

MONTsaye PASTORAL BULLETIN

INFORMATION FOR FAMILIES

This week I have spent some time in school, whilst the site is clean it feels eerily empty and very quiet and we look forward to a time when those corridors are full of students/staff and we are back to some level of normality. At the moment it is unclear when that is going to be the case and we know that year 7, 8 and 9 will not be at school this academic year.

We want you to know that we will continue to keep in touch with you all via this bulletin and via the channels we have established and that you and your well-being is very important to all of us.



We know that you are working really hard at home on your home learning but also appreciate that this can be difficult, to allow you sometime next week we are calling it a 'catch up' week (7-10 only) so you have some space to get up to date, therefore no new work will be set. However, if you are up to date work, we will of course provide some for you. Remember the advice in earlier bulletins: take a break if you need to.

Take care everyone and stay safe

Mrs Gabbi

ERA Hero Postcards

During the Covid-19 lockdown period, we have been celebrating and sharing examples of our wonderful students and community via our regular bulletins and social media.

As part of this campaign, we are starting to send out postcards to those people who have been nominated. Keep an eye on the post; you could be receiving one of these in the not too distant future if you have been nominated as a Montsaye ERA Hero.



Home learning

We just want to say how utterly bowled over we are by how you have been working on your school work recently. We are so aware how difficult this transition has been, and how you are doing your best to keep up with your school work. A huge well done for your ERA spirit, you amaze your teachers every day. We know also that it's been a little overwhelming getting work this way rather than being in class with your teachers, and it may well be taking you a little longer to get through work than normal. Please remember: this is absolutely fine, and absolutely normal!

We've listened to your feedback and want to give you some time to catch up on yourselves, so next week, our final week of term, will be our dedicated 'catch up' week. We will set no new work and will give you the opportunity to catch up on subjects you might feel you've not done as much for, or give time and energy to those you know you want to do more for. However, if you feel you've been able to keep on top of everything, and you do want some more work to do, please email your teacher and they can set you some further activities for the week. After half term, we are looking to provide an exciting new format for how and what we send for your home learning, so watch this space for more information.

Remember, your wellbeing is important. Your teachers are here for you via email should you need support, and please make sure your work is kept to normal school hours where you can.

Take care and stay safe.

Mrs Berry

Montsaye Reading Hour

Don't forget the Montsaye Reading Hour which takes place on a Thursday. We are trying to get our community to sit down and take some time out to read a book.

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.



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>

Thank A Teacher Day: 20th May 2020



Every year, Thank a Teacher Day gives pupils and parents the opportunity to thank a teacher at their school. This could be a thank you for any sort of thing - from helping with a particularly hard piece of work, to being kind and caring when things are not going well, to giving a few words of encouragement or even just that all important smile first thing in the morning. If you would like to read more about Thank a Teacher Day, please click [here](#).

Now, more than ever before, we know how appreciated those two small words are; 'Thank You'. Just as you and your children are sometimes finding the challenges of being at home hard, we know that staff all across our schools are also finding it hard being without the one thing that makes our schools – the pupils. Your children make us laugh, challenge us, bring out our creativity and brighten our days too.

We would love to hear from your children in our survey about the 3 things would they would want to thank their teacher for if they could see them today? Please do speak to your children to complete and return this and we will incorporate the responses into a picture to be displayed across all our schools. Please return this by 18th May. You can find the link to the survey [here](#).

Do you enjoy photography?

Mrs Thomas, our Head of Art, thought you might be interested in this... the National Portrait Gallery is looking to put together a virtual exhibition on their website. Based around the theme 'Hold Still', it will capture a snapshot of the people of the UK at this time, as we deal with the Coronavirus outbreak.

Spearheaded by their Patron, The Duchess of Cambridge, the gallery are inviting people to submit a photographic portrait, based around one of three themes: Helpers and Heroes, Your New Normal and Acts of Kindness. The closing date for submissions is Thursday 18th June. For further information, please click here: [National Portrait Gallery](#).



Community matters: Wilbarston



Do you live in Wilbarston? Do you need help?

The Good Neighbours Scheme is only a phone call away: 07379 680693.

Science teacher, Mrs Cooper's mum lives in Wilbarston. She has said how useful the Village Shop and Post Office has been; they have been doing deliveries to the people in the village who can't get out. They are also trying to source items from the wholesalers so that the villagers don't need to shop around and go to the big supermarkets. If you live in the village and are struggling to get out, take a look at their Facebook page. It is wonderful to see how our local community is pulling together in this difficult time.

Arty ideas to keep you busy in lockdown

With the lockdown, we have been unable to get our hair cut and are unlikely to be able to do so for some time to come.

