



## **Principal Letter – Autumn Term Week Ending 10<sup>th</sup> November 2023**

Dear Parent(s)/Carer(s)

Today we came together as a community, all gathered in the heart space for our Remembrance Assembly. An opportunity for us all to stop and reflect. To think. To take time out of our lives and bring to mind those people who have fought, suffered and died during war and conflict.

Here we are! It is such an amazing view from the top balcony to see the whole school in front of you; year 11s proudly standing alongside being role models to the other year groups, everyone else down below. Our year 7s experiencing for the first time a whole school assembly. The students were, on the whole amazing, but especially during the two-minute silence. You could hear a pin drop, and although some young people found this a challenge, you could see them actively trying to focus on something or lowering their heads so that they could be in the moment. 1200 of us remembering together, such a proud feeling.



Our year 11s are starting their mocks on Monday, it is going to be an intense couple of weeks. As much as the mocks are a chance to see how much students know it is also an opportunity for staff to see what they don't know, and this is important for adapting teaching and for identifying students for booster sessions. Hopefully they have been working hard revising so that they are as prepared as possible. Good luck to them all!

### Top Passmores Points Achievers – 3rd November – 9th November 2023:

Paige Bedford	Year 7	63
Amelia Surtees	Year 7	59
Rosie Stacey-Bocking	Year 7	51
Albert Trofin	Year 7	50
Luke Taylor	Year 7	49
James Afram	Year 7	47
Chloe Theophil	Year 7	44
Emily Aberly	Year 7	43
Emily Stacey-Bocking	Year 7	43
Isabella Hards	Year 7	42
Penny Howard	Year 7	42

Jokubas Garmata	Year 8	58
Charlie Brown	Year 8	57
Demar Potgieter	Year 8	52
John Adesina	Year 8	51
Nicolas Silva Magri	Year 8	51
Alisha Ramalingum	Year 8	48
Ryan Youens	Year 8	47
Freddie Quigley	Year 8	46
Charlie Daltrey	Year 8	45
Maya Oprea	Year 8	45
Ronnie Hills	Year 8	45

Christie Snell	Year 9	46
Jayden Burns	Year 9	46
Ronnie Shipwright	Year 9	46
Savanna Gayle-Maleary	Year 9	46
Tanaka Tawonezvi	Year 9	46
Dawid Wejman	Year 9	43
Adrian Zalinski	Year 9	42
Lewis Dean	Year 9	42
Benjamin Dack	Year 9	41
Dylan Theophil	Year 9	40

Lara Stringer	Year 10	46
Emin Mustafa	Year 10	45
Lola Hughes	Year 10	40
Dylan Jones	Year 10	38
Mario Olaru	Year 10	38
Emily Beckett	Year 10	37

Christopher Scott	Year 10	35
Ellie Blake	Year 10	35
Ahmed Sherif	Year 10	34
Phoebe Wilman-Pursey	Year 10	34

Maisie Peacock	Year 11	53
Maya Pearce	Year 11	52
Gemma McAusland	Year 11	49
Lucy Martin	Year 11	47
Sophie Hegarty	Year 11	46
Ronny Bostock	Year 11	45
Eloisa Bellamy	Year 11	41
Priya Sivathanu	Year 11	40
Heidi Peppard	Year 11	39
Karys Bailey	Year 11	37
Millie Humphries	Year 11	37

### House Passmores Points – 30th October – 9th November 2023:

<b>Dragon</b>	<b>12069</b>
<b>Griffin</b>	<b>11392</b>
<b>Lion</b>	<b>11850</b>
<b>Unicorn</b>	<b>11524</b>

### House Attendance – 30th October – 9th November 2023:

<b>Dragon</b>	<b>94.93%</b>
<b>Griffin</b>	<b>93.86%</b>
<b>Lion</b>	<b>94.38%</b>
<b>Unicorn</b>	<b>94.28%</b>

#### KS3 Disco

On Wednesday 15th November the KS3 disco is taking place. A letter was sent out via parent pay on the 31st October. Tickets cost £3 and can be purchased via parent pay or students can pay on the door. If your son/ daughter decides to attend that evening please send them with a note confirming your consent.

The evening will run from 6-8pm. There will be a tuck shop with sweets and refreshments, this is cash only, if students can bring small change rather than notes it would really help. We look forward to seeing them there. The Pastoral Team.

### **Drama news**

Happy Friday all! Just a quick one from the drama department this week....

Our **Year 7 and Year 8 Panto trips have gone live** and you can now access the letter on Parentmail and pay via Parentpay. We are really looking forward to these two trips.

