



# Rushden Academy Newsletter

Aspire, Explore, Succeed

20/10/2022

Message From the Principal



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

Dear Parent / Carer

Where has this term gone? I cannot believe how quickly the time has passed by as it seems like only yesterday we welcomed the children back to school following the Summer holidays. It has been an action packed half-term with an Ofsted inspection, confidence and character workshops, rewards events, bake-offs, open evening and so much more. I am truly proud to be the Principal of this amazing school and take great pleasure in writing to you all each week to summarise the fantastic work undertaken by your children and the dedicated staff that make up Team Rushden.

The final week has been just as busy as the previous weeks with lots happening in and around the academy. Assemblies this week have been led by Heads of Year and centred on rewards and celebration. The assemblies recognised the students that get it right day-in, day-out, in terms of having attendance above 97%, exemplary behaviour, high numbers of achievement points, as well as rewards for extra-curricular performances and other notable achievements. It is very important to us that all students in Team Rushden feel valued and are recognised for their individual efforts, talents and skills; every child at Rushden has something that they excel at and we want to nurture that.

On Tuesday evening we held a Class of 2023 launch evening for which the attendance of Year 11 students and their parents was fantastic. It was great to see so many parents and carers who were keen to learn about how their children can be supported throughout Year 11 in terms of revision and preparation for their exams. Mr Firth shared a lot of strategies for active revision and we provided a range of resources and stationery to help with this. Mrs Evans and Miss Neville, our Head of maths and English respectively, also gave a good insight into the make-up of the exams which students need to prepare for and signposted them to various resources which we provide as well as further resources for consideration to help with revision.

You may or may not be aware that it is also Black History Month and our Ethos Team organised for students to take part in some powerful workshops exploring key themes and historical events linked to this important month. Students also picked up on themes from Black History in other lessons, an example of this being students reading the book Noughts and Crosses in English lessons and discussing racial prejudice as well as historical institutional racism and positive discrimination as a result.

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## Message From the Principal Continued....

Finally, can I take this opportunity to thank you all for your continued support of all we do at Rushden Academy. We remain absolutely committed to providing the very best education for the children within our care and we are looking forward to continuing the school's improvement journey with your support. If you are off work next week or getting away for a few days, please take care and may I wish you all a very restful break.

Yours sincerely,

Mr B Baines  
Principal

A Halloween-themed poster for 'Explorer' events. The top half features a large, glowing yellow moon against a dark teal background, with several black bat silhouettes flying around it. Below the moon, the word 'HALLOWEEN' is written in a large, white, dripping font. Underneath that, the word 'EXPLORER' is written in a stylized, blue and red font. The bottom half of the poster is divided into two columns. The left column lists three events: 'Rushden (Hall Park) MONDAY 24 OCT', 'Thrapston (Peace Park) TUESDAY 25 OCT', and 'Twywell (Hills and Dales) THURSDAY 27 OCT'. The right column contains event details: 'ALL EVENTS FROM 11 AM - 1PM', 'Fancy dress welcome', '£1 PER CHILD TAKING PART', and 'No Booking needed!'. At the bottom, there is a contact email: 'Contact wesley.neville@freedom-leisure.co.uk for more information'. Three logos are at the bottom: North Northamptonshire Council, a triangular logo with 'EXPLORER' text, and the 'freedomleisure' logo with the tagline 'where you matter'.

## Talking & Writing Saturday Club For Year 9 & 10 Students



An exciting new group focusing on Writing & Talking workshops will begin at The University of Northampton on Saturday 12th November 2022 until Saturday 13th May 2023 (excluding all school holidays). This informal and creative environment will introduce you to many styles of writing such as Creative Writing, and writing for the Creative Arts, including journalism, radio, television and film production, advertising, and theatre, all run by practitioners in their fields. Sessions will also include writing your own poem, writing for the internet and for games design. Masterclasses will take place with people who work in the field who have featured in tv shows, theatre productions and journalistic pieces to name a few. It is anticipated that an anthology of learners' work will be published at the end of the sessions and be featured in a show at Somerset House in London in June.

The club also hosts two trips to London. The first on Saturday 19th November 2022 and the second in June 2023. Trips include visiting a venue where all the Saturday Clubs around the country meet to work on a piece and then in the afternoon clubs will visit a place complimentary to their specific area which may include Shakespeare's Globe or the British Library to name a few. Sessions will be most applicable to learners in Year 9 and Year 10, but we welcome any learner from Year 9-11 to participate.

