



# Rushden Academy Newsletter

Aspire, Explore, Succeed

21/07/2023

Message From the Principal



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

Dear Parent / Carer

I can't believe how quickly this academic year has flown by; it seems like only yesterday I was waiting for the students to arrive for my first day as Principal of Rushden Academy.

What a year it has been with so many incredible moments, experiences and performances from our talented students, and the final week has been no exception. As is always the case in the final week, assemblies were led by Heads of Year and were focused solely on celebrating the students' achievements. It never ceases to humble me to see our incredible students being rewarded for so many things and it was a lovely way to end the year.

On Tuesday, Wednesday and Thursday we welcomed the community into school to watch our school production of Chicago. It is very difficult to find words to describe just how amazing the show was and so I am going to settle on stunning; utterly stunning. Thank you to everyone who came to watch the show and support our talented students. It was an emotional one with lots of tears on the final night from parents and students alike but particularly from Kyra, McKenzie and Lottie as this show ends an era for them. All three of them blew the audience away with their lead performances and should be very very proud of themselves.

Reflecting back on the year there are too many fantastic moments to choose from, all of which have cemented in my mind just what a special community we have here at Rushden Academy. However, I do want to mention a few highlights. Firstly, the shows, Buggy Malone, Chicago, Rushden's Got Talent, the Christmas showcase and more, all of which gave our students the opportunity to shine and my heartfelt thanks go to the performing arts team for putting them together. Secondly, I would like to mention sports day which is always one of my favourite days of the school year but it is a particularly special day here at Rushden. Thirdly, the work of the social action squad and their efforts in cleaning up and making positive contributions to our local community to make it a nicer environment for us all. Finally, getting the 'Good' judgement from Ofsted for the first time in the school's history which the staff, students and wider community truly deserved. Each day I come into this school I am amazed by how polite, respectful and caring our students are which makes it a genuine pleasure to come to work.

*Continues on the next page...*

## Message From the Principal Continued...

I would like to finish by saying a huge thank you to all the staff who work tirelessly to support your children both academically and pastorally to ensure that they have everything they need to succeed. I would also like to thank you as parents and carers for supporting everything we do here at Rushden Academy; it is greatly appreciated.

May I wish you all a restful and happy summer break whatever your plans and we look forward to welcoming the students back to school on Tuesday 5th September.

Yours sincerely,

Mr B Baines  
Principal

## After 34 Years, Kim Lowe Retires

After 34 years of hard work and dedication to the school Kim Lowe has decided to retire. We wish her the best for the future. She will be greatly missed by staff and students.



## Rushden Academy SAS

Our Social Action Squad has got off to a roaring start this term! We've done three community litter picks, and had students join the Revolution Manchester trip, clearing gardens and painting a community bike library.

If you have a project that you would like to see the Social Action Squad tackle next term, or know of anyone in our community who needs a helping hand, drop us a line at [socialactionsquad@rushden-academy.net](mailto:socialactionsquad@rushden-academy.net) and we will see what we can do to help. No job too big or too small for the SAS! #TeamRushden #RASAS



## Stay Connected Newsletter

Have a look at the Northamptonshire Children's Trust's newsletter for July to find out what is happening in our area over the summer.

<https://sway.office.com/EZxI6KdU6wBYJNx3?ref=Link>



## This Term in Geography

This term in Geography, year 9 pupils have been learning about what makes cities sustainable before having a go at designing their own sustainable cities. This is a great example by Brooklyn, Jessica and Amelia - not only did they fully explain how each feature adds to the social, economic and environmental sustainability of the city, but it is beautifully presented too - well done girls!

Mr W Ross



## Is Your Child Struggling with Mental Health?

Encourage them to use the **Shout Textline** offers you free, 24/7 text messaging support, wherever you are in the UK. Text SHOUT to 85258 to start chatting to a trained volunteer.

Young Minds also have a Parent Helpline if you would like to talk to someone and get advice. More information can be found here: <https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

In a crisis - the CAMHS/CYPMHS Crisis Team is open 24/7 and can be accessed by calling 0800 170 7055

WORRIED ABOUT A CHILD? Key contact details can be found here: <https://www.rushden-academy.net/kf/sq>

## STEM in Science

This term all Key stage 3 students participated in a bridge building project in Science. Students worked in groups to build a bridge from recycled materials. The aim was to build a bridge that can hold the most weight, but also a bridge that looks good and shows innovation.

The students really impressed the Science department, and the winning bridges held a collective weight off 66kg!!

The year 7 bridge held 20kg, the year 8 bridge held 16kg and the year 9 bridge did not even break with 30kg on it. Well done to all Key Stage 3 students.

Mr B Van Niekerk



## Library News

### Accelerated Reader

This year the Year 7 and 8 students have done exceptionally well with their reading journeys. As a school we have more students becoming Word Millionaires than ever before (with some reaching a much larger total...) and more 100% correct book quizzes too. A fantastic effort by both year groups and they are to be commended and celebrated.

