



Rushden Academy Newsletter

Aspire, Explore, Succeed

30/06/2023

Message From the Principal



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Team Rushden - United we stand, divided we fall

Dear Parent / Carer

It has been an action-packed week for the students of Rushden Academy with lots of activities taking place for different year groups.

Mrs Smith started the week by continuing with our values themed assemblies and it focused on resilience. She unpicked what being resilient truly means and shared lots of examples where people have demonstrated the quality in abundance. It encouraged students to remember that failure is an important part of life and that this is often where the best learning takes place.

Our Year 12 students spent Thursday and Friday at Rushden and Huxlow respectively as part of their Futures Week. They took part in a range of activities and listened to lots of inspirational and motivational speakers to help them reflect on what the future holds for them. Friday saw all students attend a careers event with lots of external people talking to students about various jobs and vocations.

On Thursday evening, our Year 11s had their prom at Kettering Park Hotel which was a thoroughly enjoyable evening. The students all looked amazing and it was great to see them arriving in a variety of fancy cars and even on the back of a motorcycle! Their behaviour was exemplary and it was nice to see them celebrating together. A well done also to Courtney and Tom who were voted as prom king and queen.

Friday was my first Sports Day at Rushden Academy and it did not disappoint! I had heard lots of good things about the event but I was truly blown away by the efforts of both staff and students to create such a spectacular event. With various track and field events, petanque, flash mobs and nukem all on offer, the students truly showed their commitment to Team Rushden by representing their forms in various competitions. It was amazing to see the whole school come together and enjoy such a great event; certainly one of my favourite days since joining Team Rushden.

Continues on the next page...

Message From the Principal Continued...

Finally, there has been a huge amount of media coverage on the dangers of vaping and the number of children engaging in this seems to be on the rise. Vapes appear to be readily available and are inexpensive but many of them have been linked to dangerously high levels of metals such as chromium and nickel being ingested by users. Our stance is a zero tolerance on vapes in school and any student found to be in possession of one will be sanctioned proportionately. Please continue to support us by educating your child about the dangers associated with vaping and also the illegality of purchasing them whilst under age.

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.

We currently have a selection of water bottles, pencil cases, coats/jackets, jewellery, watches, glasses, keys and other miscellaneous items.

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



A promotional poster for futsal sessions. The top half features a dynamic image of a player's legs and feet kicking a soccer ball. The text 'Coming Soon' is written in a stylized, overlapping font. Below this, the word 'FUTSAL' is prominently displayed in large, bold, white letters with a red outline. To the right, a circular badge indicates the price 'FROM £4.50 PER SESSION'. The bottom section of the poster lists the start date 'STARTING 5TH JULY' and the location 'HUXLOW ACADEMY IRTHLINGBOROUGH'. It then details the schedule for 'WEDNESDAYS' and 'THURSDAYS' with specific age groups and time slots. The PR Sport Coaching logo is in the bottom left corner, and the website 'WWW.PRSPORTSCOACHING.CO.UK' is at the bottom right.

Coming Soon

FUTSAL

FROM £4.50 PER SESSION

STARTING 5TH JULY
HUXLOW ACADEMY
IRTHLINGBOROUGH

WEDNESDAYS:
7-11 YEARS 5.30-6.30PM
12-15 YEARS 6.30-7.30PM
MENS 16 + YEARS 7.30-8.30PM

THURSDAYS:
WOMENS 15 + YEARS 7.00-8.00PM

PR SPORTSCOACHING

WWW.PRSPORTSCOACHING.CO.UK

This Term in Science

This term in science our year 10s will be filling those important gaps in their knowledge that have been found because of the mocks they have just sat. Reteaching will be done by classes based off each students results. Students in year 10 will also receive information on their strengths and weaknesses for each subject in their lessons in the coming weeks. I would like to take this opportunity to congratulate the students who have worked hard for their results in science this year. All students will have gaps in their knowledge so should spend their time in these lessons wisely.



Years 7-9 have been completing STEM (science, technology, engineering and maths) challenges with prizes for the winning groups in each half of the year. Every student will be working in groups to design and build the best bridge to span 1.2 metres. Students have looked at the links between forces, waves and ecology when designing their bridges. They will be tested and judged on the



amount of mass they can support.

