



Rushden Academy Newsletter

Aspire, Explore, Succeed

28/05/2021

Message From the Principal



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Team Rushden - United we stand, divided we fall

Good afternoon

Year 11 have been excellent ambassadors and we are looking forward to seeing Year 10 step up and show this level of maturity as they move up a year group. Year 11 have focussed on revising hard to achieve the best possible grades and their attitude towards their studies has been second to none. Yesterday afternoon they attended their final assembly as a year group and today, thank you to Gracie's family, they will celebrate their achievements in a Big Top Marquee. The criteria to attend was based on commitment and attendance throughout this difficult time and I would like to congratulate the many for surpassing this criteria.

Yesterday, we donated £507 to Stanwick Lakes to help repair the damage caused to the Children's Play area. It is heart-breaking that this money could have been put to a better use rather than repairing an arson attack. But it matters that we replace this in the community and thank you for supporting the cause. A special thank you to Elise (year 11 pupil) for suggesting that we should do this in the first place.

A final thank you, we are unswerving in our commitment to provide the best education that we possibly can and your kind emails certainly boost staff morale in these challenging times. Social media now plays a central role in our lives, but some messages can be quite judgmental. If ever there are any concerns I encourage you to contact the school before placing messages out there that are difficult to retract, by contacting the school we can investigate the issues thoroughly to ensure we get the full picture, thus working together.

COVID-19 testing over May half-term

As lockdown eases, taking a rapid COVID-19 test twice a week, even if you do not have symptoms, will help us stay ahead of the spread of the virus, particularly as new strains appear. Around 1 in 3 people with COVID -19 have no symptoms and are spreading the virus without knowing. This includes those who have had their vaccine.

The DFE thank you for your continued support in testing. Over 40 million tests with staff and students have now been conducted as part of the education testing programme.

Please continue to test twice-weekly over half-term and test before returning to school or college after the holiday.

Continued on the next page...

Message From the Principal Continued...

The result of a rapid test could be positive, negative or even void. But whatever it is, it should be reported straight away, every time. Recording all test results helps scientists stay ahead of the virus by spotting new outbreaks quickly and advising how to respond.

Reporting results is easy. Go to [report a COVID-19 lateral flow test result](#) or call 119 free from a mobile or landline. Lines are open every day, 7am to 11pm. Support is offered in 200 languages as well as British Sign Language and Live Video Assistance.

Where pupils/students test positive having developed symptoms within 2 days of being in school, please contact the school via info@rushden-academy.net to assist in identifying close contacts and advising self-isolation, as the individual may have been infectious whilst in school.

We do hope that you have a good half term break and we look forward to welcoming the team back on 7th June fully dressed as per Team Rushden uniform expectations. Please support us by ensuring standards do not slip.

Mrs J Burton
Principal

Year 11 PE Kit

Dear Parent/Carer,

As your son/daughters time at Rushden Academy comes to an end, I would like to take this opportunity to thank you all for your support over the past 5 years.

I would also like to take this opportunity to ask that if you have any 'hand me downs' that you would like to donate to the PE team it would be greatly appreciated. Any old PE kit that no longer fits or is not required would be very well received and would help us enable all students to participate in PE in appropriate kit.

Thank you,

Mr S Harris
Head of PE

Uniform

A polite reminder regarding uniform. Please make sure that your child comes to school wearing the correct uniform - This must include a blazer which is a compulsory element of our school uniform.

Jeans or jean like material and leggings are not part of the uniform and should not be worn as an alternative to school wear trousers.

Hoodies and sweatshirts are not part of the school uniform and should not be worn.

Thank you to Big Top Marquees

The text "Thank You!" is written in a black, elegant cursive font. It is surrounded by numerous colorful, semi-transparent bubbles in shades of blue, green, yellow, orange, and pink, creating a festive and celebratory atmosphere.

