org

School Office: 01788 593 112

Book of the Week

The Dog Who Saved The World

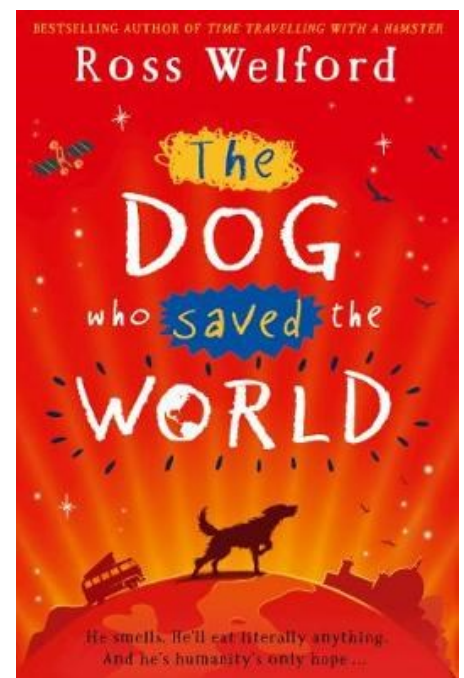
Author: Ross Welford

When eleven-year-old Georgie befriends an eccentric retired scientist, she becomes the test subject for a thrilling new experiment: a virtual-reality 3D version of the future.

But then a deadly disease threatens the life of every dog in the country and Georgie's beloved dog, Mr Mash, gets sick. And that's only the start of her troubles.

Soon, Georgie and Mr Mash must embark on a desperate quest: to save every dog on earth, and maybe even all of humanity... without actually leaving the room.

An extraordinary quest with the biggest stakes of all, and a huge idea at its heart, this is time travel - but not as you know it.



ACTIVITY SHARING FORM



We are pleased to hear that learners at home continue to enjoy and engage with the weekly activities set by their teachers. We have had some great feedback about the lesson PowerPoints and teacher voice-overs!

To help us celebrate learning, I would like to draw your attention to the [Activity Sharing Form](#) in the Home Learning section of the website.

MacIntyre Academies

HOME ABOUT US **LEARNING** ESSENTIAL INFO COMMUNITY NEWS CONTACT US

NEW- Manga High are producing a daily live Maths lesson on Youtube. [Click for schedule.](#) [Click for link.](#)

The BBC have also produced a series of interactive lessons for you to enjoy <https://www.bbc.co.uk/bitesize/dailylessons>

We have created a form for you to complete if you wish to share any other fun activities you have been completing at home. Please click on the link below.

[Activity Sharing Form](#)

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

Home Learning Activities

This form is a chance for you to tell us about all of the fun things you are doing at home!
If you want to also send us a picture of your learning please email to Toni-Anne.Eagles@macintyreacademies.org

* Required

1. Learner Name *

Enter your answer

2. What activity did you complete? *

Enter your answer

3. What did you learn or enjoy?

Enter your answer

When you click on the link it will take you to a form to fill in to share some of the activities you have been doing at home.

3. What did you learn or enjoy?

Enter your answer

Submit

Please remember to click Submit when you have completed.

Any pictures of learning can be emailed to Toni-Anne.Eagles@macintyreacademies.org

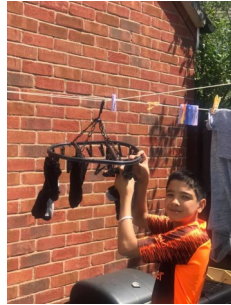
June Update: We are exploring options for virtual lessons and should have some information about that shortly.

Chris Edwards-Dewey

Assistant Principal (Teaching and Learning)

HOW HAVE YOU BEEN KEEPING BUSY?

Amar has been helping with laundry taking clothes out the washing machine and pegging them outside. He's also discovered the Dyson and dust busted his chill out area, let's see how long that lasts



Adam, his Mum and brother have been incredibly busy at home. Working on a variety of skills including Baking, Sewing, Swimming and Bird Spotting.



