



Rushden Academy Newsletter

Aspire, Explore, Succeed

10/03/2023

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

When it looked like spring was just around the corner we have had to deal with snowy and freezing weather. Despite this, there is still a lot to share that has happened in school this week.

Firstly, Mr Billam's assembly was focused on future career choices and made students aware of which careers would be represented at the Careers Fair which took place on Thursday. The assembly gave students the opportunity to think about what sort of questions they might want to ask in advance of the day and allowed them to plan specifically who they would like to speak to in their allocated session.

Secondly, Mrs Brainwood organised a drop down day on Wednesday for our Year 9 students which was called "Prison, me? No Way!" and centred on the theme of making positive choices and decisions in the future. There were a number of powerful talks and workshops that took place including the opportunity for students to hear first hand what prison is like from a convicted murderer and someone who had caused death whilst driving under the influence of alcohol. The students engaged brilliantly with every session and thoroughly enjoyed the day from start to finish.

On Thursday, we welcomed over 60 external visitors from colleges, industry and various other job sectors for our Careers Fair. Students from Year 9 - Year 13 all got the opportunity to spend a lesson in the fair talking to all our visitors about their respective careers whilst receiving information about the qualifications required and the various training routes. We had a really good selection of career choices which were represented and our students engaged maturely in discussion about their futures. To mention just some of the careers represented we had DAF automotive, The Royal Navy, Senate Chambers Law, The Police, Elsby and Co Accountants, the Fire and Rescue Service and the Royal College of Occupational Therapy.

Thursday evening was parents' evening for Year 12 students which was held at Huxlow Academy. I attended the evening and it was pleasing to see that the majority of parents were able to attend the scheduled appointments and receive feedback on your son or daughter's progress to date.

Continues on the next page...

Message From the Principal Continued....

Despite the inclement weather, thank you to those of you that managed to ensure that your child still attended school. Thank you also for addressing any remaining uniform concerns. There are two further days of industrial action scheduled to take place next Wednesday and Thursday and I will write to you early next week to confirm the plans for these days.

I hope you have a warm and restful 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?

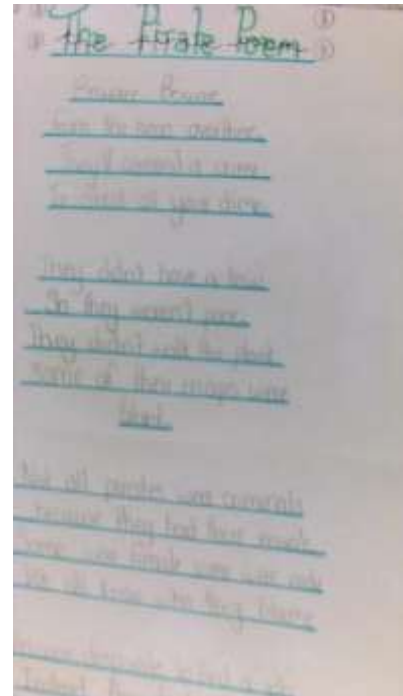
- Better for the environment
- Helps others
- Cost of living crisis

Rushden Academy
Aspire • Explore • Succeed

In Key Stage 3 students have been looking at non-fiction and learning about world-wide issues. We are keen for all of our students to experience a range of texts and to be able to increase their reading levels. Our Reading Books are carefully chosen to build on the hard work at Key Stage 2 and also prepare our students for Key Stage 4.

In Key Stage 3 students have also been learning about some 19th century fiction and looking at what the popular types of stories were for the Victorians. There were certainly lots of adventure books and pirate stories! We have a balance of both reading and writing, as well as opportunities for speaking and listening in most lessons.

Our Accelerated Reader lessons are proving a huge success, with more students making progress in reading. Just a reminder that students have an Accelerated Reader session with their class teacher and a library specialist once every two weeks. This means they have lots of chance to read their books in the two weeks before the lesson. Well done to all of our students for their hard work!



Library News

World Book Day

World Book Day 2023 was a great day of fun and encouragement of reading across the school.

The Literary Cluedo was a great talking point over the week and we enjoyed seeing which students had managed to work out who was in the mystery envelope.

The Book Character Badges competition on the day was well received and gathered pace as the day went on as students spotted more and more members of staff wearing them.



Also on the day, we held a Book Bingo in the Library. This filled up quickly and went down really well with the students.

Thank you to all who took part; looking forward to next year already.

Happy reading!



Careers Day

Thursday this week saw the first Careers Day for several years.

