



Principal Letter – Autumn Term Week Ending 6th October 2023

Dear Parent(s)/Carer(s)

It does seem quite surreal that we are leaving school today in such beautiful sunshine looking forward to temperatures this weekend that are going to be warmer than what we experienced during the summer! I am sure we are all looking forward to making the most of it.

It was pleasing to hear Gillian Keegan talking about mobile phones this week and plans for developing guidance for all schools on banning them. This absolutely reinforces our decision and we can see the positive impact on our young people already. Just a reminder that phones must be off and in bags, a few phones have been confiscated because students are leaving them in their trouser pocket and therefore, they can be seen.

Wednesday 11th October we are hosting a careers fair for year 10 and year 11. We have over 30 providers attending the event, a fantastic opportunity for you and your young person to come and get as much information as possible to help make informed choices for post 16. We are looking forward to seeing you all next week, it runs from 5-7pm.

Top Passmores Points Achievers –29th September – 5th October 2023:

Fin Hodson	Year 7	77
Amelia Surtees	Year 7	74
Lexi Gaine	Year 7	71
Rosie Stacey-Bocking	Year 7	71
Cherish Rainford	Year 7	70
Tillie Evans	Year 7	67
Rebecca Iona	Year 7	66
Alicia Beeharry	Year 7	64
Albert Trofin	Year 7	58
Adrian Wejman	Year 7	57
Annie Jackson	Year 7	57
Rachel Ricketts	Year 7	57

Harrison Morgan	Year 8	81
Melody Everett	Year 8	70
Marcus Maw	Year 8	65
Lylah Cass-Barnard	Year 8	64
Poppy Houghton	Year 8	62

Oleh Melnyk	Year 8	59
Maddie Benge	Year 8	57
Demar Potgieter	Year 8	56
Krystian Cerek	Year 8	56
Lola Wickes	Year 8	56

Elissa Morris	Year 9	66
Melinda Morar	Year 9	66
Abdul Kamara	Year 9	64
Gwen Kearns	Year 9	63
Sophia Franklin	Year 9	61
Skye Spence	Year 9	57
Benjamin Dack	Year 9	55
Ava Dorrington	Year 9	53
Charlotte Sanders	Year 9	52
Dawid Wejman	Year 9	52

Ethan Rouse	Year 10	60
Katie Mahon	Year 10	60
Kelsey Horey	Year 10	60
Lewis Richards	Year 10	60
Maya Connell	Year 10	60
Philip Ball	Year 10	60
Caitlin Pay	Year 10	57
Theo Kuyumdzhev	Year 10	57
Hannah Lutwyche	Year 10	55
Austeja Garmata	Year 10	52

Haydn Kearney	Year 11	63
Emma Connell	Year 11	61
Faith Horn	Year 11	57
Kallie Jackson	Year 11	55
Poppy Jackson	Year 11	54
Eloisa Bellamy	Year 11	53
Jamie Rowlett	Year 11	51
Amelia Wator	Year 11	50
Razvan-Stefan Jipa	Year 11	49
Lola Hummerston	Year 11	46
Mimi Richards	Year 11	46
Sonnie Mowat	Year 11	46

House Passmores Points 5th September – 5th October 2023 (up to 8:20am):

Dragon	36203
Griffin	34818
Lion	34889
Unicorn	34700

Class of 23 Art Exhibition

We are excited to announce that our Art & Photography Departments will be hosting a celebration of the work of past GCSE Students!

Class of 23 Art Exhibition will be a celebration of the hard work and dedication of our creative students! All are welcome to join us on Thursday 12th October from 4-6pm!

CLASS OF 23 ART & PHOTOGRAPHY EXHIBITION

FREE ENTRY	THURS 12 OCT	4PM – 6PM
		MEMORIAL HALL, PASSMORES ACADEMY
ALL WELCOME		

Breaking Point at Harlow Playhouse

On Thursday 28th September we took 30 of our GCSE Drama students in Year 10 and 11 to Harlow Playhouse to watch “Breaking Point” – a devised piece by new local theatrical group Mercy Theatre Company. The piece looked at the internal breaking point teens may encounter against the backdrop of social pressure and the desire to kick back against societal regimes, and the importance of questioning those regimes. The performance took place in the old BHS unit in the Harvey Centre and provided our pupils with an exciting insight into how any venue can become a theatrical space.

The performance was well attended and thought-provoking. Audience members were asked to contribute on their arrival by filling in a post-it note stating what ‘home’ means to them, this was then featured in the opening of the show. The performance had some interesting physical aspects, incorporating dance and singing, alongside some quality acting and use of monologue and direct address to provide the audience with a clear understanding of the characters’ inner thoughts. The use of symbolism and semiotics added meaning throughout. Mercy Theatre Company is made up of actors, directors and producers from Harlow and it was a real treat to see some home-grown talent, including Passmores alumni, on stage and operating lights and sound. As teachers we don’t always get to see the onward journey once pupils leave us, subsequently any opportunity to see pupils thriving in their chosen field as young adults is a privilege.

As Year 11s approach their mock exams in November, this visit will underpin their answers to one of the exam questions on evaluating a live piece of theatre. There is certainly plenty for them to talk about!

We are also offering **GCSE drama pupils** the chance to come over to **Hertford Regional College**, on the evening of **19th October**, to watch some of the work being produced by their Level 2 and Level 3 performing arts learners. This is an excellent opportunity for KS4 pupils to get a feel for the college and see what facilities they offer their creative learners, as well as further developing their evaluative skills by watching more theatre shows.

We have more exciting trips and visits coming up for other year groups. **All Year 7 and Year 8** pupils will be invited to **Beauty and the Beast at Harlow Playhouse** on 7th and 8th December. Letters will be coming out for this soon. Year 8 will be studying Pantomime in their drama lessons after half term to complement this trip.

Year 9 drama pupils will be getting a visit from **Succulent Theatre Company** on **1st December**, watching a piece on challenging female stereotypes and taking part in workshops with professional actors based on this performance.

GCSE drama pupils in Years 10 & 11 will be out again on February 14th, as we take them over to the Lyric Theatre in Hammersmith for a performance of Franz Kafka’s seminal piece “**Metamorphosis**”, staged by **Frantic Assembly**. We are very excited about this!

Stay tuned for more exciting drama news as we start preparing for our own performances in school as well. Year 7 and 8 drama club (Tuesdays after school) have begun work on a comedy script and Year 9, 10 & 11 Excellence Drama Club (Thursdays after school) have started working on a short farce. We are hoping to get audiences in for these fun shows later in the term.

Samlearning Login Surgery

If there are any students still having any trouble logging into samlearning, I will be available for the full break and lunchtime on Monday 9th October at the Duty Team desk in the Heart Space.

Principal Letter 05

Mr R King

ROOM CHANGE:

Study Club will now run in G105 on Tuesdays, but G102 Wednesdays-Friday as before. 3.15-4.15 - students should feel free to drop-in.

Mr R King

Sixth Form & College Open Dates 2023/2024

The Bishop's Stortford High School www.tbshs.org	01279 868686	Weds 8 th Nov 5.30pm-8.30pm
Birchwood School, Bishop's Stortford www.birchwoodonline.co.uk	01279 655936	Thurs 16 th Nov 5.30pm-8pm Deadline Weds 20th Dec
BMAT STEM Academy www.bmatstemacademy.org	01279 621570	Thurs 16 th Nov 6pm-9pm
The College at Braintree (Now part of Colchester Institute) www.colchester.ac.uk	01206 814000	Mon 16 th Oct 5pm-8pm Sat 4 th Nov 10am-1pm
Cambridge Regional College www.camre.ac.uk	01223 418200	Weds 18 th Oct 4.30pm-7.30pm Sat 11 th Nov 9.30am-12.30pm Sat 27 th Jan 10am-12.30pm
Capel Manor College, Enfield www.capel.ac.uk	08456 122122	Sat 7 th Oct 10am-3pm
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Weds 11 th Oct 6pm-8.30pm Weds 15 th Nov 6pm-8.30pm Weds 7 th Feb 6pm-8.30pm Weds 12 th June 6pm-8.30pm
New City College (Epping Forest), www.ncclondon.ac.uk	0208 508 8311	Sat 18 th Nov 10am-2pm
Epping St Johns 6 th Form www.eppingstjohnsschool.org/	01992 573028	Thurs 9 th Nov 6pm-8pm Deadline Fri 15th Dec
F2 Academy www.vluk.org/course-location/f2academy/	07525 495818	Mon 23 rd Oct – must complete form before attending: https://forms.gle//ccYmdsDRUMRaHeGh7
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 3072345	21 st Oct 18 th Nov
Haileybury Turnford Sixth Form www.haileyburyturnford.com	01992 308333	Thurs 16 th Nov 5.30pm-7.30pm Deadline 11th Dec
Harlow College www.harlow-college.ac.uk	01279 868000	Thurs 19 th Oct Tues 13 th Feb Weds 24 th April
Hills Road Sixth Form College, Cambridge www.hrsfc.ac.uk	01223 247251	Application deadline 2nd Jan 24

