



Rushden Academy Newsletter

Aspire, Explore, Succeed

08/10/2021

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer



The Soap Box Derby is an event I attended for the first time this year. I never realized that it had been going for so long and actually originated in the States in 1933. It was fantastic entertainment and I am pleased to share a photo

of one of our pupils taking part and receiving a medal too. Well done Bethany.

Also further congratulations goes to Vicky after she completed the London Marathon last weekend, a magnificent achievement running 26.2 miles between Greenwich and The Mall.

Open Evening was a triumph with pupils showcasing Rushden Academy brilliantly. This year two year 7 pupils Kelsie and Maddie and head boy Cameron made us very proud with their glowing speeches. We also had over 100 pupils attending the evening to celebrate the work achieved in every subject across school with their teachers, many escorted families around the school too. All in all a highly successful evening.

We received a wonderful phone call today from a parent of a pupil in y7 who had no money on her lunch account but a random year 8 student bought the y7 pupil a hotdog. Mum called in to say that she was overjoyed by this act of kindness and would like to know who the y8 pupil was.

On Monday the NHS will be administering the C-19 vaccination to 12-15 year olds, please remember to authorize this if you wish your children to be immunized. You have such a short window to do so, please watch out for the email.



Continues on the next page...

Message From the Principal Continued...

We continue to take a number of measures to help prevent the spread of Coronavirus, including:

- ◆ Encouraging all staff to test regularly, to minimise the risk of our teachers giving your child or other children Covid;
- ◆ Ensuring our staff and children practice good hygiene;
- ◆ Making sure our spaces are well ventilated; and;
- ◆ Encouraging all members of our community to isolate and book a [PCR test](#) should they develop symptoms of the virus.

Up to one in three people who have COVID-19 can spread the virus without knowing. This is because they have no symptoms. Please encourage your children to test regularly and to report each result. Test kits are available from school.

If you are unable to work due to your child having, or displaying symptoms of, COVID-19, you may be entitled to a one-off payment of £500 through the [NHS Test and Trace Support Payment scheme](#) if you are required to stay at home and self-isolate.

You will be eligible if you live in England and meet all the following criteria:

- you have been asked to self-isolate by NHS Test and Trace, including by the NHS COVID-19 app
- you are employed or self-employed
- you cannot work from home and will lose income as a result
- you are claiming at least one of the following benefits:
 1. Universal Credit
 2. Working Tax Credits
 3. income-related Employment and Support Allowance
 4. income-based Jobseeker's Allowance
 5. Income Support
 6. Pension Credit or Housing Benefit

By ensuring your child tests weekly you will help us to reduce transmission of Coronavirus. This in turn will minimize disruption to their education which is highly important. We are thoroughly enjoying being back into the 'nearly normal' rhythm of school life again.

Thank you for your continued support, please have a good weekend.

Mrs J Burton
Principal

Assemblies This Week

Our Assistant Principal, Mrs Smith has been leading assemblies this week. The theme was focused on ensuring we keep our mental health in good shape. Mrs Smith talked through some excellent resources and real practical and simple ideas that can help us all deal with the stresses and strains of life before they reach a point of crisis. We all need to look after ourselves and carefully consider incorporating as many aspects associated with our well being into our daily lives. This can include just taking a moment for quiet reflection, to finding time to immerse yourself into a good book or bath.

We have attached some of the key messages that were central to the assembly into this week's newsletter.



Piercings Update

Thank you to parents and carers for the support we have received in ensuring students are not arriving at school with facial piercings. We are also proud of the positive decision making of those affected who have put their education ahead of personal individualism. As we have said to them, this is not personal, it is simply policy and that there is always a time and a place for this symbol of personal expression but that school is not one of these places. We will continue to monitor and intervene where required as we know teenagers have a tendency to think'if I pop my piercing back in - who will notice?' - WE will.

Autumn/Winter Outdoor Clothing

As we move to the colder and wetter months of the year. It is important that students wear clothing that is suitable for the time of year and also meet our school uniform policy. We have clear guidance on the jumper that can be worn for added warmth - this is plain black with a V neck with or without a school logo. Students who arrive wearing sweaters and branded jumpers will be asked to remove them and the continued wearing of such clothing will lead to it being confiscated. Additionally, hoodies are also not a substitute for a decent coat and are also not to be worn in school as a layer over or beneath the school blazer.

The Big Toy Rehoming

The Entertainer toy store is once again back in partnership with the Salvation Army. Take any of your unplayed with toys into your local Entertainer Store and they will pass on to the Salvation army to rehome. This project runs all through the year.

Since this project started over 40,000 toys have found new loving homes making lots of children very happy and stopping waste going into landfill.

Toys with a valid CE mark on the toy or its packaging will be passed on to the Salvation Army, those without a CE mark will be safely recycled. Sorry but no soft toys or plush will be accepted.



Well Done to Rushden Students

Rushden Academy received a lovely email from the Premier League Kicks Football Club at the Pemberton Centre congratulating some of our students who attended sessions last week.

The students are doing really well in their football sessions, showing teamwork and sportsmanship. They also showed maturity and honesty in the session covering how to report crime anonymously via Fearless.org (Crimestoppers for kids), openly discussing the issues are happening in the local area. They were very open and direct and really understood the messages being taught.

Netball Fixtures

On Tuesday we hosted our first netball fixture in 2 years. The girls were excited to be playing against other schools and to show off their competitive side. Wollaston and Wrenn brought both a year 9 team and a year 10/11 team. We were up against some strong competition but we welcomed a challenge. The girls represented us exceptionally well and it was lovely to see all their heads of year come down to show their support. Well done girls.

Hear from our team:

My name is Abbie and I'm the captain of the year 10/11 netball team. We played our first game here at Rushden academy against Wollaston and Wrenn. We haven't played together as a team for years so being back together on the court was an enjoyable game. Our teams may have lost on Tuesday but we all trained on Wednesday preparing for our game against Ferrers next week.



We have a strong team made up of Bella, Cindy, Daisy, Jess, Leah, Macey, Daniella, Ayten and Mia.

Our year 9 team included, Natalie, Abigail, Jasmine, Evie, Tia, Aleyah, Maya, Erin and Paige.

Good luck for Tuesday girls!

PE Team



Mindfulness Exercise

Sometimes when we feel anxious, it can feel like there's no way out, can be very isolating, and can be hard to talk to others about how we feel. This simple exercise can help ground you, reduce feelings of anxiety and panic, and encourage you to reach out in times of need.



What's Happening in Science?



In Biology we have been looking at how diffusion, a vital process to keep us alive, happens inside our body, and why being warm blooded is such an advantage.

Students used coffee granules and hot and cold water to see the difference in rates of diffusion.

MFL Language Leaders

Two years ago we recruited our first cohort of Language Leaders but unfortunately due to Covid, they were unable to work on all the plans we had in place for them. As we now return to a bit more normality, we are excited to introduce our new team.



The students are all currently in our year 10 MFL groups and they were asked to write to us saying why they wanted the role and what they thought they could do to help the faculty grow. The first job for a few of them was this week at our Year 6 Open Evening, where they greeted prospective students and their families and talked to them about their experiences of language learning at Rushden. We look forward to them working with some of our KS3 students, producing future articles for the newsletter and supporting us with our social media accounts.

Mrs Brainwood & Mrs Charlton
MFL Department

Praise for a Year 8 Student

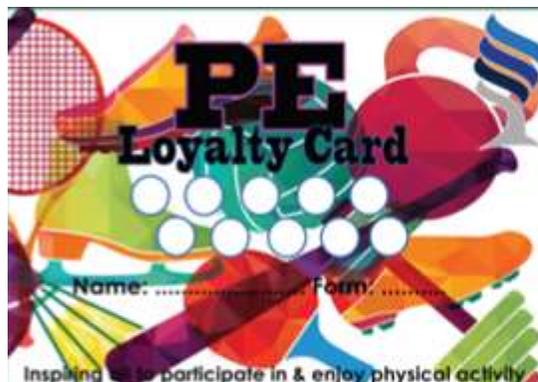
A parent called to compliment Kadence, year 8, who bought a hotdog for her daughter when she had no money on her lunch account. Kadence didn't know her, but acted out of kindness.

Thank you for showing what Team Rushden is all about.

PE Updates

PE Loyalty Card

Students who attend extra-curricular clubs are now rewarded with a loyalty card which they 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!

PE Uniform Reminders

Over the winter months all students (both boys and girls) will have lessons on the field as part of the PE curriculum. As part of the PE uniform it is expected that **ALL** students have football/rugby boots, in order to be able to safely participate in activities that are outside.

Due to the colder weather and adverse conditions, students are allowed to wear base layers underneath their PE uniform. Lessons will continue to be outside unless there is very extreme weather so it is important that all students have the appropriate clothing in order to be warm enough to safely participate.

Finally, all students in KS3 will experience Rugby as part of the curriculum and are advised to purchase gum shields. These are available to purchase from within school, so please see a member of the PE team.

PE Extra-Curricular Timetable

Monday	Tuesday	Wednesday	Thursday
Netball	Boys Football	Netball	Basketball
Fitness Suite	Girls Football	Rugby	Kinball

All year groups can attend all clubs and there is no limit on numbers! Come along, have some fun and most importantly get that stamp on your Loyalty Card!!!

Upcoming PE Fixtures / Events Next Week:

Tuesday 12th October – Y9 and Y10/11 Netball v Ferrers School (Away)

Wednesday 13th October – Badminton and Table Tennis Event at Wollaston

Performing Arts at Rushden Academy



Drama

Y10 BTEC Performing Arts students have been looking at devising from a stimulus. Their stimulus is a poem called 'Give' based around homelessness how people in society view them. They have been creating a series of practical performances, using a series of explorative strategies to explore the stimulus. Students have prepared a final devised performance leading on from a hot seating exercise to perform. Next week students will be beginning to look at the work of 'Frantic Assembly' for component 1 of their BTEC award.

Dance

Our Year 8 dancers have been replicating the Michael Jackson 'Thriller' routine. Students are focusing on their facial expressions and body language to enhance their character of being a Zombie.

Music

Music for Year 7s this week has seen students preparing for their Djembe assessment next week. Students have been thinking carefully in their groups about how they use structure and texture to create an interesting and creative piece of music. When students have been creating their own rhythms we have seen an assortment of food related phrases being used as inspiration, who knew that peoples dream breakfasts could create such interesting rhythms!

The Week in Pictures



Y8 Dance Students



Y8 Drama Student
Harvey playing Russell -
Sparkleshark



Y12 BTEC Performing Arts
Students Unit 29:
Storytelling



Y8 Drama Students
Sparkleshark

Y10 BTEC Performing Arts
Students Homelessness
Still Image



Legally Blonde Update

Another week of rehearsals has passed and everyone involved has been working hard. Mrs Ede has been perfecting the opening number 'Omigod You Guys' ready for our Y6 open evening. Our backstage crew have been creating a list for rehearsal props and finding out what they need to source. Miss Grainger and Miss Pilgrim have been working alongside their production teams making costume mood boards and brainstorming ideas for promotion. The cast and chorus have had their first vocal rehearsal working on the number 'What you Want'.



Interview With a Cast Member

Name: Oli Y13

Role: Stage Manager

What interested you in taking on a stage manager role?

The role of a Stage Manager has a great deal of responsibility, this is something I wanted to take on.

How do you think you'll manage all the challenges you face as Stage Manager?

Communication is a key thing that a stage manager must have. When any challenge is presented you must communicate to find the best way forward to solve any problem that may come up.

What do you think will be the most difficult prop you'll have to source for the Musical?

There is lots of different props within the show that may be difficult to make, but one of the hardest ones will be a golf car.

KS3 Musical

We are excited to announce our **FIRST EVER** KS3 Musical '**Matilda**'. Any students in Year 7, 8 or 9 who are interested, first meeting Monday 18th October 3:05pm in the Hall.



Latest News & Achievements Follow us:

@RushdenAcademyPerformingArts



Dyslexia Week 2021 **October 4 -10**

Invisible Dyslexia

This year we are focusing on Invisible Dyslexia

Because dyslexia itself isn't visible, individuals with dyslexia often feel unsupported, unseen, invisible.

This dyslexia week we are focusing on Invisible Dyslexia, to explore the entire theme of visibility within our community. We'll highlight the importance of mental health, increasing the visibility of under represented groups and raising the serious issue of dyslexia being overlooked within education and the workplace.

Follow us on social media or visit our website for more information.




 @BDADyslexia
www.bdadyslexia.org.uk

British Dyslexia Association

ETHOS TEAM FAMILY SUPPORT WORLD

PARENT WORKSHOP

BOOK NOW!!!!!!

Building Relationship with Your Teen

20 October 6.30 for 7pm

This workshop aims to help you to explore ways to COMMUNICATE and CONNECT with your teenagers

Book here:
<https://www.eventbrite.co.uk/e/184593984577>



Take It Further - Next Event

Rocket Building is our 3rd Take It Further Event, we have had over 120 students select this event, so Mr Blackshaw will run the event multiple times throughout the year. Students will be notified by email and form tutors if they have been selected for this weeks event.



Rocket Building (Session 1)
Thursday 14th October S1

Take It Further Enrichment Program Event 3

School Photographs for Y7 & Y10 Ready to Order

Vancols Photographers are pleased to confirm that the School Photographs are ready to view using the QR code on your proof card.

If you have already scanned the QR code on the Proof and registered you will receive an email notification. If you have not done it yet, you can still scan the QR code on your Proof and follow the instructions to view your photos.

If you have not received your Proof, please contact main reception 01933 350391, and they can give you a code to register on the Vancols website and place your order.

The deadline for orders to be placed with free postage to Rushden Academy is 21st October 2021.



Time Out For Parents



Children with Special Needs

Sessions for anyone parenting children with special needs aged 3 to 11

Dates

Every Tuesday, 7:00pm - 9:00pm
12th October - 30th November

This course will be run online via Zoom

Book your place online
Visit hopeforfamilies.org.uk

For more information contact
Hope for Families on 07784 333825 or email
hello@hopeforfamilies.org.uk



Ringstead Youth Group
is back....



Tuesday 21st September 6.30-8pm

Who am I?

Tuesday 19th October 6.30-8pm

Outdoor Cinema Evening

Tuesday 16th November 6.30-8pm

Outdoor Sports @ the Rec

Tuesday 21st December 6.30-8pm

Christmas Night Walk

9 year olds +

£1 per session

To book your place and to request a consent form please
email michelle.shaw5@gmail.com

The above programme is subject to change given the Covid situation changing.

All sessions will be outside—please dress for the weather.



Ringstead Shared Church (Baptist Church) is located
between Back Lane and High Street, Ringstead.
Please see ringsteadsharedchurch.org.uk for more information.

LGBTQ+ PRESENTS:

ACCEPTANCE CLUB

A safe space for LGBTQ+ students and Allies, offering support and a listening ear on relevant issues

When: Tuesdays, Afterschool
3.15 -3.45pm

Where: Ethos Room – CA Block

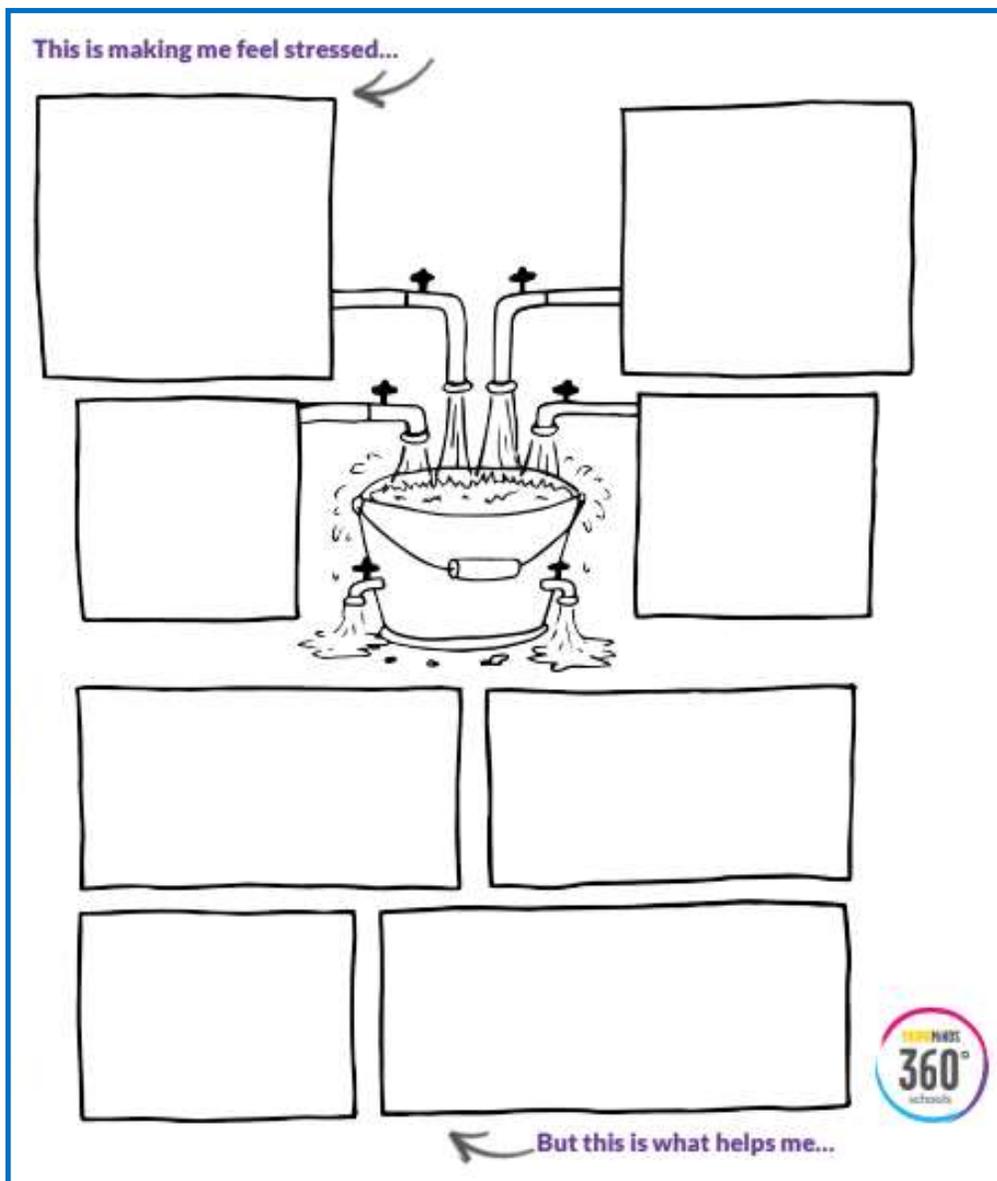


Stress Bucket

It is normal to feel stress at times. Some stress can be good, but too much can cause you to feel anxious or depressed, which might affect your sleeping, eating habits and general wellbeing.

Instructions

- 1) Above the bucket are taps and the things that cause you stress. Using the boxes, draw or write the things that are making you worry. It might be too much homework, friendship issues, back-to-school anxiety.
- 2) The below taps are the things that help you release stress. Using these boxes, write or draw the things that help you manage this feeling. It could be talking to friends, exercise or spending time with pets.



Careers

Opportunities this week:

- ? Which of these will you be part of?
- ? If you don't try it how will you know that it doesn't interest you?
- ? If you don't know what it is, try it and find out.
- ? If we only experience what we know, how will we ever know more?



Free Webinars this week:

DATE	SPEAKER	INFO
Tues 12 th October 10-10:40am For K3-5	Access All Areas Broadcast: Robert Wainwright, CEO, WWA Consultants & Former Chair, POhWER	Rob will be speaking about what it means to be an advocate and how we can all ensure that we are empowering others. Click here to register
Tues 12 th October 2-2:45pm For K3-5	Alison Phillips, Editor-in- Chief, Daily Mirror	Are you a budding journalist? Want to find out about what it takes to forge a career in journalism and what senior editors are looking for? Alison will be sharing her valuable insights into a career in journalism and will be reflecting on her main achievements and the life lessons she has learnt along the way. Click here to register
Wed 13 th Oct 10- 10:40am For KS3-5	Access All Areas Broadcast: Paul Maynard, MP, Blackpool North and Cleveleys	Paul will be discussing his career in politics, how workplaces are becoming more supportive spaces for everyone and he will be sharing his advice on getting into the world of work. Click here to register
Wed 13 th Oct 2- 2:45pm For KS3-5	Chris Sherwood, Chief Executive, RSPCA	Do you want to learn about what the RSPCA does to help your favourite animals? Maybe you want to find out about what it is like to work for a charity. During this broadcast you will learn about the role of the RSPCA and some of the memorable moments that Chris has had whilst working for the charity. Click here to register

Family/Adult Learning Autumn Half Term Fun

We welcome active partnership with schools and libraries across the county, funded by the ESFA, to offer learning opportunities for targeted families. We offer a wide range of both face-to-face and online courses.

Among others, popular subjects in schools include – Family English (for EAL families), 123 Magic, Family Resilience, Healthy Cooking, Crafts, Outdoor Activities



Adult Learning 



Fun activities for families at home during the holidays



Extra-Curricular Clubs

	Year 7	Year 8	Year 9	Year 10	Year 11
Lunch					
After School	Fitness Suite Netball	Fitness Suite	Fitness Suite	Fitness Suite	Fitness Suite Dance, Drama and Music Intervention
Lunch	Ethos Drop In	Ethos Drop In	Ethos Drop In	Ethos Drop In	Ethos Drop In
After School	School Musical Rehearsals Football (Boys and Girls)	School Musical Rehearsals Football (Boys and Girls)	School Musical Rehearsals Football (Boys and Girls)	School Musical Rehearsals Football (Boys and Girls)	School Musical Rehearsals Football (Boys and Girls)
Lunch	MFL Film Club	MFL Film Club	MFL Film Club	MFL Film Club	MFL Film Club
After School	KS3 Musical Rehearsals Performing Arts rehearsal space available Netball Rugby	KS3 Musical Rehearsals Performing Arts rehearsal space available Netball	KS3 Musical Rehearsals Performing Arts rehearsal space available Netball	Performing Arts rehearsal space available Netball	MFL Intervention Photography, Art and Graphics coursework Performing Arts rehearsal space available Netball
Lunch	THRIVE Ethos Room	THRIVE Ethos Room	THRIVE Ethos Room	THRIVE Ethos Room	THRIVE Ethos Room
After School	Performing Arts rehearsal space available Kinball Basketball	Performing Arts rehearsal space available Kinball	Performing Arts rehearsal space available Kinball	Performing Arts rehearsal space available Kinball	Performing Arts rehearsal space available Kinball Sport Studies and Childcare coursework
Lunch					
After School	Panto Rehearsals Dance Club	Panto Rehearsals Dance Club	Panto Rehearsals Dance Club	Panto Rehearsals Dance Club	Panto Rehearsals Dance Club

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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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](#).

Northamptonshire Healthcare NHS Foundation Trust

WHAT'S ON YOUR MIND?

sex
contraception
exam anxiety
BULLYING
alcohol
HEALTHY EATING
social networking & cyber bullying
SELF HARM
relationships

DRUGS
family issues
SMOKING
body image

for friendly, helpful advice
TEXT YOUR SCHOOL NURSE ON
07507 329 600

ChatHealth

#weareNHS

Northamptonshire Healthcare NHS Foundation Trust

CAMHS LIVE
#MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

CAMHS LIVE CAN BE ACCESSED 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/CAMHSLIVE

MAKING A DIFFERENCE FOR YOU, WITH YOU

Camhs
Where Young Minds Matter