In Year 7, there has been a battle between 7PD and 7LHU as to which form will have reached the highest word count. However, in this last term a silent runner has suddenly snuck up and overtaken both of them. So a massive well done to 7RMC, our Form Of The Year, with a word count of **11,535,744**.

In Year 8, with two particularly exceptional students in Olivia D. and Ben R, who reached over 9 million and 10 million words, respectively, two forms were clear front runners and indeed, the top form was 8GO with the grand total of 17,327,119, However, another form have had more of a collective effort and so our Form Of The Year goes to 8ABR, with an also incredible **11,371,627**.

In the end of year rewards assembly, we handed out 8 certificates, for millionaires, double, triple, quadruple and even decuple millionaires. It's absolutely amazing, well done to all of our millionaires over this academic year.

Total for Year 7: 60,435,490 (895 100% correct quizzes)

Total for Year 8: 69,587,675 (618 100% correct quizzes)

The total words successfully read and quizzed by both year groups is: **130,023,165!!**

### ePlatform

Students still have access to our ePlatform over the summer holiday. They can read on their phones, tablets, PCs, via the website or download the app.

<https://rushdenacademy.eplatform.co/>

**Student login:** school email

**Password:** School123

You can set a different password once logged in.

## #CEOPSummerChallenge

On Monday 24th July, CEOP are launching #CEOPSummerChallenge, six weeks of thematic challenges for parents and carers to complete with their children.

The challenge aims to support parents and carers to talk regularly with their children about being online and how to be safer. Each week, parents and carers can choose one challenge (or more if they wish!), from four options per age group, for ages 4 to 11 and 11+. Topics covered in the challenge will be:

Week 1: online security

Week 2: a balanced view of being online

Week 3: sharing photos online

Week 4: socialising online

Week 5: online videos

Week 6: online gaming

You can follow the challenge on their [Facebook](#) (Click CEOP), where you can look out for posts every Monday.

## North Northants Free Swimming Sessions

Free Swimming available for under 18-year-olds in SUMMER school holidays

Every Weekday, Monday to Friday from Monday 31st July to Friday 25th August 2023. (All bookings can only be made a week in advance)

### **Waendal Leisure Centre Wellingborough (01933 221622)**

(Main pool only) From 1:35pm to 2.55pm

### **Kettering Swimming Pool (01536 234409)**

From 1:30pm to 3pm

### **The Nene Centre Thrapston (01832 734090)**

From 1pm to 2:30pm

### **SPLASH leisure pool Rushden (01933 410505)**

From 11am to 12pm and 12pm to 1pm

### **Corby International Swimming Pool (01536 464643)**

From 11am to 12:30pm

**All young people under 8 years old must be accompanied by a paying adult.**



## Sports Day

Have a look at some of the photos from Sports Day. We all had great fun and can't wait for next year!





## Chicago Teen Edition

WOW! What can we say? This week has been such an incredible display of what commitment, talent and passion can achieve. The entire cast, and crew have been the most dedicated group of individuals since the start of September. This show really has been a labour of love and the results really do speak for themselves.

The professionalism that our students display is truly something they should be proud of and we, as a department, are grateful of how they hold themselves and the maturity they show. We couldn't be happier with the results of the show and every single person involved deserves a huge congratulations...and a well deserved rest.

Have an excellent summer and we will see you next year for the musical madness to continue.



## Year 9 University of Northampton Trip

We took 15 of our year 9 students who have chosen Sport as their option next year to the University of Northampton for a day of activities and to experience University life.

First up we had a session on Team Values in Sports where our students discussed then demonstrated these values in a practical activity. This was a fun start to our day.

Our next session was Sports Journalism, one that most of our students went in with the idea that this was going to be boring, but came out the other end happy and some students saying they would consider this as an option for them. They got to film, commentate, do sound checks and interview sports people, they got their eyes opened to how many different opportunities there are in Sports Journalism.

Our last activity was inclusive Sport, our students were amazing in this session, they were able to adapt simple sporting activities to make them inclusive for everyone to take part in.

We finished the day with a tour of the university where our students got to see student accommodation, ask questions and be amongst students of the university.

Our students were a credit to Rushden Academy and got the most out of the day. It was certainly a day enjoyed by all, we look forward to returning next year.



## Measles Parent Letter



Dear Parents & Carers,

You may have seen about Measles in the news lately so we thought that we would send you some information.

The news focuses mainly on London at the moment, but we are worried that measles may spread rapidly causing outbreaks.

In North Northamptonshire not as many MMR vaccines have been given as we would like. The figures show a good number have had their first MMR but then not had their second dose, these two doses provide immunity (protection) for a whole lifetime.

