



# MONTsaye PASTORAL BULLETIN

## INFORMATION FOR FAMILIES



Dear all

I cannot believe that we are heading into the last week of term! Where did this year go? We have all gained so many things this year and have mostly learned how adaptable, how resilient and how strong we all are. Perhaps we can also appreciate what we have and what we remain grateful for.

I can now confirm that you will all be back in September. We can't wait! I will publish full details next week so that you are aware of what you will need, the dates and timings. We will also shortly confirm details for results collection for our Year 11 and Year 13 students.

We look forward to you returning to Montsaye Academy; there will be slightly different routines and structures than you will be used to, but these will be put in place to ensure that everyone is safe.

In the final week of term, we look forward to celebrating everything that we have achieved this year, despite the circumstances which we have faced. Our values have come to life in a way none of us could have imagined. Thank you all for being wonderful ambassadors for our values. **#ERA**

**Mrs Gabbi**



## Year 6 Virtual Tour

As we look forward to meeting our soon-to-be Year 7 students, we are pleased to be able to offer a virtual tour of our wonderful school. Visit our YouTube channel where you will find lots of informative videos. In particular, we would like to draw your attention to our [Virtual Tour](#).

Follow the link and you will be able to take a look around the academy. We are very excited to be welcoming our new students in September.

We would like to say thank you to Freddie, Gracie and Amalia for their help in producing the video.





# A message from your progress leader



*This week it is Miss Malins and the Year 9 form tutors*

**Hello Year 9**, all of your form tutors and Mrs Walters-Morgan have been missing you lots and wanted to write a little message to you.

Before they do, I want to tell you all how proud I am of you all. You have all engaged with your new GCSE options and your teachers have been full of praise. Your determination, resilience and motivation to keep going during this challenging time, is a testament to how fantastic you all are. Thank you for continuing to engage with your home learning. Please keep all the resources and notes that you have created, as these will help you as you progress into Year 10.

Have a wonderful summer break when it comes; stay safe and remember that we are only an email away! I look forward to welcoming you all back to school in September.

**Miss Malins**

**Hi year 9**, it is hard to believe that the summer term is almost over and we are about to start our summer break! Over these testing times, I, like many of you I am sure, have had ups and downs. However, being able to chat and share problems with friends and family has helped me to cope through the more challenging moments. In particular, I have come to realise and appreciate just how important our Montsaye community is to us all!

As your Pastoral Mentor, I will continue to support your well-being as we return to Montsaye. In turn, I hope that you will continue to support me and each other; sharing our successes and working through whatever challenges come our way.

I have missed seeing you all and look forward to catching up with all your news as we start Year 10 – can you believe it? I hope that you all have a great break and hopefully the weather will be kind to us so that we can make the most of getting out and about again.

**Mrs Walters-Morgan**


**Dear 9SHO**, I am really sad that we only spent half of the school year together. You are a wonderful form group and I have enjoyed our form time and other activities together. You are an amazingly independent bunch – every Friday, a small group of you organised our form time quiz and everyone was

on board. Many of you met over break and lunch times in M1 to design and complete our brilliant 9SHO board.

It has been nice to speak with some of you or your parents during lockdown and to hear about all of the wonderful things that you have been up to. I am immensely proud of you for being organised, completing all the work you have been set and meeting every deadline. I am also proud of you for taking care of yourselves and your loved ones, by getting out in the sunshine, going for walks, runs or bike rides, playing games with your younger siblings and helping them with their schoolwork. In fact, for not giving up and getting ready for the next school year.

After the summer, you will be in Year 10 and the GCSE work of the next two years will start. You have one more week to get ready for the summer holidays. Hopefully, you will enjoy them with your friends and family, getting out and being active and looking forward to being back in school in September. I know that I can't wait to be back and see you all again. Until then, take good care, my dears.

**Dr Hoche**



**Hi 9JJW**, I hope that you are all well. We are still the number one form, and when we get back we will continue to be the best!

I am really excited to see you all back in school in September, ready for the new academic year.

If you need any help with anything before then, please let us know. See you all very soon.

**Mr Wiggins**

**Dear 9GUR students**, it feels like only yesterday and yet a lifetime ago that we were in one of our two tutor rooms (oh the luxury). We would reflect on current affairs, expanding our horizons in unexpected directions and aiming to start our days the right way.

I hope that you have had, and have taken, lots of opportunities during these tough times, to keep healthy, both physically and especially mentally. I hope that you have kept yourselves informed and tried to stay connected with your friends, your family and your education.

Personally, I have tried to look for the positives in every new situation and changing regulation. I can't wait to share with you all how Ali has blossomed from a baby into a feisty toddler, and how even the toughest days with two young children have held special moments.


