

MONTsaye PASTORAL BULLETIN

INFORMATION FOR FAMILIES



Dear all,

Welcome back to you all after the Easter break, I hope you were able to enjoy some much needed down time with your families and households. The focus of this bulletin is on the key value of: resilience. So many people are demonstrating this in so many different ways at the moment and finding a strength that they never anticipated that they had. I know that a lot of work is going on in our communities to ensure that critical workers are able to go to work and support the fight against this pandemic.

We have all continued to enjoy seeing all the things you have been doing to keep yourselves safe and also occupied during the lock down and you will see so many more examples over the next few weeks. This week we have sent out 73 letters and pictures from children across all of the schools in the Pathfinders trust to some of our elderly community who may feel more isolated than we do. This is part of the 'Making a difference' project in conjunction with BBC radio Northampton. Well done to everyone who took part. Just imagine how they will feel when they receive them and we look forward to receiving their replies.

World book night UK yesterday was a wonderful success many staff got involved too and showed us what they had been reading during the reading hour from 7pm to 8pm. We know how important it is to read and we must ensure that we are taking some time to read whilst we are not in school, losing yourself in a good book is a great way to escape.

Finally, just going back to the value of resilience; we all know what this means. Some of our students defined it as 'never giving up'. I leave you with this today, don't ever give up keep going, remain positive and keep up the fantastic work you are all doing. I look forward to seeing you all soon.

Mrs Gabbi

We want to hear from ERA heroes!

We have been thrilled with all the nominations of ERA heroes you have been sending in. We are so proud of our students and it's great to see their work. We want to send the biggest shout out to all the key workers in our community (as well as their families) who are working so hard to keep us safe. 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. *Next ERA heroes newsletter out on Wednesday 29th April.*



<https://www.facebook.com/montsaye/>



<https://twitter.com/montsaye>

Montsaye Academy DT team making PPE

Following the donation of hundreds of pieces of PPE from the Montsaye Science department before Easter, this week was the turn of the Design and Technology department to get involved. Mr Cope, Mrs Brotherston and Mrs Edney all came in for two days where they made over 180 pieces of PPE for frontline workers.

Design and Technology departments across the country have been coming together to make these pieces of PPE to help keep doctors, nurses and all frontline workers that need this protection, safer in their jobs. As a collective, DT departments across the UK have made over 100,000 pieces of PPE to date!

The Montsaye team made 25 scrubs bags for medical staff. These are important because staff can put their uniforms straight in ready for washing meaning that they don't take the virus home with them. This is so important for keeping them and their families safe against the virus. Plus we made 80 headbands with buttons to stop the face masks from rubbing the backs of ears and over 75 face visors.

The pieces of PPE produced were then sent on to people that could distribute them to those on the front line – Mr Eaton from our site team distributed items to Scrubs Up for Northants NHS who were sending pieces straight to KGH. Our exams officer Mr Cole's wife works at Glenfield Hospital in Leicester where they welcomed the PPE and Mrs Brotherston distributed the rest through a friend who works at Wellingborough Ambulance Service. The DT department also sent their goggles, gloves and surgical face masks to add to the PPE haul. A great team effort!

We are so proud to be able to do our bit to help keep doctors and nurses safe at this time.



Mrs Cole at Glenfield hospital holding some of the PPE made at Montsaye Academy



Do keep sending in your letters for this great letter writing initiative. Check out an example in our next ERA heroes newsletter. If you haven't written a letter yet, see the last bulletin online for more details of what to include.

<https://www.montsaye.northants.sch.uk/assets/Documents/Newsletters/Pastoral-Bulletin-families-2-3-April-2020.pdf>

OVER 180 SCHOOLS INVOLVED
IN THE FIGHT AGAINST COVID-19.

WE ARE THE...

ENGINEERS

**PRODUCT
DESIGNERS**

**LIFE
SAVERS**

**KEY
WORKERS**

**PROBLEM
SOLVERS**

**CREATIVE
INDUSTRY**

**TEAM
PLAYERS**

**ASSEMBLY
LINE**

**OVER
100,000**

ITEMS OF PPE MANUFACTURED & DONATED

75,000 VISORS MANUFACTURED

3,000 GOGGLES DONATED

1,100 EAR RELIEVERS MANUFACTURED

275 MASKS MANUFACTURED/DONATED

250 SCRUB BAGS MANUFACTURED

170 HEADBANDS MANUFACTURED

30 SCRUBS MANUFACTURED

**WE ARE
DESIGN & TECHNOLOGY**



Supporting the



Adapting to a new normal

This week we hear from one of our year 12s, Emily Hollis, who is reporting on what studying from home has been like:



As everyone adapts to a 'new normal', Year 12 have been busy studying at home. Year 12 psychology have been video calling for most of their lessons with their teacher Miss. Champion. Outside of normal lesson times, they have been video calling each other to support the class during home learning. Miss. Champion has also been running online lessons for year 12 Health and Social Care as they continue with their coursework. Lockdown came at a bad time for this class and they've needed to be really resilient as they have had to do all their coursework at home, which has proved quite challenging. Lots of other classes have also been using teams to do online lessons, Madame Lagarde hasn't missed an hour with her A-level French class. All of their lessons have been converted to online! Mrs. Jones' English class have been online too getting their work done! Lots of other year 12's are busy chatting in group chats to keep each other up to date and help each other out!

Reading @ Montsaye

Have you checked out the Montsaye Reading blog yet? Mr Sloper has created a blog to keep parents and students up to date with what we're doing with reading at the school, as well as tips and book reviews by staff and students.

Reading is the bedrock of success within school. There is no questioning how important it is in making sure that we are able to comprehend everything that school can throw at us. But what is not universally celebrated is how important reading is in our day-to-day lives. Here at Montsaye Academy, we believe that a culture of reading can make all the difference – not just in the future but today, here and now. Starting now, we will be publishing a fortnightly blog about reading and how to make the most of it. Together, we can make the most of reading, and the most of our future.



He has sent out some information to all students via email but we really want to get the whole community involved if possible in the future.

Click the link to find out more <https://montsayereading.wordpress.com/>

Mathematics at Montsaye during Lockdown

The Mathematics Department would like to send its gratitude to all parents and carers that have been helping their children with the maths work provided by staff on the mymaths, mathswatch and maths-whizz portals over the last three weeks of school closure. There are a huge number of students who have shown great diligence and hard work on the three maths portals during these weeks, by completing tasks set by their teachers.



We will continue to use mymaths online for years 7, 8 and 9 as the online lessons mymaths provides are excellent for home learning. We will also continue to use mathswatch for years 10 and 11 (with some year 9 classes now using this too) as this gives excellent GCSE preparation for students.

Many year 7 and 8 students have also been using maths-whizz online at home and I know there have been a number of students who have absolutely excelled on tt-rockstars during the lockdown, improving their multiplication skills tremendously.



Work has been provided for students who do not currently have Internet access (if it has been requested) – this may be in the post as this newsletter is sent out.

We have also managed to resource Bluetick, which a number of students have been using. There are large prizes for students and schools for completing online questions on this platform. If you need more information on this, please ask your child to see the email Dr Hoche has recently sent.

A promotional graphic for the 'maths marathon 2020' by Bluetick. It features a blue and white color scheme with a large yellow starburst on the right. The text includes: 'Starting today, 21 April!', 'maths marathon 2020', 'Compete for £2k worth of prizes!', '21 April – 5 May 2020', 'Register Now', 'HODDER EDUCATION blutick.', and 'To take part, just register at blutick.com - (a quick guide is attached ☺)'. The yellow starburst contains the text: 'The 20 students that complete the most questions before the end of Tue 5 May will win a £50 shopping voucher each.' The blue starburst contains the text: 'The 5 schools whose students complete the most questions on Bluetick will win £200.'

Starting today, 21 April!

maths marathon 2020

Compete for £2k worth of prizes!

21 April – 5 May 2020

Register Now

HODDER EDUCATION blutick.

To take part, just register at blutick.com - (a quick guide is attached ☺)

The 20 students that complete the most questions before the end of Tue 5 May will win a £50 shopping voucher each.

The 5 schools whose students complete the most questions on Bluetick will win £200.



In addition to the above, we have also been given access to Kerboodle maths for KS3, KS4 (GCSE) and A' level. A reminder of how to logon to Kerboodle will be sent next week. All the mymaths textbooks for KS3 and the GCSE textbooks can be accessed free through Kerboodle.

Useful apps and online platforms



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

Lockdown: advice from a student leader

We know that this is a challenging time for students and parents alike, so I have put together a list of activities, split into sections, that students and parents can do during this lockdown.

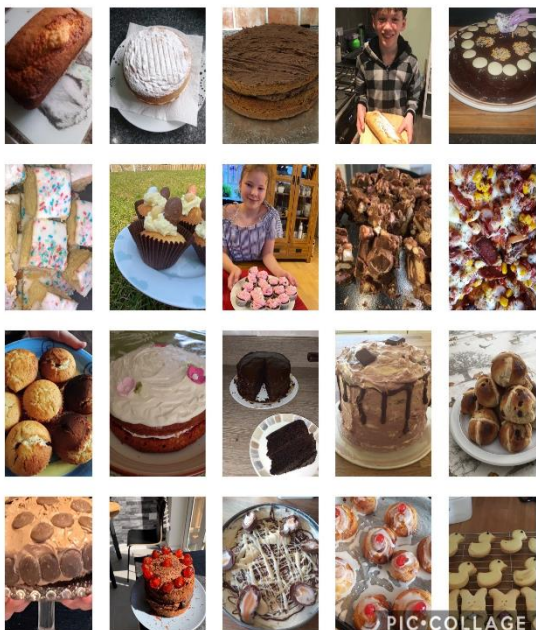
What can you be doing with any spare time?

- Start growing your own fruit/veg - start with strawberries? (they're literally covered in seeds, pick them off) Potatoes are large seeds
- Listen to podcasts on BBCSounds App.
- Read a book
- Do things you "don't have time for".
- Netflix party (House Party App)
- Bake - bananas /chickpeas can be used for food many substitutes.
- Exercise at home (Loads of routines on Insta)
- Learn a language (Duolingo / Babbel is offering 6 months for free!)
- Video call friends and family
- Ace children's picture book author Rob Biddulph is doing Draw With Rob, every Tuesday and Thursday on Facebook and Instagram.

Parents, how can you encourage other activities:

- Encourage your child(ren) to help with household chores
 - Work with you child(ren) on things like making dinner – not only is it fun for them, you are also getting a job done
 - Allow time for creative activities in a day – join in!
 - Try and complete one piece of exercise a day, maybe a family walk?
- Stay in touch with other family members and friends, your child(ren) are missing them as much as you!

Mrs Brotherston praises Easter bakers








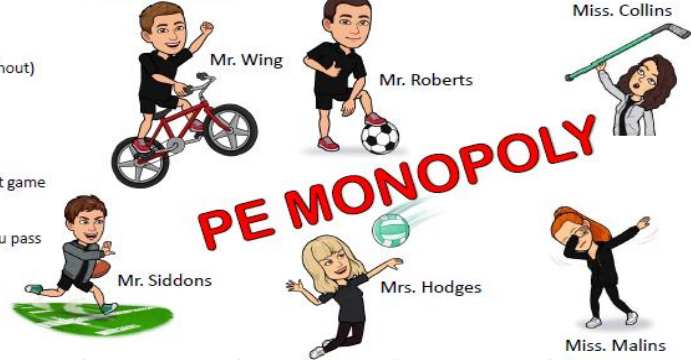






Mrs Brotherston was over the moon at the standard and number of entries to the Easter bake off. See our ERA heroes bulletin next week for more details.

Baking is not only a way to produce delicious treats but a great way to put science, numeracy and art into action! Sitting together and sharing what you have made also has a positive impact on wellbeing. See below for some PE top tips on balancing out those Easter calories with some fun and effective exercise.



Health and fitness

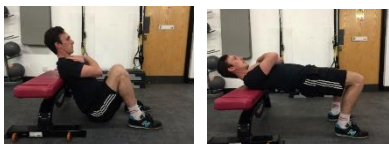
Mr Wing and the PE department have been busily planning lots of ideas for keeping fit and healthy during lockdown. All ideas are also available on Go4Schools. First, there is a fun monopoly game which can be played via the internet with friends or used as a fun way to pass the time with your family. Secondly, there is a selection of the mobility and stretching exercises which the PE department have put together. Use the instructions and photos to get your exercise routine on point. New exercises will be shared each week.

 <p>Run on the spot for 30 seconds before you roll the dice.</p>	<p>Perform 20 star jumps</p>	 <p>Move forward 4 spaces</p>	<p>Perform 10 burpees</p>	 <p>15 second water stop.</p>	<p>Name 10 of your favourite sports/ Dance people whilst performing shuttle runs.</p>	<p>Keep the balloon in the air for 1 minute.</p> 	<p>PE OFFICE</p> <p>Roll a 6 to continue playing</p> 
<p>Another player names a sport. You must spell it backwards whilst hopping on 1 leg</p>	<p>What you need:</p> <ul style="list-style-type: none"> • Dice • Playing pieces • Skipping rope (or skip without) • A Pillow • A balloon • Water for each player <p>Rules:</p> <ul style="list-style-type: none"> • Each player has a different game piece • Perform your favourite celebration every time you pass GO • Be the first to perform 3 celebrations to win <p>PE MONOPOLY</p> 						<p>Perform 10 push ups</p>
<p>Perform fast runs on the spot for 1 minute.</p> 							<p>Perform 5 different dance ACTIONS</p> 
<p>Perform 20 squat jumps</p>							<p>Keep the balloon in the air whilst explaining to the other players the benefits of exercise.</p>
<p>Perform 20 second arm circles.</p> 							<p>Move forward 2 spaces</p> 
<p>You are in the bad books! Go back to the</p> <p>PE OFFICE</p>	<p>Perform 30 mountain climbers</p>	<p>Skip for 1 minute</p> 	<p>Jump sideways over a pillow 20 times</p>	<p>Name 5 sports items starting with the 1st letter of your name whilst performing a balance.</p>	<p>Perform 10 sit ups</p>	<p>Perform a 20 second plank</p>	<p>ROLL AGAIN</p> 

Mobility Session 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.

Stretching Session 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 4x a week.

Hip Thrust Start with the shoulders on the bench/chair/sofa and the feet placed slightly in front of you, starting in a tucked down position. Initiate the movement by driving through the heels and squeeze the glutes to the ceiling, the shoulder, hips and knees should be aligned and knee joint should be at 90 degrees at the top of the movement



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.



A message from your Progress Leader

Now, more than ever, we need to focus on our behaviour online to make sure that we are staying safe and making good decisions. Over the next few weeks, Progress leaders will be emailing out some resources (also on Go4Schools) on the topic of internet safety. The resources are interactive and will also help students to reflect on how they use the internet.

About Thinkuknow

Thinkuknow is the online safety education programme from the National Crime Agency.

You'll find lots of support and advice for young people at www.thinkuknow.co.uk.

Parents and carers: Once a fortnight, on Tuesdays, they will produce an activity sheet to help you support your child while schools are partially closed. There's also plenty of advice for parents and carers on keeping your child safe online at www.thinkuknow.co.uk/parents.



Next steps for our students aged 15+

Are you a parent or carers of a 15+ teenager, student, or new grad? Worried about how COVID-19 may affect their futures? Join in a FREE eight-week career choice course taught live to help your child work out their next steps (and yours too). Supported by some of the UK's top experienced and qualified careers professionals.

Over the next 8 weeks they are going to be running a programme to support with employability skills. There is a video introducing what it is all about, and where people can join. There will be activities, live videos and opportunities to meet the experts.

I would say this is a must do for any parents/students at the moment who are worried. We don't have all the answers, but initiatives like this will provide some ideas and reassurance.

This free 8 week course has been specifically put together because of the impact of the current situation. It can be accessed here:

<https://www.careeralchemy.co.uk/inspired-teenager-plus-explained.html>

Take a trip around the world



Bored of the living room? Fancy visiting somewhere new?
Check out this list of 60 virtual tours.

You can travel from Baltimore National Aquarium, to the famous Smithsonian museum of Natural History in the USA before breakfast then head to Anne Frank's house in Amsterdam followed by the Louvre in Paris before lunch, ending up in the Acropolis in Greece before teatime. Then the next day head up the Eiffel tower, zoom across the Giant's Causeway in Northern Ireland and saunter back along the Great Wall of China. Take a virtual tour around 60 of the world's famous landmarks, museums and zoos. The world is your oyster! Find a PDF with all these places and many more on our website. You can find it under Students/Homework. Or click here:

<https://www.montsaye.northants.sch.uk/assets/Uploads/60+-Virtual-Tours-and-Trips.pdf>

Wellbeing

ERA Wellbeing: Keep occupied, be kind

Day 1 Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.	Day 2 Enter the Kindness Competition & submit by 13 th April – <i>see slide 2</i> https://www.ditchthelabel.org/choose-kindness-competition/	Day 3 Call a relative or friend who is far away and have a chat with them.	Day 4 Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station.	Day 5 Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn't already know.	Day 6 Look at the resources and information available on the Young Minds website https://youngminds.org.uk/
Day 7 Visit a virtual museum! Go online and explore the collections. https://www.britainonline.com/museum.html	Day 8 Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.	Day 9 Turn your devices off and enjoy spending some time with a sibling or parent/carer.	Day 10 Create an information booklet about the importance of hand washing and hygiene.	Day 11 Make your own riddle and see if anyone can guess what it is.	Day 12 Do something helpful for a friend or family member today.
Day 13 Find out all of the Fundamental British Values and create an informative poster on one of them.	Day 14 Send a positive message to all of your friends.	Day 15 Listen to your favourite song and make up a dance routine or a backing track.	Day 16 Explore the Titanic as an online tour. http://titanicvr.io/	Day 17 Make a card for someone's birthday/celebration coming up.	Day 18 Play a game that you haven't played in a while with someone else in your house.
Day 19 Hoover the stairs or a room in your house.	Day 20 Learn how to cook a meal and eat together.	Day 21 Leave a thank you note for someone else to find in your house.	Day 22 Research and produce a mind map and fact file about all the places in the world you would like to go.	Day 23 Write and illustrate a comic book or story to uplift people's spirits.	Day 24 Go on an online tour -parks https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?hlid=hwAR1327BSYShu-zhZolMnpaalaVtBkS3C00RitZgnCNloxUSelbK09pKc4
Day 25 Read a book and plan a theme park around the main places, themes and characters.	Day 26 Find out which animals are soon to be extinct and create an advert to save one.	Day 27 Watch a film with someone at home and make sure you turn your phone off.	Day 28 Make sure you get 8 hours sleep tonight. Note how you feel the next day.	Day 29 Draw a picture of what you see in your garden or out of your window.	Day 30 Write down 5 things you are thankful for in your life.

See next week's bulletin for a new list of 30 wellbeing activities for the month of May

Main 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 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. 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

CRISIS CAFÉS

If you find yourself in crisis or need support with your mental health in the evening and/or at the weekend we are here to listen and help you in your time of need.

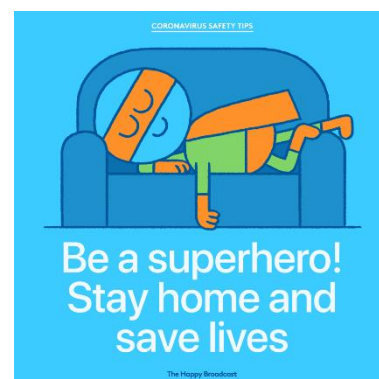
Mind Cafés have professional mental health workers who can offer you a safe space. Our aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing.

There is no need to call, just drop in to find a safe place with hope and comfort and find your pathway to recovery.

CRISIS CAFÉS TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Sanctuary @ Corby Mind 18 Argyll St, Corby, NN17 1RU Tel : 01536 267280				5-10 PM	5-10 PM		2-8 PM
The Mixing Bowl @ Kettering Mind 49-51 Russell St. Kettering, NN16 0EN Tel : 01536 523216		5-11 PM	5-11 PM	5-11 PM			



Find out more about ex-Montsaye student Charlie Such and his amazing tribute to Captain Tom in our ERA heroes bulletin coming next week! Or follow us on Twitter and facebook to keep up to date with all our news.



<https://www.facebook.com/montsaye/>



<https://twitter.com/montsaye>