Pupils from years 9 to 13 were able to speak to different companies and colleges to be able to make informed choices about their future career plans.

We had lots of very kind people who gave up their time with a huge range of careers ranging from uniformed services to barristers.

All of our guests said that the pupils were engaged, asked good questions and were polite. They have all offered to return in the future.

Well done everyone for displaying Team Rushden values.

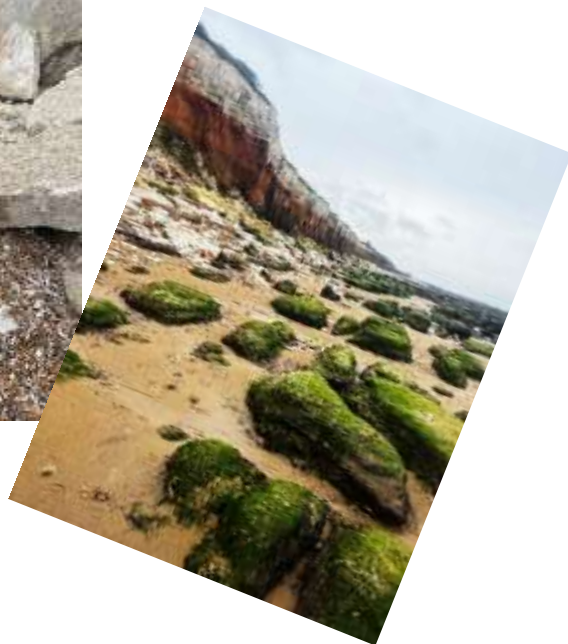


6th Form News



This week year 12 photographers visited Hunstanton to take part in a location shoot for their Personal Investigation.

They supported each other to shoot different viewpoints and as always were ambassadors for the Rushden Academy and TENC. Well done!



Don't forget to follow the 6th form and the creative arts on Instagram
'rushdenacademy6thform'
'rushdencreativearts'

Mrs Owen
Assistant Principal, Director of KS5 & Head of Creative Arts

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.



PE Update

Year 7 Netball - First League Games

On Tuesday evening we took our Year 7 girls netball squad to Manor for their first league games of the season. They were well prepared as they have been training since September and so they were feeling positive and enthusiastic but also a little nervous. We arrived and had a few minutes to warm up and practice to settle the nerves.

Our first game was up against Sir Christopher Hatton school. We started off extremely well and had lots of opportunities to score early on but we were unfortunate not to score. They then got their first shot and scored but we replied in the second half with a goal of our own from Imogen! The game was extremely close and well matched but finished 2-1 to them.

The second game was against Manor. We went in determined to win this one! And we did! The girls played really well and scored 3 goals from Imogen, Lacie and Sophia to win the game 3-0! We were extremely proud of their result but also their efforts and performance.

Their behaviour was also exemplary and they represented the Academy impeccably. Well done girls! We are looking forward to the next game next week at Wollaston.

Prison, Me? No Way!

This week, Rushden Academy were very pleased and excited to welcome back the Prison, Me? No Way! Team to deliver their workshops and sessions to our year 9 students.

The programme is organised by the No Way Trust and was very kindly funded by the Rushden Rotary, members of whom attended the day. The aim is to provide students with real life learning experiences aimed at preventing involvement in crime and risky behaviour. It raises awareness of the causes, consequences, penalties and impact of crime and encourages them to think about the choices they make in their everyday lives and the potential outcome of those decisions.

The day began with an introduction in the Lecture Theatre for the whole year group before they split into six groups to take part in a rota of workshops and sessions. Students got to learn about life in prison, they found out about the dangers of gangs, knives, and County Lines as well as hearing from a convicted murderer and a drunk driver who told their stories of the choices they made and the consequences of those choices.

The students were praised by the team delivering and the Rotarians for their behaviour and engagement with the sessions and we look forward to welcoming them back again next year.

Mrs G Brainwood
Assistant Principal



Next week is British Science Week

Firstly, on behalf of the Science Team at Rushden Academy we would like to say a big well done for the way in which our year 11s engaged with the recent mock exams. We are confident there will be some great successes.

Northamptonshire is a hot spot for Engineering. We used to be world leaders in shoe manufacture as many of you will know. Now we have moved with



the times and we are now world leaders in Motor racing, solar and wind energy and off all things drinks! Think Red-bull, Mercedes AMC, Carlsberg, Coca-Cola-Schweppes and recently Ball at Burton Latimer. I am sure many of you have been to Silverstone and of course Santa-Pod.