Measles is an illness which is very easily passed on to others. However, it is very easy to prevent too. The MMR vaccine (Measles, Mumps and Rubella, which is also known as German Measles) is usually given at 1 year old and a second dose at three years old – see the vaccinations your or your child should have and when [here UK immunisation programme | North Northamptonshire Council \(northnorthyants.gov.uk\)](https://www.gov.uk/government/publications/uk-immunisation-programme)

This tells you more about the MMR (measles, mumps and rubella) vaccine - [NHS \(www.nhs.uk\)](https://www.nhs.uk)

If you are not sure if your child or children has had their MMR you can check in your child's red book, or contact your GP surgery. Or you can go here [eRedbook - The Digital Red Book For Parents](https://www.nhs.uk/medicines/redbook/)

If your child is over 13 you can access online records. You can do the same for yourself using the NHS app or NHS website. First, you need to register for online services and prove who you are. You can do this when you create an account. [How to get your medical records - NHS \(www.nhs.uk\)](https://www.nhs.uk/medicines/redbook/)

Don't worry if you or your child are not up to date, these can be given at any time at your GP Practice. You do not need a Drs appointment as the MMR can be given by other staff such as nurses. It won't cost you anything as its free on the NHS.

These are the main signs and symptoms to look out for [Measles - NHS \(www.nhs.uk\)](https://www.nhs.uk/medicines/redbook/)

If your child is unwell and you suspect it might be measles call 111 or let your GP practice know, they may do a phone appointment with you. This is because measles is easily passed on to others.

You may be asked to do a test for measles (and mumps and rubella) infection and send it off. This is done by gently brushing the teeth and gums with a sponge on a stick (swab) and is painless even in young children or babies.

If you think you have measles stay off nursery, school, or work for at least 4 days from when the rash first appears.

Also try to avoid close contact with babies, people who are pregnant and people with weakened immune systems, these are especially at risk from measles.

Susan Hamilton

Interim Director of Public Health - North Northamptonshire Council



## Aspens Catering

Aspens is our chosen provider for meal service at Rushden Academy.










We push the boundaries here with really interesting dishes that grab a lot of attention in the world of food. We understand that tastes are expanding and students are keen for the chance of new food experiences. We also don't forget that familiarity and comfort are what so many want, so we have plenty of choices to fit the bill. With important learning to be done, we make sure that we are feeding healthy minds as well bodies.

Streateries is our main secondary meal offer. With food drawing on Asian, African, Caribbean and more traditional fare, the menu includes street food dishes and handheld versions with vegetarian and vegan choices and sides available.

Our Deli Kitchen builds on the popularity of our standard hot and cold deli offers to provide more substantial meals at our grab and go counter.

If you have any special dietary requirements, don't forget to let the school know so that you can be catered for,

The menu rotates on a three-week basis and refreshes for Autumn/Winter and Spring/Summer seasons. Take a look below for a peak at their menu for September!






		 				
						
WEEK 1	STREET	<b>Curried Coconut Chilli Chicken</b> Wholegrain Rice n Peas	<b>Homemade Spicy Falafel Flatbread</b>	<b>Glazed Gammon Roast</b> Yorkshire Pudding, Roast Potato & Gravy	<b>Low Salt &amp; Chilli Chicken</b> Firecracker Rice	<b>Choose from:</b> Battered Fish Margherita Pizza Chips & Gravy or Curry Sauce
	VEGGIE	<b>Jamaican Black Eyed Peas Stew</b> Wholegrain Rice n Peas	<b>Plant Based Creamy Green Pea &amp; Spinach Pasta</b>	<b>Root Vegetable &amp; Bean Stew</b> Roast Spuds	<b>Japanese Yakisoba</b> (Japanese Stir Fried Noodles)	<b>Choose from:</b> Margherita Pizza Veggie Sausage (battered or plain) Chips, Gravy or Curry Sauce
	SIDES	Lime Dressed Slaw	Mixed Salad	Roast Carrots & Parsnip	Sweet Chilli Sticky Greens	Minty Peas or Baked Beans
	Extras	Flatbread Wedge	Hummus Pot	Cauliflower Cheese	Prawn Crackers	Onion Rings

w/c 4/9, 25/9, 16/10, 13/11, 4/12, 8/1, 29/1



Aspens  
\*\*\*\*\*

## STREATERIES

					
	<b>INCREDIBLE INDIA</b>	<b>AMERICAN Diner</b>	<b>Home STYLE</b>	<b>• MEZZE • MIX 12 DIPS</b>	<b>Chips &amp; more</b>
STREET	Spicy Chicken Dhansak	Tex Mex Burrito Bar Chipotle Chicken or Spicy Beef	Sticky Red Onion Sausages Roast Spuds & Gravy	Meatballs in Baharat Tomato Sauce	Choose from: Battered Fish Margherita Pizza Chips & Gravy or Curry Sauce
VEGGIE	Indian Street Food Vada Pav Bhaji	Crispy Topped Mac n Cheese BBQ Drizzle & Crispy Onion	Veggie Bangers Cheesy Chive Mash	Cumin Chickpea & Vegetable Bake in Baharat Tomato Sauce	Choose from: Margherita Pizza Veggie Sausage (plain or battered) Chips & Gravy or Curry Sauce
SIDES	Wholegrain Rice & Kachumber Salad	Chunky Tomato Salsa Mexican Slaw	Carrots & Peas	Moorish Cous Cous & Green Salad	Minty Peas or Baked Beans
Extras	Naan Bread	Tortilla Chips	Cauliflower Cheese	Garlic Flatbread	Frickles