Create an inventive and inspirational 'hair do'. You can draw it yourself or give yourself a temporary makeover and send in a picture. You could cut a face out of a magazine or print off the image. Use 'Zentangles' (an abstract drawing created using repetitive patterns) to create a wacky hairdo!



Some useful information about theatres:

Since lockdown began, all of the theatres have had to close their doors to the paying public. However that hasn't stopped them sharing their fantastic work. Here are a few links to some of the work...

The National Theatre: every week they are showing a complete production from their archive <https://www.nationaltheatre.org.uk/>

Shakespeare's Globe Theatre: if you are missing the bard and want to see a production then <https://www.shakespearesglobe.com/watch/> is the place to go. It is showing Macbeth at the moment which is studied at Montsaye.

Musicals: Andrew Lloyd Webber is screening a musical weekly on You Tube, please follow the link <https://www.andrewlloydwebber.com/the-shows-must-go-on/>





A message from your progress leader

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



This week it's Year 8 Progress Leader, Mrs Cooper

Dear Year 8

I do hope you and your families are safe and well and enjoying some happy times in spite of the difficult circumstances we are all in. And keeping positive is what I want to focus on in this letter. It's all too easy at the moment to feel sad, angry or frustrated as we can't be with our friends and extended family, can't learn alongside classmates, or can't go on that much anticipated holiday or, in the worst of situations, lose people we love. But, as has often been said, when we can't change what's happening, we can change how we react to it. Let me give you a little example.

My mum, who is not far short of 96 years old, is in a care home as she has dementia and is in a wheelchair. The last time I saw my mum in person was on 14th March, and even then, I did not hold her hand or give her a kiss in case I unknowingly had the virus and passed it on. The care home shut its doors to visitors a couple of days later, ahead of the national lockdown, to try to protect its residents. This was upsetting, as it meant I could no longer see my mum, but I chose to take the view that the home was doing exactly the right thing to protect its elderly residents. The home worked out a way of us doing video calls which has obviously helped although, as she is quite deaf, the calls consist largely of me shouting, "Can you hear me?" and mum saying to the carer, "What's she saying?"

On 1st May, I received a letter from the care home to say a resident had got the virus. I felt really sick and worried and tried, in a panic, to get the manager to tell me if the person was someone my mum had come into contact with, but, for privacy reasons, they wouldn't tell me. Since then, they have had more confirmed cases in the home. Now, I won't pretend this isn't

worrying me and is always there somewhere in my mind. But focusing on thinking the worst is not going to make the situation any better. There is nothing I, personally, can do to change the situation, knowing that the staff have access to, and are using, protective equipment and being as careful as they can be. So I have to focus on doing positive things which will help lift my mum's mood and mine too. Knowing the residents now can't mix for entertainment, I have sent mum books and puzzles to help. I have sent photos of her in her wartime army uniform to support the VE Day celebrations. I am writing her letters with little stories about the daft things my animals get up to, which I know will make her smile. And, every day, I am grateful that she is still here and I focus on the hope that I will get to hold her hand again and take her out to see a nice garden and enjoy a cream tea. I actually try to feel the warm feeling I will get when I see her and she says what she always says, "How lovely to see you!"

So, whenever you have a day when the situation just seems too much to bear, try to find some positives. Be grateful for any small thing that is ok – there is always something to be grateful for, whether it be chatting to a friend on the phone, eating a tasty chocolate bar or watching your favourite film. Try to imagine (and **feel**) the joy you will have in doing the things you have missed doing and being with the people you have missed seeing. And remember that hard times pass and make you appreciate the good times even more.

My very best wishes.

Mrs Cooper

Competitions galore...

Students from all Pathfinder Schools are invited to write a poem on the theme of 'Heroes'.

Poems can be written in any style but must fit onto an A4 size piece of paper.

Entries to asloper@montsaye,northants.sch.uk by 5.00pm Friday 22nd May.

Please ensure that the student's name and year group are included on the entry.

Years 7, 8 and 9

 **PATHFINDER SCHOOLS**
Inspiring greatness

FRIDAY
22
MAY

Prizes
Waterstones
vouchers

Judged by author
of Kid Normal,
Chris Smith!

POETRY
Competition
HEROES

KS3 (Year 7, 8 and 9)
Pupils from all Pathfinder Schools are invited to write a poem on the theme of 'Heroes'. Poems can be written in any style but should fit onto an A4 sized piece of paper.

Entries should be sent to:
ASloper@montsaye.northants.sch.uk
by 5pm on Friday 22nd May 2020.
Please ensure that the pupil's name and year group are included with each entry.

