



# Rushden Academy Newsletter

Aspire, Explore, Succeed

07/07/2023

## Message From the Principal



### In this newsletter:

- Message From the Principal
- Literacy Challenge of the Week
- Numeracy Problem of the Week
- Cost of Living Support
- Stars of the Week
- Performing Arts Update
- Summer Term PE Clubs
- Lost Property
- Book Sale in the Library
- PE Updates
- Online Safety
- Online Safety Resources
- Library News
- National Sleep Helpline
- Kids Eat Free Poster

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

Dear Parent / Carer

The antepenultimate week of the school year has seen us celebrate with our Year 13 students at their prom whilst also welcoming our new Year 6 students in for their transition day; one set of students finishing their Rushden journey while the others are just beginning.

Mrs Brainwood continued our values-based assemblies with hers focusing on the value of being respectful. Whilst all the values are equally important, it is this value which contributes significantly to ensuring that all staff and students enjoy coming to school; manners cost nothing but make the world a much better place. Mrs Brainwood explored how respect manifests itself in our daily behaviours but also drove home the key message that respect starts with having respect for yourself. She shared a couple of important personal anecdotes that beautifully reinforced the key messages of the assembly.

Monday evening was the Year 13 prom at Kettering Park Hotel. The heavens had opened just prior to the students arriving but thankfully held off long enough for them to make their grand entrances. The students all looked fantastic and it was good to see them celebrating with their counterparts from Huxlow and Ferrers. Their behaviour was exemplary and it was a nice way to end their sixth form journey.

Thursday was one of my favourite days of the year as we welcomed 180 Year 6 students onto Team Rushden during our transition day. The students were given lots of different experiences across the day which ended with them watching our students perform some of the songs from Chicago. Our Year 12 student leaders did an amazing job of helping out with the day and supporting the students throughout the different lessons and with moving around the school. The students were very well behaved and I look forward to welcoming them all in September.

On Friday, some Year 9 students completed their end of year progress tests for English, maths and science which will help teachers focus on common areas for development and provide detailed feedback to students on what went well and what could be improved.

Reward trips take place next Friday and further information for students will come out via tutors on Monday. A reminder that tickets for Chicago are on sale and the show will take place on Tuesday 18th, Wednesday 19th and Thursday 20th July at 7:30pm. I look forward to seeing many of you there.

Yours sincerely,

Mr B Baines  
Principal

## PE Updates

### Sports Day!

Last Friday we had our annual Sports Day! The PE team and lots of other key staff were out on the field early setting up for the event. The whole school arrived in PE kit and there was a real buzz around the place as students got prepared with face paints, glitter and banners!

The students entered the field after break and were clearly excited to start the day of events! The day started with the longest runs on the track whilst it was a bit cooler and so the 800m. The 800m is a tough race and we were overwhelmed by the student's performances and effort as well as the encouragement from the crowd! The 800m was followed by some more tough races including the 300m and 400m. Out on the field the different year groups took part in their throws and there was also Nukem and Petanque going on.

We had the ice cream van and the PTFA were providing refreshments and were a real hit, especially the slushies!

At lunchtime we did a split lunch so the older year groups went and had their lunch and the youngest year groups took part in their Tug of War event and then they swapped. The Tug of War is always great fun and the grit, determination and team work from each team was great to see.

After lunch the track was back in action and we saw the 100m sprints coming in quick! The field events continued and the Nukem and Petanque played their last teams too. There was a huge flash mob that took place on the track with the majority of students, and staff all getting involved and having a dance, led by our dance teacher Miss Pilgrim! The Waltz section was certainly something different but great fun and amazing to see such mass participation!

The day finished off with the relay events and again they were quick and great to see the students working together and cheering each other on!

### **The final results were announced and the winning forms were:**

Year 7: 7KJ

Year 8: 8WF

Year 9: 9SR

### **Outstanding performances and school records broken on the day include:**

Kayden: Year 8: Discus

Jess: Year 8: 300m

Franc: Year 9: 300m

Congratulations to all students that took part and thank you to all staff that helped out on the day. It was another fantastic Sports Day and we look forward to next year!

