



Rushden Academy Newsletter

Aspire, Explore, Succeed

05/05/2023

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

This week was the first of two, 4-day weeks, with the additional bank holiday this coming Monday and as the nation prepares for the coronation festivities this weekend, Year 11s and 13s have still been hard at work preparing for their final examinations. Year 11s first examination, which is biology, is now just 6 school days away and marks the start of the busy exam period. Biology is scheduled for Tuesday 16th May with the first English and maths examinations taking place on Wednesday 17th May and Friday 19th May respectively.

It was Mr Bocking's turn to lead the assembly this week and it focused on the roles each of us play in our families and at home. Students were encouraged to reflect on the lives of a wide variety of different people and think about the specific roles and responsibilities they have in day to day life. The final part of the assembly focused on his majesty, King Charles, and his coronation which takes place tomorrow.

Year 12 students spent the week undertaking a range of examinations for all of their subjects which will give teachers an accurate view of how they are performing as well as identifying their individual strengths and areas for improvement. This will allow teachers to plan bespoke lessons to help close gaps in learning and ensure that students continue to make the best progress possible.

On Thursday evening, it was a pleasure to talk to lots of you at the Year 8 parents' evening. It was a really purposeful evening with lots of information shared about how our Year 8 students are getting on with their studies. It was also an opportunity for you to complete a survey providing feedback on the education we provide and it was very pleasing to see that 98% of parents would recommend Rushden Academy to others.

On Friday, a number of our students continued to participate in the Making a Difference course ran by 'Think for the Future' who are an external organisation that we work with. The students once again engaged really positively with the activities and got a huge amount out of the sessions.

Continues on the next page...

Message From the Principal Continued...

There was also a charity bake sale on Thursday where students were encouraged to bring in cakes and there were so many fantastic efforts on display. The winning baker from each year group also won the opportunity to pie their Head of Year in the face on Friday afternoon, an opportunity which many students' eyes lit up at! It was all in good spirit with lots of money raised.

One final reminder in relation to aerosols, please can you ensure that your child does not bring any form of aerosol onto the school site. We have had a number of asthma attacks triggered where these have been discharged so if students are bringing deodorant in on PE days, please ensure these are roll-on only.

I hope you all enjoy the coronation festivities this weekend and make the most of another 3 day weekend.

Yours sincerely,

Mr B Baines
Principal

Information for Students Taking GCSE, A-Level and BTEC Exams this Summer

Your son/daughter has received their final exam timetable. This has all their exams in date order with the room and their seat number. Please make sure they check this carefully and keep it in a safe place.

There is more information available in our Exams Information booklets which can be found by following this link <https://www.rushden-academy.net/kf/epd/exams> then:-

For year 11 - scroll down to [Exams Information for Year 11 Students & Parents](#)

For years 12 & 13 - scroll down to [Exams Information for Year 12 & 13 Students & Parents](#)

If you have any questions, please email Mrs Chambers, Exams Manager, on S.Chambers@rushden-academy.net

Encompass Donation



19-21 Church Street
Rushden
NN10 9YU
01933 733001
info@encompasscharity.org.uk

Dear Rushden Academy,

I am writing to thank you all at Rushden Academy for the recent donation to Encompass of a selection of white goods and cookers.

As a charity, we work across North Northamptonshire although primarily in Rushden and help those facing poverty, homelessness and addiction.

We support individuals to overcome the immediate challenges of homelessness, addiction, food poverty and isolation; then we empower them to make positive life choices that lead to improved health, housing, employment and active participation in the local community.

We do this through the delivery of several homeless accommodation provisions; an outreach service; three foodbanks; a residential rehab project and dry houses. We are also imminently opening a day centre which will run courses, social groups and facilitate the delivery of other services in order to address challenges faced by clients.

The donation that you have provided, namely 9 cookers; 2 fridges; 1 washing machine; 1 tumble dryer; 3 microwaves and 1 hob, will be a huge help to those facing disadvantage in the local area.

The goods will be used to help equip peoples homes when they move into new accommodation. A lot of our clients live with us temporarily to prevent them rough sleeping, and then we help move them on successfully by addressing barriers to maintaining accommodation. We also rehouse gentlemen who have been through our rehab and equipping their new accommodation for them and their families really helps set them up to succeed.

Thank you again and I look forward to working in partnership with Rushden Academy in the future.

