

MONTSAYE PASTORAL BULLETIN

INFORMATION FOR FAMILIES



Dear all welcome back,

I hope that you all had a very good half term and enjoyed the sunny weather that seems to have left us now for a while. Just to let you know, we are missing you all and admire how hard you have all been working at home and how well you have adapted to the new way of life. The ERA Heroes bulletin makes me exceptionally proud every week, of you all and of our community, who have been so giving during this difficult time.



We now, more than ever, require that resilience that I have mentioned before, as we begin to make tentative steps to ease out of lockdown. We have currently been looking at plans for a phased reopening for Year 10 and Year 12 from the 15th June 2020, which will be shared shortly. We very much look forward to welcoming them and have been considering a number of measures to ensure that we can open in a safe way.

As you know, it remains vitally important to be alert and not take unnecessary risks, still following social distancing and following the guidelines that we have all been admirably following for the last few weeks and months.

Take care everyone.

Mrs Gabbi

Remember, to send us nominations 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>

Montsaye Reads: Choose Your Book



Working from home has meant that our students have been cut-off from access to the wide range of books in our Learning Resource Centre and the many excellent texts we use in the English department. To try and remedy this, we have made a selection of different DEAR books available for collection for our KS3 students (Year 7, 8 and 9)..

So, if your child is in need of something new to read, we have them covered. Simply visit the reception area at Montsaye Academy on a **Monday** or **Thursday** between **10am – 12pm**. choose from a selection of books:

- *Percy Jackson and the Lightning Thief* by Rick Riordan
 - *Maze Runner* by James Dashner
 - *Mr Stink* by David Walliams
 - *Matilda* by Roald Dahl
 - *Boy* by Roald Dahl
 - *Ingo* by Helen Dunmore

When your child has finished with the book, simply return it to the school during the above hours and use the drop-off box. Please remember to **observe social distancing rules** at all times when picking up or dropping off books. Titles are subject to availability, so you may need to be quick. If the service is popular, we will increase availability and possibly even add some more titles, so keep your eyes peeled. During this time, as well as providing the books, we will be offering free stationary to anyone who needs it.

Why not encourage your child to use their DEAR book to get involved in our weekly reading hour? Join us every Thursday and let us celebrate reading together. To be included in this, all you need to do is to post a picture on Twitter of you or your child reading, tagging the account, @montsayereading, using #montsayereading hour or #montsayereads. Pictures will be retweeted between 7.00pm-8.00pm every Thursday.



Don't forget to take a look at our blog [The Montsaye Reading Challenge](#) where, in our *Word from the Library* entry, our expert librarian guides you through some of the best Young Adult fiction around.



A message from your progress leader

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



This week it's Year 10 and Miss Pickering

Welcome to your final half term as Year 10!

I hope you and your families are all keeping safe and well and getting used to the 'new normal'. I am incredibly proud of how you have all shown resilience in adapting to the new way of working and continue to be the best year group in the school! Those of you who are engaging with the online live lessons, which some of our teachers are offering, are growing in confidence when getting involved in discussions via microphone or the chat function. If you haven't joined one yet, please do if you can as they are invaluable for your learning, you don't have to speak!

I know you will all be missing the routine of tutor time every morning (especially me coming round to double-check uniform and equipment). Your tutors are missing you too – they have all written a message for you:

Hello FABU10, I hope you're all well and have been enjoying the sunshine. It's been lovely to hear from a few of you about what you have been up to. Please keep emailing me to let me know how you are and all of the fantastic things that you have been doing. I have decided to try and take up running again, if my old knees will let me, next week will be my second week...onwards and upwards! It would be nice to hear if any of you have managed to achieve anything new, I really could do with some motivation. I look forward to hearing from you all, and to hopefully seeing you all at some point soon. Take care and stay safe.

Ms Bunker

Hi all, I hope that you are coping well with studying from home. If any of you are struggling or have any queries, feel free to email me and I will do my best to help. I am looking forward to seeing some of you soon before the summer holidays.

Mr Roberts

It's 8.50am and I am sitting on the sofa, with a piece of toast watching Peppa Pig...again! When things were 'normal' I would have been doing the register, checking equipment (yes, you do have to get your book out and show me; even if it is buried under your PE kit) and checking that you are all alright and sorted for your day. Although I haven't actually seen you for a while now, I do hope that you are all ok. I want you to know you are all often in my thoughts and I am looking forward to catching up with you soon.

Mrs Ellis

Hello Year 10. By now I am sure that you have fully adjusted to this 'new normal', however this has given us all an opportunity to reflect on what is important to all of us. I know lots of you have produced some great pieces of work

and have found various ways to keep yourselves entertained during this lockdown. If you find yourself being overwhelmed by work or a particular task, try breaking it down into smaller sections, and reward yourself by doing something you enjoy in those short breaks between each one. I know this has helped me at times, as well as writing to-do lists to help prioritise what needs to be done. I hope to see all of you back in school soon.

