

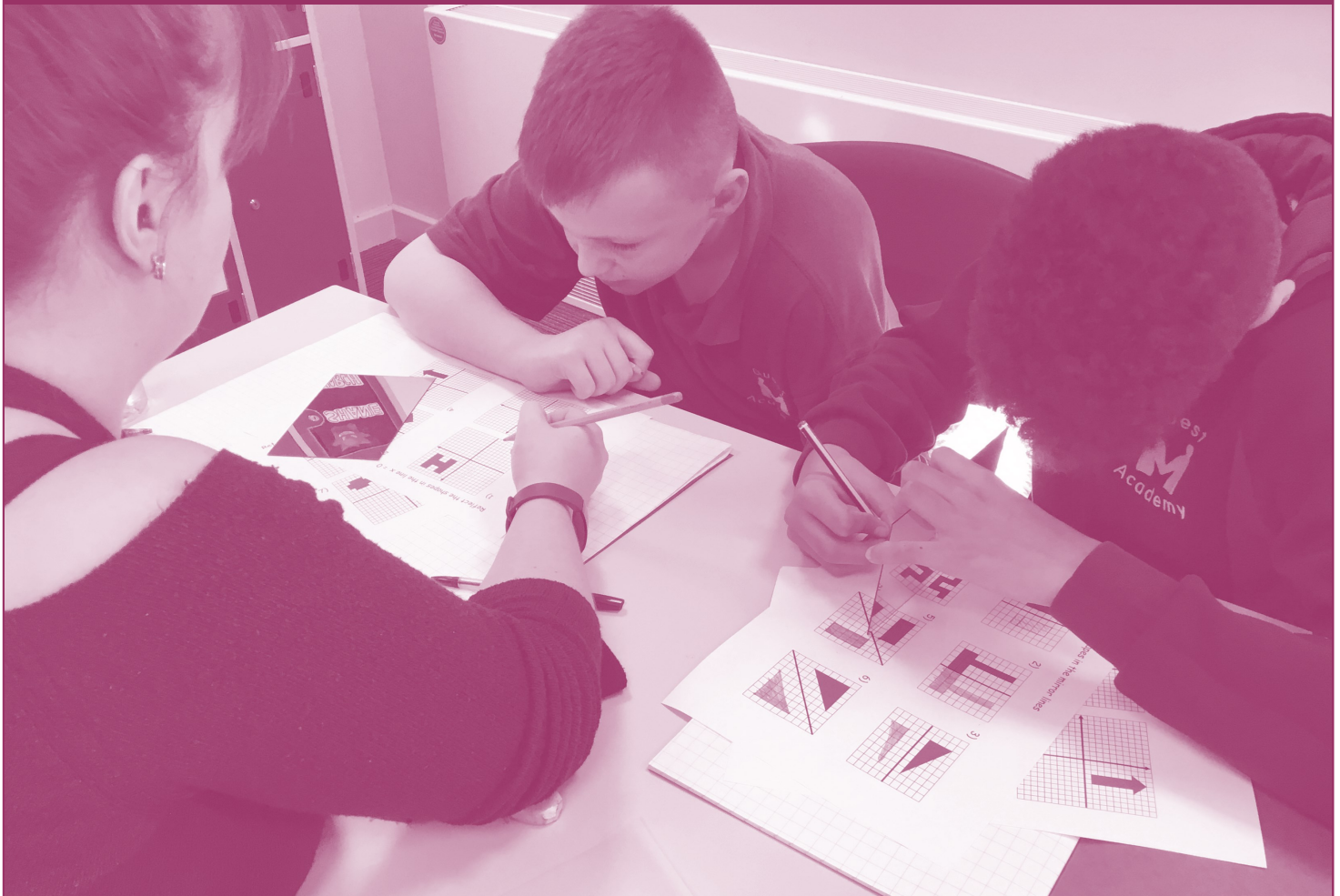


MacIntyre Academies  
Quest Academy

## MAY 2020 EDITION 4 NEWSLETTER



FACEBOOK PAGE — Quest Academy Family Group



“Quote of  
the week”

*“Opportunity follows struggle. It follows effort. It follows hard work. It doesn't come before.”*

*Shelley Steele*

# WELCOME



Dear Parents/Carers,

I hope that you have had the opportunity to enjoy the wonderful weather.