With very best wishes

Jo Burns
CEO

Revolution Manchester Baking Contest

A huge thank you and well done to everyone who took part in the baking contest - the judges had a really difficult time choosing between such amazing creations. Congratulations to our year group winners, who will get to pie their heads of year after school this Friday - make sure you come and cheer them on!

Year 7: Angel

Year 8: Emily

Year 9: Xander

Year 10: Kaz

Year 12: Jakub



Using Positive Reinforcement to Improve Your Child's Behaviour

We all want our children to engage in good behaviours like sharing, being responsible, and acting kind and compassionate toward others. But how do we motivate our kids to do these things? One way might be practicing positive reinforcement, which happens when a desirable outcome follows a commendable behaviour.

What Is Positive Reinforcement?

Positive reinforcement is when a desirable response or outcome (such as a reward or praise) follows a good behaviour. This increases the likelihood of that behaviour occurring again.

Positive reinforcement can be an effective tool in shaping a child's behaviour; that's because it typically increases the behaviour that gets recognized. In other words, providing praise or a reward for good behaviour motivates the kid to continue doing the same thing. Research shows positive reinforcement works better and faster than punishment to modify a child's behaviour.

When we use positive reinforcers, it helps us to enjoy the teaching process, and to maintain trust. In the case of parenting, this is especially important because we want our children not only to learn effective and healthy behaviours, but we also want them to rely on us when they are in need.

Examples of Positive Reinforcement

A common positive reinforcer might be when a child performs well in class and receives a gold star. But it doesn't always have to be tangible. Verbal praise or acknowledging a job well done can also serve as a positive reinforcer.

If you see your child being kind and thoughtful, you can positively reinforce that behaviour by bringing it up later and sharing your pride with them. If your child shares honestly with you, express gratitude for their brave choice, or if your child does their chores without complaining, do a silly dishes dance in the kitchen in honour of their achievement.

What Is Negative Reinforcement?

Negative reinforcement is taking an undesirable outcome or stimulus away to increase the likelihood of a behaviour. For example, when a parent removes a child's weekly chore because the child has done a good job at school that week, the removal of the chore serves as a negative reinforcement.

It is important to clarify that negative reinforcement is not the same thing as punishment, which involves adding an undesirable response to decrease the likelihood of a behaviour.

Continues on the next page...

Using Positive Reinforcement to Improve Your Child's Behaviour

When Positive Reinforcement Can Backfire

Keep in mind, positive reinforcers can sometimes also increase the likelihood of undesired behaviour, such as when a child wants the attention of a parent who is on the phone and begins misbehaving or becoming disruptive until the parent gives them attention. In that moment, the parents' attention may serve as a positive reinforcer to the undesirable behaviour.

Parents often unconsciously reinforce the very behaviours they wish to eliminate, simply because in a moment they are tired, or not fully present with the situation, and are seeking relief from the very undesired behaviour they are reinforcing.

Parents and children are reinforcing one another all day, whether intentional or unintentional. If a child tantrums in the store for candy and the parent gives the child candy to get the whining to stop, the child's behaviour has been positively reinforced. What's more, in that scenario, the *parent's* behaviour has been negatively reinforced. The tantrum stopped when the parent gave in to the child, so now the child is more likely to tantrum and the parent more likely to give candy to manage the situation. This can create a problem whereby a parent accidentally shapes a child's behaviour to tantrums.

When possible, we can extinguish a behaviour by ignoring it, assuming it's not placing anyone in danger or risking other irreversible damage. This is particularly true if you realize your child utilizes scolding (negative attention) as a positive reinforcer to an undesired behaviour.

The Bottom Line on Positive Reinforcement

Learning to use positive reinforcement efficiently may take some time, but with practice it can become an effective tool that benefits both you and your child, and fosters a happy and secure relationship. We want children to use those attachment relationships as a trusted place to get support, guidance, and the incredible positive experience of belonging.

For more information or other parenting tips have a look at [parents.com](https://www.parents.com)

Stay Connected Newsletter

Check out the latest Stay Connected newsletter by Northamptonshire Children's Trust to see what is happening in our area

<https://sway.office.com/FoeG8XALES1oB4Xo?ref=Link>

Teen Sleep Hub

Summer Is Almost Here!

With summer around the corner, the weather has started to improve just in time for National Walking Month.

Celebrate National Walking Month by exercising to help you get a better night's sleep. There are multiple ways that walking and exercise can improve your sleep and keep you feeling fresh each day. You might think that exercise will tire you out and therefore help you to sleep better, but this isn't the only benefit. Here are some of the best advantages exercise can bring:

- ◆ Release pent up tension
- ◆ Tires your body out
- ◆ Strengthens heart and circulation
- ◆ Boosts oxygen consumption
- ◆ Good for mental wellbeing



All exercise is good, some better than others at different times of the day, so if you aren't a fan of walking, there are alternative forms of exercise that also help you to get a great night's sleep. Low intensity exercise is better when you're close to bedtime, but still try to avoid 2 hours before bedtime where possible. Swimming is a good alternative, or even try yoga for its relaxation and sleep benefits.

Although the summer can make exercising easier, it also brings with it hay fever. Many of us suffer from allergies as the weather gets warmer, but we have created a list for you so you're prepared when we start sneezing again!

- ◆ Try to keep your bedroom temperature between 16C - 18C
- ◆ Wash bedding regularly on high or freeze bedding for 24 hours
- ◆ Turn duvet back during the day
- ◆ Vacuum regularly including your mattress

With these tips, you should notice a difference in how intense your allergies are and this should then be less of a problem when you're trying to sleep!

Do you want more information on sleep?

If you're struggling with your sleep but don't want to confide in your parents or even your friends, then help is now just a phone call, or click, away. <https://teensleephub.org.uk/>

For more information and advice, visit The Sleep Charity at thesleepcharity.org.uk or contact us on info@thesleepcharity.org.uk

How to Get Kids to Do Chores Without Even Asking Them

When it comes to requesting help around the house, Western culture has it backward. We tend to view toddlers and young children as being exempt from chores and pitching in. We often think they're incapable of really helping.

Yet in many cultures around the world, from foragers in Tanzania to farmers in the Yucatan, moms and dads take the opposite approach: as soon as a child starts to walk, parents begin requesting their help with tiny subtasks. Over time, the child learns what needs to be done around the house. By the time the child is a preteen, adults no longer need to make many requests because the child already knows what's required. In fact, asking preteens to help out would almost be disrespectful. It would imply that they hadn't matured or learned. It would imply that they were childish.

Another way to put that: Older children have already learned *acomedido*, or the skill of paying attention to others and helping when they need it. So it's not just doing a chore or task because someone told you to, but rather looking around and seeing what needs to be done and then acting.

So how do you start to teach children *acomedido*? It's actually not as hard as you might think. For young children (from ages 1 to about 6), the goal is to fan the flames of a child's enthusiasm to help, not extinguish them. Here's how to do that:

Show

Just like with babies, make sure that young children have regular and predictable access to everyday chores. Avoid shooing them off to another room or outside to play. Instead, invite them to come over and be close to you while you work, so that they can learn by watching and occasionally pitching in. "Many moms will say something like, 'Come and help me while I wash the dishes.' The invitation is always for together, for doing the chore together.

Encourage

If a child asks to help, let them! If the task is simple, step back and let them have a shot at it. Don't start instructing; for small children, words are lectures - and confusing ones at that. Watch what the child does and try to build off their effort. If they start to make a big mess or big mistakes, gently guide them back into being productive. If a task is too advanced - or too dangerous - for their skill level, relax.

Stay Calm

No need to scare them. Tell the child to watch while you do the task. Or find some way that a toddler can participate that's safe. For example your child could hold the plate for me while you take chicken off the grill, or adds salt and oil to a pot of pasta.

Request Help

A barely mobile toddler may be asked to carry a cup from its mother across an evening family circle to its father. In the vast majority of cultures around the world parents will ask toddlers and young children to help them with a variety of tasks throughout the day.

Have a look at the next page for examples of a few tasks to try:

How to Get Kids to Do Chores Without Even Asking Them

Go fetch

Young children are great task rabbits. They can go fetch an item from the car, garage, or yard. "Go upstairs to get toilet paper." "Go to the other room to grab a pillow." "Go outside to pick some mint." Even simply walking across the room to get your shoes is a great task for a toddler. Go, go, go. Young kids love to go. Harness that energy while also teaching them to pay attention to the needs of others.

Hold this

Holding objects while you work is another great job for kids - of all ages. Not only does it encourage them to stick around so they can learn by watching, it also frees up your hands. Here are some examples (notice the pronoun usage; it's all about doing a task together): "Hold the light while we try to fix the stove." "Hold the plate while we take the pancakes out of the pan." "Hold the door while we take the garbage out."

Stir this

Young children are great sous-chefs. They can: Stir sauces, cake mixes, and dressings. Crack eggs. Marinate meat and fish. Tear herbs. Pound paste with a mortar and pestle. Start cutting or peeling vegetables.

Carry this

Carrying can be a family endeavour. If your hands are full, then your children's hands can be full, too. After the grocery store, pack a small backpack or shoulder bag for children to carry to the car or into the house. Then work together to put the groceries away. With this activity, children will learn to organize the groceries in the kitchen and plan meals together with the family. While traveling, use a small suitcase so children can carry - and pack - their belongings.

Tasks that give love

Young children love being "the mum," "the dad," or the "big brother or sister." Start training them to be kind to siblings by having them grab clean diapers, throw away dirty ones, pick up the baby's toys, entertain and feed the baby, and even work with you to prepare food and bottles. If the baby is crying, pause to see if the toddler or older child will help before you jump and pick up the baby.

Finally...clean, clean, clean

Young children are the consummate cleaners. They can rinse dishes, pour soap into the dishwasher or washing machine, wipe tables, vacuum...you name it, toddlers will clean it. Whatever they lack in thoroughness, they make up for in interest and zest. It might not be super clean afterward, but they will try very hard to make it that way. Don't interfere with their actions. Give them the tools and let them go wild cleaning. In general, any small task is great for young children. Again, see what your child shows interest in and welcome their help there.

For more information or other parenting tips have a look at [parents.com](https://www.parents.com)

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

Your Challenge this week:

Match the following bi- words to the relevant image.

A 	B 
C 	D 
E 	F 
G 	H 

1. Bisect
2. Biped
3. Biceps
4. Biplane
5. Bilateral
6. Bifocals
7. Bicolour
8. Binoculars

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.

Your focus for this week's challenge is the prefix "bi", which means "two", "twice", "double" or "two-fold", etc.

Literacy SUPER Challenge

Give an explanation for why each has the bi- prefix.

A



B



C



D



E



F



G



H



Numeracy Problem of the Week



Catherine's computer correctly calculates

$$\frac{66^{66}}{2}$$

What is the units digit of the answer?

Last Week's Solution: 7

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

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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

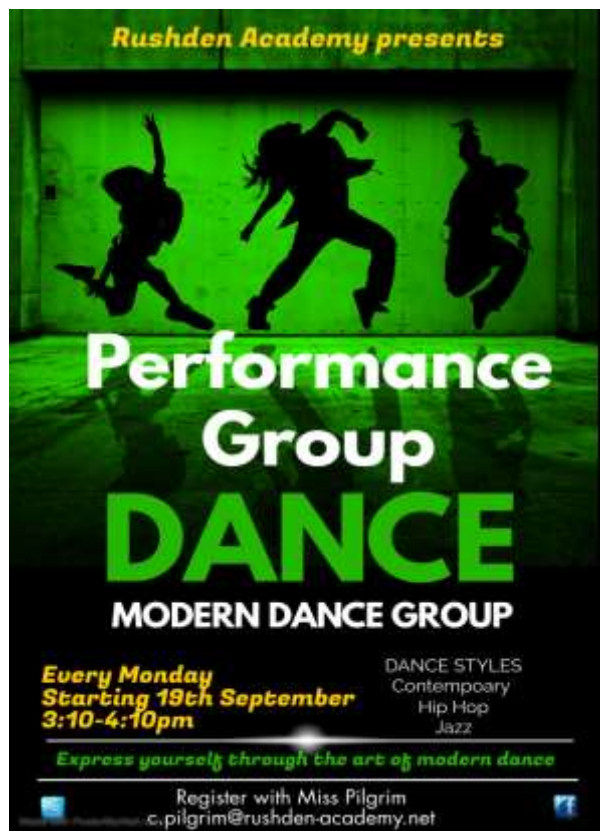
KS5 Timetable Summer 2023

	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	BTECScience 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	BTECScience 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.					





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 Argyle St, Corby NN17 9JU
01536 518339

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

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

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

Saturday 10am - 2pm
Service Six,
15 Sassoon Mews,
Wellingborough,
NN8 3LT
01935 277535

espresso yourself

1:1 SUPPORT AND ADVICE

ALSO AVAILABLE REMOTELY

1:1 PARENT SUPPORT IS AVAILABLE

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

t f

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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