A huge thank you to Big Top Marquees for supporting our year 11's as they celebrate their time at Rushden Academy by providing a venue for their end of year prom.

www.bigtopmarquees.co.uk

01933 350336



Library News

Hello Everyone,

It's definitely been a topsy-turvy and tricky year for many of us. As a Library, we have continued to encourage our students to keep motivated with their reading, knowing how important it is to them from both an academic and personal point of view. The year group bubbles have meant that open access to the Library has not been possible and so we have been running a 'Click and Deliver' service since September. Considering all of the difficulties I'm really pleased to say that we have still been able to issue **1600** books to students since September. Year 7s are now also able to browse the Library shelves again, which is great. Book selection is an important skill to learn with students using retrieval techniques, picking up on key words and evaluating which book is the right one for them.

Students have also had access to the electronic book library, Wheeler's e-Platform. This was especially useful during lock-downs or periods of isolation. Since September there have been **698** loans of with an e-book or an audiobook. This platform proved to be particularly useful with Year 8, who are still taking part in the Accelerated Reader programme.



The difficulty of the year, has meant that we have not been pushing our usual over-dues procedures because we were well aware that students might not be in a position to return their books in the normal way. However, we would now like to ask for your help in making sure that we get all of our books back into the Library. We currently have 222 overdue books, with around 85 having been issued before the start of this academic year (either before or during the first Lock-down in March last year). If you are able to help your child have a really good look at home during the half-term holiday and to send them back into school with any Library books you find, that would be

fantastic. There are two Library Returns Boxes on either side of the English block, near the stairs, so students can return their books easily.

Have a good half-term holiday and happy reading.

Ms N Raven
Resource Centre Manager

Upcoming Year 8 HPV Vaccinations

A reminder that the year 8 HPV vaccinations will be on Wednesday 16th June.

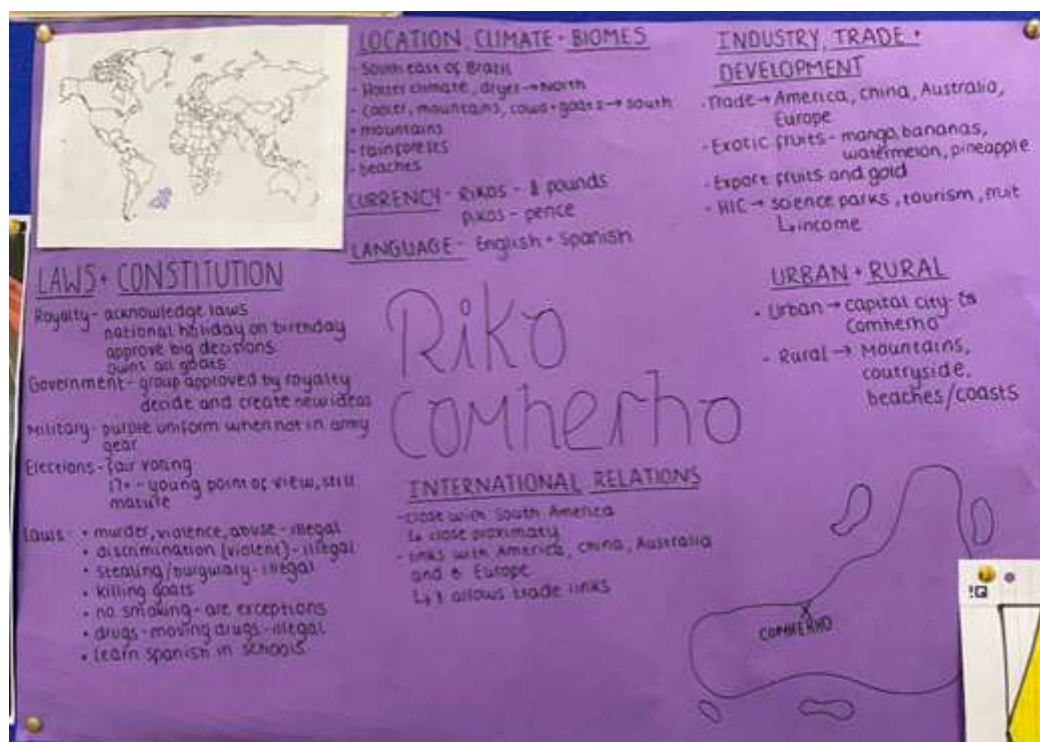
For more information about the vaccine, and to give consent for your child, please visit:

<https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/>

Year 11 Geography

For their final task in GCSE Geography, the Y11s have been designing their own country. They needed to include a range of information, including location, flag, language, constitution, trade, resources, urban and rural areas, climate and biodiversity and international relations. They presented their work to the rest of their class who then voted the best example.

The winning group consisted of MacKenzie P, Maddie R, Holly S, Jess J and Ryan P who created the great nation of RIKO Comherho. Well done for such fantastic and imaginative work!



TENC Newsletter

Have a look at the TENC Newsletter for May [here](#).

Year 10 Careers Interviews

Next half term all of our year 10 pupils will have a 1 to 1 careers interview with an advisor from Prospects. This is a careers advice company who provide independent advice to pupils about their next steps and future goals. Each pupil will meet with the advisor and then receive a written report detailing useful resources and websites along with the next steps that they need to make to reach their goals.

Prom Ready!

The year 11 student leadership team have been working hard, with the help of Big Top Marquees, to get ready for their Prom, taking place this afternoon!




It has been a great show of teamwork from the students, with amazing results!

We hope they all have a fantastic time celebrating their hard work and efforts throughout this difficult year, and look forward to see them all dressed up later today!

Well done for everything you have done this year.



Joyful June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
	Decide to look for what's good every day this month	Say positive things in your conversations with others	Re-frame a worry and try to find a helpful way to think about it	Take a photo of something that brings you joy and share it	Think of 3 things you're grateful for and write them down	Get out into green space and feel the joy that nature brings
7	8	9	10	11	12	13
Do something healthy which makes you feel good	Find joy in music: sing, dance, play, listen or share	Ask a friend what made them happy recently	Bring joy to others by doing something kind for them	Eat good food that makes you happy and really savour it	Write a gratitude letter to thank someone	Take a light-hearted approach. Choose to see the funny side
14	15	16	17	18	19	20
Share a happy memory with someone who means a lot to you	Look for something to be thankful for where you least expect it	Speak to others in a warm and friendly way	Take time to notice things that you find beautiful	Look for something good in a difficult situation	Get outside and find the joy in being active	Rediscover and enjoy a fun childhood activity
21	22	23	24	25	26	27
Send a positive note to a friend who needs encouragement	Watch something funny and enjoy how it feels to laugh	Create a playlist of uplifting songs to listen to	Bring to mind a favourite memory you feel grateful for	Show your appreciation to people who are helping others	Make time to do something playful, just for the fun of it	Be kind to you. Do something that brings you joy
28	29	30				
Notice how positive emotions are contagious between people	Share a friendly smile with people you see today	Make a list of the joys in your life (and keep adding to it)	 			

PE Clubs are Back!!!

PE Extra-Curricular clubs have returned specifically for our Year 7 cohort.

Another fantastic week of fun and enjoyment at extra-curricular clubs this week!

Please do come along and bring your friends and don't forget to grab your loyalty cards!



Clubs available for Year 7 after half term:

Tuesday: Fitness suite and Trampolining

Wednesday: Football and Netball

Thursday: Kinball and Cricket



Phizzing Physics 3

Over the last term students in year 7 have been studying the big question in the environment at the moment; how do we meet our power needs without damaging the environment? You may be surprised to learn that in East Northants, or I suppose now North Northants, are world renowned in this sector. [See Greenlight for extension](#). A short drive around the outskirts of Rushden, Stanwick, Wellingborough and Burton, and you can't fail to notice all the wind turbines and huge solar farms producing electricity in vast quantities. You may be less aware that at Billing and [Biogen Westwood](#) (near Knotting on the A6) we have anaerobic digesters processing food, animal and human waste (sorry if it's tea time!) into Biogas and "Green Electricity". According to Biogens website they "Process 65,000 tonnes of food waste per year generating 2.9MW of green electricity, enough to power approximately 6,500 homes".

The problem, as our students know, is that it's dark at night and not always windy.

So students have explored the ways in which we can store energy in batteries. From their healthy living topic and the energy topic students are aware of the energy stored in fruit and how healthy they are. But until they built fruity batteries, they did not know we could make electricity from them.



Students found the best fruit for batteries were apples and lemons, with metals magnesium and copper as the electrodes.

They then went on to improve their batteries with a budget of 10p (much cheaper than industrial R&D costs I am sure). Or at least they designed batteries using 5x 2p coins or 10x 1p coins, aluminium foil and an electrolyte. [See how to make a battery](#).

Using what they learned from their chemical reactions topic, they realised that fruits contain acid, and you can't drink fizzy pop before bed for the same reason. So they tried a range of vinegars, lemon juice and a certain cola!

It seemed that for one group 2p coins in malt vinegar was best and for another group cola and 1p coins was best. We got voltages of 2.24V and 1.59V respectively. When you compare this with a certain "copper topped-cell" at 1.2 V they did pretty well. Only enough space for a couple of photos but all students managed to make working fruity batteries

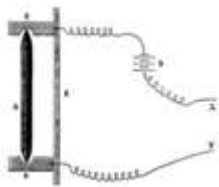


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Phizzing Physics 3 Continued...



Year eights have been studying waves and especially sound systems this term. We started by making some instruments to see how we could change pitch and amplitude. They went on to make carbon microphones ([see clip how to make a microphone from a matchbox](#)) just like Thomas Edison in the US and David Edward Hughes in England in the 1880s.



Who knew you could make one from 3 pieces of pencil and a cup?

Here are some photos of the best.

We also went on to make our own speakers from rolled up recycling paper.



[The clip](#) will show you how you can do this to play your own mp3 through it!



Again I have included some photos of the best speakers but all the students managed to make them work.



So with all the green power stations around powering performances in our music venues, we are always going to need engineers, technicians, and designers to innovate and improve on our existing solutions. Opportunities abound in these sectors in our area. Maybe you would consider studying the [STEM](#) subjects further. We have local Universities offering music technicians courses right up to degree level. We also have lots of local companies offering modern apprenticeships in electrical engineering. At Rushden we are always looking for those aspiring students who would be interested in exploring this avenue further. Well done to those budding engineers from the science department.

Dance Update

Dance at Rushden Academy this term has been about getting active again, we have been so impressed with the quality of work students have produced!

KS3

Year 7

In Year 7, students have been performing in the style of street dance, looking at Graffiti as a stimulus. They have explored movement through the use of dance elements Action, Space, and Dynamics to create their own physical graffiti tags. With the combination of hip hop moves their performances have been full of energy and enthusiasm!

Year 8

In Year 8 have watched and replicated Michael Jackson's 'Thriller' dance routine. Students have focused on their characterisation skills of a zombie within their performance with consideration of how this affects the quality of their movement.

Year 9

Students in year 9 have been studying the professional work, 'Emancipation of Expressionism' by Boy Blue Ent. Each student has learnt key motifs and have used these to create their own choreographies which include a range of spatial and dynamic elements, as well as choreographic devices.

KS4

Year 10

Year 10 dancers have been completing Component 1 of their BTEC course and learning a new technique called 'Flying Low'. This technique is floor based and very technical, we have been really impressed by the students attitude towards this, getting stuck in and having a go!

Year 11

GCSE year 11 dancers have been completing their final exams this term, in addition to finishing their choreographies. The work the year 11s have produced in such a small amount of time is really impressive - well done to you all and Good luck!!

OMEGLE - Tik Tok

Please be aware of the app called **OMEGLE** recently advertised by Tik Tok. There have been concerns raised that the app can be accessed by young people, putting them at risk of viewing inappropriate explicit images and a chat option to incite conversations with others who they do not know.

Please be advised to check Parental Settings regularly and ensure your child understands how to keep themselves safe online both on social media and through general usage.

Piercings

There remain a minority of pupils who continue to have facial piercings which are not allowed in school. We do have plastic retainers that pupils can wear up to the point by which these too can be removed as the piercing is no longer liable to close during the school day.

We would encourage all parents whose children currently have a piercing for this to be removed over half term in readiness for their return to school on the 7th June. We wish to avoid sanctions such as placing a pupil in Isolation and would only use this as a last resort once all other avenues to resolve this situation and ensure compliance with our policy have been exhausted.

Year 7 Changes

When we return after the holiday, year 7 will be having their break and lunch at different times. With year 11 leaving, it means that we can still maintain our 'bubbles' without having to split up periods 2 and 4. Pupils in year 7 will have both of these periods without the need to have a break in the middle. Their break will be from 11.00-11.20 and lunch will be 13.20-13.50.

Contact Details

Please ensure that Rushden Academy has your up to date contact details. You can use the SIMS Parent App to make any changes, or email the school at info@rushden-academy.net

Pencil Case Reboot/Refresh

Do check your current equipment required for school and get pencil case ready for the new term

- ✓ Pens
- ✓ Pencils
- ✓ Rubber
- ✓ Highlighter
- ✓ Glue stick
- ✓ Ruler
- ✓ Mathematical instruments—compass/protractor/set square
- ✓ Electronic calculator

Stanwick Lakes Donation

On Friday 30th April, Rushden Academy held a mufti day to raise money to rebuild the play ground at Stanwick Lakes.

Today Jane and Abby from Rockingham Forest Trust came to collect our donation, and give us this thank you certificate. We hope our contribution helps rebuild this amazing local resource.





Get Set to Go with Northamptonshire Mind

Evidence has show that physical exercise can improve our mental health, reduce anxiety and stress, increase our self esteem and help us cope better with life. The aim of the Get Set to Go project is to:



- Give people living with a mental health condition confidence to get active
- To promote and encourage getting active, participating and socializing as part of a healthy lifestyle
- Reduce the barriers of getting active: cost, anxiety, lack of motivation

There are a wide range of activities planned on various days and times and you don't have to be "sporty" to get involved.

For more details or to book on a an activity please ring 01933 312800 or email Jackie.ackroyd@northamptonshiremind.org.uk

Sessions available include:

Session	When	Start	Where	Cost?
Swim, Chat, Chill	Mondays & Fridays 14.30-15.15	7th June (6 weeks) 6th September (6 weeks)	Splash Leisure Pool, Rushden, NN10 9SL	Free
Nordic Walking	Mondays 14.00-15.00	7th June (12 weeks)	Irchester Country Park NN29 7DL	Parking charges apply
Play, Chat, Chill Badminton and Table Tennis	Tuesdays 13.30-14.30	8th June (12 weeks)	The Pemberton Centre, Rushden, NN10 9YP	Free
Fishing and Mindfulness	Thursdays 10.00-12.30	10th June (12 weeks)	Grendon Pond Castle Ashby	Free
Mindful Yoga	Thursdays 11.30-12.30	10th June (6 weeks) 9th September (6 weeks)	The Pemberton Centre, Rushden, NN10 9YP	Free
Line Dancing	Thursdays 17.30-18.30	10th June (12 weeks)	The Pemberton Centre, Rushden, NN10 9YP	Free
Clubbercise	Thursdays 19.45-20.45	10th June (12 weeks)	The Pemberton Centre, Rushden, NN10 9YP	Free
Ramble and Photography	Fridays 11.00-12.00	11th June (6 weeks) 17th September (6 weeks)	Irchester Country Park NN29 7DL	Parking charges apply
Mindful Football	Sundays 10.00-11.00	27th June (12 weeks)	The Pemberton Centre, Rushden, NN10 9YP	Free

Year 11 Opportunities from 7th-26th June

After half term there are going to be several opportunities open to year 11. Some of these will be for pupils planning to continue their studies with TENC, some for pupils continuing with A-Levels elsewhere and some for those going to college.

All of the opportunities will be on the Rushden Academy website and you will be able to download those that are suitable. All of the information will be under the Curriculum tab at the top of the website and then the dropdown menu labelled Transition.

Please see the table below explaining the opportunities.

Who	What	Details
All year 11 pupils	Virtual Work Experience	Apply to be part of work experience, including some very famous companies.
All year 11 pupils	Post 16 Skills	What are the writing and research skills that you will need to complete your post-16
BTEC and A-Level pupils	Short 6th Form tasks	These are a series of short tasks to get you thinking about your future course. They are grouped together by similar subjects and you can complete them in short sessions
BTEC and A-Level pupils	Subject Progression Sheets	These tasks are more subject specific and include questions to think about, possible reading lists and tasks to help you to make
Extra maths and English	Keeping it fresh	These are a series of tasks and worksheets for anyone who thinks that they may need to re-sit their GCSE in either of these
TENC pupils	Induction week	From Mon 21st June to Weds 23rd June is the TENC induction sessions. This is an opportunity to meet the teachers, talk about the course and to find out what you will need to do to prepare for September.

Year 12 Assessment Week Timetable

Students will sit exams in their homebase schools unless indicated otherwise.

Biology Paper 1 - Those students with clashes will sit Biology Paper 1 in the afternoon.

	AM Session		PM Session	
Monday 14th June	Biology Paper 1 (18)	1hr30	Biology Paper 1 (6)	1hr30
	French Paper 1	2h30	English Lang/Lit	2x 1hr
	Geography	2hr15	Photography (Rushden)	1hr
	History	2hr15	Physics	1hr30
	Photography (Rushden)	4hrs		
Tuesday 15th June	Art (Rushden)	4hrs	Art (Rushden)	1hr
	Chemistry (Breadth)	1hr30	Sociology	2hr
	English Lit	2hr30		
Wednesday 16th June	Psychology	1hr30	Core Maths	1hr30
			Maths Paper 1	2hrs
			Media	2hrs
Thursday 17th June	Computer Science	2x 1hr	Biology Paper 2	1hr30
	Drama	50min	Business Paper 1	1hr30
	English Lit (ES paper)	2hrs		
	French Paper 2	2hrs		
	Graphics	1hr40		
Friday 18th June	Dance	2hr30	Business Paper 1	1hr30
	Maths Paper 2	1hr15	Chemistry (Depth)	1hr30

Year 10 Mock Timetable

From 21st –30th June if you do not have an exam you will be in your normal lessons. More information will follow later.

You will be told if you are doing English S & L. This will be a handful of students.

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

	P1 & 2		P3 & 4		P5 & Reg	
Monday 21st June	English Language	1hr45	Biology Paper 1	1hr15	French Reading	60min/ 45min
Tuesday 22nd June	Chemistry Paper 1	1hr15	Geography	1hr30	Maths Paper 1	1hr
Wednesday 23rd June	Business GCSE Drama 10B Music	1hr45 2hr 2hr	Maths Paper 2	1hr	German Reading	60min/ 45min
Thursday 24th June	Physics Paper 1	1hr15	History	1hr15		
Friday 25th June	Photography 10A Dance 10A German Writing	2hr 2hr 80min/ 70min	Photography 10A	2hr	Photography 10A	1hr
Monday 28th June	Photography 10C Chilcare Drama 10C ICT French Writing	2hr 1hr 2hr 1hr 80min/ 70min	Photography 10C	2hr	Photography 10C	1hr
Tuesday 29th June	Art English S&L	2hr	Art	2hr	Art	1hr
Wednesday 30th June	Graphics English S&L	2hr	Graphics	2hr	Graphics	1hr

Careers and Apprenticeships for Years 10-13

Opportunities this week:

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



World Skills online talks:



WorldSkills UK inspire young people, whatever their background, to choose high-quality apprenticeships and technical education as prestigious career routes.

Over the past 12 months they have held two Spotlight Talks online events, bringing together the UK's leading employers and apprentices to highlight opportunities and career pathways available. They had over **160,000**

registrants for Spotlight Talks and **85% of educators** said they're now better able to advise students after attending.

All 30+ Spotlight Talks are available, for free, to watch on our website. So visit now to watch engaging talks from the NHS, RAF, Science Council, BAE Systems, British Esports Association, GSK and many more.

[You can watch the recorded talks here.](#)

You can also register your interest for our next Spotlight Talks event which will focus on Digital Skills and take place on the 13th and 14th of October.

[Register for future talks here.](#)

PREMIER LEAGUE

KICKS



FREE FOOTBALL COACHING!

Are you interested in coming to play football and receive football coaching free of charge?

We will soon be re-starting our Premier League Kicks site in Rushden! Make sure you come and join us!

Every Wednesday from 6:00pm to 7:00pm we will be at:

The Pemberton Centre MUGA,
H.E. Bates Way,
Rushden,
NN10 9YP.

THIS IS FOR SCHOOL YEARS 7-13.

Due to COVID-19 regulations, participants **MUST** register in advance at: ntfccommunity.co.uk/pl-kicks

For any Premier League Kicks enquiries please contact us (text only) on 07848473528.



NORTHAMPTON TOWN FC
#PROUDTOBE



GIRLS PLAY RUGBY TOO!

TRY SOMETHING NEW!!

RUSHDEN & HIGHAM RUGBY CLUB ARE
STARTING ITS U12'S - U15'S GIRLS TEAM AGAIN
NO EXPERIENCE NECESSARY

Starts:
Sunday 23rd May 2021
12.30pm - 2pm

At: Rushden & Higham
Rugby Club,
Manor Park,
Bedford Road, Rushden



For more information please contact
Jo Griffiths on 07792-902390



Lockdown Roadmap Step Up!



COMMUNITY
AMBASSADORS



*At the earliest date

Stars of the Week

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



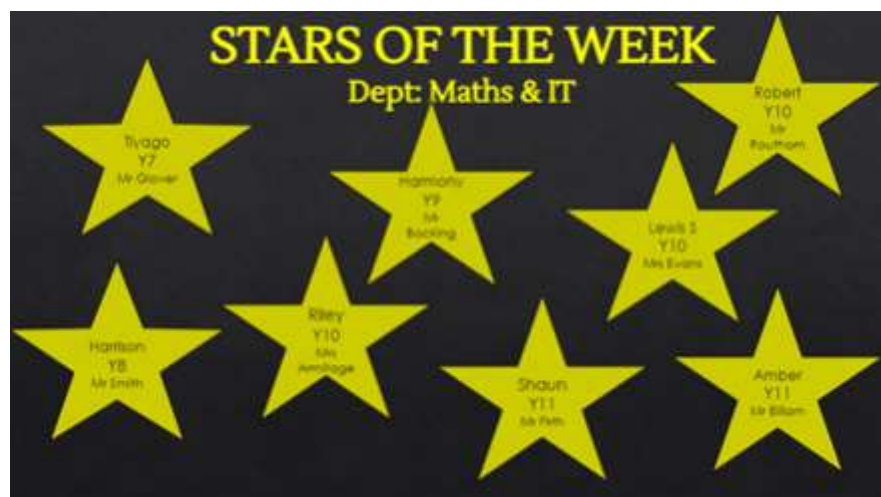
Stars of the Week

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.



Student Honour Awards

The Student's Honour Award is an award chosen by students. They have had the opportunity to vote for who you wanted to win over the last week.



And the votes are in! Good luck to everyone nominated.



Student Honour Awards

The Student's Honour Award is an award chosen by students. They have had the opportunity to vote for who you wanted to win over the last week.



Star of the Week Prize Draw Winners

This part has the winners of the vouchers that were available as a result of gaining a star of the week from one of the Teachers at Rushden Academy.

Before you see that, we just want to say a massive well done to everyone who has received a star of the week this half term.... Will it be you next term?

The Rules:

1. Only one voucher per student.
2. The winners will be drawn on a random number generator. Each Star of the week is allocated a number prior to the draw.
3. Winners will be emailed to let you know when you can collect your vouchers after half term.
4. The vouchers have been drawn by Mr Smart and Student Reception.
5. The draw starts with the £5 vouchers first, followed by the £10 vouchers and then lastly the £15 voucher. This order is to increase the chance of those who have more entries winning the higher voucher. Should you be chosen more than once then you will be awarded the higher value voucher and the voucher that becomes invalid will be redrawn.

GOOD LUCK!



Star of the Week Prize Draw Winners

£10 Amazon Voucher



£15 Amazon Voucher





Become a Youth Ambassador!

We are recruiting young people to join our youth ambassadors group

Take part in creating and executing campaigns, getting other young peoples voices heard and be part in a wellbeing conference.

To get involved or for more information email:
Leanne.conroy@free2talkcic.org

You will receive accreditation through Youth Voice





DISABILITY FOOTBALL FUN!

Come and join our coaches, Cameron and Kym, for some football fun on a Wednesday evening in a fun, safe and secure environment!

These sessions are for those who are aged 8 - 18 years old. Please register online at ntfccommunity.co.uk/pl-kicks
 If you have any further queries please contact Cameron Marshall via email at Cameron.Marshall@ntfc.co.uk




**Every Wednesday starting 16th June 2021.
 Inc. School Holidays
 16:30 - 17:30
 (INDOOR SPORTS HALL)**

The Pemberton Centre,
 H.E. Bates Way,
 Rushden,
 NN10 9YP.

NORTHAMPTON TOWN FC
#PROUDTOBE

Rush2theDen Stay and Play Activities

Rush2theDen is now taking bookings for their stay and play activities. Please see below for more details.

To book a session please visit [Rush2theDen Book a Session](#)

MONDAY
let's go!

Push, Pull Play
Extra energy on Mondays?
We have loads of ride on, sit on, pull along and push toys to enjoy -)

Jolly Jingles
Come and enjoy our very popular singing session

Storytime
Do you like curling up and reading a good book? So do children...

Little Chef's Lunchtime FUN
Every Monday 12pm - 1pm
Have FUN cooking and eating your lunchtime creations!

Tuesday

Messy Play
Come along and play at one of our fabulous Mess Around Messy Play Sessions. We provide multi sensory, messy play experiences for babies aged 6 months (or sitting unaided) to 5 years old.
With lots of activities to explore, including our famous painting wall, the little ones can squelch, pour, mix and splat until their hearts are content. All you have to do is come along and MESS AROUND and leave the cleaning up to us!
RUSH 2The DEN Messy Play is held on Tuesdays for Pre-School Children (and their carers) because making a mess is the best!

Baby Sensory
Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

Happy Wednesday

Stay N Play
Every Wednesday Play Day is an adventure for children.
We cater for all ages up to School entry level where Tots and young children enjoy a selection of toys, games, jigsaws, dress up, playing instruments, craft corner, construction toys and of course cars & dolls etc.
Play is essential to children's development.

Jolly Jingles
Come and enjoy our very popular singing session

Storytime
Do you like curling up and reading a good book? So do children...

Hi-Tea Wednesdays 3.30pm - 5.00pm Have fun and enjoy food...

Thursday

Crafty Fingers
Art may seem like fun and games - and it is! - but you may not realize that your child is actually learning a lot through exploring the arts and doing art activities.
Your children will gain useful life skills through art, so come along and encourage your under 5's to get creative on Thursdays at RUSH 2The DEN

Baby Sensory
Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

FRIDAY FUNDAY

Soft Play
Friday is our day for Soft Play
Large Soft Play equipment, soft bricks, soft cuddlies, beanbags to snuggle into and on and loads more!

Sensory Play
Come in and relax in our special RUSH 2The DEN Sensory Play room on Fridays, soft music, sensory lighting, soft & fluffy mats and sensory toys are all here and waiting for you and your little ones to explore.

Our 'inclusive policy' no young person will be denied access because of affordability. Sensitive arrangements will be put in place where and when necessary.

How to Access Go4Schools

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

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

Please follow the instructions below to access Go4Schools.

Student access to Go4Schools

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



First-time User?

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

Email address:

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

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

Parental access to Go4Schools

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

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

Mr P Bocking
Assistant Principal

Check if You or Your Child has Coronavirus Symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- ◆ a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- ◆ a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- ◆ a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Use the NHS 111 online coronavirus service if:

- ◆ you're worried about your symptoms
- ◆ you're not sure what to do

Are You Eligible for Free School Meals?

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

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

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



WHAT'S ON YOUR MIND?

sex
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

ChatHealth



#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/CAMHS/LIVE

t f

QR code

Camhs
Where Young Minds Matter

MAKING A DIFFERENCE FOR YOU, WITH YOU