



Rushden Academy Newsletter

Aspire, Explore, Succeed

13/05/2022

Message From the Principal



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Team Rushden - United we stand, divided we fall

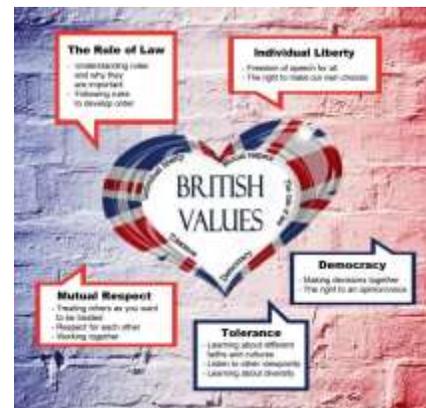
Dear Parent / Carer

Thank you to year 7 parents for attending parents evening last night, the turnout was excellent and all in all it was a very positive evening. Your feedback is invaluable and we have already taken action following on from the recent year 10 parents evening feedback so please keep us up to speed with any suggestions.

Year 10, 12 and 13 Performing Arts students participated in an external workshop with a theatre company called 'The Paper Birds' yesterday. Here is the feedback we received:

'I LOVED working with your students, I was utterly impressed by everyone. The energy in the room for both workshops was exceptional, everyone was motivated, positive and ready to work and created a supportive atmosphere for each other to perform. I am honestly SO impressed by the talent and culture of respect that was displayed today'

In this week's pupil feedback, they commented that they are supported well in lessons and they have extension activities if they finish before others. They talked about feeling safe and they enjoyed being at this school. Areas where they were less confident was in their understanding of what it means to be British. We do learn about this in form time, it is discussed in assemblies and PSHE but I thought I would share with you this simple outline (right).



We will soon be celebrating the Queen's Platinum Jubilee, as we come together to celebrate a monumental milestone, it will remind us what it means to be British.

Finally, we wish all of our year 11 and year 13 pupils all the very best of luck as they fully immerse themselves in the busy examination period. Advice is to keep revising, practicing papers, asking teachers for advice and don't forget we are here to support you with your examination stress.

Thank you for reading this week's newsletter, do take care

Mrs J Burton
Principal



PLETHORA

Word Type:
Noun

Synonyms:

- Excess
- Abundance

Antonyms:

- Dearth
- Lack

Example:

- Miss Neville has a **plethora** of vocabulary choices to describe Mr Glover's Rustlers burger addiction.

Definition:

- a large or excessive amount of something.

Lost Property

Don't forget that lost property can be found in student reception. There are currently a few items there, including some coats.

Please remind your child to check if they have lost anything recently.

All unclaimed items are donated to a local charity at the end of each term.

Check Your Contact Details are Correct

Please ensure the contact details Rushden Academy has for you are correct. You can do this via SIMS Parent Online or via the SIMS Parent App. If you have not received an invitation to login, please contact main reception.



Numeracy Problem of the Week



Using each of the numbers 1 to 9 once and once only, find two whole numbers, one of which is double the other.

Can you find more than one solution?

Go4Schools Parent App

We have now subscribed to the parent app for Go4Schools. You can download the app from the Apple App Store or the Google Play Store, and have access to your child's timetable, progress reports, attendance and behaviour information at the touch of a button.

For more information about how to create your Go4Schools Parent Account, have a look at the guide at the end of the newsletter.

Please note, we use Google Classrooms to issue and track homework, not Go4Schools.



Good Luck Year 11!

Our Year 11s have begun their exams this week and we are incredibly proud of their approach.

Year 7 have written good luck cards to each student to show that all of the school are behind them as they continue to put all of their effort into this final stage of their GCSE education. I have been able to read these cards and it is so lovely to see such kind words being written.

These will be shared with students shortly and I cannot wait to spread this positivity on behalf of Year 7.

Mr R Smart
Head of Year 11





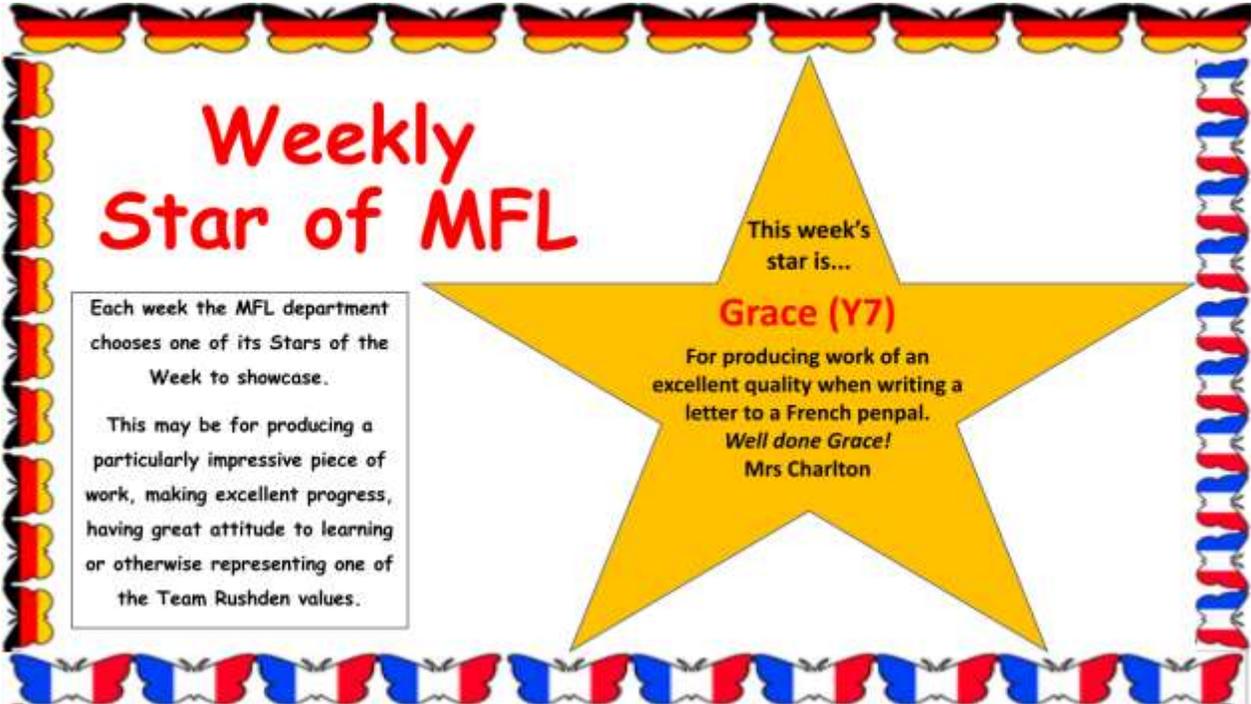
**RUSHDEN'S
GOT
TALENT**

**THURSDAY 26TH MAY
DOORS OPEN 7PM**

£3

CASH ONLY

**TICKETS AVAILABLE FROM
STUDENT RECEPTION**



Weekly Star of MFL

Each week the MFL department chooses one of its Stars of the Week to showcase.

