



Rushden Academy Newsletter

Aspire, Explore, Succeed

23/04/2021

Message From the Principal



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Team Rushden - United we stand, divided we fall

Good afternoon

A reminder that next Friday 30th will be mufti day and all collections will go towards the repair of the Adventure Playpark at Stanwick Lakes (pictured below), this fantastic idea came from Elise in Year 11.



Please can you ensure that pupils come to school with water bottles daily and that their uniform continues to be smart.

It is also vital that students continue to test twice weekly, so we identify asymptomatic cases of coronavirus (COVID-19) and prevent the spread of the virus. We will continue to send reminder emails.

All staff, pupils and students who get a positive LFD test, should get a confirmatory PCR. The PCR test should be booked immediately either online or by calling 119 and should be undertaken within 2 days of the positive LFD result.

We have been asked by the government to share information about a national campaign that will be running from Wednesday 21 April for six weeks. You can find out more on the [IWF website](#), as well as specific sites for [parents](#) and [young people](#). It is called the Internet Watch Foundation campaign and was launched to raise awareness of "self-generated" child sexual abuse material

In the last year, ["self-generated" child sexual abuse imagery](#) has increased by 77% and is a third of all child sexual abuse material identified and removed from the internet. These included images of girls aged 11 to 13 whose abuse had been recorded via a webcam in a domestic setting.

To help prevent the creation of this type of abusive imagery, a campaign has been launched by the [Internet Watch Foundation](#) (IWF) backed by the Home Office and Microsoft. It aims to help raise awareness of this type of criminality among parents and carers of young teens, empower and educate girls aged 11 to 13+ to spot the techniques used by sexual predators and give them the knowledge to Block, Report, Tell someone they trust.

Thank you for reading this week's newsletter and continue to stay safe.

Mrs J Burton
Principal



TOVE LEARNING TRUST



Mufti Day in Support of Stanwick Lakes on Friday 30th April

Dear Parents/Carers

As you may have heard through social media and local news, the play installation at Stanwick Lakes was burnt down as a result of a criminal act. At Rushden Academy we are aware of the tremendous recreational enjoyment many local families have had whilst visiting Stanwick Lakes.

Elise in our current Y11 made the suggestion of our school doing their bit to help with the funding drive to replace what was destroyed. This is a fantastic idea and as such we will be holding an additional mufti day on the 30th April to raise additional funds to help support Stanwick Lakes.

Students can come to school in non-school uniform for a charitable donation of at least £1 on the gate on Friday 30th April.

HOW TO PROTECT YOURSELF FROM PHISHING



1

BE VIGILANT! IS THE WEBSITE YOU ARE VISITING **SAFE?**

2

USE A DIFFERENT **UNIQUE** PASSWORD FOR EVERY ACCOUNT.



3

MAKE SURE PASSWORDS ARE **TOUGH**. USE A PARAPHRASE INSTEAD OF A WORD.

4

DO NOT CLICK ON ANY LINKS OR DOCUMENTS IN AN UNSOLICITED EMAIL, **NO MATTER WHAT!**

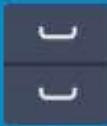


5

KEEP **SCHOOL** AND **PERSONAL** ACCOUNTS **SEPARATE**. DO NOT SHARE YOUR SCHOOL DEVICES WITH FAMILY OR FRIENDS.

6

DO NOT WRITE PASSWORDS DOWN OR KEEP THEM ON POST-ITS. NO REALLY STOP!



7

MAKE USE OF GOOGLE CHROME'S **PASSWORD MANAGER**. LET IT REMEMBER ALL YOUR PASSWORDS.

8

DO NOT ACCESS SCHOOL ACCOUNT[S] ON OTHER PEOPLE'S DEVICES OR PUBLIC COMPUTERS.



9

IF YOU ARE UNSURE, **ASK**. THE IT TEAM WILL HAPPILY CHECK THE VALIDITY OF A SITE OR EMAIL.

Contact Details

Please ensure that Rushden Academy has your up to date contact details. You can use the SIMS Parent App to make any changes, or email the school at info@rushden-academy.net

Year 11 May Assessment Timetable

You will only sit one of the two timetabled assessments during sessions 1 and 2. We will let you know which one closer to the time.

If you do not take the subject in any of the sessions you will go to normal lessons.

	Session 1 9am	Session 2 10.15am	Session 3 12pm	Session 4 2pm
Tuesday 4th May	English Language 45 mins	English Language 45 mins	Maths (calc) H 45 mins	Maths (calc) F 45 mins
Wednesday 5th May	Biology 35 mins	Biology 35 mins	Geography 45 mins	French Listening 45 mins
Thursday 6th May	History 45 mins	History 45 mins	Business GCSE Childcare French Reading 45 mins	Dance Paper 1 45 mins
Friday 7th May	Chemistry 35 mins	Chemistry 35 mins	Further Maths ICT 45 mins	Statistics 45 mins
Monday 10th May	English Literature 45 mins	English Literature 45 mins	Sport 45 mins	French Writing 45 mins
Tuesday 11th May	Physics 35 mins	Physics 35 mins	Business BTEC 45 mins	Dance Paper 2 45 mins

Please remember to bring black ballpoint pens, pencils, ruler, calculator, compasses, protractor and an eraser.

Considerate Parking near Rushden Academy

Please be considerate when you park near Rushden Academy to drop off or pick up your child(ren).

Please do not park on the zigzag yellow lines next to the school. This can obstruct the flow of traffic and block the line of sight for pedestrians and drivers.



Parents and Carers with young people in Year 9 -13

Join us for Wednesday Webinars designed for Parents and Carers and delivered by Aspire Higher. A session will be delivered at 10:30am and 6:30pm.

21st April

Student Finance: Repeat session of last terms Webinar. Explaining Student Finance from application to repayments.

28th April 2021 10:30am only

Student Finance: Hosted by a representative from Student Loans Company to answer general questions concerning the application process.

5th May 2021

Apprenticeships: Repeat session of last terms Webinar. An insight into different levels of Apprenticeships and where to apply.

12th May 2021

NSPCC: Online safety, hosted by NSPCC and Aspire Higher.

26th May 2021

Virtual tours: Support your young person to get the most from them.

To sign up:

<https://www.eventbrite.co.uk/e/wednesday-webinar-aspire-higher-tickets-137200938701>



For further information email:
Aspirehigher@northampton.ac.uk

Sexual Harassment in Schools: A Parents Guide

Dear Parents and Guardians,

This information is intended to help us work together to discuss the subject of sexual harassment to our children. It is our legal obligation as a school to educate our students on the definition, types, effects, and protections against sexual harassment. It is our hope that you thoughtfully review this guidance and then read and discuss the information with your children at their own pace of understanding. It is critical for our children to understand what is, and what is not, appropriate and that the laws are strict in terms of enforcement. Our goal is that every child in Rushden Academy is in an environment free from harassment of every kind.

Mrs P Smith
Assistant Principal/Safeguarding Lead

What is sexual harassment?

Sexual harassment is unwanted and unwelcome behaviour of a sexual nature which interferes with a student's right to learn, study, work, achieve, or participate in school activities in a comfortable and supportive atmosphere. Under law and policies, sexual harassment is illegal and is prohibited in school settings.

Sexual harassment may involve a boy harassing a girl, a girl harassing a boy, a boy harassing another boy, or a girl harassing another girl.

What Behaviours are Not OK?

- It is not OK to grab, touch, or pinch the private body parts of another person.
- It is not OK to grab another person's underwear or to pull someone's clothing up or down to show their underwear or body parts.
- It is not OK to say silly or nasty things about anyone's private body parts.
- It is not OK to make fun of someone for being a boy or being a girl.
- It is not OK to tell stories about anyone's body parts or their private behaviour.
- It is not OK to give an unwanted kiss or hug or to dare someone else to do that.
- It is not OK to brush up against someone in a way that makes them feel bad.
- It is not OK to pass notes, pictures, jokes, or cartoons that make someone feel bad.
- It is not OK to make gestures that make someone feel bad.

Continues on the next page...

Sexual Harassment in Schools: A Parents Guide Continued...

What to tell your children about Sexual Harassment!

- Sexual harassment is not your fault. Nothing you say or do makes you deserve it.
- Sexual harassment isn't about feelings of love or being attracted to someone.
- It's about having power over someone and not respecting their decisions and limits.
- Flirting is welcome behaviour that goes both ways and makes both people feel flattered. Sexual harassment, on the other hand, is unwanted behaviour. It is one-sided and uses the power of words and actions to make someone feel embarrassed or dirty.
- 'No' means 'no.'

How do I know when sexual harassment may be occurring?

Is my child being harassed? Is my child harassing someone? Ask yourself the following questions:

- Does the behaviour make my child or someone else feel bad?
- Does the behaviour interfere with my child's, or someone else's, ability to learn or to enjoy school or classroom activities?
- Does the behaviour involve one person trying to have some kind of power over another person?
- Is the behaviour part of a repeated pattern?
- Would I want this behaviour to be directed toward my child?

What should I do if I believe my child is being sexually harassed?

- Ignoring sexual harassment is not a way to stop it!
- Tell your child's teacher, a member of the safeguarding team at Rushden Academy, a member of the Ethos team.
- Tell your child to firmly say "No! Stop!" to the harasser whenever possible.
- Help your child to recall and write down: date, time, place, and other people who may have been around.

The government has also asked NSPCC to set up a helpline for children to seek advice. From the April 1st the NSPCC has launched a new, dedicated helpline for children and young people who have experienced abuse at school and also for worried adults and professionals that need support and guidance. Young people and adults can contact the NSPCC 'Report Abuse in Education' helpline on 0800 136 663 or email help@nspcc.org.uk.

You can find further information from NSPCC regarding Understanding **Sexual Behaviours in children**. <https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/sexual-behaviour-children/>

Time Out For Parents

Handling Anger in the Family



Sessions for anyone parenting children aged 5 to 16

Date
Every Tuesday, 9.30am - 11.30am
27 April - 18 May

This course will be run online via Zoom

Book your place online
visit www.hopeforfamilies.org.uk

For more information
Contact Louise Willis on
07784 333825
or email hello@hopeforfamilies.org.uk



positiveparenting
Common sense, jargon-free information and ideas to help
you to engage with your children and build your relationship

Time Out For Parents

Handling Anger in the Family

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 5 to 16, then *Time Out for Parents – Handling Anger in the Family* is for you. Over four sessions, you'll increase your skills and confidence as a parent and discover practical tools to help you and your children deal with the ordinary, everyday anger that all families experience.



The Sessions

- Session 1 Managing our anger – part 1
- Session 2 Managing our anger – part 2
- Session 3 Helping children manage anger – part 1
- Session 4 Helping children manage anger – part 2

Care for the Family Tovey House, Cleppa Park, Newport NP10 8BA
Tel (029) 2081 0800. www.cff.org.uk

Care for the Family – a Christian response to a world of need.
A registered charity (England and Wales, 1056905; Scotland, SC038497).



Podiatry could be the answer...



Do you want a career that is?

- Rewarding
- Front line
- Practical
- Great prospects
- Recognised abroad

Additional Funding

Additional funding is currently available during training

You could be eligible for £5000 per year from the NHS Learning Support Fund.

Plus, an additional £1000 for shortage specialism

Salary after training

From (band 5) £24,907 to £30,615 to
(band 9) £91,004 to £104,927



Do you have questions about this
career? Find out more.

LIVE Q&A
Wednesday 28th April 2021
4-5 PM



Lockdown Roadmap Step Up!



*At the earliest date

Stars of the Week

Congratulations to the following students for achieving star of the week.



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How to Access Go4Schools

Go4Schools is the online system that Rushden Academy uses to track student attendance, student progress and assign homework tasks.

Students and parents can access this at home to keep up to date, by checking timetables and homework deadlines. Student progress reports will be published through Go4Schools 3 times a year.

Please follow the instructions below to access Go4Schools.

Student access to Go4Schools

- ◆ Go to the Go4Schools student access page (on the top right of the Go4Schools home page)
- ◆ Type in your school email address in the first time user box (your computer login in followed by @rushden-academy.net)



First-time User?

If you haven't logged on to GO 4 Students before, type your email address and click the "please send me a password" button.

Email address:

Please note, if you are having problems with your password please contact your school. For Data Protection reasons we are unable to divulge or set passwords for students ourselves.

- ◆ This will send you an email link with your password
- ◆ Login with your new password

Parental access to Go4Schools

- ◆ Go to the Go4Schools parent access page
- ◆ Enter your email address (the one Rushden Academy contacts you on) to the first time user box
- ◆ This will send you an email link with your password
- ◆ Login with your new password

If you haven't received an email in 5 minutes, please double check you have your email typed in correctly and ask them to send the password again. If you have any problems accessing Go4Schools do not hesitate to contact the academy.

Mr P Bocking
Assistant Principal

Check if You or Your Child has Coronavirus Symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- ◆ a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- ◆ a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- ◆ a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Use the NHS 111 online coronavirus service if:

- ◆ you're worried about your symptoms
- ◆ you're not sure what to do

Are You Eligible for Free School Meals?

If you are in receipt of any of the following, your child may be eligible for free school meals.

- Income Support
- Income based Job Seekers Allowance
- Income related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit, with no element of Working Tax Credit, and a household income below £16,190 (as assessed by HM Revenue and Customs)
- Guarantee Element of State Pension Credit
- Universal Credit - income dependant

You can check your eligibility and apply for free school meals through Northampton County Council by clicking [here](#).

Northamptonshire Healthcare NHS Foundation Trust

WHAT'S ON YOUR MIND?

sex
contraception
exam anxiety
BULLYING family issues
alcohol SMOKING
HEALTHY EATING body image
social networking & cyber bullying
SELF HARM MENTAL HEALTH
relationships

for friendly, helpful advice
TEXT YOUR SCHOOL NURSE ON
07507 329 600

ChatHealth

#weareNHS

Northamptonshire Healthcare NHS Foundation Trust

CAMHS LIVE
#MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

CAMHS LIVE CAN BE ACCESSED VIA YOUR PHONE, TABLET OR LAPTOP AND IS A WEB CHAT. IT IS HERE TO HELP YOU ACCESS THE MENTAL HEALTH SERVICES YOU MIGHT NEED. SPEAK TO OUR ADVISORS ABOUT THE RIGHT OPTION FOR YOU.

LIVE AND ONLINE:
WWW.NHS.UK/CAMHS/LIVE

MAKING A DIFFERENCE FOR YOU, WITH YOU

Camhs
Where Young Minds Matter