## PE Updates

### Wimbledon Trip

Early Thursday morning, 9 students and Mr Harris left Rushden Academy aiming for Wimbledon. The pinnacle of English Tennis and the most historic Tennis tournament in the world! After a long 3 and a half hour journey we finally arrived!

Having gone through all of the ticketing and security checks in super quick time, it was time for the tennis!

First up... court 10. Davidovich Fokina v Fils. The 31st seed against a wildcard. With extremely close viewing the students were overwhelmed with just how fast and hard the players could hit the ball. And also extremely excited to just how close they were to the action. Some of the boys turned around to watch court 11 where the women's singles was taking place.

Time for Court 1!! a 12,500 seated capacity stadium! A fantastic seat and some unbelievable tennis! The first game involved Alexander Zverev, the world number 24 in the men's singles. The second game included Sloan Stephens against Donna Vukic.

Between games students had the opportunity to go and watch the British doubles pairing, wanting to experience some double action.

All of us were absolutely in awe of the venue, the standard and the overall experience. Each of the boys behaved impeccably despite the long day and drive.

Hopefully, we will have the opportunity to take more students next year who have gone above and beyond in the PE department!



## PE Updates

### Sports Council

Term 6 is a busy time for our Sports Council members, a time that our students get excited for, a time for them to really shine and demonstrate their leadership skills and they did not disappoint.

The first event we had was the Primary School Quad Kids event. We had over 100 children come to Rushden Academy to take part in athletics events. This was the first big event for our new year 7 Sports Council members. Our students set up, led and recorded results for the full day and made sure it ran smoothly. Our Year 9 students really stood out, not only as leaders of the Primary School students, but also as mentors for our Year 7 Leaders. It was safe to say that everyone had a great day and our leaders were eager for the next event.

Next up was Denfield primary school, 32 of our leaders spent the day organising and running this sports day event. Our students got so much praise from parents and staff and I was able to take a step back and watch our leaders confidently run the whole day. As a treat for excellent work some of our Sports Council got the opportunity to go to Wimbledon - an experience of a lifetime.

We look forward to next years School Council events and potentially welcoming more students to represent our academy with such maturity, enthusiasm and willingness to do a good job.



A promotional poster for futsal sessions. The top half features a blurred action shot of a player's legs and a soccer ball. A circular badge in the top right corner states 'FROM £4.50 PER SESSION'. The text 'Coming Soon' is in a stylized font, followed by 'FUTSAL' in large, bold, white letters with a red outline. Below this, the location 'HUXLOW ACADEMY IRTHLINGBOROUGH' is listed. The schedule is divided into 'WEDNESDAYS' and 'THURSDAYS' with specific time slots for different age groups. The PR Sports Coaching logo is at the bottom left, and the website 'WWW.PRSPORTSCOACHING.CO.UK' is at the bottom right.

**FROM £4.50 PER SESSION**

**Coming Soon**

**FUTSAL**

**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**



## Library News

### Return of Library books

All student books are being stamped for return for the 14th July. This gives us the last week of term to try and get all of the current and overdue loans back into the Library before the summer holidays start. If you still want something to read in the last week of term, try browsing our for sale section!

### Book Sale

There are still plenty of books up for sale for students and staff. Price ranges are 10p, 20p, 50p and £1.

### ePlatform

Students still have access to our ePlatform over the summer holiday. They can read on their phones, tablets, PCs, via the website or download the app.

<https://rushdenacademy.eplatform.co/>

**Student login:** school email

**Password:** School123

You can set a different password once logged in.

### Summer Reading Challenge

Students have the opportunity to take part in a reading challenge over the summer holiday. Six challenges over six weeks. Some activities don't necessarily need a book, so writing a book review, for example, can be done on a book they've read at any point, as long as it's well considered.

Students can come into the Library to collect an entry form; and they can be returned to the Library in September. Winning entries will be placed in a hat and two winners will be drawn. They will receive a bundle of books.

### School Newspaper

Rushden Academy is launching a student-led school newspaper. This will be an extra-curricular activity which will run (provisionally) after-school on Wednesdays. It would be great if all year groups including 6th form were to have some representation on the newspaper team. We will need reporters, article writers, puzzlers, illustration or graphics, photographers etc, so plenty of roles.