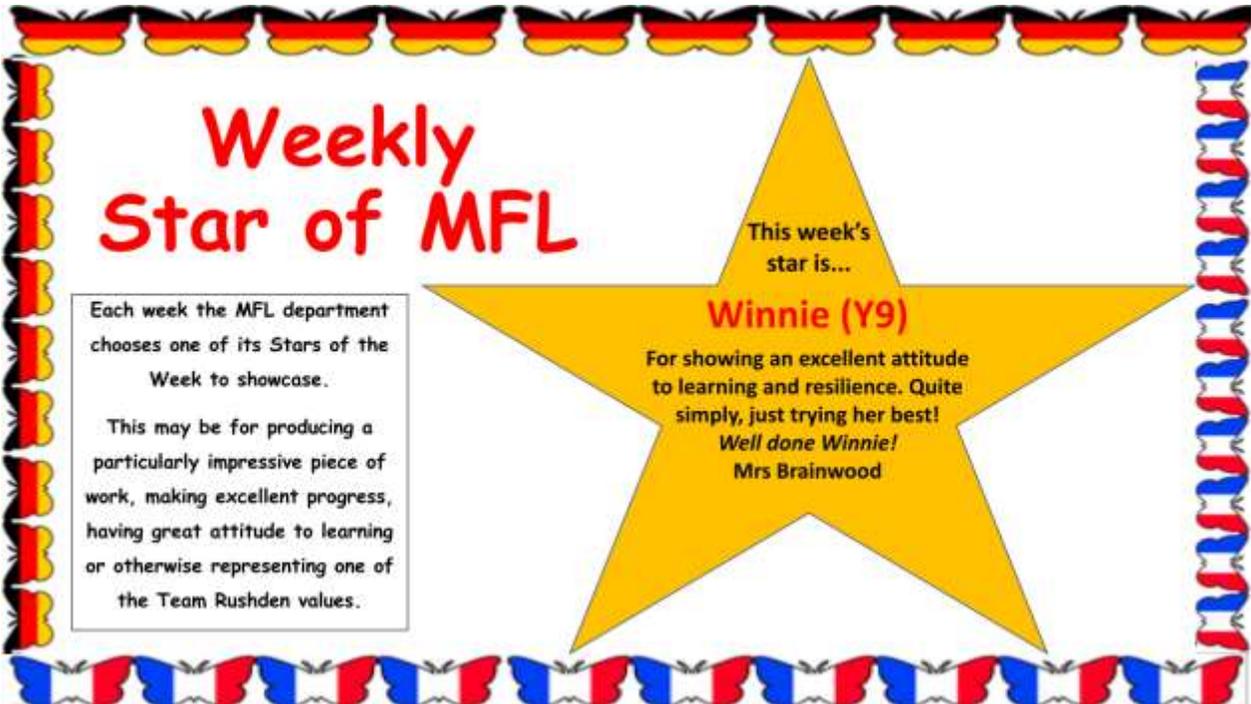
This may be for producing a particularly impressive piece of work, making excellent progress, having great attitude to learning or otherwise representing one of the Team Rushden values.

This week's
star is...

Grace (Y7)

For producing work of an excellent quality when writing a letter to a French penpal.

Well done Grace!
Mrs Charlton



Weekly Star of MFL

Each week the MFL department chooses one of its Stars of the Week to showcase.

This may be for producing a particularly impressive piece of work, making excellent progress, having great attitude to learning or otherwise representing one of the Team Rushden values.

This week's
star is...

Winnie (Y9)

For showing an excellent attitude to learning and resilience. Quite simply, just trying her best!

Well done Winnie!
Mrs Brainwood

Relaxation

Information for parents and carers

Did you know?



An important part of teenage life should be relaxation. It is an essential part of maintaining health and wellbeing and being able to calmly deal with stress and pressure which, as we know, can be quite intense during the school years and especially being an adolescent.

Research shows that young people face many different kinds of stress, worry, anxiety and can feel overwhelmed for various reasons. Relaxation has been defined as a 'state of being free from tension and anxiety'. We often forget to switch off as adults but it is important that we do that in order to help children learn important skills.

Many studies highlight the benefits of relaxation and here are a few:

- Slows the heart and breathing rate
- Improves concentration and mood
- Reduces anger and frustration
- Reduces the activity of stress hormones
- Improves digestion
- Increases blood flow to the muscles
- Relaxes the muscles
- Improves sleep quality



What can you do?

One of the simplest relaxation techniques is to practice breathing. Teach your child to take deep slow breaths when they are feeling anxious. Just a few deep breaths can provide an instant calming effect that can help reduce stress. Look out for mindfulness apps or video resources on YouTube that offer example breathing exercises, such as Headspace or Calm.

Learning to relax is something that you can do together as a family. Try having a go at Yoga or a relaxing activity together. Yoga will improve flexibility, posture and give you and your child a sense of inner calm. Encourage your child to go to a local class or

follow a simple Yoga session on YouTube. Other things could be having quiet time to read, going for a walk, listening to music or watching a feel-good film.

Another technique for your child to try is 'imagery', having a vision about a happy place so their brains can take a break. Ask them to write down a description of their happy place which includes how it looks, feels, smells and sounds. When they are stressed out, ask them to close their eyes and to think about it. Just like new skills, relaxation techniques require practice so keep prompting them to find out what works for them.

Wear a Hoodie Day - Friday 6th May

Thank you to all who took part in the year 11 fundraising day last Friday. There were certainly some colourful garments on display. The Prom Committee managed to raise a total of £269 which will be put towards a photo booth at the year 11 Prom on July 4th. We then had an incredible anonymous donation of £200 to add to this amount.

