



Rushden Academy Newsletter

Aspire, Explore, Succeed

09/06/2023

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

The first week back has flown by with our Year 11s completing the penultimate week of their GCSE examinations.

It was a pleasure to welcome all students back on Monday and listen to what they have all been up to during the half term break. It is always nice to hear the sheer variety of experiences that students have had during the holiday period and half term appears to have been no exception with lots of students keen to talk about what they had spent their time doing.

It was my turn to lead the assembly and it was all about what it means to be a part of Team Rushden. I started by revisiting this key paragraph from our Ofsted inspection at the beginning of this academic year:

"All members of this school community are a part of what is commonly known as 'Team Rushden'. This team encompasses a caring ethos, shared values and high expectations, which exude throughout the school. Pupils feel safe and happy in this environment."

For me this is one of the most important paragraphs of the whole report as it captures what a special team ethos this school has. I spoke to the students about culture and used a religious story of heaven, hell and the giant spoons as a narrative to explain how selfless behaviours in a school environment make it a better place for everyone. Students were encouraged to reflect on their own individual contributions to Team Rushden on a day to day basis and what they can do in future to continue to strengthen the school culture.

In terms of students making positive contributions to the community, Mr Smart and Rosie from our Ethos team have been working very hard to pull together our very own social action squad who will be undertaking a number of projects in the local community. I was amazed to see how many students had volunteered to be a part of Rushden's very own SAS and look forward to seeing their work on a number of projects over the next few weeks. Look out for them on social media and in and around the community in their bright blue T-shirts and jumpers!

Year 7 students took part in a number of character education workshops which, from speaking to them, they got a huge amount out of the sessions and enjoyed the content that was delivered.

Continues on the next page...

Message From the Principal Continued...

Finally, a highlight of the week was the introduction of a new reading group for some Year 9 students who I read with. To hear that one of the students was so interested in the book we were reading that he had gone away and bought a copy for himself at home reminds me just how powerful reading can be.

Have a lovely weekend,

Yours sincerely,

Mr B Baines
Principal

Lost Property

Please remind your children to check lost property in main reception if they misplace any items.

Any items that remain unclaimed for more than 4 weeks are donated to our internal spare uniform supplies or to local charities.

Online Safety

Online Identity

Who we are in the real world is not always who we are online, but our online identity is important for a multitude of different reasons, e.g. risk management and employment. Internet Matters and Dr. Linda Papadopoulos have a series of 6 short videos plus some guides which discuss the pressures that children face online and developing their online identity. You can find the resources [HERE](#).

ChatGPT

I'm sure you will have heard of ChatGPT, maybe you've dabbled in it? I have been playing around with it recently and I love it, the capabilities are extraordinary. But some parents may not be aware of it so Childnet have put together an informative blog for parents/carers to explain AI and ChatGPT, what it can/can't do and importantly, the safety considerations. You can find the blog [HERE](#).

Virtual Reality

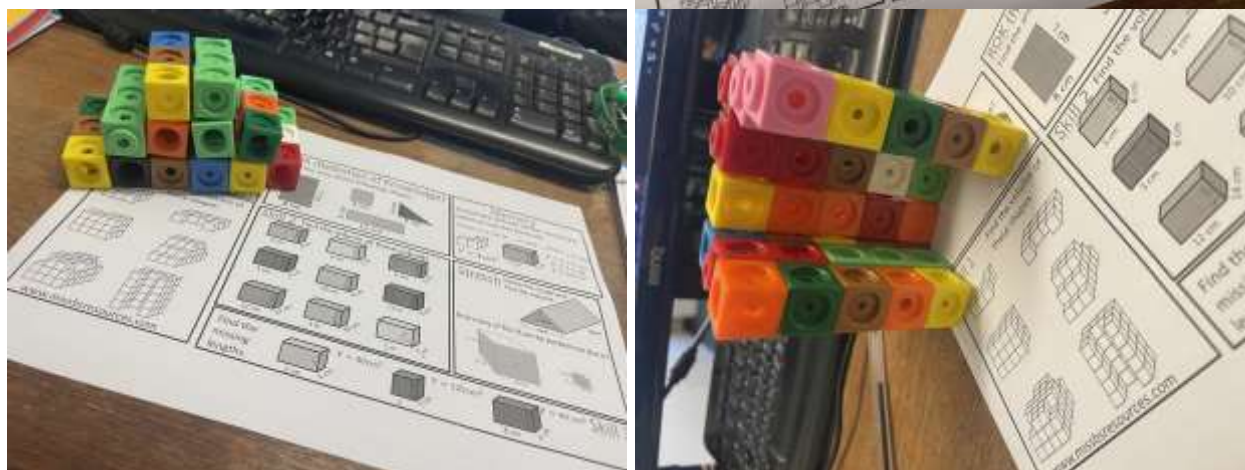
Children using virtual reality (VR) headsets is very much in a minority which I suspect, in part, is due to the cost. With that said I have spoken to children in school who are using VR and generally they say it is a very positive, fun experience. But as with anything there are risks, so Childnet have put a great blog together for parents to understand what VR is, age restrictions and considerations. You can find the blog [HERE](#).

What's Happening in Maths

Year 7s

Students have been looking at properties of 2D and 3D shapes.

