



MONTSAYE PASTORAL BULLETIN

INFORMATION FOR FAMILIES

I hope that you are all well and enjoying the lovely weather we have had this week. We have decided that this week we will hear from all of the senior leadership team who are going to share their approach to mental health and well-being.

Firstly, from me I would like to reinforce for you the advice I have highlighted before, that it is more important now than ever that we talk, communicate and challenge ourselves to think about and learn new things. Taking regular breaks and going out for a long walk is a great way to de-stress, get some fresh air and top up that all-important vitamin D.

Talking, I think is so important and not being afraid to acknowledge how you might be feeling. Let's face it, we all have our good days and bad days and it is about recognising that it is ok if we have an off day and ensuring that we have some way of communicating this.

Being grateful is also something that is vitally important as again it is easy just to focus on the negative. After so many weeks in lockdown, I know many of us just want the routine of our normal life back but we have to continue to adapt and demonstrate that innate resilience. Think carefully

about what you are grateful for, there will be lots

In terms of me, the above is the advice I try to give myself as well as ensuring that I am looking after my family and loved ones in the best way that I can. I do take regular breaks and this week with mental health awareness week and the theme around kindness, I have tried to ensure that I am demonstrating this in all of my actions. Regular exercise is also helpful.

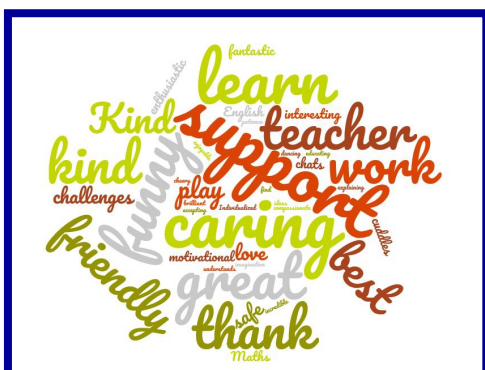
This week on Wednesday, we also celebrated 'thank a teacher day' and collected your quotes and good wishes for your teachers; they are featured in this bulletin. I know that you would all join me in thanking all of your teachers who are working so hard balancing their home lives with ensuring that you have appropriate work during this time. I will use this as an opportunity to thank all of our Montsaye Academy staff team who continue to work so hard.

I wish you all a wonderful half term break and look forward to whatever the next term brings.

Mrs Gabbi



Thank a Teacher Day



We asked parents and pupils how they would like to thank their teachers and this is what they said. Thank you for making our Pathfinder Schools the amazing places they are, teaching learning and so much more. Put quite simply you 'inspire greatness'. Thank you.

Ann Davey
Chief Executive Officer, Pathfinder Schools

*Every school is different, each of us unique,
Our own ways of surviving and getting through the week.
Some have super straplines, mission statements on their door,
But here at mighty Montsaye we have got a stronger core.
We have our ERA values, our guide to point the way,
We try to live and breathe them, to do our best each day.*

*In pursuit of excellence we try to do our best,
From the front of classrooms, at break in vizzly vests.
Online via TEAMS or Zoom we share our energy,
Our kids becoming leaders is what we want to see.
To do that, they must not give up, but learn to act with grace,
Stand up to every challenge and new adventure that they face.*

*Resilience is key to this, a skill they have to master,
So when they leave to change the world, they know what they are after.
Which brings the dreams, wants and desires their hearts will want to chase,
We give them aspirations, to learn they must make their place.
Not settle for what's given but reach up for what can be,
So they will look back fondly on their Montsaye family.*

ERA EVERYDAY
Excellence Resilience Aspiration
The Montsaye way

Don't forget, we want to know what you are reading...



Join us every Thursday for the Montsaye Reading hour to celebrate reading together.

To be included in this, all you need to do is to post a picture on Twitter of you reading, tagging the account, @montsayereading, using #montsayereading hour or #montsayereads. Pictures will be retweeted between 7.00pm-8.00pm every Thursday.

From Mr Baria...

This week would have been characterised by all of you meeting up with friends and teachers before going off to a well-deserved half term break. You would have been learning in classrooms, discussing ideas with your peers and questioning teachers. At break time and at lunch you would have been socialising and laughing with friends and, with the sunshine that we have had this week, the fields would have been open and full of youthful joy. But this period of time is like no other and we are having to do things very differently.

It isn't the end of everything. I hope you are managing to find moments of calm and joy in this time. Some events that you normally look forward to will be delayed. But, at some point our lives, school life will return, we will get back to the varied and lively days at Montsaye and perhaps we will all appreciate them that little bit more.

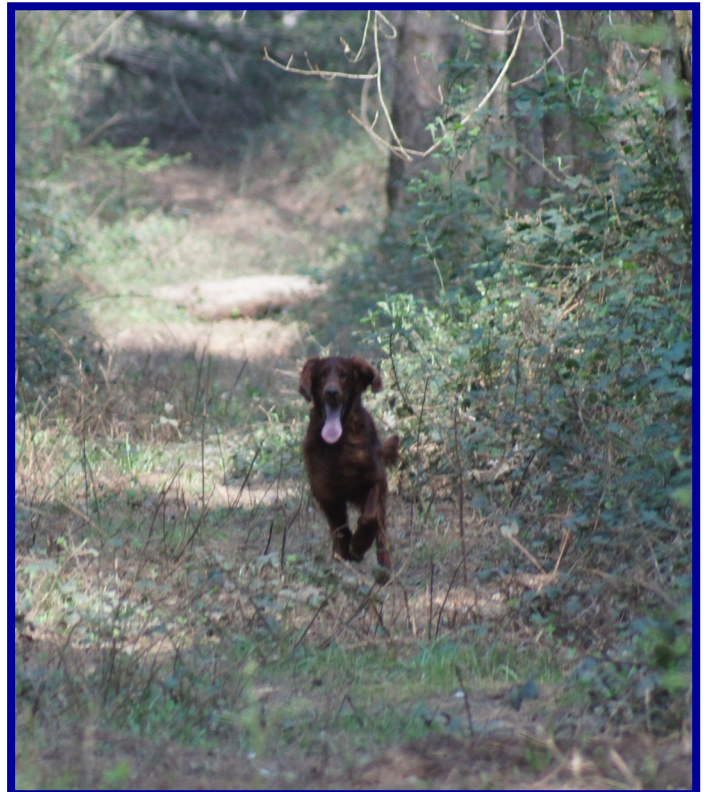
It is important to look after your mental health and wellbeing during these unprecedented times. An often overlooked part of positive wellbeing is sleep. We all need it and it can have a huge impact on our mood, decision-making and ability to work. I have certainly found following a consistent routine and not using my phone or iPad before bed has helped me to improve my sleep. Establish good bed time habits such as turning off the lights, decreasing noise, reading or listening to music to relax. Encourage others in your household to adopt good sleeping habits too, it will make them happier!

From Mr Berridge...

As with everyone else over the past few months, I have become used to living a new normal. Being physically aware of my surroundings and others around me has become second nature. Just popping to the shops requires an internal conversation with myself followed by a quick mental risk assessment. I felt happy in my home almost cocooned and in a bubble of safety and then I walked into ASDA or Tesco and was brought back to reality to face the surreal world that I was now part of. I will admit that I never thought that I would feel anxious shopping for bread and milk! However, talking to people I soon realised that I was not alone and that everyone I spoke to felt pretty much the same way. Talking, or in my case, joking about it really did help. Those who know me will know that I use humour in most situations and it is definitely my go to when feeling a

bit out of sorts or anxious. I use humour when feeling absolutely fine too so don't feel the need to counsel me every time I crack a joke – you can roll your eyes and groan though, that's acceptable! I am however getting much better at actually opening up when I am anxious or worried and talking it through with a friend and it really helps.

Like all of us, I have had a couple of wobbles since lockdown and I have come to realise how lucky I am to have a large, crazy dog that needs a good run every day.



I have spent many happy hours walking through the wonderful countryside we have in Northamptonshire giving me time to think and space to reflect on all the positives in my life and in the world that we live in and share together. I have really started to enjoy the outdoors again and appreciate the beauty of nature and I'm also grateful for all the small things in life that I used to take for granted. Family and friends are on top of that list. I cannot wait to physically 'see' everyone again. However, I am thankful that we live in an age when we can catch up with people in the virtual world – introducing my parents to the wonders of Zoom was one of the funniest things I have shared with my brother and sister in a long time.

Take time to relax during half term accept that it is ok not to feel ok all the time and that this is not forever.

From Mrs Berry...

The past weeks have been a bit of a minefield when it comes to caring for your mental health. On the one hand, there has been some opportunity to step away from the hustle and bustle of 'normal' life, and on the other, we've all had to adapt to new ways of working and living, away from people we care about, and that has been hard!

I'm currently writing this sat at my window, where I'm able to see some of the world going by. I picked this spot in particular so that if I get a little bit down one day, if I miss my family and friends, I can look out and see that life is continuing, remember that this won't last forever, and I can get some daylight at least! When it's been warm, I've had the fresh air coming in that helps me to focus too. I'd always recommend working somewhere light and airy, it helps with motivation!



From Mr Jordan...

Initially, like some people, I relished the opportunity of working from home... however that novelty soon wore off!

I think the absence of a daily routine has made this lockdown difficult at times. I've found it hard to answer daily questions from my son like "why can't I go to school?" or "why can't I see my friends?". It's difficult to make some young people understand, especially when we don't know all the answers ourselves.

I have tried to limit my news consumption to swerve COVID panic and fake news articles; instead I have relished the opportunity to discover local countryside walks that I never knew existed and talk to fellow walkers about the real issues they are facing. The most important thing I have learnt from this is to never take anything for granted.

From Mrs Exley...

You don't realise the small things you have around you until it's taken away. So relish the outdoors, go for a nice walk and enjoy the beautiful surroundings we live in.

Make sure you communicate with friends and family, I know that it will mostly be over social media but take the time to talk and listen to each other.

Keep in a routine, I know how difficult this can be but it does help and gives you a focus for each day and finally take some time to start planning what you're going to do first when restrictions are eventually lifted.

Keep safe everyone and looking forward to seeing you all soon.



I've learnt over the years a few different strategies to help keep my mind healthy, and this definitely links to one of the most important ones for me: fresh air and daylight. I've been trying to get outside once a day for a daily walk, and now that we are allowed out more than once, I go twice or more for a short walk near my house. It's been difficult at times as we don't have a garden, and seeing all the lovely pictures of people in their gardens having a nice BBQ has made it more difficult, so getting out to walk about has been even more important to clear my head and to step away from my laptop and phone for a while. I now always try and leave my phone at home when we go for a walk – I need the headspace away from it all.

Remember, we are always on the hunt 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 stating you are happy to for us to share your work or photos.



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



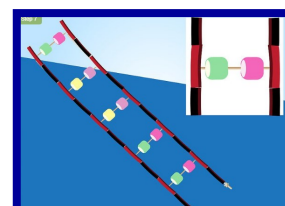
<https://twitter.com/montsaye>

Don't forget our science competition...

Closing date is 1st June

We have challenged you to make a model or to carry out an experiment at home to demonstrate a scientific concept. We don't want to restrict your creativity, but any experiment must be safe and you must have permission to carry it out. Don't make a mess in the kitchen, without asking first, and of course, clear up afterwards.

You could have a go at making a compass, a balloon-powered car or even a model of DNA using sweets.



To submit an entry, please email: mcampbell@montsaye.northants.sch.uk with pictures or videos of the models and working experiments. You may choose to also submit further details eg., explanation of the science or experimental data. The deadline for submission is 1st June 2020.

Follow the link and head to page 7 of the VE day edition of the bulletin which contains all of the information you need to enter: [Science Competition](#).



A message from your progress leader

Each week we will have a message from one of the Progress Leaders.



This week it's Year 9 and Miss Malins

Dear Year 9

First of all, I want to say how incredibly proud I am of you all. You never fail to amaze me with your resilience as a year group. You have continued to showcase the values of the academy whilst working on your home learning. It is brilliant to hear our teachers pick out the hard work of Year 9 students. This doesn't surprise me, I have always known how excellent you all are!

Here are just a few of the comments from your teachers:

"Year 9's are keeping me busy, submitting so much fantastic work." **Mrs Lopes**

"Year 9 historians are doing a fantastic job of working through their history GCSE, we have had some very detailed and supported answers, and each bit of work has shown a great deal of creativity and commitment. Keep it up Year 9 historians." **Mr Wiggins**

"Year 9 are a great year group who are a joy to teach, they get involved in discussions, present work beautifully and make some great progress. Since home learning began, my Year 9 classes have worked incredibly hard throughout, emailing questions when they are unsure, asking for feedback on the work they have completed and some have even then completed green pen notes in response. I am missing our usual lessons but I know that they are putting in the hard work at home." **Miss Pickering**

"9N - I am really impressed with how engaged they have been with their history work so far and shown a good understanding of key concepts." **Miss Collins**

It has been an absolute pleasure to see the work you have been completing and to such a high standard. The ability to stay motivated and manage your time is a great transferable skill as you prepare to become GCSE students in September.

Remember that we would love to hear about how you are spending your time at home. I, Mrs Walters-Morgan and your form tutor are just an email away if need us.

I look forward to seeing you all again soon and to continue to show everyone at Montsaye what a fantastic year group you are!

Have a wonderful half term and stay safe.

Arty ideas to keep you busy in lockdown

Whilst we are 'staying safe' at home many of us have had the chance to spend time in the garden. The weather has been beautiful, which I think has made things a little easier.

Why not try some 'pebble art'? You could use words, patterns or images.

Take photographs of your work and send them through to us, we would love to see your creations.



Wellbeing: Health and fitness

It is well known that one of the best ways to improve or nurture your mental health is to get moving. With the virtual school games, you have got the chance to do just that, AND compete for the school from the comfort of your living room, bedroom or garden.



Mr Wing puts the details on the PE online home learning each week and on the Twitter account.

This week marked the third week of the games, which is a county-wide sports competition. We have not yet managed to make it into the top 10 schools, but we are ever hopeful of getting Montsaye on the podium for the first time!

All you need to do is to complete the challenge using the link below and register your attempt

using the instructions. Students, parents and teachers can all take part. You will get points for team Montsaye for just having a go, so don't hold back:

<https://twitter.com/Nsport/status/1262306993689317376>

Remember... you will need to register your attempt using the web-link - good luck!

We have really enjoyed hearing about the fantastic personal sporting achievements our students have been involved in since the school closure. If you have something you are proud of please, let us know by emailing twing@montsaye.northants.sch.uk. We would love to be able to share your news on our @MontsayePE twitter feed.

Wellbeing:

Mental Health Awareness Week



We have been celebrating Mental Health Awareness Week. This year's theme has been centred around kindness. The definition of kindness in the dictionary is ***“the quality of being friendly, generous and considerate”***.

Kindness brings people together; doing good for others feels good.

Why not get your children involved in the 7 Day Kindness Challenge which has been put together by BBC Bitesize?

Don't forget to send us some pictures; we love seeing what everyone has been getting up to.



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.

Please find further links to support on our website: <https://www.montsaye.northants.sch.uk/parents/safeguarding/>

Wellbeing: Enjoying the Outdoors

Spending time outside can benefit both our mental and physical wellbeing. Doing things like exercising outside, going for a walk or gardening can have lots of positive effects; it can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem
- help you to be more active
- help you to make new connections

Daily contact with nature is linked to better health, reduced levels of chronic stress, reductions in obesity and improved concentration.



Wellbeing: Mental Health Support

The Mental Health Northants Collaboration (MHNC), is a group of twelve established voluntary sector providers of mental health services in Northamptonshire.

They offer a wide range of professional services across Northamptonshire. To find out more about what is available in your area, click [Mental Health Northants Collaboration](#) or ring the number listed.