In total, this had paid the full balance for the hire of the booth, and Ms Kemal has added a sweet cart and doughnut stall to the evening's festivities. I hope our year 11 focus fully on their exams for the next 6 weeks then we can enjoy an evening of celebrations.

The photo booth on the evening comes with the following...

- Two professional attendants
- 3 hrs running time
- Prop Box packed full of Wigs, Glasses Hats & quirky silliness
- Large selection of Green Screen Backgrounds to suit your quirky theme
- Guests welcome to use the photo booth as many times as they like
- The photo booth prints 2 copies of every print / 4 Strips
- Custom designed photo template with name and date of event on each print
- Social Media Upload / Password Protected Gallery
- Personalised hard-backed guest book for your guests to stick a copy of the print out and write a message
- USB Stick containing all images supplied after event



The Paper Birds

Thursday saw our Year 10, 12 and 13 students have the opportunity to work with 'The Paper Birds'.

The Paper Birds is a devising theatre company, with a social and political agenda. They are recognised as UK leaders in verbatim theatre. They're artists, investigators, entrepreneurs, educators. They pride ourselves on taking complex, multi-faceted subjects and making them accessible. They have an artistic programme and a creative learning programme and nurture both equally.

Students had a fantastic time creating material for devised pieces, they were able to try out the methods and work collaboratively.

Well Done Year 10, 12 & 13!



Self-care for teenagers

Information for parents and carers

Did you know?



Research shows that we need to build self-care habits from an early age so that when your child hits difficulties and roadblocks, they are able to navigate them skilfully and stay strong and steady. Self-care for teenagers is crucial with all the hormone changes, mood swings, struggles with self-image, self-esteem and building independence.

Self-care is anything you enjoy doing that helps make you happy and maintains your physical, mental or emotional health. Self-care helps parents and teens deal with life's everyday pressures in a more positive and rewarding way. Recent research has revealed that teaching teenagers how to balance their own needs now will help them in the future, while reducing some of the strain on their lives right now. Self-care can lead to healthier, happier, more adjusted young people. Studies have demonstrated that when parents practice self-care, it's been shown that teens are encouraged to do the same, and take this positive habit into later life. So, your self-care helps teach your child how to look after themselves better.



What can you do?

Helping your child learn self-care can help them get through tough times such as exams, challenges or adversities. Suggest ideas to them about how to take care of their physical health, mental health and to be creative. Ideas include exercising, walking, having a manicure, going for a haircut, seeing friends, having a bath, reading books, listening to podcasts or drawing.

Self-care works best as a routine to help your child feel energised and deal with pressures well. Talk to your child about the importance of doing things they enjoy and that make them feel happy. Bounce ideas around with them, put them in the calendar and support them as they do them.

Encourage your child to make self-care a priority, remind them about it every so often and help them with what you can do together. Doing self-care activities together not only helps your child to cultivate good habits, it also helps your mind and body be at its best. Ideas don't need to be time consuming or elaborate, and sometimes they might be indulging! Get started by cooking healthy meals together, pursuing hobbies, taking pride in each other's appearance, having fun, getting outdoors, volunteering, or by watching a feel-good film.



Viel Glück!

With the exams for our year 11 language students underway, Mrs Brainwood's year 7 German class were asked to write some messages of Good Luck to her year 11 German class.

The students wrote some lovely messages of support, wishing them all the best after 5 years of hard work.

We are confident that with everyone behind them, they will all do their very best this summer.

Mrs G Brainwood & 7 Schiller

Dear Y11 student

I hope you do well in your exam on day they are coming up. do not stress out with do well! Me Mrs Brainwood love high hopes for you we are supporting you every time.

My advice is to stay calm and don't panic. I also would say give it your best as you will do well so. If not it's not that big!

Your teacher (Mrs Brainwood) with it very happy and proud from your progress you have made with Mrs since you 7 and now you are going soon. Mrs is so happy to see how far you have come. It has been a long journey for you and your class mates and us.

By Ryan

Viel Glück!

Dear year 11 student.

I know you have your exams coming up. I know this may be stressful but keep revising and you'll be fine. All's have to say is even though I don't know you just remember your amazing never forget that I realized how nervous I would be feeling if I was you. If you mess up carry on going bad don't give up it will make it even worse. Just remember Mrs Brainwood is extremely proud of you.

Viel Glück!

From Talia

In German

Hallo!

EXAM

I Hope you do really well in the exams, and you will do well because you have a very good teacher. ~~you~~ you might be nervous but you can do this. you have worked very hard in German and I hope you love it. Look how much you have been taught through year 7 to now that's crazy.

Viel Glück!

from Laila

This letter is to reassure you that your exam going to do really good on your exams. Try not to worry because I'm sure your it's going to be absolutely fine.

Mrs Brainwood is very proud of you and want you to do well. She has taught you for a long time and taught you alot of things.

My advice is to not panic or worry, try your best and work your hardest.

VIEL GLÜCK!

from darcia

Dear Y11 Student

I hope you do very well on your language exams coming up. Hopefully you get a high grade on the exams. I know how it's say something and how to write my personal words. Since September then you must know how to say each word things. Seeing the fact you were doing German since Y7 unless you are new it but you will still do really well!

Viel Glück!



Dear Year 11 student.

Looks on making it to year 11. I hope you do well in your exams, they're probably tough. But I bet with a good teacher (Mrs Brainwood) you'll pass. If I were you I would sit to 3 and get to see and done with. You are a good student in a grade class but Mrs Brainwood is **VERY** proud. Don't panic it will be every pass letter spring. Especially when you were taught by Mrs Brainwood. I wish you best of luck!

Viel Glück!

From Ani-Lyise (A Year 11)



Being the absolute helpful teacher!

Badminton Interform



Year 7 Winners

7RAB

Year 8 Winners

8SR

Year 9 Winners

9RMC

Year 10 Winners

10SEV

Ethos Team - Supporting the Rushden Academy Community

You can't have failed to notice from social media and the weekly newsletters that since February 2020, another team of people have been actively supporting the staff, students and families of the Rushden Academy community. Unique to a few schools within the midlands and Milton Keynes area, the Ethos teams are funded by Grace Foundation, whose vision is to transform young people's lives through holistic education. Their vision is designed to support the aspirational, relational, and spiritual needs of students and their families.

The Ethos Team of Josh Noblett (Ethos Leader), [Lynda King](#) (Family Support Worker) and Rosie Benn (Youth Worker) had a tricky introduction to their new roles as a few weeks into starting with us, we entered the first lockdown. Since then the team has grown, as has their workload!

Here is a brief run-down of what a day in their life might look like.

Keep checking the website, the newsletter and social media for all of their up-dates.

Mrs G Brainwood
Assistant Principal

Josh Noblett:

Leads the onsite Ethos Team consisting of a youth worker and family support worker

Works with key staff to design and deliver a bespoke Ethos Programme to improve holistic student outcomes. The Ethos Programme includes; drop down days, lessons, intervention groups, enrichment activities, workshops, 1:1 mentoring, assemblies, tutor time & support for key Christian festivals

Works with Personal Development Lead, safeguarding team, pastoral team, behaviour team and SLT to ensure the Ethos Programme integrates with school priorities and makes a positive contribution to the latest OFSTED expectations and outcomes

Teaches RE for KS3

Involved with and oversees the Ethos mentoring programme mentoring several students each week.

Currently leading an anger management course for boys

Available for and often involved with day to day pastoral, behaviour and safeguarding needs as they arise in school.

Oversees community mentors

Links with local church and community partners

Various lunch, break and gate duties

Involved with support for staff wellbeing



Josh Noblett - Ethos Lead

Ethos Team—Supporting the Rushden Academy Community

Lynda King:

Part of pastoral and safeguarding team so working constantly with HoY, DSL and DDSL

Working with allocated families with issues around finances; health; wellbeing; housing; behaviour/parenting; parental conflict

Running parenting courses and workshops

Supporting vulnerable families from Y6 into 7

Point of contact in school for allocated families specifically

Drop ins from students



Mrs King - Family Support Worker

Rosie Benn:



Rosie Benn - Youth Worker

1:1 mentoring with students referred by safeguarding team and Heads of Year

Listening ear and pastoral support for students who self-refer

Running intervention courses on a range of topics including anxiety, self-esteem, resilience, self-harm, bereavement, exam stress, anger, goal setting

Running break and lunch drop in clubs

Leading Thrive, an extra-curricular group which gives students the opportunity to explore the big questions in life

Teaching RE lessons

Co-ordinating special events such as the GSUS Live installation and Revolution Manchester trip

TFTF - Think for the Future - Behaviour & Resilience Mentoring

For a couple of years now, mentors from TFTF have been supporting some of our boys during weekly sessions. These sessions are delivered in small groups or even 1:1 with students who have been identified as needing some extra support.

This support varies from group to group but allows the young people to discuss what has gone on during the week in terms of behaviour choices they might have made and reflect on the outcome of those choices. With the mentor, they set themselves targets to achieve a certain attendance percentage or number of achievement points and these targets are monitored weekly. The students are encouraged to be reflective and consider the value of education as well as developing strategies to help them cope with challenges they may face.

Heads of Year receive weekly feedback reports from the mentor and the progress is tracked to see how successful this intervention is, in terms of improved student engagement and behaviour.

Our current mentor is Deji and he has built strong and positive relationships with the boys he is working with. He has established a safe environment for the boys to talk about their week and works alongside our Heads of Year and Behaviour Support Team.

Groups are reviewed regularly and changed termly to give as many students as possible the support they need.

For more information please see the TFTF website or contact myself or the relevant Head of Year.

<https://www.thinkforthefuture.co.uk/>

Mrs G Brainwood
Assistant Principal



PTFA Update

The PTFA have been very pleased to donate £388 to PE recently. The money has already been used to purchase a pair of brand new netball posts and nets for the girls netball team.

Our next fundraising event will be at sports day (Friday 1st July) running a refreshments stall for students and staff to use throughout the events. Please bring loose change with you on the day to purchase items - but don't worry we will remind everyone again a bit nearer the day!

The PTFA will also be present at the upcoming Y6 into Y7 meet the tutor evening (Thursday 23rd June) to help answer any questions new parents may have. We will be next to the uniform stall so please do come and say hello.

JOIN US! – If you would like to join the PTFA, suggest fundraising ideas, have prizes that could be donated for an event or just help out at an individual event, please contact us via L.Hunter@rushden-academy.net





Join 7th Rushden Scouts!

Come join 7th Rushden Scouts for a world of joy! We have fun camp trips and learn outdoor skills. So come and join us for unlimited fun!!!

Age Groups are:

6 - 8 years old → BEAVERS

8 - 10½ years old → CUBS

10½ - 14 years old → SCOUTS

email - gsl7thrushden@outlook.com

Library Update

As I'm sure you are all aware, this week is Mental Health Awareness Week, and the library helps in many ways to support our students with all aspects of their wellbeing. We are an all inclusive space for students to come and spend their breaks and lunches. The library has many resources covering a variety of topics that the students can borrow to read in their own time. On Thursdays lunch time we make the library a tranquil place for those students that would like to enjoy some quiet time.

Reading is one of the most important activities your child can do to aid with their mental and emotional wellbeing. It can help them to escape to a different place, as well as helping them to improve their vocabulary and understanding of all school work. Reading helps them make sense of how they're feeling, express their thoughts and emotions, and seek support. It can also help to increase their self-confidence and self-awareness, and foster an interest in learning and understanding other points of view. Reading has also been proved to reduce stress by up to 68%, it does this by lowering the heart rate and easing the tension in the muscles.

Books can empower the reader to understand and manage complex emotions. Through a story, they can learn how to recognise what is happening inside them as they empathise with a character going through a similar situation. They feel more confident about themselves as they discover that they're not the only ones going through a difficult experience. With the right support available, books can play a therapeutic role by creating a safe space for children who have experienced trauma, life challenges and relationship difficulties. Through a book, they can explore their emotions and vulnerability by observing a familiar feeling or situation from a distance.

Here are some tips to help your child get the most from their reading:

- Make sure they find the most comfortable and relaxing spot in their house so that they can really settle into their reading book.
- Try to get rid of any distractions so that they can really concentrate.
- If there are some words or phrases in their book that they are not quite sure of, ensure that they feel confident to ask someone else in the house to help or contact one of their teachers.
- They could also try reading aloud to someone else, or on their own. Sometimes when words are said aloud they can hear something doesn't sound right much easier than reading it on a page.