Students have also been able to complete other STEM work in class along side this to help build their knowledge and understanding of key topics. For example some classes have been building model cells, looking at the size of sub-cellular structures and their functions.



This Week in Performing Arts



Drama:

Year 7 has been looking at script analysis this week. They have been looking at how scripts work and how to annotate them properly in order to help their performances be well rehearsed and thought through. We have been considering our vocal and physical skills and how to apply these to performance. The year 7s assessment will be next week and we are looking forward to seeing them applying all the skills they have learnt this year to their end of year assessment.

Dance:

Over this term Year 8's have been learning several routines to perform as part of our annual flash mob. Students will perform energetic routines on sports day testing their previous learnt skills accuracy, timing and projection. Some iconic dance phrases are included such as Cotton Eye Joe and Grease Lightening. Excitement is running through the year group :) Good luck Year 8!

Music:

Over the course of this term we have discovered some hidden talent amongst Rushden Academy students in KS3. Our band projects are brilliant for finding students flare in instruments that they may not have played before, we have discovered some great drummers who have a natural sense of rhythm; we have found some amazing guitarists who can perform some fantastic riffs with fluency and ease; we have found some talented keyboard players who have picked up melodies and chords quickly and with great accuracy!

If any students have decided that they would like to pursue further any instruments then we have some amazing instrumental teachers that work with us and we can sort out lessons - please email r.brooks@rushden-academy.net

Performing Arts Career of The Week: Composer

Composers write music for a variety of types of musical groups and users. Some work in a particular style of music, such as classical or jazz. They also may write for musicals, operas, or other types of theatrical productions. Some composers write scores for movies or television; others write jingles for commercials.

Average Annual Salary: £33,642





This Week in Performing Arts

Trip: Ocean At The End of the Lane

This week saw us take some year 9s, 10s and sixth form the Milton Keynes Theatre to see Ocean At The End of the Lane.

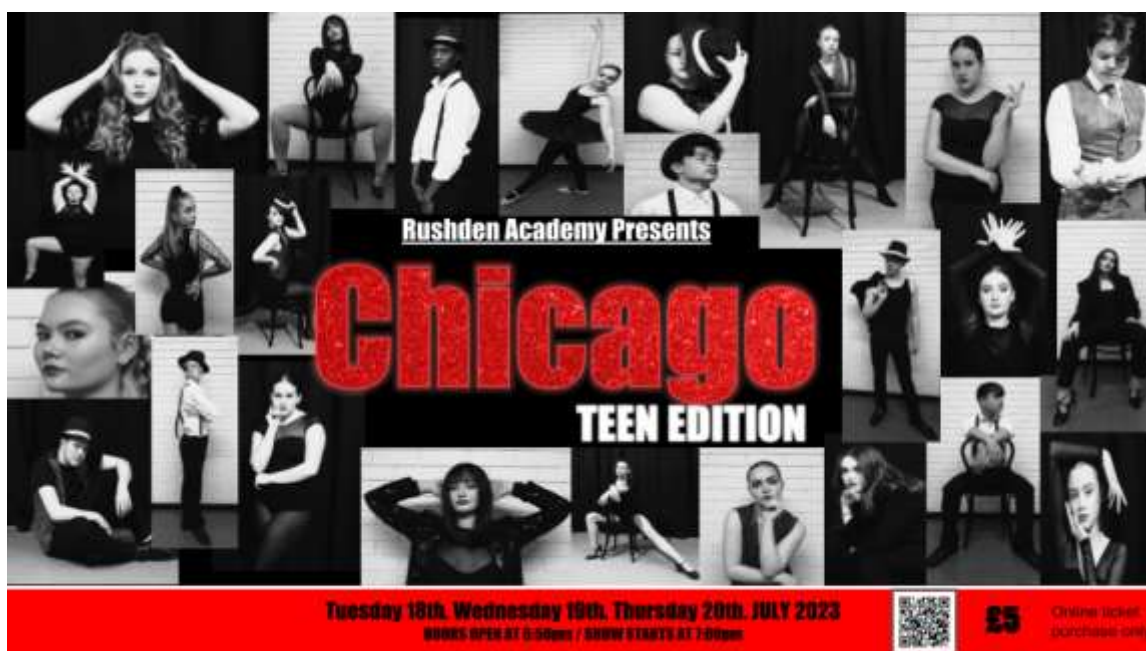
Returning to his childhood home, a man finds himself standing beside the pond of the old Sussex farmhouse where he used to play. He's transported to his 12th birthday when his remarkable friend Lettie claimed it wasn't a pond, but an ocean – a place where everything is possible... Plunged into a magical world, their survival depends on their ability to reckon with ancient forces that threaten to destroy everything around them.

The students seemed to thoroughly enjoy this play. The technical elements were absolutely astounding and genuinely captured the magic of the play. Students were raving about the plays unique story, use of tech and the ability of the actors. Overall this was an insanely successful theatre visit for the students!

CHICAGO Teen Edition:

This week focus has been act 2 of the show. We have been looking at the final courtroom scene and the ending of the show. We are in a strong position at the minute and will be doing a full, filmed run of the show on our Sunday rehearsal this week. The cast and crew are working so hard and the show is coming together so well. Tickets for the show are on sale now and the QR code can be found on our posters and social media. Please ensure to be quick as we are guaranteed to sell out!

Get your tickets fast to avoid disappointment as the show will be All That Jazz! <https://www.trybooking.com/uk/events/landing/43543?eid=43543>



Jump Back Up July

Have a look at Action for Happiness' calendar for July. Will you try any of the ideas?

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6	7
Take a small step to help overcome a problem or worry	Adopt a growth mindset. Change "I can't" into "I can't ... yet"	Be willing to ask for help when you need it	Find something to look forward to today	Get the basics right: eat well, exercise and go to bed on time	Pause, breathe and feel your feet firmly on the ground	Shift your mood by doing something you really enjoy
8	9	10	11	12	13	14
Avoid saying "must" or "should" to yourself today	Put a problem in perspective by seeing the bigger picture	Reach out to someone you trust and share your feelings with them	Look for something positive in a difficult situation	Write your worries down and save them for a specific 'worry time'	Challenge negative thoughts. Find an alternative interpretation	Get outside and move to help clear your head
15	16	17	18	19	20	21
Set yourself an achievable goal and take the first step	Find fun ways to distract yourself from unhelpful thoughts	Use one of your strengths to overcome a challenge today	Let go of the small stuff and focus on the things that matter	If you can't change it, change the way you think about it	When things go wrong, pause and be kind to yourself	Identify what helped you get through a tough time in your life
22	23	24	25	26	27	28
Find 3 things you feel hopeful about and write them down	Remember that all feelings and situations pass in time	Choose to see something good about what has gone wrong	Notice when you are feeling judgemental and be kind instead	Catch yourself over-reacting and take a deep breath	Write down 3 things you're grateful for (even if today was hard)	Think about what you can learn from a recent problem
29	30	31				
Be a realistic optimist. Focus on what could go right	Reach out to a friend, family member or colleague for support	Remember we all struggle at times - it's part of being human				

Rushden Academy SAS Update

Yesterday, SAS Squad Frog litter picked across Spencer Park, The Greenway & Spencer Road and collected our heaviest bags yet! Did you see us?



PE Updates

Year 9 Sport Students - University of Northampton Trip

On Tuesday this week we took some enthusiastic Year 9 students that have chosen to study sport next year to the University of Northampton for a taster day. They got to enjoy several practical workshops and talks at the University's impressive Waterside Campus.

Activities included basketball with a coach from Northampton Titans Basketball Team, Cricket with a coach from Northampton Steelbacks and a weightlifting masterclass from a previous Britain's strongest woman! They also got the chance to try some sports journalism behind and in front of the camera, interviewing and filming each other.

We had a talk with a student that has just finished his degree and I think the students took some real inspiration from the fact that he had studied the same courses that are available for them here and they will study over the next few years!

Overall, the students really threw themselves into the day and thoroughly enjoyed themselves. They were also impressed by the facilities and opportunities available at the University and left excited and inspired. Their behaviour was fantastic and they were a credit to the school.

One student said:

"I went to the University of Northampton and I really enjoyed myself. They have so many things to study and overall it seems like a really nice and friendly environment.

I definitely want to go there in the future as it seems like an enjoyable way to learn."





**Around 50% of
children will have
a sleep issue at
some point***

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP ME?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in mental health wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why you might not be sleeping well and how that can change

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm

Monday & Wednesday 9am - 11am

POWERED BY



IN PARTNERSHIP WITH

**Furniture
Village**

School's out for summer!