Mr Curtis

Hi everyone. I hope that you have all managed to adjust to life away from school and have been able to continue with your learning at home. If you need any help, then please do not hesitate to email me and ask for support. I have found that by taking breaks and being active between tasks, I am able to be both more productive when I am working and also more relaxed with this new style of living. If you have any top tips for what is working well for you, taken up any new hobbies or learnt any new interesting skills, let me know as it would be great to hear what you have been up to. I look forward to seeing you all again soon.

Mr Wing

Hello Year 10, it has been great to hear from some of you. I am baking my way through BBC Good Food, although I am also having to run more to compensate for all the cakes! As well as all the yummy cakes and dishes, I have had a few disasters, I still cannot make hollandaise sauce, but I'm going to try a different recipe to see if that helps, and the other day, I was in a rush so I didn't let a cake filling cool; it ran across the cake and the top slid off! What have you been doing in your free time? Have you got any stories to share? Keep emailing me and stay safe.

Mrs Brotherston

Hi, I hope everyone is well and managing to complete your home learning. Let me know if you need any help with anything. Of course, I'm missing seeing you all in the mornings, especially doing the quiz every Friday. I will hopefully see you before the summer holidays. Stay safe.

Mr Sipple

I am looking forward to hearing of all the great work you are doing in this final half term as you continue on your GCSE journey, and I look forward to seeing most of you before the summer holidays. Please remember that all your tutors and I are just an email away if you have any questions or worries, or would like to share with us what you have been up to.

Stay safe and take care.

Miss Pickering

Exciting news for all Year 9 students...



Year 9 LIVE Form Time! Wednesday 10th June Topic: Options



The form time sessions will be lead by your Progress Leader, Miss Malins and your form tutor on Microsoft Teams. It will focus on your options and how to prepare to start studying these subjects before the summer break.

Time Slot

| | |
|--------------------|-------|
| EBA (Miss Bates) | 10:00 |
| DNO (Mr Pierce) | 10:30 |
| CCO (Miss Coulson) | 11:00 |
| SHO (Dr Hoche) | 11:30 |
| SCO (Miss Collins) | 12:00 |
| GUR (Mr Urwin) | 13:00 |
| JJW (Mr Wiggins) | 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.



Miss Malins has emailed further details. Please encourage your Year 9 to have a go at accessing Microsoft Teams before Wednesday.

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



Make your own face mask...



To help to control the spread of coronavirus, the government have announced that with effect from Monday 15th June, a face mask should be worn on all public transport. It is also advised that a face mask should be worn outside of the home when social distancing isn't possible.

The BBC have put together a guide to different face masks and a step-by-step guide on how to make one. To take a look at what they have to say, please follow the link:

<https://www.bbc.co.uk/news/uk-52609777>



Arty Ideas



We are continuing to look at art as a way of keeping ourselves occupied.

This week's focus is on creating an NHS superhero; you could create a single character or take it further and write a comic strip. It could even be based on your own NHS hero! You can find lots of ideas on the internet, with step-by-step guides on how to get started.

Don't forget to send us pictures of your designs and we can share them with everyone...



Immunisation News For Year 8

The 0-19 Immunisation Service in Kettering have asked us to share the following information with parents of current Year 8 students:

For students in current Year 8 who were due their second dose of the HPV vaccine this term, please be reassured that this has been re-scheduled by the NHFT School-Age Immunisation Team and will now take place at school in Year 9 during the summer term of 2021.



Northamptonshire Healthcare
NHS Foundation Trust

Wellbeing: Health and fitness Free Online Classes

Is your teenager struggling with motivation? Are they looking for something new to try, or do they just want to hang out with their friends doing something active at the same time? Here is a fantastic opportunity for our students to engage with sessions online during June.



Active Northants are offering Boxing, Calisthenics, Dance, Fitness and Yoga classes, **free of charge**, throughout this month. Young people can sign in and spend time with other teenagers in a socially minded physical activity setting.

To make it even better, the more they participate, the better the chance of winning prizes. If they attend at least two sessions, they have a chance of winning, but the more they do, the more chances they have to win.

Northamptonshire Sport have linked up with Born to Perform Dance School, Hale Training, Megan Robinson Personal Training, Namastella Yoga and The Compound, alongside CIRV (Community Initiative to Reduce Violence) to deliver these amazing sessions aimed specifically at teenagers aged 14-19 (Year 9 upwards).

Register via www.northamptonshiresport.org/activenorthants to get access to all of these

Wellbeing: A Reflection...

Choose a task below to help you reflect on and demonstrate how you want the world you LIVE and LEARN in to be anti-racist.



