

MONTsaye PASTORAL BULLETIN

INFORMATION FOR FAMILIES



Dear all,

I hope you are all doing well and continuing to adapt to the 'new normal'. I wanted to start by saying on behalf of myself and all of the staff that we are really missing you all and that daily interaction that we would be having with you if we were all in school. I know that many of you are working well at home and engaging in the home learning that has been set by your teachers. On this, I just wanted to say how important it is that you take a break and that you do this regularly throughout the day and chunk up the work so that you don't feel like you have to complete it all at once. We fully appreciate that it is difficult

when your teacher is not there to direct you through it but please remember to not put too much pressure on yourselves to try and get tasks all completed at once. Always check in with your Progress Leader if you are unsure about anything.

One thing I would encourage is learning something new. I know that staff are all trying different things that they would not previously tried or had the time to do. I have been trying to learn Italian as it is a language that I have always wanted to grasp. Give it a go, do and learn something outside of the box to challenge yourself.

I hope you all have a lovely week, take care. We will come out of the other side of this; a little more patient, resilient and determined.

Stare al sicuro

Mrs Gabbi

We want to hear from you!

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>

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>

World Book Night

The 23rd April is a day known for many things annually: St.

George's Day and Shakespeare's birthday to name a few. This year,

Thursday 23rd April was a big day for a number of other reasons: it marked

the beginning of Ramadan, was the date of the BBC and Comic Relief's first ever collaborated charity broadcast, the Big Night In, and marked the weekly Clap for Carers, a celebration of our fantastic NHS and care services.

But the 23rd April was also big globally for another reason, as between 7-8pm, the Reading Agency's World Book Night Reading Hour took place. This was an opportunity for everyone to sit down without distractions and enjoy the simple pleasure of reading. Montsaye Academy was delighted to be a part of this, engaging with the community via Twitter ([@Montsayereading](#)) and sharing some staff picks.



We started with a phenomenal effort from Mrs Berry, who recommended some short stories by John Steinbeck for all those who enjoyed reading *Of Mice and Men*.

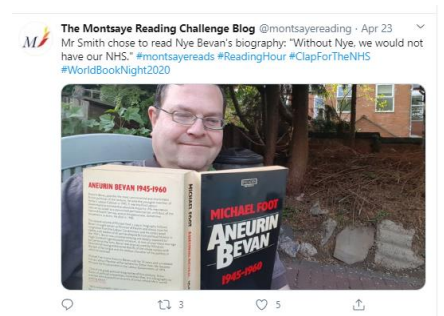
Next up, Mr Sloper waded in bravely with a brand new haircut but a classic choice: the ever popular *Harry Potter and the Philosopher's Stone*. He recommends reading the illustrated versions, as the fabulous Jim Kay's re-imagining of characters and iconic settings add even more magic to J.K.Rowling's masterpiece.



Not to be outdone, Mrs Bateman and Mr Shea quickly both got involved with their own choices. Inspired by the Montsaye Reading Challenge, Mrs Bateman has been reading *The Invasion*, the sequel to Pedar O’Guilin’s *The Call*. Mr Shea on the other hand is reading Naseem Rakha’s *The Crying Tree*, which explores the story of a family struggling to cope with the death of their son. Equally compelling reads, but for very different reasons!

Mr Smith was reading a very relevant book – can you spot why?

Many more staff got involved, as well as some pets... see the blog on our website for more inspiring examples: <https://montsayereading.wordpress.com/>



Every Thursday, we invite everyone in the Montsaye community to participate in the Montsaye Reading Hour. It doesn't matter when or where you take part, as long as you take the opportunity to read without distractions or interruptions. Each week, a selection of the best entries will be retweeted by the @montsayereading Twitter account. All you have to do to take part is post a picture of you reading on Twitter, tagging the @montsayereading account using #montsayereads #montsayereadinghour. Retweets will occur between 7-8pm every Thursday.



TOP
TIPS
ON
TECH

Top Tips on Tech for home schooling and lockdown

BT have joined up with ITV and created Top Tips on Tech - a series of videos and guides to help you, your family and friends learn about different technologies and how to get the most out of them. Watch their series of special ad breaks every weekday on ITV, showing in the first break of This Morning and the central break of the ITV Evening News.

