

**Friday 12th February 2021**

**Year 9 GCSE Options**

Our Year 9 students have all now had an assembly focussed on their GCSE options process and have been asked to log onto the careers platform we use, called: [Start Profile](#).

Students have been signposted to a variety of units which will help them to recognise their strengths and possible future careers and guide them through making good GCSE subject choices. After half term, they will receive a booklet outlining the subjects they can choose, and there will be a variety of events to support them, and you, in making their choices. Please see the timetable below:

Date	Event
Monday 22 <sup>nd</sup> February	Main Options Launch Assembly
Tuesday 23 <sup>rd</sup> to Friday 26 <sup>th</sup> February	Options Form Time Focus
Monday 1 <sup>st</sup> to Friday 6 <sup>th</sup> March	National Careers Week
Thursday 11 <sup>th</sup> March	Parents' Evening (online)
Monday 15 <sup>th</sup> and Tuesday 16 <sup>th</sup> March	GCSE Options Taster Days
Thursday 18 <sup>th</sup> March	Options Evening (online)
<b>Friday 26<sup>th</sup> March</b>	<b>Deadline for options choices</b>

**Montsaye Academy's #KeepActive Challenge**

The PE department's #KeepActive Challenge concluded this week. The challenge set was for students, staff, parents and carers to cover as far a distance as possible during a three week period, by running, walking or cycling. Keep an eye on our Twitter feed and Facebook page for the results.

**ERA Point Congratulations**

We are pleased to announce that, for the first time this academic year, five of our students have reached 200 ERA points and have qualified for a Montsaye Academy branded water bottle which they will receive when we return to school. Well done to: Lilly-Maye in Year 10, Ryan in Year 9, Logan and King in Year 8 and Lainey in Year 7.

**Would you be interested in Free Digital Safety Training for Parents and Carers?**

Free digital safety training is being offered by Kidscape, an organisation dedicated to providing practical support, training and advice to challenge bullying and protect young lives. The training is designed to equip adults with the knowledge to understand the potential risks associated with keeping children and young people safe online, whilst also covering the many positives of the digital world. During the training, attendees will learn about harmful content online, cyber-bullying, gaming live-streaming, grooming, popular apps and social media and much more.

The workshop takes place on Zoom and through taking part, adults are able to:

- Recognise and respond to risks exposed by on-line activity.
- Explore how to have discussions with young people about digital footprint.
- Explore boundary setting and other approaches to young people.
- Share own experiences and hear from others in similar situations.
- Know where to get additional help.

Workshop dates and times are: Wednesday 17th February 4.30pm to 6.00pm and Wednesday 17th March 4.30pm to 6.00pm. If you are interested in finding out more and/or in attending one of the workshops, please follow the link below: [Kidscape Digital Safety Training](#).

### Desborough Good Neighbours Network

Desborough Library and Community Hub have recently launched the Desborough Good Neighbours Network. They are offering help with: shopping, prescription collections, changing lightbulbs/smoke alarm batteries, assistance with form filling, befriending and telephone support.



All volunteers carry identification. If you are in need of support, please contact them on: 01536 233707. 07762 722074 or 07970 733946.

### Montsaye Reading Challenge

You may remember that, during the first lockdown last year, we took part in a reading hour every Thursday on Twitter and encouraged the Montsaye community to send in pictures of themselves reading. We have switched the focus of this and are looking at the reading habits of our KS3 students during their 20 minutes of DEAR time in one of their English lessons. We have compiled some interesting statistics.

Last week, the most read author was JK Rowling with around 15% of our KS3 students reading one of the Harry Potter series. Close second was the Diary of a Wimpy Kid series with 10% of students reading one of the Jeff Kinney books.

There were over 100 different books being read last week, ranging from fantasy and teen fiction to books filled with advice on how to become a YouTuber and one filled with jokes. Students cumulatively read over 3,000 pages. This is roughly the same amount of pages as two and a half copies of Tolstoy's War and Peace or around 10 copies of The Hobbit. Give us a follow on Twitter: [Montsaye Reading Challenge](#).

### Young Minds

Young Minds is the UK's leading mental health charity for young people. They recently shared the useful graphic below on their Facebook page on how to make home schooling more manageable. If you would like further information on the organisation, why not have a look at their website: [Young Minds](#).

<p><b>Plan your day ahead</b></p> <p>Factor in time for when your children will complete work, take breaks and have lunch. You can also suggest things that you can enjoy after the school day, so that there is something to look forward to.</p>	<p><b>Try and keep to a routine</b></p> <p>Start your day the same way every day and work with your child to work out what they can do by themselves and what they might need to wait for you for. Keeping to typical bedtime and morning routines can really help when trying to get children into school mode as well.</p>	<p><b>You don't need to have all of the answers</b></p> <p>Don't worry if you find it difficult to understand a certain task. Keep in touch with the school and utilise the resources available to you, ask them questions if you need help.</p>	<p><b>Take care of yourself</b></p> <p>Home schooling is tough and can feel overwhelming at times. If you are working from home, stay in touch with your line manager and make them aware if you are trying to support your child at home. Make sure you are reaching out for support when you need it.</p>
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Please remember to follow us on social media for regular academy up-dates.

**Twitter feeds: @Montsaye, @montsayepe and @MontsayeSF**

**Please like our Facebook page for regular academy news up-dates.**

