

**Friday 5th May 2023**

### Year 11 After School Revision Sessions

As we move closer to the examination period, our comprehensive after school revision programme continues, with sessions taking place each week. Led by subject specialists, these take place in the departmental area. Students should be attending all these sessions weekly to ensure that they are giving themselves the best chance to be successful.

| Day              | Monday  | Tuesday | Wednesday | Thursday                   | Friday |
|------------------|---------|---------|-----------|----------------------------|--------|
| 3.00pm to 4.00pm | English | Maths   | Science   | History<br>or<br>Geography |        |

### Online Safety Newsletter May 2023

The Pathfinder Schools latest Online Safety Newsletter is now available to view on our website; please follow this link: [Online Safety Newsletter](#).

### Need to Talk?

Is your child unsure about who to approach for help within their pastoral team? Please see the below for full information.

**Need to talk?**

Find us in the KS3 Pastoral rooms

Feel low? **Reach out!** **HELP**

Speak to your pastoral team

As well as these members of staff, you can always speak to any Progress Leader, Student Welfare Officer or any other adult you feel comfortable talking to.

If you have concerns and prefer not to speak to any of the above, you can text

**shout**  
**85258**  
here for you 24/7

Find us in the KS4 Pastoral rooms

### Action for Happiness: Meaningful May 2023

**Meaningful May 2023**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|---|--|---|--|---|---|---|
| 1 Do something kind for someone you really care about     | 2 Focus on what you can do rather than what you can't do               | 3 Take a step towards an important goal, however small        | 4 Send your friend a photo from a time you enjoyed together        | 5 Let someone know how much they mean to you and why                      | 6 Look for people doing good and reasons to be cheerful       | 7 Make a list of what matters most to you and why                   |
| 8 Set yourself a kindness mission to help others today    | 9 What values are important to you? Find ways to use them today        | 10 Be grateful for the little things, even in difficult times | 11 Look around for things that bring you a sense of awe and wonder | 12 Listen to a favourite piece of music and remember what it means to you | 13 Find out about the values or traditions of another culture | 14 Get outside and notice the beauty in nature                      |
| 15 Do something to contribute to your local community     | 16 Show your gratitude to people who are helping to make things better | 17 Find a way to make what you do today meaningful            | 18 Send a hand-written note to someone you care about              | 19 Reflect on what makes you feel valued and purposeful                   | 20 Share photos of 3 things you find meaningful or memorable  | 21 Look up at the sky. Remember we are all part of something bigger |
| 22 Find a way to help a project or charity you care about | 23 Recall three things you've done that you are proud of               | 24 Make choices that have a positive impact for others today  | 25 Ask someone else what matters most to them and why              | 26 Remember an event in your life that was really meaningful              | 27 Focus on how your actions make a difference for others     | 28 Do something special and revisit it in your memory tonight       |
| 29 Today do something to care for the natural world       | 30 Share a quote you find inspiring to give others a boost             | 31 Find three reasons to be hopeful about the future          |  |   |   |   |

**ACTION FOR HAPPINESS** Happier · Kinder · Together

### Forthcoming Dates for your Diary

#### **Monday 8th May:**

- Academy closed for Bank Holiday.
- GCSE Art and Photography exams this week.

#### **Wednesday 10th May:**

- Year 9 immunisations HPV2.
- Year 12 Visit to Nottingham Trent University. Please see letter on our website.

**Friday 12th May:** Year 13 Leavers' Event 12.30pm to 3.00pm.

### Eco Club - Thursdays in H4 - Get Involved

#### Thursday 11th May: Making Bug Hotels

Our Eco Club are making bug hotels this week. If your child would like to get involved, they need to bring a clean tin can (ie, baked beans, tinned tomatoes) and some twigs/leaves.



### Desborough Greenspace Junior Parkrun



Is your child aged 14 years and under? Are they interested in keeping active? This free, weekly 2k event is open to all. Run by volunteers, the event brings children together in a safe, inclusive environment, encouraging them to keep fit. Participants may run, walk, skip or be propelled in a wheelchair. For further information, please follow this link: [Desborough Green Space Junior Parkrun](#).

### Safeguarding

Safeguarding our students is always our priority. If you have any safeguarding concerns, regarding any of our children, please contact us in confidence via [concern@montsaye.northants.sch.uk](mailto:concern@montsaye.northants.sch.uk). Alternatively, you can contact one of our Student Welfare Officers: Mrs Walters-Morgan (Year 7), Mrs King (Year 8), Mrs Summers (Year 10) or Mrs Long (Year 11) or click [here](#) for more information.

### Social Media

Much of our news and successes are celebrated on social media. Make sure that you are involved by liking and following us on Facebook, Twitter and Instagram:

**Facebook page:** Montsaye Academy

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

**Instagram:** montsayeacademyofficial