Obviously, this means there are many job opportunities in STEM subjects in our area.

<https://www.northantstelegraph.co.uk/news/people/burton-latimer-set-to-be-home-to-uks-largest-aluminium-can-packaging-plant-3597089>



In science lessons next week year 7's & 8's will be taking part in an Engineering project (we will save exactly what for a surprise). However hopefully this will allow students to see how Science, Technology, Engineering and Maths come together to engineer the future.

Last week I had the pleasure to take our year 12's to De Montfort University, where many of our students choose to study. Amongst other things (see photos) we were able to visit the engineering and electronics department. DMU enter a University Formula 1 Challenge every year. They design, build, fuel and test drive a car and compete with other universities at Silverstone. This is run in society time and includes roles for graphic design, marketing, ICT, photography and drivers!



Next week is British Science Week

For those students that are interested I have included some activities that you may wish to try at home in British Science Week. For example, the Radiation Is All Around Us project fits in nicely with GCSE Science *The Structure of the Atom* topic in year 10. There is also an opportunity to build your own barometer from the kitchen recycling bin, which helps with *Particles & Pressure* in year 9 & 10. Follow this link, <https://www.britishscienceweek.org/app/uploads/2023/01/Secondary-Activity-Pack-2023-British-Science-Week.pdf> which will also be found in science classrooms, where Page 3 has a list of projects. Here are some suggestions:

- ◆ Year 7 Unboxed: Draw a scientist
- ◆ Year 8 Connections Between Food & Climate Change
- ◆ Year 9 How Are We Connected to the Oceans
- ◆ Year 10 Radiation All Around Us & Build Your Own Barometer
- ◆ Year 11s are welcome but it would make more sense to concentrate on revision



Some of these projects ask you to send data in so it can be shared. This helps with what is known as Citizen Science Research. Zooniverse offers many of these projects: <https://www.zooniverse.org>

Full time expert scientists make use of human volunteers' massive ability to recognise patterns and interpret data. Citizen Power is then harnessed by the experts to make real scientific breakthroughs. Projects Rushden Academy have been involved with in the past, include: *Antarctic Penguin Surveying*, to help

monitoring the effect of global warming on the ice cap. *Find a Planet* where we have helped spot over 250 new planets and *Water On Mars?* where we analysed mars photographs to locate potential Ice Volcanoes.

The best way to get involved in Citizen Science, is to join "ZOONIVERSE". You can have a go as a "guest" in any browser. Then you can use the video tutorials and try without joining. If you choose to join you can often chat online to the leading experts in charge of the projects. If your small piece of research is used in their final projects, you end up being credited as one of the researchers in the acknowledgements. Imagine that on your CV!

If you prefer a quieter and more relaxing way to engage with science I would recommend these two apps:

STELLARIUM: for Mobiles: <https://stellarium.org/>

Allows you to easily find stars and planets as you relax in the garden. Mars, Jupiter and Venus are especially bright at the moment even with just your eye (you need a clear night).



Next week is British Science Week

MERLIN: <https://merlin.allaboutbirds.org/>

Uses your microphone to listen for singing birds in the evening (try half an hour before and after sundown). It identifies them for you, and gives a picture. Then every time they sing it highlights that bird for you. You will be surprised how many birds sing in the urban setting at this time of year. You can see their voice spectrum too.

I can vouch that these two activities have a very calming effect at the end of a busy day and are great for your mental wellbeing. (Both are free from Google aps or the I-Store and work well on my cheap android phone!)



Whatever you choose to do next week we hope it allows you to see how the work of the STEM subjects is valuable in the real world and hopefully is a stimulus for some of you to explore a career in STEM.

Please let your science teachers know by email or in your classroom if you do try any of these.

Enjoy British Science Week.

Rushden Academy Science Team

Anger, Rage and Explosive Outbursts: How to Respond to Your Child or Teen's Anger

Everyone gets angry at times - children and adults alike. Anger is an emotion that can range from slightly irritated, to moderately angry, to full-blown rage. And it can happen quickly.

A child's anger naturally makes us feel uncomfortable. As a result, we may try to appease our children, give in to their demands, or avoid certain situations so that their anger goes away. Alternatively, we may "bring down the hammer" to stop the anger through intimidation or punishment. In short, we get angry at their anger.

The fact is, your child will experience situations that trigger anger. You can't stop the triggers, but you can give your child the tools to understand their anger and how to deal with it appropriately and reasonably.