Sacha has been busy making his "Famous Chicky-Lumps" - he even made a veggie version for his Mum!



WHAT'S BEEN HAPPENING AT SCHOOL

Our garden continues to develop under the watchful eyes of Cathy and James

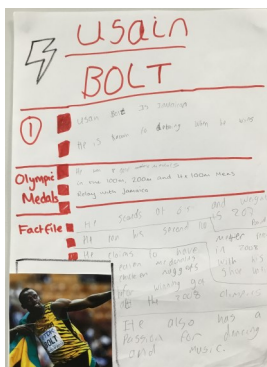
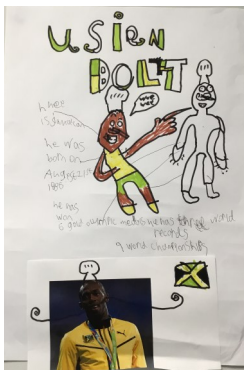
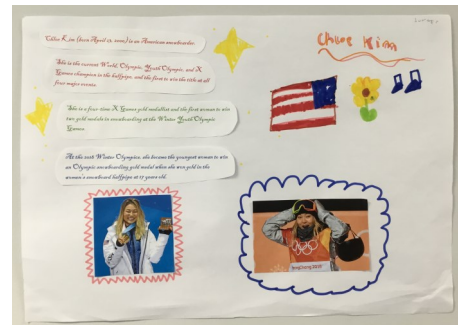
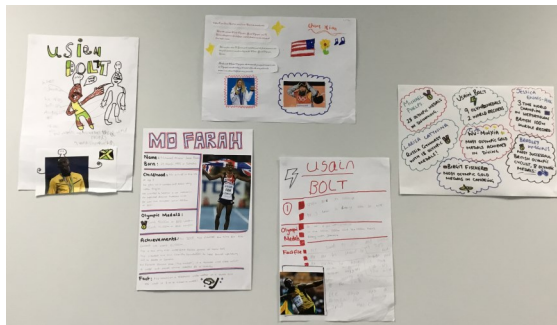
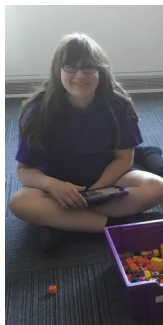


Cathy, Beccy and learner Summer have been busy creating signs for all our growing veggies



THE OLYMPICS

Although the Olympics haven't gone ahead this year we have spent some time across the school looking at Olympic athletes, the Olympic Torch and the Olympic logo.





Family VibEs

Living values in the home

This week's value is very apt for all those who are taking on something new like going back to school, going outside for the first time in a long time - or anything else new.

Courage is a fantastically positive value to focus on and celebrate.

Courage does not equal fearlessness. Courage allows us to move through our fears, to make difficult choices and take specific actions that we know will be difficult, challenging, and at times painful. The origins of the word "courage" stem from the word heart.

Courage



Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen.

- Winston Churchill

COURAGE
IS NOT
HAVING THE
STRENGTH
TO GO ON;
IT IS GOING
ON WHEN
YOU DON'T
HAVE THE
STRENGTH.

THEODORE ROOSEVELT

YOU GAIN
STRENGTH,
COURAGE AND
CONFIDENCE BY
EVERY EXPERIENCE
IN WHICH YOU
REALLY STOP TO
LOOK FEAR IN THE
FACE. YOU MUST
DO THE THING YOU
THINK YOU
CANNOT DO.

ELEANOR ROOSEVELT

Courage is...

...making the right choice when others try to persuade you to do otherwise.

...accepting change, even when it is not what you would like.

...choosing to confront pain, danger, uncertainty, or intimidation.

...Talk about times when you have shown courage.

"COURAGE
DOESN'T
ALWAYS ROAR.
Sometimes
courage is the
quiet voice at
the end of the
day saying
'I will try again
tomorrow.'"

