



# Rushden Academy Newsletter

Aspire, Explore, Succeed

10/02/2023

Message From the Principal



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

Dear Parent / Carer

I am not sure where this term has gone as it seems like only yesterday we were returning after the Christmas break!

As usual, the final week brought rewards assemblies for all year groups which recognised both individual and collective efforts. It is always a pleasure to sign rewards certificates for students and this term was no exception. Of particular note was Olivia who received a certificate for becoming a sextuple millionaire having read over 6 million words since September - a phenomenal achievement. Other rewards were given out for exemplary conduct and attendance along with the first recipients of the Rushden STARR badges which was fantastic to see.

Wednesday evening was the performing arts' spring showcase and what an evening it was. There was so much talent on display across all of the different disciplines and the event was very well attended. I know a huge amount of work went into preparing the evening, both from the students and the performing arts teachers, and it was another opportunity to recognise and celebrate our incredibly talented students. A big well done to everyone involved!

Year 11 continued to work hard in preparation for their mock examinations and on Thursday I was invited to the creative arts block by Mrs Owen and was amazed to see over 60 students who had voluntarily stayed behind after school to work on their coursework and exam pieces. The extra commitment to independent learning will have a big impact on their final results and so it was great to see this from so many students there.

The highlight of the week for me though was seeing our amazingly talented performing arts go to Southend Junior School to perform 'Add me' which is an incredibly powerful piece of drama around the dangers of social media. They performed the piece to Year 5 and 6 students who will all of benefitted from the clear messages around how to stay safe online.

We have also taken the opportunity this week to write to parents of students where there has been a persistent uniform issue to allow you rectify this over the half term period. If you require any support with regards to replacing uniform please do not hesitate to contact your child's Head of Year.

*Continues on the next page...*

## Message From the Principal Continued....

Finally I just wanted to signpost you to the information about the Grand Union Teaching Partnership(GUTP) that appears later in the newsletter. If you or a family member is interested in training to be a teacher, please get in touch with us and we can see how we can support you.

Thank you for all your continued support and I hope you all have a pleasant half term whether you are working or on annual leave,

Yours sincerely,

Mr B Baines  
Principal

If your child was born after 1995 you are raising a 'digital native'; they are the first generation to grow up exclusively in the digital age. The impact of digital technology is far-reaching; creating both challenges and opportunities.

What impact is it all having them? How can parents respond? How can we help them build healthy relationships, deal with social media and learn to avoid explicit content? All these questions and more will be answered in this engaging and interactive seminar.

"I loved the wider approach to parenting teenagers too. I wasn't expecting this and it was good."  
— PARENT, TWICKENHAM

"Your advice was incredible this evening and very valuable. I'll be taking away so many key points from tonight."  
— PARENT, HURSTMERE SCHOOL

- SEMINAR:  
**Parenting in the Digital Age**
- VENUE:  
**Rushden Academy, Hayway, NN10 6AG**
- DATE & TIME:  
**23<sup>rd</sup> February, 2023  
7.30–9pm**
- COST:  
**£FREE [BOOK HERE](#)**

Relationships & Sex

Digital Technology

## Year 9 Vaccinations - Monday 20th February 2023

Year 9 will be receiving their teenager booster vaccine on Monday 20th February. For more information, and to give consent, please click [here](#). The link will close 7 days before the session.

Children who are absent or missed their opportunity to be vaccinated at the school session will be offered the opportunity to be booked into a community clinic.

# The Rushden STARR - First Badges to be Awarded

The Rushden STARR				
Serve	Thrive	Aspire	Resilient	Respect
 SERVING BY SERVING OTHERS	 HELPING STUDENTS THRIVE	 RAISING STUDENT ASPIRATIONS	 BUILDING RESILIENCE & HOPE	 FOSTERING RESPECT

Since the launch of the Rushden STARR at the start of term, many of our students have been ticking off their criteria and providing evidence to show us what they have achieved.

The first student to achieve a badge was Kieran in year 9 and since then we have added the following students to our list:

**Bronze SERVE:**

- Meera - year 10
- Gracey - year 10
- Jonathan - year 10
- James - year 10
- Kieran - year 9

**Bronze ASPIRE:**

- Gracey - year 10

The following students are only 1 criteria away from the following badges:

**Bronze SERVE:**

- Sam - year 9
- Harry - year 9
- Robert - year 8

**Bronze THRIVE:**

- Gracey - year 10
- Meera - year 10

**Bronze ASPIRE:**

- Sam - year 9
- Robert - year 8

Please encourage your children to come and get their criteria signed off with either Mrs Brainwood, Mr Noblett or their Head of Year.

We are looking forward to awarding the badges as soon as they arrive, after half term.

Mrs G Brainwood  
Assistant Principal

Mr J Noblett  
Ethos Team Leader



**How do I unlock and reach my potential?**  
You can be brave, confident in who you are, and know what you need to do to achieve your goals...



**Why might I generously share my time and talents to help others?**  
You can choose how generous living can change your life as much as it changes others...



