



Rushden Academy Newsletter

Aspire, Explore, Succeed

07/05/2021

Message From the Principal



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Team Rushden - United we stand, divided we fall

Good afternoon

We had an excellent assembly this week delivered virtually by our Designated Safeguarding Lead, Mrs Smith. The assembly covered healthy relationships, sexual harassment and sexting. It contained highly important information, guidance and support. These are always sensitive issues to cover, but of huge importance to ensure our youngsters understand the consequences of their actions and also to help them make good informed decisions. Yesterday we had a further Learning for Life day, further covering some challenging statutory topics around healthy relationships. There was certainly a lot of food for thought.

It's good to hear that since returning to school achievement points have skyrocketed with 58,951 being awarded so far. Well done team, please continue to collect. It will be good to get back to normal and start up the reward trip programme. In fact, to reignite the full personal programme will be very exciting. I have really missed the Creative Arts performances, the sports events, the trips, the visits and the myriad of competitions.

Year 11 exams are going well, they certainly have been excellent ambassadors and great role models for the rest of the school. With only 3 weeks left, we have a lot of work to do to ensure we have enough robust evidence. As a reminder year 11 pupils will have virtual work to dip into post half term break and they will need to be on-call should they be required to attend school in person.

So as we start to plan for year 11 and year 13 leaving, we begin the process of welcoming year 6 and their parents to the team. We start to transition year 9 into their important GCSE years and all the other year groups up a year. Time does seem to be racing by, so try to take a moment to appreciate today and remember how far we have come through this pandemic.

Thank you for reading the newsletter and we wish you a peaceful weekend.

Mrs J Burton
Principal

Year 11 May Assessment Timetable

You will only sit one of the two timetabled assessments during sessions 1 and 2. We will let you know which one closer to the time.

If you do not take the subject in any of the sessions you will go to normal lessons.

	Session 1 9am	Session 2 10.15am	Session 3 12pm	Session 4 2pm
Monday 10th May	English Literature 45 mins	English Literature 45 mins	Sport 45 mins	French Writing 45 mins
Tuesday 11th May	Physics 35 mins	Physics 35 mins	Business BTEC 45 mins	Dance Paper 2 45 mins

Please remember to bring black ballpoint pens, pencils, ruler, calculator, compasses, protractor and an eraser.

The Big Ask - Children's Commissioner Survey

The Big Ask is a survey for children and young people aged 4–17 in England and will take 5-10 minutes to complete.

This is the largest ever survey of children and young people in England. It will be used to show the government what children and young people think, what they want for the future, and what they need to live happier lives.

The survey has been split into different age groups, so you can fill in a version appropriate for your age. There are also easy-read 'accessible' versions as well as a version for care leavers. Please visit [The Big Ask](https://www.thebigask.org/) to leave your views.



Contact Details

Please ensure that Rushden Academy has your up to date contact details. You can use the SIMS Parent App to make any changes, or email the school at info@rushden-academy.net

Family Fun Weekend

Saturday 22nd and Sunday 23rd May 2021
Online with the Family Learning Team

Adult Learning 

Fun science and
activity workshops



West
Northamptonshire
Council



North
Northamptonshire
Council

PREMIER LEAGUE

KICKS



NORTHAMPTON TOWN FC
COMMUNITY



Premier League

Kicks

FREE FOOTBALL COACHING!

Are you interested in coming to play football and receive football coaching free of charge?

We will soon be re-starting our Premier League Kicks site in Rushden! Make sure you come and join us!

Every Wednesday from 6:00pm to 7:00pm we will be at:

The Pemberton Centre MUGA,
H.E. Bates Way,
Rushden,
NN10 9YP.

THIS IS FOR SCHOOL YEARS 7-13.

Due to COVID-19 regulations, participants **MUST** register in advance at: ntfccommunity.co.uk/pl-kicks

For any Premier League Kicks enquiries please contact us (text only) on 07848473528.



North
Northamptonshire
Council

NORTHAMPTON TOWN FC
#PROUDTOBE



PE Clubs are Back!!!

PE Extra-Curricular clubs have returned this week, specifically for our Year 7 cohort.

Over the course of the week we ran six different clubs, six different sports and over 60 Year 7 students attended! Students got to experience what PE clubs are like and were able to let off some steam and burn away some of that excitable energy but most importantly we hoped they had a lot of fun!! Some of the sports and activities in which we ran are unique, and offer something different to their normal PE lessons. We offered Kinball, access to the fitness suite and Trampolining!!