During half term staff have been working hard in preparation for extending our provision to more learners.

In the newsletter there is a copy of the menu on offer from Monday 1st June (Page 6 and 7, you will also find these on our [website](#)). In addition we have created a Family Question and Answer sheet and a PowerPoint for learners which you will find attached to this email alongside our Newsletter.

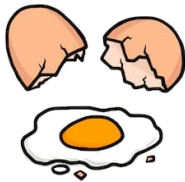
Thank you for your ongoing support.

Kind regards,

*Nicola Wells.*

## 16 EVERYDAY ACTIVITIES THAT COUNT AS LEARNING

1. Cooking and baking



2. Meal Planning



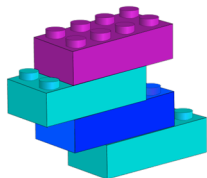
3. Budgeting



4. Checking the weather Forecast



5. Building with Lego



6. Playing Card Games



7. Playing Board Games



8. Doing Puzzles



9 Imaginative Play



10. Listening to Music



11. Reading



12. Colouring/ Drawing/ Painting



13. Listening to podcasts & Audiobooks



14. Writing Letters or Emails



15. Taking a Walk



16. Cleaning and Doing Chores

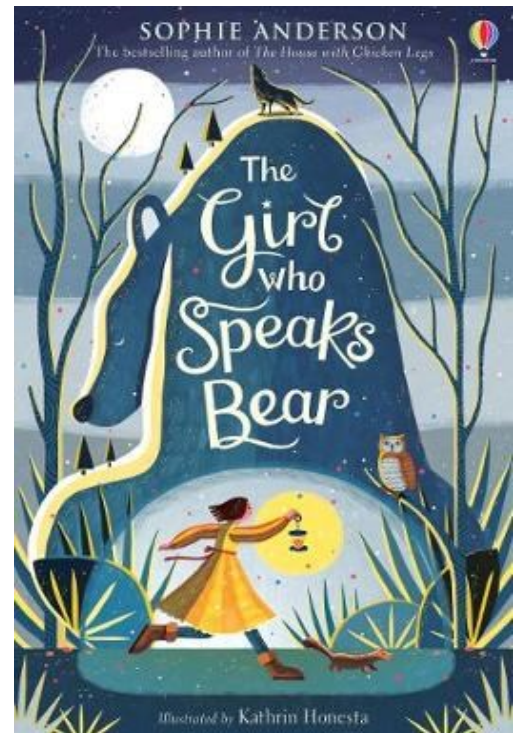


## The Girl Who Speaks Bear

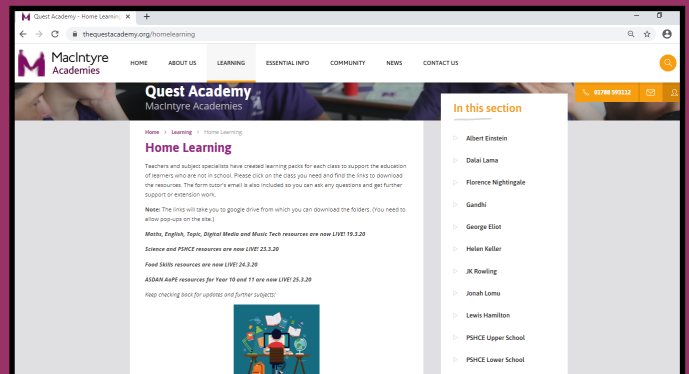
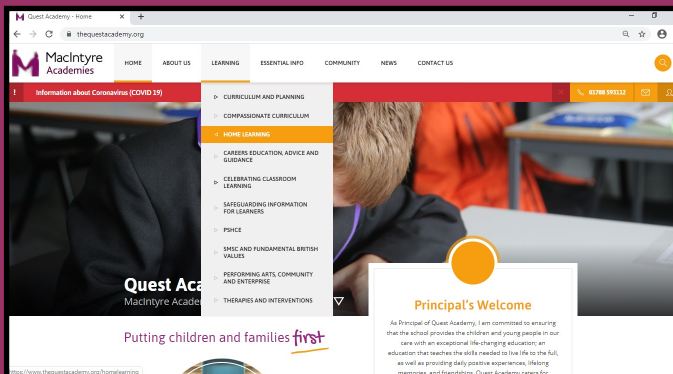
Author: Sophie Anderson

They call me Yanka the Bear. Not because of where I was found - only a few people know about that. They call me Yanka the Bear because I am so big and strong.

