



MacIntyre Academies
Quest Academy

JANUARY 2021 EDITION 2 NEWSLETTER

Please be aware that from Monday 1st February Learners (whose families have given consent) are going to be Covid-19 tested once a week, following Government guidelines.



“Quote of
the week”

*“I like the dreams of the future
better than the history of the
past”*

Thomas Jefferson

WELCOME



Dear Parents/Carers,

This week the government provided three important updates to schools regarding lateral flow testing:

- Schools are no longer able to use lateral flow testing, as a way of keeping learners and staff on-site if they are considered a close contact of a positive COVID-19 case. From now on if there is a positive case of COVID-19, learners and staff that are **confirmed as close contacts** need to self-isolate for 10 days.
- Anyone with a **positive lateral flow test** does now **not** need to have a **PCR test** to confirm the lateral flow test result and go into self-isolation for 10 days.
- Learners (Year 7 and above) will be tested once a week from this Monday. If you have sent consent for your child's initial testing and would prefer them **not** to have weekly testing please let the office know **before Monday**.

We are still waiting for an update about home testing for Primary aged children. All staff and secondary aged learners, as well as our contracted cleaning team are offered regular weekly testing.

Well done to all the Year 11 learners who have been sitting their mock exams. They have already sat their GCSE Maths & English and should be very proud of the grades that they achieved.

We are still keen to celebrate the achievements of the learners who are working from home. Please can you send in examples of your child's work to their form tutor so that we can place examples in the Newsletter and in our class celebrating learning page on the website.

Finally, I would like to take this opportunity again to thank you for all your continued support and praise every member of staff for their dedication and hard work.

I hope that you have a lovely weekend

Kind regards,

Nicola Wells.

JK ROWLING

Sarah, one of our fantastic TA's, has been working



with the learners in JK Rowling on the famous Vincent Van Gogh painting, Starry Night, 1889.

Amazing art work guys!



EXAMS

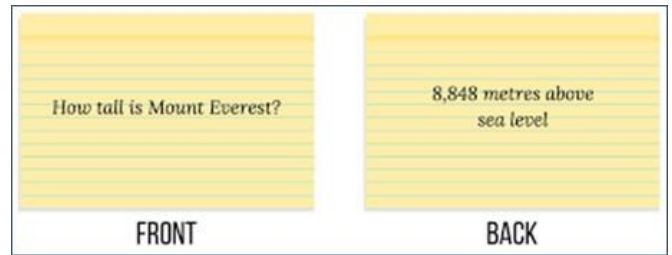


Exam Revision

All five mock exams went amazingly well earlier this week.

As we continue to prepare for the summer series, here are some memory hacks and tips for our Year 11's to try at home;

- Make flash cards that you can carry around.
- Put the flash cards that you can recall in one pile. Leave the ones you can't remember in another pile to keep working on.
- Don't be afraid to re-write your notes. Repetition is really important!
- Use patterns of letters to remember key word in topics (mnemonics) e.g. the colours of the rainbow = 'Richard Of York Gave Battle In Vain'
- Mind maps are great visual aids to help you make links within subjects.



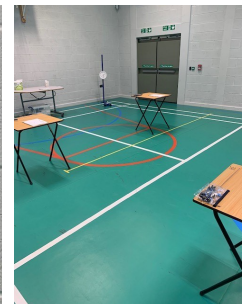
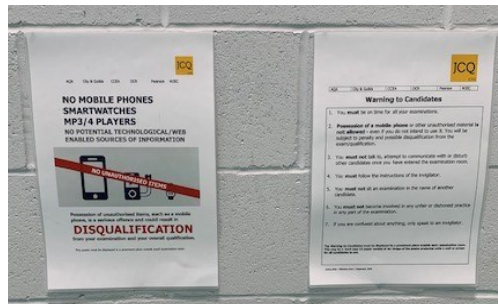
Possibility of Mini Exams

As previously mentioned in January 1 newsletter, there has been some discussion in the press about 'mini exams'. There's currently still no further concrete information, but as soon as we know more, we will share in the newsletter and on our Facebook page.

Laura-Jane

Boshell,

Office Manager and
Exams Officer.



Book of the Week

Still Water

by Chris Priestly.

