

# MONTSAYE PASTORAL BULLETIN

## INFORMATION FOR FAMILIES



This week the school has been a hive of activity, as we all work together to make sure that our school is ready to welcome back some students in Year 10 and Year 12 for some face-to-face sessions.

As I have previously said, the school is looking really good but it is missing one vital part...you. We are so looking forward to seeing some of you again next week.

Through the ERA Heroes newsletter and this bulletin, we are able to share our successes and our highs and it is great to see our Values of Excellence, Resilience and Aspiration alive and well in our community. Our core values were also thriving in school this week, making sure that the school is safe and ready for the arrival of students. Everyone is pulling together to play their part from the cleaners, site team, admin, support and teaching staff. We are all working together. I am proud to say we have even launched our own YouTube channel this week and have been filming a reopening video. More videos to support our students will be coming soon.

I know that many of you will be disappointed that you will not be returning next week but please rest assured that we are all here for you. We are looking forward to the time when our school is once again filled with the sound of young people in our classrooms and corridors with Excellence, Resilience and Aspiration.

*Mrs Gabbi*

### Remember, to send us nominations for ERA Heroes...



Look out for our ERA hero posts on Facebook and Twitter! Send any news of ERA heroes for this week to [eraheroes@montsaye.northants.sch.uk](mailto:eraheroes@montsaye.northants.sch.uk) stating you are happy to for us to share your work or photos.



<https://www.facebook.com/montsaye/>



<https://twitter.com/montsaye>

# Montsaye Reading Hour

Over the last few weeks, we have been celebrating reading together. Join us on a Thursday; all you have to do is 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... it has become apparent that our staff love their pets!



## Year 9 LIVE GCSE Lessons!

Week commencing 15<sup>th</sup> June.

**Topic: Introduction to the course**

Once you have received your GCSE Options, you will be invited to attend a LIVE lesson on Microsoft Teams with your teachers. The lesson will guide you through the requirements of the course and support you with the work found in your home learning booklet.

Lessons will be no longer than 30 minutes

### Time Table of Lessons

Subject	Day/ Time
Ethics	Monday 15 <sup>th</sup> June, 11am
Music	Monday 15 <sup>th</sup> June, 11am
Drama	Monday 15 <sup>th</sup> June, 11am
Food	Monday 15 <sup>th</sup> June, 12pm
Health and Social Care	Monday 15 <sup>th</sup> June, 1pm
Sports Studies	Tuesday 16 <sup>th</sup> June, 10am
GCSE PE	Tuesday 16 <sup>th</sup> June, 10am
French	Tuesday 16 <sup>th</sup> June 11am
IT	Tuesday 16 <sup>th</sup> June, 12pm
Business GCSE	Tuesday 16 <sup>th</sup> June, 1pm
Business V Cert	Tuesday 16 <sup>th</sup> June, 2pm
Dance	Wednesday 17 <sup>th</sup> June, 11am
Design	Wednesday 17 <sup>th</sup> June, 12pm
Photography	Wednesday 17 <sup>th</sup> June, 1pm
Product Design	Wednesday 17 <sup>th</sup> June, 2pm
Computer Science	Thursday 18 <sup>th</sup> June, 10am

If you have any questions, please contact Miss Malins.  
fmalins@montsaye.northants.sch.uk

## Did you know that we now Have a YouTube channel?

You can find us by searching Montsaye Academy on YouTube or by following this link:

[Montsaye Academy YouTube](#)



We have set this up primarily to help all Year 6 students with the transition process. We aim to keep them up-to-date with lots of information videos which we will be posting in the next few weeks.

However, we hope to grow the channel into something bigger, to allow our community to gain an insight into what life at Montsaye Academy is like. Watch this space...

**ERA EVERYDAY**  
Excellence Resilience Aspiration  
*The Montsaye way*



# A message from your progress leader

*This week it's the sixth form and Mrs Jones*



## Hello Year 12

I hope that you are all well and looking forward to catching up with myself and Mrs McNish next week for your mentoring sessions. It will be great to see you all after so many weeks of emails and online lessons, although I am dreading you seeing my grey roots! You have coped incredibly well with all that has happened and I am so proud of your positivity and continued commitment to your studies. I have received so many lovely comments from your teachers about your achievements since the lockdown.

I am missing working in my little office corner in SF1. I have tried to recreate it at home but it's tricky with the addition of a large dog, who is not as calm and low maintenance as Cody, our gorgeous therapy dog! My dog, Ralph has 'attended' all of my online lessons and meetings but I am not sure how much he has understood! Remember, we are always here for you; please let us know if there is anything we can do to help.