Found abandoned in a bear cave as a baby, Yanka has always wondered about where she is from. She tries to ignore the strange whispers and looks from the villagers, wishing she was as strong on the inside as she is on the outside. But, when she has to flee her house, looking for answers about who she really is, a journey far beyond one that she ever imagined begins: from icy rivers to smouldering mountains meeting an ever-growing herd of extraordinary friends along the way.



## 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).



# PREPARING FOR RETURNING TO SCHOOL

Since 23rd March, schools in England have been closed to most of their children. Some children still went to school each day because they have parent who work as key workers. Other children have been at home each day. You may have been doing some work from your teachers and some things you or your parents have chosen for you to learn. We understand that this time in lockdown has become a new normal for you and you may have had new routines each day and this is okay.

Returning to Quest (Please see attached PowerPoint)

- More learners are starting to come back to Quest.
- So we can look after everyone, some learners are coming to school on different days.
- Some staff are working at Quest & some staff are working at home.
- Staff may work in different classes to before. This is okay.
- Staff are here to help.
- It is important that we remember to keep apart to stop the virus spreading.
- The recommended distance from others is at least 2 metres.
- Staying apart from others is called social distancing.



Things we need to remember...	
<p><b>1</b> 1 person sitting at a table</p>	<p>Keep 2 metres apart</p>
<p>Follow the arrows around school</p>	<p>Stay in our classrooms or ask for a break and go to our Break Space</p>
<p>Wash our hands during the day</p>	<p>Keep our distance outside</p>



# Warwickshire SEND Information, Advice and Support Service



Warwickshire Special Educational Needs and Disabilities (SEND) Information, Advice and Support (SENDIAS) offers free, impartial and confidential advice and information direct to:

- Young People with SEND aged 16-25
- Parents and carers of children with SEND

Warwickshire SENDIAS is commissioned by Warwickshire County Council through the charity KIDS in line with the 2014 SEND Code of Practice. The service is independent of Warwickshire County Council.

Our team are trained in SEND law and can offer advice which is in line with the SEND Code of Practice (2014), the Children and Families Act (2014) and other relevant legislation.

The service provides information about specific issues and is not able to advocate on behalf of a family. We provide information and advice to families with children and young people with special educational needs and disabilities (SEND) at any point in their journey, including children who do not have a diagnosis.

Our aim is to empower young people and carers so that they can make informed decisions.

We provide information and advice about:

- How SEND needs are identified and met
- SEND support available in schools, early years and post 16 settings
- Education, Health and Care Plans
- Funding arrangements including personal budgets
- Understanding professional reports
- Understanding and applying the law and local policy related to SEND
- Exclusions
- Mediation
- SEN Tribunal
- The Local Offer
- Local and national Services

The service supports families by providing the information they need to make informed decisions. This includes preparing for meetings, for example by exploring the questions parents and young people want to ask and the information they may want to request. Where the need is complex and families need significant support, we may provide support in person, usually through a meeting at a community venue. Where families do not have internet access we can post paperwork.

We will endeavor to respond to all enquiries within two working days. A voicemail is available 24/7 and we can only return calls when a message has been left for us to respond to. If you are able to, please contact us via email as we are then able to directly send you information and links to information.

For more information  
please visit

[www.kids.org.uk/SENDIAS](http://www.kids.org.uk/SENDIAS)

All initial referrals must come from parents / young people (aged 16-25), although parents can be supported by others in making this contact. This is to comply with GDPR and in order to ensure confidentiality. We will only talk with the local authority, schools, other professionals and other individuals with the parent or young person's written consent.

We work within the timescales of the SEND Code of Practice. We cannot speed up the EHCP process.

