



MONTSAYE PASTORAL BULLETIN

INFORMATION FOR FAMILIES

VE Day special edition



VE DAY

75TH ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

8 - 10 MAY 2020



Dear all,

I am always heartened by the community spirit, a strength of our Montsaye family and last week there were many examples of our communities coming together in the most humble of ways.

Kindness and selflessness goes a long way at times like these. I know so many of you are going out of your way to help our community, whether it be making PPE, raising money for those less fortunate, writing letters to the elderly, checking in on family and friends, providing food or generally demonstrating more tolerance and resilience than you have had to before. It is so important that we exercise caution during these difficult times but a little kindness costs nothing and goes a long way.

VE Day marked a huge anniversary of the end of WW2- your pictures reflect a real coming together of local communities to celebrate this significant day. Many of you had virtual celebrations or socially distant street parties, quite simply wonderful to see. Scones are synonymous with street parties and of course afternoon tea and nice to see everybody baking. Even I had a go! See the picture below.

Whilst this pastoral bulletin offers you some significant support during this time, I know you are all working really hard and looking forward to the routine and structure of coming back to school. It was pleasing to see the images of so many of you trying and doing new things, keep it up we need to be resilient for a little longer.

Mrs Gabbi



VE day celebrations

VE Day (Victory in Europe) 8th May 1945

This year (2020) it is the 75th anniversary of VE Day. To commemorate the event, the early May Bank Holiday (usually a Monday) was been moved so that the bank holiday was the same day as VE Day – Friday 8th May. The special events which took place last Friday and over the weekend (albeit reduced because of the current situation) saw everyone give thanks to those who served in the war and we remembered all those who lost their lives.

What is VE Day?

On 7th May 1945, the formal act of military surrender was signed by Germany, ending the war in Europe and Winston Churchill made an announcement on the radio that Germany had officially surrendered. The next day, celebrations broke out all over the world to mark Victory in Europe or VE Day.



In Britain, Churchill marked the occasion by declaring the 8th May a public holiday. People held **parties, danced and sang in the streets**. Huge crowds gathered in London, both on Whitehall to hear Churchill speak, and outside Buckingham Palace, where King George VI and the Royal Family appeared on the balcony.

Pupils from Montsaye Academy were sent information about VE Day and some tasks that they and their families could get involved in to commemorate the 75th anniversary of VE Day. Activities included planning and enjoying a VE Day party including some authentic VE Day recipes, songs and dances! Also included was information on how to design and create VE Day bunting to hang up inside and outside the house.

It is more important than ever that we as a community, and as a nation, commemorate those who gave everything during the Second World War, and those who today are sacrificing for our nation to get through another battle. Stay at home, protect the NHS and save lives.



VE DAY
75th ANNIVERSARY
A national period of celebration
8-10 MAY 2020

VE Day Celebrations 8th May 2020

The foods that were available on VE Day 75 years ago, aren't that much dissimilar to what many are able to get currently during 'lockdown'.

Your challenge is to produce a home made item for your street lockdown front garden party. Base your idea on original rationing recipes.

Email your photos and if you can your recipes to gbrotherston@montsaye.northants.sch.uk by 12th May.



Our wonderful Montsaye staff and community have been celebrating VE day in style; we would like to share some of their pictures with you; there seems to be a common theme going on here...cake!



We want to hear from you!

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>

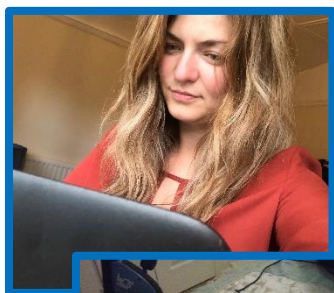


Montsaye keeps reading...

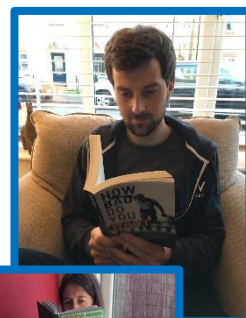
Head over to our blog, [The Montsaye Reading Challenge](#) where this week, our librarian, Mrs Lantz has reviewed a detective story for adults: 'Big Sky' by Kate Atkinson.

We are continuing with the Montsaye Reading Hour which takes place on a Thursday and are encouraging everyone in our community to sit down and lose themselves in a book. It doesn't matter when or where, as long as you take the opportunity to do so without distractions or interruptions.

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



Mr Wing was spotted using the hour to learn how athletes use 'mind over muscle' to be the best that they can be, whilst Mrs Berry was reading online on her Kindle; her choice of read was 'The Last Spell Breather' by Julie Pike.



In the absence of her normal class, Mrs Cooper has been trying to teach A-level chemistry to her dog... we are not sure that it is working! Mrs Edney has been reading Harry Potter and the Philosopher's Stone with her children. Her daughter enjoyed the book so much, that she went ahead and independently read the final two chapters on her own.



It has been fantastic to see so many of our staff getting involved with this challenge. Keep getting in touch with what you are reading and where.

