



MONTsaye PASTORAL BULLETIN

INFORMATION FOR FAMILIES



Dear all,

What a great couple of weeks it has been. It is lovely watching the school begin to come alive again. Those Year 10 students who have been in this week have been brilliant and really engaged in the sessions. I hope that the sessions were as useful for the students as they were for the staff, who all absolutely loved being back in and seeing them all.

Year 9 have also been fantastic this week and we are all so impressed by their enthusiastic approach to their GCSE taster sessions. I know that Miss Malins is particularly proud of their efforts and rightly so. The focus is on core subject taster sessions this week as our Year 9 introduction to GCSE continues.

We are also really looking forward to our 'Virtual Sports Day' with Year 7 and our Pathfinder Year 6 students.



As we excitedly plan for September and welcoming you all back, we cannot help but reflect on those summer traditions and events that would have happened. Included in our plans are ways to ensure that next year we come back even stronger, totally embodying our values of **Excellence**, **Resilience** and **Aspiration**, because we are Montsaye and that means #ERA #ComeBackStronger .

Mrs Gabbi



@montsayepe

Montsaye Academy

Y6 V Y7

VIRTUAL SPORTS DAY COMING SOON!

Monday 6th – Friday 10th July 2020

#excellence #resilience #aspiration





Keep calm and love reading...



Working from home has meant that our students have been cut off from access to the wide range of books in our library and the many excellent texts we use in the English department. Don't forget that In order to support reading from home, Montsaye students are now able to collect a DEAR book from school every Monday and Thursday 10.00am to 12noon.

Remember that we love to know what you are reading; the #montsayeradinghour takes place on a Thursday. Each week we look forward to everyone joining together virtually to celebrate reading. 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.



Year 7 LIVE Form Time! Friday 3rd July Y6 vs Y7 Virtual Sports Day

The form time sessions will be lead by your Progress Leader, Mrs Petchey and your form tutor on Microsoft Teams. It will be a great chance to catch up with your form group and your tutor!.

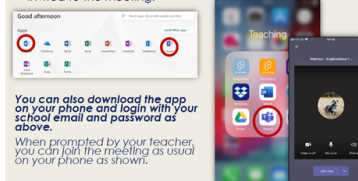
Time Slot

LEB (Mrs Bateman)	10:00
LUC (Mrs Cooper)	10:30
SDD (Mrs Dixon)	11:00
LCR (Mrs Briffa)	11:30
SC1 (Mr Chandler)	12:00
CC (Mr Cope)	13:00
LTA (Mr Taylor)	13:30

How do I access Teams?

Download the Teams app

- Google 'Outlook 365' and login with your school email and password username@montsaye.northants.sch.uk
- Go to 'Outlook' to see the invitation from me very soon **OR** click on 'Teams' to see your classes where you will also be invited to the meeting.



You can also download the app on your phone and login with your school email and password as above.

When prompted by your teacher you can join the meeting as usual on your phone as shown.

Please have a go at accessing Teams before your allocated slot and if you have any questions, please contact Mrs Petchey:
cpetchey@montsaye.northants.sch.uk



A message from your progress leader



This week it is Year 7 and Mrs Petchey again...

Dear Year 7

The last time that I wrote a letter to you all, we were in week 8 of lockdown and now over three months have passed since we were last all in the school building. Whilst I am not sure that we will ever really get used to school being this way, you are all being fantastic ERA learners. It has been lovely to see so many of you represented in the ERA Heroes Bulletin. You have not only completed some brilliantly thoughtful pieces of work, but lots of you have been enjoying some quality time with your families or taking up a new skill. I can now say that I have managed a 1000 rep workout challenge, a 70+ day streak on Duolingo for my Italian course and some lovely walks out in the countryside where I get to listen to my favourite podcasts.



All of your form tutors have been missing you lots and wanted to write a little message to you. Before they do, I want to wish you a safe and happy end to your term. Remember, we are only an email away!

Mrs Petchey

Dear 7SC1, you have been the best form group I've had in my whole teaching career and it has been a massive shame that I have only spent half of the year with you.

I hope that you all have a great summer and I look forward to seeing you again in the new academic year.

Mr Chandler

Hello to my Year 7 form, it's been a strange year for you, hasn't it? In September you started your secondary school journey with Montsaye Academy and it is safe to say it has been a bit of a rollercoaster ride! We have had the highs of meeting new friends and teachers, learning in a whole new way, joining new clubs and your first ERA day. As a form, you are such a lovely group of young people and you have been so welcoming to me, which has really helped me to feel comfortable and happy at our school and for that I thank you all.

Hopefully you have all been able to find a 'silver lining' in lockdown. I know some of you are enjoying more time with family members, some of you are learning new skills such as baking and gardening, some of you are working on your personal fitness, going for walks and runs, and some of you, like me, are taking the opportunity to read as much as possible. It has been lovely to speak with your parents and hear what you have been up to.

We are now officially in the last term and on the countdown to the summer holidays. Let's hope that the beautiful weather continues and we all get to enjoy the sunshine when we finally put our pens down for the last time in Year 7. It's been a strange year for sure, but one that you will always remember!

Take care, and I look forward to seeing you all as Year 8 students!

Mrs Briffa



Dear 7LTA, it has been pleasure to have you as a tutor group this academic year.

I hope that you all have a brilliant summer and stay safe and healthy with your families. I wish you all the best of luck for the rest of your time at Montsaye Academy.

Mr Taylor

Hello 7SDD, I hope that you are all safe and well. It is hard to believe it is three months since we were last at school; I am missing our tutor time in the mornings and hearing all about your adventures!

We have certainly been blessed with some lovely weather during this time, haven't we? I do hope you have enjoyed the sunshine.

It has been lovely to hear from some of you during lockdown and I do hope that you are all managing the home learning tasks. Make sure that you take regular breaks between completing tasks and ask if you need help with them. I am always at the end of an email if you need me.

Keep up the great work 7SDD – the summer break is almost here and take care.

Mrs Dixon

I Just want to wish 7LEB a lovely summer holiday! It has been wonderful to see how well you have all settled in at Montsaye, growing into young and confident members of the form. In challenging circumstances, you have all been very mature and level-headed and it has been an absolute pleasure being your form tutor. It has been lovely to hear from you via email, seeing the fabulous home learning that is going on, and hearing about all the other things that have been keeping you busy during this time.

I hope that you enjoyed your time in our form and I look forward to seeing you all next year, so that we can talk face-to-face about everything that has happened this year.

Keep smiling and see you all soon.

Mrs Bateman



Hello 7LUC, I am so missing my brilliant form group and I am sure in a tiny way you are missing school and form time too.

It has been amazing hearing stories from home about what you have been up to and seeing the ERA value of **resilience** in all of you. I must admit that the nice weather has really helped me as I can take the dogs out and ride my stupid horse too.

I have just heard that we have a new and very important challenge coming...a virtual sports day. I will be there for the launch meeting and will be encouraging you all to get involved so that we can prove to everyone we are the best form of the best year group in Montsaye. Come on 7LUC let's now **aspire** for **excellence** too.

Mrs Cooper

Dear 7CC, it is most strange how long ago it seems since we last had a form time with our equipment, DEAR book and uniform checks, let alone the fun we have had with the flags.

I have been proud of the feedback from staff. For the work our form has been producing and the effort demonstrated for learning challenges set across a range of subjects.

I know myself, that as lockdown has gone on, I have needed to adapt. The change to my routine, from getting up really early to go into Montsaye, to no longer leaving school late in the day. I have actually seen what my home looks like in the daylight.

As we continue to alter our routines and lockdown eases, we are constantly making changes to what we do daily. Let us think about these new experiences, showing how we have grown and matured during our time out of school.

As we move towards the end of Year 7, getting ready for Year 8, we can look forward to what this year will bring. Enjoy the summer, take care and stay safe.

Mr Cope



Year 9 LIVE GCSE Lessons!

Week commencing 29th June

Topic: Introduction to the course

Year 9 will be invited to attend a LIVE lesson on Microsoft Teams for Core Subjects next week. The lesson will guide students through the requirements of the course and support with the work found in their home learning booklet.

Lessons will be no longer than 30 minutes

Time Table of Lessons for next week:

Subject	Day/ Time
English	Monday 29 th June, 10.00am
Science	Monday 29 th June, 11.00am
Single Science: Biology	Monday 29 th June, 11.30am
Single Science: Chemistry	Monday 29 th June, 12.00pm
Single Science: Physics	Monday 29 th June, 12.30pm
History	Tuesday 30 th June, 1.00pm
Geography	Tuesday 30 th June, 2.00pm
Maths	Wednesday 1 st July, 2.30pm

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

A little bit of maths combined with baking...



A good reason to get baking, and to do a bit of maths by weighing out ingredients. Every year, the last Friday in June is [National Cream Tea Day](#). When it comes to a British cream tea, the meal is a traditional one with delicious sandwiches, cakes, biscuits, and scones complimented with jams and creams.

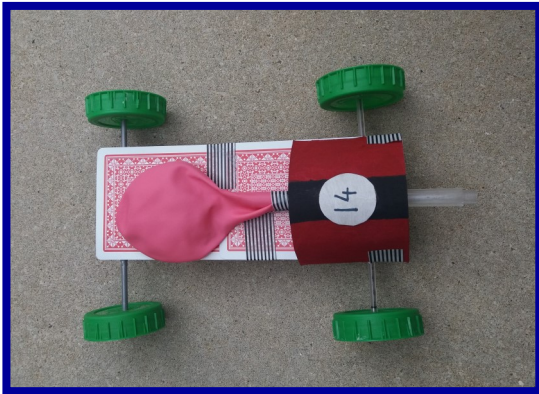
With our head of maths, Mr Smith, being a quarter Cornish, he is one to put butter on scones first, followed by jam then clotted cream. As any true Cornish person will tell you, to put the cream on before the jam is a sin! Now that's a good maths question, how many combinations of putting butter, jam and cream on a scone are there?

Are you one of our science competition winners...?

You may remember a few weeks ago, the science department launched a competition where they challenged everyone to make a model or to carry out an experiment at home to demonstrate a scientific concept. We are delighted to announce the winners.

Winner:

Ruby M for her creatively designed, balloon-powered car.



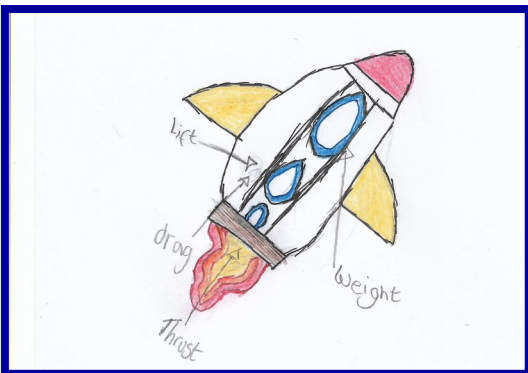
Ruby said, *"for every action, there is an equal and opposite reaction. When the air is pushed out of the balloon, the opposite reaction would be the car going in the opposite direction to the air from the balloon."*

I decided to add a bit of decoration, just like a racing car would have colours and a number. The cut in half tube does not effect the car's speed."

Highly Commended:

Heidi O for her explanation of the transfer of energy from one store to another:

"The yellow liquid was cold, the purple liquid was hot. When we put the cold on top, the colours mixed together as heat rises and the hot was on the bottom. When we put the purple on top, it didn't mix."



Jack M for his explanation of forces acting on a rocket:

"The momentum of the thrust has increased and the rocket is still going up, however, it will get slower."

Matthew A for his highly informative video about the changing buoyancy of a raisin in lemonade.

Prizes will be on their way to the winners in the very near future. Well done to everyone who entered, we really enjoyed looking at all of your hard work.



What you can and cannot do when restrictions are eased on 4th July



You can:	You Cannot:
Meet inside in groups of up to two households (support bubbles count as one household).	Gather in groups larger than 30 people.
Meet outside in groups of up to six people from different households, following social distancing guidelines.	Gather indoors in groups of more than two households, (ncluding when dining out or going to the pub).
Visit restaurants, pubs, cinemas, visitor attractions, hotels, campsites, holiday apartments including airbnbs.	Interact socially with anyone outside your group, even if you see other people you know when visiting a venue.
Visit hair salons and barbers.	Gather outdoors in a group of more than six people from different households.
Go to theatres and concert halls (although live performances are not yet permitted).	Hold or attend celebrations (like parties) where it is difficult to maintain social distancing
Visit zoos, safari parks, farms, wildlife centres, gardens, National Trust sites and film studios.	Stay overnight away from your home with members of more than one other household.
Visit libraries, community centres, places of worship, outdoor playgrounds and outdoor gyms.	Visit nightclubs, gyms, sports venues, casinos, bowling alleys, indoor play areas (including soft play).
Stay overnight away from your home with your own household or support bubbles, or with members of one other household.	Visit a swimming pool, water park, spa, nail bar, beauty salon or tanning salon.

Wellbeing: Health and Fitness

With gyms still not able to re-open yet, are you missing your weekly fitness class? Head over to the Facebook page of [Corby Health & Fitness](#) where you will find free workout classes online. They are offering a live weekly programme of sessions which you can also watch back at any time. There is something for everyone and he classes are fun and varied.



ONLINE LIVE GROUP EXERCISE TIMETABLE

KEY:
 CARDIO (HIGH INTENSITY)
 CORE / STRENGTH
 MIND AND BODY
 DANCE / FAMILY FITNESS

- 30 - 60 Minute Classes
- Your Favorite Instructors
- All for FREE
- Live on Facebook
- @corbyhealthandfitness

MONDAY'S
 7:00AM - GRIT STRENGTH - NIKKI
 9:30AM - BLAST - JULIE
 10:30AM - BODY COMBAT - JULIE

TUESDAY'S
 7:00AM - POWER YOGA - SZILVIA
 9:30AM - BODY COMBAT - JULIE
 10:30AM - BODY PUMP - YVONNE
 11:30AM - BODY BALANCE - YVONNE
 6:00PM - GRIT CARDIO - LAURA

WEDNESDAY'S
 7:00AM - GRIT CARDIO - NIKKI
 9:30AM - STAIRCASE STEPS - KELSEY
 10:30AM - BLAST - JULIE
 11:30AM - BODY BALANCE - SALLY
 6:00PM - BODY COMBAT - LAURA

THURSDAY'S
 7:00AM - BODY BALANCE - KAREN
 9:30AM - BODY JAM - JULIE
 10:30AM - AB ATTACK - JULIE

FRIDAY'S
 9:30AM - LEGS, BUMS, TUNES - KELSEY
 10:30AM - BODY PUMP - YVONNE
 11:30AM - PILATES - YVONNE

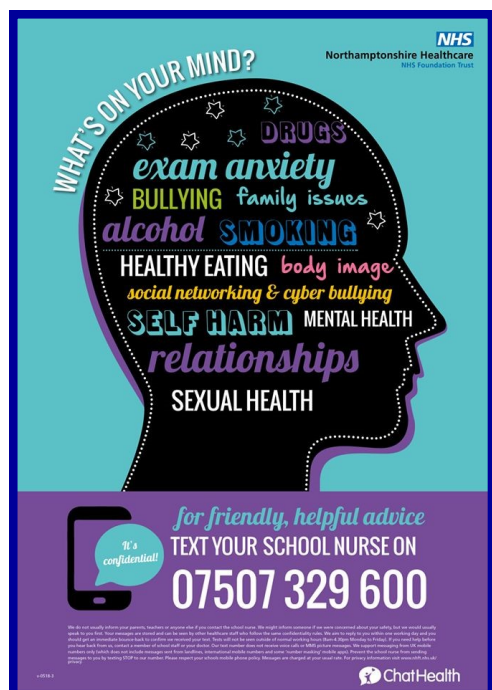
SATURDAY'S
 9:30AM - BODY COMBAT - KAREN

SUNDAY'S
 8:30AM - PILATES - SZILVIA
 9:30AM - YOGA - SZILVIA

FOLLOW US AND SUBSCRIBE ONLINE:
 @CORBYHEALTHANDFITNESS
 @CORBYINTERNATIONALPOOL
 @ODDEPARKSPORTSCENTRE
 @CORBYHEALTHANDFITNESS
 @CORBYLEISURE

WWW.CORBYLEISURE.CO.UK

Wellbeing: ChatHealth



ChatHealth is a free text messaging service for 11 to 19 year olds.

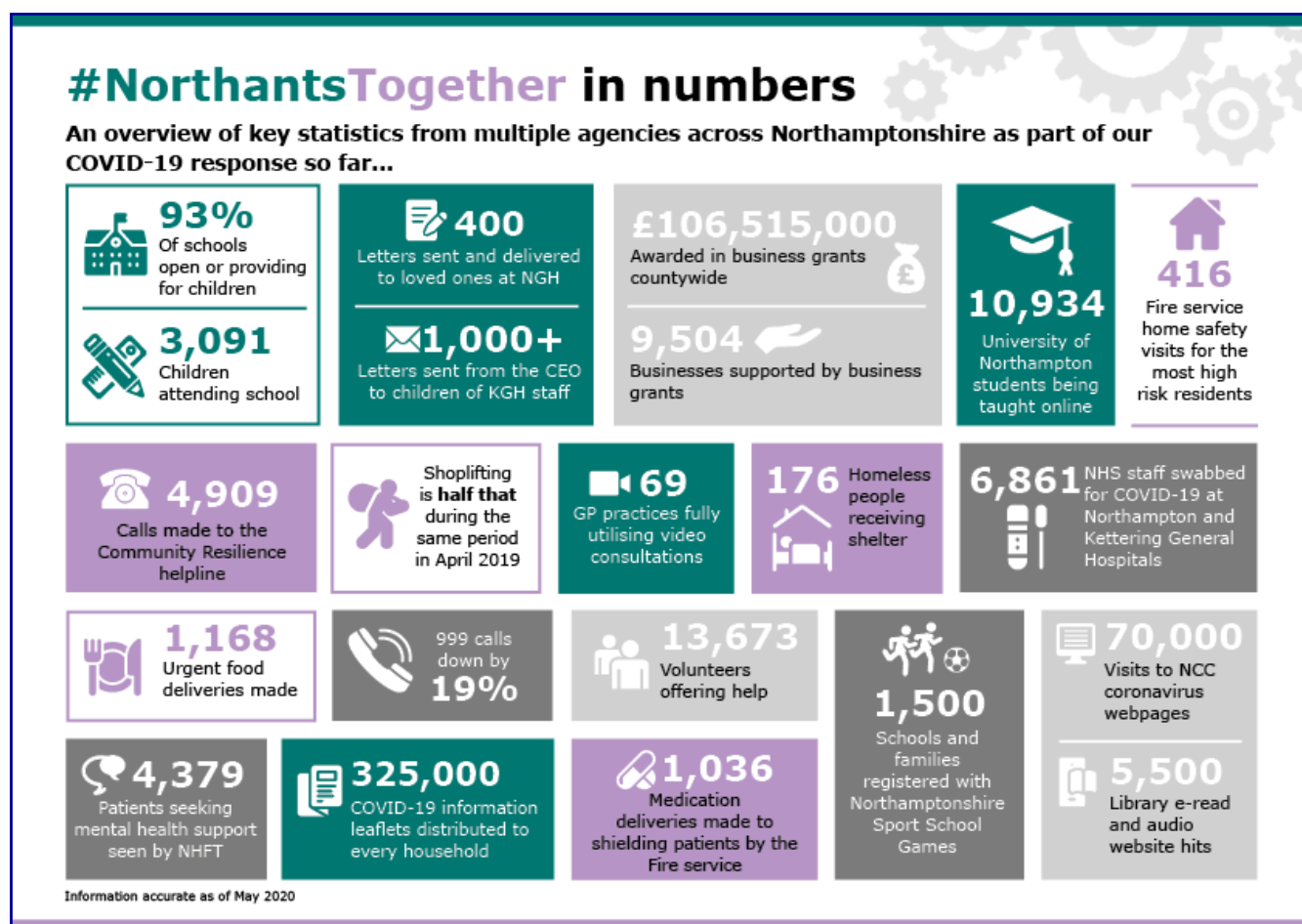
Young people can text a school nurse for confidential advice and support about any health-related issue.

Provided by Northamptonshire Healthcare Foundation Trust and run by the Northamptonshire School Nursing Service, the response time is within 24 hours 8.30am to 4.30pm Monday to Friday (except bank holidays).



#NorthantsTogether

We thought that you might be interested in the COVID-19 statistics which are featured in this graphic from #NorthantsTogether. Such an astonishing amount of numbers from this county-wide collaborative:



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>"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle</p>				

ACTION FOR HAPPINESS









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

Art and craft Ideas: Make a paper collage

Paper collage is a technique where a picture is created using different forms and shapes of paper. The forms and shapes eventually create a whole image.

Have a look around the house, many of you will have magazines, newspapers, leaflets, old books etc., which could be used. You will also need paper, some glue, scissors, a small paintbrush, and maybe some felt pens or pencil crayons.



Of course, you can't create a paper collage without having something to make; pick a picture or image based on something you like. It could be anything, animals or nature for example; sometimes you just have to let the paper see where it may take you, don't think too hard. Top tip; cut and place pieces down before you start to stick them

There are lots of step-by-step guides to picture collage available on the internet, why not take a look? Don't forget to send us pictures of what you have been making.

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.