



MacIntyre Academies  
Quest Academy

## NOVEMBER 2022 EDITION 2 NEWSLETTER



\*Albert Einstein class have been making and racing boats in Science, with different items they found in the classroom.



Quote of  
the week

*“Be kind, for everyone you meet is  
fighting a battle you know nothing  
about.”*

*Wendy Mass*

# WELCOME



Dear Parents/ Carers,

Welcome to our fortnightly newsletter.

We had a wonderful day last Friday where learners were able to take part in a range of events for Children in Need day. As you can see from the pictures the face painting was very popular.

The chickens have settled in and are laying lots of eggs, well done to all the children who have been involved in looking after them. If you would like some eggs please see page 6 for more details.

The School Council met last week were involved in the review of the anti-bullying policy. This coincided with anti-bullying week where learners took part in a range of activities, including Odd Socks Day.

Time seems to be passing surprisingly quickly and it only seems like the other day it was Halloween! As a school we are now preparing for Christmas. Please see details about our Christmas Jumper Day, page 8 and school Christmas lunch on page 7.

Have a wonderful weekend.

Kind regards,

*Nicola Wells*



Christmas Jumper Day  
Thursday 8th December

Questmas School Lunch  
Wednesday 14th December

Y9, 10 & 11 Parent Afternoon  
Thursday 15th December

**We are successful because...**

*...the family of one of our learners said that he enjoys coming to school, loves the routines and achieves consistent success with the reward scheme.*

*...the mother of one of our learners said that she is very pleased that the Quest Academy staff team understands her son's needs and supports him effectively.*

# MELTING SNOWMAN BISCUITS

Get little ones in the kitchen to assemble these cute festive biscuits - sticky fun for a wintry afternoon.

## Ingredients

200g fondant icing sugar

6 white marshmallows

6 large cookies

24 mini chocolate beans

6 pretzel sticks

Tube black writing icing

## Method

- 1) Put the icing sugar into a bowl and add cold water a teaspoon at a time until the mixture is runny but thick enough to coat a spoon.
- 2) Ask an adult to snip the marshmallows in half using wetted scissors.
- 3) Spoon a little icing onto each cookie and attach half a marshmallow. Using a little icing, stick the other half on top at an angle. Drizzle a little more icing onto the cookie to make melting snow.
- 4) Break the pretzel sticks in half and place on the cookie for arms. Stick orange chocolate beans on for the noses. Stick three chocolate beans on each cookie to represent buttons.
- 5) Using the writing icing, pipe small blobs for the eyes and mouth. Leave to set.



## Book of the Week

### Scattered Showers

By Rainbow Rowell

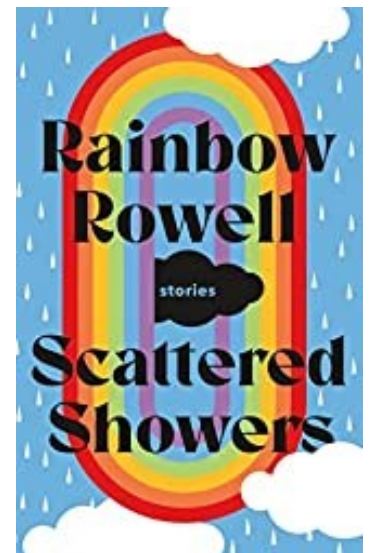
Rainbow Rowell has won fans all over the world by writing about love and life in a way that feels true.

In her first collection, she gives us nine beautifully crafted love stories. Girl meets boy camping outside a movie theater. Best friends debate



the merits of high school dances. A prince romances a troll. A girl romances an imaginary boy. And Simon Snow himself returns for a holiday adventure.

It's a feast of irresistible characters, hilarious dialogue, and masterful storytelling—in short, everything you'd expect from a Rainbow Rowell book.



Reading age



12 years and up





# What Parents & Carers Need to Know about

# WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp's business features, not to personal messages.

## WHAT ARE THE RISKS?

### SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details), or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

### DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded – so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

### ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

### POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

### CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

### LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe – but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

## Advice for Parents & Carers

CLICK HERE

### CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.

### EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.

### REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

### LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

### THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

### DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone.' However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

### CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

## Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.



