



MacIntyre Academies
Quest Academy

MAY 2024 EDITION 1 NEWSLETTER



Quote of
the week

*“To plant a garden is to believe
in tomorrow.”*

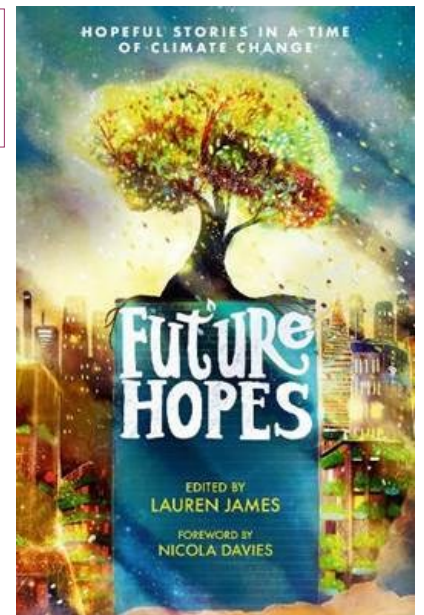
- Audrey Hepburn

Future Hopes

Reading age



9+ years



Authors : Eli Brown, L R Lam ,M G Leonard ,Rebecca Lim, Oisin McGann, Tolá Okogwu Neal, Brendan Shusterman, Louie Stowell, and Bijal Vachharajani

Imagine going to prison if you forgot to put out your recycling. Well, not prison exactly, but an institution where you could rebalance your carbon footprint if it went into the red.

Or a world that is powered entirely by green energy. Or the possibility of bacteria that have evolved to neutralise the plastics that end up in the ocean. And what about food? Should we be looking more seriously at sustainable growing or farming crickets and mealworms instead of cows and chickens?

These ideas and more are explored in this diverse and exciting collection of short stories from a group of exceptional authors.

Although all contributions have elements that relate to climate change and how a carbon-neutral future might look, there is much more to them than an action plan for eco warriors.

Some stories are funny, others scary, some deal with difficult emotions while others are more slapstick, but all are compulsively readable and will stay with you.

With worries about the future of the planet high on the list of anxieties for young people, this anthology provides a great starting point for discussion, projects or further reading with plenty of resources and practical suggestions included.

We are successful because...

...the father of one of our learners said that he is pleased with the good liaison between school and home. He said that his son's self-care routines have improved since he joined Quest Academy, as the support for structure and routines is helpful.

...the mother of two of our learners said that the input for them from the staff team, and particularly their teacher, has been 'monumental' in understanding and supporting their needs – they love coming to school.

...the family of one of our learners said that he likes attending school which is a positive change since he joined Quest Academy. The weekly communication with school is appreciated.

ACADEMIC YEAR 2023 - 2024

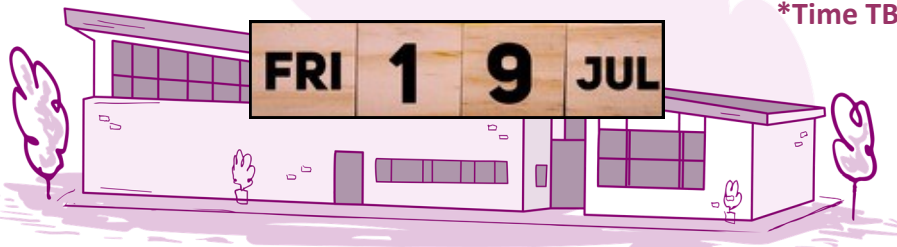
SUMMER TERM 2024

Half term	Monday 27th May 2024 to Friday 31st May 2024
Learners Start Back	Monday 3rd June 2024
Questival (families welcome)	Friday 19th July, Time TBC
Ends	Tuesday 23rd July 2024

Save the Date

QUESTIVAL

*Time TBC



Please be aware there will be no provision for learners to remain on site between the end of the school day and our parent event.