**How do I look after my emotional and mental wellbeing?**  
You can use positive strategies to lead yourself, manage your emotions and know when to ask for help if you need it...



**What does mutual respect look like in action?**  
You can treat others as you want to be treated in order to make the world a kinder place...



**How do I stay resilient through the ups and downs of life?**  
You can face life's challenges and learn how to bounce back, be flexible and go again...

## This Week in Sport Studies

### Year 10 Sport

Our Year 10 BTEC Sport students are currently preparing to sit their first assignments. The assignments were released this week and we have been looking at the scenarios and preparing them to apply the knowledge they have learnt to them. They will spend the next term completing these assignments, primarily on computers independently and under exam conditions.

Prior to this we have been working hard to cover the content needed and we have been looking at planning, adapting and delivering a warm up. Students have been growing in confidence with their leadership and practising in their core PE lessons and in after school clubs to gain experience in leading activities. They have to be recorded as part of their assignment.

Good luck to all involved.

### Year 11 Sport

Year 11 Sport students are coming towards the end of their Components for the course. The groups are focussing on completing their Sports Injuries assignments where the students look in detail at the types of common and complex injuries, the science behind the injury and the factors that can cause the injury to occur. Not only that, the students have learned about how best to rehabilitate these types of injury as well as looking at how modern technology, such as Cryotherapy Chambers and the role they can play in speeding up recovery.

The final assignment for Year 11 will be on Sports Technology. Looking at advancements in a variety of sports and categories. For example, how protective equipment, such as cricket helmets, have adapted over time to ensure the highest level of protection for players. Students also look at the implications of these technologies, around cost and access at amateur and grassroots levels. There will also be the opportunity for students to resit the Component 2 exam that the cohort sat in the spring of Year 10. Should your child wish to resit, please ask them to speak to Ms McVeigh or Mr C Smith in their next lesson.

### Year 12 Sport

Our Year 13 Double Sport students have just completed their external exam unit on Sports Businesses and the students were tasked with recommending business improvements to an online fitness platform business. The students had to research the market themselves and go into the exam having the knowledge and statistics on three of the market leaders in the online fitness world (for example, Peloton or Apple Fitness).

With the final exam unit out of the way, the students have now started their final coursework unit on Skill Acquisition. The class are now analysing 2 elite performers in a chosen sport and looking at how the performers apply their learned skills, natural skill and information processing models to compete at the highest level in their chosen field of sport.

Further on in the unit, we will be looking at teaching and learning pedagogy with the opportunity for students to apply these in the real world.

## This Week in Core PE

In Core PE, students have recently changed on to a new rotation including Basketball, Football and Trampolining. Often these three sports are the most popular with students keen to demonstrate their ability and showcase their current skills.

Previously, students had been completing a rotation of lessons including OAA, Fitness and Table Tennis focusing on 3 of the ME's in PE (Theory, Coaching and Healthy). Across this rotation students have developed a range of new skills such as map reading, officiating and umpiring and also deepening their knowledge of anatomy and physiology learning particularly about muscles and bones.

In the new term a new extracurricular timetable will be shared with students, providing many further opportunities for them to participate in new sports both during and after the school day with lunchtimes clubs being introduced throughout the week.

A reminder that attendance at these clubs can count towards your STARR award in school and lead to lots of exciting opportunities within the faculty including competing in fixtures and festivals against other local schools.

## PE Kit Reminders / Expectations

As part of our ongoing drive to improve standards, we have noticed that many students are beginning to wear inappropriate PE kits for the lessons in which they are completing, with many students still wearing their T-shirts and shorts in this cold weather. Can I take this opportunity to remind parents that warmer pieces of uniform can be purchased online, including the Rushden Academy ¼ zip, tracksuit bottoms and jumpers.

However, we do understand that in the current climate that these can be quite costly, but students are allowed to wear layers underneath their PE uniform such as base layers, long sleeve tops, compression clothing etc.

Students who are participating in lessons on the field are also expected to wear football/rugby boots. This is very much a health and safety reasoning with the weather becoming increasingly cold and wet, these offer students greater protection and control whilst taking part in the lesson. As a department we do have some spare boots to provide students but not enough for everyone, so your help and support with these would be greatly appreciated.

On the topic of PE kit, if you do have any old PE kit or football boots that no longer fit your child and you would be willing to donate them to the PE department it would be greatly appreciated and would very much help some families and students in the academy.

## Stay Connected Newsletter

Have a look at the Stay Connected Newsletter to see what is happening in our area.

<https://sway.office.com/0lujDmRLNSertdg?ref=email>

## Uniform Reminders

As we reach another half term break, and with the arrival of spring hopefully imminent, we wanted to take this opportunity to remind our students about checking they have the correct uniform ahead of the last three terms of this academic year.

Heads of Year have congratulated the vast majority of our students who wear the correct uniform every day and we are justifiably proud of how smart and well presented they look.

Over the next week, please could you check that your child is ready for the return on Monday 20th February with the correct items as stated in our uniform policy.

The full document can be found on our website ([Uniform](#)), but here is an overview:

All students are to attend the Academy wearing full school uniform:

- A school black blazer with or without the school emblem.
- A white shirt which is smartly tucked in.
- Black trousers, no leggings, jeggings or jeans. Trousers made of jean like material or design do not meet the uniform standard and are not to be worn.
- The official grey checked school skirt – *no black skirts to be worn*.
- A school tie.
- An optional plain black V neck jumper – no other jumpers to be worn.
- Footwear that meets the agreed standard which is leather or leather-like that can be polished - no canvas footwear or fabric trainers to be worn.

The following **do not** meet the uniform expectations:

- Hoodies (if we see them, they will be confiscated like a mobile phone and taken to student reception for collection at home time). This includes sweatshirts and sports tops worn under blazers.
- Leggings.
- Fluffy socks.
- Jumpers that are not plain, black v-neck (as per hoodies).
- Shoes or trainers that are not black and not polishable.
- Facial piercings or more than 2 piercings per ear.
- False nails.

## Uniform Reminders



Anything that can be worn **over** a blazer and is warm, padded and/or waterproof with a full length zip will be classed as an acceptable coat

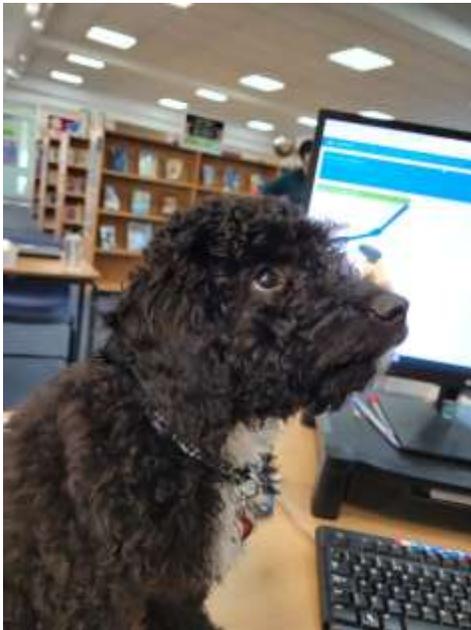


## New Library Seating Area

The Academy Library has had a bit of refurbishment, with some cleaning, painting and new settees. The comfortable seating area is now looking really cosy and welcoming. Students are already loving it, with many of them coming in at break and lunch-time to nestle down with a good book.

Just need to keep an eye on those muddy shoes...

Happy reading :)



Jet has been enjoying some time in the Library this week.

He was helping with some book covering, although his little, puppy claws made this quite difficult.

We are looking forward to him helping with some reading as he gets older.



## TRAIN TO TEACH **VIRTUAL OPEN EVENT**

**Thursday 23rd February 2023**

Online Open evening 5pm - 7pm

Please email [gutprecruitment@sponne.org.uk](mailto:gutprecruitment@sponne.org.uk) with your name and subject of interest to register your attendance. Online meeting details will be shared in advance.

### WE OFFER PGCE COURSES WITH QTS IN:

- Business Studies
- Computing\*
- Design & Technology\* (including food)
- English\*
- Geography\*
- History
- Maths\*
- MFL\*(French, German, Spanish)
- Science\* (Biology, Chemistry, Physics)
- PE

\*Bursaries available. Please visit our website for further details

[www.gutp.co.uk](http://www.gutp.co.uk)

## Check Your Contact Details Are Correct

Please make sure you let Rushden Academy know if any of your contact details change. You can do this via the SIMS Parent App, or by calling main reception on 01933 350391

# CRISIS CAFÉS

If you find yourself in crisis or need support with your mental health in the evening and/or at the weekend we are here to listen and help you in your time of need.

Mind Cafés have professional mental health workers who can offer you a safe space. Our aim is to support people to reduce any immediate crisis and to safety plan; drawing on strengths, resilience, and coping mechanisms to manage their mental health and wellbeing.

There is no need to call, just drop in to find a safe place with hope and comfort and find your pathway to recovery.

CRISIS CAFE/TIME/PHONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>The Sanctuary @ Corby Mind</b> 28 Ayck St, Corby, NN17 1WU Tel: 01539 267291				12-10 PM	12-10 PM		2-8 PM
<b>The Rising Road @ Kettering Mind</b> 43-51 Broad St, Kettering, NN16 5ER Tel: 01535 523216		12-11 PM	12-11 PM	12-11 PM			
<b>Eleventy Mind, The Old Cemetery Car Park, Brook Street, Daventry, NN11 4DS</b> Tel: 01227 875446			5-9 PM				
<b>Anchor House @ Northampton Mind</b> 15/17 Regent Square, Northampton NN1 2ND Tel: 03004 624303 / 624303	12-10 PM	12-10 PM				2-10 PM	
<b>The Recovery Cafe @ Rushden Mind</b> Phoenix House, Skinner's Hill, Rushden, NN10 1YU Tel: 01533 320606	12-10 PM	12-10 PM	12-10 PM				2-8 PM
<b>Wellingborough Mind</b> 14 Havelock Street, Wellingborough, NN8 4QA Tel: 01832 223091				12-10 PM	12-10 PM		2-8 PM



We are a professional and charitable organisation, working across North Northants, with two key areas of focus:

1. Impartial and life changing housing, debt and benefits advice
2. Supported accommodation for single homeless people in North Northants

We empower individuals to move out of debt, out of hunger, out of poverty and out of homelessness.