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#WakeUpWednesday



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2022



# CHOCOLATE BREAD

## Ingredients to make the bread

250g Strong Flour

½ Teaspoon of Salt (2.5ml)

7g Pack of Yeast

150ml Warm Water

## Method

- 1) Preheat the oven to 220c
- 2) Line baking tray with greaseproof paper
- 3) Sift the flour(250g) and salt(2.5ml) into mixing bowl
- 4) Stir in yeast (7g)
- 5) Make a well in the middle of the mixture and add the WARM water
- 6) Mix together to form a dough
- 7) Sprinkle flour on work surface
- 8) Knead the dough for **10** minutes
- 9) Split into 2 dough balls




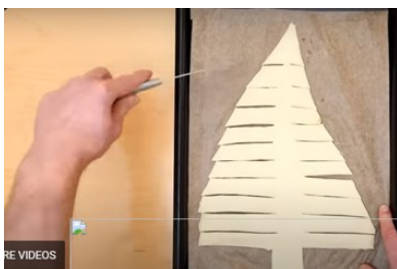
## HOW TO ASSEMBLE YOUR CHOCOLATE BREAD

### Ingredients

50g /2 Tablespoons of melted Chocolate

### Method

- 1) Roll your first dough ball into a triangle shape  and move out the way
- 2) Do the same with your second dough ball
- 3) Put one of your triangles on baking paper and spread your chocolate on the dough
- 4) Lay your second triangle over the top and gently press down to seal together
- 5) Use a sharp knife to cut lines about 1cm apart these will form your branches
- 6) Cover with cling film and put on top of oven (**do not put the hob on**) to prove for 15 minutes
- 7) Twist each branch away from you a few times and press it down to baking tray.
- 8) Cook for approximately 10 minutes and enjoy



## 'CHILDREN IN NEED' DAY AT QUEST



## ART BY LILLY

Slime hound  
Expressions



Colours Slime hounds can  
come in: ● ● ● ● ● ● ● ● ● ●  
Event colours: ● ● ● ● ● ● ● ● ● ●

Front View



+ Bonus  
Expression



Paw



Side  
View

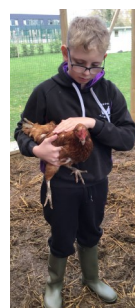


Foot

tail

## ACE NEWS

Our chickens now have their names, we would like to introduce Tikka, Lasie, Lady Clucksalot, Willow, Sacha and Waffle! If you would like to purchase Quest eggs you can donate via ParentPay. Your donation will help keep the chickens fed, therefore producing more eggs to purchase! Please see Risk Assessment on school website for the [Safe consumption of eggs](#).



## SAFEGUARDING & FAMILY FOOTINGS



**Daisy Howden** Mobile : 07504 001 918

Email: [daisy.howden@macintyreacademies.org](mailto:daisy.howden@macintyreacademies.org)



**Joan Goodrich** Mobile: 07377 990 796

Email: [Joan.goodrich@macintyreacademies.org](mailto:Joan.goodrich@macintyreacademies.org)

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.



# QUESTMAS LUNCH

On Wednesday 14th December we will be offering the below Christmas menu for lunch (please be aware this replaces the normal Wednesday menu).

The cost of the meal is **£2.60** (unless Free School Meal)—please ensure this is paid via ParentPay, if you do not have a ParentPay account set up please contact the office.



## Christmas Lunch Menu



**Roast Turkey Breast Fillet**  
**Sausage and Bacon Roll served with**  
**Mini Yorkshire Pudding and Gravy**

or

**(vg) Roast Quorn Fillet served with**  
**(v) Mini Yorkshire Pudding and Gravy**

**served with Crispy Roast Potatoes**  
**Garden Peas and Baby Carrots**

**(v) Ice Cream or**  
**(vg) Christmas Cracknel Bauble**





## RECYCLE THE UNRECYCLABLE WITH TERRACYCLE®



Thanks to Cathy, Quest are now registered to collect the below items (washed out). The more we collect, the more points we earn that can go towards purchasing supplies. Learners can bring them in from home

### The KP Snacks® Nuts, Popcorn, Crisps & Pretzels Packet Free Recycling Programme accepts nuts, popcorn, crisps & pretzels packets from all brands.



✓ Crisps, popcorn and pretzels multi-packs



✓ Popcorn packets



✓ Pretzel packets



✓ Crisp packets



✓ Nut packets

### The Cheese Packaging Free Recycling Programme: any brand of flexible plastic cheese packaging and nets



✓ Plastic nets for mini cheeses and labels from Cathedr...



✓ Sliced cheese protective plastic film



✓ Individual plastic cheese wrappers



✓ Flexible plastic cheese pouches

### Confectionery Free Recycling Programme accepts plastic confectionery packaging from all brands.



✓ Individual chocolate bar wrappers



✓ Plastic chocolate block wrappers



✓ Plastic chocolate block wrappers



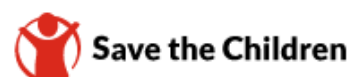
✓ Individual chocolate bar wrappers



✓ Chocolate and sweets multipack outer plastic...