Please check your emails for copies of the registration of interest form and the parental consent form. These need to be returned to Northampton University by 4th November. After receiving your interest form & Parental Consent, someone from the Uni Connect team will send you further information. Registering your interest does not guarantee a place on the course.

Students should be aware that commitment to attend all sessions is expected (extenuating circumstances permitted). The university will reserve the right to withdraw any participants who do not adhere to the code of conduct and can offer those places to others on the waiting list.

Support with travel (when/if required) will be discussed individually.

# A Look into Health & Social Care

## Factors affecting Health & Wellbeing

This term we have looked into the many factors that can impact our health and wellbeing so when we enter the world of work we can support our service users in making better choices that support their wellbeing.

In doing this we had to reflect back on our knowledge of the whole person and understand that health is not merely the absence of disease but complete **Physical**, **Mental**, **Emotional** and **Social** Development. Which we remember as PIES - unfortunately most pies although they taste good aren't great for our health.



Unfortunately many of us may suffer a genetically inherited disease or have a known predisposition which makes us more likely to encounter a disease or condition in later life. However these predispositions can be avoided by the lifestyle and environment we endure.

## How can we improve our health and wellbeing?

In year 11 we are looking at some ideas to help make small lifestyle changes that could make a big impact.

**Exercise:** Changes depending on age however we can give the general guidance of aiming for 150 mins moderate exercise per week

**Alcohol:** Men & women should drink less than 14 units/week

1 unit = 1 single spirit

1.5 units = 1 pint, 1 small glass of wine

Avoid saving units for 'binge'



**Personal Hygiene:** Prevents spread of infection and improves self concept

- ✓ Hand washing
- ✓ Washing
- ✓ Nails clean
- ✓ Tissue for cough/sneeze
- ✓ Brushing and washing hair
- ✓ Brushing teeth
- ✓ Clean clothes
- ✓ Flushing the toilet

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## A Look into Health & Social Care Continued...

**Diet Factors:** we follow the advice of the eat well plate and also know some key nutrients to avoid or minimise

### Foods to avoid

Salt - raises blood pressure -> heart disease

Saturated fat - raises blood cholesterol -> heart disease \*found in animal fats such as meat, butter

Sugar - rots teeth, high in kcals (energy) -> tooth decay & weight gain



Our curriculum is also linked to current news if you wish to read more: <https://www.bbc.co.uk/news/uk-england-62633394>

Next term we look forward to taking official health screening tests and providing feedback on our scores compared to national averages. We will also be learning how to take blood pressure and peak flow readings and also calculating BMI.

Miss R Burrows  
Health & Social Care Lead

The poster is for a 'Student Creative Competition' at Rushden Academy. It features a blue starburst with the text 'Competition Time!' and a central orange scroll containing the competition details. On the left, there are images of a football player (number 10) and a portrait of a man. On the right, it says 'CELEBRATING BLACK HISTORY MONTH' and shows a book cover titled 'That is My Dream!'. A blue box at the bottom right states the deadline is Friday 4th November and that entries should be handed in to Tutors. The Rushden Academy logo is in the top left, and a 'Any Questions?' icon is in the bottom right.

**Rushden Academy**  
Aspire - Explore - Succeed

**Competition Time!**

**Student Creative Competition**  
We are looking for students to submit a piece of work to celebrate Black History Month.

This could be an original piece of work or you can re-make someone else's.

Entries might include poems, artwork, stories, book covers, songs/rap or something different, try be as unique as possible!

**CELEBRATING BLACK HISTORY MONTH**

*That is My Dream!*  
Langston Hughes & David Myers

**Deadline is Friday 4th November!!!!**  
Entries are to be handed in to Tutors

Any Questions?

## Duke of Edinburgh Update

### Year 9 and 10 Bronze Students

This week I have met with most Year 9 and 10 students to ensure they have set their online DofE account up. We want to ensure that all students have started on at least one of their sections: Skills, Physical or Volunteering so they can start evidencing their hard work for the award. Students have been brilliant at being really proactive with organising their sections and many of them have plans for all 3 sections ready and submitted! Every year we are amazed at some of the activities our students get up to in their free time and the talent pool we have, from students that Skateboard, Skate and do Judo to those that Bake, Knit and learn instruments that we didn't know about!

Keep up the fantastic work and start shouting about your skills and achievements!



### Year 11 Students

We are so proud of our Year 11 students who are well on their way to completing their Bronze awards!

