



# Rushden Academy Newsletter

Aspire, Explore, Succeed

09/09/2022

Message From the Principal



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## Dates for your diary:

29th September -  
Official School  
Photograph Day for  
Year 7 & Year 10

## Team Rushden - United we stand, divided we fall

Dear Parent / Carer

May I start by wishing you all a very warm welcome back to this new and exciting academic year. It has been my first week as Principal and I have truly been blown away by the passion, dedication and commitment of both the staff and the students to the values of Team Rushden.

All staff returned to the academy on the 1st and 2nd of September for two training days where we looked at how we will continue to strengthen both the education and the opportunities we provide for all students within our care. It was also an opportunity to celebrate the successes of the Year 11 and 13 students who sat their GCSE and A Level examinations in the summer.

On Monday, it was a pleasure to start the week welcoming the new year 7 students who all looked incredibly smart and arrived with equal measures of excitement and apprehension at the start of their secondary school journey. I have enjoyed visiting their lessons over the course of the week and it has been pleasing to see so many of them willing to contribute to classroom discussions and give answers to all sorts of questions. They have also been completing their Cognitive Ability Tests (CATs) to ensure that we have all the information we require to help them to achieve their full potential.

Years 12 and 13 also returned first thing on Monday and I was able to join their assembly to listen to Mrs Owen brief them on the year ahead as part of The East Northants College (TENC). The Year 12s were all keen to receive their timetables and lanyards to start their Key Stage 5 journey whilst Year 13 were all ready to start their final year at Rushden Academy.

All other year groups returned for period 2 on Monday and the significant majority of students returned in impeccable uniform. For those students whose uniform fell slightly short of our high expectations, please can I take this opportunity to thank you for supporting the academy in getting the issues resolved swiftly.

I have visited many lessons across the academy this week and I am genuinely excited by the quality of learning that I have seen taking place. The politeness of students has been particularly noteworthy and it has been nice to see such high importance placed on manners both in the academy and within the wider community.

I am sure that all students will be ready for a rest this weekend after what has been a busy but hugely purposeful first week back.

Thank you all in advance for your continued support,

Mr B Baines  
Principal

### Numeracy Problem of the Week



Tick's watch runs 2 minutes per hour too slow.  
Tock's watch runs 1 minute per hour too fast.

They set them to the same time at midday on Sunday.

The next time they met, one of the watches was one hour  
ahead of the other.

What was the earliest time this could have been?

Join the Google Classroom code **f2esulr** to submit your answer

## 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 later in the newsletter.

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



## ASCERTAIN

Word Type:

Verb

Definition:

- If you ascertain something it means you: **find (something) out for certain; make sure of.**

Synonyms:

- establish
- discover

Antonyms:

- disprove
- invalidate

Example:

- "After Mrs. Westley tripped on the step, Miss. Neville was keen to **ascertain** the cause of the accident"

## Stationery in the Library

The library keeps a supply of several stationery items that your child may need for their school day. A full list of items available & prices can be found on the Rushden Academy website.

We are open to sell stationery from 8.30am until 2pm each day.

# THRIVE

A SAFE PLACE TO EXPLORE THE  
**BIG QUESTIONS** IN LIFE

WEDNESDAYS AFTER SCHOOL 3-4PM

IN THE ETHOS ROOM

EVERYONE WELCOME

GAMES

SNACKS

DISCUSS

EXPLORE

FAITH





## 6th Form News

### ALICIA'S BLOG....

Alicia finished her Level 3 studies this summer, achieving A\*, A\*, A and has qualified to start her children's nursing degree in Liverpool. However, she has decided to defer her place until next year and has just embarked on her travels to Nepal where she will be volunteering on a health care program.

Over the next few weeks we will be sharing her travels with you. We are so proud of her and her achievements and hope this blog will inspire future 6th form students in their journeys around the world.