Remember to take some time to document, or to reflect on, this extraordinary year; we are living through events that will echo throughout history. I salute your resilience, strength and creativity in getting through these months.

I am really looking forward to re-joining you on your school journey. Please get in touch with me if there is anything you need help with. In the meantime, take care out there!

**Mr Urwin**

**Dear 9CCO**, it is hard to believe it has been over three months since we last got to spend time all together as a form.

Whilst we haven't been in school, I have still been thinking of you all and hope that you manage to have some awesome lockdown adventures now that the restrictions have been eased! I can't wait to hear all about what you guys have been up to in the glorious sunshine (and occasional thunder storm).



I am incredibly proud of how each and every one of you has managed to overcome the challenges you've faced over the last few months. You continue to amaze me with your excellence, resilience and aspiration, even in the face of adversity.

I am so proud to have been your form tutor this year. You are all officially good eggs of 2020! Keep supporting each other and stay safe.

**Miss Coulson**

**Hi 9SCO**, I hope that you are all well and safe. This is just a little message to say thank you for all your hard work, effort and, most importantly, your patience in this crazy world.

I know it has been challenging at times and that the work has sometimes felt overwhelming, but you have all been doing so well. I am so thankful and proud to have such an amazing form; you are all ERA Heroes in my eyes!

When we are finally reunited in September, there will be one massive 'fresh fruit Friday' to celebrate making it through Year 9 and this crazy pandemic together. Keep smiling!

**Miss Collins**

**Hello 9ELB**, stay strong and keep up the hard work. I look forward to seeing you all in September.

**Miss Bates**

**Hello DNO**, I do hope that everything is well with you and that you are accomplishing your home learning assignments. Please remember that you have the eager help of your tutors should you run into any difficulty.

I know that some of you may be getting bored at home and that you have been missing school as much as I have. Please do as much as you possibly can at home now. In that way, when you return, everything will fall right into place. Wishing you all everything good, including health, for the remainder of the summer term.

**Mr Pierce**





# #MontsayeReadingHour



We always look forward to our Thursday evening #montsayeradinghour. Want to get involved? Post a picture on Twitter of you or your child reading, tagging the account, @montsayereading, using #montsayereading hour or #montsayereads. Pictures are retweeted between 7.00pm-8.00pm every Thursday; we love sharing some of the highlights with you. This week the focus was on our all-time favourite books; what a wonderful mix of books our staff have enjoyed reading...?



## Notice for all Year 11 Art, Photography and Product Design students

Some of our Year 11 students have recently requested that they collect their coursework folios for art, photography and product design. To make sure that we follow the exam board requirements, the academy holds the coursework until after October 2020 half term.

If students are continuing to study in the sixth form at Montsaye Academy, we will notify them when their coursework is available,

either through the head of sixth form or their tutors. If students are studying elsewhere, we aim to include collection information in our school newsletter and on our website. Under usual school planning, any coursework not collected is then removed from the department and recycled. Any paperwork which contains students' names is disposed of under GDPR protocols. This is usually completed before Christmas of the autumn term.

Some pieces may be held longer as exemplar items, but these will be released upon student request.



# Calling all budding playwrights...

Why not spend the summer holidays having a go at writing a play? Maybe, you already have the start of an idea in your head?

BBC's The One Show, in conjunction with the Shakespeare North Playhouse, have launched a playwright competition giving children aged 7 to 16 a chance to see their ideas come to life on the stage.

All you need to do, is to enter an idea for a play, together with a short description of up to four main characters and the first few opening lines. You will also need to tell them what the opportunity of being able to write your own play and have it performed on stage would mean to you.

Full details can be found by clicking on the link:

[As You Write It.](#)

The deadline for entries is just before midnight on Monday 31st August. How amazing would it be to see your name in lights...?



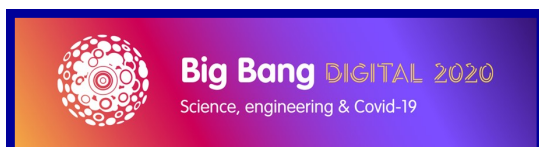
## Big Bang Digital 2020

Hosted by the organisers of the Big Bang Fair, Big Bang Digital 2020 is a celebration of the work of scientists and engineers in a pandemic.

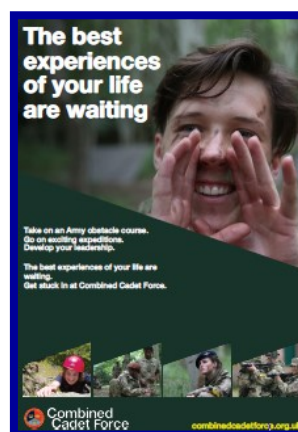
Big Bang are putting together a day of inspiring online sessions for young people to have an insight into the work of scientists, healthcare professionals, engineers and technicians during Covid-19. The event takes place on Tuesday 14th July from 9.00am to 5.00pm.