YEAR 11 EXAM DATES 2024

Date	Exam Board/ Subject	Time	Duration
Thurs 23rd May	AQA GCSE English Language Paper 1	0900	1 hour and 45 minutes
Mon 3rd June	AQA GCSE Maths Paper 2	0900	1 hours and 30 minutes
Tues 4th June	NCFE Health & Fitness	0900	1 hour and 30 minutes
Thurs 6th June	AQA GCSE English Language Paper 2	0900	1 hour and 45 minutes
Fri 7th June	AQA GCSE Biology Paper 2	1300	1 hour and 45 minutes
Mon 10th June	AQA GCSE Maths Paper 3	0900	1 hour and 30 minutes
Mon 10th June	OCR Creative iMedia	1300	1 hour and 30 minutes
Tues 11th June	AQA GCSE Chemistry Paper 2	0900	1 hours and 45 minutes

Our exam contingency dates are:

- afternoon of Thursday 6th June
- afternoon of Thursday 13th June
- all day Wednesday 26th June

POKEMON CLUB VISITOR



GRILLED TERIYAKI FISH WITH VEGETABLES

Ingredients

- Spray oil
- 10g (1.5cm) piece of root ginger
- 1 garlic clove
- ½ red onion
- 1 pepper
- 2 spring onions
- 200g broccoli
- ½ lime
- 1 x 5ml spoon oil
- 1 x 15ml spoon honey
- 1 ½ x 15ml spoons reduced-salt soy sauce
- 2 white fish fillets (fresh or defrosted if frozen)
- 125g medium egg noodles



Equipment

Baking tray, tin foil, chopping board, vegetable knife, grater, garlic press, colander, juicer, small saucepan, food brush, large saucepan, measuring spoons, deep frying pan or wok, mixing spoon.

Method

- 1) Line a baking tray with tin foil. Spray foil lightly with oil.
- 2) Prepare the ingredients:
 - peel the fresh ginger and cut in half. Finely slice one piece into matchsticks and finely grate the other half;
 - peel and crush the garlic clove;
 - peel and slice the red onion;
 - deseed and slice the pepper;
 - cut the spring onions to separate the white and green parts. Slice the onions into rings, keeping the green and white parts separate;
 - cut the broccoli into small florets, wash and drain;
 - juice the lime.
- 3) Put 1 x 15ml spoon soy sauce, the honey, grated ginger and half the garlic in a small pan and simmer over a low heat for 3-4 mins until glossy and thickened slightly.
- 4) Pre-heat the grill to medium-high.
- 5) Remove the skin from the fish if need be.
- 6) Pat the fish dry with kitchen paper, then place on the foil-lined baking tray.
- 7) Brush with half the sauce and grill for 5 minutes.
- 8) Brush with the remaining sauce and grill for 5 minutes more until cooked through.
- 9) Cook the noodles following the pack instructions. Add the broccoli for the last 1-2 minutes of cooking, then drain.
- 10) Heat 1 x 15ml spoon of oil in a wok or deep frying pan over a high heat.
- 11) Add the red onion and peppers and stir-fry for 5 minutes,
- 12) Stir in the ginger matchsticks, remaining garlic and spring onion whites.
- 13) Stir-fry for 1 minute, then toss in the noodles and broccoli.

- 14) Stir-fry for 1-2 minutes, mixing well. Stir in the lime juice and ½ x 15ml spoon soy sauce.
- 15) Serve with the teriyaki fish and sliced spring onion greens.

Top tips

- Use pak choi as an alternative to broccoli. To cook place a colander over the noodle pan and add the pak choi. Cover, remove from the heat and leave for 5 minutes or until tender.
- Add prepared shitake mushrooms to the vegetable mix for extra 'umami taste'.
- Salmon fillets may be used instead of white fish as your weekly portion of oily fish.

Food skills

- Weigh - Cut - Slice - Crush - Juice - Glaze - Boil - Mix
- Measure - Chop - Peel - Grate - Drain - Grill - Simmer - Stir-fry

Did you know?

Teriyaki is thought to have originated around the 17th century in Japan. The term refers to a method of cooking, one of three that are today well known internationally, the other two being yakitori and sukiyaki. The common thing in all three is "yaki" which is interpreted to mean "grilled."

Teriyaki sauce is a popular marinade sauce for chicken, beef, fish and other meats and as teriyaki sauce is sweet, it can also be used as a dipping sauce.