It's always best to be prepared

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



A Parent's Guide to Social Media



A Parent's Guide to Sharing Pictures



A Parent's Guide to Gaming



A Parent's Guide to Live Streaming



A Parent's Guide to Online Grooming



A Parent's Guide to Online Influencers



A Parent's Guide to Fake News



A Parent's Guide to Privacy Settings

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

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

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

Skips Educational

Web: www.skipssafetynet.org
Email: info@skips.com
Tel: +44 121 227 1941

142 Newton Road
Great Barr
Birmingham B43 6BT

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

Developed in partnership with



Keeping children safe online

www.skipssafetynet.org

BOOK SALE



Prices range
from:

10p-£1

Date: From **19th June 2023**,
until the end of term

Where: **In the Library**,
every break & lunch

Free Parent Workshop

If your child was born after 1995 you are raising a 'digital native'; they are the first generation to grow up exclusively in the digital age. The impact of digital technology is far-reaching; creating both challenges and opportunities.

What impact is it all having them? How can parents respond? How can we help them build healthy relationships, deal with social media and learn to avoid explicit content? All these questions and more will be answered in this engaging and interactive seminar.

"I loved the wider approach to parenting teenagers too. I wasn't expecting this and it was good."

— PARENT, TWICKENHAM

"Your advice was incredible this evening and very valuable. I'll be taking away so many key points from tonight."

— PARENT, HURSTMERE SCHOOL

- SEMINAR:
Parenting in the Digital Age
- VENUE:
Rushden Academy,
Hayway, NN10 6AG
- DATE & TIME:
5th July, 2023
7.30–9pm
- COST:
£FREE BOOK HERE

Relationships
& Sex

Digital
Technology

Summer Term PE Clubs

After School Clubs Timetable

Monday	Tuesday	Wednesday
Athletics Track Events	Rounders	Tennis
Athletics Field Events	Cricket / Softball	
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!		



Literacy Challenge

Your focus for this week's challenge is the prefix "mis-".

Find these mis- words in the grid.

Misbehave, Misfortune,
Mishap, Misjudge, Mismanage,
Misread, Mission, Mister,
Misuse, Mischief, Misgrown,
Misheard, Misled, Misplace,
Missiles, Mistake, Mistrust,
Misfire, Mishandle,
Misinterpret, Mislodge,
Misquote, Missing, Mistaken,
Misunderstand

T	F	H	E	P	R	M	I	S	H	A	N	D	L	E
G	E	E	F	I	I	E	C	A	L	P	S	I	M	N
X	N	M	I	S	T	A	K	E	N	T	M	I	I	U
N	S	I	T	H	M	M	D	S	E	E	A	M	S	T
N	W	A	S	I	C	R	S	U	M	R	B	I	F	R
E	K	O	S	S	A	S	E	S	I	P	M	S	I	O
E	V	L	R	E	I	G	I	I	S	R	I	L	R	F
A	E	A	H	G	D	M	D	M	R	E	S	O	E	S
D	O	S	H	U	S	R	W	R	E	T	H	D	O	I
N	I	G	J	E	M	I	S	M	A	N	A	G	E	M
M	G	S	N	P	B	N	M	R	D	I	P	E	J	N
M	I	S	T	R	U	S	T	M	I	S	S	I	O	N
M	R	E	T	S	I	M	I	S	S	I	L	E	S	U
E	T	O	U	Q	S	I	M	M	A	M	Z	X	Y	N
D	N	A	T	S	R	E	D	N	U	S	I	M	P	M

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

Once you have found all of the words, the remaining letters spell out a secret message!

T	F	H	E	P	R	M	I	S	H	A	N	D	L	E
G	E	E	F	I	E	C	A	L	P	S	I	M	N	
X	N	M	I	S	T	A	K	E	N	T	M	I	I	U
N	S	I	T	H	M	M	D	S	E	E	A	M	S	T
N	W	A	S	I	C	R	S	U	M	R	B	I	F	R
E	K	O	S	S	A	S	E	S	I	P	M	S	I	O
E	V	L	R	E	I	G	I	I	S	R	I	L	R	F
A	E	A	H	G	D	M	D	M	R	E	S	O	E	S
D	O	S	H	U	S	R	W	R	E	T	H	D	O	I
N	I	G	J	E	M	I	S	M	A	N	A	G	E	M
M	G	S	N	P	B	N	M	R	D	I	P	E	J	N
M	I	S	T	R	U	S	T	M	I	S	S	I	O	N
M	R	E	T	S	I	M	I	S	S	I	L	E	S	U
E	T	O	U	Q	S	I	M	M	A	M	Z	X	Y	N
D	N	A	T	S	R	E	D	N	U	S	I	M	P	M



Numeracy Problem of the Week



In a 7-digit numerical code, each group of four adjacent digits adds to 16, and each group of five adjacent digits adds to 19.

What is the sum of all seven digits?

Last Week's Solution: 55

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>

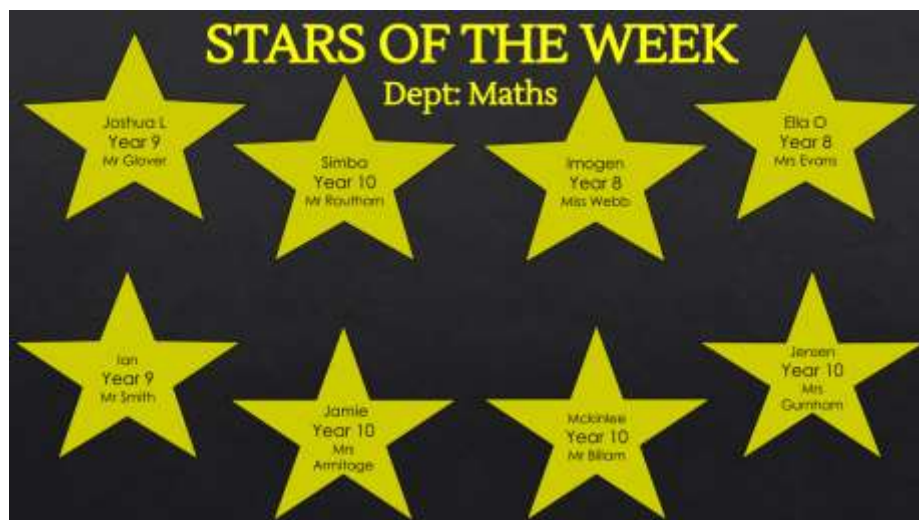
Stars of the Week

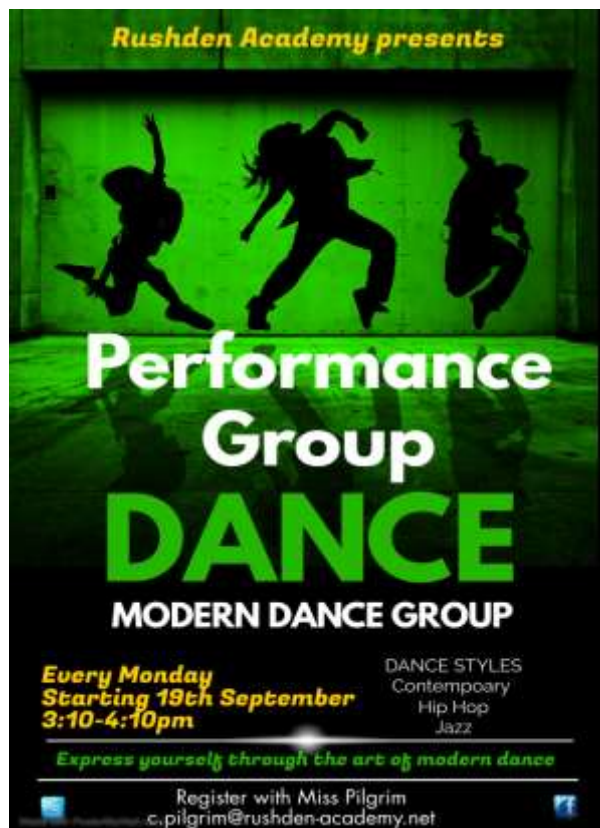
Congratulations to the following students for achieving star of the week.



Stars of the Week

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





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

See your school nurse for more information. If you are not at school, contact your school nurse or the NHS 111. For more information, visit www.nhs.uk or call 111.

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 Argyle 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

See your school nurse for more information. If you are not at school, contact your school nurse or the NHS 111. For more information, visit www.nhs.uk or call 111.

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/US/AMHS/LIVE

t f

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU

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