- MARY KIRKMACHER

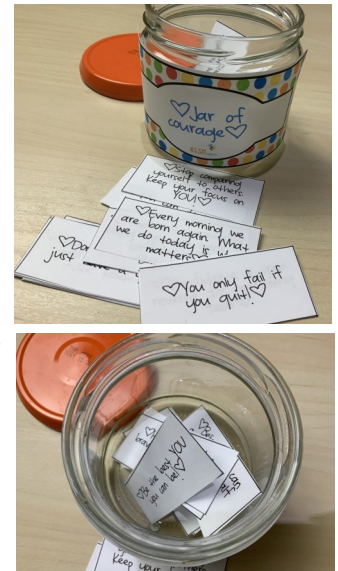
POSTED BY TONY

Communication – sharing ideas

- * What does Courage mean to each of us? Let's listen to each other.
- * Read stories about heroes and list all the courageous things they did.
- * Courage stories: David and Goliath, Nasreen's Secret School by Jeanette Winter, The Tortoise and the Soldier by Michael Foreman, Courage by Bernard Waber, Spaghetti in a Hot Dog Bun: Having the Courage To Be Who You Are by Maria Dismondy, Giraffes Can't Dance by Giles Andreae, Greek myths and/or Arthurian legends.
- * Online story: <https://numawokcreative.com/the-little-girl-and-the-sea/>

Behaviour & activities – doing together

- * Make a Courage wall; put up post-it notes to celebrate acts of courage shown by every member of the family. (They may be big or small, physical or moral)
- * Jar of Courage The Jar of courage consists of some labels to label your jar and 48 inspirational messages. The idea is that each family member can take one if they are feeling a bit scared about something or you could talk about a different one each morning or evening.

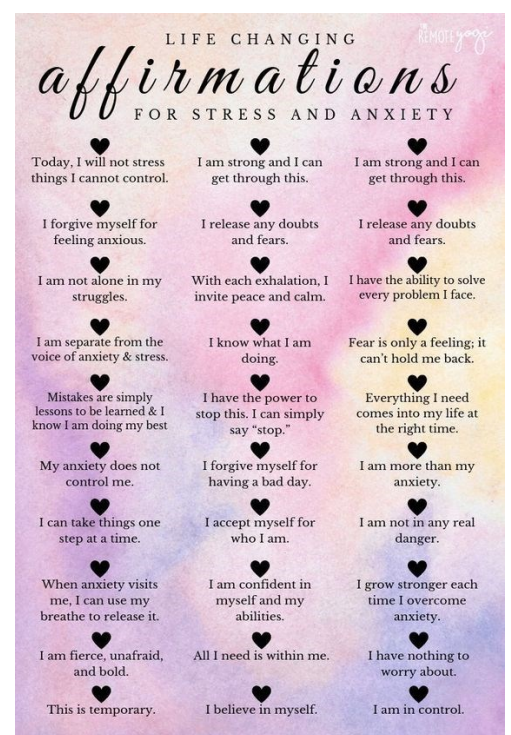


Happiness – family fun Courage Experiment

- * You will need: A ziplock sandwich bag, water, sharp pencils and pens Fill the sandwich bag with water (leave some space at the top) and seal it. Talk about the times when we need to have courage. What are the things that scare us and we worry about having to do? The things that we worry will hurt us? Ask the children what would happen if we poke a pencil in the plastic bag? Hopefully they will suggest that it will leak! Take a pencil and poke it all the way through the bag. There is no leakage whatsoever. The pencil is like the thing we are scared of. We are worried it will hurt us (or make our strength leak away), but if we can find the courage to face a challenge it is often not as bad as we fear. Take turns to share your fear and poke a pencil through the bag.
- * Role Play Scenarios Sometimes what we need is practice in order to succeed. Role playing can be a really effective way to get that practice. Younger kids usually respond well to a formal type of role play. Consider brainstorming scenarios when courage is needed and then role playing those scenarios together. For older children, it might be more beneficial to wait until a situation arises that requires courage. Then discuss what needs to be done or said and ask, “Would you like to practice that?”