## Hello Year 13

I find it difficult to believe that you won't be with us in September as your final year with us ended so suddenly. I have **not** forgotten that you didn't get to have a Leavers' Lunch and we will still do this at some point in the new term, so you get the send-off that you all deserve, with lots of food and my traditional Awards Ceremony! Please don't forget that we are here for you, please contact us if you need anything. Have a wonderful summer and hope to see you all on results day.

**Mrs Jones**

Hi everyone. I hope that you and your family are well. It has been lovely to hear from some of you during the lockdown and I hope that all of you are coping with the home learning. I am missing the Countdown Conundrum sessions and the Jet Punk quiz during the week – please try and find them online and start preparing for the tutor time in September – you may find next year's Year 12 to be even more competitive than you. As I type, I am sitting in the garden completing my own home 'work', whilst looking forward to the return of the football season on 17<sup>th</sup> June – still hoping City will win the European Cup. It has been nice to spend some time with the family at home and also to do weekly quizzes with family members via 'Duo' on a Friday and Sunday evening – a chance to catch up with everyone in different parts of the country. Please feel free to contact me if you need some further support with the work or in contacting subject teachers or even just to say 'hi'. I look forward to seeing you all again in September but in the meantime, please stay safe and pass on my best wishes to your family.

**Mr Stanton**

Hi everyone, I hope that you're all well and coping with the very strange situation we're in. My house feels very crowded as my eldest two have come back from university, and my youngest who is in Year 12, has been at home since the start of lockdown like you. She's finding it quite hard to stay motivated to keep doing work. Try not to get too stressed about things. We will get back to normality eventually.

Please let me know if you're struggling or if you're managing to get other things done as well as the A-Level work. I sympathise with all of you in Year 13, probably trying to make some difficult decisions about your future plans, without knowing what might happen in the next few months regarding universities and apprenticeships. Stay safe.

**Mr Zielonka**

Hello Everyone, I hope that you are all keeping well. I miss our conversations and debates in form; hopefully it will not be too long until we are back again. I hope that your studies are going well and you know that I am here to listen and help, if needed. This is a strange time but you are doing so well, I have been very impressed with how Year 12 are handling their work and their time. What great weather we have had, it has given us time to re-charge our batteries, I have really enjoyed being in the garden and pottering around. It is important to make time for yourself, time to chill and relax between studies. Maybe we will try a TEAMS meeting at some point soon...

**Mrs Scullion**

Hello Year 12, I do hope everyone is getting on well in lockdown. Lots of time to do all that stuff you never get time to do – isn't that what people say? I have been honing my artistic skills so as not to become rusty over the weeks and (thanks to a creative 6 and 3 year old) have constructed a mighty Hogwarts out of boxes from the recycling bin. I have transformed my children into super heroes (the Hulk still has a green tinge actually), I've tailored clothes for dolls, a horse and Spiderman, I've baked (and its been edible), I have found skills that I never knew I had. I've even found time to become an expert in the genre of Paw Patrol. There really is not much I don't know about this subject so if anyone needs to discuss the staggering storyline from Paw Patrol to Mighty Pups please do drop me a line! Of course, if you wanted to discuss your artwork and stretch my brain then this would be most welcome too!

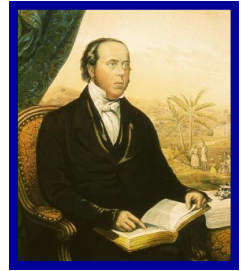
**Mrs Roberts**

Day eighty-something into lockdown, and I'm still attempting these home-workouts in the fear of turning into the size of a small house. Sanity is just about still there luckily, thanks to the horses getting me out. Despite all of this, I have never been more proud to be a form tutor of such a resilient group of students. Many of you have been in contact and have shared highs and lows with me over the last few months. Whilst you may have eaten enough food to feed a village in one week, spent 10 hours straight on games, or watched an entire Netflix series in one day, you're still going. In spite of the challenges we all face, each and every one of you are trying your best, which is all I can ever ask. As for you lovely Year 13's, I am hoping I will see you some time in the future for you to come and share all of your successes! Missing all of you very much and looking forward to seeing you all soon!

**Miss Champion**

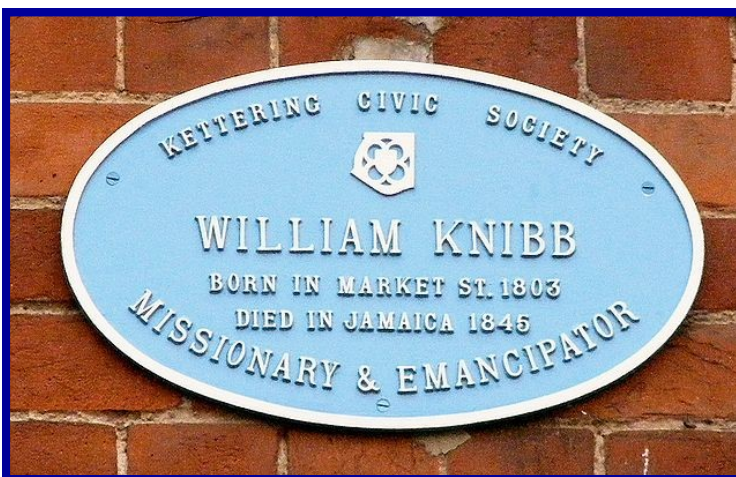
# William Knibb: a piece of history in Kettering

Many of you who are local to the area and Kettering in particular, will be familiar with the name William Knibb; his legacy can be found in the Kettering Coat of Arms. A black figure stands on the right of it with a broken chain dangling from his left wrist, symbolising his pioneering work in the abolition of slavery.