Some students still have a bit of work to do on some of the independent sections - any year 11 students that still need something for their volunteering please come and see me after half term as we have an opportunity in school to help facilitate this!

### Expedition Kit and Resources

A pre Christmas clear out plea...

If any anyone has any Expedition Rucksacks or other expedition equipment that are no longer used and they would like to donate to the school we would very much appreciate it! Having a collection of equipment students can borrow allows more students the opportunity to take part in the award without the worry about the financial implication of the programme.

If you have any kit that you would like please get in touch [r.brooks@rushden-academy.net](mailto:r.brooks@rushden-academy.net)

Mrs R Brooks  
DofE Lead



## PE Uniform Reminders

As we start to enter the winter season, the temperatures have started to drop with many students still wearing the summer PE uniform (T-Shirt and Shorts). Despite the cold weather students will still take part in the majority of their PE lessons outside, unless there is severe weather.

There are many warmer options for students to wear throughout the colder months that can all be found on the Karl Sports website. These options include, Rushden Academy Tracksuit bottoms, Rushden Academy ¼ zip or the round neck Rushden Academy jumper. All of which are available to purchase online.

Students are NOT permitted to wear their own jumpers or tracksuit bottoms which are not Rushden Academy branded. However, we do allow students to wear underlayers and base layers as well as hats and gloves if necessary.

## PE Updates

### Netball Fixtures this week

This week we had another good turn out at netball practice and tried out some new drills before having some competitive games ready for the fixtures this week.

Our Year 9s and Year 10/11 team travelled over to Weavers school and played two games against Weavers and Huxlow. In our first game against Weavers both teams played in great spirits, showed great improvements and the Year 9s got a great win! The Year 10/11s came close too! In the second game against Huxlow again, both teams showed some great teamwork and improved play, much slower and more composed. The Year 9s lost out by one goal in the last minute and the Year 10/11s won their game! This is a great end to the netball season so far for these girls and we are very proud of their efforts and commitment. Fixtures close now due to the nights getting darker but training continues every Monday. See you after half term!

### Year 7 Football Fixture v Ferrers

On Monday afternoon the year 7s made the short journey over to local rivals Ferrers for their second game in a matter of days. The Year 7's had a lot more confidence after their brilliant performance last week against Wrenn. They started fantastically scoring some great team goals. The way in which they passed the ball around was a joy to watch. It was a fantastic team performance with many different players finding themselves on the score sheet including a brace for Harvey on only his second ever competitive football game!! A prime example of how students are trying new sports and activities and being supported by experienced players. Well done boys!!! 2 out of 2!!!!

### Year 9 Football Fixture

On Thursday afternoon it was the turn of the Year 9s who welcomed Manor. The Year 9s have never played a school match together due to Covid, so this was the first opportunity for them to compete against another school. The boys competed very well against a strong Manor side who had played many games together. Each and every one of them remained positive despite conceding a few goals, and their hard work paid off when we managed to score in the second half with a brilliant passing move. The game finished 5-1 and the lads are already looking forward to improving in the next game.

## PE Updates

In our PE lessons at the moment the students are all on a rotation of Netball, Rugby and Badminton.

The girls groups are all currently studying Rugby and they have been enjoying the competitive and physical nature of the sport. This week we welcomed two coaches from Northampton Saints Coaching Team as part of Project Rugby and they offered their expertise and encouraged the girls with their tackling techniques.

The girls gave a great account of themselves and impressed the coaches! We look forward to welcoming the coaches again next term.



## Numeracy Problem of the Week



The Kings of Clubs, Diamonds, Hearts and Spades, and their respective Queens, are having an arm wrestling competition.

Everyone must wrestle everyone else, except that no King will wrestle his own Queen.

How many wrestling bouts are there?

Last Week's Solution: 4 more 5p than 2p

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



## DERIDE

Word Type:

Verb

Synonyms:

- mock
- denigrate

Antonyms:

- respect
- praise

Example:

- "Miss. Neville would never **deride** her students"

Definition:

deride means:

- express contempt for; ridicule

## English Period 6 for Year 11

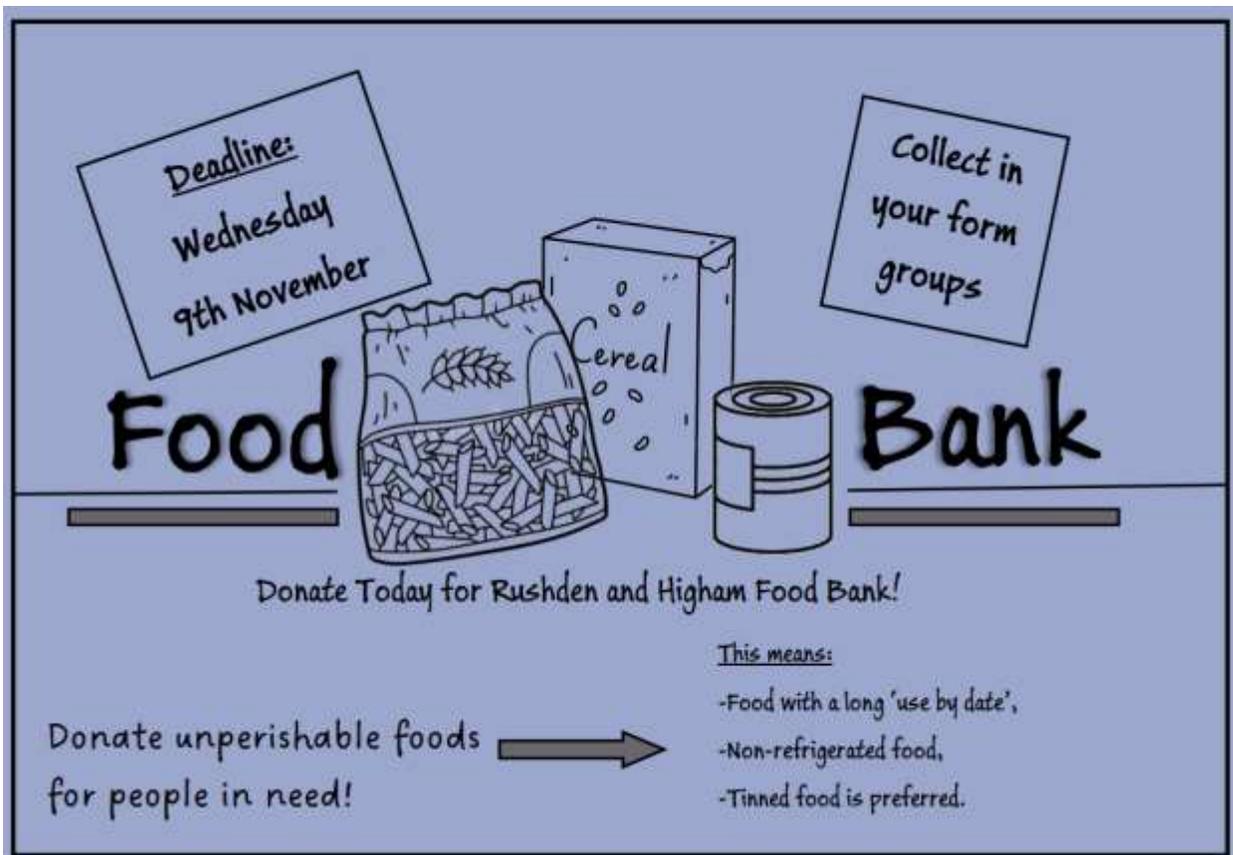
All year 11 are invited to the following Period 6 sessions after school to help them revise for their mock exams.

Wednesday 2nd November			
Options	What?	Details	Where?
1	Poetry - lost love	Exploring love that has been lost or broken apart in A Complaint, Neutral Tones and One Flesh	E3
2	English Language Paper 2 - Question 6	Exploring how to compare similarities and differences in ideas.	E2

Wednesday 9th November			
Options	What?	Details	Where?
1	Poetry - 'other' love	Exploring unconventional love in i wanna be yours, Love's Dog and She Walks	E9
2	English Language Paper 2 - Question 6	Exploring how to compare similarities and differences in perspectives.	E5

Wednesday 16th November			
Options	What?	Details	Where?
1	A Christmas Carol	Exploring the main events in Staves 3, 4 and 5 plus key quotations	E5
2	A Christmas Carol	Exploring use of symbolism in the novella and how to analyse it	E3

Wednesday 23rd November			
Options	What?	Details	Where?
1	A Level Literature	Calling all students interested in A level literature! An introduction to the course and what to expect.	E9



## Free Swimming for Under 18s Over Half Term

Swimming pools across Northamptonshire, including Splash swimming pool in Rushden, are offering free swimming sessions to under 18s over half term. From Monday 24th October, to Friday 28th October, the 5 pools will offer a session a day where children can swim for free (timings below).

The sessions are available to anyone under the age of 18, however, under 8s will need to be accompanied by an adult.

- Corby: 11am - 12.30pm - Corby East Midlands International Pool, Parkland Gateway, George St, Corby NN17 1QG
- Rushden: 11am - 12.30pm Splash Leisure Pool, Station Road, Rushden, NN10 9SJ
- Thrapston: 11am - 12.30pm Nene Leisure Centre, Cedar Drive, Thrapston, NN14 4JY
- Wellingborough: 1.35pm – 2.55pm Waendel Leisure Centre, Thomas Street, NN8 1DZ
- Kettering: 11am -12.30pm - Kettering Pool, London Rd, Kettering NN15 7QA

## Maths Period 6 for Year 11s

All year 11 are invited to the following Period 6 sessions after school to help them revise for their mock exams.

Monday 31st October		
Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Standard form	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Factors, multiples and primes HCF and LCM	Mrs Gurnham, M3

Monday 7th November		
Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Surds	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Expanding brackets (including simplifying)	Mrs Armitage, M4

Monday 14th November		
Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Conversion graphs	Mr Routhorn, M1
Sets 3, 4 & 5 (Foundation)	Factorising - single and double brackets	Mr Glover, M2

Monday 21st November		
Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Real life graphs	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Substitution	Mrs Gurnham, M3

Monday 28th November		
Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Distance time graphs	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Two way tables	Mrs Armitage, M4

Monday 5th December		
Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Perpendicular and parallel lines	Mr Routhorn, M1
Sets 3, 4 & 5 (Foundation)	Averages from frequency tables	Mr Glover, M2

## Maths Period 6 for Year 11s

### Monday 12th December

Who for?	Topic	Where?
Sets 1 & 2 (Higher)	Quadratic graphs inc roots and turning	Mrs Evans, M5
Sets 3, 4 & 5 (Foundation)	Stem and leaf diagrams	Mrs Gurnham, M3

## Year 11 Mock Timetable

### Dance and Drama Exams

These are your final Component 2 Exams. These marks will go towards your final BTEC grade next summer.

### Clashes

Students who have 2 exams at the same time will have one of the exams moved to a session where you do not have an exam. This will show on your personalised timetable which you will receive closer to the exams.

**If you do not have an exam you will be in your normal lessons**

	P1 + P2		P3 +P4		Reg + P5	
FRI 11th NOV	DRAMA (LTH) 2hrs (KJ) HEALTH & SOCIAL CARE (SH) 2hrs ICT (SH) 1hr 30mins	26 29 27	DRAMA (LTH) 2hrs (KJ) SOCIOLOGY (SH) 1hr 45mins	26 47	DRAMA (LTH) 1hr (KJ)	26
MON 14th NOV	DANCE (HALL) 2hrs (CP) FRENCH WRITING (SH) H 80mins F 70mins HISTORY (SH) 1hr 45mins	14 17 47	DANCE (HALL) 2hrs (CP) BUSINESS (SH) 1hr 45mins	14 58	DANCE (HALL) 1hr (CP)	14
TUES 15th NOV	DANCE (HALL) 2hrs (CP) DRAMA (LTH) 2hrs (KJ) GRAPHICS (CA6) 2hrs (LH) CHILDCARE (SH) 2hrs	14 26 15 17	DANCE (HALL) 2hrs (CP) DRAMA (LTH) 2hrs (KJ) GRAPHICS (CA6) 2hrs (LH)	14 26 15	DANCE (HALL) 1hr (CP) DRAMA (LTH) 1hr (KJ) GRAPHICS (CA6) 2hrs (LH)	14 26 15
WED 16th NOV	ENGLISH LANG Paper 2 (SH) 1hr 55mins	134	GEOGRAPHY (SH) 1hr 30mins	77	Normal lessons	
THURS 17th NOV	MATHS Paper 1 (SH) 1hr 30mins (calculator)	134	COMBINED SCIENCE Physics (SH) 1hr 15mins TRIPLE SCIENCE Physics (SH) 1hr 45mins	118 16	Normal lessons	
FRI 18th NOV	COMBINED SCIENCE Chemistry (SH) 1hr 15mins TRIPLE SCIENCE Chemistry (SH) 1hr 45mins	118 16	MATHS Paper 2 (SH) 1hr 30mins (non-calculator)	134	Normal lessons	
MON 21st NOV	ENGLISH LIT Paper 2 (SH) 2hr 15mins	134	FRENCH READING (SH) H 60mins F 45mins GERMAN READING (SH) H 60mins F 45mins	17 16	Normal lessons	
TUES 22nd NOV	COMBINED SCIENCE Biology (SH) 1hr 15mins TRIPLE SCIENCE Biology (SH) 1hr 45mins	118 16	MATHS Paper 3 (SH) 1hr 30mins (calculator)	134	Normal lessons	
WED 23rd NOV	ART (CA4) 2hrs (DC +SAN) PHOTOGRAPHY 10C (CA6) 2hrs (LH) GERMAN WRITING (SH) H 80mins F 70mins	26 18 16	ART (CA4) 2hrs (DC +SAN) PHOTOGRAPHY 10C (CA6) 2hrs (LH)	26 18	ART (CA4) 1hr (DC +SAN) PHOTOGRAPHY 10C (CA6) 1hr (LH)	26 18
THURS 24th NOV	PHOTOGRAPHY 10B (CA6) 2hrs (LH)	24	PHOTOGRAPHY 10B (CA6) 2hrs (LH)	24	PHOTOGRAPHY 10B (CA6) 1hr (LH)	24

Students taking maths, science, business and geography exams will need a calculator

## January 2023 TENC BTEC Exams

Date	Subject	Unit	Groups	Length	Venue	Start Time
Wednesday 11th January	Yr 13 PA	Unit 1	all	3 hours	Homeschool	9.00am
Wednesday 11th January	Yr 13 Health & Social Care	Unit 4	dbl/trp	3 hours	Homeschool	9.00 am
Wednesday 11th January	Yr 13 Sport	Unit 2	all	2.5 hrs	Homeschool	9.00 am
Wednesday 11th January	Yr 13 Business	Unit 2A	all	2 hours	Ferrers	1.30 pm
Thursday 12th January	Yr 13 Business	Unit 2B	all	3 hours	Ferrers	9.00 am
Friday 13th January	Yr 12 Sport	Unit 1	all	1.5 hrs	Homeschool	9.00 am
Friday 13th January	Yr 12 Health & Social Care	Unit 1	all	1.5 hrs	Homeschool	1.30 pm
Monday 16th January	Yr 13 Health & Social Care	Unit 2	all	1.5 hrs	Homeschool	9.00 am
Monday 16th January	Yr 13 Sport	Unit 22	dbl/trp	3 hours	Homeschool	9.00 am
Tuesday 17th January	Yr 13 Business	Unit 3	resits	2hrs	Homeschool	9.00 am
Tuesday 17th January	Yr 13 Applied Science Biology	Unit 1B	resits	40 mins	Homeschool	1.30 pm
Wednesday 18th January	Yr 13 Applied Science Chemistry	Unit 1C	resits	40 mins	Homeschool	9.00 am
Wednesday 18th January	Yr 13 Sport	Unit 19	trp	2.5 hrs	Homeschool	9.00 am
Wednesday 18th January	Yr 13 Applied Science Physics	Unit 1P	resits	40 mins	Homeschool	1.30 pm
Thursday 19th January	Yr 12 Health & Social Care	Unit 3	trp	1.5 hrs	Homeschool	9.00 am
Friday 20th January	Yr 13 Applied Science	Unit 3	all	2.25 hrs	Homeschool	9.00 am
Monday 23rd January	Yr 13 Applied Science Chemistry	Unit 5C	dbl	50 mins	Homeschool	1.30 pm
Monday 23rd January	Yr 13 ICT	Unit 1	resits	2hrs	Homeschool	9.00 am
Tuesday 24th January	Yr 13 Applied Science Physics	Unit 5P	dbl	50 mins	Homeschool	9.00 am
Tuesday 24th January	Yr 13 Applied Science Biology	Unit 5B	dbl	50 mins	Homeschool	1.30 pm

## January/February 2023 KS4 BTEC Exams

Date	Subject	Unit	Length	Start Time
Monday 30th January	Yr 11 Health & Social Care	Unit 3	2 hrs	1.30 pm
Wednesday 1st February	Year 11 ICT	Unit 3	1.5 hrs	9.00am
Thursday 2nd February	Yr 11 Childcare	Unit 3	2 hours	9.00am

## Home Learning

Dear Parents/Carers,

Home learning activities are set by all subjects, for all students as per the schedule below:

We set homework via our Google Platform, using an application called Google Classroom. This allows teachers to set really focused activities for all students, across a number of different learning platforms that we subscribe to to support our curriculum delivery.

We appreciate that communication regarding the home learning activities is crucial, so that you can support your child to complete their work by the set deadlines.

During lockdown, parents of older students may remember that we set-up a Google guardian notification which enabled parents to get a daily, or weekly (this is your choice) notification on tasks that have been set, with information on when work is due, and how many tasks are overdue.

We are currently in the process of setting up Google Guardian notifications for parents of all students in years 7 and 8, and we will be checking email addresses for other years on a rolling programme.

Over the next week, you should receive an email inviting you to be a Google Guardian. Please note that this may go into your Junk or Spam folder, so please check this regularly.

Once you have accepted this invitation, you will be able to confirm if you would like to receive daily or weekly reports.

The system does work better with google email addresses, so if you are yet to create an email account, we encourage you to set-up an account via the Google platform.

Further information on Google Guardians can be found here: <https://support.google.com/edu/classroom/answer/6388136?hl=en>

Should you have any issues with setting up or receiving your invitation (please allow a week for this to be set-up), then please email [info@Rushden-academy.net](mailto:info@Rushden-academy.net) and one of the team will be in touch to support you.

Thank you

## Go4Schools Parent App

We have now subscribed to the parent app for Go4Schools. You can download the app from the Apple App Store or the Google Play Store, and have access to your child's timetable, progress reports, attendance and behaviour information at the touch of a button.

For more information about how to create your Go4Schools Parent Account, have a look at the guide later in the newsletter.

Please note, we use Google Classrooms to issue and track homework, not Go4Schools.

**THRIVE**

A SAFE PLACE TO EXPLORE THE  
BIG QUESTIONS IN LIFE

WEDNESDAYS AFTER SCHOOL 3-4PM  
IN THE ETHOS ROOM  
EVERYONE WELCOME

GAMES  
SNACKS  
DISCUSS  
EXPLORE  
FAITH

?

**THE DROP IN**

A SAFE PLACE TO RELAX, PLAY GAMES  
AND CHAT ABOUT LIFE

YEAR 7 TUESDAY  
YEAR 8&9 WEDNESDAY  
YEAR 10&11 THURSDAY  
IN THE ETHOS ROOM AT  
LUNCH TIME  
EVERYONE WELCOME

**PE Extra Curricular**

**Monday - Basketball & Netball**

**Tuesday - Football**

**Wednesday - Staff meetings**

**Thursday - Fitness Suite**

Keep up to date with all fixtures & events by joining the Google Classroom: **YFIMI5U**

PERFORMING ARTS PRESENTS

# Dance

## CLUB

**FRIDAY 3:10pm-4:10pm**  
Main Hall



YEAR 7  
YEAR 8  
YEAR 9

Come along and learn new moves in a fun and friendly environment

**FOR MORE DETAILS CONTACT MISS PILGRIM**

[c.pilgrim@rushden-academy.net](mailto:c.pilgrim@rushden-academy.net)

Rushden Academy presents



# Performance Group

# DANCE

## MODERN DANCE GROUP

**Every Monday**  
**Starting 19th September**  
**3:10-4:10pm**

DANCE STYLES  
Contemporary  
Hip Hop  
Jazz

*Express yourself through the art of modern dance*

Register with Miss Pilgrim  
[c.pilgrim@rushden-academy.net](mailto:c.pilgrim@rushden-academy.net)

# Weekly Star of MFL

This week's star is... **Andrada**

Andrada's spoken English has improved and we can now hold a conversation. Her reading and maths skills are also improving. Well done!  
**Mrs Buckoke**

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.



## Performing Arts Update

### Drama

Year 7 have taken part in their very first assessment for drama this week. They have performed an extract from Roald Dahl's 'The Twits'. All of the groups have had lots of talent in them and the year 7s ability to take feedback and improve on this has been very impressive. For this being one of the first times they have worked with a script, we have been very pleased with how they have risen to the challenge and developed using this and the skills they have been learning this term!

### Dance

To end the term all year groups have been preparing and participating in their end of topic dance assessments. Students demonstrated fantastic outcomes including performing the Michael Jackson's' thriller routine, Janet Jackson's Rhythm Nation and choreography and exploring new dance disciplines. Miss Pilgrim would like to wish all students a restful half term and return back with an abundance of energy.