Miss Webb's year 7 class have been working on Volume this week. Not only have we been counting cubes but learning the formulae to work out the volume of any prism. Cracking work by all. Well done



Year 8s

Students have been learning about ratio and proportion. They are also starting some revision in preparation for the PR3 tests which will be taking place towards the end of June.

Year 9s

Students have been looking at the topic of algebra. They are also beginning some revision work in preparation for the upcoming PR3 tests at the end of June.

Year 10s

Students are revising topics for their PR3 tests. The questions will be GCSE style questions. Paper 1 will be a non-calculator test on Tuesday 20th June. Paper 2 will be a calculator test on Friday 23rd June.

What's Happening in Maths

Remember that maths homework is set every week.

Please see Homework Timetable below. The notification is also added to Google classroom.

Day	Year Group
Monday	Year 10
Tuesday	Year 7
Thursday	Year 9
Friday	Year 8

Students are also expected to attend Maths lessons with a working calculator. For year 9 and above this needs to be a scientific calculator. As a department we recommend the Casio fx-83GTX series shown below:



This Week in Business

Year 10s

This week year 10's have started some revision work for their upcoming PR3 test on Wednesday 21st June.

Healthwatch Volunteers

Summer is just around the corner and our Young Healthwatch is looking for young people to join as volunteers to support our Young Healthwatch team between the ages of 11 and 24 years old.

The opportunities we can offer are both rewarding and a great boost for those seeking resume experience or looking to help the community. Tasks that you can be involved with are tasks such as...

- Supporting social media and communications
- Hosting and organising meetings and social events for members
- Using your opinions and voice to help influence the projects chosen for Young Healthwatch
- Researching and conducting surveys for the projects within the community
- Writing reports and working with data
- Ensuring the communities' health needs are understood
- Using their voice to make a change to local services

To find out more and apply please visit [Young Healthwatch Northamptonshire | Healthwatch Northamptonshire](https://www.healthwatchnorthamptonshire.org.uk/young-healthwatch)

Stay Connected Newsletter

Have a look at the stay connected newsletter for June to see what is happening in our area.

<https://sway.office.com/DFAk7kUP702jKZr6?ref=Link>



The poster is for 'Premier League Kicks Summer Sessions' and features a red background with white text. At the top left is the Northampton Town F.C. logo and 'COMMUNITY' text. At the top right is the Premier League Kicks logo. The main title 'PREMIER LEAGUE KICKS SUMMER SESSIONS' is in large, stylized white letters. Below this, a table lists the sessions for Tuesday, Wednesday, Thursday, and Friday, including times, locations, and school year groups.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5pm-6pm	6pm-7pm	5pm-6pm	5pm-6pm
Blackthorn Field, Blackthorn, Northampton, NN3 8TP.	Pemberiton Centre MUGA Cage, H.E. Bates Way, Rushden, NN10 9YP.	Oakway Academy Field, Hemmingwell, Wellingborough, NN8 4SD.	Queensway Park Field, Goldsmith Road, Wellingborough, NN8 3RU.
SCHOOL YEAR GROUPS 5-13	SCHOOL YEAR GROUPS 7-13	SCHOOL YEAR GROUPS 5-13	SCHOOL YEAR GROUPS 5-13

Library News

Reading Success At Rushden Academy

The students in Year 7 & 8 have been doing really well with their individual reading progress and we have awarded more word millionaire certificates this academic year than any other! This is amazing and all credit goes to those students for their efforts.

Recent Millionaires Year 7:

Saanvi N., Isabell H., Sophie W., Kaine B., Nataniel S., Joseph M. plus a triple millionaire

Whole Year Group Word Total: **50,244,007**

Recent Year 8 Millionaires:

Lyra N., Amelia H., plus double (and more) millionaires

Whole Year Group Word Total: **57,383,967**

Total Words read for Year 7 & 8 since September: **107,627,974**

Carnegie Shadowing Award

Four students from Years 8-10 have been meeting in the Library after-school on Mondays, to talk about the nominated books in the Carnegie Shadowing Award. So far, *Needle* by Patrice Lawrence, *The Blue Book Of Nebo* by Manon Steffan Ros and *The Light In Everything* by Katya Baylen have been favourites. The winning book will be announced on Wednesday 21st June and we are all looking forward to seeing who gets the award.



Downloaded from <http://ajph.org/> on November 10, 2014

We're really excited to unveil the logo for Rushden SAS! Well done to competition winners Isbaelle, Nikola and Eisha - we loved all of your designs so much that we combined them!



We also had the first meeting of Rushden SAS this week - all of our students came up with some amazing ideas of how we can get involved in our community. Watch this space as the SAS squads head out over the next few weeks to start making a difference! The team worked together to come up with these ideas of what community means to them...



DofE Update

Year 9 and 10 Bronze Students

We will be handing out lots of certificates over the next few weeks as many of our students have signed off sections of their awards and are well on their way to completing their award.

Expedition training and planning will be happening over the coming weeks and into early September. We will be sharing a kit list on the google classroom shortly so students can start thinking about what personal kit they have and looking out for anything that they need to get.

