

Friday 5th March 2021

Return to school

We are so proud of the resilience our pupils have displayed during this time and are looking forward to welcoming them back into school. In order to factor in the logistics of lateral flow testing, we are going to reintroduce pupils on a staggered start schedule. Please follow this link: [Return to School March 2021](#) which will take you through to our website and a letter containing relevant information. Contained within this letter is a link to our Lateral Flow Consent Form which needs to be completed if you haven't already done so.

Year 9 GCSE Options Process and Parents' Evening

Please see the timetable below which outlines what is happening, and when, in the Year 9 GCSE options process:

Date	Event
Thursday 11 th March	Parents' Evening (online)
Monday 15 th – Friday 19 th March	GCSE Taster Lessons
Thursday 18 th March	Options Evening (online)
Friday 26th March	Deadline for options choices

The Year 9 Parents' Evening will be held on Thursday 11th March from 3.30pm to 6.30pm and will be a virtual event. The school has introduced an easy to use online appointment booking system. This allows you to choose your own appointment times with teachers, following which you will receive a confirmation email. Appointment bookings for the evening are now open and will close at 3.00pm on Wednesday 10th March. Should you wish to make any changes after this date, please contact our main reception on 01536 418844.

Please visit [School Cloud](#) to book your appointments. Please click this link: [Guide for Booking Appointments](#) where you will find a short video on how to attend the evening. To login, you will need the details to match with the information which we hold on our school records such as your full name, email address, your child's full name and date of birth. If your login fails, please email the data team to ensure that we hold the correct details: data@montsaye.northants.sch.uk.

Appointments are limited to five minutes each to allow for all parents to have the opportunity to speak with teachers. You will need to attend your appointment slot at the allocated time and please be aware that the system will automatically close the appointment after five minutes. Should further discussion be required, a follow up phone call can be arranged. Mrs Gatiss, our SENCO, will also be available, should you wish to book an individual appointment with her. If you would like to have an appointment with the Year 9 progress leader, Jane Cooper, please email: jcooper@montsaye.northants.sch.uk and you will be able either to book a slot during the evening or arrange an alternative time.

The Year 9 Options Evening is on 18th March. This will be a live online event. Further details will follow in due course. Please follow this link: [Year 9 Options Information](#) which will take you to the Year 9 options section of our website. You will find our new brochure and individual subject information.



Please remember to follow us on social media for regular academy up-dates.

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

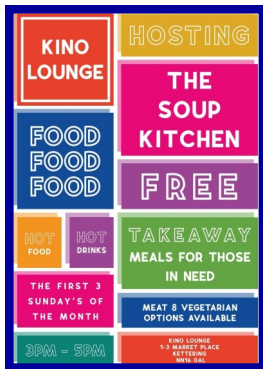
Please like our Facebook page for regular academy news up-dates.



Montsaye Reading Challenge Blog

Another 126 pupils took part in the reading survey last week, with a collective reading time of 42 hours between them. They read a massive 2047 pages in total (that's enough to cover the whole 'Lord of the Rings' trilogy, twice). Reading material was very diverse, with most pupils reading fiction. JK Rowling, the Wimpy Kid series, David Walliams and Philip Pullman were amongst the most popular but there was also some love from our older pupils for Ernest Cline's 'Ready Player One' and American novelist, George RR Martin (GRRM).

News from our World Book Day event which took place on 4th March has been shared on our Reading Challenge Blog on Twitter.



Do you need some help to feed the family?

Kino Lounge Soup Kitchen

On the first three Sundays of each month, the Kino Lounge in Kettering are offering free hot drinks and takeaway meals for those in need.

Friendly members of staff from Kino Lounge will greet you; pop along to the Old Corn Exchange Building on the Market Place in Kettering and enjoy what they have on offer. If you need further information, head over to their Facebook page: [Kino Lounge](#).

Youth Works

Social Group for Young People aged 11 to 14 with Autism, ADHD or Asperger's

Youth Works is a charity based at the Keystone Centre, Rockingham Road, Kettering. They offer education and support services to young people in the area.

They are currently running a new SEND social group for young people aged 11 to 14 with Autism, ADHD or Asperger's. Head over to their Facebook page: [Youth Works Northamptonshire](#).

A social group for young people aged 11 to 14 with Autism, ADHD or Aspergers.

Fridays 4pm - 5pm at Keystone
97 Rockingham Road, Kettering, NN16 9HX
(With social distancing and face masks when moving around)

Starts Friday 26th February

Email hwatts@youthworksnorthamptonshire.org.uk or ring 01536 518339 to find out more or book a place

ACTION CALENDAR: MINDFUL MARCH 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness dayofhappiness.net	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

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