

MONTSAYE PASTORAL BULLETIN

INFORMATION FOR FAMILIES



Dear all

What a year! Who knew last September, that we would experience the year that we have had. Our language, outlook and ways of working and schooling have had to dramatically change. As your head teacher, I am so proud of all of you and of how well you have adapted. I have been overwhelmed by the support which we have all received from our community.

There have been so many wonderful things going on. When we went into lockdown, as a school community we got together and sent goggles and masks to Kettering General Hospital. Our technology department got busy and made kit bags, visors and masks to support our local communities.

Many of you have been learning new skills that you will continue to pursue into the new year and beyond - we have all enjoyed seeing the cakes, fences, and new challenges that you have set yourself this year. It's important that we reflect on what learning has taken place and how we can take this forward into our future.

One of the other highlights is the Montsaye Academy reading hour every Thursday evening at 7.00pm. It has been wonderful to see all staff and students joining in, to highlight the importance of reading. A lovely hour of reading for pleasure. I wonder if Mr Sloper will continue this into the new year?

The ERA heroes document that goes out every week is simply amazing. Seeing how everyone is going above and beyond is so heartening and wonderful to see. The pictures, the images and stories will be part of our history in times to come. This is not something that we can lose as we move forward into a new academic year.

As I said last week, we all cannot wait to have you back in September. Things will be a little different and in order to keep everyone safe, you will be based in year group pods and have most of your lessons in these pods, this is so that we keep everyone safe.

Year 7	Hums/Music
Year 8	Maths
Year 9	English
Year 10	Science
Year 11	Hums/Technology
Year 12/13	Languages

We will write to you again in August with full details and a video explaining some of the key changes that will be taking place. Please don't worry, we have carefully planned for you to come back in a phased way so that we can carefully help you make the transition back into school.

Year	Date	Arrival time	Where to go on arrival
7	Thu 3 rd Sept Fri 4 th Sept – Tue 8 th Sept	8.35 am 8.35 am	Escorted from main reception Humanities department
8	Fri 4 th – Tue 8 th Sept	8.35 am	Maths department
9	Fri 4 th – Tue 8 th Sept	8.35 am	English department
10	Mon 7 th Sept Tue 8 th Sept	8.25 am 8.25am	Science department Science department
11	Tue 8 th Sept	8.25 am	Design department
12	Thu 3 rd Sept Fri 4 th – Tue 8 th Sept	9.00 am 10.00 am	Main hall – enrolment induction day Languages department
13	Fri 4 th – Tue 8 th Sept	10.00 am	Languages department
ALL	Wed 9 th Sept onwards	All pupils in at allocated time, normal timetable - timings as below	

All that remains is for me to say, have a wonderful break; we are really looking forward to seeing you all in September. A final heartfelt thank you to all of the Montsaye community for their overwhelming support and encouragement during this year.



Mrs Gabbi



A message from Mr Berridge



Here we are at the strangest end of term ever!

Usually, the atmosphere of today is electric. Full of excitement and anticipation of the long summer ahead. My favourite time of the school holidays is the first ten minutes after the bell, standing on the corner of Greening Road seeing you all happily head off for your six weeks holiday. So today feels rather strange that all staff are busy making preparations for September rather than teaching our final lessons. Your absence is felt today.

On reflection, this has been a year that has highlighted just how great Montsaye is. Even though, since March, we have been closed to the majority of you, our hearts and minds have been open. Who would have thought that our values could have grown so much, not just within Montsaye but within the community too. Next step Montsaye global!!

A real highlight of this period has been our ERA heroes; we have all loved sharing your stories of Excellence, Resilience and Aspiration and feel incredibly proud of how you have looked out for each other.

Talking about looking out for each other, I would like to take this opportunity to recognise the amazing work of the pastoral team here at Montsaye. The progress leaders, the pastoral mentors and the SENco, Mrs Gatiss, have worked in new and creative ways to ensure that they are still able to provide you the support that you need; whether that's through phone calls, videos, or even door step visits.

I would also like to thank Mrs Lopes, Mrs Perry and Mrs Campbell for helping us all stay connected by producing the pastoral bulletin and the ERA heroes bulletin throughout lockdown. This however, doesn't come as a surprise for me, because all of the staff at Montsaye have our children and our community at the heart of everything they do.

Montsaye really is a special place to work and that could not be possible without amazing, resilient students and families.

We all wish you a very happy and safe summer and we look forward to welcoming everyone back in September.



Mr Berridge



#MontsayeReadingHour



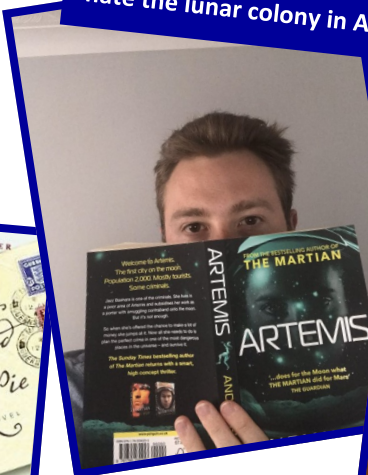
We have been looking back at the Thursday evening #montsayeradinghour which has been taking place on Twitter over the last few months. What an eclectic bunch of books everyone has been reading; accompanied by our families and pets throughout. This may be the last reading hour for now but that doesn't stop everyone from reading during the summer holidays; the perfect time to switch off and relax into a book.

If you want to take a look at what has been happening on our account, head over to Twitter and search @montsayereading, using #montsayereading hour or #montsayereads. We have loved sharing some of the highlights with you. This week the focus was on places in books you would love/hate to visit.

Mrs Bateman doesn't fancy a trip to hell!



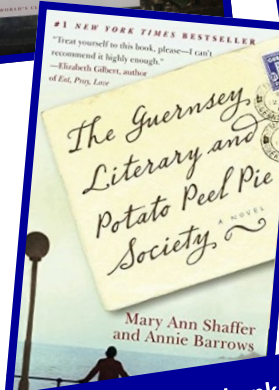
Mr Sloper would both love and hate the lunar colony in Artemis!



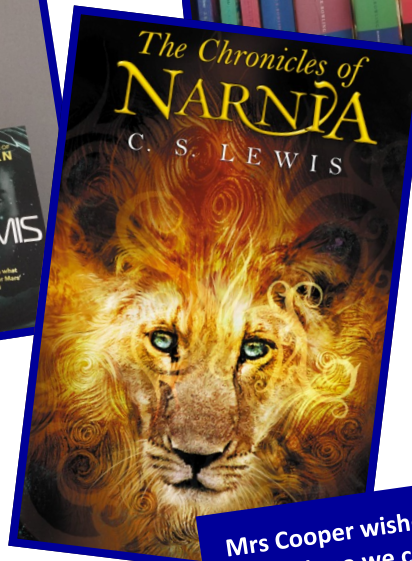
Mrs Briffa would love to visit Hogwarts but is less keen on a visit to The Fayz!



Miss Pickering has a hankering to visit Guernsey after reading this...



Mrs Cooper wishes she could visit Narnia so we could visit Aslan



Year 6: YouTube Channel

We have been up-dating our YouTube channel.

This week it is transition 5 with Mrs Gatiss and the SEN department. Click this link: [YouTube Montsaye Academy](#) which will take you straight through to our channel and all of the videos which we have been uploading over the last few months.



Mandatory Face Coverings



Face covering exemption card

If you cannot wear a face mask because of a disability or health problem please cut out one of the cards below to show.



photosymbols®

With effect from Friday 24th July, the wearing of a face covering in all shops, as well as on public transport, will become mandatory (exemptions include children under the age of 11 years old, people with breathing difficulties and people living with certain disabilities).

If you fall into one of the exemption categories, we have shared an image of some cards which can be printed at home so that you can have a document with you at all times to explain your situation. Follow the link here: [Exemption Card](#) which will take you to a printable version of the cards.

People who do not wear a face covering in these circumstances, will face a fine of up to £100.

Full information can be found here: [GOV.UK](#), along with instructions on how to make a simple face covering if you have been unable to purchase one.



CCF Competition Winner

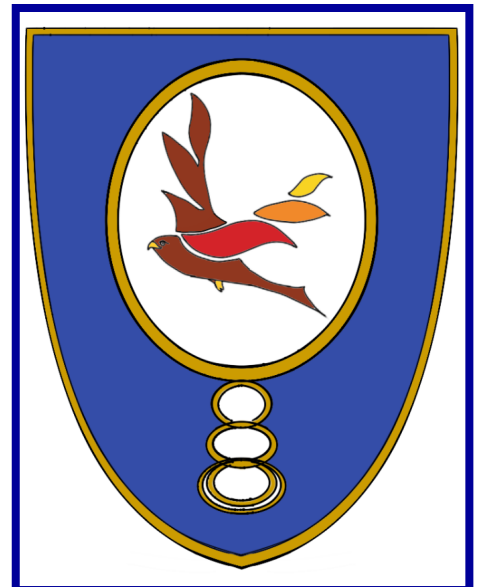
We are pleased to announce the winner of the CCF Tactical Recognition Flash (TRF) badge competition.

The competition was launched in April and cadets had to design a unique identification badge for Montsaye CCF. The badge had to incorporate local landmarks, history, and be relevant to the school.

The winning entry will be made into a badge which will be produced and worn as part of the Montsaye CCF uniform.

After a vote held by all the cadets, Phoebe was declared the winner. Her badge included the Desborough mirror, the old Montsaye school shield and a Red Kite with the wing being made of the new Montsaye logo.

All entries were great and we are extremely proud of them all.



Wellbeing: Jump Back July




RESILIENCE CALENDAR: JUMP BACK JULY 2020




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

ACTION FOR HAPPINESS







actionforhappiness.org

Daily actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Rothwell Community Library



As we start to re-open our libraries we would like to offer a click and collect service to our customers.

We will be taking requests for books by email at

rothwellcml@gmail.com

Please include: Your name, title of the book, author, and your library card number.

Request in by:	Collection on:
5pm – Tue 7 th July	Wed 15 th July
5pm – Tue 21 st July	Wed 29 th July

A return box will be available within the library on the 8th/15th/22nd/29th July to bring back any finished items. We will then take these off of your account for you.

We ask all of our customers, when using this service please abide by social distancing rules.

Thank-you.

Can you help? Have you got any old greetings cards?

Young people at Rothwell Library produce hand-made cards which are then sold within the library, local schools and care homes.

The library are asking for any donations of old greetings cards (birthday, Christmas, anniversary etc) that they can then recycle.

Donations of old cards can be dropped off on a Wednesday between 10am and 5pm.





Interview with ex-pupil, International DJ Alfie Cridland



Alfie was a Montsaye student from 2007 to 2012 and now works as a DJ in top destinations around the world. In June, he launched his debut single 'Last Day in Paradise' with Paul Kay and was thrilled to see it enter the top 40 charts and top 5 in the iTunes chart.

Alfie agreed to meet with us via Zoom for a catch up about his days at Montsaye, his chart success and surviving lockdown.

Montsaye: Hi Alfie, thanks so much for meeting up with us today.

Alfie: Hi, thanks for inviting me.

Montsaye: We've got lots of questions for you and students have been sending their questions in too. First of all, do you have any memories of Montsaye?

Alfie: I remember lunchtimes (laughs) do they still do the square cakes with icing on top? I used to love those!

I remember Cilla of course – the absolute living legend that is Cilla! She used to say to us, "you've got to eat all your roast dinner or it won't be on next Thursday". Everyone remembers Cilla.

We used to spend lunchtimes on the bottom yard and then in the summer we'd sit in lessons and see the man on the sit-on lawnmower going round the field and we'd all think "are we gonna be allowed on the field today? Is today the day?"

Montsaye: Now, a question we've had from Jacob: what car do you drive?

Alfie: (laughs) Well, thank you Jacob for the question. This is a funny question because I drive a Corsa. For the past few years, every 6 months I've travelled around working and I lived in Zante so I haven't really had the chance to upgrade, I'm still on my Corsa, but I'm going to look at a few cars at the end of this month because I've put some time aside. The thing is that moneywise I'd rather just spend it on promo and new equipment than a car at the moment.

Montsaye: What would be your dream car?

Alfie: A Land Rover Evoque.

Montsaye: What's the best place around the world that you've visited?

Alfie: Without even thinking: Florida. I went on a family holiday to Florida years ago and I loved it. I loved all the rides, I'd never been to America before so going there was incredible and I'll always

remember that and then a recent one is Ibiza for the clubs and the atmosphere.

Montsaye: Lone is one of our Year 10s who has recently won a GBRT scholarship for singing. She wants to know how you got into music.

Alfie: I did three years on a music technology course at Leicester College and back then it was almost not taken seriously. All my friends went off to do their apprenticeships or their business courses and when I said I was doing music, a few people said, "okay, that's cool, but what's gonna be your job?", but I just went with it.

I did three years at Leicester College doing music technology and it was brilliant. It was a real course and I couldn't believe it. I loved it, but how did I get to the point where I'm paid to make music? The honest answer to that is I did about 6 years of unpaid work. When you love what you do, you do so much unpaid work. I look back and can't believe it. Ultimately after college I just flew to Magaluf to find work abroad. So, throwing yourself in the deep end!

Montsaye: And what helped you make it in your career?

Alfie: The biggest thing I always stress is networking. I get all my work through people I know. People don't come up to you and say "oh you're a good DJ, come and work here", they say "oh he was a nice fella and a good DJ. He built good relationships".

So all my work comes from networking. I would say to anyone, if you're starting a new course or a scholarship (which is brilliant by the way) go in, but have an amazing attitude in the class. Be the full package. Be the nice smiley person. Smash the music side of course – that's a given – but learn about all aspects of it, learn about the business side of it as well, as in the future that might give you the upper hand on someone who hasn't learnt about that side. Networking, networking, networking!!



Montsaye: One of our values at Montsaye Academy is resilience. Is there a particular time when you thought about giving up and what was it that made you keep trying?

Alfie: When I was 19 and finished college, I flew to Magaluf for the first time. I thought it'd be fine, I'll turn up and I'll DJ, that's how it works. So I booked, got accommodation, got there and...nothing happened, got no work. It didn't just come on a plate as I thought it would. So, that was a hard time and when I was there, I went knocking on club doors asking for work and every answer was a no. That first year I ended up coming home under a month later because I had no work. I'd written a big status on Facebook about leaving and how it was going to be so good and I had to come home. On top of how gutted I already was, I was thinking how everyone else is gonna think I've failed, but I came home and I sort of flipped it around. Instead of finding excuses I thought "no, I'm gonna make a plan of how to make it work next year", and that's what really helped. I could have so easily just come home and thought, "oh well, I've tried it and it hasn't worked".



I came home and I wrote down everything I did and I wrote down how next year I could do them better. Writing things down is a massive help to me because if I can visually see something, then I can see steps to the goal. So that was my biggest setback. I came home from Magaluf aged 19 to no work, no education, literally nothing. But I got a full time job, saved up my money, wrote down my plan, went back out the next year and did it all the next year. So I think that's one of the biggest things in my life because I was so 50/50 about my next steps. Half of me thought I should give up and the other half was like "no, come on", but that half had the edge and took over. I thought there's no way I'm not going to try this again.

It's hard not to get caught up in what other people think of you in that situation. I used to get told that you had to be from London to be a DJ, but I try to look at the long term. I thought, even if people think it's not worked out, that's ok because in a year's time it will work. So try to put other people's opinion out

of your mind. You need to have self-belief, 100%. If you've got a self-belief to go for it, you're gonna get it, because you've got it mentally.

Montsaye: Does social media make it harder for people these days?

Alfie: It is hard with social media. I could talk for hours about social media. I think it's the devil and I think it's the best thing in the world. I think it's very important on social media to not spend too much time scrolling. I can't stress it enough. I don't even have notifications switched on, on my social media because it's so easy to get caught up into that world.

A lot of what you see is just a highlight reel. It's not real life, you only see the good parts. You don't see the bad parts. I mean, I used to look at other DJs and think how well they were doing and think "why aren't I doing well?" So use it for the good reasons: for business reasons and staying in touch, but don't get too caught up with that. It's so important. It can be incredible, but at the same time a balance is so, so, so important.

Montsaye: How are you feeling 6 years down the line? Do you feel you have achieved some of the things you were aspiring to, with the top 40 single for example?

Alfie: Do you know, I've only recently learned how to reflect. For years, even when I've got an achievement, I've thought "that's wicked" for a second, but then I'd just start thinking how I could have improved or just got a bit higher. So recently I have taken time out to reflect and I've looked back and I've thought "well done for that, brilliant!" Reflection is such a hard thing to grasp and so important.

So yeah, I'm very proud of what I've done and at the same time there's still loads more I want to achieve. I've still got loads more aspirations.





Montsaye: How has lockdown been for you? What has helped get you through it?

Alfie: Well, it would be wrong not to say thank you to Desborough chippy because that has been my lifesaver every Friday going to the chippy.

There's also a big field near me where I've been walking the dog. It's nice there seeing lots of neighbours out and about too. I've been going out on jogs which is a new one for me. I'm trying to keep on top of my mental health because I think it's so easy to get caught up in lockdown. So trying to keep active is important and then I've also been trying to make use of the resources in my house.

We've been doing some live DJ streams on Facebook which has been brilliant because I would never have done that if it weren't for this. So, as well as keeping active and fit, I've been doing stuff indoors, doing videos, doing mixes, trying to turn a negative into a positive.



I've been trying to give people entertainment as well because I know how hard it is myself sitting at home. So I think if I can do a video that's cool and gives people pleasure then that's a win-win, because I'm entertained doing it and people are entertained watching it.

Montsaye: What's has helped you to stay connected with friends during lockdown?

Alfie: I've done a weekly quiz which is not like me at all, but it's surprising how nice that is, to see your friends' faces on FaceTime and also to test your brain as well. That was lovely. And I've been keeping in touch with everyone on social media too.

Montsaye: What's it going to be like when you go back to DJ'ing clubs again? How will you feel?

Alfie: I'm already smiling even at the thought of it. I've never not DJ'd for this long so I reckon a couple of nerves will creep in, but so exciting. I can't wait. I've been practicing so much and working on so much



new stuff during lockdown, I can't wait to show it to everyone live!

Montsaye: Well, thank you so much for your time this evening and for letting us share in your recent successes.

Alfie: Thank you so much for having me.

Thank you to all the students who've got involved and asked questions. Tell them all thank you from me. I hope you're looking forward to getting back to school. I hope I can come in when this is over and do some work with the students.

Montsaye: Well, we'll make sure Cilla's there!

Alfie: And those iced cakes too please!

Thank you so much for the interview.