Many of the larger items we can offer the students to borrow but nothing beats the well fit comfort of a pair of walking trainers/boots that have been broken in and summer is a great time to do this! Looking on second hand sites is a great way to pick up items when people are doing summer clear outs and it's the perfect time to grab a waterproof at a great price! If students do want to purchase items new then a reminder that they get discount in a number of outdoor stores by showing their DofE card or their eDofE app logged in:

GO Outdoors - At least 10% off the Discount Card price on outdoor kit and accessories

Blacks - At least 15% off outdoor gear and equipment

Milletts- At least 15% off in store and online on outdoor clothing, footwear and equipment

Mountain Warehouse and Cotswold outdoors also offer a DofE discount at tills



Expedition Kit and Resources

On the topic of kit - if anyone has any Expedition Rucksacks or other expedition equipment that are no longer used including waterproofs and boots that 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 to donate please get in touch r.brooks@rushden-academy.net



Year 11 Students

There are still a handful of our Year 11 students that have not yet planned and completed some of their sections. Whilst this is a busy term for them with exams and we appreciate the pressure, please continue to encourage students to plan activities and put them through for approval! They have all successfully completed their expedition and it would be a shame for them not to finish the award.

DofE Update

Well Done ...

Well done to the following students for completing sections of their Bronze award:



Volunteering - Cerys, Natalie, Amelia, Gracie, Lucy S, Lucy C

Physical - Cerys, Natalie, Lillie-Ann, Lucy S, Erin, Chloe-Mai, Lucy C

Skill - Cerys, Natalie, Beth, Chloe-Mai, Harry, Lucy, Neo, Ella

A massive Well Done! and Keep Going! to all our students who are currently still undertaking their sections, the commitment our students are showing is fantastic.

Recognising the Volunteering

Each year the Duke of Edinburgh Award team sends the school a certificate specifically recognising the commitment to the volunteering section, they work out the social value of the hours our students have dedicated to others in their volunteering.

This is worked out on all students that have completed and had their assessor reports submitted for their volunteering section of the award, this is a small snapshot and there are many more hours than this being volunteered by our students on a regular basis who are still undergoing their section and have yet to get their assessors to sign off but this is a great way to recognise the DofE students that are going out their way to use their time for others.

Well done Team Rushden!



Recognising Signs of Overdose and Withdrawal

Discovering your child is using Benzodiazepine (also known as 'Benzos', such as Valium, Temazepam or Xanax) or opioids (such as codeine, morphine, oxycodone, or heroin) is a worrying time, and you may feel overwhelmed and unsupported.

It is important to recognise signs of overdose and withdrawal so that emergency care can be implemented.

What if I'm not sure it's an overdose? An overdose doesn't always look as obvious or dramatic as it does in the movies. Sometimes, it can be hard to tell if a person is just really high after taking benzos or opioids or actually experiencing a potentially fatal overdose. When in doubt, treat the situation as an overdose, especially if the person's breathing seems to be affected.

What should I do next? Overall risk increases when these drugs have been combined or when alcohol has also been consumed therefore seeking medical help is paramount.

If you suspect your child is overdosing call 999 immediately and ask for an ambulance. Alternatively, take your child to A&E. If your child is responsive but you would like medical support and advice, ring NHS 111.

Although you may feel angry and scared, this is not the time to argue. You can help your child by keeping them as calm and comfortable as possible. And remember, although your child's behaviour and presentation may be difficult to witness, only time will help whatever drugs they have taken, get out of their body

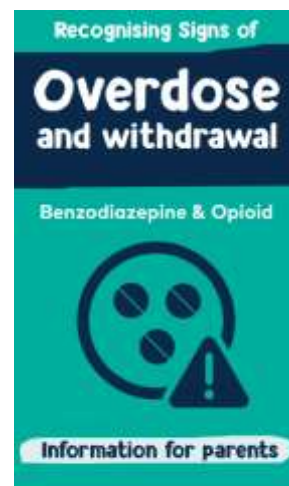
Recognising signs of Overdose

Benzodiazepine

- > Trouble breathing or inability to breathe
- > Bluish fingernails and lips
- > Slurred speech
- > Confusion and disorientation
- > Extreme dizziness
- > Blurred vision or double vision
- > Weakness
- > Uncoordinated muscle movements
- > Tremors
- > Profoundly altered mental status
- > Unconsciousness (with an inability to wake up).

Opioid

- > Trouble walking, talking, or staying awake
- > Extreme drowsiness
- > Tiny pupils
- > Bluish skin if the person is white, or greyish, ashen skin on a person with darker skin
- > Blue lips
- > Blue or purplish fingernails
- > Shallow, slow or stopped breathing
- > Choking or a snore-like or gurgling sound
- > Confusion
- > Inability to wake up even when shouted at or shaken
- > Slow or weak pulse
- > Clammy skin



NGAGE
with aquarius

Recognising Signs of Overdose and Withdrawal

Recognising signs of Withdrawal

Benzodiazepine

- > Headaches and muscle aches
- > Nausea and vomiting
- > Upset stomach and diarrhoea
- > Tension and irritability
- > Restlessness and insomnia
- > Dizziness and instability
- > Poor concentration
- > Memory loss
- > Buzzing or ringing in the ears
- > Rapid heartbeat
- > Changes in heart rhythm
- > Anxiety
- > Depression
- > Paranoia
- > Psychosis
- > Delirium or being confused
- > Delusions
- > Hallucinations
- > Out of body thoughts or experiences

Opioid

- > Craving
- > Drug-seeking behaviour
- > Anxiety
- > Sweating
- > Yawning
- > Runny nose or watery eyes
- > Restlessness / very hard to sleep
- > Leg cramps
- > Muscle twitches
- > Goose pimples
- > Irritability
- > Dilated pupils
- > Loss of appetite
- > Fever
- > Rapid breathing
- > Insomnia
- > High blood pressure
- > Nausea, diarrhoea or vomiting
- > Stomach cramps.

Benzodiazepine withdrawal timeline:

- > The user stops and begins to feel symptoms of withdrawal during the first **24-72 hours**.
- > Within the **first week to 10 days** following the last dose the user will feel a rise and peak in symptoms of withdrawal. During this time seizures are most likely.
- > By **two weeks** following the last dose the user may experience a secondary round of symptoms. These are called rebound withdrawal symptoms because the user may have started to feel better for a few days and then feels very sick again. Sensitivity to light and sound may become evident at this point.
- > **A month** after the last dose the user may feel somewhat normal, but cravings and triggers are likely to occur.

Recognising Signs of Overdose and Withdrawal

Opioid withdrawal timeline:

- > Withdrawal symptoms typically begin around eight hours after the user stops but can begin up to **sixteen hours** later. These include intense craving, drug-seeking behaviour, and anxiety. Symptoms progress and user may experience sweating, yawning, runny nose, watery eyes and restlessness. Many sufferers find it very hard to sleep at this stage.
- > Symptoms may progress in severity and tend to result in leg cramps, muscle twitches, goose pimples, irritability, dilated pupils, and loss of appetite.
- > Around **thirty-six hours** after the drug has been used, symptoms can include fever, rapid breathing, insomnia, weakness, high blood pressure, nausea, diarrhoea, vomiting, stomach cramps and severe restlessness.
- > When it comes to opioid withdrawal, affected individuals should expect symptoms to worsen before they peak around **48 – 72 hours** after the last drug was taken. After this, the symptoms will gradually subside. In most instances, symptoms will disappear within 7 to 10 days. However, some people will experience cravings for many months while some symptoms will linger for a number of weeks; these can include muscle aches, anxiety, and insomnia.

Staying safe with...

cannabis

What is cannabis?

Cannabis is often called weed. It is a drug that can impair and slow down your body and brain.

Weed intensifies anxiety and other mental illnesses. It disrupts the delicate balance of chemicals and the signals in your brain. It might mean that someone's decision making or response times are slower.

Did you know, smoking cannabis with tobacco can increase harm caused to your body? The tobacco mixture can cause cannabis to be more addictive.

Weed is dangerous to mix with certain allergy medication, amphetamines and 2C-X. As well as other drugs like psychedelics and cocaine.

Edibles – know how much you are taking! Start with a low dose. There are different amounts of THC (the chemical found in cannabis) in different products so the affect is unpredictable. Edibles take longer to work than smoking cannabis, it's easy to accidentally use too much.

Common talk amongst people is that marijuana is a less harmful drug or is just like smoking tobacco, but misusing any substance can have negative impacts on your physical and mental health.

Where can I find support?

Use useful websites like drugsand.me for more advice or speak to an **NGAGE** Aquarius Team Member.

Aquarius **NGAGE** support young people in Northamptonshire County impacted by drug and alcohol use. Our service provides information, education, advice and support to young people in relation to drug and alcohol use. **NGAGE** is a free and confidential service.



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Find out more about our support at:
www.aquarius.org.uk/NGAGE

Contact us: **01604 633848**
ypnorthamptonshire@aquarius.org.uk



Police Surgeries During June

Officers from your East Northants Neighbourhood Policing Team will be holding the following Surgeries using our Police Beat Bus in Rushden next month:



Northamptonshire
Police

Saturday 10th June

10am-Midday at Rushden Lakes (near Greggs)

1-2.30pm at Waitrose Car Park, Crown Park



Northamptonshire
**Neighbourhood
Alert**

Tuesday 27th June

10am-Midday at Asda Car Park Washbrook Road

1-2.30pm at Sainsburys Car Park High St. South



Please feel welcome to visit us to discuss any issues that may be causing you concerns.

Summer Term PE Clubs

After School Clubs Timetable

Monday	Tuesday	Wednesday
Athletics Track Events	Rounders	Tennis
Athletics Field Events	Cricket / Softball	
<i>Please note, clubs are for boys and girls of all ages, everyone is welcome! Clubs are free and all you need to do is go to the changing rooms after school, get changed and get involved!</i>		





Northamptonshire Healthcare
NHS Foundation Trust



Children Living Well...What Works?

Workshop for parents or carers of children and young people in Northants to understand what works for children and young people and what doesn't.

06 June 2023

10:00-12:00

MS Teams

SIGN UP



Scan the QR code or email
Participation@nhft.nhs.uk





**NORTH
NORTHANTS
SEND
INFORMATION
ADVICE
SUPPORT
SERVICE**

WE ARE:

North Northants SEND IASS.
We provide free, confidential, impartial advice, guidance, and support. We empower children and young people with SEND and their parents and carers to understand their entitled rights, fulfil their aspirations and reach their potential.

SOME OF WHAT WE COVER:

- Education Health and Care Plans (EHCP)
- Parental Requests for Statutory Assessment
- Appeals and Tribunal
- Post 16 Provision
- Mediation and dispute resolution
- Preparing for and attending meetings
- Support with Exclusions

CONTACT US:

- Advice Line: 0300 373 2532
Monday to Friday 9:30am – 4:30pm
- Email: sendiass@northnorthants.gov.uk
- Website : iassnorthants.co.uk



@NNCSENDIASS



NITROUS OXIDE : THE FACTS

WHAT IS NITROUS OXIDE?

Commonly known as 'laughing gas' nitrous oxide is a colourless non-flammable gas that is generally used for sedation and pain relief. It is also sometimes referred to as an inhalant or a volatile substance. Inhalants are central nervous system (CNS) depressants. This means they slow down the workings of the brain, particularly breathing and heart.

HOW IS NITROUS OXIDE USED?

The gas is typically inhaled through balloons filled with canisters of the gas. Serious damage can be done to the lungs if the gas is inhaled directly from capsules or cylinders.

When inhaled, the fumes enter the bloodstream very quickly and the effects are felt after just a few seconds.

Nitrous oxide is also known as laughing gas, nitro, N2O, NOS, nangs, whippet, hippy crack, buzz bomb, balloons.

EFFECTS OF NITROUS OXIDE

The effects of nitrous oxide depend on:

- how much you take
- your height, weight
- your general health (risks increase in people with a B12 deficiency)
- your experience with taking nitrous oxide
- whether it is taken with other drugs.

IMMEDIATE EFFECTS

The effects may start to be felt immediately and can last from 2 - 3 minutes; some effects may last up to 30 - 40 minutes.

Physical Effects may include:

- initial "rush" or "high"
- euphoria
- giggling and laughing
- numbness of the body

- sedation
- giddiness
- uncontrolled laughter
- sound distortions
- blurred vision
- confusion
- dizziness and/or light-headedness
- sweating
- feeling unusually tired or weak
- sudden death

If a large amount of nitrous oxide is inhaled it can produce:

- loss of blood pressure
- fainting
- unsteady gait, stumbling
- heart attack
- inhaling nitrous oxide can be fatal if you don't get enough oxygen, which is known as hypoxia.

Effects of prolonged use¹ may include:

- memory loss
- vitamin B12 inactivation (the body is unable to use B12 which may cause brain and spinal cord damage. Taking a B12 supplement will not prevent this.)
- anaemia
- incontinence
- numbness in the hands or feet
- limb spasms
- potential birth defects (if consumed during pregnancy)
- weakened immune system
- disruption to reproductive systems

Psychological effects may include:

- depression
- psychological dependence
- psychosis

¹used more than once a week

OVERDOSE

Whilst the risk of overdose from nitrous oxide is low people with heart conditions or abnormal blood pressure may be at higher risk as the drop in oxygen levels caused by inhaling the gas raises the heart rate, which could cause problems.

When inhaling directly from bulbs, the gas is intensely cold (-40C degrees) and can cause frostbite to the nose, lips and throat (including vocal cords). As the gas is also under constant pressure, it can cause ruptures in lung tissue when inhaled directly from these containers. Releasing the nitrous oxide into a balloon helps to warm the gas and normalise the pressure before inhaling.

People can also harm themselves if they use faulty gas dispensers, which may explode. Dispensing multiple gas canisters with one cracker (a handheld device used to 'crack' a nitrous oxide bulb/whippet) can also cause cold burns to the hands.²

To reduce the risks associated with misusing nitrous oxide **DON'T**:

- use it alone or in dangerous or isolated places
- put plastic bags over your head or restrict breathing
- spray near flammable substances, such as naked flames or cigarettes
- drink alcohol or take other drugs
- stand or dance while inhaling, as you may pass out

MIXING WITH OTHER DRUGS

Mixing nitrous oxide with alcohol can also increase the risks associated with both substances and can lead to an increased risk of accidents or death.

Mixing nitrous oxide and alcohol can cause:

- confusion
- feeling heavy or sluggish
- reduced concentration
- loss of body control³

The chances of an overdose are increased if taken with other depressant drugs such as benzodiazepines or opiates. Using nitrous oxide with other depressants can affect breathing rate and the heart and blood vessels. Mixing drugs can also increase the risk of passing out and suffocating or choking on vomit.



Performing Arts Update

Drama:

Year 10 have been studying naturalism. They have been looking at the practitioner Constantin Stanislavski and the methods that he used in order to hone in on his craft. They have been learning about emotional recall, objectives and the magic if. All of these skills will help them with developing their skills and counts towards their Component 1. The year 10s are enjoying naturalistic acting and have been able to explore and use the skills successfully.

Dance:

The final term is always exciting for our young dancers! Miss Pilgrim has set a task called 'The Big Dance Challenge' for our year 8 students. All students have been challenged to learn various popular dance sequences during their lessons ready to perform as a surprise dance flash Mob!!!

A flash mob is when a group of people perform at the same time in a random location and then disperse as though nothing has happened.

Keep an eye out for the results of our spectacular flash mob this term!

Music:

This final term our year 7 and 8 bands are well underway with rehearsals and are starting to piece together the different parts of their songs. Our drummers are making sure they can sustain the drum beat for the length of the performance, the ukulele and guitarist are ensuring that they can change chords/notes quick enough to keep up with the song and our keyboard players are making sure their chord changes are happening at the correct time with the lyrics. We look forward to seeing the finished performances.

Performing Arts Career of The Week: Head of Wigs

The Head of Wigs, Hair & Make-Up is responsible for the preparation and maintenance of all wigs, hair & make-up and the smooth running of the wigs, hair & make-up department, including supervision of all Wigs, Hair & Make-Up (WHAM) staff. It is the Head of WHAM's responsibility to ensure the Designer's original specification and look of the production is maintained.

Annual Salary: £40,000-£50,000 based on 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



Performing Arts Update

CHICAGO Teen Edition:

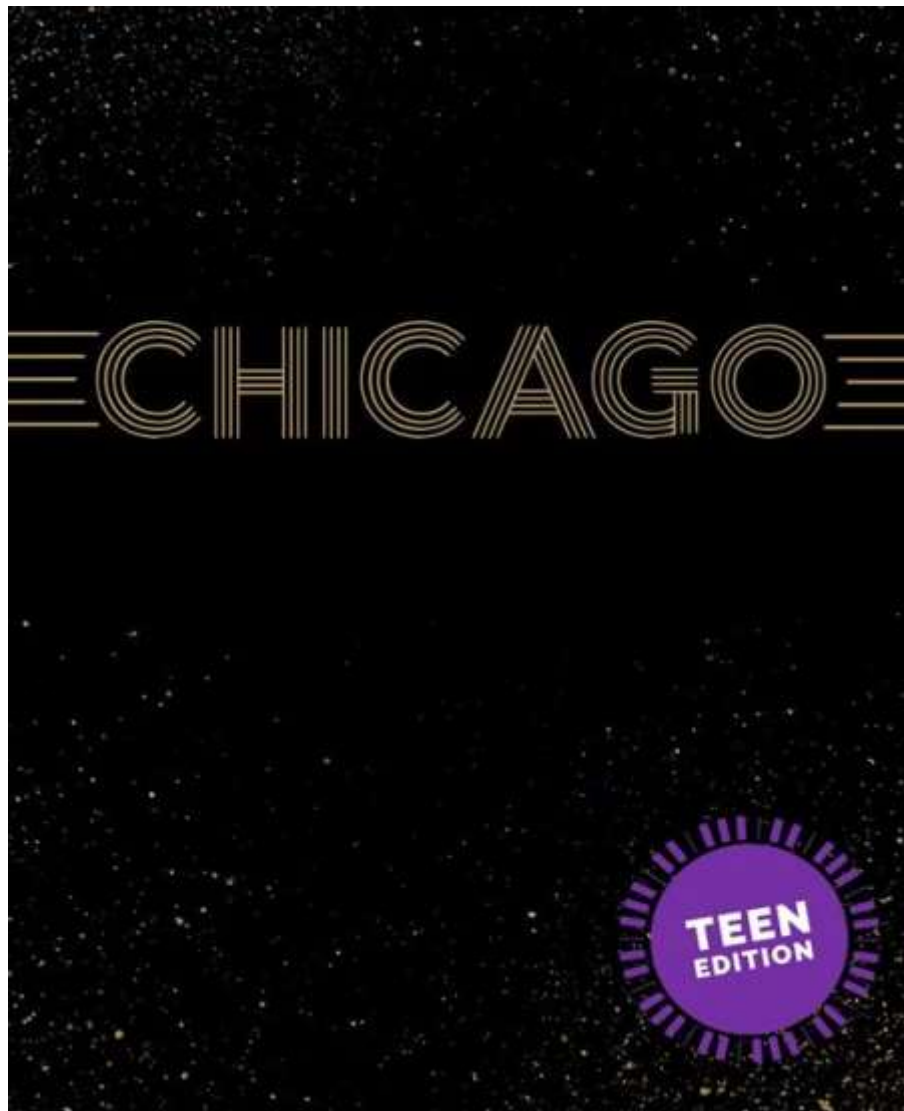
This week the cast were working on singing for the show.

They covered lots of the songs and they sounded like a professional company. They are using harmonies and ensemble singing very well under the supervision of Mr Forman.

A production meeting was held this week to discuss all aspects of the production and things are beginning to come together nicely.

Lots of hard work is being put into this show by everyone involved and we are now officially into the show term!

Tickets will be going on sale in the next few weeks so make sure to get them quick as it is sure to be a sell out!



Hair & Beauty at Rushden Academy

Please be aware we are a training salon, so appointments may be cancelled due to absences of the students.

Your hair and beauty services will be carried out by a student and will be supervised by a member of staff.

Treatments that are offered will vary, dependant upon the assessment criteria that is needed at the time by the students.

The prices for colouring does not include a cut, but does include a finish.

For any treatments with colour, a skin test needs to be completed 24-48 hours prior to the services.

Call us to book your appointment or for further enquires 01933 417858



Beauty Price List		Hair Price List		Level 2	Level 3
<u>Facial treatments</u>		<u>Styling</u>			
Cleanse and make up	£8.00	Wash & blow-dry/set		£5.00	£6.00
Facial with cleanse and mask	£6.00	Ladies cut		£5.00	£10.00
Luxury facial	£7.00	Restyle		£8.00	£12.00
<u>Holistic treatments</u>		Wash, cut & finish		£10.00	£13.00
<u>Massages:</u>		Restyle and finish		£8.00	£15.00
Indian head massage (30mins)	£7.00	Gents		£5.00	£7.00
Indian head massage (45mins)	£8.00	Conditioning treatment (with finish)		£10.00	£12.00
Hot stone (back only)	£8.00	<u>Colouring</u>			
Hot stone (full body)	£12.00	Quasi permanent colour			
Full body massage	£11.00	Full head - short hair (long hair)		£12.00 (£16.00)	£16.00 (£20.00)
Back, neck & shoulder massage	£7.00	Semi permanent:			
<u>Body treatments</u>		Semi permanent - short hair (long hair)		£10.00 (£13.00)	£11.00 (£14.00)
G5 massage	£9.00	Colouring and permanent tinting			
Infrared	£5.00	Full head - short hair (long hair)		£13.00 (£19.00)	£20.00 (£25.00)
<u>Manicure & pedicure</u>		Roots only		£10.00	£13.00
Mini manicure (file/polish)	£3.50	Roots & refresh - short hair (long hair)		£13.00 (£20.00)	£20.00 (£25.00)
Manicure	£5.00	Highlights/Lowlights			
Luxury manicure	£7.00	With cap		£12.00	£15.00
Mini pedicure (file/polish)	£3.50	Woven - short hair (long hair)		£22.00 (£27.00)	£27.00 (£30.00)
Pedicure	£5.00	T-section - short hair (long hair)		£12.00 (£17.00)	£20.00 (£25.00)
Luxury pedicure	£7.00	Flashes (per pack)			£3.00
Re varnish	£3.00	Lightening products bleach			
Nail art extra	£3.50	Full head - short hair		£22.00 (£25.00)	£25.00 (£28.00)
		Spectrum (specialised tonal highlighting) extra		£8.00	
		<u>Extras</u>			
		Colour mousse -		£1.00	
		Eraser colour remover & colour correction - (Consultation needed)			
		Toner -		£5 extra on top of the colour service	

Literacy Challenge

Prefixes denoting number five and onwards are less common than one – four and you are likely to encounter them less frequently.

What number do you think is denoted by the prefixes on the following words?

Do you know what they mean?

Octosyllabic

Hexapod

Octogenarian

Pentathlete

Pentameter

Septuple

Hexagram

Pentagram

Hexagon

Good to know: A prefix is letters attached to the beginning of a word stem that change the meaning of the word e.g. the prefix un + happy = not happy.

Literacy SUPER Challenge

Two parallel sets of prefixes for number multiples exist, one derived from Latin, the other from Greek.

What numbers do they signify?

You might surprise yourself with what you already know...!

Latin Root	Greek Root
Decem-	Deca-
Uni-	Mono-
Centi-	Hecto-

Latin Root	Greek Root
Quadri-	Tetra-
Milli-	Chili-
Sexi-	Hexa-

Numeracy Problem of the Week



Three monkeys met for tea in their favourite cafe, taking off their hats as they arrived. When they left, they each put on one of the hats at random.

What is the probability that they all left wearing the wrong hat?

Last Week's Solution: 37

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

Cost of Living Support

Warm Spaces

Organisation	Opening Times
Salvation Army	Mondays 10am-2pm
St Mary's Church, Rushden	Tuesdays 10am-2pm
Wesleyan Church, Rushden High Street	Wednesdays 10.30am-1.30pm
St Mary's Church, Rushden	Thursdays 12 noon-4pm
Rushden Town Council (Rushden Hall)	Fridays 1.30pm-3.30pm
Rushden Library	Monday-Friday 9am-6pm Saturdays 9am-5pm
Hope Methodist Church, Higham Ferrers	Tuesdays 1pm-3pm
St Mary's Church, Higham Ferrers	Thursdays 10am-2pm

Food Bank

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

School are able to make referrals so that you receive additional support

ADDITIONAL INFORMATION INCLUDING FINANCIAL SUPPORT

<https://www.northnorthants.gov.uk/cost-living>

Stars of the Week

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



Stars of the Week

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KS4 Summer Exam Timetable

	Mon 12th June	Tues 13th June	Wed 14th June	Thurs 15th June	Fri 16th June
AM 9am	English Lang Paper 2 1 hr 55 mins	Chemistry Paper 2 (CS) 1 hr 15 mins	Maths Paper 3 1 hr 30 mins	History Paper 3 1 hr 20 mins	Physics Paper 2 (CS) 1 hr 15 mins
		Chemistry Paper 2 (Trp) 1 hr 45 mins			Physics Paper 2 (Trp) 1 hr 45 mins
PM 1.30pm	Business Paper 2 1 hr 45 mins			Contingency session in the event of national or significant local disruption to exams in the UK.	Geography Paper 3 1 hr 15mins

28th June 2023 Contingency day in the event of national or significant local disruption to exams in the UK. Candidates should be available up to and including this date.

KS5 Summer Exam Timetable

	Mon 12th June	Tues 13th June	Wed 14th June	Thurs 15th June	Fri 16th June
AM 9am	Chemistry Paper 1 2hrs 15 mins	History Paper 3 2hrs 15 mins	Business Paper 3 2 hrs	English Lang/Lit Paper 3 2 hrs	Biology Paper 2 2 hrs
	GCSE English Lang P2 1 hr 55 mins		Spanish Paper 2 2 hrs	Physics Paper 3 2 hrs	
			GCSE Maths Paper 3 1 hr 30 mins		
PM 1.30pm	Computer Science 1 2hrs 30 mins	Maths Paper 2 2 hrs	Further Maths FM1 1 hr 30 mins	Contingency session in the event of national or significant local disruption to exams in the UK.	Further Maths FS1 1 hr 30 mins
			Sociology Paper 3 2 hrs		

	Mon 19th June	Tues 20th June	Wed 21st June	Thurs 22nd June	Fri 23rd June
AM 9am	Computer Science 2 2hrs 30 mins		Biology Paper 3 2 hrs		Chemistry Paper 3 1 hr 30 mins
PM 1.30pm	Chemistry Paper 2 2hrs 15 mins	Maths Paper 3 2 hrs			Further Maths D1 1 hr 30 mins

28th June 2023 Contingency day in the event of national or significant local disruption to exams in the UK. Candidates should be available up to and including this date.