This week: How to get the most out of WhatsApp

Clare Balding explains how you can use WhatsApp to stay in touch with the people closest to you. If you want to share these tips and tricks with others, you can also download the simple step-by-step guide below.

Here are some more examples of what's available and where to find them:

Marvin and Rochelle talk through ways to keep your kids safe online

https://www.youtube.com/watch?time_continue=1&v=cTxEiNMCKBU&feature=emb_logo

How to avoid online phishing scams with Angelica Bell

https://www.youtube.com/watch?time_continue=1&v=kjV1e5lCuH8&feature=emb_logo

Tech tips for home schooling with David Walliams

https://www.youtube.com/watch?time_continue=1&v=e2IzBcIie6l&feature=emb_logo



Family time online with David Walliams



https://www.youtube.com/watch?v=L_ItkWkQQ88&feature=emb_logo

How to stay happy and healthy at home with Fearne Cotton

https://www.youtube.com/watch?v=GbG7JFRZc7w&feature=emb_logo



New Kettering Food Bank

 A new chapter starts tomorrow at The Great Recycling Project in Kettering Leisure village as they open their very own food bank 

Opening hours are 12pm - 4pm each Monday, Wednesday & Friday at Barn 3, Broughton Grange Business Centre, Headlands, Kettering Leisure Village, NN156XA (up past the golf club at the very top of the hill fork left past the big house we are in the courtyard on the right with the big shutter doors).



This is a self-referring food bank so if you are struggling please get in touch during 9-5 weekday working hours only unless a professional.

They are still sourcing fridges & freezers so if anyone has any good condition working ones they no longer need please consider giving them to the Food Bank.

The Food Bank relies on continued support from the community, to help keep their shelves full to maintain this vital provision. Please think of them when clearing through your kitchen cupboards. 😊🇬🇧 Stay safe folks 😊

Art, staying creative in lockdown

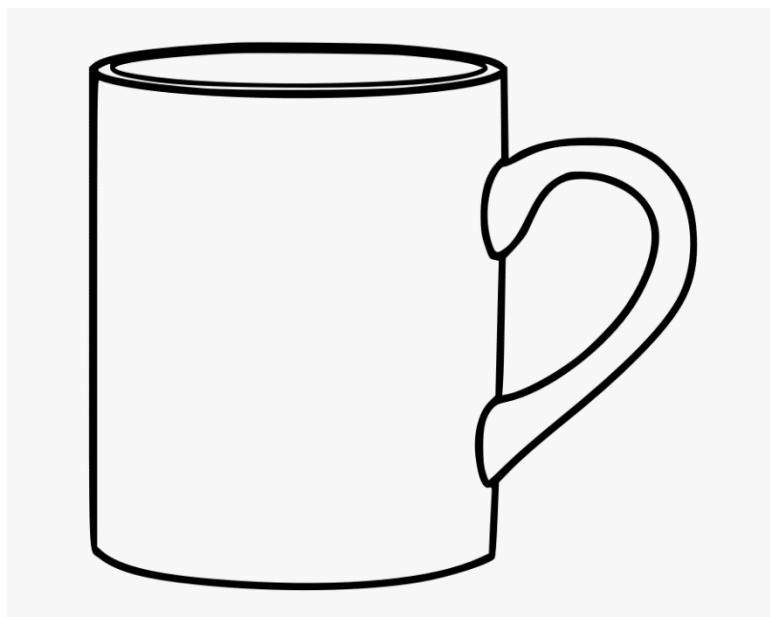
The wonderful Art department at Montsaye Academy have been putting together some ideas about how you can get creative and lose yourself in some arty mindfulness for an hour or two. First, Ms Corr explains the benefits of Art on your wellbeing.

Art allows us to:

- EXPRESS OURSELVES- Letting those feelings and emotions out
- DE- STRESS AND CONNECT WITH OUR EMOTIONS
- BE CREATIVE
- LOSE OURSELVES (great for passing away the time in lockdown)
- GET MESSY AND HAVE SOME FUN
- USE OUR IMAGINATION (escape to wherever you like)
- BUILD ON PRACTICAL SKILLS AND IMPROVE
- FOCUS AND CONCENTRATE
- EXPLORE AND EXPERIMENT
- BE UNIQUE AND ORIGINAL
- SHARE WITH OTHERS - work with others in your household, create together
- PROVIDE VISUAL JOY FOR OURSELVES AND OTHERS
- CHANNEL POSITIVE ENERGY- keeping us calm and tranquil



Design a MUG inspired by the NHS
Feel free to use the template below.....



Community matters: focus on Desborough

There is so much going on in our communities at the moment. Montsaye Academy is proud to be able to share some of what is going on. This week we focus particularly on Desborough. Please get in touch and let us know what is going on in your town or village.

There is also group of volunteers in the community, doing shopping for people who can't get out or are isolated. It was an idea formed by 6 people initially and to date they have 52 volunteers. They are averaging 50 deliveries a week and it is rising.

To the right is the poster being delivered to many homes and being given out constantly.

This week a plea went out for ear straps to go to Cheaney Court Care home in Desborough. They now have PPE but the masks were hurting their ears. Within 10 minutes of asking, Desborough craft page and friends had sources over 50 ear protectors. These were then collected by Montsaye Academy's very own Linda Burnham (FOMs) and delivered to the people who need them. The staff at Cheaney Court were overwhelmed and so grateful.



The Hilltop Co-op in Desborough has been asking parents to bring in pictures of rainbows. Parents are asked to bring along only when they are doing their weekly shop and not to make a special journey.

There is so much going on in the community to support those who are vulnerable and most in need. If you are over 18 and are able to help do contact the NCC number above. Equally if you live in Desborough and need support, do get in touch – see the poster for details.

What's going on where you live? Let us know at school so we can share the good news.

COVID-19

**Desborough Community
Emergency Deliveries**

This is a volunteer run service in conjunction with
Desborough Town Welfare Committee
for those who are unable to leave their homes.

We will provide a free delivery service
of essential supplies only
in Desborough once a week delivered to you
with the receipt and take cash payment.

All volunteers will have safe hand cleaning,
handling facilities and will carry ID.

To use this service please ring:
01536 233707, 07970 733946 or
07762 722074 to discuss arrangements.

Volunteers needed!!!

NCC has a support line for those requiring help, call
0300 126 1000 (option 5) or email
nccg.communityresilience.covid19@nhs.net

Registered with NCC as a Voluntary Organisation, Reference: VO190576554



A message from your Progress Leader

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

This week it's Progress Leader for Year 11, Mr Roberts

Dear Year 11,

I wanted to resend the information I emailed out last week just in case you haven't all checked your school emails. This newsletter is an ideal way of reaching you and your parents.

Firstly, I hope you are all keeping safe and your families are well. It is a very strange time for anyone- we all expected to be cramming towards the GCSEs now but instead we are all stuck at home trying to find useful ways to use our time. I have even painted my garden fence and so I must be bored!

I have sent some tasks regarding internet safety that would be useful for you to do. They are on Go4Schools now. For those of you planning to do A' Level there will be work on its way soon (you might have already received some for some subjects) to help you prepare. A' Level is a big jump so use this time to get yourself ready for it. Mrs Jones will be in touch soon BUT- you should attempt these tasks even if you are planning to do your A' Levels away from Montsaye.

University of Northampton have also sent out the following links that may be useful to many of you-

Careers films on the web

Careersbox is the national careers film library, a free careers resource showing hundreds of real people doing real jobs. This is a great place for students to gain an insight into a wide range of careers and see the work that is involved in different roles they might be interested in whilst still at home. <https://www.careersbox.co.uk/>

Amazing Apprenticeships live broadcasts

Schools and educational establishments in England can access the very latest apprenticeship information through live broadcasts – completely free of charge! Students do not need to watch live and can catch up online. <https://amazingapprenticeships.com/live-broadcasts/>

If you have any questions regarding careers then please email Mr Doherty:

Ian.Doherty@Prospects.co.uk. I might be able to arrange a telephone chat with him and your family- let one of us know if you need to.

The school is working very hard to ensure every student receives a centre-assessed grade for each of their GCSE qualifications. These will be fair grades, based on what we reasonably think you will have achieved in the summer. We are using all sorts of evidence including the numerous mock exams and the historical degree of progress that most students make in the last half term. I hope you will understand that we cannot discuss these grades with you or

your parents. They are strictly confidential until the exam boards publish them. Try not to worry- there isn't anything more you can do. Be reassured that we know you well and the outcomes will be fair. We anticipate these results being published by the awarding bodies on the scheduled **GCSE results date Thursday August 20th**. We will let you know more, closer to the time. This video may be helpful- :

<https://www.youtube.com/watch?v=VXuDOrtJY1Q&feature=youtu.be>

Finally- remember we promised to organise a prom for you sometime in the autumn when it is safe to do so. I hope to see you all there.

Please remember that all your tutors, myself and Ms Patrick are just an email away if you have any questions or worries.

Mr Roberts



University of Northampton: *What's on offer?*



Screen Northants Film festival

Lockdown competition - a chance to win £300 as long as you have a connection to Northamptonshire! 1st May deadline (Please get in touch if you intend to enter but can't meet the deadline) <https://screennorthants.wordpress.com/2020/04/07/be-kind-of-a-big-deal-in-your-living-room-lockdown-short-film-competition/>

Short film entries - must have a connection to Northamptonshire can be entered for free into Northampton Film Festival 2020 until 1st May deadline.

It has to be under 30 mins but can be shot anywhere, could be an animation or a documentary or a drama or anything really!

Judges are Colin Salmon (Bond), Julie Hesmondhalgh (Broadchurch) and Hugh Dennis (Mock the Week). Submit your films here - www.northamptonfilmfestival.co.uk/submit-a-film/



Virtual school games

Also, please check out an offer from Northamptonshire Sport (NSport): **Virtual School Games** Starting Monday 4th May 2020 Nsport School Games goes virtual and online.

9 weeks and 8 sports from children's homes or school. Each week three sporting challenges will be set using equipment available from children's own homes.

To register go to <https://www.northamptonshiresport.org/school-games>



Observe GP

Observe GP, is a free interactive video platform, created by the Royal College of General Practitioners for aspiring medics **aged 16+**. It provides insights into medicine, in particular general practice, through videos and activities and is launching on 30 April 2020.

Click on the link to learn more

https://www.rcgp.org.uk/observegp?utm_campaign=1367317_Launch%20of%20Observe%20GP&utm_medium=email&utm_source=Dotmailer&dm_i=49LX,TB11,5WI3JO,3JBQF,1

Click on this 6 minute Youtube link to learn more about the programme

https://www.youtube.com/watch?v=0BsRnI1C8G8&utm_campaign=1367317_Launch+of+Observe+GP&utm_medium=email&utm_source=Dotmailer



Free coding programme

Free coding programme for 12 to 17-year-olds

Until Wednesday 3 June, secondary school students can learn to code for free with [Amazon Future Engineer](#) (in partnership with Fire Tech, which normally charges £300 for similar courses aimed at teens).

There are 20 hours of free content (including how to control a drone), covering computer programming aspects in line with key stage 3 and 4 of the national curriculum. Amazon identify that by the end of the course, students will have solved problems of an equivalent level to GCSE computer science courses.



Resilience resources

Resilience Resources on the Hub

The NCOP Aspire Higher team have now made some downloadable resilience resources available on the Hub website. These resources are for students, parents/carers and teaching staff, to help them understand and build resilience in themselves and their studies.

These, and all other hub resources can be accessed here:

<https://aspire-higher.co.uk/resources/> - sign up for the bi-weekly newsletter at the bottom of the page

Online resilience for parents

Bounce Forward have produced an article for parents offering advice on how they can help teenagers maintain a positive mindset whilst at home during Covid-19.

<https://bounceforward.com/news/covid-19-raising-the-need-for-resilience/>

Wellbeing: Health and fitness

Yoga

This week check out the yoga challenge Miss Malins has set.

Health and Safety

- Ensure you are in a clear space with no obvious hazards.
- If you have a mat put this down, if not a towel will do.
- Always remember to warm up.
- If you begin to feel faint, dizzy or have any physical discomfort, stop immediately and seek medical advice.

Activity Ideas

- Try different levels based on your challenge.
 - Consider creating a short Yoga routine and lead a Yoga session for the family.
- Use YouTube to find Beginners Yoga lessons to follow from the comfort of your home.



Tree Pose

- From a standing position shift your weight slightly onto your right foot and behind your left leg.
- Hold your left ankle and position your foot above your right knee with the sole of your foot against your standing leg.
- Raise both arms upwards keeping them straight and stretching the fingers.
- Look up at your hands

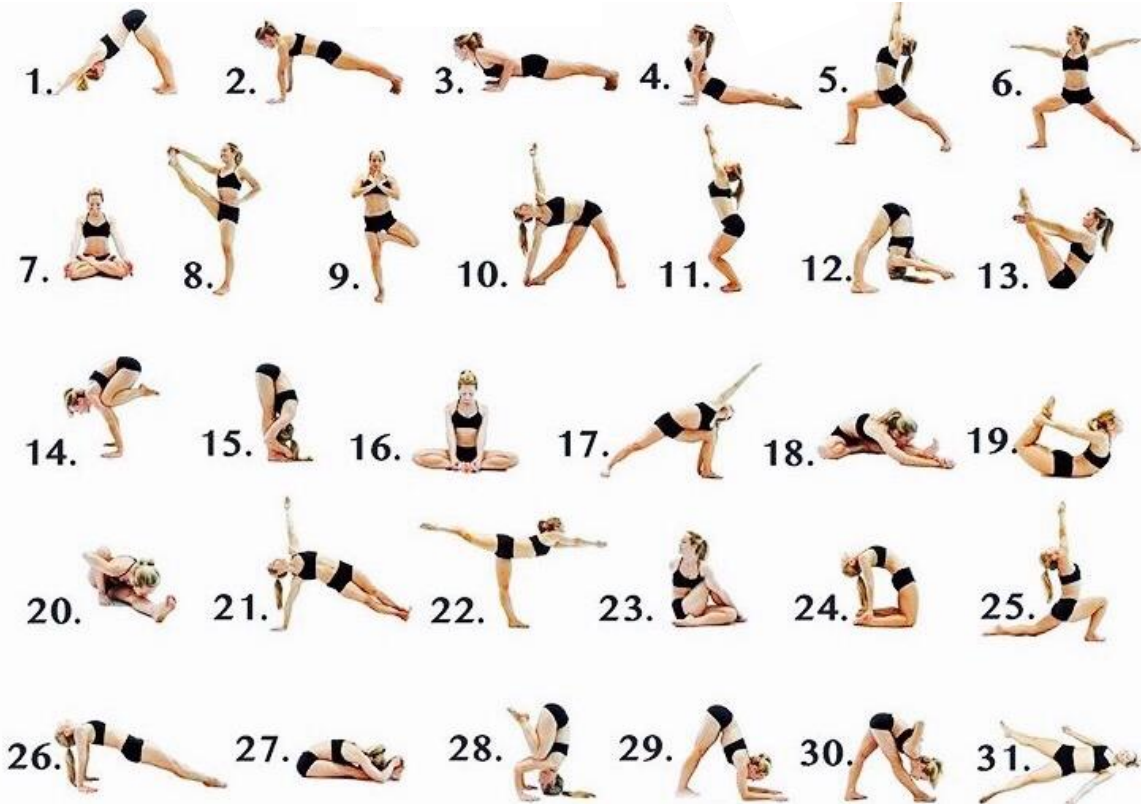


Easy Pose

- Cross your shins, widen knees and place each foot under the opposite knee
- Relax feet so outer edges rest comfortably on the floor
- Sit up straight and rest the back of your hands on your knees
- Your thumb should remain in contact with the tip of your forefinger

May Challenge

- Try to complete a different pose for each day in May.
- Get the family involved.
- Send photos of your attempts at yoga to Miss Malins for us to share!



VE day celebrations 🇬🇧



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.



Wellbeing: keep talking

Conversation starters

General

How are you feeling?

How do you feel about staying at home?

Serious

What was challenging about today?

How can I support you through this?

Fun

What's your favourite TV show at the moment?

Is there a good book you would recommend?

Encouragers

I love you, nothing can ever change that

Even if I don't understand, know that I want to

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.

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
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.

Home Learning



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