✓ Plastic chocolate and sweets pouches and bags



**WHAT IS CHRISTMAS JUMPER DAY?** Christmas Jumper Day is Save the Children's annual event which raises money for children in the UK and across the world. Every December, millions of people across the United Kingdom (and beyond!) put on a festive outfits at work, school or with friends and make a donation to help give children the magical future they deserve.

**WHEN IS CHRISTMAS JUMPER DAY?** Thursday is the new Friday, right? **Thursday 8th December 2022** will be Save the Children's 11th Christmas Jumper Day!

**WHEN WAS THE FIRST CHRISTMAS JUMPER DAY?** Since 2012, millions of people like you have put on their jazziest jumpers for one day in December, raising money for Save the Children, making the world better for children in the UK and around the world. If you would like to donate please do so via the Save the Children website.





## BLACK FRIDAY- 25TH NOVEMBER

The term **Black Friday** was first used in America in 1869, when the stock market collapsed, causing a financial crisis. During the 1960s, the name started to be used in positive way, describing the fact that Philadelphia stores' profits moved from "**red**," meaning losses, to

"**black**," and saw profits (this goes back to the way business accounts used to be recorded).

In the late 1980s, the shopping phenomenon grew even bigger, with retailers offering discounts, even drastically slashing prices, in order to draw crowds of shoppers.

In the 1990s, stores started opening up at midnight and people even began to camp out so that they could grab the first bargains. Black Friday started to spread worldwide.

In the early 2000s, retailers noticed that shoppers would go online the Monday after Thanksgiving, so in 2005, **Cyber Monday** was born. The idea took off. Online shopping over the Thanksgiving weekend raked in almost \$10 billion!

2010 saw the start of **Small Business Saturday** (day after Black Friday) taking advantage of the trend for people to shop local. Free online advertising helps retailers attract buyers.

**Black Friday** may have its origins in America, however, it is now celebrated as a shopping holiday across the globe, with Canadian and British shoppers being the quickest to adopt it and add it to their calendars.

According to surveys, during **Black Friday 2021**, men in the UK planned to spend an average of £335, whilst women on average planned to spend £190. This is maybe no surprise since the UK has among the best Black Friday sales in the world where products are on average discounted by 63%!

**Will you be bagging a bargain or boycotting this barmy Black Friday?**



## TREE DRESSING DAY

Based on many old customs from all over the world and at different times of the year, *Tree Dressing Day* is on the 1st weekend of December (Saturday 3rd December 2022). It was initiated by Common Ground in 1990 and



has grown to become much more than an expression of a love for trees. It is a chance for communities to gather and celebrate our leafy friends. It's also chance for communities to reflect on the social and cultural history of their local area, and the role trees have played in shaping stories. Trees have long been celebrated for their spiritual significance. The simplicity of tying strips of cloth or yarn to a tree is universal and timeless. The old Celtic custom of tying cloth dipped in water from a holy well to a 'cloodie tree' echoes the practice in Japan of decorating trees with strips of white paper, or *tanzaku*, bearing wishes and poems. The 21st century trend of 'yarn bombing' in Europe and North America transforms the local landscape with bright fabrics and yarns, like the Buddhist tradition of tying ribbons around the trunk of the Bodhi tree in homage to Buddha, or the annual Hindu festival of Raksha Bandhan when coloured strings are tied onto trees and plants to call upon the power of nature to protect loved ones.

These deep and diverse cultural associations provide a rich basis for tree festivities across the world. The act of dressing a tree binds us to it and celebrates the unique role that trees have in our local neighbourhoods.

**Wonder if decorating a Christmas Tree counts?**



# TERM DATES FOR 2022 - 2023

## AUTUMN TERM 2022

Ends	Friday 16th December 2022
Christmas holiday	Monday 19th December 2022 - Monday 2nd January 2023

## SPRING TERM 2023

INSET day (no learners on site)	Tuesday 3rd January 2023
Starts	Wednesday 4th January 2023
Half term	Monday 20th - Friday 24th February 2023
Trust INSET (no learners on site)	Friday 10th March 2023
Ends	Friday 31st March 2023
Spring (Easter) holiday	Monday 3rd - Friday 14th April 2023

## SUMMER TERM 2023

Starts	Monday 17th April 2023
Bank Holiday	Monday 1st May 2023
Bank Holiday (Kings Coronation)	Monday 8th May 2023
Half term	Monday 29th - Friday 2nd June 2023
INSET day (no learners on site)	Monday 10th July 2023
INSET day (no learners on site)	Tuesday 11th July 2023
Ends	Friday 28th July 2023

### 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:

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.



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.



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