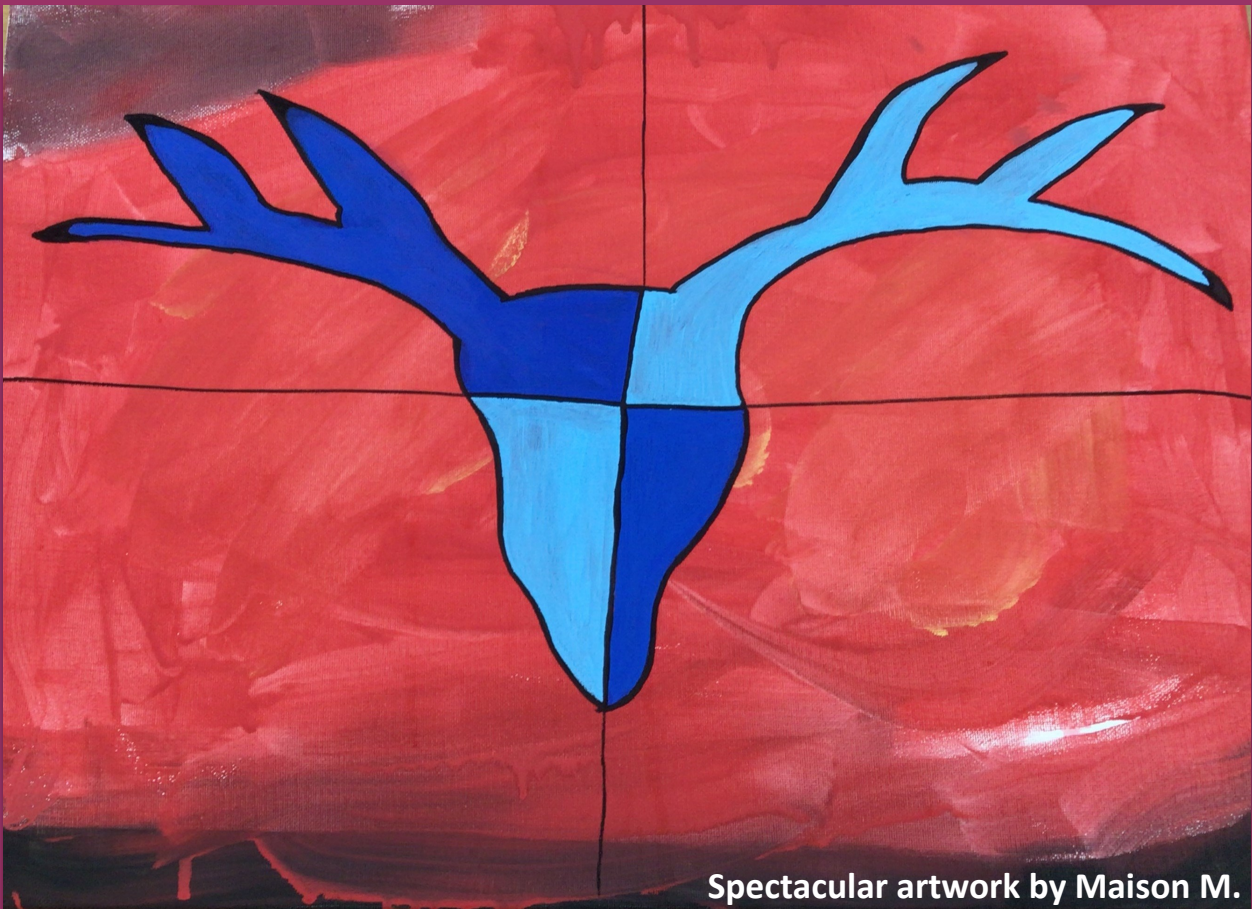




MacIntyre Academies  
Quest Academy

## FEBRUARY 2024 EDITION 1 NEWSLETTER



Spectacular artwork by Maison M.

“  
Quote of  
the week  
”

*“No matter how hard the past is, you can  
always begin again.”*

*- Buddha*

# WELCOME



Dear Parents/Carers,

As we approach the halfway point of the Spring Term, I wanted to extend my regards to each of you for a restful half term break. To our supportive parents and carers, your unwavering encouragement and partnership in your child's education are invaluable. Your involvement plays a pivotal role in their success, and we are deeply grateful for your ongoing support.

As we pause for this well-deserved break, I encourage everyone to take the time to relax, unwind, and spend quality moments with those around you. Whether it's exploring new interests, enjoying outdoor activities, or simply indulging in some well-deserved rest, may this break be filled with joy, laughter, and cherished memories.

Thank you, once again, for your continued collaboration and support. Together, we make a remarkable team, dedicated to the growth and success of our learners.

Wishing you all a wonderful half term break and we look forward to welcoming learners back on Monday 19<sup>th</sup> February.

Warm regards,

*Laura Thackaberry*

*We are successful because...*

*...the mother of one of our learners said that she is proud of him for making the transition to Quest Academy, where he has settled brilliantly. His mother said that she is pleased with the close communication with school and that her son's attitude to school has improved immensely since joining Quest Academy.*

*...the mother of one of our learners said that she appreciates the support for her son and herself from the Quest Academy staff team.*



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 Great Storm Whale

by [Benji Davies](#)

The story of a girl, a whale and a friendship that will echo down the generations, from best-selling, award-winning picture book creator, Benji Davies, author of *The Storm Whale*

*'It's a world fans won't want to leave' - The Observer*

As a fearsome storm blows around Noi's house, his grandma tells of an unforgettable friendship between a little girl and a whale, many storms ago. But as she finishes her tale of perseverance and new beginnings, Noi soon realises it's part of their own story, too. This glorious addition to the bestselling **Storm Whale** series celebrates the stories and the love that are passed down through generations.

*Praise for books from the World of the The Storm Whale:*

"A simple but powerful story about loneliness and the love between a parent and child" – New York Times

"heart-warming story of family and friendship with striking artwork that perfectly captures the seaside world." – The Big Issue

'At the heart of this emotionally charged story is the joy of a lasting friendship, tender and true' – The Bookseller

"Intensely atmospheric, full of biting cold, tender detail and warm light, this is a book to cuddle up with" – The Guardian

"Davies is fast establishing himself as a leading light in children's picture books" – Huffington Post



**Food Tech: We are collecting any tubs for taking food home and any little ramekins for classes making cheesecakes please.**



## WORLD BOOK DAY

World Book Day is a charity that changes lives through a love of books & reading. National Book Tokens have been proud to sponsor World Book Day for more than

two decades and counting.

Our sponsorship helps the

charity to encourage more

children, particularly those

from disadvantaged backgrounds, to have a

life-long habit of reading for pleasure and the

improved life chances this brings them. The next World Book Day will take place on **Thursday 7th**

**March '24**, have you got your costume ready?





## SCHOOL MEAL - PRICE INCREASE

With effect from Monday 1<sup>st</sup> April 2024, Educateres will be increasing the price of their meals by 23p per day. The **cost per day of a meal will be £2.95**, and if taken each day **£14.75 per week**.

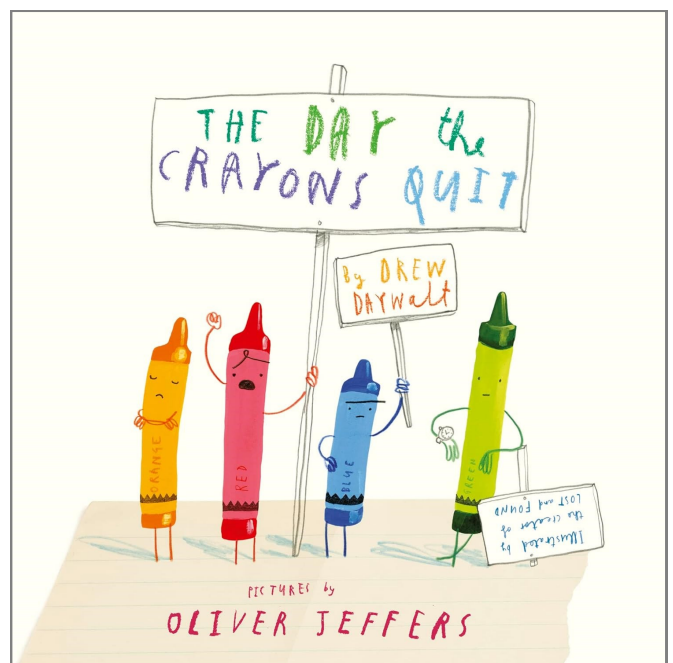
## FOREST SCHOOLS

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.



## ARETHA FRANKLIN CLASS

Aretha Franklin class have been working on the book 'The Day the Crayons Quit', they have been writing letters as if they were the crayons. The class have also created their own crayon pictures just like Duncan did at the end of the story.



Hey DUNCAN,  
It's me, RED Crayon. WE NEED to talk.  
You make me work harder than  
any of your other crayons.  
All year long I wear myself out  
colouring FIRE ENGINES, APPLES,  
strawberries and EVERYTHING  
ELSE that's RED.  
I even work on HOLIDAYS!  
I have to colour all the SANTAS  
at Christmas and ALL the  
HEARTS on Valentine's day!  
I NEED A REST!  
Your overworked friend,  
RED Crayon



# PARMESAN CHICKEN NUGGETS

## Ingredients

- 50g breadcrumbs
- 1x5ml spoon mixed herbs
- 1x15ml spoon parmesan
- 2 chicken breasts or 200g thighs (or myco-protein pieces)
- 1x15ml spoon plain flour
- 1 egg



**Complexity:** low-medium

## Equipment

Grater, chopping board, two small bowls, fork, small plate, sharp knife, red chopping board, baking tray.

## Method

1. Preheat the oven to 200°C or gas mark 6.
2. Grate the cheese and place in a small bowl.
3. Add the breadcrumbs, and herbs and mix.
4. Pour the flour onto a small plate.
5. Beat the egg in a small bowl.
6. Cut the chicken into 'nuggets' (approximately 4cm x 3cm chunks) using a clean chopping board. Ideally a red one.
7. Dust the chicken in the flour.
8. Dip in the beaten egg.
9. Roll in the breadcrumb mixture.
10. Place on the baking tray.
11. Repeat steps 7-10 for all the chicken pieces. Thoroughly wash and dry your hands.
12. Bake in the oven for 20 minutes, until golden brown.

## Top tips

- Add garlic, chilli, fresh herbs or spices to the breadcrumbs.
- Change the chicken for pieces of fish, such as cod and haddock.
- Make your own breadcrumbs – either whiz bread in a blender or use a grater. Try different types of bread for variety.

## Food skills

- |                     |        |
|---------------------|--------|
| • Weigh and measure | • Beat |
| • Grate             | • Cut  |
| • Mix               | • Bake |

# ACADEMIC YEAR 2023 - 2024

## SPRING TERM 2024

<b>Half term</b>	Monday 12th February to Friday 16th February 2024
<b>Learners Start Back</b>	Monday 19th February 2024
Y9 Parents & Options Evening 4 - 6pm	Thursday 7th March 2024
<b>Trust INSET Day (no learners on site)</b>	Friday 8th March 2024
Easter Fayre 2 - 3pm	Friday 15th March 2024
<b>Term Ends</b>	Friday 22nd March 2024
<b>Spring (Easter) holiday</b>	Monday 25 March 2024 to Friday 5 April 2024

## SUMMER TERM 2024

<b>Starts</b>	Monday 8th April 2024
<b>Bank Holiday (no learners on site)</b>	Monday 6th May 2024
<b>INSET day (no learners on site)</b>	Tuesday 7th May 2024
<b>Half term</b>	Monday 27th May 2024 to Friday 31st May 2024
<b>Learners Start Back</b>	Monday 3rd June 2024
<b>Ends</b>	Tuesday 23rd July 2024

# PROPOSED SCHOOL TERM DATES 2024 - 2025

Senior leaders are currently agreeing the term dates for the academic year of 2024-25, we are hoping to move the term dates in line with Warwickshire dates – please note, this is a very minor change. The proposed dates are below

## Autumn Term 2024

Monday 2 September 2024 – **School Closed** – INSET Day (QUEST)

**Term Time:** Tuesday 3 September 2024 to Friday 25 October 2024

**Half term:** Monday 28 October 2024 to Friday 1 November 2024

Monday 4 November 2024 – **School Closed** – INSET Day (QUEST)

**Term Time:** Tuesday 5 November 2024 to Friday 20 December 2024

## Spring Term 2025

Monday 6 January 2025 – **School Closed** – INSET Day (QUEST)

**Term Time:** Tuesday 7 January 2025 to Friday 14 February 2025

**Half term:** Monday 17 February 2025 to Friday 21 February 2025

**Term Time:** Monday 24 February 2025 to Friday 11 April 2025

Friday 14<sup>th</sup> March 2025 – **School Closed** - INSET Day (TRUST)

## Summer Term 2025

Monday 28 April 2025 – **School Closed** – INSET Day (QUEST)

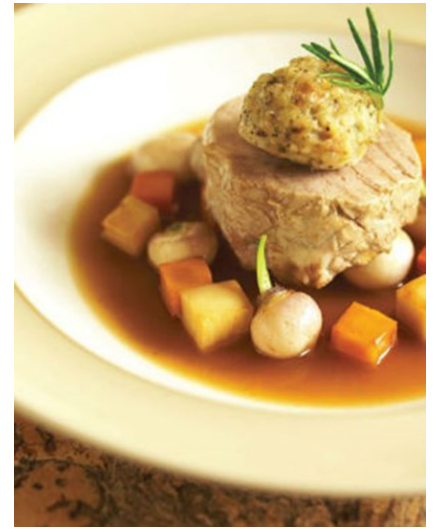
**Term Time:** Tuesday 29 April 2025 to Friday 23 May 2025

**Half term:** Monday 26 May 2025 to Friday 30 May 2025

**Term Time:** Monday 2 June 2025 to Friday 18<sup>th</sup> July 2025

Monday 21<sup>st</sup> July 2025 – **School Closed** – INSET Day (QUEST)

# PORK NECK CASSEROLE, APPLE AND SAGE DUMPLINGS AND ROASTED ROOT VEGETABLES



**Complexity:** High

## Ingredients

- |                                |                           |
|--------------------------------|---------------------------|
| - 2 small onions               | - 400g pork neck          |
| - 1 carrot                     | - Black pepper            |
| - 1 parsnip                    | - 3 x 15ml spoon oil      |
| - 4 baby turnips               | - 75 g self-raising flour |
| - 1 small apple                | - 40 g vegetable suet     |
| - 1 x 15ml spoon fresh sage    | - 5-7 x 15ml spoon water  |
| - 3 celery stalks              | - 600ml chicken stock     |
| - 3 x 15ml spoon fresh parsley | - ¼ litre demi-glaze      |
| - 3 x 15ml spoon fresh thyme   | - 4 x 15ml spoon cider    |
| - 1 bay leaf                   |                           |

## Equipment

Knife, chopping board, kitchen string, weighing scales, casserole dish with lid, plate, measuring spoon, oven gloves, mixing bowl, flour dredger, sauteuse, mixing spoon, small saucepan, strainer, serving bowls.

## Method

1. Preheat the oven 230°C or Gas mark 8.
2. Prepare the ingredients:
  - peel the onions, slice one and finely dice the other;
  - peel and dice the carrot;
  - peel and dice the parsnip;
  - peel the baby turnips;
  - peel and finely chop the apple;
  - finely chop the sage;
  - finely slice two celery stalks;
  - cut the remaining stalk in half and tie the parsley stalks, thyme sprigs and bay leaf inside the two halves of celery with kitchen string to create a bouquet garni.
3. Place the onion slices, carrot, parsnip, baby turnips, celery slices and bouquet garni in the bottom of a casserole dish.
4. Using a clean knife and chopping board, trim off the sinew and fat before cutting the pork into two equal portions.
5. Season the pork and place each piece on top of the vegetables.



6. Drizzle the oil over the pork.
7. Cover with a lid and place in the oven.
8. Cook for approximately 1½ hours, basting occasionally.
9. Combine the self-raising flour, suet, apple, diced onion, sage and enough water to form a soft dough.
10. Divide the dough into four portions.
11. Roll each portion into a ball using lightly floured hands.
12. 10-15 minutes before the end of the cooking time, bring a small saucepan of chicken stock to boil and add the apple and sage dumplings.
13. When the pork is cooked, remove it from the dish, pour off the fat from the casserole and remove the bouquet garni.
14. Deglaze the casserole dish with the cider and demi-glace.
15. Pour the sauce into a sauteuse, boil, skim and correct the seasoning and consistency.
16. Pass the sauce through a fine strainer.
17. Remove the apple and sage dumplings from the chicken stock.
18. Place the roasted vegetables into the serving bowls, place the pork on top, drizzle the sauce and top with the apple dumpling.

### Food skills

- Weigh
- Measure
- Peel
- Layer
- Shape
- Combine
- Boil
- Divide and portion.
- Casserole
- Roast.
- Drain
- Slice, dice, chop, trim and cut.


## CHOCOLATE CONCRETE CAKE

Indulge in these chocolate crunch squares whenever you need a sweet treat. They're lovely with a cup of tea or coffee

### Ingredients

- 170g unsalted butter, melted, plus extra for the tin
- 1 tsp vanilla extract
- 170g caster sugar
- 225g self-raising flour
- 25g cocoa powder
- 1 large egg, beaten
- 2 tbsp granulated sugar



 Prep: 10 mins  
Cook: 35 mins

 Easy

 Makes 8-10

### Nutrition: Per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
311	15g	9g	38g	21g	1g	4g	0.2g



### STEP 1

Heat the oven to 180C/160C fan/gas 4. Butter a 20cm square tin and line with baking parchment. Stir the melted butter and vanilla together in a bowl. Mix the caster sugar, flour and cocoa together in another bowl.

### STEP 2

Pour the bowl of wet ingredients into the dry and beat together, then add the egg and beat again until combined. Press into the prepared tin. Brush the top with water and sprinkle over the granulated sugar.

### STEP 3

Bake for 30-35 mins. Leave to cool slightly in the tin for 5 mins before slicing into squares and transferring to a wire rack to cool completely.



## VALENTINE'S DAY

Wednesday 14th February

**Valentine's Day** is a celebration of love, but it isn't only for romantic love. The first handmade Valentine's Day cards in the 1800s weren't intended only for lovers. They also **celebrated affection between friends and Relatives, a day to remember ALL the love you have in your life.** Other countries have traditionally viewed it as a day of friendship.

### 10 Ways to celebrate Valentine's Day with Friends and Family, or for your own Mental Health



1. Write love letters or make homemade gifts.
2. Marathon Chick Flick & junk food night
3. Plan a Friends Activity Date, maybe a Valentine's Lunch?
4. Turn off technology and spend quality time together without distractions.
5. Valentine's Games Night
6. Send Valentine's Cards to everyone and anyone!
7. Wear something that makes you feel good!
8. Buy your own chocs and flowers!
9. Share a compliment. Practice gratitude by reflecting on all the things you appreciate about each other and your relationship.
10. Get exercising together; take a nature walk or hike, practice yoga or meditation, or take a dance class.



# THE CLUB HUB UK APP

Our free Club Hub app is full of thousands of Baby Classes, Toddler Groups, Kids Clubs, Party Ideas and Holiday Camps for you to contact. Club Hub offers the UK's Number 1 service for parents seeking activity providers. From babies to age 18; from Dorset to Aberdeen – we've got it covered! Download the free Club Hub App now.



Where to look for?

cv22 5pe



Child Age?

Child's Age eg: 3 and 5



What type of activity?

All Types



Choose an Age Range

There are over **8,009** for you to search for.

Popular Categories: Club Hub has millions of parents and carers searching for kids' activities regularly for free. Check out our most popular categories on our directory and support children's activity providers across the UK.



## AUTISM & SEA

Coming to Macready Theatre, Rugby on **Wed 14th Feb** at 2.30pm (during half-term)

<https://www.ticketsource.co.uk/rugby-arts/autism-and-sea/e-dqzdrk>



Join us on an adventure with Finn, Ollie & Astrid as we explore the world of autism!

This show helps to explain autism to young people in a creative and immersive way.

It contains integrated BSL (where the person signing gets involved in the action on stage) and is also relaxed (the audio levels are kept consistent throughout, and audiences can be introduced to the puppets and cast before the show!).



# EATING DISORDERS AWARENESS WEEK (EDAW)



26 February - 3 March 2024.

Around [1.25 million people in the UK](#) suffer from these illnesses, many in secret. They are of all ages, genders and backgrounds.

This year we are shining a light on a health condition that we know doesn't always get the attention it deserves: ARFID.

## Why ARFID?

ARFID stands for **avoidant/restrictive food intake disorder** and is a largely unknown and misunderstood eating disorder. ARFID can have serious consequences for health if left untreated. The number of people affected by ARFID is unknown. Treatment is not available nationwide and people with ARFID, or who suspect they may have it, struggle to access the help they need.

ARFID is a condition characterised by the person avoiding certain foods or types of food, having restricted intake in terms of overall amount eaten, or both.

Someone might be avoiding and/or restricting their intake for a number of different reasons. The most common are the following:

- They might be very sensitive to the taste, texture, smell, or appearance of certain types of food, or only able to eat foods at a certain temperature. This can lead to **sensory-based avoidance or restriction of intake**.
- They may have had a distressing experience with food, such as choking or vomiting, or experiencing significant abdominal pain. This can cause the person to develop feelings of fear and anxiety around food or eating, and lead to them to avoiding certain foods or textures. Some people may experience more general worries about the consequences of eating that they find hard to put into words, and restrict their intake to what they regard as 'safe' foods. Significant levels of fear or worry can lead to avoidance based on **concern about the consequences of eating**.
- In some cases, the person may not recognise that they are hungry in the way that others would, or they may generally have a poor appetite. For them, eating might seem a chore and not something that is enjoyed, resulting in them struggling to eat enough. Such people may have restricted intake because of **low interest in eating**.

It is very important to recognise that any one person can have one or more of these reasons behind their avoidance or restriction of food and eating at any one time. In other words, these examples are not mutually exclusive. This means that ARFID might look quite different in one person compared to another. Because of this, ARFID is sometimes described as an 'umbrella' term – it includes a range of different types of difficulty. Nevertheless, all people who develop ARFID share the central feature of the presence of avoidance or restriction of food intake in terms of overall amount, range of foods eaten, or both.



Other key aspects of ARFID are that it can have a negative impact on the person's physical health and as well as on their psychological wellbeing. When a person does not take in enough energy (calories), they are likely to lose weight. Children and young people may fail to gain weight as expected and their growth may be affected, with a slowing in height increase. When a person does not have an adequate diet because they are only able to eat a narrow range of foods, they may not get essential nutrients needed for their health, development and ability to function on a day-to-day basis. In some people, serious weight loss or nutritional deficiencies may develop, which need treatment. In people whose food intake is very limited, nutritional supplements may be prescribed. In some cases a period of tube feeding may be recommended if physical risk is judged to be high.

Being limited in terms of what they can eat often causes people to experience significant difficulties at home, at school or college, at work and when with friends.

Their mood and day-to-day functioning can be negatively affected. Many people with ARFID find it difficult to go out or to go on holiday, and their eating difficulties may make social occasions difficult to manage. They may find it difficult to make new friends or establish close relationships as social eating occasions are often part of this process.

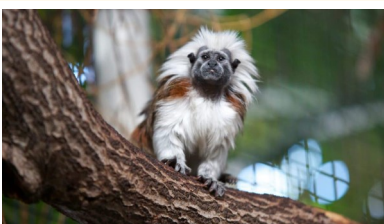


Eating Disorders Awareness Week 2024 | 26 February – 3 March 2024

### Help for England

Helpline: 0808 801 0677

Email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)



## HALF TERM FUN

**Anker Wood and Maze World** (previously known as Plantasia),  
Nuneaton Rd, Atherstone, CV9 1RF

Love mazes? In our experience, wandering around, getting lost and finally finding your way around a maze is always a good laugh. If you agree with us, you'd be thrilled to learn that [Anker Wood at Dobbies](#) is home to UK's largest collection of permanent mazes. Each of the 6 hedge mazes is inspired by a different country, so you'll be having your own journey around the world in a day!

Of course, Anker Wood is a fun place to visit for animal lovers, as well.

Lots of your farm favourites live there, including alpacas, Kune Kune pigs, Shetland ponies, and more. Plus, there's a Treetop Trail with stunning views to explore.

**Open:** Monday - Saturday 10am - 5pm, Sunday 10:30am - 4pm

**General Admission:** Adults: £5.95, Kids: £4.95, Concessions: £3.95. Family (2 adults, 2 kids): £19.95





#YouAreAwesome



This term's MacIntyre Acadmies Staff #YouAreAwesome campaign was a huge success with over 170 nominations!



**Compassion**

Nathan Johnson

**Ambition**

Gemma Bachelor

**Partnership**

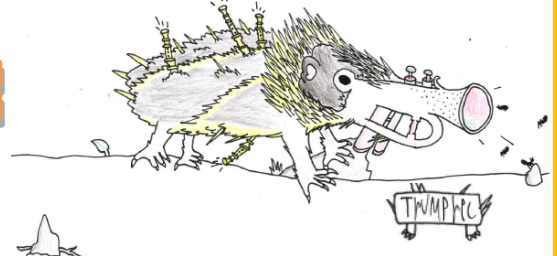
Leanne Neasham

**Team**

Family Footings

## PERSONALISED LEARNING - ART

Netherlands-based artist Redmer Hoekstra draws fascinating illustrations that merge animals and everyday objects (sometimes he even brings 3 or more forms together). Whether you think the pieces are humorous or a bit disturbing, it's hard to deny the ingenious way each creature is formed. In Art Personalised Learning this week we used Hoekstra's work as inspiration. What do you get when you combine a Tenrec, with a trumpet and Alto Recorder?



## 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](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.

**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

## 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.