## Warwickshire SEND Information Advice and Support Service

Telephone: 024 7636 6054

Email: [Warwickshire@kids.org.uk](mailto:Warwickshire@kids.org.uk)

Address: Lancaster House, Exhall Grange Specialist School, Easter Way, Off Pro Logis Park, Coventry, CV7 9HP

Website: [www.kids.org.uk/sendias](http://www.kids.org.uk/sendias)

Facebook: @WarwickshireSENDIAS

Twitter: @warwickshireIAS

### We provide information and advice through

- Online resources: [www.kids.org.uk/sendias](http://www.kids.org.uk/sendias)
- Email support: [warwickshire@kids.org.uk](mailto:warwickshire@kids.org.uk)
- Telephone 024 76366054
- Social Media: Facebook: @warwickshireSENDIAS Twitter: @warwickshireIAS

Warwickshire  
SEND Information,  
Advice and  
Support Service



**NHS**  
Coventry and  
Warwickshire Partnership  
NHS Trust

## Urgent Mental Health Support

For Urgent Mental Health Support call  
**0300 200 0011** (calls to this number are free).

The Coventry and Warwickshire Partnership NHS Trust service is available **24 hours a day, 7 days a week**.

*During the COVID-19 (coronavirus) outbreak, we are currently prioritising our crisis services. We are also providing virtual and telephone assessments where possible.*

### NHS Mental Health Crisis Service:

**Telephone Number: 0300 200 0011** (24 hours a day, 7 days a week - Between 9am to 5pm this number will take you to a central service, where your needs will be triaged and where required you will be placed into contact with the local crisis team. Outside of these working hours your call will be directly managed by the crisis service).

When you contact us we will explore with you the nature of your crisis and assess with you if we need to come and visit you at your home. We have a range of experienced NHS staff and clinicians who will be able to guide you to service offers available to you across Coventry and Warwickshire.

**Additionally during 8am and 8pm (7 days a week) you can call the Children and Young People Crisis Service directly on 024 7674 1799** (outside of these hours please use the main number above).

### Voluntary and Community Sector Support Helpline provided by Mental Health Matters in Coventry and Warwickshire


**Telephone Number: 0800 616 171** (24 hours a day, 7 days a week).

**Website link:** <https://www.nhm.org.uk/coventry-warwickshire-helpline>

This helpline provides emotional support to residents in Coventry and Warwickshire and connects you with highly skilled, trained and compassionate staff that can offer you a listening ear and can connect you with a wider network of support provided by the voluntary sector in collaboration with the trust. This service also provides a webchat functionality if you feel speaking with someone over the phone is too difficult.

For more information visit the 'Find help now' section on our website: [www.covwarkpt.nhs.uk](http://www.covwarkpt.nhs.uk)

# NEW MENUS - PLEASE NOTE THIS IS HOT & COLD DELI BAGS, STARTING MONDAY 1ST JUNE




**Educaterers Hot and Cold Deli Bag Menu Week 3 – w/c Mondays 1/6, 22/6, 13/7.**



Day	Menu Item		Menu Item	
<b>Monday</b>	(v) Cheddar Cheese Soft Bap (G.D.), Fruity Flapjack (G.), Juice Carton	OR	British Red Tractor Chicken Fillet Wrap (G.)	<p><b>Please note</b> all deli bags are served with either vegetable sticks or salad.</p> <p><b>A drink is provided with each meal, water is also available on request.</b></p> <p><b>Ketchup is offered with the hot bap of the day</b></p> <p><small>Presentation may vary to that shown in the photographs.</small></p> <p><small>Meals may be served in bags or on plates depending on where they are to be served and eaten.</small></p> <div style="border: 1px solid white; padding: 5px; margin-top: 10px;"> <b>Key</b>  V = vegetarian      G = Gluten/Wheat  D = Dairy            F = Fish  N = Coconut/Nuts   M = Mustard  S = Sesame          SB = Soya  E = Egg                SU = Sulphites </div>
<b>Tuesday</b>	British Roast Chicken Wrap (G.), Homemade Sponge (G.E.), Fresh Fruit, Milkshake (D.)	OR	(v) Veggie Hot Dog Linda McCartney veggie sausage (G.SB.SU.)	
<b>Wednesday</b>	Ham Soft Bap (G.), Ice Cream Tub (D.), Juice Carton	OR	Lowerhurst Farm Organic Beefburger in Bap (G.) (vegetarian only) 2 x Veggie Fingers in a Bap (G.)	
<b>Thursday</b>	Tuna Mayo Sandwich (F.E.G.SB.), Carrot & Orange Cookie (G.), Fresh Fruit, Juice Carton	OR	Hot Dog featuring our award winning pork sausage (G.SU.) (vegetarian only) Veggie Hot Dog (G.SB.SU.)	
<b>Friday</b>	(v) Cheddar Cheese Soft Bap (G.D.), Vanilla Krispy Bar (G.), Juice Carton	OR	Fish Fillet Finger Bap 2 x Fish Fingers (F.G.)	

[www.educaterers.co.uk](http://www.educaterers.co.uk)  
Menu may change to meet customer preferences.

Tel: 01926412999  
Email: [contactus@educaterers.co.uk](mailto:contactus@educaterers.co.uk)



**Allergies**  
Please contact your school cook for information regarding the content of dishes and products on our menu.



**Educaterers Hot and Cold Deli Bag Menu Week 1 – w/c Mondays 8/6, 29/6.**



Day	Menu Item		Menu Item	
<b>Monday</b>	Tuna Mayo Sandwich (F.E.G.SB.), Cheese, Crackers and Apple (G.D.), Juice Carton	OR	Hot Dog featuring our award winning pork sausage (G.SU.) (vegetarian only) Veggie Hot Dog (G.SB.SU.)	<p><b>Please note</b> all deli bags are served with either vegetable sticks or salad.</p> <p><b>A drink is provided with each meal, water is also available on request.</b></p> <p><b>Ketchup is offered with the hot bap of the day</b></p> <p><small>Presentation may vary to that shown in the photographs.</small></p> <p><small>Meals may be served in bags or on plates depending on where they are to be served and eaten.</small></p> <div style="border: 1px solid white; padding: 5px; margin-top: 10px;"> <b>Key</b>  V = vegetarian      G = Gluten/Wheat  D = Dairy            F = Fish  N = Coconut/Nuts   M = Mustard  S = Sesame          SB = Soya  E = Egg                SU = Sulphites </div>
<b>Tuesday</b>	(v) Cheddar Cheese Soft Bap (G.D.), Iced Mandarin Sponge (G.E.), Juice Carton	OR	British Red Tractor Chicken Fillet Wrap (G.)	
<b>Wednesday</b>	Turkey Soft Bap (G.), Ice Cream Tub (D.), Juice Carton	OR	(v) Veggie Hot Dog Linda McCartney veggie sausage (G.SB.SU.)	
<b>Thursday</b>	Sliced Ham Sandwich (SB.G.), Homemade Ginger Cookie (G), Fresh Fruit, Milkshake (D.)	OR	Lowerhurst Farm Organic Beefburger in Bap (G.) (vegetarian only) 2 x Veggie Fingers in a Bap (G.)	
<b>Friday</b>	(v) Egg Mayo & Cress Soft Bap (G.E.), Gluten Free Mini Ring Doughnut (SB.D.E.), Fresh Fruit, Milkshake (D.)	OR	Fish Fillet Finger Bap 2 x Fish Fingers (F.G.)	

[www.educaterers.co.uk](http://www.educaterers.co.uk)  
Menu may change to meet customer preferences.

Tel: 01926412999  
Email: [contactus@educaterers.co.uk](mailto:contactus@educaterers.co.uk)



**Allergies**  
Please contact your school cook for information regarding the content of dishes and products on our menu.



**Monday**

(v) Cheese Sandwich (D.G.SB.), Chocolate Cracknel (G.), Juice Carton



OR

**British Red Tractor Chicken Fillet Wrap (G.)**

**Tuesday**

British Sliced Turkey Wrap (G.), Yoghurt (D.), Raisin Box, Juice Carton



OR

**Hot Dog**  
featuring our award winning pork sausage (G.SU.)  
(vegetarian only) Veggie Hot Dog (G.SB.SU.)

**Wednesday**

Tuna Mayo Soft Bap (G.F.E.)  
Up Beet Chocolate Cake (G.E.), Fresh Fruit, Milkshake (D.)



OR

**Lowerhurst Farm Organic Beefburger in Bap (G.)**  
(vegetarian only) 2 x Veggie Fingers in a Bap (G.)

**Thursday**

British Roast Chicken Soft Bap (G.), Melting Moment Biscuit (G.), Fresh Fruit, Milkshake (D.)



OR

**(v) Veggie Hot Dog**  
Linda McCartney veggie sausage (G.SB.SU.)

**Friday**

(v) Cheddar Cheese Wrap (D.G.), Fruit Muffin (G.E.), Juice Carton



OR

**Fish Fillet Finger Bap**  
2 x Fish Fingers (F.G.)

Please note all deli bags are served with either vegetable sticks or salad.