A reminder that **Year 7 go on the afternoon of Thursday 7<sup>th</sup> December** – we have 180 places on the trip so do make sure you get in and booked up to avoid disappointment.

**Year 8 go on the afternoon of Friday 8<sup>th</sup> December.** There are 145 tickets available for this show and it promises to be a great afternoon out, hopefully getting us all set up for a lovely Christmassy mood.

Please get your places booked so your child/guardian can enjoy a wonderful afternoon at the theatre with their friends for some wholesome and fun entertainment.

Any queries can be directed to [k.warncken@passmoresacademy.com](mailto:k.warncken@passmoresacademy.com)

### **Careers News**

#### **Open Events**

- Chelmsford College, 15th Nov, 6pm-8.30pm
- Birchwood 6th Form, 16th Nov, 5.30pm-8pm
- BMAT STEM Academy, 16th Nov, 6pm-9pm
- Fashion Retail Academy, 18th Nov
- New City College, 18th Nov, 10am-2pm
- Hertford Regional College, 21st Nov, 5.30pm-8pm
- Writtle College, 25th Nov, 10am-3pm



**HARLOW  
COLLEGE**

# **OPEN EVENT**

**Adult & Part-time  
Courses**

**22 Nov | 4-7pm**

**at Harlow College**

**Are you looking to upskill or retrain for a new career?**

**Interested in exploring a new hobby or passion?**

**Striving for that well-deserved promotion at work?**

**Does your business need to upskill its workforce?**

Join us at Harlow College for our Open Event for Adult & Part-time Courses and find out what courses we have on offer that can help you upskill, retrain and future proof your career.



## ALL PART-TIME COURSES

## BOOK OPEN EVENT



### English & Maths

Functional Skills English and Maths courses starting in January 2024. Free for those who do not currently hold a grade C or 4 (or above) in English and Maths.

[Click to find out more](#)

### Claim your training voucher of up to £2000

Free courses for adults if you are:

- Aged 19+, unemployed and in receipt of benefits
- Aged 19+, employed and earning under £20,319.00

[Click to find out more](#)



### Access to Higher Education

Pre-university courses to prepare adults for study at University. Study to become a Midwife, Counsellor, Business Manager or Biomedical Scientist.

[Click to find out more](#)



**Employability Courses**  
Bright Futures Training  
Centre is Harlow College's  
adult training centre offering  
courses in SIA Security, CSCS  
Construction, Warehousing  
and many more.

**Click to find out more**



**UPSKILL, RETRAIN AND  
FUTURE PROOF YOUR CAREER**

Adult/Part-time Courses

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Harlow College Website

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It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

**47%** of parents said they thought their children spent too much time in front of screens

# What parents need to know about SCREEN ADDICTION

## HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

## LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



## CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



**National Online Safety**



## Top Tips for Parents



## LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

## LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

## LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

## MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

## REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

## ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

## STATISTICS

**52%** of children aged 3-4 go online for nearly 9hrs a week

**82%** of children aged 5-7 go online for nearly 9.5hrs a week

**93%** of children aged 8-11 go online for nearly 13.5hrs a week

**99%** of children aged 12-15 go online for nearly 20.5hrs a week

Children and Parents Media Use and Attitudes Report 2018

SOURCES:

<https://www.independent.co.uk>, Children and Parents Media Use and Attitudes Report 2018: <https://www.ofcom.gov.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies, <https://www.researchgate.net/publication/315111111>, <https://www.bbc.com/news/health-51511111>, University of Leeds, <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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## Online Parent Groups



### Supporting Teenagers Emotional Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 3 weeks, with an optional fourth session.

This will look at ways to help your teenager manage their emotional wellbeing.

Monday 6th November 2023  
Monday 13th November 2023  
Monday 20th November 2023  
Monday 27th November 2023 (optional)

5:30-7pm via Zoom

### Challenging Behaviour (at home)

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks.

This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.

Tuesday 7th November 2023  
Tuesday 14th November 2023  
Tuesday 21st November 2023  
Tuesday 28th November 2023  
Tuesday 5th December 2023  
Tuesday 12th December 2023

7-8:30pm via Zoom



### Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks.

This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.


Thursday 9th November 2023  
Thursday 16th November 2023  
Thursday 23rd November 2023  
Thursday 30th November 2023

1-2:30pm via Zoom



### To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code 



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:

Harlow - [mhstharlow@mindinwestessex.org.uk](mailto:mhstharlow@mindinwestessex.org.uk)

Epping Forest - [mhsteppingforest@mindinwestessex.org.uk](mailto:mhsteppingforest@mindinwestessex.org.uk)

Uttlesford - [mhstuttlesford@mindinwestessex.org.uk](mailto:mhstuttlesford@mindinwestessex.org.uk)

**There are limited places available so please book your place as soon as possible.**



# CHRISTMAS FAIR

JOIN US FOR CRAFTS, MUSIC  
AND DELICIOUS TREATS!

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1ST DECEMBER 2023

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6-8:30PM

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PASSMORES ACADEMY  
TRACYES ROAD  
HARLOW

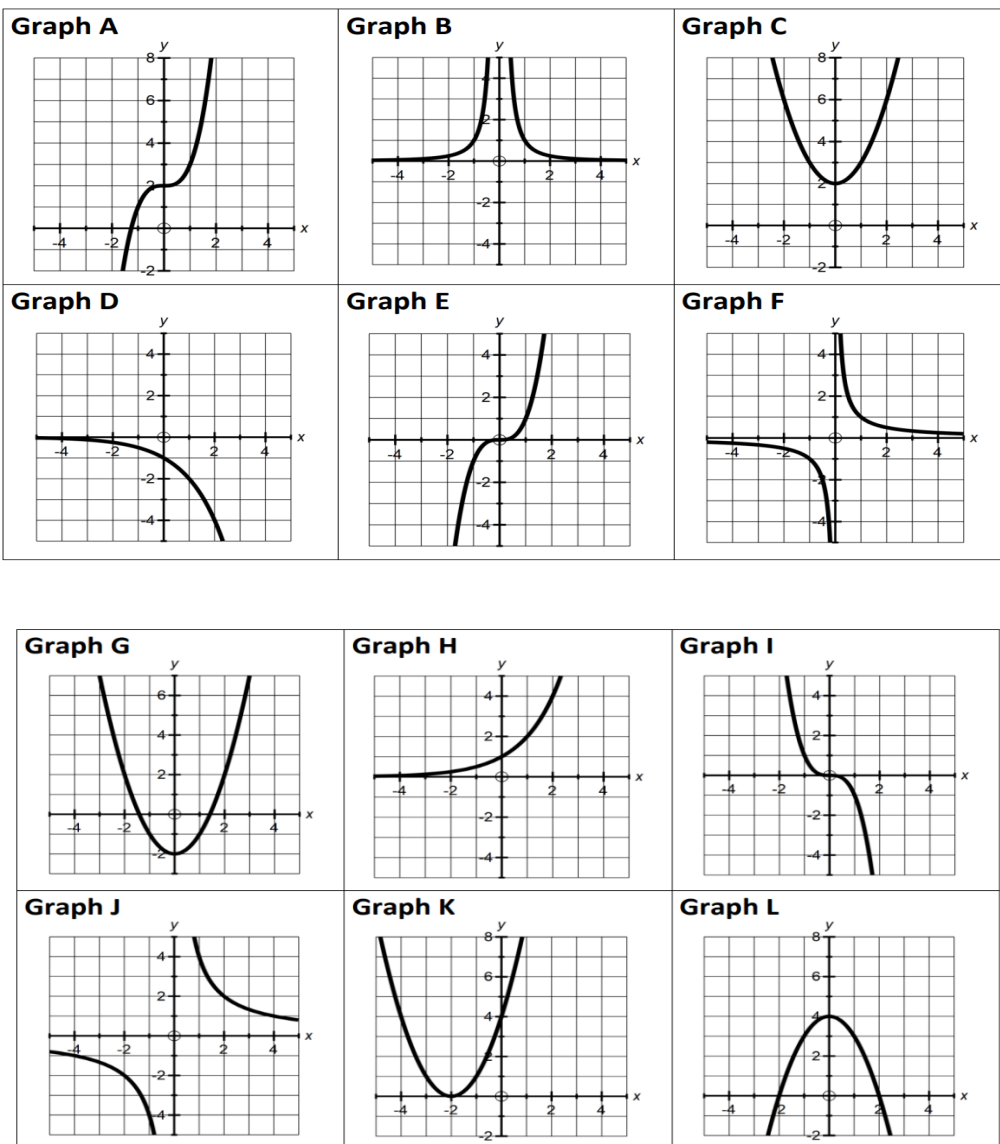
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ENTRANCE FEE  
ADULT: £1  
CHILD: 50P  
OVER 60: 50P  
UNDER 5: FREE

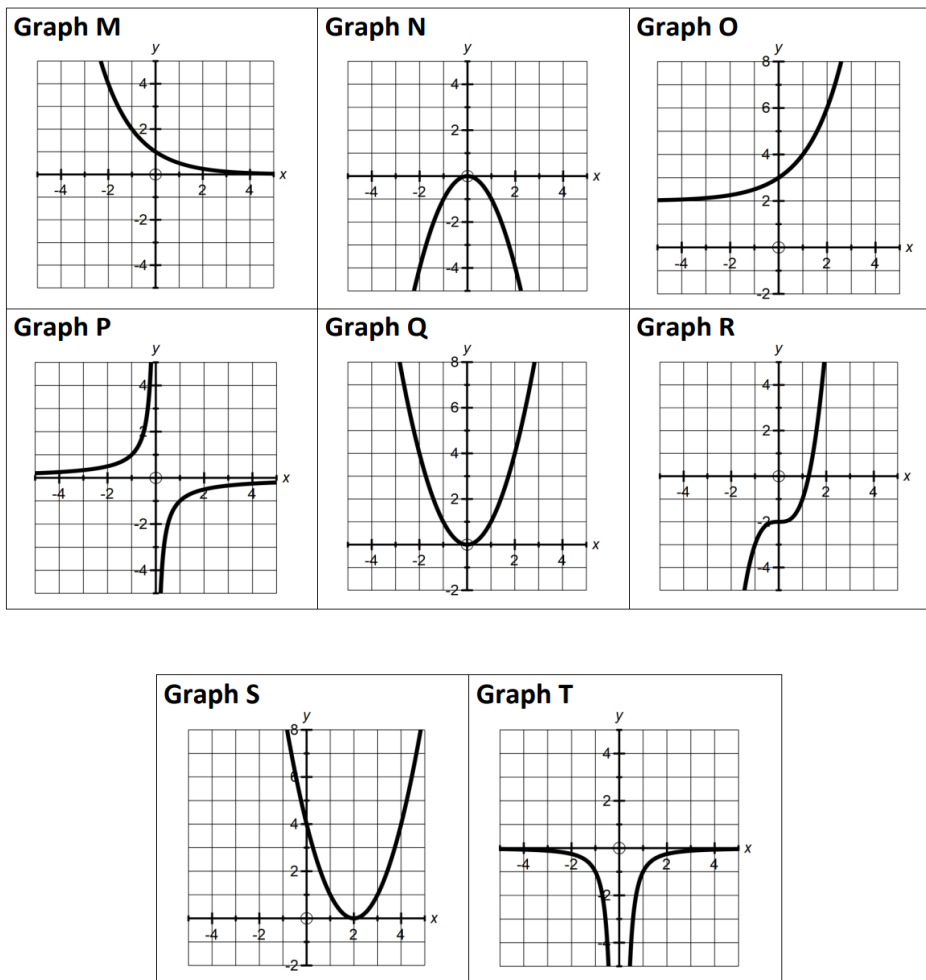
### Maths Problem of the week:

Graph Detectives:

Match the Graph to the equation







1	$y = x^2$	6	$y = x^3$	11	$y = \frac{1}{x}$	16	$y = 2^x$
2	$y = x^2 + 2$	7	$y = x^3 + 2$	12	$y = \frac{1}{x^2}$	17	$y = 2^{-x}$
3	$y = x^2 - 2$	8	$y = x^3 - 2$	13	$y = \frac{4}{x}$	18	$y = -2^x$
4	$y = x^2 + 4x + 4$	9	$y = -x^3$	14	$y = -\frac{1}{x}$	19	$y = 2^x + 2$
5	$y = x^2 - 4x + 4$	10	$y = -x^2$	15	$y = -\frac{1}{x^2}$	20	$y = 4 - x^2$

**Answer to the last Maths Problem:**

Problem 1:

She will NEVER travel a full foot because the distance keeps being reduced by half.

Problem 2:

It would probably take 24 hours, but there is no need to make it again. The job is already done!

**Forthcoming Events:**

13 <sup>th</sup> – 30 <sup>th</sup> November	Year 11 Mocks
Wednesday 15 <sup>th</sup> November	KS3 Disco
Friday 24 <sup>th</sup> November	INSET Day
Friday 1 <sup>st</sup> December	FOPs Xmas Fayre
Thursday 7 <sup>th</sup> December	Year 7 Harlow Playhouse Pantomime 2.15pm
Friday 8 <sup>th</sup> December	Year 8 Harlow Playhouse Pantomime 2.00pm
Wednesday 13 <sup>th</sup> December	Principal Challenge Trip
Thursday 14 <sup>th</sup> December	Christmas Concert 7pm



Natalie Christie

**Principal of Passmores Academy**

TEACHarlow

Interested in becoming a primary or secondary teacher?  
Contact Gareth Walsh on [g.walsh@passmoresacademy.com](mailto:g.walsh@passmoresacademy.com)