11/9, 2/10, 23/10, 20/11, 11/12, 15/1, 5/2

## STREATERIES

					
	<b>AMERICAN Diner</b>	<b>PAN ASIAN</b>	<b>Home STYLE</b>	<b>INCREDIBLE INDIA</b>	<b>Chips &amp; more</b>
STREET	NY Deli Open Chicken Bagel American Mustard Slaw	Laab Moo (Spicy Thai Pork) Lime Wholegrain Rice	Creamy Chicken & Leek Pie Roasties & Gravy	Chicken Ruby Murray Yellow Rice	Choose from: Battered Fish Margherita Pizza Chips & Gravy or Curry Sauce
VEGGIE	Tex Mex Chipotle Sweet Potato & Lime Taco	Veggie Thai Style Noodles	Lentil & Onion Pie Roasties & Gravy	Chana Masala Yellow Rice	Choose from: Margherita Pizza Veggie Sausage (plain or battered) Chips & Gravy or Curry Sauce
SIDES	Hand Cut Wedges & Mustard Slaw	Wok Fried Oriental Veggies	Seasonal Mixed Vegetables	Kachumber Salad	Minty Peas or Baked Beans
Extras	Cajun Onion Rings	Prawn Crackers	Cauliflower Cheese	Naan Bread	Garlic Mayo Dip Pot

18/9, 9/10, 6/11, 27/11, 18/12, 22/1

## Time Out For Parents Courses

### Join us for 'Handling Anger in the Family' in September

4 weekly online sessions, starting on Monday 18th September - 9th October from 7:30-9:30pm.

Registration includes accompanying parent handbook (RRP. £9.99), additional resources and goodies.

£12.50 per household (bursary places are available).

[Book here](#)



### Join us for 'Time Out for Parents - Children with Special Needs' in September

7 weekly online sessions, starting on Thursday 28th September - 16th November from 12:45-2:45pm.

Registration includes accompanying parent handbook (RRP £9.99), additional resources and goodies.

£20 per household (bursary places are available).

[Book here](#)



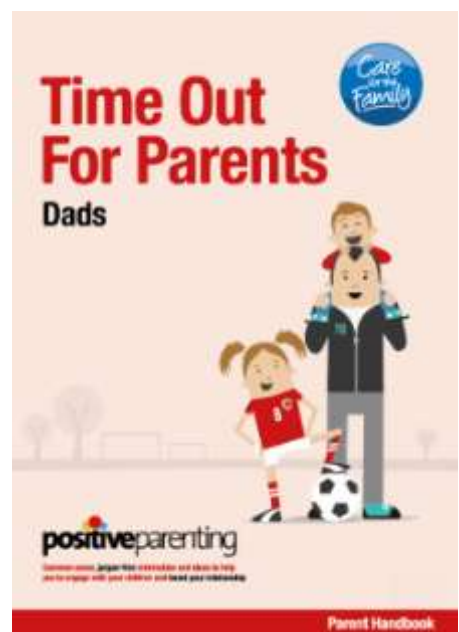
### Join us for 'Time Out for Parents - Dads' in November

5 online workshops for anyone fulfilling the role of dad, starting on Tuesday 7th November - 5th December from 7:30-9:30pm.

Registration includes accompanying parent handbook (RRP £9.99), additional resources and goodies.

£15 per dad (bursary places are available).

[Book here](#)





## This Term in MFL

Year 7 pupils in German classes have been learning about Germany and its 16 different regions (Bundesländer). Pupils were working in small groups to research all about one of the regions, then present their findings to the rest of their class.

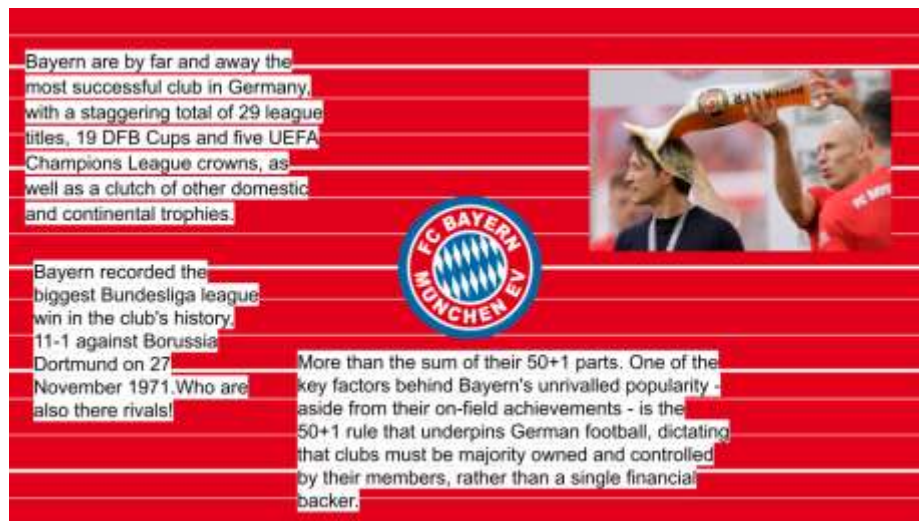
This has been a hugely enjoyable and interesting project for the pupils (and Mr Ross!), and I am sure you will agree that their presentations are fantastic.