Art, staying creative in lockdown



**CLAP
FOR OUR
CARERS**

The wonderful art department at Montsaye Academy have been putting together some ideas about how you can get creative and lose yourself in some arty mindfulness for an hour or two.

This week we are looking at 'hand art', in conjunction with the regular Thursday 'Clap for Carers' event. You could trace around your hands or sketch from observation. Make the hands colourful and write a positive message to show your appreciation for the NHS. Take a picture of your hand and email it in. You could display it in a window to show your support.

Community matters: focus on Rothwell

Covid19

Rothwell Emergency Deliveries

This is a volunteer run service for essential supplies only, for those who are unable to leave their homes

We will provide a free delivery service in Rothwell, once a week delivered to you with receipt and take cash payment

All volunteers will have safe handcleaning and handling facilities and will carry ID

To use this service please ring

01536712704 or 01536507368

07757103084 to discuss arrangements

There are a number of initiatives in Rothwell from practical support for those unable to get shopping etc., to a group sewing and knitting for the NHS. Please see the information opposite if you are in need of any help.

Margaret Mossman, one of the priests at Holy Trinity, has formed a Facebook page (HolyTrinity Rothwell Northants) for posting weekly services, bible study and a thought for the day, as well as anything else they feel would be helpful.

Rothwell Junior School have now installed resource hives on the steps outside the main office of the Infant School. The resources are available for parents to collect between 9.30am and 2.30pm, Monday to Friday should they need them for home-learning. In the hives there are reading books, whiteboards, whiteboard pens, exercise books, pencils, coloured paper and a range of worksheets organised by year group, together with copies of recent newsletters. They have asked that any items which are returned (reading books and whiteboards) are put into the 'quarantine' box where they will stay for 72 hours before being disinfected. The school have also asked that if you or anyone in your family are experiencing symptoms of Covid-19, that you follow the government advice on isolation.

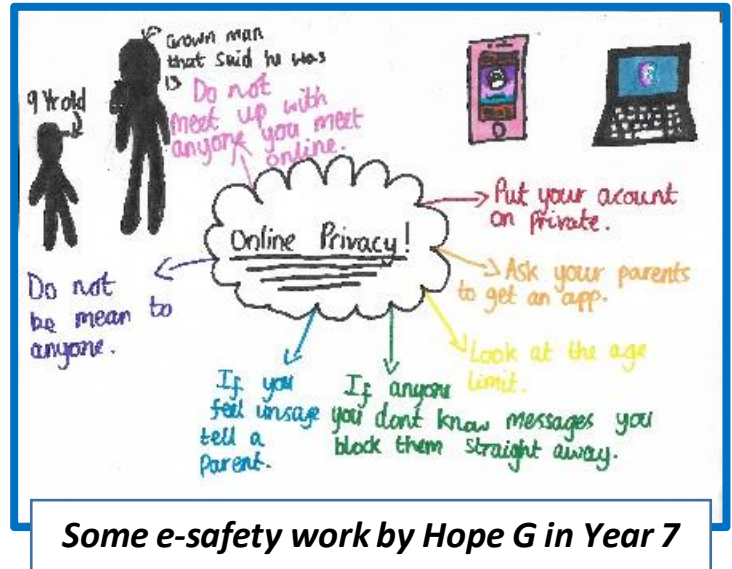


A message from your progress leader

*Each week we will have a message from one of the Progress Leaders.
This week it's Year 7 Progress Leader, Mrs Petchey*

Dear Year 7

Firstly, let me start by saying what a resilient bunch of young people you are! We are now into Week 8 and you have all taken to these new ways of working extremely well. It has been a pleasure to see the work that you've submitted each week, not only in my subject, but also the work you have produced in your other subjects. Last week, I got in contact with a small group of students in your year to ask them some questions about how they have been getting on. The responses I had were really helpful and I would like to share some of them with you.



Some e-safety work by Hope G in Year 7

What's the best part of home learning?

"I don't have to wear school uniform", "getting all the lessons out of the way so I have time to myself and spend time with my family", "we get to do work in the comfort of our own homes", "I can work at my own pace and in my own time".

What's the hardest part of home learning?

"Not getting all the work done in time", "when the internet cuts out!", "trying to concentrate", "not having a teacher", "trying to get yourself motivated to do some work".

I think it is fair to say that if I had asked the same questions to some of your teachers, the answers wouldn't be too different!

To combat these more difficult aspects of being at home, here are my top tips:

- Stay in a normal routine of waking up at the same time each morning.
- Take lots of regular breaks and try to do this away from a screen.
- Try to develop a new skill or improve on something you've already started.

Finally, a reminder that we all love to hear how you are spending your time at home. Myself, Mrs Coulson and your form tutor are only at the end of an email if you need us. I look forward to seeing you all again soon, if only to reach our 20,000 ERA points target!

Take care and stay safe.

Mrs Petchey



Science competition



We challenge 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.

Our spiralling curriculum builds upon the six big ideas which students study in KS3 and revise and develop their understanding of scientific principles through GCSE and A-level. Please see below examples of experiments and models that can be completed at home using readily available equipment, based around these six big ideas:

1. ***All matter in the Universe is made of tiny particles called atoms, and how they behave depends on their structure.*** Make a compass: <https://www.wikihow.com/Make-a-Compass>

2. ***Particles are constantly moving, depending on how much energy they have.***

Electrolysis of water: <https://orbitingfrog.com/2014/11/02/electrolysis-of-water-with-pencils-and-a-9v-battery/>

3. ***Forces can affect an object's motion or shape.***

Make a balloon powered car: <https://www.youtube.com/watch?v=lvDIXIzpdOE>

4. ***The total amount of energy in the Universe is always the same, but it can be transferred from one energy store to another.***

Colourful convection currents: <https://www.lascells.com/help-students-love-energy-changes-and-transfers-with-three-fun-experiments/>

5. ***All organisms are made of cells, and all cells respire.*** Making bread:

https://www.youtube.com/watch?time_continue=330&v=QXMvPXEdrPY&feature=emb_logo

6. ***Genetic information (DNA) is passed down from one generation to another.***

Make a model of DNA using sweets: <https://www.wikihow.com/Make-a-Model-of-DNA-Using-Common-Materials#/Image:Make-a-Model-of-DNA-Using-Common-Materials-Step-1.jpg>

Submission and judging criteria:

Please do not feel restricted to these examples. Indeed some homework tasks may actually lend themselves directly to submission to the competition, so you might not need to do anything extra.

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.

Entries will be judged by the science department at Montsaye, based on the following criteria:

1. **Safety:** always our main consideration.
2. **Understanding:** demonstration and explanation of the scientific concept.
3. **Effectiveness:** of the model or experiment – does it work?
4. **Design:** clarity and appearance of the model or experiment.

We look forward to judging your entries. Good luck and enjoy some practical science at home!

May Day in France



Virginie Baron is one of our friendly faces in the admin team. She has worked at Montsaye for 16 years and comes from a small town in France. Last week, Virginie introduced us to the history behind the French May Day tradition:

The first of May is commonly known as “La Fête du Travail” or Labour Day in France, but it is also known as “La Fête du Muguet”, a celebration that dates back to the Renaissance during Charles IX. The tradition is to give your loved ones, friends and/or acquaintances a little bouquet or sprig of Muguet to bring good fortune and happiness! On that day, it is given away or sold on every street corner. According to the language of flowers, Lily of the Valley signifies “The return of happiness!”

Wellbeing: Health and fitness

Mobility is an important component to daily health and athletic performance. It is important that our joints are able to fully operate through their range of motion, and the muscles supporting these joints support the movement appropriately. It is also important that we try to perform mobility exercises four times a week. Regular stretching helps to keep muscles pliable and healthy, allowing them to function more efficiently and reducing the risk of injury occurrence. Ideally, stretching once a day goes a long way towards maintaining muscle health, aim for four times a week.

Here are a few suggestions from Mr Roberts and Mr Siddons to get you started:



Knee to wall: start a few inches from the wall with one foot forward and the other foot planted behind with a straight leg. Keeping your front foot fixed move your knee to the wall until you touch it.

Once you have touched the wall shuffle the front back a little further, work up to the furthest distance you can get from the wall.



Side Plank:

With the elbow directly under the shoulder, maintain a high side lying position with ankles, knees, hips and shoulders aligned.

Wellbeing: Online Safety



What children need to know about

ONLINE BULLYING



What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON

BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National
Online
Safety

#WakeUpWednesday



Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR. BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.



How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.



Chatting to your teen

We know it isn't always easy to get teenagers chatting (though for some the opposite is true ☺).

Here are some ideas for conversation starters to help keep the conversations flowing.

Conversation starters

General	Serious	Fun	Encouragers
How are you feeling?	What was challenging about today?	What's your favourite TV show at the moment?	I love you, nothing can ever change that
How do you feel about staying at home?	How can I support you through this?	Is there a good book you would recommend?	Even if I don't understand, know that I want to

Wellbeing: staying positive



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/>

childline

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

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.

Contacts

General enquiries	admin@montsaye.northants.sch.uk Or call 01536 418844 Messages are picked up daily.
ERA heroes	eraheroes@montsaye.northants.sch.uk 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: jroberts@montsaye.northants.sch.uk Sixth form: kjones@montsaye.northants.sch.uk
Progress leaders	
Pastoral mentors	lcoulson@montsaye.northants.sch.uk llong@montsaye.northants.sch.uk awmorgan@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. https://www.montsaye.northants.sch.uk/contact-us/key-contacts/

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 teacher is not available.
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 your Progress leader too.
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://trockstars.com/home> Select Montsaye by typing NN146BB
Your TTRS logon details would be:
Logon: BoriJohn **Password**: 19/06/1964