Helena Romanes School, Great Dunmow www.helena-romanex.essex.sch.uk	01371 872560	Weds 15 th Nov 5.30pm-8pm
Hertford Regional College www.hertreg.ac.uk	01992 411400	Tues 21 st Nov 5.30pm-8pm Tues 6 th Feb 5.30pm-8pm
Herts & Essex High School, Bishop's Stortford www.hertsandessex.herts.sch.uk	01279 654127	Tues 7 th Nov 6pm-8.30pm Deadline Fri 29th Nov
Hockerill Anglo-European School, Bishop's Stortford www.hockerill.herts.sch.uk	01279 658451	Sat 11 th Nov
Long Road Sixth Form College, Cambridge www.longroad.ac.uk	01223 631100	Offering tours Oct-Dec
Leventhorpe School, Sawbridgeworth www.leventhorpe.net	01279 836633	Weds 1 st Nov 6pm-9pm
Joyce Frankland Academy (Formerly Newport) www.jfan.org.uk	01799 540237	Thurs 12 th Oct 5.30pm-7.30pm
Presdales Sixth Form www.presdales.herts.sch.uk	01920 462210	Weds 8 th Nov 6pm-8pm
Sir Frederick Gibberd www.sirfrederickgibberdcollege.org	01279 307235 (c/o Burnt Mill Academy	TBC
St Marks School, Harlow www.st-marks.essex.sch.uk	01279 421267	Thurs 2 nd Nov 7pm-9pm Deadline 9th Feb
St Mary's Catholic School, Bishop's Stortford www.stmarys.net	01279 654901	Thurs 9 th Nov 6pm-8.30pm
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Sat 14 th Oct 10am-2pm
Writtle College www.writtle.ac.uk	01245 424200	Sat 14 th Oct 10am-3pm Sat 25 th Nov 10am-3pm

Please contact the institutions to check details and times before attending. Also, be advised that most ask for you to book a place for these events online.

What Parents & Carers Need to Know about THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under-25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media – which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



HEALTHY SCHOOLS
CAMBRIDGESHIRE
& PETERBOROUGH

The National College

Source: <https://www.bbc.co.uk/news/health-65809924>



www.thenationalcollege.co.uk



@thenatcollege



/thenationalcollege

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.09.2023

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

Epping Forest - mhsteppingforest@mindinwestessex.org.uk

Uttlesford - mhstuttlesford@mindinwestessex.org.uk

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



BOOK ONTO A FREE HALF TERM CLUB WITH ESSEX ACTIVATE!

Eligible children and young people are invited to book onto **FREE**, fun-filled activity clubs who are run by a network of locally, trusted organisations across Essex, brought to you by Active Essex on behalf of Essex County Council!

IS MY CHILD ELIGIBLE?

Essex ActivAte offer club spaces to primary and secondary school aged children (4-16 years), who are eligible for benefit based free school meals, or from 'low-income' working families, as well as children who may be vulnerable to inactivity or social isolation.

WHERE WILL THE CLUBS BE RUN?

Clubs will run in Braintree, Basildon, Brentwood, Castle Point, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, Tendring and Uttlesford! Due to half term programmes being solely funded by Essex County Council, unfortunately there will not be any clubs running in Thurrock.

WHAT DO THE CLUBS PROVIDE?

Clubs provide a range of different physical, enrichment and food activities to support children's physical and mental wellbeing, as well as a delicious, nutritious meal!

HOW DO I BOOK ONTO A CLUB?

To book your child/ren onto one of our half term clubs, you will not receive a Holiday Activities voucher from your school, and you will need to book on through the Essex ActivAte website. Simply select your area, find what clubs are available and book your child on through the link provided. Depending on the club, you may need to book through our website, or contact them directly.

[Find out more about October half term clubs and book on here.](#)





We are offering some Open Days for our prospective Reception parents, would it be possible to have this in your newsletter to advertise please?

[The Downs Primary School & Nursery - Reception Open Days \(downsschool.com\)](http://downsschool.com)



RECEPTION OPEN DAYS

We are currently offering Open Day tours for new prospective parents to join our Reception cohort for 2024.

We have the following dates available for parents to view the school community:

- Wednesday 11th October 2023 – 9am
- Tuesday 7th November 2023 – 1:30pm
- Thursday 23rd November 2023 – 9am
- Wednesday 10th January 2024 – 9am and 1:30pm

For further questions or information please email admin@downs.essex.sch.uk

To secure your child's place at The Downs please complete your application via [Primary school places | Essex County Council](#).

Applications open on Monday 6th November 2023 and close on Monday 15th January 2024.





THE DOWNS
PRIMARY SCHOOL AND NURSERY



Friends of Passmores

AGM

Annual General Meeting

Everyone is welcome.

Stay informed and get involved.

9th November 2023

6pm

Heart Space, Passmores Academy

Free tea and biscuits



Parenikind
Member Association



CHRISTMAS FAIR

JOIN US FOR CRAFTS, MUSIC
AND DELICIOUS TREATS!

1ST DECEMBER 2023

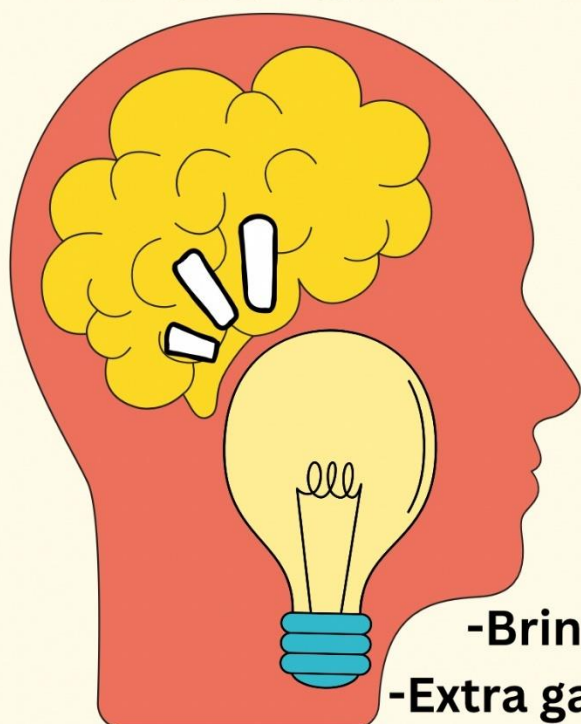
6-8:30PM

PASSMORES ACADEMY
TRACYES ROAD
HARLOW

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

TRIVIA

NIGHT



DO YOU
HAVE WHAT
IT TAKES?



- Bring your own food and drink.
- Extra games throughout the night.
- CASH ONLY
- Students to have an accompanying adult on their team.

FRIDAY 13TH OCTOBER

7pm | Passmores Academy

Maths Problem of the week:**Question 1:**

What is the next number in the series? 7,645 5,764 4,576

Question 2:

Tom was asked to paint the apartment number on plates for 100 apartments which means he will have to paint numbers 1 through 100. How many times will he paint the number 8?

Answer to the last Maths Problem:

When you calculate the difference between the ages, you can see that it is 23 years. So you must be 23 years old now.

Forthcoming Events:

Wednesday 11 th October	Year 10 and 11 Careers Event 5-7pm
Thursday 12 th October	Art / Photography Exhibition 4-6pm
Friday 13 th October	Trivia Quiz Night - all welcome Doors 7.00pm for 7.30pm start
23 rd – 27 th October	Half Term
Thursday 9 th November	FOP's Annual General Meeting - parents and staff welcome 5.30pm - 6.30pm



Natalie Christie

Principal of Passmores Academy

TEACHarlow

Interested in becoming a primary or secondary teacher?
Contact Gareth Walsh on g.walsh@passmoresacademy.com