There will, however, be limited places, so if any students are interested, ask them to pop into the Library and put their name down on a list, along with their preferred role.

# BOOK SALE



Prices range  
from:

**10p-£1**

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

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



## This Week in Performing Arts

### Drama:

Year 8 have been looking at naturalistic techniques this week. They have been focussing on the practitioner Constantin Stanislavski and the techniques he used to make naturalistic performances. Year 8 have been studying given circumstances, subtext, objectives and the magic if. This will culminate in an assessment performance next week of a scripted piece. They should be focussing on making the scene as real to life as possible considering their actions, vocal delivery, stage presence ect. We look forward to seeing what year 8 has to offer.

### Dance:

This week year 7's completed their choreography assessment based on movement inspired from TikTok dances. Their choreography task this term was to include a range of Space, Dynamics, Relationships and Action content and perform 32 counts of movement to the camera. Many creative performances impressed Miss Pilgrim. They all put a lot of effort during rehearsals to make their performance as energetic and dynamic as possible.

This week Miss Pilgrim was joined in the classroom by a Year 10, Kadife, currently on work experience. Kadife currently studies the BTEc Performing Arts Dance course and is aspiring to be a teacher within the dance industry.

*"I am really enjoying helping Miss Pilgrim with her lessons and I'm very impressed by the work that the younger year groups have completed so far"* says Kadife.

### Music:

We have been mightily impressed by some of the work generated by our Year 9 students in their final KS3 project. Students completed independent projects and were given the choice of performing a piece of music or creating their own piece of music. We have had a wide range of pieces submitted across an assortment of genres and have had some amazing pieces created and performed, well done Year 9!

### Performing Arts Career of The Week: Stage Fight Coordinator

A Fight Director is responsible for planning, choreographing and overseeing staged combat (fights) in a film, play or other performance. They act as a consultant for the performance.

Average Annual Salary: £28,461

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)



## This Week in Performing Arts

### CHICAGO Teen Edition:

We are in the penultimate week of rehearsals now and it seems like all systems go.

All of the cast, crew, costume and production team have been working tirelessly to make sure everything is in place for the show. The set team have been painting, making signs and sourcing props. The costume team have been sourcing, ordering and sewing. The production team have been designing, gathering programme information and stocking up.

We have the costume call on Friday which means that every single cast member will need to get all their costumes together and put them on for Mrs Ede and Miss Jardine to check that everything looks as it should.

Tickets are on sale now through the QR code on the poster, our social media pages or the link below.

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>

**Rushden Academy Presents**

# Chicago

**TEEN EDITION**

**Tuesday 18th, Wednesday 19th, Thursday 20th, JULY 2023**  
DOORS OPEN AT 6:30pm / SHOW STARTS AT 7:00pm

**£5** Online ticket purchase only



## National Sleep Helpline

If you're struggling with your sleep but don't want to confide in your parents or even your friends, then help is now just a phone call away.

For more information and advice, visit The Sleep Charity at [thesleepcharity.org.uk](https://thesleepcharity.org.uk) or contact us on [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk)



## 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.

## Online Safety

### **MAKING SURE YOUR HOME DOESN'T HAVE AN OPEN DOOR TO CHILD SEXUAL ABUSERS**

Young people are being contacted in their own homes on online platforms and apps and asked for sexual pictures and videos, while their parents and carers believe they are safe. More and more sexual abuse material is created by offenders who coerce and groom children into sexual activities, often in children's own bedrooms and bathrooms. They then record this via webcams or livestreaming services. It's known as 'self-generated' child sexual abuse imagery.

This is happening now, and it can happen to anyone. But you can do something about it; you can help prevent it happening to your child. If you're asking yourself what and how, this guidance will help you.

#### **What you need to know**

Online child sexual abuse is not a new problem, but it is a rapidly growing one. The methods abusers use are constantly shifting and changing, and they are always looking for ways to avoid detection.

#### **What form does this abuse take, and who is responsible?**

There's a big increase in sexual images and videos (recorded and live-streamed) that have been created of children as a result of an abuser grooming, manipulating, deceiving or coercing a child into sexual activity over a webcam. This means less risk for the abuser: they have no physical contact with the child. Often, the child does not fully realise or understand what they were doing, or why.