Happy reading!



Library Update

CHILDREN'S BOOK WEEK: 8 REASONS WHY READING IS GOOD FOR CHILDREN'S MENTAL HEALTH



- Reading cultivates empathy and can even improve their social skills.
- Books invite them to think and problem solve, thus improving creativity.
- The stories of others can help them put their own life into perspective.
- Books allow them to escape into other realities and worlds.
- Reading can improve their memory and reduce the risk of falling behind.
- Reading for pleasure can lower their stress and promote relaxation.
- Reading can help development at school and reduce exam anxiety.
- Reading before bed can help them establish a regular bedtime routine.

CAMHS

Stationery for sale in the Library

Don't forget that there are stationery items available to buy in the Library, so if you've realised you haven't got your pen on the way to school or your ruler has broken, pop in to see the Library and get yourself sorted. We have:

				
Black or blue biro 15p	Pencils 15p	Small eraser 15p Large eraser 20p	Pencil sharpener 10p	Small, clear pencil case 40p Large, clear pencil case 60p
	 			
Protractor 15p	15cm ruler 15p 30cm ruler 30p	Calculator £9.25	Highlighter pen 40p	Set square 15p

There are a few other items too. To see everything have a look at the stationery list available on the school's library page.

CHANGING MINDS IAPT

PROVIDE TALKING THERAPIES
FOR LOW MOOD, ANXIETY AND
ISOLATION

SELF REFER AT [NHFT.NHS.UK/IAPT](https://www.nhs.uk/iapt)
OR CALL 0300 999 1616 (9 TO 5
WEEKDAYS)

SAMARITANS 116123

24/7 MENTAL HEALTH SUPPORT

AVAILABLE FOR
ANYONE LIVING IN NORTHANTS

CALL 0800 448 0828

OR VISIT
[THEMENTALHEALTHNUMBER.ME](https://www.mentalhealthnumber.me)

MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

Strong Start

Helping you to be a happy, healthy family

The Strong Start team is a group of specialist and experienced family nurses professionals.

We work closely with the Health Visiting and Infant Feeding teams across Northamptonshire to support families with babies and children under 5.

We offer personal support with topics such as:

- sleep
- toilet training
- nutritional requirements
- early communication
- introducing solids
- child oral health
- child safety




Families can request help for themselves or partners can refer to our services. As well as our under 5s universal topics, we can support families with topics including anxiety, social isolation and low mood.

We offer virtual support through consultation calls, emails and WhatsApp, face to face support in group sessions and we have a virtual offer available 24/7. We do not offer home visits. We work closely with IAPT, Peri-natal MH and other local services.

Our free face to face programmes are currently running in Family Hubs around the county.

- West - Blackthorn, Daventry, Kingsthorpe, Towcester.
- North - Montagu, Oundle, Pen Green, Penrith.

Developmental Baby Massage, Baby and Me – for families with 0-6 month olds, Chatty Child and Me – communication support for 18-36 month olds, Active Child and Me – supporting child development and being active for 9 months-4 year olds, Bumps and Baby.

Face to Face Programmes

We believe there is a huge programme across Northamptonshire which provides you with an opportunity to meet other parents and carers, whilst learning about a range of subjects to support your family, from the GP house to find out more.



Virtual Programmes

If you can't get to one of our face to face groups we have a variety of virtual programmes designed to give you and your family support over a range of subjects from home. Topics include:

- universal
- healthy eating
- looking after yourself
- infant nutrition
- safety in the home
- supporting communication

Healthy Start Vitamins

If you have applied for a healthy start card you can request healthy start vitamins through our website.

Request Support

You can request support for yourself or for a family you are working with through our website. Our team will then provide the most appropriate help.

 @strongstartteam
  07880 136170
 @strongstart
  www.strongstartteam.co.uk
 @strongstartteam4
  www.northants.gov.uk/strongstart
 www.northants.gov.uk/strongstart

Strong Start Contact Details

 07880 136 070

 strongstartteam@westnorthants.gov.uk

 www.westnorthants.gov.uk/strongstart

 @strongstartteam

 @strongstart1

 @strongstartteam4

Julia Cook Programme Coordinator for Strong Start

Summer Term PE Activities & Extra Curricular Clubs

Monday		Tuesday	Wednesday
Athletics Track Events		Tennis 	Rounders 
Athletics Field Events		Cricket	Softball
Please note, clubs are for boys and girls of all ages, everyone is welcome! Clubs are free and all you need to do is go to the changing rooms after school, get changed and get involved!			

Why should you get involved?

- ✓ Part of our PE Assessment - HEALTHY ME!
- ✓ Increase your Physical Activity for a healthy lifestyle
- ✓ PE Club Loyalty Cards available and prizes to be won for regular attenders
- ✓ Learn new skills and practice for fixtures against other schools and Sports Day
- ✓ Get outside, enjoy the weather and boost your mental health too!
- ✓ Make new friends and socialise with others
- ✓ Be part of a team!

ROUNDERS FIXTURES

We have entered the girls rounders league and so will have fixtures coming up against other schools, like we did for netball.



SPORTS DAY

Friday 1st July - Best day of the school year!!

Athletics events and other events for everyone to get involved in as usual throughout the day!

INTERFORMS

Like the previous dodgeball and benchball tournaments that have taken place at lunchtimes there will be further interform competitions this term.

If you want any more information or if you have any questions then please just speak to any member of the PE faculty.

ETHOS Snapshot Term 5

Events

GSUS Live: KS3 RE Lessons

GSUS Live helps secondary school students explore the themes of fear, forgiveness and rejection through the teachings of Jesus. It's an interactive learning experience set up in a school classroom and is consistent with requirements for the statutory provision of RE for Key Stage 3 students.



DEVELOPING
CHARACTER & VALUES

Interventions

Anger Management Course

MAD is a 6-week course to help young people who are suffering with anger management. We will look at the symptoms of anger, the causes of anger, the impact of anger and explore practical and realistic ways to deal with anger constructively.

Boys & Girls RSE Course

The Ethos Team will be leading specific, Relationships & Sex education intervention courses for both boys and girls to help promote healthy relationships.



BUILDING HEALTHY
RELATIONSHIPS

Enrichment

The DROP IN

Every Tuesday Break & Lunch
A safe place for students to come and get to know each other, play games, eat snacks and relax.