PE Loyalty Card

Students who attend extra-curricular clubs are now rewarded with a loyalty card and they can receive a stamp each time they attend a club. Once the card is full students are then entered into a prize draw. Local businesses and sports centres have generously donated a range of prizes in order to help motivate students to participate in extracurricular clubs and take part in more physical activity. On behalf of the school can I thank Splash Leisure Centre and Bannatynes Health Centre who have both kindly donated free family sessions to use their facilities. Rock Up based at Rushden Lakes have also kindly donated 2 Free Entry passes for students. We hope that this helps motivate students to attend.

Please come along and give a club a go and if there are any sports in which you would like to be involved in but we don't currently run then please speak to a member of the PE team!



Clubs available for Year 7 next week:

Tuesday: Fitness suite and Trampolining

Wednesday: Football and Netball

Thursday: Kinball and Cricket



sixth

form cafe

thursdays after
school

3-3.30
IN THE COMMON ROOM

a chance to chill out, catch
up, eat cake and chat

ETHOS

WEDNESDAY WEBINARS



Parents and Carers with young people in Year 9 -13

Join us for Wednesday Webinars designed for Parents and Carers and delivered by Aspire Higher. A session will be delivered at 10:30am and 6:30pm.

21st April

Student Finance: Repeat session of last terms Webinar. Explaining Student Finance from application to repayments.

28th April 2021 10:30am only

Student Finance: Hosted by a representative from Student Loans Company to answer general questions concerning the application process.

5th May 2021

Apprenticeships: Repeat session of last terms Webinar. An insight into different levels of Apprenticeships and where to apply.

12th May 2021

NSPCC: Online safety, hosted by NSPCC and Aspire Higher.

26th May 2021

Virtual tours: Support your young person to get the most from them.

To sign up:

<https://www.eventbrite.co.uk/e/wednesday-webinar-aspire-higher-tickets-137200938701>



For further information email:
Aspirehigher@northampton.ac.uk

Family Support Page



The Introduction session for Happier Families is next week – Wednesday from 4pm to 5pm (arrival from 3.30pm) with the course running for 6 weeks after that at the same time.

There are still a couple of spaces left so if you would like to join please contact me as soon as possible. (If most but not all the family can make it each week that is ok!)

The programme will give you ideas of things you can do as a family to:

- Explore ways to build your own and others happiness;
- Learn tips to help you when you are struggling;
- Enjoy your family time together more;
- Build happier relationships.

The course is designed for the whole family to come and learn together so we will be running it in an after school slot. It is run over six sessions of no longer than an hour, plus an introduction session.

If you would like to find out more or to register your interest please email I.king@rushden-academy.net



Family Support Page



If I can help or support you in anyway, please get in touch:

I.king@rushden-academy.net or call the main school number and ask for Lynda King

Mental Health Awareness Week 10th-16th May

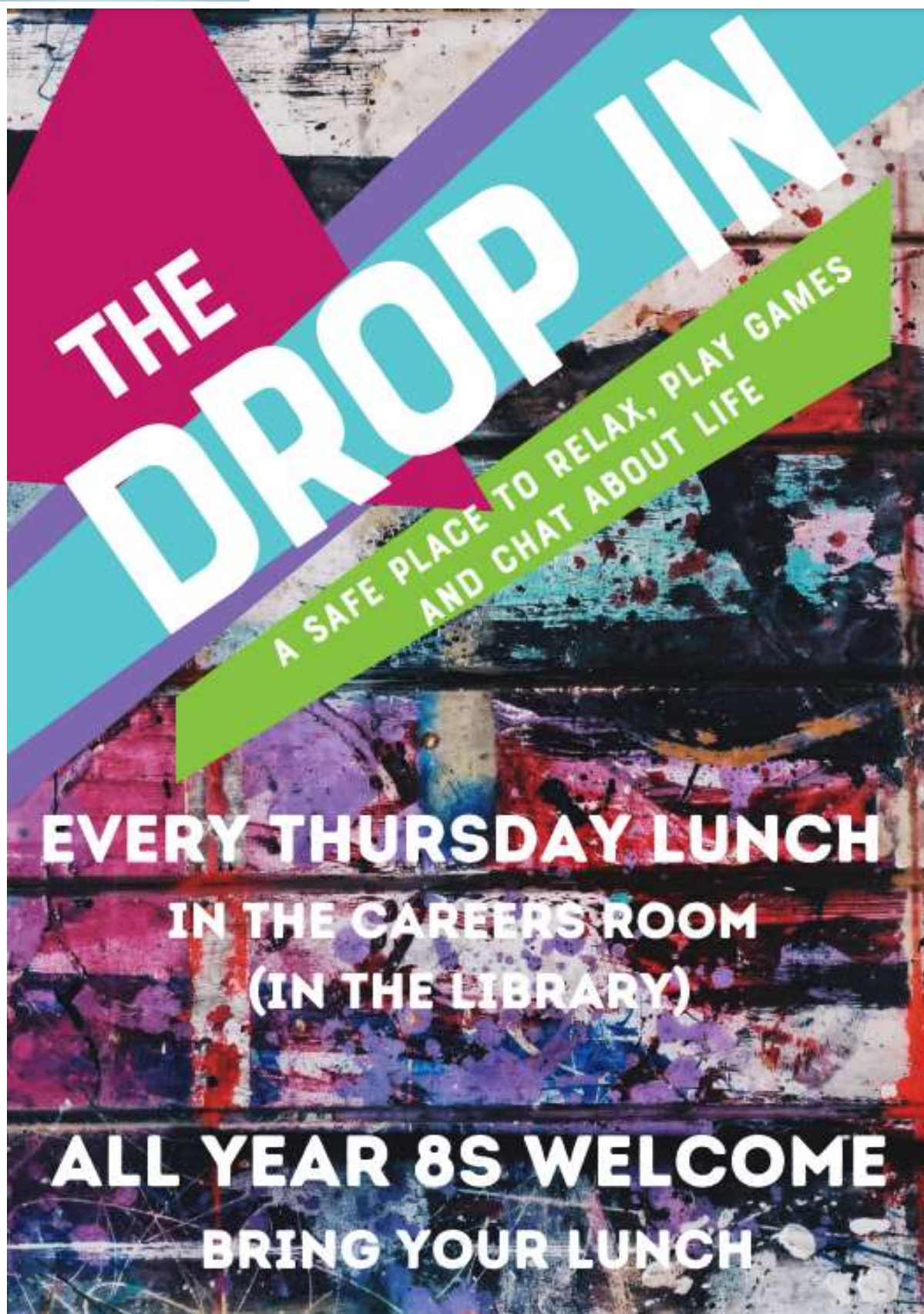
Mental Health Awareness Week 2021

We're inviting you to
#ConnectWithNature to
support your mental health!

There are many ways you and your child or young person can get involved.



For more information about this year's Mental Health Awareness Week visit mentalhealth.org.uk/mhaw or join the conversation on social media using **#ConnectWithNature** and **#MentalHealthAwarenessWeek**



Time Out For Parents



The Teenage Years

Sessions for anyone parenting children aged 11 to 19

Dates

Every Tuesday 7pm - 9pm
11th May - 6th July

This course will be run online via Zoom

Book your place online visit
hopeforfamilies.org.uk

For more information
Contact Louise Wille on
07784 333825
or email hello@hopeforfamilies.org.uk



Time Out For Parents

The Teenage Years

Positive Parenting Time Out for Parents courses from Care for the Family provide common sense, jargon-free information and ideas to help you to engage with your children and boost your relationship.

If you have children aged 11 to 19, then *Time Out For Parents - The Teenage Years* is for you. Over eight sessions you'll increase your skills and confidence as a parent and discover practical tools to make your relationship with your teenager even better.

The sessions

- Session 1 Temperament and emotional needs
- Session 2 Why it's tough being a teenager
- Session 3 Parenting styles
- Session 4 Communication
- Session 5 Handling conflict
- Session 6 The big issues
- Session 7 Keeping our children safe in the digital age
- Session 8 Building strong families

Care for the Family Tovey House, Cleppa Park, Newport NP10 9BA
Tel 02920 2081 0800 www.cff.org.uk

Care for the Family - a Christian response to a world of need.
A registered charity (England and Wales 1069065, Scotland 0228447).



Supermarkets Supporting the Healthy Start Scheme

You may already be aware that some supermarkets are continuing to extend their offers on the Healthy Start Food Vouchers.

Iceland

Iceland have been offering their customers a free £1 pack of frozen vegetables with each Healthy Start Voucher used in store at all Iceland and The Food Warehouse stores in England, Wales and Northern Ireland. They have extended their offer until **31st August 2021**.

Co-op

Co-op are topping up the new value of Healthy Start vouchers from £4.25 to £5.

They are advising families check their eligibility and once they have received their vouchers pop to their nearest Co-op and present them at the till when buying any eligible food items. The value will automatically be topped up to £5.

Lockdown Roadmap Step Up!



COMMUNITY
AMBASSADORS



*At the earliest date

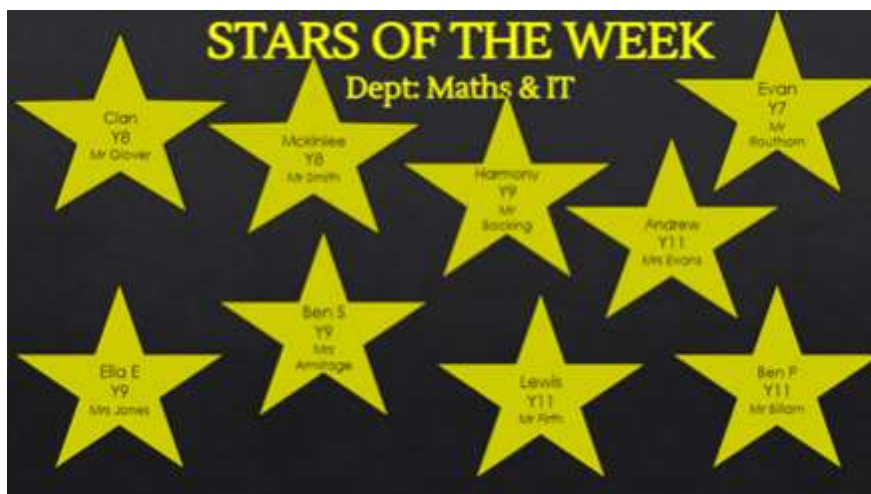
Stars of the Week

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



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Become a Youth Ambassador!

We are recruiting young people to join our youth ambassadors group

Take part in creating and executing campaigns, getting other young peoples voices heard and be part in a wellbeing conference.

To get involved or for more information email:
Leanne.conroy@free2talkcic.org

You will receive accreditation through Youth Voice





DISABILITY FOOTBALL FUN!

Come and join our coaches, Cameron and Kym, for some football fun on a Wednesday evening in a fun, safe and secure environment!

These sessions are for those who are aged 8 - 18 years old. Please register online at ntfccommunity.co.uk/pl-kicks
 If you have any further queries please contact Cameron Marshall via email at Cameron.Marshall@ntfc.co.uk




**Every Wednesday starting 16th June 2021.
 Inc. School Holidays
 16:30 - 17:30
 (INDOOR SPORTS HALL)**

The Pemberton Centre,
 H.E. Bates Way,
 Rushden,
 NN10 9YP.

NORTHAMPTON TOWN FC
#PROUDTOBE

Rush2theDen Stay and Play Activities

Rush2theDen is now taking bookings for their stay and play activities. Please see below for more details.

To book a session please visit [Rush2theDen Book a Session](#)

Push, Pull Play
Extra energy on Mondays?
We have loads of ride on, sit on, pull along and push toys to enjoy -)

Jolly Jingles
Come and enjoy our very popular singing session

Storytime
Do you like curling up and reading a good book? So do children...

Little Chef's Lunchtime FUN
Every Monday 12pm - 1pm
Have FUN cooking and eating your lunchtime creations!

Messy Play
Come along and play at one of our fabulous Mess Around Messy Play Sessions. We provide multi sensory, messy play experiences for babies aged 6 months (or sitting unaided) to 5 years old.
With lots of activities to explore, including our famous painting wall, the little ones can squelch, pour, mix and splat until their hearts are content. All you have to do is come along and MESS AROUND and leave the cleaning up to us!
RUSH 2The DEN Messy Play is held on Tuesdays for Pre-School Children (and their carers) because making a mess is the best!

Baby Sensory
Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

Stay N Play
Every Wednesday Play Day is an adventure for children.
We cater for all ages up to School entry level where Tots and young children enjoy a selection of toys, games, jigsaws, dress up, playing instruments, craft corner, construction toys and of course cars & dolls etc.
Play is essential to children's development.

Jolly Jingles
Come and enjoy our very popular singing session

Storytime
Do you like curling up and reading a good book? So do children...

Hi-Tea Wednesdays 3.30pm - 5.00pm Have fun and enjoy food...

Crafty Fingers
Art may seem like fun and games - and it is! - but you may not realize that your child is actually learning a lot through exploring the arts and doing art activities.
Your children will gain useful life skills through art, so come along and encourage your under 5's to get creative on Thursdays at RUSH 2The DEN

Baby Sensory
Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

Soft Play
Friday is our day for Soft Play
Large Soft Play equipment, soft bricks, soft cuddlies, beanbags to snuggle into and on and loads more!

Sensory Play
Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

Our 'inclusive policy' no young person will be denied access because of affordability. Sensitive arrangements will be put in place where and when necessary.

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.

- ◆ 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) to 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.

Mr P Bocking
Assistant Principal

Check if You or Your Child has Coronavirus Symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- ◆ a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- ◆ a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- ◆ a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Use the NHS 111 online coronavirus service if:

- ◆ you're worried about your symptoms
- ◆ you're not sure what to do

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](#).