Head over to their exciting website where you will find everything they have on offer:

[Big Bang Digital 2020.](#)



## Montsaye CCF are recruiting...



Calling all current Year 8 students. Are you interested in joining the Montsaye Academy Combined Cadet Force? The CCF exists in over 400 schools across the United Kingdom, offering young people a broad range of

challenging, exciting, adventurous and educational activities.

For further information, please email our School Staff Instructor, Mark Chattaway:

[mchattaway@montsaye.northants.sch.uk](mailto:mchattaway@montsaye.northants.sch.uk)



# Goodbye and good luck...



As is the custom, staff at Montsaye Academy have joined together for their annual leavers' video.

Follow the link: [leavers' video](#) which will take you to this year's epic production. Although you all left us in unusual circumstances this year, we will be there for you...

## Year 11 and the National Citizen Service

The National Citizen Service (NCS) is open to all 16 and 17 year olds in the UK. It brings together young people from different backgrounds, building skills for work and life. Due to Covid-19, this year the scheme will be running slightly differently and they have launched **NCS Keep Doing Good**. Follow the link: [NCS website](#) where you will find full details.

The organisation is following all Government guidelines with regards to Covid-19, to ensure that the scheme is safe for all. It will take place over two weeks in August in the community, where students will work in teams guided by NCS staff to **Keep Doing Good**.



The good thing about this is that it is absolutely free and students can sign up today!



## Kettering Foodbank

If you are struggling to feed your family, please reach out to Kettering Foodbank.

They are also accepting donations of food if you would like support them. Donations can be taken to Praise Community Church during their opening hours, or they can arrange a collection from your house. Take a look at their Facebook page for further information: [Kettering Foodbank](#).

# Wellbeing: Jump Back July




## RESILIENCE CALENDAR: JUMP BACK JULY 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>We can't control what happens to us, but we can choose how we respond</b></p>			<p><b>1</b> Be willing to ask for help when you need it today (and always)</p>	<p><b>2</b> Make a list of things that you're looking forward to</p>	<p><b>3</b> Adopt a growth mindset. Change "I can't" into "I can't... yet"</p>	<p><b>4</b> Find an action you can take to overcome a problem or worry</p>
<p><b>5</b> Avoid saying "must" or "should" to yourself today</p>	<p><b>6</b> Put a problem in perspective and see the bigger picture</p>	<p><b>7</b> Shift your mood by doing something you really enjoy</p>	<p><b>8</b> Get the basics right: eat well, exercise and go to bed on time</p>	<p><b>9</b> Help someone in need and notice how that gives you a boost too</p>	<p><b>10</b> Don't be so hard on yourself. It's ok not to be ok</p>	<p><b>11</b> Reach out to someone you trust and share your feelings with them</p>
<p><b>12</b> When things go wrong, be compassionate to yourself</p>	<p><b>13</b> Challenge negative thoughts. Find an alternative interpretation</p>	<p><b>14</b> Set yourself an achievable goal and make it happen</p>	<p><b>15</b> Go for a walk to clear your head when you feel overwhelmed</p>	<p><b>16</b> When things get tough, say to yourself "this too shall pass"</p>	<p><b>17</b> Write your worries down and save them for a specific 'worry time'</p>	<p><b>18</b> Let go of the small stuff and focus on the things that matter</p>
<p><b>19</b> Notice something positive to come out of a difficult situation</p>	<p><b>20</b> Ask yourself: What's the best thing that can happen?</p>	<p><b>21</b> If you can't change it, change the way you think about it</p>	<p><b>22</b> Make a list of 3 things that you can feel hopeful about</p>	<p><b>23</b> Remember that all feelings and situations pass in time</p>	<p><b>24</b> Choose to see something good about what has gone wrong</p>	<p><b>25</b> Notice when you are feeling judgemental and be kind instead</p>
<p><b>26</b> Get back in touch with a supportive friend and have a chat</p>	<p><b>27</b> Write down 3 things you're grateful for (even if today was hard)</p>	<p><b>28</b> Catch yourself over-reacting and take a deep breath</p>	<p><b>29</b> Think about what you can learn from a recent challenge</p>	<p><b>30</b> Ask for help from a loved one or colleague. Be specific</p>	<p><b>31</b> Remember that you are not alone. We all struggle at times</p>	

**ACTION FOR HAPPINESS**







[actionforhappiness.org](http://actionforhappiness.org)  
 Daily actions to look after ourselves and each other as we face this global crisis together  
 Keep Calm · Stay Wise · Be Kind

## Wellbeing: laughter is the best medicine

Happiful is a free on-line magazine (although you can also buy a printed version; it is available in most major supermarkets), looking at all things mental health and wellbeing. In July's edition of the magazine there is a great article on how to use laughter to lift your mood. They talk about the philosopher and psychologist William James who said "We don't laugh because we are happy, we are happy because we laugh."