With live-streaming, children may not know that the person watching can screen capture or record a video, and upload that material somewhere else for other people to see.

This kind of abuse is different to sharing nude selfies among peer groups, 'sexting', or being encouraged to perform a sexual act for someone who is physically present.

In all cases of sexual abuse, the adult grooming the child for the material is the person responsible for it: the child is never to blame.

It's important to ensure that children understand it's never their fault they were sexually abused.

#### **How do abusers do it?**

This method of abuse isn't happening in dark, hidden corners of the web, but in plain sight, on platforms and apps used by children and their parents.

When offenders have made contact, abusers will encourage, coerce and manipulate children into sexual activities and then capture that as a recording. They often use image hosting sites and cyberlockers (secure file sharing services) to store and distribute the material. The time between first contacting a child to distributing material can be just a few minutes, or hours.

*Continues on the next page...*

## Online Safety

### Why is my child at risk of this happening to them?

Any child who has unrestricted access to internet connected devices, no matter what their background or situation, is at risk of this abuse happening to them. No-one is immune.

However, evidence shows that it happens to girls much more than boys, and most often girls aged 11 to 13 years old. It's helpful to understand some reasons for this, to realise why just banning a child from using social media is not the answer or won't solve the problem.

First of all, remember that for young teenagers, life off the internet is no more 'real' than life on the internet – both worlds are their reality. And just like offline life, online life can be full of positives. It's where they can chat to their friends and stay connected (especially important during the isolation of lockdown). It's where they can laugh and be entertained. It's where they can find and share images and videos. It's where they can argue their opinions and express themselves in ways that feel fun, exciting and carefree.

Online spaces are places where young people can feel empowered. They're places that adults don't totally 'get'; where teens can create a private life for themselves separate from their parents and carers. This can be vital for their development and preparation for adult life.

### Start the conversation and listen to their concerns

Having this first conversation will probably be the hardest thing to do – talking about sex feels awkward, and no-one wants to think about something as shocking as sexual abuse. There won't be many parents and carers who feel confident or prepared to talk to their child about this – everyone will wish they didn't have to. Unfortunately, you do have to. Not talking about it could make the difference between your child being safe, or not. Here are some tips on starting the conversation:

- Pick your moment - there will never be an 'ideal' time, but if you're interrupting their favourite TV show the conversation may not go well
- Try not to make a dramatic 'We need to talk' statement – a good time to talk about tricky things can be while you're walking, playing or doing an activity together, or during a car journey
- Remind them that no-one should ask them to do anything that makes them feel uncomfortable or that they don't want to do, no matter what it is.
- Avoid judgement, blame or shame. When you speak to your child, whatever they tell you, never imply that they are responsible or to blame if someone asks them to share, or if they already have shared, sexual material.
- Set rules about the way you use technology as a family. You can't have control over everything your child does and how they behave on the internet, but having a family contract or agreement sets out some expectations of how everyone can go online positively and safely.
- Take an interest in your child's online life
- Don't rush to judgement

## Online Safety Resources

### How to Stay Secure Online

The National Cyber Security Centre (NCSC) have released a great free interactive resource for KS3 students about how to stay secure online. Students can learn and participate in aspects such as cyber scams in games and social media where learners can make choices of the character and watch how they play out.

More information and access to the video can be found [HERE](#).

### Reporting Online threats

If a young person is threatened online they need to be able to judge whether this is a hypothetical or credible threat, this is because social media companies will treat the incident differently. Realistically this means that if the threatening account/actor is reported the company will either not deal with the matter at all (hypothetical) or will (should) deal with the threat if it is reported. It is important that students understand this because advice many of them receive is to 'block and report.' That is good advice, but it depends on the situation, in this case whether it is a threat and whether it is credible.

To help you with this, SWGfL and their website Report Harmful Content has a brief explanation of both types of threat, and very usefully have a list of common social media plus a few games which links directly to their reporting/advice page. You can find the page [HERE](#).

### Apps to Help Kids Get Active

In this beautiful weather we're having and with the summer break just around the corner it's important that we all get outside and soak up the goodness. This can be difficult for parents whose children seem super-glued to their devices so Internet Matters have put together a useful advice page with a list of different apps for children of all ages to get them motivated. You can find the advice page [HERE](#).