**Northamptonshire Healthcare**
NHS Foundation Trust

**MENTAL HEALTH NORTHANTS COLLABORATION**

 **mind** | In Northamptonshire
for better mental health

MENTAL HEALTH SUPPORT

For local support and services give one of our friendly mental health navigators a call, anytime of the day or night

 **0300 330 10 11**

Lines available 24 hours a day, seven days a week

 thementalhealthnumber.meMAKING A DIFFERENCE FOR YOU, WITH YOU

Wellbeing: Keep occupied, be kind

| | | | | | |
|--|---|--|---|---|--|
| <u>Day 1</u> Design an exercise routine and get someone at home to do it. | <u>Day 2</u> Design a poster to put in your front window to make people smile. | <u>Day 3</u> Play the 'Yes/No' game with someone in your house. | <u>Day 4</u> Create a timeline showing the main events in your life. | <u>Day 5</u> Design a new football kit for your favourite team or for Euro 2021. | <u>Day 6</u> Think about your favourite book and design a front cover for it. |
| <u>Day 7</u> Try and think of 50 ways to use a tennis ball. | <u>Day 8</u> Teach someone in your house a new skill. | <u>Day 9</u> Design a flip book with paper which has a moral message. | <u>Day 10</u> Research what skills and work experience you will need to have to apply for your dream job. | <u>Day 11</u> Choose a famous person. Write a diary from their point of view at an important event in their life. | <u>Day 12</u> Learn some origami https://www.origami-resource-center.com/origami-basics.html |
| <u>Day 13</u> Choose 5 countries you know nothing about and learn 2 key facts about each. | <u>Day 14</u> Interview a person in your house about their life. | <u>Day 15</u> Design a cover or box for your favourite game. | <u>Day 16</u> Play 20 questions with a friend over the phone. | <u>Day 17</u> Design a healthy menu for a café and design a marketing strategy or advert to promote it. | <u>Day 18</u> Create 10 rules that people should follow to use social media safely. |
| <u>Day 19</u> Design a new chocolate bar and write a letter to Cadbury introducing your product. | <u>Day 20</u> Create a poster to encourage people to help protect the environment. | <u>Day 21</u> If you could choose 4 people to have dinner with, who would it be and why? | <u>Day 22</u> Watch an old film and think about the differences in peoples' lives in the past. | <u>Day 23</u> Make a time capsule for 2020 | <u>Day 24</u> Write 3 acrostic poems using the words, 'Generosity', 'Kindness' and 'Compassion'. |
| <u>Day 25</u> Research Mehndi patterns and make one of your own on paper. | <u>Day 26</u> Make a collage about an important world issue, e.g. poverty, homelessness, addiction etc. | <u>Day 27</u> Learn how to sew a button on an item of clothing. | <u>Day 28</u> Make a timetable of what you are going to do tomorrow. | <u>Day 29</u> Design a superhero character and label it with its special features. | <u>Day 30</u> Do a job in the house without being asked to do it. |

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Contacts

| | |
|-------------------|---|
| General enquiries | admin@montsaye.northants.sch.uk Or call 01536 418844 Messages are picked up daily. |
| ERA heroes | eraheroes@montsaye.northants.sch.uk |
| Progress leaders | 7: cpetchey@montsaye.northants.sch.uk 8: jcooper@montsaye.northants.sch.uk 9: fmalins@montsaye.northants.sch.uk 10: hpickering@montsaye.northants.sch.uk 11: jdroberts@montsaye.northants.sch.uk Sixth form: kjones@montsaye.northants.sch.uk |
| Pastoral mentors | lcoulson@montsaye.northants.sch.uk llong@montsaye.northants.sch.uk awmogan@montsaye.northants.sch.uk spatrick@montsaye.northants.sch.uk lmcnish@montsaye.northants.sch.uk |
| SEND | senco@montsaye.northants.sch.uk |
| 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, email your class teacher . Include the head of department as well in case your |
| I can't log on to the home learning | Email your Progress leader You can also leave a message by phoning the school 01536 418844 |
| 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 admin@montsaye.northants.sch.uk . 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 ERA heroes . 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 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.