



Rushden Academy Newsletter

Aspire, Explore, Succeed

03/03/2023

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

This week brought the mock examinations window to a close for our Year 11 students. I have been really pleased with the way in which all Year 11 students have approached these examinations and it will be good to see which areas they have done well in as well as which they need to prioritise for revision ahead of their GCSE examinations in May and June. Once all the marking of papers is complete, the Year 11 progress league table will be updated outside the main hall and all students will be given individual feedback on their performance in each of their subjects. As always, if you would like any further information or resources to support your child with their revision, please do not hesitate to contact their individual subject teachers or Mr Smith.

On Thursday evening we welcomed Year 9 parents and carers into the school for options evening where Mr Billam gave a presentation on how the options process works. Students, parents and carers were then able to speak with the teachers of all the different options to gain further information about what each course entails. Just as a reminder, when completing the form, you are choosing one option from the top section and then 3 subjects from the bottom indicated with a 1, 2 or 3 in terms of preference. You then also need to click two reserve subjects. This will help ensure that as many students as possible get the options that they want next year.

Wednesday was national offer day for secondary school places and it was pleasing to see that so many families have selected Rushden Academy as their first choice school. Every week that passes I am reminded of how fantastic our students are and I look forward to welcoming the new year 6 cohort into Team Rushden and sharing the values that are central to our school community.

Next Thursday, Year 9 have a careers day in which a large number of professionals and representatives from education establishments will be in to talk to our students about their respective jobs and routes into the different careers. This day should help give an insight into what different jobs look like day to day and allow students to ask the professionals questions directly. It promises to be a really enlightening day and I know that Mr Billam has worked hard to ensure that we have as many different professions represented as possible. Year 9 will also be off timetable on Wednesday for a Prison Me? No Way! experience where they will participate in various workshops and activities linked to life choices. Previous year groups have also had this experience and found it very valuable.

Continues on the next page...

Message From the Principal Continued....

Finally, thank you for your continued support with ensuring that your child comes to school in the correct uniform. Our students have never looked smarter with only a few persistent issues left that we are working with you on. From Monday, any student that arrives without correct uniform will be able to borrow a replacement for the day to ensure that we maintain the highest of standards.

Have a pleasant weekend,

Yours sincerely,

Mr B Baines
Principal



The PE Team need your help!

Do you have old pairs of trainers or boots that no longer fit?

Please bring them into school and deposit them in the tubs near the PE office for others to use!

Why?

- Better for the environment
- Helps others
- Cost of living crisis

Rushden Academy
Aspire • Explore • Succeed

Creative Arts Update



This term in the Creative arts students across the Academy have been very busy.

In year 7 we have been learning about Colour Theory. We have learnt about warm and cool colours, primary, secondary and tertiary colours, tints, tones and shades... We are now applying this colour knowledge to our letter designs or crazy hair projects.



In year 8 we have been inspired by the work of Roy Lichtenstein and have begun making Pop Art Still Life compositions of our own. We have explored the compositional rules of thirds, odds, and leading lines to create interesting and successful compositions, which we will be painting soon before we move on to explore digital techniques for painting and layering, with links to the artist Andy Warhol.



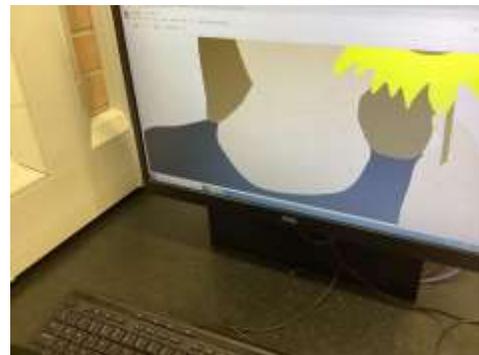
Creative Arts Update

In year 9 we have been experimenting with media and techniques within our still life Natural Forms project. We have used pencil, coloured pencil, watercolours, and have moved on to begin mixed media collage, which we will soon be rendering in oil pastel to create large-scale works. For those of us that intend to take creative subjects as part of our GCSE options this prepares us with knowledge of materials and processes, for those of us whose creative studies finish at the end of the year we have experienced opportunities to experiment with styles and identify strengths and build understanding of art for the future.