World War II is on the horizon and Rosie's been evacuated to the countryside to be safe from the threat of bombs. However, the village where she's staying isn't as idyllic as it at first appears and Mary, the girl she's staying with, is a terrible bully and determined to be as nasty as possible.

Forced to play on her own, Rosie is drawn to the local swimming hole.

It's known as the Witches' Pond and she's been told to stay away. No-one ever swims there – not since a young girl drowned in it a few years ago. But when Rosie goes there anyway, there is a girl there. Who is she? Is she real? Is she a ghost?

And what – or who – is she waiting for?



NEW STAFF



We have had a new Teaching Assistant, Vicky officially join our staff team over the last couple of weeks, so of course we had to do a Quest Quiz to get to know them!

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

I think the best job I've had was working at Marks and Spencers. The staff were so helpful and friendly and I loved being part of the team. I really enjoyed helping the customers and being responsible for the Christmas food orders each year.

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

I would have to say Marrakech. It was just amazing to see the modern world meets an historic world.

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

New York City. Its just full of life, some many different things to see and do all in one place.

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

Sir Steve Redgrave.

5. Tell us an interesting fact about yourself?

Apparently I cook a mean Sunday dinner.

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?

I got employee of the year in a school I use to work at for setting up a Nurture Class and making sure that I involved the pupils when setting it up o give them some ownership.

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

I love both, its so hard to choose. I love hot sunny holidays because I enjoying swimming in the sea, making sandcastles with my children and taking time to do some reading.

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

Tripe.

9. If you were to have friends/family round for dinner, what meal would you cook and why?

A roast dinner as I know its something they all enjoy.

10. What sport to do like to watch and why?

I love to watch Athletics and Rugby. Athletics as I use to do it and Rugby as my daughter and husband play.

11. What's your biggest sporting achievement?

Going to the English Schools Championships for Athletics.

12. Have you ever done anything to raise money for charity?

I have done the Race for Life a couple of times.

13. What's your favourite food and why?

I love Mexican food. I love the flavours and variety.

14. What was the last TV series you watched?

Peaky Blinders

15. Which tv programme/series did you binge watch over lockdown?

Tiger King

16. What car do you drive?

Nissan Micra

17. What car would you like to drive if money was no question?

A Range Rover

18. What's the silliest thing you've googled during lockdown?

How to do the blinding lights Tiktok dance!

19. What's the thing you enjoy the most about lockdown?

Spending time with my family when I wasn't working.

20. What's on your To Do List for 2021?

To hopefully see more of my family, go on holiday.

21. How do you spend your spare time? Hobbies etc?

I tend to spend most of my spare time taking my children to either swimming, rugby or cheerleading.



QUEST TERM DATES FOR 2020 - 21:

SPRING TERM 2021	
Half term	Monday 15th February 2021 - Friday 19th February 2021
Trust INSET (no learners on site)	Friday 5th March 2021
INSET day (no learners on site)	Monday 8th March 2021
INSET day (no learners on site)	Tuesday 9th March 2021
Ends	Thursday 1st April 2021
Spring (Easter) holiday	Friday 2nd April 2021 - Friday 16th April 2021
SUMMER TERM 2021	
Starts	Monday 19th April 2021
Bank Holiday	Monday 3rd May 2021
Half term	Monday 31st May 2021 - Friday 4th June 2021
Ends	Friday 23rd July 2021

BIG GARDEN BIRDWATCH (29TH - 31ST JANUARY)

Bring nature to you.....

Join thousands of people taking part to see the drama unfold on your doorstep. We might not be able to get together with loved ones at the moment, but you can make plans with friends and family to take part in the world's largest wildlife survey, all from the comfort of your own homes.

[Let your Birdwatch adventure begin](#)

Taking part is easy

Spend an hour counting the birds you see in your garden or from your balcony, then tell us what you saw. It really is that simple!

[How to take part in Big Garden Birdwatch](#)

Big Garden Birdwatch: New this year!

Our experts from across the UK will be bringing you photos, footage and facts about the birds they see, as well as answering any questions you may have. Plus, there'll be live quizzes, and familiar faces throughout the weekend – all set to make this the best Birdwatch ever!