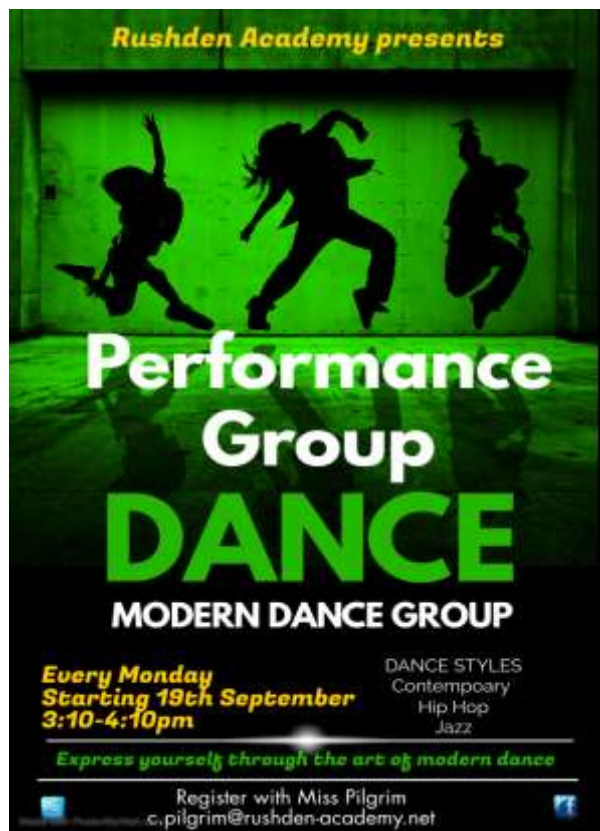
Year 10 Mock Exams June 2023

MOCK EXAMS

If you do not have an exam you will be in your normal lessons. For French and German speaking tests you will be given your own individual 30min slot between 26th and 30th June.

P1 + P2			P3 +P4			Reg + P5		
MON 19th JUNE	SOCIOLOGY (SH) 1hr 45mins	77	COMBINED SCIENCE Biology (SH) 1 hr 15mins TRIPLE SCIENCE Biology (SH) 1 hr 45mins	134 22	Normal lessons			
TUES 20th JUNE	ENGLISH LANG Paper 1 (SH) 1hr 55mins	156	MATHS Paper 1 (SH) 1hr 30mins (non-calculator)	156	Normal lessons			
WED 21st JUNE	BUSINESS (SH) 1hr 30 mins	58	COMBINED SCIENCE Chemistry (SH) 1 hr 15mins TRIPLE SCIENCE Chemistry (SH) 1 hr 45mins	134 22	Normal lessons			
THURS 22nd JUNE	COMBINED SCIENCE Physics (SH) 1 hr 15mins TRIPLE SCIENCE Physics (SH) 1 hr 45mins	134 22	HISTORY (SH) 1hr 10mins	112	GERMAN LISTENING (VOC) H 45mins F 35 mins	18		
FRI 23rd JUNE	GEOGRAPHY (SH) 1hr 30mins	43	MATHS Paper 2 (SH) 1hr 30mins (calculator)	156	Normal lessons			
MON 26th JUNE	PHOTOGRAPHY 10D (CA6) 2hrs (PS) FRENCH LISTENING (VOC) H 45mins F 35 mins	17 24	PHOTOGRAPHY 10D (CA6) 2hrs (PS)	17	PHOTOGRAPHY 10D (CA6) 1hr (PS)	17		
TUES 27th JUNE	ART (CA4) 2hrs (DC +SAN)	27	ART (CA4) 2hrs (DC +SAN)	27	ART (CA4) 1hr (DC +SAN)	27		
WED 28th JUNE	PHOTOGRAPHY 10B (CA6) 2hrs (LH)	26	PHOTOGRAPHY 10B (CA6) 2hrs (LH)	26	PHOTOGRAPHY 10B (CA6) 1hr (LH)	26		
THURS 29th JUNE	GRAPHICS (CA6) 2hrs (LH)	14	GRAPHICS (CA6) 2hrs (LH)	14	GRAPHICS (CA6) 1hr (LH)	14		

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



How to Access Go4Schools

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

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

Please follow the instructions below to access Go4Schools.

Student access to Go4Schools

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

First-time User?

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

Email address:

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

Please send me a password

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

Parental access to Go4Schools

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

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

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

Mr P Bocking
Assistant Principal

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

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



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

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

Are You Eligible for Free School Meals?

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

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

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

WHAT'S ON YOUR MIND?

sex **DRUGS**
contraception **exam anxiety**
BULLYING family issues
alcohol **SMOKING**
HEALTHY EATING body image
social networking & cyber bullying
SELF HARM MENTAL HEALTH
relationships

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

It's confidential

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

the lowdown **St Andrew's** **YOUTH WORKS** **CHAT**

#weareNHS

CAMHS LIVE #MYMINDMATTERS

WE KNOW IT CAN BE HARD TO GET HELP.

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

LIVE AND ONLINE:
WWW.NHS.UK/UKCAMHS/LIVE

t f

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU