

# Montsaye ERA Heroes

*Stay Home, Stay Safe, Stay Connected*

*Wednesday 29th April*



**Bethany (yr 12) and Amber (yr 10) S's mum** is a Paediatric nurse at Leicester Royal Infirmary.

She works on a paediatric high dependency unit, in full PPE for a 12 ½ hour shift! She looks after very poorly children who need 24hr care.



**Shannon B's (yr 12) mum** works for the NHS in Corby, helping patients with everyday needs. She works long shifts to make sure her patients get the best help provided. She's always willing to take on more shifts if they're are low staff. She has the most caring personality and loves her job.

Georgina (yr 12) and Samantha (yr 9) S' **mum Nicki** is an NHS key worker who works in Cransley Hospice. Cransley Hospice provides end of life care and support for patients suffering with diseases such as cancer and MND. In this current pandemic, Cransley Hospice is taking care of COVID-19 patients who have been transferred from Kettering General.

Nicki, alongside many of the healthcare team who work at Cransley Hospice, are putting their lives at risk to make sure that these patients are clean, washed and comfortable in the current situation that has taken over their lives. They are still continuing in their work, just as normal, to try to provide as much of a normal life for their patients and in doing so risking their lives to help fight this virus.



Massive shout out to our very own **George B-C** in Year 12. He deserves a special mention since, alongside his school work he has also been working at a local hospital, putting in extra shifts when they were short staffed to help keep the hospital clean and keep people safe.

The whole **Squires family** (Summer's parents) have been working hard, with mum and dad going out to work with Covid-19 patients and still doing their best to create a happy and safe home learning environment. Like so many of our families, they are trying to find some routine in a very unfamiliar situation and in spite of having to deal with strict post-shift rules around staying safe and inevitably missing other family members, this whole family is working together to stay well, keep busy and have some fun. We salute you Squires family!!

# Ex-Montsaye students making a difference

## JJ's street lockdown gets us moving

JJ (Josh Jackson) is no stranger to supporting his local community and since leaving Montsaye Academy has regularly returned to support a range of dance groups. Now during lockdown it's no different. 'Street Lockdown' is a new series of online dance classes where JJ will be teaching different dance skills and movements for you to impress your friends. It's for all age groups (including adults). This image is from Episode 1-A Basic Arm Wave.



Find out more at <https://www.facebook.com/fiestasportscoaching> or follow JJ on Instagram.

## Charlie Such shows his amazing artistic talent again



Former Montsaye Academy pupil, Charlie Such, 21, has honoured Captain Tom Moore, by painting this brilliant depiction of him. Captain Moore, now famous for his phenomenally successful fundraising garden laps, turns 100 years old this week, is described by Charlie as '*nothing short of a legend.*' Charlie, who started his own business six months ago, spent 24 hours creating the painting over the space of two days.

Images of the canvas have been liked and shared thousands of times online - including from Capt Tom's own Instagram account.

To see more of his work visit the [Pictures & Portraits Facebook page](#) or search for charliesuch\_ on Instagram.

## We want to hear from ERA heroes

Keep them coming in to [eraheroes@montsaye.northants.sch.uk](mailto:eraheroes@montsaye.northants.sch.uk) stating you are happy to for us to share your work or photos. Follow us on twitter and facebook to keep up to date!!



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



<https://twitter.com/montsaye>

# Teachers are heroes too

## Our Design and Technology heroes

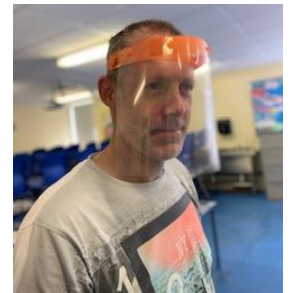


Mr Cope, Mrs Edney and Mrs Brotherston have had 2 days (whilst school was being deep cleaned by our brilliant team) in the Design Technology department making 75 visors, 80 headbands & 25 scrubs bags! Their

contributions are being distributed by Stuart & Catriona Eaton to KGH via scrubs up for Northants NHS, Phil Cole & his wife to Glenfield where she works & Wellingborough Ambulance Service.



#teammontsaye #ERA



### Vive Madame Lagarde!

We received this nomination from some yr 12 students this week. Well done Madame Lagarde!

*I am writing on behalf of my year 12 French class. We would like to nominate our teacher, Mrs Lagarde. She is the epitome of an ERA hero. She constantly puts in 100% effort into supporting our learning and proving the best learning experience possible for all of her students. From spending hours putting vocabulary on Memrise, to doing online Teams lessons during the lockdown, she's an amazing teacher and her hard work and effort definitely needs to be recognised. During the lockdown, Madame Lagarde has done a 1:1 speaking exam with every student, preparing us for our future exam, which we think is so selfless. None of us know where we would be without her.*

*Eleanor Anderson Butler, Holly Cooper, Cameron Reynolds, Bethany Spencer.*



## Mrs Hodges has been making PPE at home



The multi-talented Mrs Hodges has been putting her time to excellent use by making these bags and headbands for securing face masks. They are beautiful as well as potentially lifesaving! A nurse in Brixworth has taken 50 into NGH. Others have gone to hospital staff from Mrs Hodges' netball club and contacts from the local community. It's all been possible due to many donations of material from people in the village - it's amazing – teamwork in action.

*#Excellence #Resilience #Aspiration*



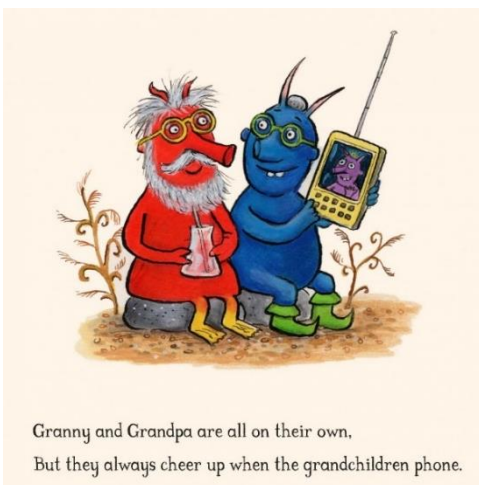
## Mrs Cooper's cousin showing science runs in the family



Mrs Cooper was proud to share with us this week that her cousin Sarah Gilbert is one of a team of scientists at Oxford university who are working tirelessly to produce a vaccine for Covid 19. The professor of vaccinology at Oxford University, says she is "80% confident" that a jab being developed by her team will be proved effective by the autumn. Follow this link to see an interview and check out Friday's bulletin for more information on the science

behind vaccines. [https://www.youtube.com/watch?v=F-S\\_Pqt1A\\_I](https://www.youtube.com/watch?v=F-S_Pqt1A_I)

## Don't forget - ERA heroes keep in touch with older relatives



It can be a lonely time for older people at the moment. If there are grandparents or other family members who might be feeling lonely why not give them a ring or a video call. You can even get them to test you on your spellings or other homework. Stay in touch and make someone's day a little better 😊 #ERA #community. Or why not email us a letter and we will pass it on



to a local care home. See our bulletin dated 3<sup>rd</sup> April for details:

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

## **A letter to local elderly residents... and great advice for us all**

I am a student at Montsaye Academy and I am writing to you hoping that you are not lonely at this very challenging time. I am also writing to let you know that we are thinking of you and that you are not alone.

The Coronavirus is very worrying for all of us and it understandably causes stress, worry and anxiety for all of us. I know I feel that way! But it is also important for us to remember that everybody reacts differently to big things like this. I really think that this situation is temporary, and that these feelings will hopefully pass in time.

It is also very important to stay connected with your friends and family to help at this difficult time. I think that talking on the phone might be one of the best ways to do this. One of the good things about this time is that most people are at home so will be able to pick up the phone and life seems to have slowed down a lot lately.

I think that one of the best ways to keep on top of your emotions is to do things that you enjoy, like hobbies or things that you have never even tried before so that you can have some time to yourself and do something to take your mind off your worries. I know that this works for me. When we are stressed, we focus on the things that worry us the most. Instead of overthinking our worries we should try to distract ourselves from them by doing fun things that make us happy rather than make us upset or anxious.

Our school has been closed for over two weeks now and it is very weird not to be going to school, but I hope that it will get easier. My friends and I are continuing to stay in touch (as we all should), not only is it interesting to catch up with them and see what they are doing but it is good for all of us to stay in touch.

At home, I wake up and get ready for the day as I normally would (except in casual!) instead of just staying in my pyjamas as I think it is good to stay motivated and to try to keep some level of normality. That may sound strange, but I think it helps.

I feel scared sometimes, especially when I watch the news - but I am trying to stay positive, as I have faith in the people that take care of us all. We're not allowed to go out unnecessarily so my family and I walk my dogs every day, in the fields around my house, to stay away from everybody and to get some fresh air.

I think it is important for all of us to remember this time and how quickly the world can change...you probably know this more than I do! But also how people respond so positively in times like this, by dropping off food parcels to those who are vulnerable and cannot go out or reassuring one another that everything will be okay. I don't know how many sacrifices you have made in your life but please know that my generation appreciate all of them. We are all making our own sacrifices but this doesn't even compare to those of previous generations.

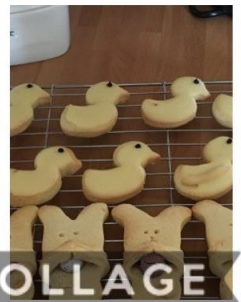
I hope that you stay safe and know that we are all here for you.

-Emily





**Easter means.... Easter Bake off! Well done everyone 😊**



Mrs Brotherston was thrilled with the high level and number of entries. She will give information about another culinary challenge very soon!





Well done to all students nominated this week. We are so proud of what our students have been accomplishing #ERA

## Super Scouts win Gold Award!

Over two days in April **Lucy S** and **Harvey S** have, after several years of effort and hard work, completed the final pieces of work to achieve their Chief Scouts Gold Award which is the highest award they can get for their age group. We think you are brilliant and have shown all of our values in abundance 😊



## Top musicians get creative

Mrs Gardner has set music performance homework for the whole of KS3. She has already received dozens of amazing videos and audio files. Those who deserve recognition are **Corbyn A** for his awesome hip hop beats, **Jessica G** for her video of a flawless round on Yokee piano, **Thomas M** and **William M** for wonderful recordings of their guitar renditions and **Katie H** and **Kian H** who have been using Cubase to write songs via video conferencing. **Gracie H** has also used YouTube and taught herself how to play the Ukulele. She sent Mrs Gardner a beautiful audio clip of herself playing Elvis's "Can't Help Falling in Love". #ProudTeacherMoments #ERA



Photo of Katie on Cubase and Jessica G's Yokee piano video

## Students working hard at home

Nomination from Mr Pierce: **Jessica C** - steady progress and high specification and volume of work done at home.

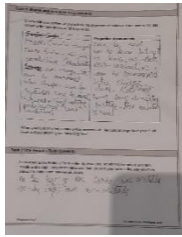
Mr Mayers' top picks: YEAR 7 **Oliver Sz, King T, Olivia S**

YEAR 8 **Olivia M, Oliver F, Corbyn A, Annabelle D,**

YEAR 9 **Grace O, Leon G, Keira F**



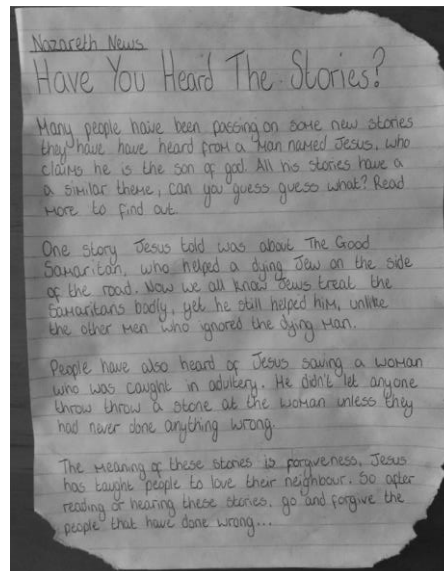
Check out this amazing cake by **Maddie G!** 



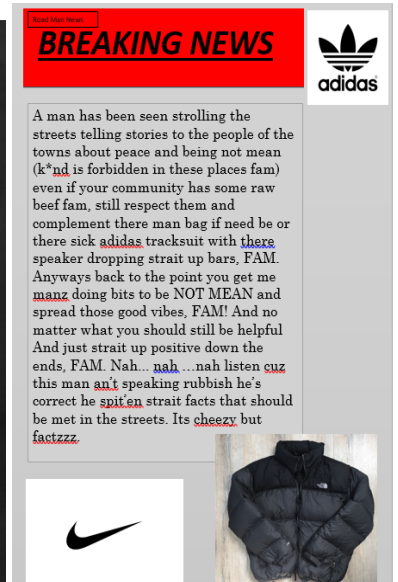
Mr Chandler was really pleased with **Sivi's** effort and achievement. This was one of 10 pages of science work completed, all to a good standard. Well done!!!



**Parables  
retold in  
EP!**

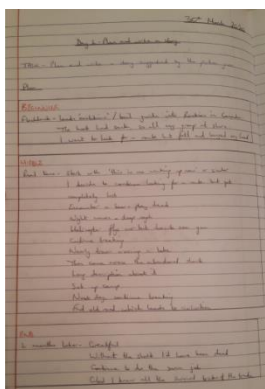


2. One of the parables is the parable of the prodigal son. In this story, a father has 2 sons (a wasteful one and a kind one). The older, extravagant son squanders his fortune, eventually becoming destitute. The younger son returns back home and begs his father to accept him back as a servant. Then, the father welcomes him with a festive party. The older brother refuses to take part in the festivities. The father tells the older son, "you are ever with me, and all that I have is yours, but thy younger brother was lost and now he is found. Another parable that I know is about Mary Magdalene. Saint Mary Magdalene was caught in adultery. After being caught, people wanted to stone her. As soon as they got ready, Jesus came along and said, "who among you is without sin, let him cast a stone at her first."



## Jesus of Nazareth!

A Jewish Man by the name of Jesus of Nazareth has been going around telling stories to our fellow citizens! He spreads stories in order to give us a message from God himself. People are hailing him as the Messiah and the One who will save us from our sins! He has told people the story about the Lost Sheep. In this story Jesus taught people that no one is perfect, and God will forgive us for our sins if we give our apologies to him. Jesus also told stories about The Prodigal Son. In this parable, Jesus teaches us how if someone ran away from God started doing things we shouldn't, he doesn't give up on us. Even when we do things that are wrong, he will always forgive us if we've truly changed and sorry for what we've done. Jesus will continue to spread the Word of God.

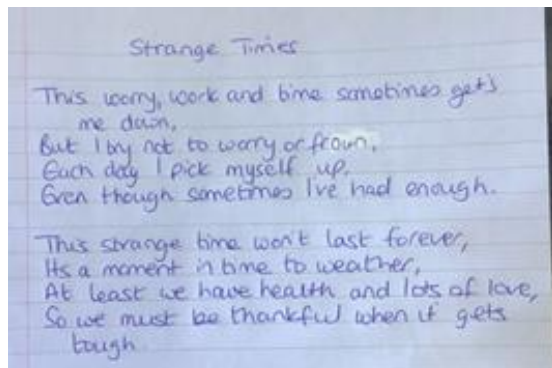


Mrs Bateman says: *Please could I nominate **Freddie L and Ben S** as ERA heroes. Both boys have worked relentlessly since the beginning of school closure, producing high quality work! I've attached an example of Ben's – I particularly like the description suggested by the picture and he completed some lovely green pen self-reflection following his story, I Should Have Known.*

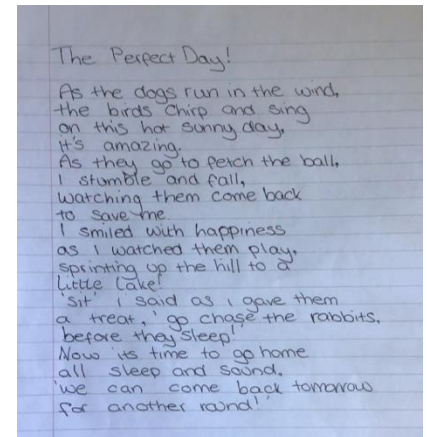


A nomination for **Luca M** in yr 10 from Mr Wiggins: *I nominate Luca Miller from Y10 as an ERA Hero. I see him pretty much every day running or cycling down the road keeping fit and healthy, and today he was taking himself through football training, what a resilient young man!!*

Mrs Bateman has nominated **Olivia M**, but also her mum as they have written some poems together. She wrote: *It was so lovely to read both you and your mum's poem, both beautifully crafted and a real reflection of the time of year, but also a very poignant*



*reflection of our emotions. I love the rhymes in both, but*



*also your mum's word play with weather. It's so lovely to write poetry together and I really hope you enjoyed doing it in the sunshine.*

Mr Fernandes in the science department nominated the following students who have done really well with their online assignments: **Hanna H** (yr 7: over 700 correct answers), **Rocco N** (yr 8: spent nearly 7 hours doing online work,) **Leon G** (yr 9: highest number of correct answers given).

**Emily H** in yr 12 is another ERA hero who has made an impact beyond the curriculum. Mrs Lopes would like to nominate her for making such a large contribution to the pastoral bulletin and the ERA heroes newsletter this week. She is a true example to younger students of working hard whatever the circumstances, but most importantly of being the kind of person who wants to make a positive impact on the world around her. #ERA

**Corey P** has been nominated not once, but twice! Mrs Cooper in English and Mrs Petchey (French) have both emailed in to nominate Corey. Mrs Petchey praised his lovely French work and Mrs Cooper has been impressed by his 'really good English work'.

Mrs Petchey was also full of praise for **Charlotte B** who is efficiently completing her French work. Bravo Charlotte!

Mrs Brotherston has nominated **Ben P** in Y10, for completing all tasks set and developing his presentation skills in Food.

Another frequent ERA nominee is Year 7 **Jessica G**. Mrs Cooper has praised her saying that Jess '*continues to shine. She began her English work Monday morning and 3 hours later, had completed the week's tasks which included a persuasive argument on 'why horse riding should be considered a sport'.* Well done Jess!



Message from Miss Coulson:

*I really wanted to show everyone an amazing comic strip that **Ben O** in yr 8 has made as an analogy to chemical displacement reactions.*

*What a great ERA hero!!*



She also said she was impressed by **Jack S's** completion of his science work, as well as the extra science experiments he has been doing at home!! His work is so incredible she had to nominate him!!

Mr Wing wants to give a shout out to **Ben S** (another regular ERA heroes nominee 😊). In the last few weeks Ben has ridden just over 200km in 8 hours and 14 minutes, run 3 x 5km runs, with times of 24.25 (new pb), 24.59 and 24.33. That's amazing Ben!!

Talking of keeping fit and healthy, Miss Malins wants to nominate **Franco P** for his excellent PE work. See the next page for a detailed outline of how a family could keep fit together.

Why not give it a try with your family (when the rain clears up 😊)



We'd love to see examples art work you produce during lockdown. Please

send in to [eraheroes@montsaye.northants.sch.uk](mailto:eraheroes@montsaye.northants.sch.uk)





# F.K.F Routine

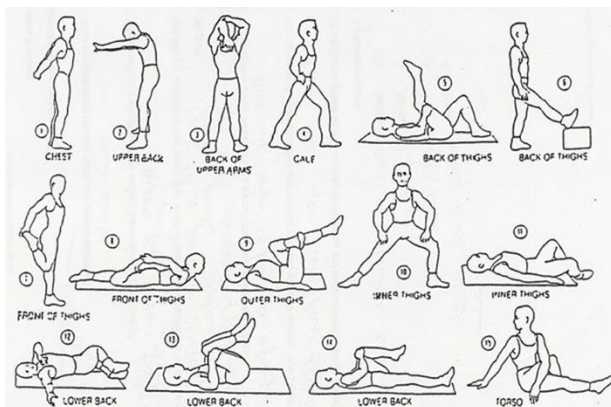
F.K.F (Family Keep Fit) is a routine you can do with all your family to keep fit in times like this. Use this routine in your back garden with some music every 2 days and you and your family will remain fit.

## What you need:

- Plenty of water
- Stop watch

Start by completing some simple stretches, you could use some below from our F.K.F website.

After completing some stretches, start getting competitive with your family, seeing who can do the most star jumps. Please make sure you are warmed up enough though before you push yourself too far.



Now, make sure to get some workout music on and plenty of water next to you to stay hydrated. Start with 30 seconds of on the spot jogging, have a 10 second break and repeat 3 times.

Now take turns, each having one minute, to make sure everyone is warmed up.

Now begin to work on the core, doing sit ups, crunches and press ups. Do 20 of each or more until you can feel your core – this means you're doing it right. Move onto the plank and hold for 1 minute, rest then repeat.

Then complete glute bridges, squats and lunges. Do 3 sets of 10 reps. With lunges make sure to swap leg.

Now lie on your back and begin to do some flutter kicks and side leg raises. Do both of these for 30 seconds, then have a 10 second break, then repeat.

Repeat jogging on the spot activity but higher the legs this time to knee height and try jogging a little bit faster.

To warm down, repeat some simple stretches from the beginning. You are warming down – nothing major.



# And finally... Toucan play that game!

Mrs Sutliff was amused this week to find that Ellie F (yr 10) had been teaching the process of protein synthesis to some unusual students.



Having found that the rest of the family weren't quite picking up the tricky concepts, she refused to quack up. She resorted to teaching her budgies. This could have driven her stork raven mad, or at the very least, been a little hawkward. Ellie was as chirpy as ever in the face of the challenge and didn't chicken out. Ellie said *'after lots of food bribes and paper flying everywhere- I got a couple of decent photos'*.

We're proud of you Ellie. Definitely something to tweet about!



Contact [eraheroes@montsaye.northants.sch.uk](mailto:eraheroes@montsaye.northants.sch.uk) stating you are happy to for us to share your work or photos. Follow us on twitter and facebook to keep up to date!!



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