At Accommodation Concern we believe everyone deserves the right to live their best possible life.

### Housing Advice

Eviction (open work, Homelessness, Repairs, Landlord/tenants obligations, letting with landlords/ councils/ Housing Associations)

### Money & Debt Advice

Budgeting support, Access Data Solutions e.g. Debt Relief Orders, repayment plans etc., Creditors support

### Welfare Benefits

Maximising income, Benefit claims/ Appeals (Inst PR, ESA)

### Other Support

KCU food parcels distributor, Grants, rent deposits, white goods etc.

### Supported Accommodation Provision

For single homeless adults - building life skills, preparing for independent living, increasing confidence through a planned programme of re-settlement.



Office: 01535 418582 Email: [help@ac-org.uk](mailto:help@ac-org.uk) Website: [www.accommodationconcern.co.uk](http://www.accommodationconcern.co.uk)

## Free Northants Swimming Sessions During Half Term

Young people are being invited to take the plunge and enjoy free swimming sessions across the North Northamptonshire Council area this February half-term.

The offer will be applicable between from Monday, February 13 to Friday, February 17 at the five North Northants pools:

- Corby – 11am to 12.30pm - Corby East Midlands International Pool, Parkland Gateway, George St, Corby NN17 1QG
- Rushden – 11am to noon and noon to 1pm (two sessions) - Splash Leisure Pool, Station Road, Rushden, NN10 9SJ
- Thrapston – 1pm to 2.30pm - Nene Leisure Centre, Cedar Drive, Thrapston, NN14 4JY
- Wellingborough – 1.35pm to 2.55pm - Waendel Leisure Centre, Thomas Street, Wellingborough, NN8 1DZ
- Kettering – noon to 1.30pm - Kettering Pool, London Rd, Kettering NN15 7QA

For booking and more information contact your local swimming pool.

The sessions are available to anyone under the age of 18, however under eights will need to be accompanied by a paying adult

Swimming has many health benefits as a non-weight-bearing exercise that improves both physical and mental health, while keeping the sessions free makes the activity available to all.

## Hair & Beauty at Rushden Academy

What a busy few weeks it has been in the hair and beauty department. As always, we have been very busy in our salons with clients. Please call 01933 417858 to book in!



### Level 3 Hair and Beauty students trip to Rushton hall spa 25/01/23

The students were lucky enough to attend a day trip to Rushton Hall spa last week. This always proves to be a huge success, with the students making contacts for potential future careers as well as being able to access the beautiful surroundings and utilising the amazing facilities at Rushton Hall spa.

As part of the trip, students got to see the different pathways within the hair and beauty sector, as well as experience a spa day, so had the luxury of accessing both sides.

Throughout the day all of students behaved exceptionally and represented the school in a professional manner, showing an awareness of the importance of their surroundings. Another very successful spa trip after a long wait!

A huge thank you to all students and staff that attended.

### Steiner Cruise ship talk 02/02/23

Kate Finch, a recruitment manager for Steiner cruise ships, and an amazing stylist, gave a long lovely talk on the recruitment process as well as what life on board a cruise ship is like.

We have a lot of students interested in cruise ships as a possible career pathway and with the help of Kate our students have never been more determined to follow their dreams!



## Hair & Beauty at Rushden Academy

### Cruise ship talk from a current employee of Disney Cruise ship 09/02/23.

The students were lucky enough to have an honest and open talk with a current employee of the Disney ship.

She kindly came in and gave a talk on life on board a cruise ship. She gave a lot of information to prepare all the students that are interested in a possible career on sea.



### The Mayoress of Higham Ferrers

We were lucky enough to have a very important client come in for a well-deserved pamper, the wonderful Mayoress of Higham Ferrers.

It was a true pleasure to have her company in the salon, and she was over the moon with the results of her new style!



Is your child looking for a career in the Hair and Beauty industry?

We offer level 2 and 3 qualifications here at Rushden Hair and Beauty academy, Hayway, NN106AG.

Feel free to email [k.olrod@rushden-academy.net](mailto:k.olrod@rushden-academy.net) or call 01933417858 for more information.



## Hair & Beauty at Rushden Academy

Please be aware we are a training salon, so appointments may be cancelled due to absences of the students.

Your hair and beauty services will be carried out by a student and will be supervised by a member of staff.

Treatments that are offered will vary, dependant upon the assessment criteria that is needed at the time by the students.

The prices for colouring does not include a cut, but does include a finish.

For any treatments with colour, a skin test needs to be completed 24-48 hours prior to the services.

Call us to book your appointment or for further enquires 01933 417858



Beauty Price List	Hair Price List	Level 2	Level 3
<b><u>Facial treatments</u></b>	<b><u>Styling</u></b>		
Cleanse and make up £8.00	Wash & blow-dry/set £5.00	£5.00	£6.00
Facial with cleanse and mask £6.00	Ladies cut £5.00	£5.00	£10.00
Luxury facial £7.00	Restyle £8.00	£8.00	£12.00
<b><u>Holistic treatments</u></b>	Wash, cut & finish £10.00	£10.00	£13.00
<b>Massages:</b>	Restyle and finish £8.00	£8.00	£15.00
Indian head massage (30mins) £7.00	Gents £5.00	£5.00	£7.00
Indian head massage (45mins) £8.00	Conditioning treatment (with finish) £10.00	£10.00	£12.00
Hot stone (back only) £8.00	<b><u>Colouring</u></b>		
Hot stone (full body) £12.00	<b>Quasi permanent colour</b>		
Full body massage £11.00	Full head - short hair (long hair) £12.00 (£16.00)	£12.00 (£16.00)	£16.00 (£20.00)
Back, neck & shoulder massage £7.00	<b>Semi permanent:</b>		
<b>Body treatments</b>	Semi permanent - short hair (long hair) £10.00 (£13.00)	£10.00 (£13.00)	£11.00 (£14.00)
G5 massage £9.00	<b>Colouring and permanent tinting</b>		
Infrared £5.00	Full head - short hair (long hair) £13.00 (£19.00)	£13.00 (£19.00)	£20.00 (£25.00)
<b><u>Manicure &amp; pedicure</u></b>	Roots only £10.00	£10.00	£13.00
Mini manicure (file/polish) £3.50	Roots & refresh - short hair (long hair) £13.00 (£20.00)	£13.00 (£20.00)	£20.00 (£25.00)
Manicure £5.00	<b>Highlights/Lowlights</b>		
Luxury manicure £7.00	With cap £12.00	£12.00	£15.00
Mini pedicure (file/polish) £3.50	Woven - short hair (long hair) £22.00 (£27.00)	£22.00 (£27.00)	£27.00 (£30.00)
Pedicure £5.00	T-section - short hair (long hair) £12.00 (£17.00)	£12.00 (£17.00)	£20.00 (£25.00)
Luxury pedicure £7.00	Flashes (per pack) £3.00		
Re varnish £3.00	<b>Lightening products bleach</b>		
Nail art extra £3.50	Full head - short hair £22.00 (£25.00)	£22.00 (£25.00)	£25.00 (£28.00)
	Spectrum (specialised tonal highlighting) extra £8.00		
	<b><u>Extras</u></b>		
	Colour mousse - £1.00		
	Eraser colour remover & colour correction - (Consultation needed)		
	Toner - £5 extra on top of the colour service		

# TikTok Guide for Parents

## What is TikTok?

TikTok is a short form video app. It is a place for fun and positive content created by real people around the world. Our mission is to inspire creativity and bring joy.

## Creating a TikTok account

TikTok can be downloaded from the App Store, Google Play Store, Amazon Appstore, and other official application platforms. TikTok has a 12+ rating in the Apple App Store and is listed as “Parental Guidance Recommended” in Google’s Play Store. If you don’t want your teen to download TikTok, these ratings mean you can prevent them from doing so using the parental controls available via these stores or platforms.

To sign up for TikTok, people must provide their date of birth.

## Why it’s important your teen provides their real date of birth

TikTok is only for those aged at least 13 and it’s important that your teen provides their real date of birth. From restricting access to certain features to tailoring the ads people can see, accurate information helps ensure community members have the correct age-appropriate experience. For example, in addition to our age requirement, we do not allow younger people on TikTok to use age-restricted features such as the ability to host LIVE or use Direct Messaging.

## Community Guidelines

Offering a safe and supportive environment is our top priority. We believe that feeling safe is essential to helping people feel comfortable with expressing themselves openly and creatively. We remove content, including video, audio, livestream, images, comments and text that violate our Community Guidelines, and accounts involved in severe or repeated violations. Under certain circumstances, we will go one step further and report the accounts to relevant legal authorities to keep our community safe. Our [Community Guidelines](#) apply to everyone, and to everything shared on TikTok.

## Family Pairing

Parenting a teen’s digital life can be daunting, which is why we offer caregivers meaningful ways to set guardrails with their teens on TikTok.

Our Family Pairing features let parents link their TikTok account to their teen’s to enable a variety of content and privacy settings. We encourage caregivers to discuss the Family Pairing features with their teens, and explain why they choose to turn them on. Even without Family Pairing enabled, parents can help their teens enable our app’s Screen Time offerings, including Daily Screen Time and Restricted Mode, which are protected by a passcode set by the parent or guardian. These settings may vary depending on your region and version of the app.

For more information about TikTok and their safety guidelines visit <https://www.tiktok.com/safety/en/guardians-guide/>

**Literacy Challenge**  
Vocabulary Detectives  
Odd One Out

Which of the following is an intruder? Which word has no right to be in the list?

centrifuge, centipede, centurion, centenary, centilitre

**Need help getting started?**

Think about the prefixes (cent) for each word. Are they the same? Do they all mean the same thing?

Good to know: A prefix is letters attached to the beginning of a word stem that change the meaning of the word e.g. the prefix un + happy = not happy.

## Numeracy Problem of the Week



Our school dinners offer the same basic choice each day.

Starter: soup or salad;

Main course: pasta, fishcakes, pizza, burger or curry;

Dessert: crumble, cake or fruit salad

I change my choice for each course every day, trying each option in turn, going back to soup after salad, to pasta after curry and to crumble after fruit salad.

Today, I shall sit down to soup, pasta and crumble.

How many school dinners will I have eaten before I next sit down to the same combination again?

Last Week's Solution: 10

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

## Cost of Living Support

### Warm Spaces

Organisation	Opening Times
Salvation Army	Mondays 10am-2pm
St Mary's Church, Rushden	Tuesdays 10am-2pm
Wesleyan Church, Rushden High Street	Wednesdays 10.30am-1.30pm
St Mary's Church, Rushden	Thursdays 12 noon-4pm
Rushden Town Council (Rushden Hall)	Fridays 1.30pm-3.30pm
Rushden Library	Monday-Friday 9am-6pm Saturdays 9am-5pm
Hope Methodist Church, Higham Ferrers	Tuesdays 1pm-3pm
St Mary's Church, Higham Ferrers	Thursdays 10am-2pm

### Food Bank

<b>Encompass</b>	
19-21 Church Street	01933 733001
Rushden	<a href="mailto:Info@encompasscharity.org.uk">Info@encompasscharity.org.uk</a>
NN10 9YU	

School are able to make referrals so that you receive additional support

### ADDITIONAL INFORMATION INCLUDING FINANCIAL SUPPORT

<https://www.northnorthants.gov.uk/cost-living>

## Stars of the Week

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



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If you do not have an exam you will be in your normal lessons.

\*\*\* For French and German speaking you will be given your own individual timeslot

Students taking maths, science, business and geography exams will need a calculator

	P1 + P2	P3 + P4	Reg + P5
MON 20th FEB	ENGLISH LANG Paper 1 (SH) 1hr 55mins	MATHS Paper 1 (SH) 1hr 30mins (non-calculator)	Normal lessons
TUES 21st FEB	COMBINED SCIENCE Biology (SH) 1hr 15mins TRIPLE SCIENCE Biology (SH) 1hr 45mins	GEOGRAPHY (SH) 1hr 30mins	FRENCH LISTENING (VOC) 35mins/45mins
WED 22nd FEB	SOCIOLOGY (SH) 1hr 45mins	COMBINED SCIENCE Physics (SH) 1hr 15mins TRIPLE SCIENCE Physics (SH) 1hr 45mins	GERMAN LISTENING (VOC) 35mins/45mins
THUR 23rd FEB	ENGLISH LIT Paper 1 (SH) 1hr 45mins	MATHS Paper 2 (SH) 1hr 30mins (calculator)	Normal lessons
FRI 24th FEB	DANCE (HALL) 2hrs (CP) BUSINESS (SH) 1hr 30mins FRENCH FOUNDATION SPEAKING 30 mins***	DANCE (HALL) 2hrs (CP) HISTORY (SH) 1hr 20mins FRENCH FOUNDATION SPEAKING 30 mins***	DANCE (HALL) 1hr (CP)
MON 27th FEB	MATHS Paper 3 (SH) 1hr 30mins (calculator)	COMBINED SCIENCE Chemistry (SH) 1hr 15mins TRIPLE SCIENCE Chemistry (SH) 1hr 45mins	Normal lessons
TUES 28th FEB	ART (CA4) 2hrs (DC +SAN) PHOTOGRAPHY 10C (CA6) 2hrs (LH) (P1 only) GERMAN HIGHER SPEAKING 30mins***	ART (CA4) 2hrs (DC +SAN) PHOTOGRAPHY 10C (CA6) 2hrs (LH) GERMAN HIGHER SPEAKING 30mins***	ART (CA4) 1hr (DC +SAN) PHOTOGRAPHY 10C (CA6) 1hr (LH)
WED 1st MARCH	DRAMA (LTH) 2hrs (KJ) GRAPHICS (CA6) 2hrs (LH) (P1 only) GERMAN FOUND SPEAKING 30mins***	DRAMA (LTH) 2hrs (KJ) GRAPHICS (CA6) 2hrs (LH) GERMAN FOUND SPEAKING 30mins***	DRAMA (LTH) 1hr (KJ) GRAPHICS (CA6) 1hr (LH)
THUR 2nd MARCH	PHOTOGRAPHY 10B (CA6) 2hrs (LH)	PHOTOGRAPHY 10B (CA6) 2hrs (LH)	PHOTOGRAPHY 10B (CA6) 1hr (LH)
FRI 3rd MARCH	FRENCH HIGHER SPEAKING 30 mins***	FRENCH HIGHER SPEAKING 30 mins***	