Traditionally, it is made by mixing and heating three ingredients: sugar, soy sauce, and sake (or mirin). Mirin is a Japanese rice wine, similar to sake, but with more sugar and a lower alcohol content of 14%. The mirin or sake, together with the caramelisation of the sugar, is what gives the teriyaki sauce its shine.

FANTASTIC FISH CAKES

Ingredients

- 4 oatcakes
- 200g mashed potato, cooled
- 100g cod, cooked and bones removed
- 60g frozen mixed vegetables
- Small handful of parsley leaves



Equipment

Baking tray, plastic food bag, large plate, weighing scales, small bowl, mixing spoon, chopping board, oven gloves, fish slice.

Method

- 1) Preheat oven to 220°C or gas mark 7.
- 2) Grease or line a baking tray.

- 3) Crush the oat cakes in a food bag and tip onto the plate.
- 4) Place the potato, fish and frozen vegetables into the bowl.
- 5) Tear the parsley leaves in to small pieces.
- 6) Mix everything together.
- 7) Divide the mixture into four.
- 8) Shape each portion into a cake (or a fish).
- 9) Press each side of the cake into the crushed oatcakes.
- 10) Place on the baking tray.
- 11) Bake for 20-25 minutes.

Top tips

- Make them zingy! Add a little grated lemon or lime zest to your fish cake mixture.
- Swap the cod for smoked haddock.
- Serve the fish cakes with a crispy salad.
- Instead of oatcakes, why not try other savoury biscuits such as crackers?

Food skills

- | | | |
|----------|----------|-----------------------|
| - Weigh. | - Mix. | - Divide and portion. |
| - Crush. | - Shape. | - Bake. |

FOOD TECH SUCCESS!

In Food Tech learners have been making the above 2 recipes and cherry pie.

Billy M. was particularly proud of his creation, and we can see why!



COURSES

EE Playmaker by England Football

This free, online entry-level course will help you volunteer in grassroots football.



Playmaker
BY ENGLAND FOOTBALL

COURSE OVERVIEW

Course Type:
Online

Minimum Age:
14

Duration:
4-5 hours

Price:
Free

About the course

EE Playmaker by England Football is our free online entry-level football course perfect for anyone interested in taking a more active role in grassroots football.

There are five modules in total and you don't need any previous football experience or qualifications before signing up. In fact, all you need is an FA Number (FAN) and a laptop, tablet or mobile device. Then you're good to go.

Once you're signed up, you'll cover the following topics:

- Make football 'For All'
- Connect with your players
- Create fun sessions
- Keep football safe
- Take your next step.

By the end, you'll be ready to hit the pitch with confidence and start helping out at your local grassroots football club, centre, or initiative.

How to get started

To access EE Playmaker by England Football, follow these simple steps:

- [Login here.](#) To do this, you need a FAN ID. If you've got one already, perfect – simply use the linked email address and password to login. If not, select the link and choose 'Don't have an account'. This will walk you through the registration process.
- [Enter the course.](#) Once you've got your FAN ID and logged in, this link will take you to the FA Learning shopping basket. We've automatically added EE Playmaker as a free course. So, once you've completed the purchase, you're ready to go!

If you've already started the course and want to continue, you can [jump back in here.](#)

Reasonable adjustments

To request a reasonable adjustment on this course, please follow this [link](#).

Who's it for?

This course is for anyone interested in taking a more active role in grassroots football.

You might be someone who wants to help out the coach at your child's club, or someone keen to get more involved at your school, college or uni football team. It might be that you love your walking football and want to bring some new skills to improve everyone's experience.

Whatever volunteer role you're interested in, this course is a great introduction to our brilliant basics of making fun, safe and inclusive football happen for all. You don't need any previous football qualifications to take this course.

What will I get from this course?

By the end of the course, you'll be able to:

- Confidently support fun, safe and inclusive football sessions
- Help respond to concussion and sudden cardiac arrest emergencies as well as embed your emergency Action Plan into your team/club
- Encourage participation through effective use of motivation and communication techniques
- Use the STEP framework to plan fun activities that meet players' needs
- Understand how to use England DNA principles of positivity, ball-rolling and game-based practice to create engaging sessions

Move on to our Introduction to Coaching Football course - if you want to! There's no requirement to move onto our coaching pathway if it's not right for you and your role in the game.