Born in Market Street, Kettering in 1803, William was a Baptist Minister and a missionary in Jamaica. He was an important figure in the anti-slavery movement in this country. He fought tirelessly against slavery in Jamaica, the result of which contributed to the abolishment of slavery in 1834 by the UK government.

William's mother was a teacher and a member of the Kettering Independent Church, the building now being part of the Toller Chapel in Kettering. In 1988, on the 150th anniversary of the abolition of slavery in the British Empire, William was posthumously awarded the Jamaican Order of Merit, the first white man to have received the country's highest civil honour.



A blue plaque can be found on the building of William's birthplace in Kettering. Why not take a look next time you are in the town?

There are many dedications to William throughout the local area and further information can be found about him in Kettering Museum and Art Gallery which is located in Sheep Street.

Who knew that such an important figure in history was born in Kettering?



## Year 10 Information: Returning to School



We are looking forward to seeing some of our Year 10 students next week. You should all now know what you are doing and when you are in school.

We have put together a short video which can be found on our YouTube channel:

[Year 10 Return to School Information](#)



# Wellbeing: NHS Test and Trace

As the government moves forward with the NHS Covid-19 test and trace scheme, we need to be aware of potential scams. Remember that contact tracers will never:

- Ask you to make any form of payment
- Ask any details about your bank account
- Ask you for any passwords or PINs
- Ask you to download anything

**IF YOU ARE CONTACTED BY  
NHS TEST AND TRACE  
YOU MUST SELF-ISOLATE  
TO SAVE LIVES**

*Baroness Williams*

## Wellbeing: keeping safe after lockdown



With many of our shops re-opening in the next few weeks, the easing of lockdown means that people are gradually getting more freedom to move around. We must still however, remember the importance of social-distancing and be mindful of others and our surroundings. You should still be keeping two metres apart from other people.

Remember to wear a mask or face covering if social-distancing is not possible in busy areas such as shops. With effect from Monday 15th June, this is mandatory if you are travelling on public transport such as buses or trains. We are currently allowed to meet up to six members of our family and friends outside in parks and gardens and from Saturday will be able to stay overnight with another person if they live alone. Stay safe everyone.

### Market Harborough Virtual Carnival Saturday 13th June @ 10.45am

Following the cancellation of this year's carnival in Market Harborough, the organisers have decided to go live on Facebook and hold their own virtual one. They will have local clubs, bands and businesses take over their live social media account throughout the day. Why not take a look and see what they have on offer:

[Market Harborough Virtual Carnival](#)



### Welcome to the Montsaye Family...

We are thrilled to be able to announce the safe arrival of our Head of Art, Mrs Thomas' baby.

Hugo was born last week and I am sure that you join with us all in wishing the family huge congratulations.



# Wellbeing: Keep occupied, be kind




## JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	 <p><b>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</b></p>				

ACTION FOR HAPPINESS









[www.actionforhappiness.org](http://www.actionforhappiness.org)

30 actions to look after ourselves and each other as we face this global crisis together
 Keep Calm · Stay Wise · Be Kind

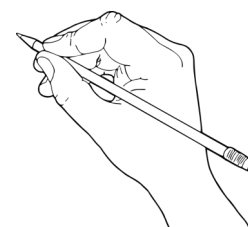
## Arty Ideas: a drawing a day challenge



Using the headings below, why not challenge yourself to doing a drawing a day?

- A favourite mug
- Something blue
- Something yellow
- Something that sparkles
- Lockdown lunch
- Something that you need
- In the garden
- Something from the fridge
- My room
- Sweets and chocolate
- Something from memory
- Bottles
- Family
- Time
- A biscuit

Not sure how to get started? There are lots of useful tutorials to help you on the internet. Don't forget to photograph your drawings and email them to us. We love to see what you have been doing and we can share them with everyone...





# Wellbeing: Be Kind Online



## 14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.



### 1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.



Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

### 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



### 5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

### 6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



### 7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

### 8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.



### 9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.



### 10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.



### 11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.



### 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



### 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



### 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.



### Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



# 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:lcoulson@montsaye.northants.sch.uk">lcoulson@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.