Which garden bird are you?

Are you a sociable starling or a happy house sparrow? Or maybe a much-loved robin. Take the quiz, find out your bird personality and compare with friends and family.

[Take our quiz!](#)

Watch the birdie!

Be sure to take some snaps of the beauties you see during your Birdwatch. Take a look at award-winning photographer Ben Andrew's advice to help you get the perfect picture every time. Share your shots on social with #BigGardenBirdwatch.

[Tips and Tricks: How to take better bird photos](#)

Thrive with nature all year round

Big Garden Birdwatch is a great way to boost your mood in January. When you join the RSPB, we'll help lift your spirits throughout the year by getting you closer to the nature on your doorstep and beyond. As a member you'll get our award-winning magazine, Nature's Home jam-packed with expert wildlife advice and stunning photography, a welcome pack, free gift and free entry and parking to over 170 nature reserves across the UK.

[Become a member: Join the RSPB](#)



NUT-FREE MACARONS

Ingredients

for 10 servings

- 2 large egg whites
- 4 tablespoons granulated sugar, plus 1/2 teaspoon
- ½ cup all purpose flour(65 g)
- ½ cup powdered sugar(55 g)
- ½ teaspoon vanilla extract
- gel food colouring, optional
- buttercream frosting, or any frosting of your choice

Preparation

1. In a bowl, beat egg whites until frothy.
2. Gradually add the granulated sugar until stiff peaks form.
3. In a separate bowl, whisk the flour and powdered sugar together. Then, sift the flour and powdered sugar mixture into the egg white mixture.
4. Add the vanilla extract, and gel food colouring if you want the macarons to be coloured.
5. Gently fold all the ingredients together.
6. Transfer the batter into a piping bag with a rounded tip.
7. Pipe the macarons onto a baking sheet with parchment paper. Gently tap the baking sheet on a flat surface a few times to release air bubbles.
8. Let the macarons sit at room temperature for about 45 minutes.
9. Preheat the oven to 280°F.
10. Bake the macarons for 17-20 minutes.
11. Allow the macarons to cool for 10 minutes, then transfer the macarons on to a cooling rack.
12. Add a dollop of buttercream or any frosting of your choice to one of the macaron shells, then top it with another macaron shell to create a sandwich. Repeat with the remaining shells and frosting.
13. For best results, allow the macarons to “bloom” for about 24 hours.



ENJOY!

Check out Junior Bake Off if you haven't already -

<https://thegreatbritishbakeoff.co.uk/recipes/>



NATIONAL HANDWRITING DAY

– Saturday 23rd January

National Handwriting Day encourages us to put pen to paper and write out our thoughts. Whether it's a journal, notes, or even a letter to someone, the act of writing with pen and paper is a supremely tactile and patient practice.

National Handwriting Day was established by the Writing Instrument Manufacturers Association in 1977. January 23rd was chosen as this is the birthday of John Hancock. John Hancock was the first person to sign the Declaration of Independence.

23 January 2014
National Handwriting Day



Top 10 Students

01 Sep 2020 to 20 Jan 2021
Quest Academy

1 . Shane G	133	★
2 . Harvey C	82	★
3 . Anthony C	74	★
4 . Andrew V	55	★
5 . Hartley E	53	★
6 . Jemima S	53	★
7 . Michael T	41	★
8 . Rylan M	38	★
9 . William B	38	★
10 . Caiden T	33	★



Points are scored when a student beats a previous best in a 30 day period. e.g If a student already has earned a silver medal in the last 30 days and achieves a gold for the same activity, they will score 1 point.
Bronze = 1 point. Silver = 2 points. Gold = 3 points

THE TWITS

Home Learning by Toby



Name of prank: POTATO SNIFF

What happens?:
Mrs TWIT goes outside to pick up some POTATOES and found a small catapult in the garden. Then she hid in a bush. When Mr TWIT went into the garden, Mrs TWIT started catapulting POTATOES at Mr TWIT.

What was the outcome?:
When the potatoes hit Mr TWIT he shouted "it's taking potatoes!" Then he ran inside and waited for it to be over.