In year 10 art we have been working towards our GCSE Coursework, which will be complete by Christmas 2023 ready for our Exam Unit. This term we have been researching artists to inform the rest of our projects. We have chosen two artists we were inspired by and have created copies of their work to practise similar styles and techniques, and have analysed their methods and processes. We are now beginning to create our own pieces inspired by our chosen artists, to develop our observational skills and refine our choices of image, scale, and media.

In year 10 graphics we have started our coursework where we are going to design and create an album cover. We have researched various graphic designers who have created album covers, come up with initial ideas and photoshoots and now using Google drawings and Photoshop to create our album covers.



Creative Arts Update

Our Year 11 students, in Art, Photography, and Graphics have been working hard on their exam unit. Themes this year were: Isolated, Journey, Surface and Texture, The News, and Agriculture. We have researched artists and are now creating our own work inspired by the artists and themes we chose. Our deadline for Observational work was Friday 24th February, and now we will begin to develop and refine ideas towards a final outcome. We had a Mock exam on Tuesday 28th February, with the real exam taking place over two days on 20th and 21st April.



In year 12 Art we are working hard on our Personal Investigation projects. We chose our own themes and have a strong mixture including Dystopian Landscapes, to Anatomy and Architecture, and A study of Minerals and Fossils, and Symmetry in Nature. We have begun analysing images in depth to support our written study.

In year 12 Photography we have been working on their coursework units. They have experimented with different genres and themes and are currently working on a landscape project. They are experimenting with light, studio photography and location shoots to ensure their research has had an impact. Their sketchbook work is brilliant!!

In year 13, photographers have been finishing their essay units and their coursework and are now working on their exam practical unit. There are a wide range of projects that should have some outstanding results.



**Don't forget to follow us on Instagram
@rushdencreativearts**

Library News

World Book Day

To help our students celebrate World Book Day (WBD) 2023 and to encourage them with their reading, Rushden Academy Library gifted all Year 7 and Year 8 students a copy of one of the WBD book titles, along with a book mark. We hope that they enjoy the book they are given. Happy reading.



Jigsaws in the library

Some of our Year 10 girls have been enjoying putting together the latest jigsaw, housed in the Library. They finished it today...now on to the next one, which is twice as big!



Glasses to Africa

The next project that the Student Forum will be running is supporting the Rushden Rotary Club in their "Glasses for Africa" campaign.

Glasses for Africa sees Rotary clubs up and down England donating old pairs of specs and sending them to Africa to be recycled and used by those who do not have the means to purchase their own. This work is life changing for all concerned and very much needed.

If you or any family or friends have any old, unused or unwanted pairs of glasses at home please bring them into school! Our donation box is in the Pastoral Hub.

All donations of old glasses of all prescriptions from both children and adults are gratefully received.



Starting Friday 11th November 2022

Supporting young people and their families.
2nd Friday of the month 6.30pm-8.30pm
RUSH 2 THE DEN Fitzwilliam Street NN10 9YW

Vaping and E-Cigarettes: Facts for Parents and Carers

WHAT IS VAPING?

Vaping is the use of an electronic device to inhale vapour derived from a heated liquid. The main ingredients are vegetable glycerine and propylene glycol, but most e-liquids also contain nicotine, which must be no more than 2% or 2mg per ml, as well as small amounts of flavourings and sweeteners.

SMOKING VS VAPING

Smoking is much more harmful than vaping. Tobacco smoke contains carbon monoxide and tar, a sticky soup of around 250 toxic chemicals, 69 of which are known to be carcinogenic, causing disease, disability, and early death. **HOWEVER, VAPES ARE NOT HARMLESS** Short-term effects can include: • coughing • headaches • dizziness, and • sore throats. Long-term effects are, as yet, unknown.

WHAT ARE THE CONCERNS WITH VAPING AND CHILDREN AND YOUNG PEOPLE?

Most children and young people don't vape or smoke. However, in 2022 the number of 11-17-year-olds in Great Britain currently using vapes rose to 7% compared to 4% in 2020. Whilst this increase is concerning, it is important to note that most vaping is experimental, with regular vaping mainly confined to children who currently smoke or have done in the past. The increase in youth vaping has coincided with the arrival on the UK market of a new category of cheap and attractive disposable vapes that have proven particularly popular with children and young people and have been promoted extensively on social media. We are working hard nationally and locally to address these issues.

HOW DO VAPES HELP SMOKERS QUIT?

Like nicotine patches and gum, vapes containing nicotine are a useful aid to quitting as they deal with the cravings smokers get when they try to stop. Nicotine vapes are proven effective and have become the most popular quitting aid for smokers in recent years. However, vapes are not recommended for non-smokers, particularly children.