Open Events

Our open events are for anyone looking to join a course in September 2024. From full-time courses for school leavers to classes for adults, apprenticeships to degrees - come discover what our colleges have to offer!

June 2024 Open Events (booking opens May 2024):

- Evesham New College - Tuesday 25 June, 5.30 - 7.30 pm
- Pershore College - Tuesday 25 June, 5.30 - 7.30 pm
- Moreton Morrell College - Thursday 27 June, 5.30 - 7.30 pm
- Royal Leamington Spa College - Thursday 27 June, 5.30 - 7.30 pm
- Warwick Trident College - Thursday 27 June, 5.30 - 7.30 pm



NEW UNIFORM SUPPLIER

Highly Recommended
 All orders are placed by
 Saturday 27th July 2024
 Subject to Availability



Quest Academy Uniform Price List 2024



Uniform items	From
Purple Day Polo Shirt w/Logo	£10.99
Blazer with Purple Trim	£37.99
V Neck Sweatshirt w/Logo	£12.99
Sportswear items	
Game Polo Shirt w/Logo	£14.99
Game Shorts Back /Purple	£11.99
Games Hooded Top w/Logo	£19.99
Jogging Bottoms w/Logo	£12.99

Winter Opening Hours
 Mon, Wed & Fri – Sat 9:00am –1pm, 1.30-4:30pm
Tue, Thu & Sun Closed

Summer Opening Hours
 Mon-Saturday 9.00am -5.00pm



In Store Shopping: AVAILABLE
Online Shopping: Free 'Next Day' Click and Collect from store.
 Home delivery also available...
Appointments Available: Book online, address below or QR above

Our experienced staff are here to help...



Pop in Anytime During Opening Hours [Directions Here](#)



Spread Out Payments with our Deposit-Layaway scheme, **ASK IN STORE TODAY!**



Talk to us In Store [02476341682](tel:02476341682)



Highly recommend New Starters Shop **BEFORE** the End of July...



Book a 1-2-1 In Store Appointment at www.schoolwearsolutions.com
RECOMMENDED JUNE-AUGUST



Shop Online at www.schoolwearsolutions.com



Send us a Message
nuneatonschoolwearcentre@gmail.com





SCAN QR CODE
HERE FOR
DIRECTIONS

www.schoolwearsolutions.com

Schoolwear Centre, 1-3 Abbeygate Street, Nuneaton, Warwick, CV11 4EJ

T:02476 341682

TAXIS / ESCORT IN VEHICLES

Pupils are transported to and from Quest Academy in taxis with an escort. You will need to apply to your local Specialist Transport.

- To apply for Home to School Travel Assistance for Pupils with Special Educational Needs & Disabilities (SEND) in **Warwickshire** please follow this link: <https://www.warwickshire.gov.uk/sendtransport>
- For **Northamptonshire** follow this link: <https://www3.northamptonshire.gov.uk/councilservices/children-families-education/schools-and-education/school-transport/Pages/special-educational-needs-travel-assistance.aspx>
- For **Coventry** follow this link: http://www.coventry.gov.uk/downloads/download/4332/send_travel_assistance_application_form



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.

ACADEMIC YEAR 2024 - 2025

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 14th March 2025 – **School Closed** - INSET Day (TRUST)

Summer Term 2025

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

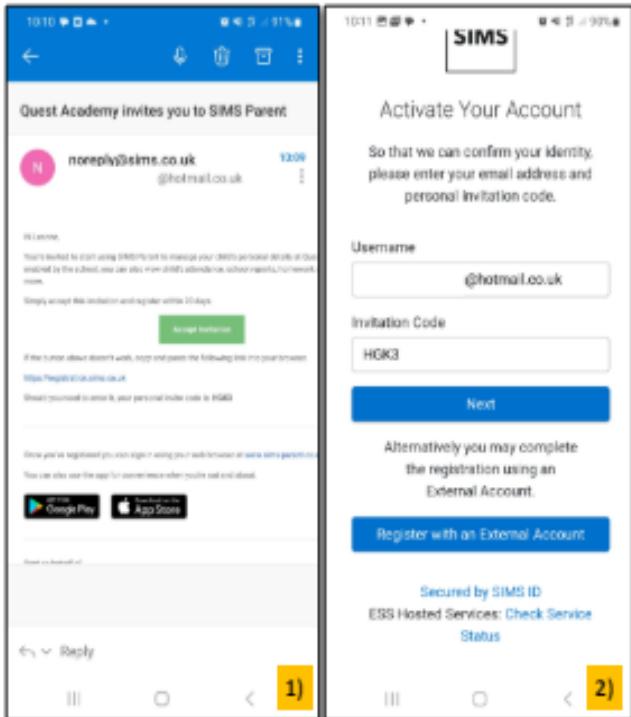
Term Time: Tuesday 29 April 2025 to Friday 23 May 2025

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

Term Time: Monday 2 June 2025 to Friday 18th July 2025

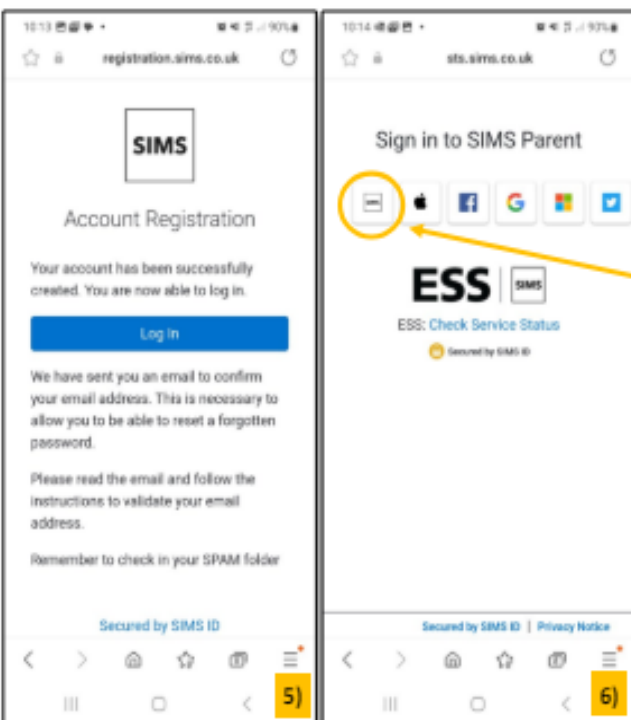
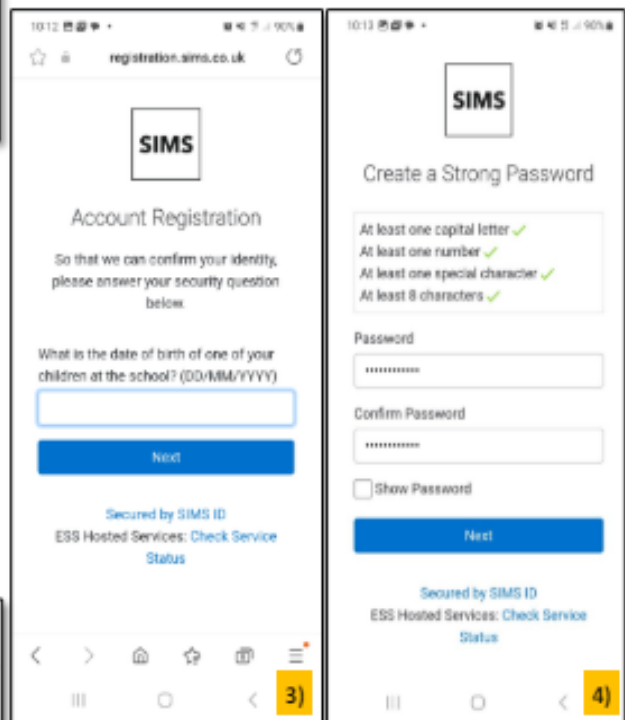
Monday 21st July 2025 – **School Closed** – INSET Day (QUEST)

DATA COLLECTION - SIMS PARENT

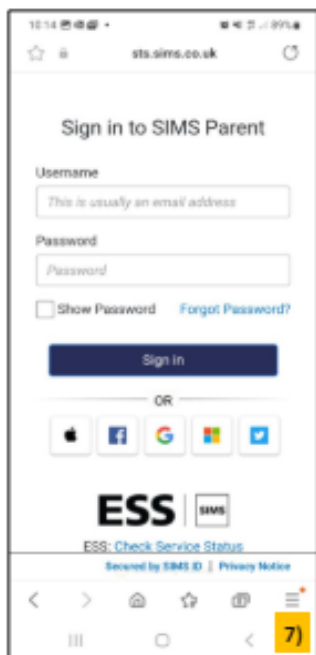


- 1) Click the **Accept Invitation** button in the invitation email from noreply@sims.co.uk. If you cannot find this email, please check your SPAM/Junk folder before contacting your school.
- 2) The **Activate Your Account** screen will then be displayed. The **Invitation Code** field will already be filled in with the unique code from your email. Enter your email address as **Username** and click the **Next** button.

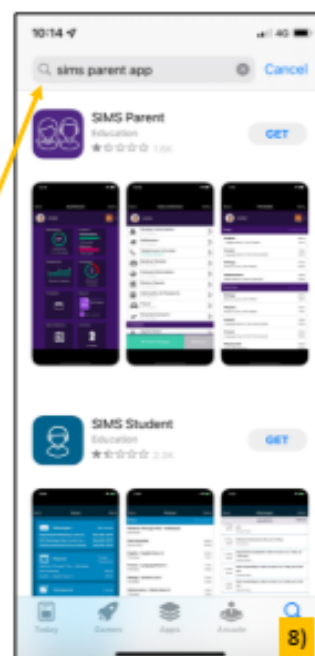
- 3) At the **Account Registration** screen, answer the security question and click the **Next** button. This is for security purposes only. This information will not be used in the SIMS Online Services system.
- 4) At the **Create a Strong Password** screen, create a password for the new account you are creating and click the **Next** button.



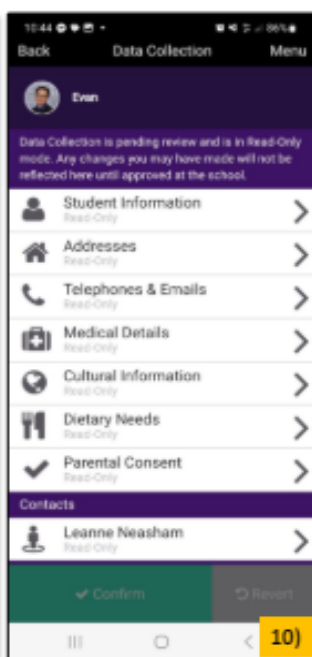
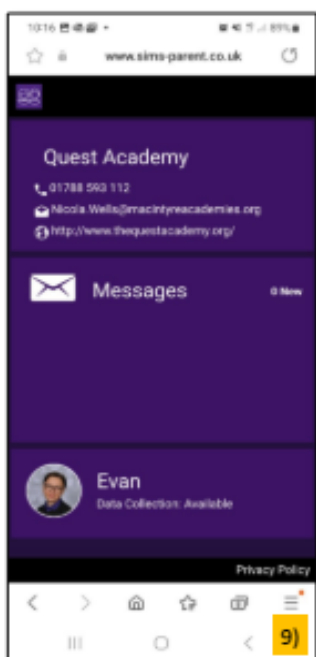
- 5) Once your account has been registered, you can **Log in**.
- 6) Select the SIMS tile.



- 7) Sign in using your newly created username (i.e. your email address) and password, then click the **Sign in** button.



- 8) Now you have completed all the above you can download the 'official' **free** app from the from your GooglePlay or the AppStore. This means you wont need to go via your internet browser to access in the future.



- 9) Once on the app click your learners name, this will take you through to the Data Collection homepage.
- 10) You can then navigate down these options and edit if required. Whilst your review is pending, you will not be able to make further changes.



WHEN THE SUN IS SHINING:

As well as remembering to bring in **water bottles** please consider how sun can affect in other ways. Please can we ask parents/carers to ensure that **sun cream** is applied before learners arrive at school and bring a **hat/cap** if possible.



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



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

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 but to refer the matter to the Safeguarding Board in line with our safeguarding procedures.

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.