Name of prank	What happens?	What is the outcome?
Mrs Twit	<p>shampoo ← swap → green skunk spray</p>	Mrs Twit skin turns green and smells like skunk.
Floor disaster	<p>wood floor → cardboard floor</p>	Mr Twit falls through the floor.

Name: Toby Date: 21.12.20

The Twits

What is the setting? bath room in the shower

Who is the main character? Mrs Twit

What happens first?
Mr Twit swaps Mrs Twit's shampoo for green skunk spray. (from Mrs!)

What happens next?
Mrs Twit goes into the shower and washes herself all over with the green skunk spray.

What happens last?
Mrs Twit's skin and hair turns dark green and stinky and she stinks!



Rory's dinosaur, staying safe in his mask!





Healthy Lunchbox Ideas



Fruits:
 Apple
 Banana
 Strawberries
 Blueberries
 Raspberries
 Orange
 Mandarin
 Grapes
 Watermelon



Cherries
 Rockmelon
 Pineapple
 Kiwi Fruit
 Passionfruit
 Pears
 Peaches
 Nectarine
 Apricot
 Mango



Dairy:
 Cheese Sticks
 Cheese Shapes
 Babybel Cheese
 Yoghurt
 Milk



Vegetables:
 Carrot
 Peas
 Beans
 Snow Peas
 Lettuce
 Corn on Cob
 Cucumber
 Tomatoes
 Capsicum
 Celery
 Avocado
 Broccoli
 Olives

Dried Fruits:
 Leathers
 Sultanas/Raisins
 Dates
 Apricots
 Goji Berries
 Coconut Chips
 Banana Chips
 Apple

Treats:
 Gelatin Gummies
 Natural Popcorn
 Mini Rice Cakes

Protein:
 Boiled Eggs
 Salami Sticks
 Protein Balls
 Roast Chicken
 Ham
 Turkey
 Tuna
 Salami
 Meatballs
 Kabana
 Hummus



Carbs:
 Sandwiches
 Wraps
 Crackers
 Sushi
 Pasta



Homemade:
 Scrolls
 Banana Bread
 Muesli Bar
 Muffins



Healthy Kids Bento

Lockdown lunches and meal plans

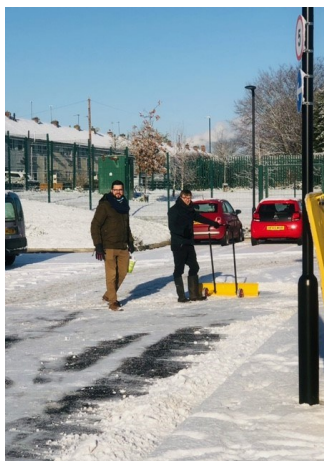
Change4Life have created recipes and shopping lists for families which can be used to create lunches for around £15 each week.

<https://www.nhs.uk/change4life/recipes/lunch/cheap-lockdown-lunch-ideas>



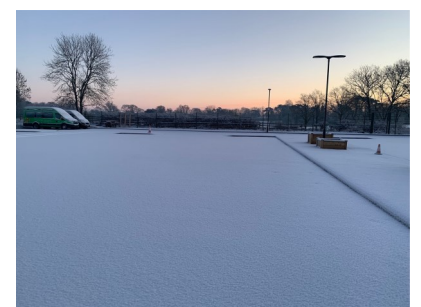
We will soon welcome Farmfoods onto the Edenred scheme

We're pleased to announce that Farmfoods will soon be available on the national voucher scheme for parents and carers to redeem their eCodes. This will add even more choice and flexibility for families when selecting their eGift cards. We continue to work with other grocery chains to develop these options further.



SNOW DAY 25.01.2021

We have had some incredibly hard working staff out and about clearing the snow and providing a safe environment for our learners. Thank you to all involved.



SAFEGUARDING & FAMILY FOOTINGS



- **Daisy** is responsible for lower school families and is available on;
daisy.howden@macintyreacademies.org Work mobile 07504 001 918



- **Joan** is responsible for upper school families and is available on;
Joan.goodrich@macintyreacademies.org Work mobile 07377 990 796



- If you have any higher level Safeguarding concerns or questions please contact **Anna** on anna.stelfox@macintyreacademies.org Work mobile 07377 990 797.

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.

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.