Wellbeing – being well in body and mind

- * Try out some confidence boosting affirmations. Create some of your own or try some of these.
- * Practise deep breathing techniques to relieve moments of stress.



JUNE LANGUAGE CHALLENGE

Playing, talking and reading are some of the most effective ways to develop understanding and use of language. Complete as many challenges as possible below or create your own challenges personalised to your family.

Write a letter to somebody. Write a letter to somebody about what you did today.	Argue away! Give 3 reasons why you think kids should have less homework (or more homework).	Play a game. Sit down to play a game together. Have fun!	Sports! Describe your favorite sport to another person.
Watch a show! After watching, retell what happened in the beginning, middle, and end of the show.	Close your eyes. And describe your favorite place in the world. Use your 5 senses!	Play Charades. Take turns acting like different things (like animals) and guessing what they are!	Describe the weather. What is it like today? What is your favorite kind of weather? Why?
Design your own... ...sport! What is it called? What are the rules? What equipment would you need?	Animals! Think of two different animals. How are they the same and how are they different?	Go on a nature walk. Point to, name, and describe what you see and hear!	Your dream pet. Write about your dream pet. Why would you want it? What would it do?
20 Questions Give hints to 10 words you're thinking of. Ex: It's a fruit that's yellow with a peel.	Make a snack. Then, describe how it smells and tastes using as many words as you can.	Read a book. Read a book and then share about your favorite part and your favorite character.	Opposites. Name the opposite of giant. Then do these words: together, boring, expensive.
I'm thankful for... Write down or name 5 things you're thankful for.	In a Sentence. Say a sentence using each of these words: because, divide, assist	Draw a picture. And then, write a short story to go along with it.	Finish this sentence. I like being home... but _____. and _____. because _____.



**THIS WEEKS CHALLENGE - CAN YOU
FIND THE ANSWERS TO THESE RIDDLES?**



Two fathers and two sons are in a car yet there are only three people in the car
How is this possible?

A farmer has 17 sheep and all but 9 escape
How many are left?

Answer me this
Which weighs more?
A ton of concrete or a ton of feathers?

LAST WEEKS CHALLENGE - DID YOU FIND THE
ANSWERS TO THESE RIDDLES?

I fly around
all day but
never go anywhere
What am I?



A **flag** flies around all day, but doesn't go anywhere!



What needs an answer
but doesn't ask
a question?



A **phone** or a **doorbell** need answering when they ring, but they don't ask questions!

I have a hundred limbs
but i can't walk.
What am I?



A bough (branch) on a tree can also be called a **limb** or arm.

TURKEY BURGERS



Ingredients

1 small onion
250g lean turkey mince
1 x 5ml spoon dried mixed herbs
1 x 5ml spoon Worcestershire sauce
Ground black pepper

To serve:

2 wholemeal rolls, bagels or pitta bread
1 tomato
Lettuce leaves or mixed salad
Pickled gherkin (optional)



Equipment

Chopping board, vegetable knife, mixing bowl, mixing spoon, weighing scales, measuring spoons, grill pan, pastry brush, bread knife.

Method

1. Peel and finely chop the onion.
2. Place the mince, onion, mixed herbs and Worcestershire sauce in a bowl. Season with black pepper.
3. Mix the mince mixture together.
4. Preheat the grill at medium.
5. Divide the mince mixture into 4 and shape into burgers. Thoroughly wash and dry your hands after touching the raw meat.
6. Place burgers on a grill tray and grill for 5-6 minutes each side. Check that the burgers are thoroughly cooked and there are no pink juices.
7. While the burgers are cooking, shred the lettuce and slice the tomato.
8. When the burgers are cooked, assemble each burger.

Top tips

- Experiment using different herbs and spices to flavour the burgers.
- Use extra salad ingredients – they all count towards your 5 A Day.
- Try using pork, lamb or beef mince.
- Add grated/chopped vegetables to the burger, such as carrot, courgette or mushroom.

Food skills

Weigh		Chop and slice		Form and shape	
Measure		Mix		Grill	



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

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.