Years 10 and 11

 **PATHFINDER SCHOOLS**
Inspiring greatness

FRIDAY
22
MAY

Prizes
Waterstones
vouchers

Judged by author
of Kid Normal,
Chris Smith!

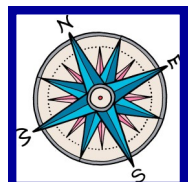
POETRY
Competition
HEROES

KS4 (Years 10 and 11)
Pupils from all Pathfinder Schools are invited to write a poem on the theme of 'Heroes'. Poems can be written in any style but should fit onto an A4 sized piece of paper.

Entries should be sent to:
ASloper@montsaye.northants.sch.uk
by 5pm on Friday 22nd May 2020.
Please ensure that the pupil's name and year group are included with each entry.

And don't forget our science competition

In the bulletin last week, we 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.



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 to take you to last week's pastoral bulletin [Science Competition](#) and head to page

News from a local care home...

We have received a wonderful reply to a letter which one of our students sent to a local care home. We would like to share it with you:

Hello Oscar, my name is Dorothy and I am 90 years old. I have just finished my 6th week of lockdown and it seems it will be the same for a few more weeks to come.

I know how you feel about finding things to keep you from boredom. I have knitted a whole new cardigan, read quite a few books and tried to complete a 1,000 piece jigsaw - I failed miserably at that. You sound really like my great-grandson. Thomas is his name and he is 10 years old. He loves football and loves kicking a ball himself. Let's hope we have more hot weather soon so you can enjoy your paddling pool.

Thank you so much Oscar for your nice letter. Your joke did make me smile. Take care.

Dorothy

Wellbeing: Health and fitness

Continuing on with our theme on the importance of mobility to our health and wellbeing, the PE department would like to show you a few more suggestions of exercises which you can quite easily do at home. Remember, you should be aiming for exercise four times a week.

Standing Calf Raise



Standing on a step or a box on one leg with your toes touching and your heel pointing down and a hand supporting you, lift your heel up as far as possible.

Try holding a dumbbell or any other additional weight to make the exercise harder.

Tricep Dips

Start with your hands placed shoulder width apart on a step/chair that is behind you with your body in a straight line.

Drop through the shoulders bending at the hips until the elbows are at 90 degrees and the lower body is hovering just above the floor. Tricep dips can also be performed on dip bars, or dip machines, use what you prefer. Make this harder – raise the feet as well.



Wellbeing

Anxiety – How to Help

OAKWOOD TRAINING

- 01 LISTEN**
Ask open questions and show them you have understood. Allow them to open up at their own pace.
- 02 BE CALM**
Even if you are worried yourself speaking in a calm tone will reassure you both.
- 03 DON'T JUDGE**
Don't try to 'rationalise' or offer false reassurances. Accept their worries are very real to them.
- 04 EMPATHISE**
Listen for the feelings behind their words and show them you have understood them. Reflect back their feelings to them.
- 05 OFFER HELP AND SUPPORT RATHER THAN ADVICE**
Help the person explore options for coping and accessing further support. Check what they have already tried. Accept that they may not be ready for help.
- 06 OFFER PRACTICAL HELP**
Small acts of kindness can go a long way. Ask them what they need.
- 07 BE PATIENT**
People may feel embarrassed or ashamed about how they are feeling so may find it hard to open up.
- 08 OFFER REALISTIC REASSURANCE**
Say that you want to help. Say that anxiety is common and understandable when people feel threatened or uncertain.
- 09 ASK THEM WHAT HELPS**
Explore how they are currently coping and what they are doing at times when the anxiety is less.
- 10 DON'T TRY TO RESCUE THEM**
Offer what help you can but ensure you have time to look after your own mental health too. Be clear but kind about what help you can and cannot offer.

Princes Trust **START SOMETHING** **Healthy minds that talk.**

Next online workshop 20 - 21 May

These free online workshops for young people aged 16-30 will help grow mental health resilience, communication skills and teamwork.

For more information
andrew.hebron@princes-trust.org.uk
07806785032

Co-created in partnership with **YOUNG MINDS**

Young People Crisis Café Drop-in

Every Thursday 4pm – 8pm the Crisis Café Drop-in is open. This service is to support young people aged 10-18 who are approaching crisis point.

This is our only face to face service and can be found at Keystone, 97 Rockingham Road, Kettering, NN16 9HX. We have a variety of mental health professionals on hand to provide mental health support.

Please first call 01536 518339 if possible to allow us to ensure the health and safety of all those involved in the service.

NHS Northamptonshire Healthcare NHS Foundation Trust

30 the lowdown supporting young people

St Andrew's HEALTHCARE

YOUTH WORKS COUNSELLING & SUPPORT SERVICES

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: 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. 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
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://ttrackstars.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.