Well done year 7!

### Kai and Ben researched the region of Bavaria



## This Term in MFL



## foods



But let's get down to the crux of the matter: Bavarian cuisine: Schweinebraten (roast pork), Schweinshaxe (pork knuckle), Weisswurst sausages and, of course, dumplings, dumplings and more dumplings. To top it off you need a litre of beer and a good serving of Bavarian hospitality.

## This Term in MFL

Michael and Hebe worked on the region North-Rhine Westphalia

### What Landmarks are there in Nordrhein Westfalen?

The landmarks in Germany are Cologne Cathedral. The Cologne Cathedral is famous for being a shrine for the three wise men. There is also UNESCO-Welterbe Zollverein which is a coal mine in Germany and it was the first ever coal mine in Germany. Another landmark is Aachen cathedral which is a history of art and also architecture.

Image of Cologne Cathedral



Image of Zollverein Coal Mine



Image of Aachen Cathedral



### Gummy Bears...

Gummibären (gummy bears) are a German invention. They were first created by Hans Riegel all the way back in 1922. Hans Riegel was the founder of the German sweet company Haribo and came from the city of Bonn in Germany. Bonn is located in between Nordrhein Westfalen and Rheinland-Palatinate or the Rhine-Ruhr region. So we can include Gummy bears on this list!



### Famous people from Nordrhein Westfalen

Ludwig van Beethoven was actually from Nordrhein Westfalen. For people who don't know, Ludwig van Beethoven was one of the most famous musical conductors of all time despite his teachers having no faith in him.

There is also Michael Schumacher (not at all biased) was a German F1 Driver but he is retired in 2006 unfortunately.

Image of Ludwig van Beethoven



Image of Michael Schumacher





## This Term in MFL

Chloe and Lilly researched the Hessen region

Chloe

### Where is Hessen?

Hessen is located in Germany (to the west.)  
Hessen is a central German state known for its forests. Hessen was in Germany since January 18, 1871.

There are 8 major cities in Hessen.

There was a war in 1866 named the Austro-Prussian War, and Hessen fought on the side of Austria.  
But, in 1871, Hessen joined the German Empire.



Lilly

### Festivals and customs

The Ziesel is the largest water and town festival in North Hessen. It takes place by and on the River Fulda. Highlights include swimming by torchlight, processions on the land and water, a water ski show and rides. Live music and events organised by the water sports associations round off the activities. The festival always takes place on the first weekend in August.

Light Festival: 70,000 lights combine with the sounds of the Neue Philharmonie Frankfurt every year to enchant visitors in the Bising Park. The Bisingpalais presents these special illuminations, which are artistically arranged by members of local associations, for one evening in August only. You can also experience a different side of the town at the Mainuferfest in June: Over 120 sports and culture associations present activities and culinary delights in the cultural zone between Schlossstraße and Herrstraße.

The Sommernachtsweinfest takes place at the end of July and transforms Schillerplatz into a meeting point for wine lovers. The event is characterised by its romantic atmosphere and great wines. Rhine-Hessen wine growers and wine merchants from Wetzlar's partner towns are on hand to offer a wide range of wines. The Wetzlar Gallusmarkt always takes place on the third weekend in October and brings lots of visitors to Wetzlar. Market traders, associations and non-profit organisations sell a wide range of goods at 150 different stalls.



Chloe

### foods

Many typical German specialities play an important role in Hessian cuisine, such as sauerkraut, boiled and mashed potatoes, roast potatoes, schnitzel and roast meat.

Famous foods include:

- Cheese
- Appetizer
- Meat dish
- Brandy
- Cider
- Frankfurter christmas cookie
- Sausages
- Bread
- Currywurst
- Sauerkraut



## This Term in MFL

Lilly

### Towns, cities, rivers and mountains

There are snow mountains, and mountains to climb upon.

The most beautiful city in Hessen is named Idstein. With a population of 20,000 since 2009. Idstein is known for its small streets.

The highest mountain point is Wasser Peak. Which is 3,000 feet (950 meters) .

The Fulda River connects to The Eder river, one of the two most well-known rivers.



The Idstein mountain is known for its view.

Chloe

### Frankfurt

Frankfurt is a central German city. It's the birthplace of a writer, Johann Wolfgang von Goethe, whose former home is now the Goethe House Museum. Like many parts of the city, it was damaged during World War II however got rebuilt later on.



Johann Wolfgang von Goethe was born, 1749, August 28. However, later on died from a heart attack in 1832, the 22nd of March. He was a poet, scientist, theatre director and was a play-writer. However had 7 jobs.



Kyree and Leland looked at Saxony

Saxony is in East Germany

This is their own flag



saxony

Capital Dresden

Known for its old town and the Elbe River. It is a beautiful city with many historical buildings and a vibrant cultural scene.