1. Don't Try to Control Your Child's Emotions

You can't control your child's emotions - and that's okay. Emotions are normal - we all have them. But you can expect your child to control their behaviour.

2. Try to Control Your Own Emotions

A child's rage will often trigger a parent's own emotions. How do you usually handle it when people are angry? Some people are very uncomfortable with anger - it makes them anxious or fearful.

3. Don't Escalate the Situation

Make sure your responses don't escalate the situation. Just because you choose not to argue with your child doesn't mean you're giving in. Give your child some space and time to cool down.

4. Help Your Child Recognize When Anger Is Building

There are physical signs of anger that your child can start to tune into: stomach clenching, a feeling of tension, feeling flushed, clenching teeth.

5. Talk About the Incident

When you are both calm, talk about the incident. Many kids will experience or express genuine remorse after having an emotional meltdown.

6. Remember That Emotion Is Different from Behaviour

The problem isn't the anger - it's the behaviour that follows. You can validate your child's emotions while addressing the behaviour that is a concern. #

7. Minimize Contributing Factors

The way your child perceives a situation is at the heart of anger. However, you may want to keep a calendar on their mood if it seems things are escalating. Do they tend to be more irritable if they don't get enough sleep, skip meals, have poor eating habits, or otherwise aren't feeling well physically?

8. Managing Explosive Rage

Some parents worry because a child's anger is beyond what they would consider typical. Know that if your child exhibits explosive rage, you can still use the suggestions above to deescalate a situation.

9. Managing ODD and IED Kids

Kids diagnosed with oppositional defiant disorder (ODD) will fight against being controlled in even the smallest way. These kids have trouble controlling their impulses and often lose their tempers in a way others don't understand.

For more information visit www.empoweringparents.com



smart
S C H O O L S

DO SMARTPHONES AND SOCIAL MEDIA INFLUENCE YOUR CHILD'S WELLBEING?



Rushden Academy is taking part in the SMART Schools Study, and we would like **parents and carers to take part in a discussion group**. You will be asked to talk about the school smartphone policy, and smartphone and social media use at home. Anything discussed will be confidential.



60 minute **discussion group** with University of Birmingham researchers to talk about smartphones and social media



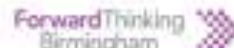
Discussions will involve **4-6 parents and carers** of pupils at Rushden Academy



Parents and carers will receive a **£25 payment** for taking part



Discussion groups will take place **online** via zoom or **in-person** at the school



If you are interested in taking part, please sign up via: <https://redcap.link/smartpfgc>

Or email: smartstudy@contacts.bham.ac.uk

Website: birmingham.ac.uk/smart-schools

Twitter: @Smart_SchStudy

YouTube.com/watch?v=zwmAXw--Fg8



Summer Rewards Trips

3 weeks to go until we will start looking at who has qualified for the reward trips! We still have 400 Students still able to go!



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 @ Carly Mind 26 Argyle St, Corby, NN17 1RQ Tel: 01536 261280				12-10 PM	12-10 PM		2-8 PM
The Mixing Bowl @ Kettering Mind 49-51 Russell St, Kettering, NN16 6EN Tel: 01536 522236		12-11 PM	12-11 PM	12-11 PM			
Gwentry Mind, The Old Gasworks Car Park, Brook Street, Gwentry, NN15 4GG Tel: 01537 815446			5-9 PM				
Anchor House @ Northampton Mind 6/7 Regent Square, Northampton NN1 2WJ Tel: 01604 634381 / 624851	12-10 PM	12-10 PM				2-10 PM	
The Recovery Café @ Rushden Mind Phoenix House, Skinner's Hill, Rushden, NN10 3YE Tel: 01933 329800	12-10 PM	12-10 PM	12-10 PM				2-8 PM
Wellingborough Mind 14 Handcock Street, Wellingborough, NN8 4JA Tel: 01933 225561				12-10 PM	12-10 PM	2-8 PM	



WHO ARE WE? WHAT DO WE DO?

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, living 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.

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.rushtheden.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



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

The Alphabet Game

Game:

- Choose a letter of the alphabet.
- Write a story, letter, article, postcard, poem, instructions, etc. using words that only start with the chosen letter.

Need help getting started?

Try this poem:

Snow sinks slowly,
Showering softly,
Surrounding several
squirrels...

Good to know: You could complete this activity alone, in pairs, in groups or as a class.

Numeracy Problem of the Week



Sophie has to choose seven different positive (non zero) whole numbers whose mean is 7.

What is the largest possible number that she could choose as one of the seven numbers?

Last Week's Solution: 22

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>

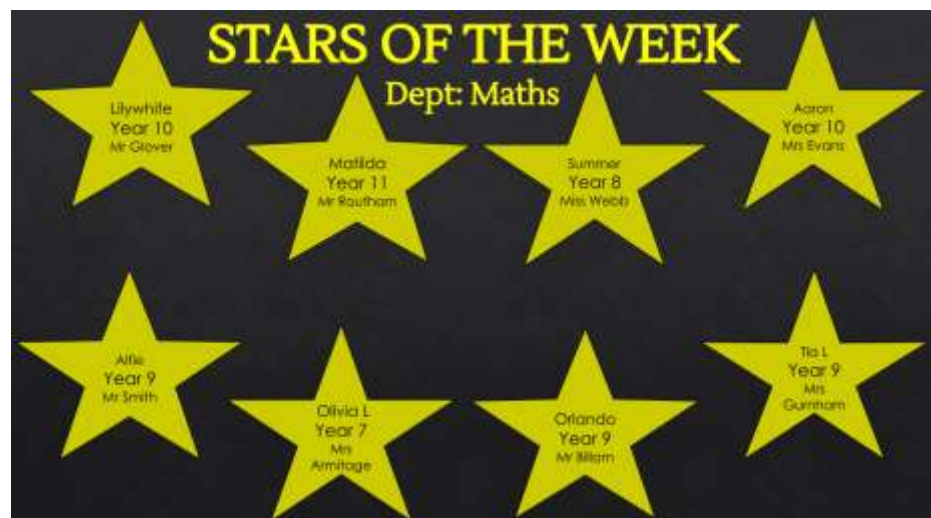
Stars of the Week

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



Stars of the Week

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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.

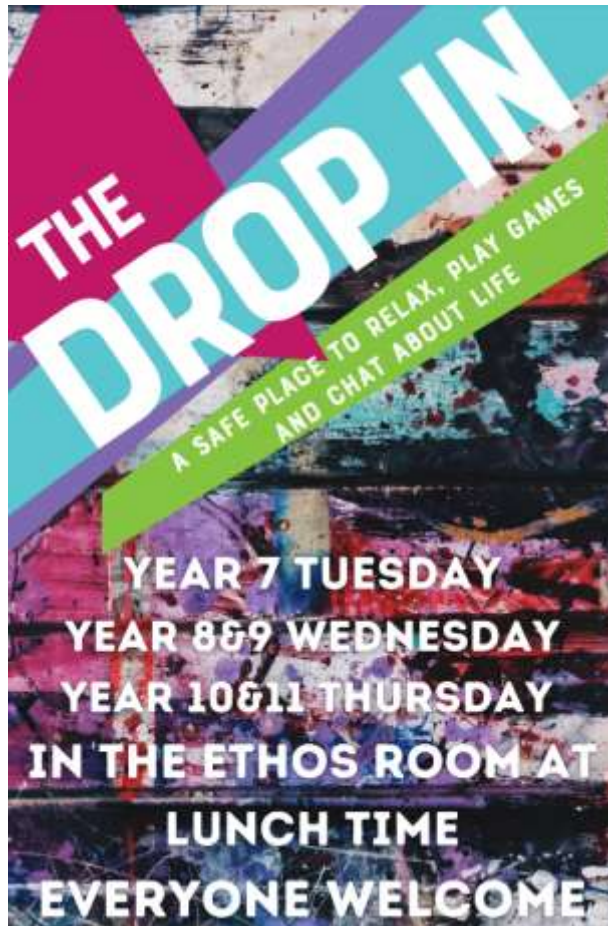
KS5 Summer Exam Timetable

KS5 Timetable Summer 2023

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



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...
Tara

You have been the epitome of resilience and determination, demonstrating that any challenge can be overcome with the right mindset.

Well done!
Mrs Brainwood

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 **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 free confidential helpline. All advice is confidential. For more information, visit www.nhs.uk or call 0800 111 777. For more information, visit www.nhs.uk or call 0800 111 777.

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 Argyll 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

See us on your mobile phone, laptop or desktop. A free confidential helpline. All advice is confidential. For more information, visit www.nhs.uk or call 0800 111 777. For more information, visit www.nhs.uk or call 0800 111 777.

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/ABOUT/CAMHS/LIVE

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Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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