THRIVE

Every Tuesday Break & Lunch
A safe place for students to explore the big questions of life and the Christian faith.



Parent Support

Teen Triple P Parenting Course

A focused parenting support intervention on a one-to-one & group basis for parents of teenagers up to 16 years.

Parenting can throw all sorts of challenges at you when you least expect it. Need someone to talk to or a little extra help?

Contact l.king@rushden-academy.net

ETHOS

Tutor Time

This term during tutor time, our KS3 & KS4 students will be exploring online relationships and will look more closely at healthy and unhealthy uses of social media.

Topics covered include:
self-esteem
emotional wellbeing
sleep
grades
friendships and family



SKILLS FOR DIGITAL
RELATIONSHIPS

GRACE
FOUNDATION

A Guide to reporting on TikTok

If you see a video that you believe violates TikTok [Community Guidelines](#), please report it to them.



To report a video or a LIVE comment in your TikTok app:

1. Go to the video or LIVE comment you need to report
2. Press and hold on the video
3. Select **report** and follow the instructions provided

To report a hashtag or a LIVE video:

1. Tap the hashtag or LIVE video you want to report
2. Tap **share**
3. Select **report** and follow the instructions provided

To report a sound:

1. Go to the sound
2. Tap **share**
3. Select **report sound**
4. Submit your report

To report someone on TikTok or to report a direct message:

1. Go to the person's profile or the direct message
2. Tap the **3-dot icon** in the top right
3. Select **report** and follow the instructions provided

TikTok is for people you are 13 years old or older. If you suspect someone has an account on TikTok that is younger than 13, please report it to them.

To report an underage account:

1. Go to the online [reporting form](#)
2. Select **report an underage user** on the form
3. Enter the account information and click **submit**



ARE YOU AGED BETWEEN 13-24? GET INVOLVED IN OUR YOUTH ADVISORY BOARD!

Thursday 26th May 2022 6-8pm

WHY SHOULD YOU JOIN?

- ✓ **HELP SHAPE SERVICES FOR YOURSELF, OTHER YOUNG PEOPLE AND THEIR FAMILIES**
- ✓ **BUILD YOUR OWN SKILLS AND CONFIDENCE**
- ✓ **DEVELOP YOUR CV**
- ✓ **TAKE PART IN TRAINING AND OTHER OPPORTUNITIES**
- ✓ **IT WILL BE FUN!**

WHAT IS A YOUTH ADVISORY BOARD?

The Youth Advisory Board is to give young people in Northamptonshire a platform to not only have their voices heard but to take the lead on service development.

We want to create a space for you to be able to develop ideas for services and young people, to choose the projects you want to work on and help shape these.

GET IN TOUCH VIA PARTICIPATION@NHFT.NHS.UK



Performing Arts Update

Drama

Year 8 Drama students have been given their mid term assessment scripts from 'The Curious Incident of the Dog in the Nighttime' students have spent the last three weeks exploring the character of Christopher and have been trying to think about how he thinks and what the world is like through his eyes. Students have been looking at how to approach a script and how they can communicate their characters while performing a script.

Dance

The Year 10 dancers have started their final style for component 1. The genre of Hip-Hop is currently being explored through practical and theory lessons. The group has shown great enthusiasm and willingness to delve into challenging styles like, locking, popping, old skool and street dance. Throughout the term the dancers will be building a presentation demonstrating their knowledge and understanding of the genre including the culture, practitioner and stylistic features.

Music

Year 8s have been learning some more instrumental skills ready for their band project. This week they have looked at how to play a basic four count drum beat and have had a chance to practise on both acoustic and electric drum kits. The students have thrown themselves into this challenge with many of the mastering the basic beat and having a go at the more challenging beat. Interestingly many students found the electric kit more challenging than the traditional acoustic kit due to its size and the way the sticks contact to make sound. So many students left lessons this week buzzing and talking about getting their own kit, I wonder if we have some future drummers on our hands!

Performing Arts Career of the week: Music Video Dancer

To perform to live audiences and for television, film and music video productions, study and create choreography, discuss and interpret choreography, learn and use other skills such as singing and acting.

Average Salary: £29,420



For any students that are interested in taking up instrument lessons this term - please get in touch with Mrs Brooks! We currently offer string, piano, guitar, drum and singing lessons but if you are interested in other instrument please let us know and we will try and source the provision!

R.brooks@rushden-academy.net



Performing Arts Update Continued...

Legally Blonde Update



Rehearsals this week have seen our cast and chorus going over the vocals for 'Take it Like a Man' The crew have been talking all things set and props and have been finalising the set concepts.

We also announced our KS3 2023 Musical and our 2023 Whole School Musical.....

Keep your eyes peeled to find out!

Interview with Miss Pilgrim Choreographer of 'Whipped Into Shape'

What did you want to bring to 'Whipped Into Shape'

Energy, Fun and Skipping!

Most challenging thing about choreographing the number?

It was definitely getting the dancers to skip in unison and to the beat of the song. This will create a positive impact of the song. Also rehearsal's really pushed the students as it was continuous high energy movement.

What number are you most looking forward to?

Obviously Whipped Into Shape (rolled eyes) but also Bend and Snap!

Tickets on Sale from 23rd May from Student Reception!

Tuesday 19th July

Wednesday 20th July

Thursday 21st July

Trumpet Player Needed:

For our upcoming musical of Legally Blonde, we are on the lookout for a trumpet player, if you or anyone you know is able to play the trumpet please get in touch with Mrs Brooks



Don't forget to follow us on Instagram to stay up to date with the latest news and achievements!

@RushdenAcademyPerformingArts

Performing Arts Update Continued...



Rushden Academy's

Singing Group

Love to sing?
Want to improve your skills?
Come and join our new singing group!

KS3 - Wednesday Lunch
KS4 & KS5 - Tuesday Lunch

Location: Lecture Theatre

Starting Friday 5th November

KS3 DANCE CLUB

SWING SETS

WELCOME TO ALL YEAR 7-8-9

DAY: FRIDAY
TIME: 3:00-4PM
VENUE: THE HALL

CONTACT MISS PILGRIM FOR MORE INFORMATION



RUSHDEN ACADEMY

GUITAR CLUB

STARTING 30TH NOVEMBER

TUESDAY LUNCHTIMES PA1

ALL ABILITIES & YEARS WELCOME

YEAR 7 DRAMA CLUB

Every Thursday Lunch on the Stage
Starting from Thursday 3rd February

Come along and learn new skills



Contact Miss Grainger for more information

Are you looking for a career change? Are you interested in training to teach?

Rushden Academy has a proven track record in successfully supporting trainee teachers on programmes leading to QTS. Many of our staff, past and present, have been trained at the school and an even larger number have completed main placements and second placements here before securing teaching jobs elsewhere.



As a school with a strong and successful record for training new teachers to the profession, Rushden Academy works closely with School Centered Initial Teacher Training (SCITT) providers to provide fully supported and mentored school placements on a variety of routes.

If you are interested in a new career or are looking for more information about routes into teaching, then please contact Gail Brainwood, Director for Learning on 01933 350391 or by email: g.brainwood@rushden-academy.net

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](#).

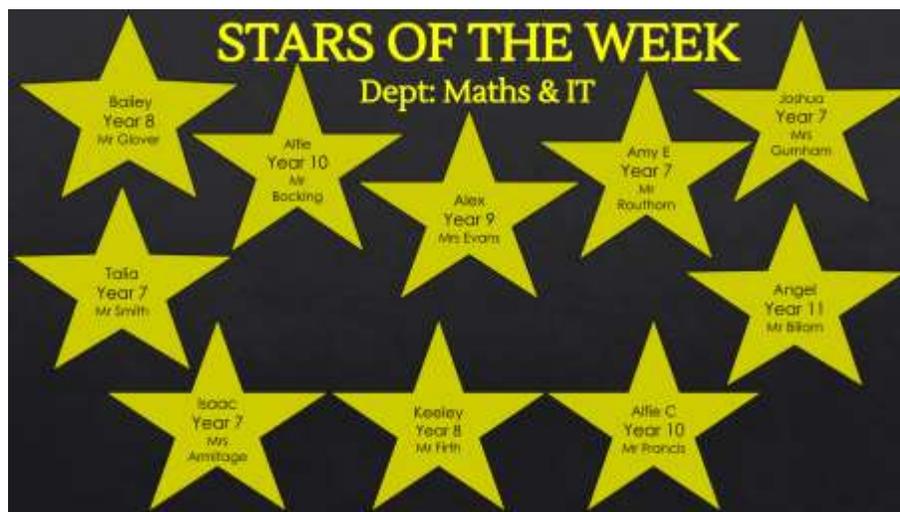
Stars of the Week

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



Stars of the Week

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Stars of the Week

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KS4 Summer Exam Timetable

	Mon 9th May	Tues 10th May	Wed 11th May	Thurs 12th May	Fri 13th May
AM 9am	BTEC Sport Unit 2 1 hr 30 mins			BTEC Childcare Unit 3 2 hrs	
				BTEC ICT Unit 3 1 hr 30 mins	
	Mon 16th May	Tues 17th May	Wed 18th May	Thurs 19th May	Fri 20th May
AM 9am		Biology Paper 1(CS) 1 hr 15 mins	English Lang Paper 1 1 hr 45 mins	History Paper 1 1 hr 15 mins	Maths Paper 1 1 hr 30 mins
PM 1.30pm	Turkish Paper 1 & 3 1hr 50mins	BTEC Music Unit 1 1 hr	German Paper 1 & 3 F 1hr 20 mins / H 1hr 45 mins		Business Paper 1 1 hr 45 mins Chinese Paper 1 & 3 1hr 50mins
	Mon 23rd May	Tues 24th May	Wed 25th May	Thurs 26th May	Fri 27th May
AM 9am	Geography Paper 1 1 hr 30 mins	French Paper 1 & 3 F 1hr 20 mins / H 1hr 45 mins	English Lit Paper 1 1 hr 45 mins	Spanish Paper 1 & 3 1hr 45mins	Chemistry Paper 1 (CS) 1 hr 15 mins
	Mon 30th May	Tues 31st May	Wed 1st June	Thurs 2nd June	Fri 3rd June
HALF TERM					
	Mon 6th June	Tues 7th June	Wed 8th June	Thurs 9th June	Fri 10th June
AM 9am	Chinese Paper 4 F 1 hr 10 mins / H 1hr 20 mins	Maths Paper 2 1 hr 30 mins	English Lit Paper 2 1 hrs 20 mins	History Paper 3 1 hr 20 mins	English Lang Paper 2 2 hrs 5 mins
	German Paper 4 F 1 hr 10 mins / H 1hr 20 mins				
PM 1.30pm	Turkish Paper 4 1hr 25mins	Geography Paper 2 1 hr 15 mins		Physics Paper 1 (CS) 1 hr 15 mins	
	Mon 13th June	Tues 14th June	Wed 15th June	Thurs 16th June	Fri 17th June
AM 9am	Maths Paper 3 1 hr 30 mins	Geography Paper 3 1 hr	Biology Paper 2 (CS) 1 hr 15 mins		Spanish Paper 4 1hr 20mins
PM 1.30pm	Business Paper 2 1 hr 45 mins			French Paper 4 F 1 hr 10 mins / H 1hr 20 mins	Polish Paper 1 & 3 1hr 45mins Portugese Paper 1 & 3 1hr 45mins
	Mon 20th June	Tues 21st June	Wed 22nd June	Thurs 23rd June	Fri 24th June
AM 9am	Chemistry Paper 2 (CS) 1 hr 15 mins	History Paper 2 P1-P5 55 mins		Physics Paper 2 (CS) 1 hr 15 mins	
	Mon 27th June	Tues 28th June	Wed 29th June	Thurs 30th June	Fri 1st July
AM 9am	Polish Paper 4 1hr 20mins		Contingency day for GCSE and/or GCE examinations should sustained national or local disruption arise during the June 2022 examination series. Candidates should be available up to and including this date		
	Portugese Paper 4 1hr 20mins				

KS5 Summer Exam Timetable

	Mon 9th May	Tues 10th May	Wed 11th May	Thurs 12th May	Fri 13th May
AM 9am	BTEC Science Unit 3 Part A - 45 mins Part B - 1 hr 30 mins	BTEC Business Unit 2B 3hrs	BTEC Sport Unit 19 2 hr 30 mins		BTEC ICT Unit 2B 2 hrs
PM 1.30pm	BTEC Business Unit 2A 2hrs			BTEC ICT Unit 2A 3 hrs	
	BTEC Sport Unit 2 2 hr 30 mins				
	Mon 16th May	Tues 17th May	Wed 18th May	Thurs 19th May	Fri 20th May
AM 9am	BTEC H&SC Unit 1 1 hr 30 mins		GCSE English Lang P1 1 hr 45 mins	BTEC Business Unit 3 2hrs	GCSE Maths Paper 1 1 hr 30 mins
PM 1.30pm	BTEC Sport Unit 1 1 hr 30 mins			BTEC Sport Unit 22 3 hrs	BTEC H&SC Unit 2 1 hr 30 mins
	Mon 23rd May	Tues 24th May	Wed 25th May	Thurs 26th May	Fri 27th May
AM 9am	BTEC H&SC Unit 4 3 hrs	Dance 2 hrs 30 mins	English Lang/Lit Paper 1 1 hr	History Paper 1 2hrs 15 mins	Geography Paper 1 2hrs 30 mins
	Sociology Paper 1 2 hrs	Psychology Paper 1 2 hrs			Media Paper 1 2 hrs
		BTEC Science Unit 1B 40 mins			BTEC Science Unit 5F 50 mins
PM 1.30pm		BTEC Science Unit 1C 40 mins	Business Paper 1 2 hrs	BTEC Science Unit 5C 50 mins	BTEC Science Unit 5B 50 mins
			Fur Maths A Paper 1 1 hr 30 mins		
			BTEC Science Unit 1P 40 mins	Physics Paper 1 2 hrs	
	Mon 30th May	Tues 31st May	Wed 1st June	Thurs 2nd June	Fri 3rd June
HALF TERM					
	Mon 6th June	Tues 7th June	Wed 8th June	Thurs 9th June	Fri 10th June
AM 9am		English Lit Paper 1 2 hr 30 mins	Psychology Paper 2 2 hrs	Business Paper 2 2 hrs	History Paper 2 1 hr 30 mins
		GCSE Maths Paper 2 1 hr 30 mins			GCSE English Lang P2 2 hrs 5 mins
PM 1.30pm	English Lang/Lit Paper 2 2 hrs	Maths Paper 1 2 hrs	Fur Maths A Paper 2 1 hr 30 mins	Biology Paper 1 2 hrs	BTEC L3 ICT Unit 1 2 hrs
	BTEC L3 H&SC Unit 3 1 hr 30 mins	Sociology Paper 2 2 hrs	Geography Paper 2 2hrs 30 mins	Drama Unit 3 2 hrs 30 mins	Physics Paper 2 2 hrs
			Media Paper 2 2 hrs	Graphics 2hrs 30 mins	
			Core Maths Paper 1 1 hr 30 mins		

Continues on the next page...

KS5 Summer Exam Timetable Continued...

	Mon 13th June	Tues 14th June	Wed 15th June	Thurs 16th June	Fri 17th June
AM 9am	Chemistry Paper 1 2hrs 15 mins		English Lit Paper 2 2 hr 30 mins	Physics Paper 3 2 hrs	Biology Paper 2 2 hrs
	French Paper 1 2 hrs 30 mins			Psychology Paper 3 2 hrs	
	Sociology Paper 3 2 hrs				
	GCSE Maths Paper 3 1 hr 30 mins				
PM 1.30pm	Computer Science 1 2hrs 30 mins	Maths Paper 2 2 hrs		Business Paper 3 2 hrs	
		Core Maths Paper 2 1 hr 30 mins		English Lang/Lit Paper 3 2 hrs	
	Mon 20th June	Tues 21st June	Wed 22nd June	Thurs 23rd June	Fri 24th June
AM 9am	Chemistry Paper 2 2hrs 15 mins		History Paper 3 2hrs 15 mins	Chemistry Paper 3 1 hr 30 mins	Biology Paper 3 2 hrs
					Computer Science 2 2hrs 30 mins
					French Paper 2 2 hrs
PM 1.30pm		Maths Paper 3 2 hrs	Further Maths FM1 1 hr 30 mins	Further Maths D1 1 hr 30 mins	
	Mon 27th June	Tues 28th June	Wed 29th June	Thurs 30th June	Fri 1st July
			Contingency day for GCSE and/or GCE examinations should sustained national or local disruption arise during the June 2022 examination series. Candidates should be available up to and including this date		

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



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.

- ◆ 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

WHAT'S ON YOUR MIND?

sex **DRUGS**
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

It's confidential

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CHAT Youth Counselling
Starting Wednesday 3rd November

CAFE AND CHAT

YOUNG PERSON'S EMOTIONAL WELL-BEING DROP-IN

EVERY WEDNESDAY, 4-8PM,
30 MARKET ROAD,
THRAPSTON NN14 4JU

IN A BIT OF A CRISIS? WE'RE HERE TO HELP. JUST COME ALONG

Need relationship advice? Having trouble at school? Just feeling a bit low? Come talk to us for free and confidential support and advice.

NEED TO CHAT TO SOMEONE IMPARTIAL ABOUT SOMETHING?

CHAT Youth Counselling

MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need. Book an appointment by calling the numbers or drop in during our opening times.

Monday 4pm - 8pm
the lowdown,
3 Kingswell Street,
Northampton, NN1 1PP
01604 654385

Tuesday 4pm - 8pm
Youth Works at Corby Mind,
18 Argyle St, Corby NN17 3RU
01536 518339

Wednesday 4pm - 8pm
Chat,
Souster Youth Building,
30 Midland Road, Thrapston,
NN14 4JU
01832 274422

Thursday 4pm - 8pm
Youth Works,
47 Rockingham Rd,
Kettering, NN16 9HX
01536 518339

Friday 4pm - 8pm
the lowdown,
3 Kingswell Street,
Northampton,
NN1 1PP
01604 654385

Saturday 10am - 2pm
Service Six,
15 Sassoon Mews,
Wellingborough,
NN8 3LT
01935 277530

espresso yourself

1:1 SUPPORT AND ADVICE

ALSO AVAILABLE REMOTELY

1:1 PARENT SUPPORT IS AVAILABLE

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#weareNHS

Northamptonshire Healthcare NHS Foundation Trust

CAMHS LIVE #MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

CAMHS LIVE CAN BE ACCESSSED 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/0303CAMHS/LIVE

t f

QR code

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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