# 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.

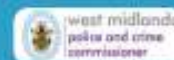
### Skips Educational

Web: [www.skipssafetynet.org](http://www.skipssafetynet.org)  
Email: [info@skips.com](mailto: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



# Skips

## Keeping children safe online

[www.skipssafetynet.org](http://www.skipssafetynet.org)



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2023



COURTESY OF MONEY SAVING CENTRAL

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

### PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### IKEA

Kids get a meal from 95p daily from 11am

### MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

### FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

### TO BE CONFIRMED...

M&S and Farmhouse Inns

Copyright of MONEY SAVING CENTRAL





North  
Northamptonshire  
Council



# SUMMER HOLIDAY ACTIVITIES

**Holiday Activities available across  
North Northamptonshire during  
the school summer holidays.**

Find out more  
[www.northnorthants.gov.uk/  
holidayactivities](http://www.northnorthants.gov.uk/holidayactivities)

**Do something cool  
with your Summer!**

Scan me



Follow us on social media



North  
Northamptonshire  
Leisure



Places  
Leisure  
Part of Places for People



freedomleisure  
where you matter

## BACK TO SCHOOL COLLECTION



**SHEX STRIDE**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 7 - 14  
FITTINGS AVAILABLE: E, F, G, H



**STODGY STRIDE**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 7 - 14  
FITTINGS AVAILABLE: E, F, G



**SCAPE SKY**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 10 - 14  
FITTINGS AVAILABLE: E, F, G, H



**KICK BACK**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 7 - 4  
FITTINGS AVAILABLE: E, G



**RELOA SEA**  
COLOUR: BLACK LEATHER & BLACK PATENT  
SIZES AVAILABLE: 7 - 14  
FITTINGS AVAILABLE: E, F, G, H



**SCALA TAP**  
COLOUR: BLACK PATENT  
SIZES AVAILABLE: 7 - 14  
FITTINGS AVAILABLE: E, F, G, H



**JAZZY 3D**  
COLOUR: BLACK PATENT  
SIZES AVAILABLE: 8 - 14  
FITTINGS AVAILABLE: E, F, G, H



**JAZZY TAP**  
COLOUR: BLACK LEATHER  
SIZES AVAILABLE: 8 - 4  
FITTINGS AVAILABLE: E, F, G, H



**CICA STAR DRB**  
COLOUR: BLACK  
SIZES AVAILABLE: 7 - 14  
FITTINGS AVAILABLE: E, F, G, H



**CICA STAR FLEX**  
COLOUR: PINK CORAL  
SIZES AVAILABLE: 7 - 14  
FITTINGS AVAILABLE: E, G



**CICA STAR RUN**  
COLOUR: NAVY CORAL  
SIZES AVAILABLE: 7 - 14  
FITTINGS AVAILABLE: E, G



**AWARD FLY**  
COLOUR: BLACK  
SIZES AVAILABLE: 10 - 14  
FITTINGS AVAILABLE: E, G

Clarks

## Summer Term PE Clubs

### After School Clubs Timetable

Monday	Tuesday	Wednesday
Athletics Track Events	Rounders	Tennis
Athletics Field Events	Cricket / Softball	
<p><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></p>		





## Literacy Challenge

Last week you learnt about the prefix Mis- which means “bad/badly” or “wrong”. Mis- is another very common prefix.

Which of the following words can be prefixed with Mis- to change the meaning?

Representation

Information

Awaken

Taken

Fight

Trust

Contaminate

Manage

Understand

Interpret

Paint

Print

Clean

Judge

Fortune

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

One minute to get down as many MIS- words as you can think of!



Check if they all really exist!



## Numeracy Problem of the Week



Stephen leaves Middlesbrough by train at 09:00.  
The train travels the first 27 km at 96 km per  
hour. It then stops at Darlington for 3 minutes,  
before travelling the remaining 29 km to  
Durham at the same speed.

At what time does Stephen arrive in Durham?

Last Week's Solution: 25

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	<a href="mailto:Info@encompasscharity.org.uk">Info@encompasscharity.org.uk</a>
NN10 9YU	

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

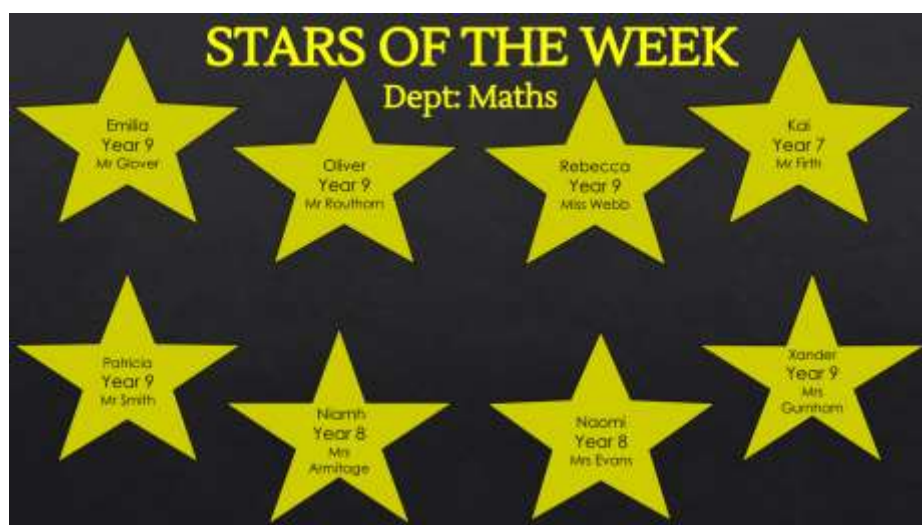
### ADDITIONAL INFORMATION INCLUDING FINANCIAL SUPPORT

<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.

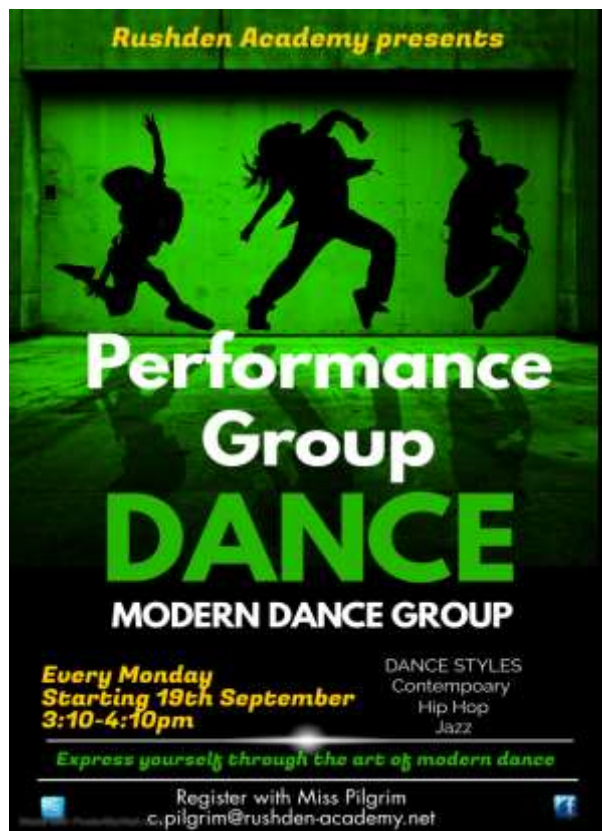


## Stars of the Week

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](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 **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 us on your mobile phone, laptop or desktop. A free service for young people. All advice is confidential. We are not responsible for any harm or damage caused by the use of our services. Please contact your local authority for more information.

**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

See us on your mobile phone, laptop or desktop. A free service for young people. All advice is confidential. We are not responsible for any harm or damage caused by the use of our services. Please contact your local authority for more information.

**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/ABOUT/CAMHS/LIVE](http://WWW.NHS.UK/ABOUT/CAMHS/LIVE)

**t f**

**Camhs**  
Where Young Minds Matter

**MAKING A DIFFERENCE FOR YOU, WITH YOU**

© 2018 Northamptonshire Healthcare NHS Foundation Trust. All Rights Reserved. Version: 1.0, 1st Edition, 2018