The Semperoper Dresden



Semperoper opera house



## This Term in MFL

### Famous Dishes



Zinsen is a special kind of pancake, and it is also called Buttermilk. Pflösen in some places. They are special pancakes because the acid in the buttermilk causes the pancakes to be taller.



Zemchecke is a traditional sheet cake. Inside, it has cake, cheesecake, and it has a layer of vanilla custard on top.



Quarkkälchen is a thick round slice of cooked potatoes and quark, and sprinkled with sugar and cinnamon. Quark is a soft cheese.



Klitscher is a type of potato pancake.



A Kalter Hund translates to 'cold dog' and can also be called a Hedgehog slice. It is a bar shaped chocolate dessert, which can be filled with crushed biscuit, rice puffs, or other similar foods.



Leipziger Allerlei is a vegetable dish that can serve as a side dish or a vegetable dish. There are many variations to this recipe.

### Celebrations traditions



#### traditions

Saxony also has some unique traditions including wood carving in the ore mountains the creations of musical instruments by hand.

#### Christmas in saxony

Every christmas afternoon in saxony santa clause makes a appearance for kids and also a miners parade with traditional costumes and a marching band and it might include krampus if given permission will take children down the parade.




#### Festival of Lights

This year saxony is creating a festival of lights called lights of our vision and this year (23.09.2023) will invite everyone to a capital of culture 2025 of three full of art and all residents of chemnitz will have a vision of a new light. Berlin New York and Beijing shine multiple days of the year so with the festival of lights will let saxony shine brighter than every.



### Famous People

Ilse Koch was born in Dresden, Germany. Her husband was a Nazi, and due to that she had power over the prisoners. She would select tattooed prisoners and have them killed. Then she would use their skin for lampshades. She was spared from execution because she was pregnant. Eventually, she got sentenced to life in prison, which then got shortened to 4 years. She was set free. However, in the following years, she was re-arrested. She was accused with sixty-five counts of incitement to attempted murder, and twenty-five counts of incitement to murder. In that prison, she took her own life.





## This Term in MFL

Connie, Leila, Shayna and Tatenda worked on the capital city (and also a Bundesland), Berlin. Wunderbar!

### All about berlin

Berlin is a region in a country in Germany. Berlin is actually the capital of Germany. It is a major tourist attraction. There are over 3 million people in Berlin. Berlin is a good place to live in because there aren't that many people that live there and the population is well educated. People also care about the environment as well.



### Famous person from Berlin.

Albert Einstein was the greatest scientist who was born in Berlin. He was born in 1879 March 14th and died 1955 April 18th. Einstein's IQ was around 160 which is over the average of a normal IQ, making him one of the smartest men who lived! Einstein created the Brownian movement (existence of atoms) and the theory of light.



### Foods.

Germany's most international dish is probably schnitzels with a delicious tender and crispy taste.



There is also spätzle, spätzle is normally egg noodles usually served as a side for a meat dish with sauce.



Lastly stollen, stollen is a traditional food normally eaten at Christmas time.



## Berlin's landmarks.

Brandenburg gate is a landmark in berlin,  
Despite its name it's not even a gate. Its was a symbol  
Of division for three decades since 1961-1989 due to  
Its position next to the berlin wall.

The berlin wall is a wall put up to keep the east germans  
Away from escaping the west, more than 100 people  
Died trying to cross it.

Brandenburg gate



Berlin wall



## Berlin's traditions

One of Berlin's traditions are Schultüte this is a celebration that occurs on the first day of school. The Grandparents or Godparents would take the cones full of sweets to the school then they would hang it up on a metal pole. When the child got to school they would walk over to the metal pole and carefully take the cone (that had their name on it) off the pole and they get to take it home and eat all the sweets inside of it. Another tradition is celebrating christmas early, watching "dinner for one" and watching fireworks on christmas eve, and hanging lost items in trees.there are also many other traditions that people love to part take in

## Berlin's major festivals.

The festival of light is a free event which Takes place in berlin. It lasts from September until October.

Another festival in berlin is the berlinale film fest. The berlinale film fest is a major international film festival. The festival is usually held in berlin, germany.



## This Term in MFL

### Berlin wall

The Berlin wall was built by the German democratic Republic during the Cold War to prevent its population from escaping Soviet-controlled East Berlin to West Berlin, which was controlled by the major Western Allies. Sadly, the wall came down in 1990 partly due to an accident.



Back Then



Now

### The cold war

The cold war was a political rivalry between the United States, the Soviet Union and obviously Germany. The cold war began after Nazi Germany surrendered in 1945. This also occurred when the uneasy alliance between America and Great Britain. At the same time the Soviet Union was falling apart. After this, the Soviet Union began to make left-wing governments in the countries of East Europe. They were determined to protect themselves from any possible threats from Germany. The Americans and the British were worried that Soviet Union's domination in Europe would be permanent.