## KS4 Summer Exam Timetable

	Mon 15th May	Tues 16th May	Wed 17th May	Thurs 18th May	Fri 19th May
AM 9am		Biology Paper 1(CS) 1 hr 15 mins	English Lit Paper 1 1 hr 45 mins	History Paper 1 1 hr 15 mins	Maths Paper 1 1 hr 30 mins
		Biology Paper 1(Trp) 1 hr 45 mins			
PM 1.30pm		German Paper 1 & 3 F 1hr 20 mins / H 1hr 45 mins		Business Paper 1 1 hr 45 mins	BTEC H & SC Unit 3 2 hrs
		Sociology Paper 1 1 hr 45 mins		BTEC Childcare Unit 3 2 hrs	

	Mon 22nd May	Tues 23rd May	Wed 24th May	Thurs 25th May	Fri 26th May
AM 9am	Chemistry Paper 1 (CS) 1 hr 15 mins	French Paper 1 & 3 F 1hr 20 mins / H 1hr 45 mins	English Lit Paper 2 2 hrs 15 mins	Physics Paper 1 (CS) 1 hr 15 mins	German Paper 4 F 1 hr 10 mins / H 1hr 20 mins
	Chemistry Paper 1 (Trp) 1 hr 45 mins			Physics Paper 1 (Trp) 1hr 45 mins	
PM 1.30pm	Geography Paper 1 1 hr 30 mins	BTEC ICT Unit 3 1 hr 30 mins		Sociology Paper 2 1 hr 45 mins	
				BTEC Sport Unit 2 1 hr 30 mins	

Mon 29th May	Tues 30th May	Wed 31st May	Thurs 1st June	Fri 2nd June
<b>HALF TERM</b>				

	Mon 5th June	Tues 6th June	Wed 7th June	Thurs 8th June	Fri 9th June
AM 9am	English Lang Paper 1 1 hr 55 mins		Maths Paper 2 1 hr 30 mins		Geography Paper 2 1 hr 30 mins
PM 1.30pm	French Paper 4 F 1 hr 10 mins / H 1hr 20 mins		History Paper 2 B1-B4 1 hr 45 mins	Contingency session in the event of national or significant local disruption to exams in the UK.	Biology Paper 2 (CS) 1 hr 15 mins
					Biology Paper 2 (Trp) 1 hr 45 mins

	Mon 12th June	Tues 13th June	Wed 14th June	Thurs 15th June	Fri 16th June
AM 9am	English Lang Paper 2 1 hr 55 mins	Chemistry Paper 2 (CS) 1 hr 15 mins	Maths Paper 3 1 hr 30 mins	History Paper 3 1 hr 20 mins	Physics Paper 2 (CS) 1 hr 15 mins
		Chemistry Paper 2 (Trp) 1 hr 45 mins			Physics Paper 2 (Trp) 1 hr 45 mins
PM 1.30pm	Business Paper 2 1 hr 45 mins			Contingency session in the event of national or significant local disruption to exams in the UK.	Geography Paper 3 1 hr 15mins

**28th June 2023 Contingency day in the event of national or significant local disruption to exams in the UK. Candidates should be available up to and including this date.**

## KS5 Summer Exam Timetable

### KS5 Timetable Summer 2023

	Mon 1st May	Tues 2nd May	Wed 3rd May	Thurs 4th May	Fri 5th May
AM 9am		BTEC PA Unit 1 3 hrs		BTEC Science Unit 3 Part A - 45 mins Part B - 1 hr 30 mins	
				BTEC Sport Unit 2 2 hr 30 mins	
	Mon 8th May	Tues 9th May	Wed 10th May	Thurs 11th May	Fri 12th May
AM 9am			BTEC ICT Unit 2B 2 hrs		BTEC Business Unit 2B 3hrs
			BTEC Sport Unit 19 2 hr 30 mins		
PM 1.30pm		BTEC ICT Unit 2A 3 hrs		BTEC Business Unit 2A 2hrs	
	Mon 15th May	Tues 16th May	Wed 17th May	Thurs 18th May	Fri 19th May
AM 9am			Geography Paper 1 2hrs 30 mins	BTECBusiness Unit 3 2hrs	Psychology Paper 1 2 hrs
			Core Maths Paper 1 1 hr 30 mins	BTEC Sport Unit 22 3 hrs	BTEC H&SC Unit 2 1 hr 30 mins
					GCSE Maths Paper 1 1 hr 30 mins
PM 1.30pm	BTEC H&SC Unit 1 1 hr 30 mins				
	BTEC Sport Unit 1 1 hr 30 mins				
	Mon 22nd May	Tues 23rd May	Wed 24th May	Thurs 25th May	Fri 26th May
AM 9am	Sociology Paper 1 2 hrs	Business Paper 1 2 hrs	History Paper 1 2hrs 15 mins	English Lang/Lit Paper 1 1 hr	BTECScience Unit 5P 50 mins
	BTEC H&SC Unit 4 3 hrs	Dance 2 hrs 30 mins			
		BTEC Science Unit 1C 40 mins			
PM 1.30pm	Media Paper 1 2 hrs	BTEC Science Unit 1B 40 mins	English Lit Paper 1 2 hr 30 mins	Fur Maths A Paper 1 1 hr 30 mins	BTECScience Unit 5B 50 mins
			Physics Paper 1 2 hrs	Psychology Paper 2 2 hrs	
			Core Maths Paper 2 1 hr 30 mins	BTEC Science Unit 5C 50 mins	
			BTEC Science Unit 1P 40 mins		
	Mon 29th May	Tues 30th May	Wed 31st May	Thurs 1st June	Fri 2nd June
	<b>HALF TERM</b>				

## KS5 Summer Exam Timetable

	Mon 5th June	Tues 6th June	Wed 7th June	Thurs 8th June	Fri 9th June
AM 9am	English Lang/Lit Paper 2 2 hrs	Geography Paper 2 2hrs 30 mins	Business Paper 2 2 hrs	English Lit Paper 2 2 hr 30 mins	Physics Paper 2 2 hrs
	BTEC L3 H&SC Unit 3 1 hr 30 mins		Spanish Paper 1 2 hrs 30 mins		Sociology Paper 2 2 hrs
	GCSE English Lang P1 1 hr 55 mins		GCSE Maths Paper 2 1 hr 30 mins		BTEC ICT Unit 1 2hrs
PM 1.30pm	Psychology Paper 3 2 hrs	Maths Paper 1 2 hrs	Biology Paper 1 2 hrs	Contingency session in the event of national or significant local disruption to exams in the UK.	History Paper 2 1 hr 30 mins
	Fur Maths A Paper 2 1 hr 30 mins	Media Paper 2 2 hrs	Drama Unit 3 2 hrs 30 mins		
			Graphics 2hrs 30 mins		
	Mon 12th June	Tues 13th June	Wed 14th June	Thurs 15th June	Fri 16th June
AM 9am	Chemistry Paper 1 2hrs 15 mins	History Paper 3 2hrs 15 mins	Business Paper 3 2 hrs	English Lang/Lit Paper 3 2 hrs	Biology Paper 2 2 hrs
	GCSE English Lang P2 1 hr 55 mins		Spanish Paper 2 2 hrs	Physics 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	Further Maths FM1 1 hr 30 mins	Contingency session in the event of national or significant local disruption to exams in the UK.	Further Maths FS1 1 hr 30 mins
			Sociology Paper 3 2 hrs		
	Mon 19th June	Tues 20th June	Wed 21st June	Thurs 22nd June	Fri 23rd June
AM 9am	Computer Science 2 2hrs 30 mins		Biology Paper 3 2 hrs		Chemistry Paper 3 1 hr 30 mins
PM 1.30pm	Chemistry Paper 2 2hrs 15 mins	Maths Paper 3 2 hrs			Further Maths D1 1 hr 30 mins
<b>28th June 2023</b> Contingency day in the event of national or significant local disruption to exams in the UK. Candidates should be available up to and including this date.					

**THE DROP IN**  
A SAFE PLACE TO RELAX, PLAY GAMES  
AND CHAT ABOUT LIFE

**YEAR 7 TUESDAY  
YEAR 8&9 WEDNESDAY  
YEAR 10&11 THURSDAY  
IN THE ETHOS ROOM AT  
LUNCH TIME  
EVERYONE WELCOME**

**PE Extra Curricular**

**Monday - Basketball & Netball**

**Tuesday - Football**

**Wednesday - Staff meetings**

**Thursday - Fitness Suite**

Keep up to date with all fixtures & events by joining the Google Classroom: **YFIMI5U**

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)

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)

# 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...  
**Elena**

You have worked hard improving your maths skills in such a short time. Although you only joined us in October, you have already gained your Entry Level 3 Maths qualification. Well done!

**Mrs Buckoke**

## 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

## 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](#).

WHAT'S ON YOUR MIND?

sex  
contraception  
exam anxiety  
BULLYING  
alcohol  
HEALTHY EATING  
social networking & cyber bullying  
SELF HARM  
relationships

DRUGS  
family issues  
SMOKING  
body image  
MENTAL HEALTH

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

It's confidential

Northamptonshire Healthcare NHS

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

Northamptonshire Healthcare NHS  
the lowdown  
Youth Works  
CHAT Youth Counselling

#weareNHS

Northamptonshire Healthcare NHS

## 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/030CAMSLIVE](http://WWW.NHS.UK/030CAMSLIVE)

t f

QR code

Camhs  
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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