'It's not enough to be non-racist, we must be anti-racist'
Angela Davis

 @edwinabuenor

#EDUCATIONSPEAKSOUT

Research into Black inventors.

Write a newspaper article detailing your findings.

Find spoken word poetry by Black British poets. For example: George the Poet, Caleb Femi.

Record your own spoken word piece inspired by their work.

Find out about Black jazz, blues and classical composers and musicians.

Compose a musical piece inspired by their sound.

Find poetry by Black writers. For example Grace Nichols, Benjamin Zephaniah.

Write your own poetry inspired by their works.

Research into the amazing contributions that Black British people make to our society daily.

Record your own news segment detailing your findings.

Read an extract or a book by British Children Authors. For example: Malorie Blackman or Sharna Jackson.

Draw your own illustrations of the main characters.

Research into Black British visual artists. For example Sonia Boyce or Frank Bowling.

Create an art piece inspired by their work.

Research into Black British Children Authors. For example: Malorie Blackman or Sharna Jackson.

Write an opening of your own short story.

Find a Black British photographer. For example: Raphael Albert or James Barnor.

Create a picture collage or gallery of their photographs.

Wellbeing:

Staying safe when meeting others

As lockdown begins to ease a little and we are able to meet up with our friends and family, we still need to remain mindful of the social-distance regulations.

If you do meet up with somebody in person:

- Keep 2 metres apart
- Do not go into anybody's house.
- Wash your hands before you go out and when you get back in.
- Don't share anything such as food and drink.
- You can play socially distanced games like tennis, but not basketball for example as it involves physical contact.
- Take a blanket to sit on. If each person has their own towel or rug to sit on, you can start 2 metres apart and then you don't have to worry about it from then on.
- Avoid meeting in larger groups. It's easier to meet up with 1 or 2 friends only and maintain the correct social distance. The government advice is up to 6, but we would recommend fewer.

The best way to avoid transmission of course, is to stay at home. You can continue online conversations, quizzes, video calls and so on.





Youth Works Northamptonshire are inviting young people in Northamptonshire to take part in this poll to share their experiences of Covid-19 lockdown.

Please spend a couple of minutes completing this as Montsaye will be able to use the results to help us plan how best to support you when we re-open:

<https://forms.gle/LTMJcmVDZbHvbxBA8>

Wellbeing: Looking After Yourself

Are you having trouble sleeping? Have a go at this...

COUCH TO BED



There are a number of factors that can disrupt or disturb our sleep. A regular night time routine and a stronger understanding of what helps support a good night's sleep, will also help you to get your recommended sleep.

Here you'll find some simple tips you can begin today.

Look to begin by introducing one of our tips each day over the course of the week. Add one additional tip to build your routine and get you from the couch to the bed and to a great night's sleep.

time to change

let's end mental health discrimination

| | | | | |
|--|--|--|------------------------------|---|
| Don't eat in the 2 hours before bed | Turn off your mobile phone 30 minutes before bed | Take a hot bath | Make use of a meditation app | Read a book |
| Don't drink any caffeine products 4 hours before bed | Turn off your laptop/personal computer 30 minutes before bed | Self-massage your neck, face and shoulders with a scented lotion | Practise breathing exercises | Journal your day |
| Enjoy a herbal tea before bed | Do not engage in social media before bed | Perform a random act of kindness | Smile at others | Keep hydrated and grab a glass of water |
| Don't smoke in the 2 hours before bed | Set a reminder on your phone to head to bed at a set time | Practise visualisation exercises | Listen to calming music | Forgive someone or let go of something |

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





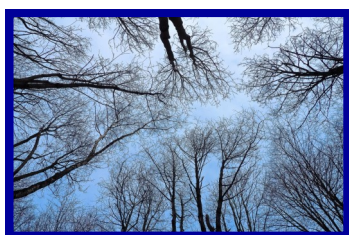




www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together
 Keep Calm · Stay Wise · Be Kind

Wellbeing: Free Online Course



Does someone you know seem to be suffering from a low mood? This free course may help. Mrs Lopes and some of the progress leaders have been completing a really short but very helpful online course from futurelearn.com about helping young people deal with low mood as a result of lockdown and coronavirus. This course is free to join and suitable for any parent or carer or even young people themselves over the age of 13.

It is easily accessible on your phone or other device and provides really useful insights into what is happening and how we can support our young people when they are feeling low. You can dip in and out and do ten minutes a day, or go through each part of the course in an hour each week of the 2 week course. Our staff have highly recommended it for anyone who'd like information, practical strategies, or just wants to improve their confidence around supporting the people around them – and themselves. Please follow the link:

<https://www.futurelearn.com/courses/low-mood-during-covid-19/1/steps/778429>

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.