A drink is provided with each meal, water is also available on request.

Ketchup is offered with the hot bap of the day

Presentation may vary to that shown in the photographs.

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V = vegetarian  
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## GARDENING AT QUEST

James, our new Facilities Assistant, continues to be a legend.

He has planted our first bed up- labels and more to follow soon!





# HOW HAVE YOU BEEN KEEPING BUSY?

Kody has created an absolutely fantastic tie dye shirt. The colours and patterns he created are mesmerizing.

Well done Kody!



Matthew has been sanding down a unit ready for it be undercoated then painted. It looks as though he is becoming an incredibly handy man to have around the house!

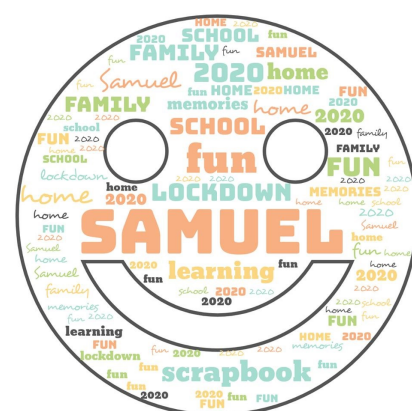


Rory made a video for his football



team and he thought his friends at school might like some football challenges too., check out the video on our Quest Academy Family Facebook!

Samuel, and his Mum Rachael, have created this as front cover to a scrapbook of work he's been doing during lockdown.



His work has been a mostly activity based and he wanted somewhere to put all his pictures.

Amar has been learning new skills, after his Dad jet washed the driveway he has helped clear and sand it.



Adam has been keeping himself fit and healthy with some fantastic 'Crazy Frog' dancing.

Grace has been out the garden, enjoying the sun her younger brother.



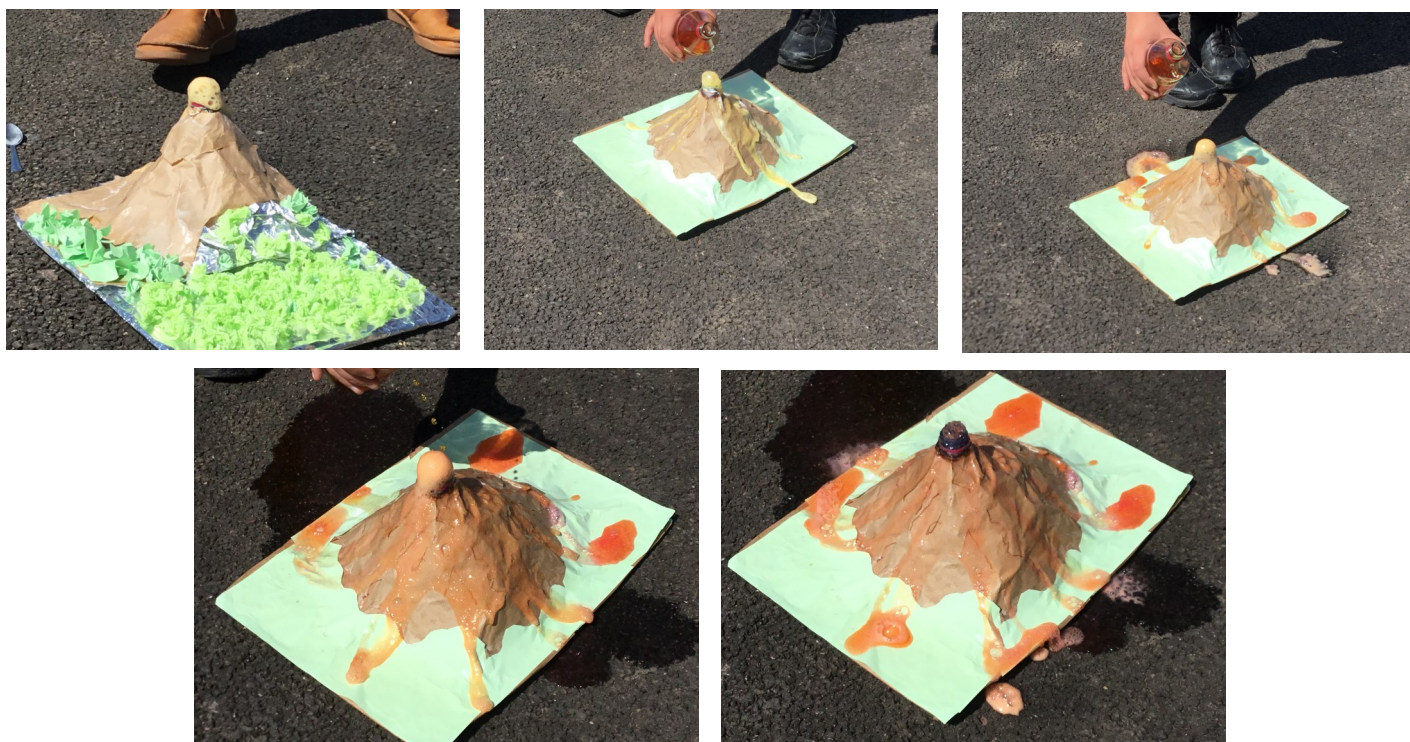


## SCHOOL LEARNING



Upper School have been continuing to look at Pompeii, Declan and William have combined History, Science and Design Technology by designing and making some Mini Mount Vesuvius replicas. They brought these to life by using a chemical reaction to recreate the explosion and lava.

We had a lot of fun and it looked fantastic!







## Family VibEs

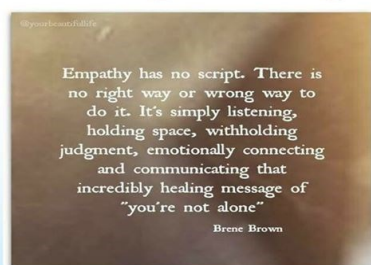
Living values in the home

Our value for the week is...Empathy.

Living this wonderful value can help us to really think about how others are feeling.

We start to feel more caring and considerate when we use empathy.

### Empathy



**Empathy is...**

*...awareness of the feelings and emotions of other people.*

*...a key element of Emotional Intelligence, the link between self and others.*

*...the ability to sense other people's emotions.*

*...the ability to imagine what someone else might be thinking or feeling* How do you empathise with others?

"A teacher friend of mine was teaching maths to a class of six-year-olds, a number of whom were recently-arrived refugees from other countries. The topic was fractions. My friend defined what a half and a quarter were, and then asked the children to write down whether they would prefer a half or a quarter of a chocolate bar. As she walked around the room, she noticed that some of the new students wrote they would prefer a quarter of the chocolate bar. My friend thought she would have to re-teach the lesson, as they didn't appear to understand that a half was bigger than a quarter. She asked the students why they would prefer a quarter of the chocolate bar and one little girl replied, 'So that more people could have a piece of chocolate.' I cried when I heard that story.

It reminded me how beautiful humanity is if we take a moment to notice it."

—Siobhan Kukolic, author, speaker, and life coach,  
Toronto, Canada

### Empathy is

seeing with the eyes of another,  
listening with the ears of another,  
and feeling with the heart of another.

Rather than pointing fingers or assigning blame, let's use this occasion to expand our moral imaginations, to listen to each other more carefully, to sharpen our instincts for empathy and remind ourselves of all the ways that our hopes and dreams are bound together.

- Barack Obama

### Communication – sharing ideas

- \* What does Empathy mean to each of us? Let's listen to each other.
- \* Empathy stories: Each Kindness by Jacqueline Woodson, Wishtree by Katherine Applegate,  
For older children: Wonder by R.J. Palacio,  
Out of My Mind by Sharon Draper
- \* Watch the video about 'ubuntu', a lovely short story to discuss as a family.

<https://youtu.be/GjVwsgL2i98>





## Behaviour & activities – doing together

- \* Watch this amazing short film, 'The Present' <https://youtu.be/WjqiU5FgsYc>
- \* Another wonderful little story, beautifully told in film <https://youtu.be/yu24PZlbkoY>
- \* Go outside into the garden or another green space. Look, listen and smell and touch the natural environment. Can you empathise with any plants or creatures that need your support or help to flourish? E.g. do you have plants in your garden to encourage butterflies and bees? As a family make a plan to support an element of nature.

## Happiness – family fun Empathy Game

To make your Empathy Game, you will need to print out a set of Situation Cards which you can download by clicking here; <http://www.momentsaday.com/wp-content/uploads/2016/04/Situation-Cards-for-Kids-to-Learn-Empathy.pdf> . The situations are fairly typical situations for children of primary school age. The simplest way to play is to cut up the cards then take turns to read them and answer “How would they feel?” To make the game more fun, however, you can use props to explain what the character may be feeling or give them a selection of choices.

Heroic Values - Draw some pictures (cut out or print from the internet) of Key worker heroes and heroines. Put each one on a sheet of A4 paper. Then write down around them the Values you think each one needs for their work during this critical time. It's a great activity to do altogether as a family. NHS workers of all kinds, refuse collectors, supermarket assistants, care workers, farmers etc.



## Wellbeing – being well in body and mind

- \* Try a day of being non-judgemental. It is so easy to slip into judgement of others; should those people really be out walking here? But try instead thinking the best of people. Perhaps they have good reason to make those choices.
- \* Encourage each other to talk about how you feel, perhaps over a meal together. This will help you develop a deeper understanding of each other.

# IF FEELINGS COULD TALK

SADNESS might be telling me I need TO CRY

LONELINESS might be telling me I need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need TO FORGIVE

EMPTINESS might be telling me I need TO DO SOMETHING CREATIVE

ANGER might be telling me I need TO CHECK-IN WITH MY BOUNDARIES

ANXIETY might be telling me I need TO BREATHE

STRESS might be telling me I need TO TAKE IT ONE STEP AT A TIME



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

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

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

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





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

**How can a pocket  
have something  
in it if there  
is nothing in it?**



You can have a **hole** in your pocket!

**Feed me  
and I will live  
but give me  
a drink  
and I will die  
What am I?**



Give **fire** some food (paper, card, any flammable objects) and it lives, give it a drink and you extinguish it.

**I am a fruit  
I am a bird  
I am also a person  
What am I?**



"**Kiwi**" (/ˈkiwi/ KEE-wee) is the nickname used internationally for **people** from New Zealand, as well as being a relatively common self-reference... Until the First World War, the **kiwi** represented the country and not the **people**; however, by 1917, New Zealanders were also being called "**Kiwis**", replacing other nicknames.



# FRUIT JELLY



## Ingredients

- 1 pack sugar free raspberry jelly
- 50g strawberries
- 50g raspberries
- 25g blueberries (optional)



## Equipment

Measuring jug, spoon, chopping board, knife, large bowl, four glasses/small bowls.

## Method

**Complexity:** low-medium

1. Make up the jelly, as per instructions on the packaging.
2. Wash the fruit.
3. Remove the green stalk from the strawberries and cut into quarters.
4. Place the fruit into a large bowl or individual small bowls/glasses.
5. Pour the jelly over the fruit.
6. Allow to cool, then set in the fridge.

## Top tips

- Use different types of jelly and fresh fruit.
- Canned fruit (in natural juice) could be used.
- Be creative! Why not use different flavoured jelly and make a layered desert?

## Food skills



Weigh



Measure



Cut and slice



Stir



Chill

# POACHED PEARS



## Ingredients

- 2 pears
- 150ml water
- 300ml apple juice
- 2 x 5ml spoons honey
- 2 x 15ml spoons ricotta
- Pinch of cinnamon



## Equipment

Saucepan, measuring jug, measuring spoons.

## Method

**Complexity:** low

1. Peel and core the pears.
2. Bring to the boil the water and apple juice and carefully add the pears.
3. Cook until soft, approximately 5-10 minutes.
4. Once cooked remove from the poaching liquid.
5. Serve with a spoon of ricotta and sprinkle over the cinnamon and a drizzle of honey.

## Top tips

- Try poaching other fruits such as apples, nectarines or plums.
- Try low fat crème fraiche, for serving instead of ricotta cheese.
- Toast some flaked almonds and sprinkle over instead of the cinnamon.

## Food skills



Measure



Peel



Core



Boil and simmer



## SAFEGUARDING & FAMILY FOOTINGS



- **Daisy** is responsible for lower school families and is available on;  
[daisy.howden@macintyreacademies.org](mailto:daisy.howden@macintyreacademies.org) Work mobile 07504001918



- **Joan** is responsible for upper school families and is available on;  
[Joan.goodrich@macintyreacademies.org](mailto: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](mailto: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](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.