# WELLBEING 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 provided or drop in during our opening times.



## Monday's & Friday's 4pm - 8pm

the lowdown, 3 Kingswell Street,  
Northampton, NN1 1PP - 01604 634385

## Tuesday's 4pm - 8pm

Youth Works at Corby Mind, 18 Argyll  
St, Corby, NN17 1RU - 01536 518339

## Tuesday's 3pm - 7pm

Service Six, Raunds Methodist Church,  
Brook Street, Raunds NN9 6LP -  
01933 277520

## Wednesday's 4pm - 8pm

CHAT Youth Counselling, Souster Youth  
Building, 30 Market Road, Thrapston,  
NN14 4JU - 01832 274422

## Wednesday's 4pm - 8pm

Time 2 Talk, Chantry House, 88 Watling  
Street, Towcester, Northants, NN12 6BT  
07385 295008 - 01327 706706

## Thursday's 4pm - 8pm

Youth Works, 97 Rockingham Rd,  
Kettering, NN16 9HX - 01536 518339

## Saturday's 10am - 2pm

Service Six, 15 Sassoon Mews,  
Wellingborough NN8 3LT - 01933 277520

## Saturday's 12pm - 4pm

Time 2 Talk, The Abbey, Market Square,  
Daventry, NN11 4XG - 01327 706706

**NHS**  
Northamptonshire Healthcare  
NHS Foundation Trust

the  
**lowdown**  
supporting young people

**YOUTH  
WORKS**

**Time 2 TALK**

**St Andrew's  
HEALTHCARE**

**CHAT** Youth  
Counselling

**Service Six**  
Changing Lives - Changing Futures

## NHFT Focus Group: Body Image & Eating Disorders

NHFT are holding a Focus Group on the 2nd August to try to understand young people's experiences regarding eating disorders and body image. We would love to get your input and opinions in the focus group to ensure our services are as good as they can be. For more information see the poster below/attached. We can provide transport to the focus group if needed. For more information please feel free to contact us.

  
Northamptonshire Healthcare  
NHS Foundation Trust

### How was your experience as a young person with eating or body image difficulties?

We would like to speak to you to understand

- The best ways to interact with young people in the early stages of eating and body image difficulties when thoughts first arise.
- What support was helpful or would have been helpful at the time.
- What support would be helpful for young people in the future and how best to deliver it.



### Get involved

Wednesday, 02 August 2023  
11.00am - 1.00pm  
Campbell House, Campbell Square, Northampton, NN1 3EB  
Email **Participation@nhft.nhs.uk** or scan the QR code





# School's out for summer!

## It's always best to be prepared

During the summer holidays, without the distraction of school, internet usage for many young people can increase all the way up to September. This guide is designed to help parents with a realistic approach to help keep their children safe when using the internet, social media and playing online games. Please click on each image below for more information.



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Live Streaming



A Parent's Guide to Online Grooming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings

Online safety is when young people know who they can tell if they feel upset by something that has happened online.

**Parents** please contact your school if you would like to attend a parents internet safety workshop or have any concerns.

**Schools** please [contact us](#) if you would like a SKIPS Safety Net session delivered to your parent groups or staff.

### Skips Educational

Web: [www.skipssafetynet.org](http://www.skipssafetynet.org)  
Email: [info@skips.com](mailto:info@skips.com)  
Tel: +44 121 227 1941

142 Newton Road  
Great Barr  
Birmingham B43 6BT

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Developed in partnership with



**Skips**

Keeping children safe online

[www.skipssafetynet.org](http://www.skipssafetynet.org)





## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

### PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### IKEA

Kids get a meal from 95p daily from 11am

### MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

### FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

### TO BE CONFIRMED...

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL

## Online Safety Resources

### How to Stay Secure Online

The National Cyber Security Centre (NCSC) have released a great free interactive resource for KS3 students about how to stay secure online. Students can learn and participate in aspects such as cyber scams in games and social media where learners can make choices of the character and watch how they play out.

More information and access to the video can be found [HERE](#).

### Reporting Online threats

If a young person is threatened online they need to be able to judge whether this is a hypothetical or credible threat, this is because social media companies will treat the incident differently. Realistically this means that if the threatening account/actor is reported the company will either not deal with the matter at all (hypothetical) or will (should) deal with the threat if it is reported. It is important that students understand this because advice many of them receive is to 'block and report.' That is good advice, but it depends on the situation, in this case whether it is a threat and whether it is credible.

To help you with this, SWGfL and their website Report Harmful Content has a brief explanation of both types of threat, and very usefully have a list of common social media plus a few games which links directly to their reporting/advice page. You can find the page [HERE](#).

### Apps to Help Kids Get Active

In this beautiful weather we're having and with the summer break just around the corner it's important that we all get outside and soak up the goodness. This can be difficult for parents whose children seem super-glued to their devices so Internet Matters have put together a useful advice page with a list of different apps for children of all ages to get them motivated. You can find the advice page [HERE](#).

## BACK TO SCHOOL COLLECTION



**SHOX STRIDE**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 7 - 13 1/2  
FITTINGS AVAILABLE: E, F, G, H



**STODGY STRIDE**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 7 - 13 1/2  
FITTINGS AVAILABLE: E, G



**SCAPE SKY**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 10 - 13 1/2  
FITTINGS AVAILABLE: E, G, H



**KICK BACK**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 7 - 4  
FITTINGS AVAILABLE: E, G



**REBELS SEA**  
COLOUR: BLACK LEATHER & BLACK PATENT  
SIZES AVAILABLE: 7 - 13 1/2  
FITTINGS AVAILABLE: E, F, G, H



**SCALA TAP**  
COLOUR: BLACK PATENT  
SIZES AVAILABLE: 7 - 13 1/2  
FITTINGS AVAILABLE: E, F, G, H



**JAZZY 3D**  
COLOUR: BLACK PATENT  
SIZES AVAILABLE: 8 - 14  
FITTINGS AVAILABLE: E, F, G, H



**JAZZY TAP**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 8 - 14  
FITTINGS AVAILABLE: E, F, G, H



**CICA STAR ORB**  
COLOUR: BLACK  
SIZES AVAILABLE: 7 - 13 1/2  
FITTINGS AVAILABLE: E, F, G, H



**CICA STAR FLEX**  
COLOUR: PINK CORAL  
SIZES AVAILABLE: 7 - 13 1/2  
FITTINGS AVAILABLE: E, G



**CICA STAR RUN**  
COLOUR: NAVY CORAL  
SIZES AVAILABLE: 7 - 13 1/2  
FITTINGS AVAILABLE: E, G



**AWARD FLY**  
COLOUR: BLACK  
SIZES AVAILABLE: 10 - 14  
FITTINGS AVAILABLE: E, G

Clarks

## 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...

**Andrada**

Andrada C Y8 - For being very helpful and looking after a new student.

Well done!

From, Mrs Buckoke



## Numeracy Problem of the Week



Granny's watch gains 30 minutes every hour, whilst Grandpa's watch loses 30 minutes every hour.

#At midnight, they both set their watches to the correct time of 12 o'clock. What is the correct time when their two watches next agree?

Last Week's Solution: 28

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

## Stars of the Week

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



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## How to Access Go4Schools

Go4Schools is the online system that Rushden Academy uses to track student attendance, student progress and assign homework tasks.

Students and parents can access this at home to keep up to date, by checking timetables and homework deadlines. Student progress reports will be published through Go4Schools 3 times a year.

Please follow the instructions below to access Go4Schools.

### Student access to Go4Schools

- ♦ Go to the Go4Schools student access page (on the top right of the Go4Schools home page)
- ♦ Type in your school email address in the first time user box (your computer login in followed by @Rushden-academy.net)

#### **First-time User?**

If you haven't logged on to GO 4 Students before, type your email address and click the "please send me a password" button.

Email address:

Please note, if you are having problems with your password please contact your school. For Data Protection reasons we are unable to divulge or set passwords for students ourselves.

Please send me a password

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

### Parental access to Go4Schools

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

If you haven't received an email in 5 minutes, please double check you have your email typed in correctly and ask them to send the password again. If you have any problems accessing Go4Schools do not hesitate to contact the academy.

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

Mr P Bocking  
Assistant Principal

## Are you looking for a career change? Are you interested in training to teach?

Rushden Academy has a proven track record in successfully supporting trainee teachers on programmes leading to QTS. Many of our staff, past and present, have been trained at the school and an even larger number have completed main placements and second placements here before securing teaching jobs elsewhere.



As a school with a strong and successful record for training new teachers to the profession, Rushden Academy works closely with School Centered Initial Teacher Training (SCITT) providers to provide fully supported and mentored school placements on a variety of routes.

If you are interested in a new career or are looking for more information about routes into teaching, then please contact Gail Brainwood, Director for Learning on 01933 350391 or by email: [g.brainwood@Rushden-academy.net](mailto:g.brainwood@Rushden-academy.net)

## Are You Eligible for Free School Meals?

If you are in receipt of any of the following, your child may be eligible for free school meals.

- Income Support
- Income based Job Seekers Allowance
- Income related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- Child Tax Credit, with no element of Working Tax Credit, and a household income below £16,190 (as assessed by HM Revenue and Customs)
- Guarantee Element of State Pension Credit
- Universal Credit - income dependant

You can check your eligibility and apply for free school meals through Northampton County Council by clicking [here](#).



WHAT'S ON YOUR MIND?

sex **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

**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

NHS Northamptonshire Healthcare the lowdown St Andrew's CHAT Youth Works

#weareNHS

NHS Northamptonshire Healthcare

## CAMHS LIVE #MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

CAMHS LIVE CAN BE ACCESSSED VIA YOUR PHONE, TABLET OR LAPTOP AND IS A WEB CHAT. IT IS HERE TO HELP YOU ACCESS THE MENTAL HEALTH SERVICES YOU MIGHT NEED. SPEAK TO OUR ADVISORS ABOUT THE RIGHT OPTION FOR YOU.

LIVE AND ONLINE:  
[WWW.NHS.UK/US/AMHS/LIVE](http://WWW.NHS.UK/US/AMHS/LIVE)

t f

QR code

CAMHS Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU