



# MONTsaye PASTORAL BULLETIN

## INFORMATION FOR FAMILIES



Dear all

We come to the end of another great week at Montsaye in which we have had Year 6 transition videos, Year 9 option taster sessions, Year 11 sixth form taster sessions and new staff induction. I can only reflect on what a fantastic team I have, who have quickly adapted to the virtual world and run with it; finding unique ways to engage our children and ensure that we remain one community throughout this time. This week we celebrate our diverse and wonderful community, who have come together without hesitation.

There is more to look forward to in the forthcoming weeks. Next week we welcome back Year 10 and Year 12 for some more sessions with their classroom teachers, and we have the ERA hero showcase in a few weeks - if you have not submitted your entry then please do. Let us celebrate the end of the year in style!

What is September going to look like? At the time of writing, we are still seeking clarity, but know that no matter what the plans are, we look forward to seeing you all.

Thank you all for your immense resilience at this time. I am so proud to be leading the Montsaye community.

Mrs Gabbi



## ERA Hero Showcase

To enter, please send a video or photo of your entry to Miss Malins by Friday 10<sup>th</sup> July: [fmalins@Montsaye.northants.sch.uk](mailto:fmalins@Montsaye.northants.sch.uk). The final performance showcase will be an edited video that will be released on the academy's YouTube channel on Thursday 16<sup>th</sup> July. All entries will be seen by our judges and the winner will be announced on the same day.

Art – Music – Dance – Comedy – DT – Creative Writing – Gardening – Sports Achievement  
The list goes on!



# A message from your progress leader



*This week it is the Year 8 Form Tutors*

---

**Dear 8LFE,** I hope that you are all looking forward to a well-deserved holiday. What a year this has been; I still remember talking about hygiene and precautions regarding this pandemic during form tutor time. I could never have guessed that it would all lead to school closures across the country. This has really shown how incredible you all are, being able to find the discipline and courage to keep working on different subjects, keeping healthy with regular exercise at home and learning the importance of social responsibility to help with the containment of this virus. You should all be incredibly proud!

Keep safe, look after each other and see you all back in September.

**Mr Fernandes**

**Hi 8PJS,** after such an extended time at home, it is great to hear that regulations can gradually be relaxed. I am sure that, like me, you're looking forward to seeing friends and family again and getting back to activities.

Thank you for sending regular emails, it is fantastic to hear about everything that you've been up to. Well done for helping out at home and simply getting involved; you've been baking cakes, helping clear out cupboards, learning to play the piano and looking after little brothers and sisters.

My garden is certainly looking better and I have finally finished creating a pond. I am also enjoying trying out science experiments with my own children, my neighbours have forgiven me for the rocket that shot into their garden! I am also delighted that many of you have been keeping fit with zoom football training and going on regular runs. I am so proud of you, showing true resilience and determination!

What will be your most memorable moments of lockdown? I am really looking forward to hearing all of your stories. Please email me if you need any help with school projects or just to give me an update on what you're up to. Take care and stay safe.

**Mrs Sutliff**

**Hello 8TS from sunny Northampton** (well it was when this was written). I hope that you are well and enjoying some of the fantastic weather we have been having. I have been using the nice weather to rediscover a liking for running as a way of keeping fit as cricket is still banned!

It has been really good to speak to you over the lockdown period and I have enjoyed hearing about the fun tasks you have been doing, including going for bike rides, walking around lakes and shopping for DIY supplies. I have been really pleased with your efforts with the school work.

I look forward to seeing you soon. All the best.

**Mr Shea**

**Hello 8ASL,** I hope that this message finds you all safe and happy, and that you have been able to enjoy some of the recent sunshine (even if it is raining as I write this).


This year has been a year unlike any other I have experienced in my lifetime, and the way that many of you have reacted with such bravery and sensitivity to this situation is an inspiration to me. I know that sometimes it has been very hard, and that we have all faced challenges over the last few months, but I know that we will come back all the stronger because of it.

As we enter the last few weeks of term, I want you to continue to be your amazing best and keep the honour of our form group intact. Finish that last piece of work, submit that entry for the competition, and perform that act of kindness for a teacher, friend or loved one.

Go into the summer break with a sense of accomplishment and a great platform for next year, no matter what challenges we face. Most of all, I want you to have a fantastic summer and to keep yourselves safe, healthy and happy.

I look forward to the day I can see you all in person again.

**Mr Sloper**



**We would like to wish 8PTS a lovely summer holiday!** We have enjoyed being your form tutors and especially hearing from you via email and seeing some of the great work that you have been doing at home.

We hope that you have enjoyed your time in our form; we particularly enjoyed seeing you all do 'the cup song'!

Take care and we look forward to seeing you all next year.

**Mrs Hagan and Mr Panos**

**Dear 8NG students,** we hope that you and your family are all safe and well. We are missing you, even though we have had the chance to speak to most of you over the phone. We hope that you have found the remote learning pack useful and easier to navigate. If there are any questions you want to ask about it, please remember that we are only an email away.

To remind ourselves of what a lovely form we are, we thought that it would be nice to have a 'Teams Form Time' together before the summer holiday. This will take place on Tuesday 14<sup>th</sup> July at 11.00am. Please make sure that you download 'Teams' on your mobile phone (from the App store) or PC (from the VLE). Then you just have to log in using your school email address ".....@montsaye.northants.sch.uk" and use your normal school password. We would like to spend 20 minutes together, solving riddles, listening to silly jokes, answering a quiz, playing guess the film, or any other games. Whilst we will have some games for you to take part in, it would be even better if you could bring yours to the mix, as well as your own jokes (we could then choose the best one).


We Look forward to seeing you all again soon.

**Mrs Gardner and Mrs Lagarde**

**Hello 8JMA,** I hope that you and your family are in good health.

It has not been an easy period for any of us, you may not even recognise me when we return in September if I don't get a hair cut soon.

Believe it or not, teachers can be inspired by their students and I continue to be inspired by the fantastic things that you have been able to do



during the last three months. I encourage you to continue baking, exercising, making videos and even the building of websites as one student has done, which is awesome. Don't forget that your efforts can be shared in our Montsaye 's Got Talent Competition. Your entries should be emailed to Miss Malins by 10th July.

I look forward to seeing you all in September. Until then, always stay alert and continue to keep a safe distance especially as the restrictions are released this weekend.

**Mr Mayers**

**Hello Year 8,** what a strange time this has been for all of us.

As your Pastoral Mentor, it is my role to support and guide you at school, however one of the things that I have learnt over this period, is that you support me too! When you pop in to see me in the office with your success stories and funny tales, you brighten my day, you make me smile and you are a joy to be around! I miss you all more than I thought possible.

I understand that it's difficult to stay motivated on your school work as we near the end of term, but I know how hard many of you have been persevering. Keep going, you are doing a great job!

I am sure that lots of people have felt a bit wobbly at times, even the adults, and that is completely normal. I have taken care of my own mental and physical health during the lockdown, by getting outside in the fresh air most days, walking and running. I put some happy music on, headphones in and off I go. It never fails to give me positive vibes and a boost of energy. I have been lucky to see some of you when I've been out walking, and it has been so heart-warming to get a big wave and a smile from you.

As we slowly start to return to some kind of normality, you should feel proud of yourselves for your endurance and determination during these challenging times. I cannot wait to see you all, hear your stories, and to laugh with you again. I wish you all a wonderful summer.

**Mrs Long**

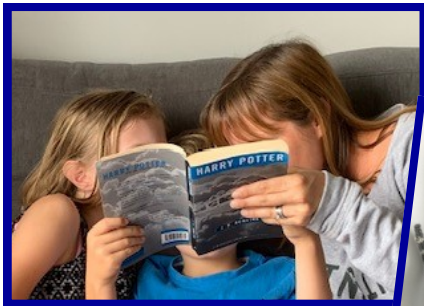




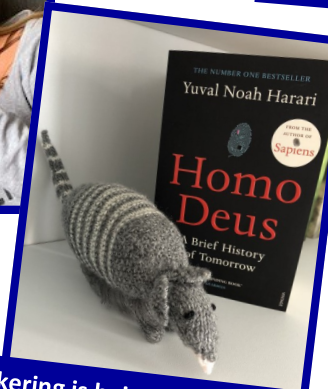
# #MontsayeReadingHour



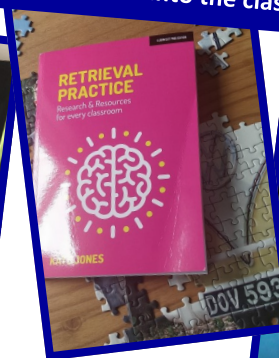
We love sharing our Thursday evening #montsayeradinghour pictures with you. All you have to do to get involved is to post a picture on Twitter of you or your child reading, tagging the account, @montsayereading, using #montsayereading hour or #montsayereads. Pictures are retweeted between 7.00pm-8.00pm every Thursday.



Mrs Petchey is looking forward to implementing the ideas in this book once she gets back into the classroom!



Miss Pickering is being helped by her lockdown armadillo knitted by her Gran!



Reading increases our vocabulary and our knowledge; understanding the written word is one way in which our mind grows. The knowledge we gain from reading gives us lots to talk about with others.

Why not pick up a book and give it a go...?

## 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)

**The best experiences of your life are waiting**

Take on an Army cadet course.  
Go on exciting expeditions.  
Develop your leadership.

The best experiences of your life are waiting.  
Get stuck in at Combined Cadet Force.

**Combined Cadet Force**  
[combinedcadetforce.org.uk](http://combinedcadetforce.org.uk)

# Student Survey

After such a long time, with the majority of our students away from school and learning from home, the pastoral team wanted to make sure that they had the chance to check in with students before the summer holidays.

We know that everyone will have had different experiences during lockdown and therefore Progress Leaders have created a survey which they are emailing out to all students today (Friday 3rd July).

This will help us as an academy to ensure that we address any needs which may have arisen and continue to provide quality pastoral support when we return in September.

The deadline for completion is **Friday 10<sup>th</sup> July**.

This link will take you to the survey: [Student Survey](#).



# Speakers for Schools

Speakers for Schools was founded in 2010 by ITV's Political Editor, Robert Preston. By offering online talks from influential figures of today, this organisation gives all young people access to the same networks available to the top fee-paying schools in the UK.

As well as being able to watch VTALKS live, there are lots of pre-recorded videos available.

Next week, they have on offer, talks on careers in advertising, publishing and creative industries as well as one from global explorer, Ben Saunders, who is speaking about his adventures.

Follow this link: [Speakers for Schools](#) which will take you through to the main website. Why not give it a go?

## HOW TO JOIN THE VTALKS:

- Join 10 minutes before the VTALK to be ready.
- You can join without needing an account: [Watch how here](#).
- For full speaker descriptions visit: [VTALK Schedule here](#).







# Am I entitled to free school meals?



Children First  
Northamptonshire



If you are in receipt of any of the following, you may be eligible for free school meals:

- Income Support.
- Income based Job Seekers Allowance.
- Income related Employment and Support Allowance.
- Support under VI of the Immigration and Asylum Act 1999.
- Child Tax Credit, with no element of Working Tax Credit, and a household income below £16,190 (as assessment by HM Revenue and Customs.
- Guarantee Element of State Pension Credit.
- Universal Credit.

If a child resides in a local authority care home they will **not** qualify for free school meals. This is because government funding has already been allocated to fund their meals.

To apply for free school meals, please complete an online form which will give you an instant decision, please click here: [Apply for free school meals](#).

To contact the free school meals team, the best and quickest way is to send an email to: [freeschoolmeals@northamptonshire.gov.uk](mailto:freeschoolmeals@northamptonshire.gov.uk). They aim to respond in no longer than three working days.

For full information on free school meals, please follow the link: [Free school meal information](#) which will take you to the relevant website page of Children First Northamptonshire.

## Wellbeing: look after yourselves and each other



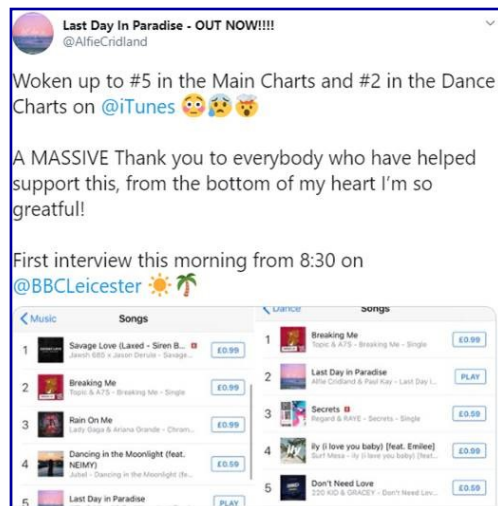
As more shops and businesses are reopening and welcoming customers back in the local area, let us all remember to be kind to each other and keep our distance to help stop the spread of Coronavirus. We know that you are all looking forward to going out after such a long time, but please be sensible and help these newly re-opened business out by adhering to the Covid-19 regulations.

Remember too that when you get home from being outside, you need to wash your hands for 20 seconds.

# Exciting news...and we need your help

We have been given a great opportunity and are interviewing an international DJ. Alfie Cridland lives locally and used to go to Montsaye. He is a brilliant example of our values of **Excellence, Resilience and Aspiration** and we would like your help in compiling the questions to ask him.

Alfie went to Montsaye a few years ago and since then, the Northamptonshire-based DJ has started to make a name for himself after winning the Nathan Dawe DJ Mix Competition in 2017. For the past two years, after supporting Nathan at the 02 in Birmingham, Alfie has been resident DJ at both the VVIP Yacht Party and the Plus Club in Zante. As well as achieving over 100,000 views across all platforms with his mashup videos online, Alfie now continues to showcase his talent in nightclubs around the UK. On Friday 26<sup>th</sup> June he and Paul Kay released their first single, Last Day in Paradise, and have been very excited to see how successful it's been.



So... what would you like us to ask Alfie? His hopes? His dreams? His work ethic? His favourite chocolate bar or football team?

The interview will take place on Thursday 9<sup>th</sup> July so just email Mrs Lopes with all of your questions: [elopes@montsaye.northants.sch.uk](mailto:elopes@montsaye.northants.sch.uk) and we will do our best to find out the answers.



## Montsaye Academy



### Y6 v Y7

## VIRTUAL SPORTS DAY

Monday 6<sup>th</sup> to Friday 10<sup>th</sup> July 2020

@montsayepe



#excellence #resilience #aspiration



# Arson Poster Competition

## Northamptonshire Fire and Rescue

Northamptonshire Fire and Rescue would like to invite you to take part in a competition to devise a fire safety poster or leaflet based around the subject of arson prevention.

There is a £75.00 prize for the winning design and a £25.00 prize runner-up.

Arson is the crime of deliberately starting a fire in order to damage or destroy something. Northamptonshire Fire and Rescue want to raise awareness of and help prevent arson; refuse bin fires, fly tipping fires and deliberate fires in outside spaces and to encourage people to report to the police (999 in an emergency), Crimestoppers and fearless.org

### How to take part:

- You must be under 18
- You can be an individual or part of a group
  - Closing date is 17th July 2020



Send entries to:  
**[DCarson@northantsfire.gov.uk](mailto:DCarson@northantsfire.gov.uk)**



## Wellbeing: Health and Fitness in Kettering

**Keep Healthy**  
KETTERING



Last week we took a look at what is on offer in Corby, this week we focus on Kettering.

As part of the organisation 'This is Kettering', [Keep Healthy Kettering](#) have been running a virtual Health and Wellbeing Festival.

Why not head over to their website (they are also on Facebook, Instagram and Twitter) and see if there is anything of interest to you. They have lots of useful information, not just about fitness but also about mental health, wellbeing and food and drink too.



# Wellbeing: Jump Back July




## RESILIENCE CALENDAR: JUMP BACK JULY 2020




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

ACTION FOR HAPPINESS







[actionforhappiness.org](https://actionforhappiness.org)  
 Keep Calm · Stay Wise · Be Kind

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

## Art and craft Ideas: Pop Art



A quick, modern art project...why not take a look at the work of Andy Warhol and his Pop Art?

Have a go at recreating some of his iconic work.

You could take a picture on your phone and recolour it on the computer or draw or trace a picture a few times (the same one) and colour it in using colouring pencils or felt tip pens. You could even find a black and white image on the internet, print it out a few times and then colour the images in. The repeated images could be anything; an animal, a flower, your favourite trainer or bar of chocolate.

As always, don't forget to share what you have been doing with us. ..

# 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.