THE LAW AND VAPING

Vapes and vaping products containing nicotine, like tobacco, are age restricted. It's illegal to sell them to under 18s, and for adults to buy them on their behalf.

If you know of anyone who does sell vapes or tobacco illegally, you can report them to trading standards through the Citizens Advice online portal: citizensadvice.org.uk/consumer

Advertising of all tobacco products is illegal, but if you see advertising for vapes that you feel is trying to encourage children and young people to try vaping, you can report it to the Advertising Standards Authority: asa.org.uk

For more information about vapes and stopping smoking, visit the Smokefree Sheffield website: smokefreesheffield.org

Children and Young people can find out more information on vaping on the FRANK website: talktofrank.com/drug/vapes. Or read the ASH Briefing: ash.org.uk/uploads/ASH-brieffor-local-authorities-on-youthvaping.pdf

Vaping and E-Cigarettes: Facts for Parents and Carers

HAVING CONVERSATIONS WITH YOUR CHILD ABOUT VAPING?

Find the right moment when you see someone vaping, walk past a vape shop or see advertisements.

Ask questions what do they think about vaping? Do they know people who vape? Why do they think people vape?

Listen to them learn from them, but also use your knowledge to help them understand the facts and that vapes are not harmless.

Talk about your expectations explain your concerns and tell them why you don't want them to vape or smoke and to make clear that although neither are recommended, smoking is the far greater risk.

Let them know that you care about them explain that those who knowingly sell vapes to under 18s don't care who they sell to and they are just interested in making money

Talk about the different reasons why children may vape give examples such as wanting to fit in, curiosity, stress. Talk through effective ways to respond if they ever feel pressured to try it and practise responding together.

If your child is vaping try to understand why they are vaping by asking questions like "What do you enjoy about vaping?" Or "How does vaping make you feel?". Understanding this might help you to understand their needs and discuss other ways to meet those needs.

VAPING AND E-CIGARETTES THE FACTS

MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE.
Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

VAPES ARE NOT HARMLESS. Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

HARMFUL FOR THE ENVIRONMENT. Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.

Those who knowingly sell to under 18s are driven by profit and don't care who they sell to. **DON'T BE DUPED!**

DON'T SMOKE? DON'T START TO VAPE.

smokefreeSheffield.org
talkofrank.com

ash. Smokefree Sheffield

Downloaded by Smokefree Sheffield in collaboration with Ash in its Smoking cessation centre

VAPING AND E-CIGARETTES THE FACTS

NICOTINE VAPES CAN HELP ADULT SMOKERS TO STOP SMOKING.
SMOKING CAUSES DISEASE AND EARLY DEATH.
Vaping is much less harmful than smoking as you don't inhale the toxic tar and carbon monoxide you get from tobacco smoke.

BUT VAPES ARE NOT HARMLESS. Short-term effects can include coughing, headaches, dizziness, and sore throats. Long-term effects are as yet unknown.

MOST CHILDREN AND YOUNG PEOPLE DON'T VAPE OR SMOKE. DON'T SMOKE? DON'T START TO VAPE.

smokefreeSheffield.org
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ash. Smokefree Sheffield

Downloaded by Smokefree Sheffield in collaboration with Ash in its Smoking cessation centre

Mindful March

Have a look at Action for Happiness' calendar for March. Will you try any of the ideas?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Set an intention to live with awareness and kindness	Notice three things you find beautiful in the outside world	Start today by appreciating your body and that you're alive	Notice how you speak to yourself and choose kind words	Bring to mind people you care about and send love to them
6	7	8	9	10	11	12
If you find yourself rushing, make an effort to slow down	Take three calm breaths at regular intervals during your day	Eat mindfully. Appreciate the taste, texture and smell of your food	Take a full breath in and out before you reply to others	Get outside and notice how the weather feels on your face	Stay fully present while drinking your cup of tea or coffee	Listen deeply to someone and really hear that they are saying
13	14	15	16	17	18	19
Pause to watch the sky or clouds for a few minutes today	Find ways to enjoy any chores or tasks that you do	Stop. Breathe. Notice. Repeat regularly	Get really absorbed with an interesting or creative activity	Look around and spot three things you find unusual or pleasant	Have a 'no plans' day and notice how that feels	Cultivate a feeling of loving-kindness towards others today
20	21	22	23	24	25	26
Focus on what makes you and others happy today	Listen to a piece of music without doing anything else	Notice something that is going well, even if it feels difficult	Tune into your feelings, without judging or trying to change them	Appreciate your hands and all the things they are able to do	Focus your attention on the good things you take for granted	Choose to spend less time looking at screens today
27	28					
Appreciate nature around you, wherever you are	Notice when you're tired and take a break as soon as possible	Choose a different route today and see what you notice	Mentally scan your body and notice what it is feeling	Discover the joy in the simple things of life		



Performing Arts Update

Drama:

Year 11 have completed their first part of their Component 3 exam this week. They had to write about their ideas based on the brief they had been given by the exams board. The year 11s were very positive about the exam and felt that it had gone well. The performing arts department is very glad to see their reactions and wishes them good luck for the rest of their component.

Dance:

As part of our dance curriculum contemporary dance is explored frequently in preparation for continuing with the option of progressing into Btec dance level 2 starting in Year 10. Our year 8 students have been introduced to the stylistic features of contemporary dance last term and are now building a performance piece in the roles of prisoners and guards based on the stimulus of 'Swansong' by Christopher Bruce. The criteria involves working in a duet/trio, using a chair as a prop and contact work using the theme of 'Intimidation'.



Music:

Year 7 students are well on their way to understanding how to use our DAW software, Bandlab for Education. Students have been recording in 5 lines from the classical piece Canon in D by Pachelbel, once students have these lines recorded and edited in they will be exploring how we can use the software to alter sounds, add drum beats and structure work.

Performing Arts Career of The Week: Theatre Electrician

A theatre Electrician is responsible for all non-design aspects of the lighting in a theatre production. They may also be involved in any electrical elements of a production which can include special effects and sound systems.

Estimated Annual Salary: £32,000

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

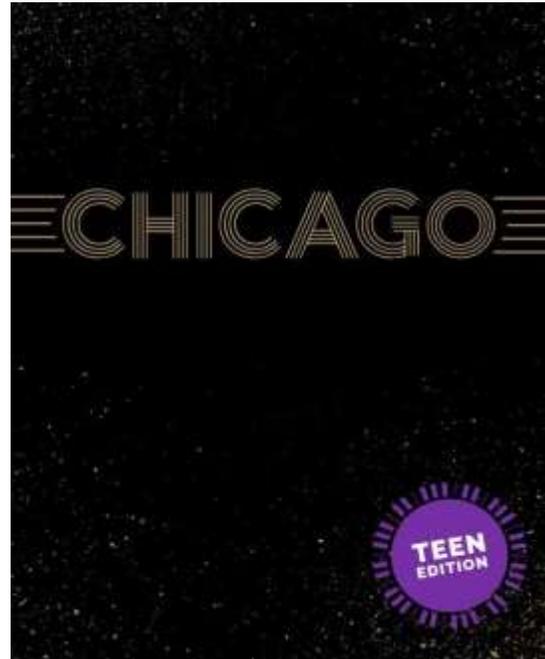
Chicago:

This week the cast of Chicago have been working on the Billy Flynn number “All I Care About Is Love”. This number is where we are first introduced to Billy Flynn and his ways. Roxie desperately needs his help to get her off the hook but will he help her?

The students have been working hard with Mrs Ede choreographing the number and the commitment has been as brilliant as ever. We are very excited to see the outcome of this number as it promises to be exciting and entertaining.

Rehearsals continue each week with additional ones afterschool on Fridays. Velma and Roxie have been working on “Hot Honey Rag” this week to finish the show with. Both actors have been working with Miss Pilgrim on the choreography for the final number and it is looking really excellent!

Roll on July for this fantastic show!!!



Bugsy Malone:

Tickets are now on sale!!! Click [here](#) to buy yours to make sure you don't miss out!





Northamptonshire Healthcare
NHFT Foundation Trust

Participation Social meet-up

For ages 11-25

Join the Youth Advisory Board
social for fun group activities,
delicious pizza and a chance to
meet other young people!

Wednesday, 01 March 5.30pm - 7.30pm at
Campbell House, Campbell Square, Northampton,
NN1 3EB

Email us your name, age and any dietary
requirements at
Participation@nhft.nhs.uk



Summer Rewards Trips

Over 430 young people are still eligible for the Summer Reward Trips! This is unbelievable! What a monumental effort! Keep up the great work!



SUMMER REWARD TRIPS

TOVE

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 CAFÉS TIMETABLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
The Sanctuary @ Carty Mind 26 Argyle St, Corby, NN17 9RZ Tel: 01536 267280				12-10 PM	12-10 PM		2-8 PM
The Mixing Bowl @ Kettering Mind 49-51 Percival St, Kettering, NN16 6EN Tel: 01536 522236		12-11 PM	12-11 PM	12-11 PM			
Quenby Mind, The Old Gasworks Car Park, Break Street, Quenby, NN16 4GG Tel: 01537 875446			5-9 PM				
Anchor House @ Northampton Mind 67/7 Regent Square, Northampton NN1 2WJ Tel: 01604 634281 / 624951	12-10 PM	12-10 PM				2-10 PM	
The Recovery Café @ Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN16 5YE Tel: 01933 309800	12-10 PM	12-10 PM	12-10 PM				2-8 PM
Wellingborough Mind 14 Handcock Street, Wellingborough, NN8 4DA Tel: 01933 225591				12-10 PM	12-10 PM	2-8 PM	



MAKING A
DIFFERENCE
FOR YOU,
WITH YOU



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 paperwork, Homelessness, Repairs, Landlord/Tenants obligations, housing with landlords/council/Housing Associations.

Money & Debt Advice

Budgeting support, Access Debt Solutions e.g. Debt Relief Orders, repayment plans etc., Breathing space

Welfare Benefits

Maximising income, Benefit claims/Appeals (incl PIP/ESA)

Other Support

WCU 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.

[f](#) @accconcern
 [t](#) @accconcern
 [in](#) accommodation-concern
 [p](#) accommodationconcern

Office
01536 46560

Email
help@accconcern.co.uk

Website
www.accommodationconcern.co.uk

Accommodation Concern is a registered charity (number 1146271), and a company limited by guarantee (number 07145738).

SEN Youth Club
Freedom Fliers
Figure It Out

1st & 3rd Friday
6.30 - 8.30pm

Children & young people with additional requirements 11 to 19 years & their Carers

How about some crafts?
Are you ready for playing games?
Try new things?
Tuck Shop
Carers Peer Support

£1

RUSH The DEN
www.rushdenyouthclub.org.uk
Fitzwilliam Street - Rushden NN10 9YW

Drop in, chill out

Meet friends and have fun!

Be safe, stay cool

RUSH The DEN

Crafts, Games Activities

11:17s
Thursdays
7-9pm
£1

Be yourself

16 Fitzwilliam St
Rushden
NN10 9YW

LibraryPlus



name to be confirmed...

Do you love books?
Fantasy, action, romance, mystery, non-fiction, comedy or even comics?

Want to meet other young people with a passion for stories?

Then why not come along to our new group at Rushden Library?

*Discuss your current book.
Share your favourite author.
Discover a new genre.*

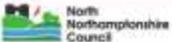
Not a big reader?
Dyslexia friendly, online audiobooks and quick-reads available.

**Friday afternoons
4pm – 5pm
School years 7 – 13**

Feel free to pop in early to grab a book and a snack.



LAUNCHING FEBRUARY 24th



LibraryPlus

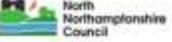


**Do you like drawing?
Have an interest in Manga?
Love watching Anime?**

Join us at Rushden Library for our
NEW MANGA CLUB!

Relaunching on
25th FEBRUARY 2023 2PM – 4PM

For young people in
School years 7 to 13

Hair & Beauty at Rushden Academy

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

Literacy Challenge
Vocabulary Detectives
Odd One Out

Which of the following is an intruder?

Which word has no right to be in the list?

Conversation, convenient, connect, construct, contraflow

Need help getting started?

Think about the prefixes for each word. Are they the same or is one of them different? Do they all mean the same thing?

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



Jane made a mistake when writing down a multiplication, and she multiplied by 54 instead of 45.

Her answer was 198 more than it should have been.

What number did she multiply 54 by?

Last Week's Solution: 6

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

Encompass	
19-21 Church Street	01933 733001
Rushden	Info@encompasscharity.org.uk
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.



Stars of the Week

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Stars of the Week

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



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
HALF TERM				

	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
	HALF TERM				

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
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.					

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

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

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...
Lilly

For excellent focus and effort in every lesson - you are a real ambassador for Team Rushden values - 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

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](#).

WHAT'S ON YOUR MIND?

sex
contraception **DRUGS**
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/01604/CAMHS/LIVE

t f

QR code

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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