#### Day 1

*I'm going to Pokhara in Nepal to volunteer on a healthcare program where we work with people over there in a school and the local community and aid in the teaching of basic healthcare like hand washing, first aid etc. going into schools and creating activities to aid in the promotion of health and hygiene for the children. Also going into the local community to assist in demonstrations and talks about other healthcare related topics.*



#### Day 2

*I went into a school yesterday and taught my first 4 classes in healthcare it went great! I was teaching them all about external body parts e.g. head, neck, hand, arm, leg etc. Going back on to the same school tomorrow!*

#### Day 4

*Here are some more photos of my trip so far. I start on my project tomorrow so for the last 3 days we have been visiting monasteries, temples, taking traditional Nepalian cooking classes and looking round the local town of Pokhara where we are staying! It is so beautiful and I am enjoying it so much and can't wait to start my project tomorrow!*





## Group Teen Triple P

The Triple P – Positive Parenting Program® knows all parents have different needs. That's why Triple P has many different ways for you to get your parenting help. So you can choose what will suit you and your family best.

### Who is this for?

- parents of teenagers

### Teen Triple P can help

- build a better relationship with your teenager
- reduce conflict
- keep your teenager safe
- be realistic about parenting
- take care of yourself

### Is this your family?

Your teen's behaviour has become too much for you to handle. At home, there's probably a lot of shouting and very little agreement. Or maybe you don't bother trying to talk anymore. But you are worried. Where will this all end?

If this sounds familiar, then Group Teen Triple P can help you, and your teenager, get back on track.

### Or is this you?

Or, maybe it isn't that bad. It's just that you realise things can change very quickly. So you're keen to know as much as possible about positive parenting so you'll be prepared if hassles arise.

Group Teen Triple P can give you the support you need to be prepared!

### What happens at Group Teen Triple P?

Group Teen Triple P is a great opportunity to meet other parents in similar situations – other parents who'll support you and share stories with you.

From the start, you'll be given tips and suggestions to suit the needs of your family. You'll see scenes from the *EveryParent's Guide to Teenagers* DVD, which will show you how the ideas work in real life. And your workbook will give you the tools and information you need to start positive parenting straight away at home. Your Teen Triple P provider will guide you every step of the way and even provide backup phone support as you put your new skills into practice.

### How long does it take and how big are the groups?

There are about 12 parents in a group session. Usually, each session lasts no more than two hours at a time. In all, you'll attend no more than five group sessions – the first four should give you the tips you need to start positive parenting.

Then, you'll have three weeks to practise Teen Triple P at home. Your Triple P provider will call you every week at a set time to find out how you're doing and offer advice if you're having any trouble. Those calls will last about 15 minutes.

Finally, you'll meet up with your group and Triple P provider for one last session. This is a chance to go over any problems you may still have – and to congratulate yourself on how far you've come!

Please contact Lynda King, our family support worker, for more information or to book a place. [l.king@rushden-academy.net](mailto:l.king@rushden-academy.net)



PERFORMING ARTS PRESENTS

# Dance

## CLUB

**FRIDAY 3:10pm-4:10pm**  
Main Hall



YEAR 7  
YEAR 8  
YEAR 9


Come along and learn new moves in a fun and friendly environment

**FOR MORE DETAILS CONTACT MISS PILGRIM**

[c.pilgrim@rushden-academy.net](mailto:c.pilgrim@rushden-academy.net)

Image: iStockphoto.com

**Rushden Academy presents**



# Performance Group

# DANCE

## MODERN DANCE GROUP

**Every Monday**  
**Starting 19th September**  
**3:10-4:10pm**

DANCE STYLES  
Contemporary  
Hip Hop  
Jazz

*Express yourself through the art of modern dance*

Register with Miss Pilgrim  
[c.pilgrim@rushden-academy.net](mailto:c.pilgrim@rushden-academy.net)

Image: iStockphoto.com

# 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...  
**Freddie**

You have made an excellent start to year 9, giving top level answers that are full and developed - you set the bar high and are a role model to others. Well done!

Mr Ross

## 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.

Please send me a password

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

### Parental access to Go4Schools

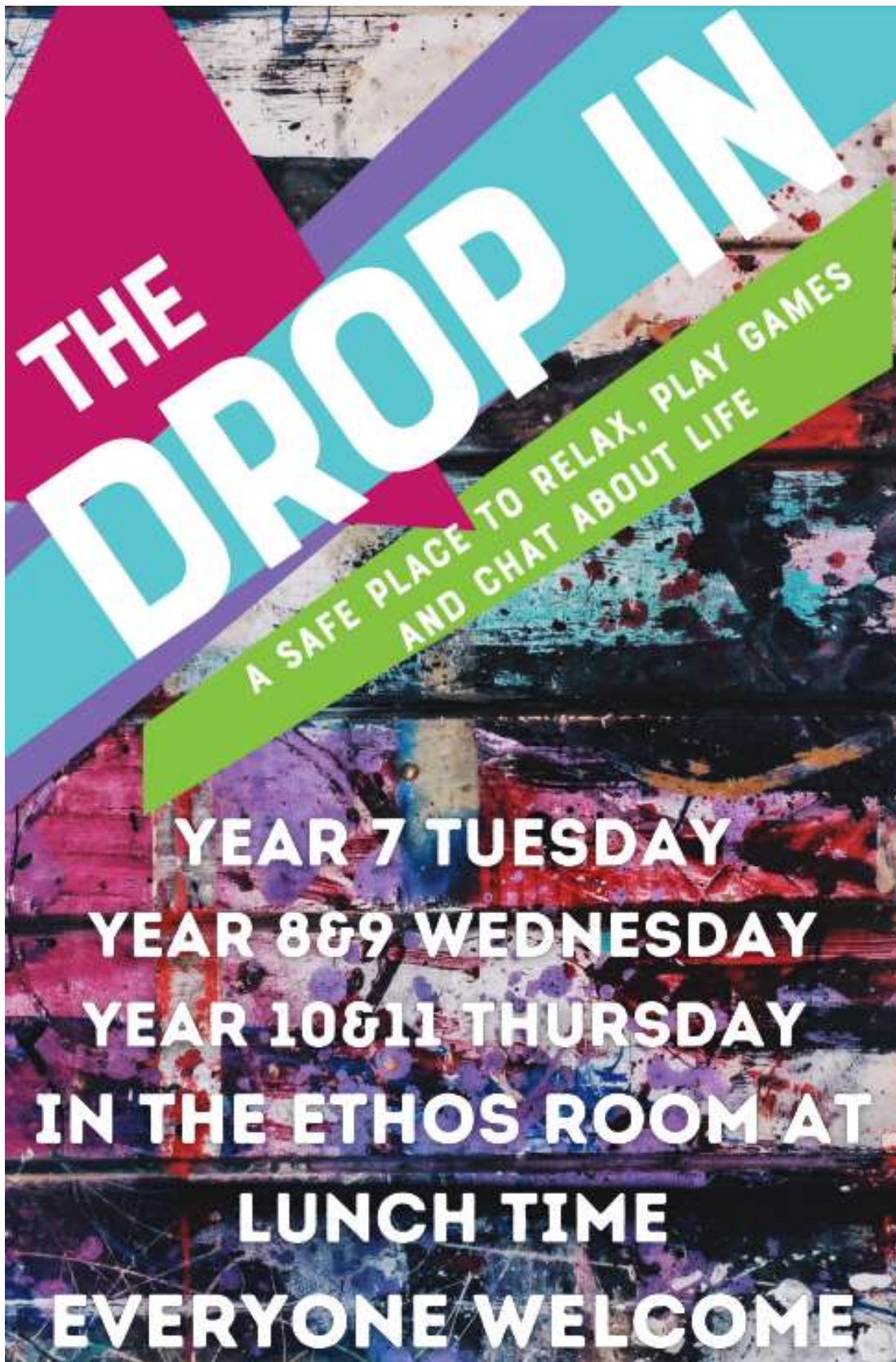
- ◆ Go to the Go4Schools parent access page
- ◆ Enter your email address (the one Rushden Academy contacts you on) in the first time user box
- ◆ This will send you an email link with your password
- ◆ Login with your new password

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.

You also have access to the Go4Schools app that can be downloaded from the Apple Store or Google Play.

Mr P Bocking  
Assistant Principal





## Handling Anger in the Family Online Workshop

**Wednesdays 28th September - 19th October 2022**

***Each session runs from 7-9pm***

Places are limited - we have a maximum number of 12 participants per course so we can get to know each other well - so please do book ASAP to secure your place.

\* We do not want anyone to be excluded from attending our events due to cost and bursary places are available with a 50% discount. Please enter the promo code '**bursaryscheme22**' when you select your ticket to receive this discount (look for 'Enter promo code' in blue when you add your ticket).

To be eligible for a bursary place, you would need to be in receipt of one or more of these government allowances and you would need to be willing to provide evidence of your receipt of this benefit should this be requested;

- Universal Credit
- Income support
- Income based Job Seekers Allowance
- Child Tax Credit only (with a family income of less than £16,190)
- National Asylum Seekers Support
- Guarantee Element of State Pension Credit
- Employment and Support Allowance - income related only.

Otherwise the programme is £12.50

Handling Anger is a 4 session course produced by the national charity Care for the Family. This course will be run by Hope for Families, a registered charity working to support parents and carers living in Northamptonshire and the surrounding area.

Each session is 2 hours long and we will be running this course online. Throughout the course, our aim is to help you to build strong family relationships and to increase your confidence as a parent or carer so that you and your child can understand and manage anger in a safe and healthy way.

To book please email [louise@hopeforfamilies.org.uk](mailto:louise@hopeforfamilies.org.uk)

Please contact Lynda King, our family support worker, for more information [l.king@rushden-academy.net](mailto:l.king@rushden-academy.net)



## Performing Arts Update

In Performing Arts lessons this week we have been making sure each and every student knows about the wonderful opportunities coming up this year and we are delighted to be able to share details with you all.

We are very excited that this year's whole school musical is CHICAGO High School Edition. The Performing Arts team are looking forward to our first show meeting on Tuesday and getting stuck into rehearsals the following week! Any student can take part in the show, every student that wants to be involved can be so we encourage all those interested to join the classroom and come along to the first meeting to find out more.







## Performing Arts Update

### Upcoming KS3 Musical

In KS3 lessons this week we have also been sharing details about our KS3 musical for this which is going to be the 'splurgetastic' musical Bugsy Malone. First meetings will be early October and anyone interested in taking part in Bugsy Malone is being offered the opportunity to go and see the production at Milton Keynes Theatre on our Performing Arts trip. Look out for further updates!



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](mailto:r.brooks@rushden-academy.net)



## Performing Arts Update

### Celebrating Legally Blonde

Whilst last year may seem a long distance memory and yet summer flew by like the blink of an eye, we cannot forget how proud we are of the cast of Legally Blonde. We have never before quite faced the temperature challenges that we faced this year and yet our amazing cast powered on through exceedingly hot conditions. Whilst we unfortunately had to reduce the number of shows, this just furthered their drive to make sure each and every show we were able to do was amazing. We were privileged to have a great photographer come and photograph the show and we are delighted to be able to share some of the many amazing photos of our talented cast and crew with you.

### Some backstage snaps...





## Performing Arts Update

Our on stage captures....







## Performing Arts Update

Our on stage captures....





## Performing Arts Update

Our on stage captures....



## 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](mailto: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.



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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

See us on your mobile phone, laptop or desktop. A key service for children, young people and their families. We offer confidential support and advice on a range of issues. We are open every day from 9am to 5pm. For more information, visit [www.nhs.uk/youngminds](http://www.nhs.uk/youngminds)

**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 TO CHAT  
TO SOMEONE  
IMPARTIAL  
ABOUT  
SOMETHING?

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

**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 9JU  
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 277535

espresso yourself

1:1 SUPPORT AND ADVICE

ALSO AVAILABLE REMOTELY

1:1 PARENT SUPPORT IS AVAILABLE

NHS Northamptonshire Healthcare NHS

the lowdown

St Andrew's

YOUTH WORKS

CHAT

#weareNHS

**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/US/AMHS/LIVE](http://WWW.NHS.UK/US/AMHS/LIVE)

t f

QR code

**Camhs**  
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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