Read the article in full: [Happiful Magazine](http://Happiful Magazine); why not take a look at the rest of the magazine whilst you are at it?

Here are some of their top laughter tips:

- Make a commitment to laugh more.
- Know your go-to sources of laughter.
  - Make time for play.
  - Let your silly out.
  - Keep a laughter journal.
  - Help others to laugh





# Contacts

General enquiries	<a href="mailto:admin@montsaye.northants.sch.uk">admin@montsaye.northants.sch.uk</a> Or call <b>01536 418844</b> Messages are picked up daily.
ERA heroes	<a href="mailto:eraheroes@montsaye.northants.sch.uk">eraheroes@montsaye.northants.sch.uk</a>
Progress leaders	7: <a href="mailto:cpetchey@montsaye.northants.sch.uk">cpetchey@montsaye.northants.sch.uk</a> 8: <a href="mailto:jcooper@montsaye.northants.sch.uk">jcooper@montsaye.northants.sch.uk</a> 9: <a href="mailto:fmalins@montsaye.northants.sch.uk">fmalins@montsaye.northants.sch.uk</a> 10: <a href="mailto:hpickering@montsaye.northants.sch.uk">hpickering@montsaye.northants.sch.uk</a> 11: <a href="mailto:jdroberts@montsaye.northants.sch.uk">jdroberts@montsaye.northants.sch.uk</a> Sixth form: <a href="mailto:kjones@montsaye.northants.sch.uk">kjones@montsaye.northants.sch.uk</a>
Pastoral mentors	<a href="mailto:spatrick@montsaye.northants.sch.uk">spatrick@montsaye.northants.sch.uk</a> <a href="mailto:llong@montsaye.northants.sch.uk">llong@montsaye.northants.sch.uk</a> <a href="mailto:awmogan@montsaye.northants.sch.uk">awmogan@montsaye.northants.sch.uk</a> <a href="mailto:spatrick@montsaye.northants.sch.uk">spatrick@montsaye.northants.sch.uk</a> <a href="mailto:lmcnish@montsaye.northants.sch.uk">lmcnish@montsaye.northants.sch.uk</a>
SEND	<a href="mailto:senco@montsaye.northants.sch.uk">senco@montsaye.northants.sch.uk</a>
All other staff	Initial + surname + @montsaye.northants.sch.uk Or follow this link to find all teachers and other staff listed.

My situation	Who to contact
I am struggling with my home learning	Use all the resources available/suggested, ask a friend or parent/carer. If you're still stuck, <b>email your class teacher</b> . Include the <b>head of department</b> as well in case your
I can't log on to the home learning	Email your <b>Progress leader</b> You can also leave a message by phoning the school <b>01536 418844</b>
I can't access work electronically	If you have no computer access or perhaps unreliable wifi, you may need paper copies. If so, email our admin team at <a href="mailto:admin@montsaye.northants.sch.uk">admin@montsaye.northants.sch.uk</a> . Include
I have done some work or an activity I am proud of and I'd like to share it	If you have done some work or an activity you are proud of, and you would like to share it, send a photo to <b>ERA heroes</b> . This could be school work or a new skill / community work. In your email please indicate that you are happy for the work to be shared with the school community on our ERA heroes newsletter and / or social media.
I am worried about my safety or that of someone else.	If you have a concern about yourself or another student, you can email any of the pastoral mentors. They are still around to help you even if you aren't in school. They can also point you in the right direction for support, or advice.



# How to log on

**SAM  
learning**

[www.samlearning.com](http://www.samlearning.com) Our school centre ID: NN1MC  
**Username** = date of birth followed by initials, in the format DDMMYYII **Password**: if you haven't yet logged in, this is the same as your username.

**Maths  
watch**

<https://vle.mathswatch.co.uk/vle/> If Boris Johnson was born on 19th June 1964 and attended Montsaye academy, then the mathswatch logon details would be:

**Logon**: BoriJohn@montsaye **Password**: 19/06/1964

**Times  
Tables  
Rock Stars**

<https://ttrockstars.com/home> Select Montsaye by typing NN146BB Your TTRS logon details would be:  
**Logon**: BoriJohn **Password**: 19/06/1964

**PiXL**  
partners in excellence

 **SENECA**

**BBC**  
**Bitesize**

 **MyMaths**

**RS Revision**  
GCSE and A Level Philosophy and Ethics



 **SCHOOL HISTORY**



 **internet geography**

**SAM** Learning

Online study  
with proven results.