### Music

This week we have completed assessments with all year groups and we are starting to look forward to our next schemes starting after half term. When we return from half term we will be exploring a variety of different instruments. Year 7 students will be developing their instrumental technique on the Djembe drums, focusing on rhythms, structure and texture. Year 8 students are going to be moving on to Gamelan and discovering how music can be structured and built from individual repeated lines. Year 9s will be using keyboards to perform Blues music, the focus being the 12 bar blues chord progression and improvisation within a blues scale.

### Music Trip - Selected Year 9 Students:

Some Year 9 students will have received a letter this week for a trip after half term, we have limited spaces for this trip so if you have been invited please can you ensure that you are making payment by the deadline as we will start opening out spaces further after half term.

### Performing Arts Career of the week: Sound Designer

Sound designers use technology creatively to provide sound for moving images in a range of mediums, including film, games and theatre.

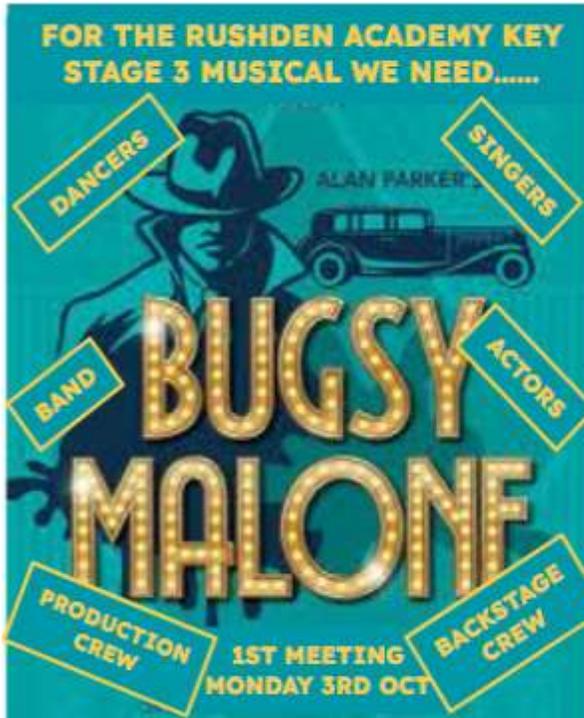
Estimated Annual Starting Salary: £23,000 (5 years experience)

For any students that are interested in taking up instrument lessons this term - please get in touch with Mrs Brooks! We currently offer string, piano, guitar, drum and singing lessons but if you are interested in other instrument please let us know and we will try and source the provision!

[r.brooks@Rushden-academy.net](mailto:r.brooks@Rushden-academy.net)



## Performing Arts Update



### Bugsy Malone The Musical

The department has cast Bugsy this week and the students who really impressed us in rehearsals showcased their talent and earned their roles. Every child who has auditioned will be included in the musical and the department are especially excited with how many KS3 students we have involved in the cast and production side of things. We are very excited to continue rehearsals after half term and encourage students to start learning their lines and we will be able to give the best show of KS3 history.

### Chicago The Musical: Teen Edition

The costume team this week has been reading through the script and making sure to pick out how many characters we have to dress.

We have been looking at storyboarding our costume ideas and starting to collate all the information we need and working with Mrs Ede to see her vision of the play. The costume department has been researching and designing and thinking about what kind of materials, colours and styles that would work. We have been very impressed with their dedication and progress so far.



## 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  
contraception **DRUGS**  
**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

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**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 relationship advice? Having trouble at school? Just feeling a bit low? Come talk to us for free and confidential support and advice.

NEED TO CHAT TO SOMEONE IMPARTIAL ABOUT SOMETHING?

**CHAT** Youth Counselling

## MENTAL HEALTH DROP-IN SERVICES FOR 11-18 YEAR OLDS IN NORTHAMPTONSHIRE

If you find yourself needing support, we're here to listen and help in your time of need. Book an appointment by calling the numbers or drop in during our opening times.

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

**Tuesday 4pm - 8pm**  
Youth Works at Corby Mind,  
18 Argyle St, Corby NN17 3RU  
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 277530

espresso yourself

1-1 SUPPORT AND ADVICE

ALSO AVAILABLE REMOTELY

1-1 PARENT SUPPORT IS AVAILABLE

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#weareNHS

Northamptonshire Healthcare NHS Foundation Trust

## 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/0303CAMHS/LIVE](http://WWW.NHS.UK/0303CAMHS/LIVE)

t f

QR code

**Camhs**  
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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