



Principal Letter – Autumn Term Week Ending 8 December 2023

Dear Parent(s)/Carer(s)

The hall has been abuzz with singing and celebration this week for those young people who enjoyed a Christmas meal with all the trimmings. Singing along to some timeless classics before the excitement of the raffle. It was lovely to see the camaraderie and interaction and the cheering when someone's name was pulled for a raffle prize. A wonderful time was had by all. A special thank you to all the staff that helped, seating 160+ students for a sit-down meal is no mean feat! Of course, a special mention to the kitchen staff who made the whole occasion possible.

Our Passmores Acts of Christmas Kindness (PACKs) are well under way, a chance for us all to give back and think of others as we near the end of term. When people are undoubtedly feeling the effects of this long term, tired and a little run down, a surprise, small gift or even just a smile makes such a difference. Hopefully, you might find your young person doing something unexpected for you at home! Although, we are recognising this period of advent within the Christian calendar, we are also minded of other religions at this time of year, and hope that Hanukka and Bodhi Day this week enabled families to come together in celebration.

We appreciate your continued communication, we don't always get things right first time, but we certainly try, and by working in partnership with you, we can work through any concerns to find the best outcome. There is nothing better than confirmation that what we are doing together is having a positive impact on our young people.

We have nine more get ups! We are going to make the most of enjoying these final few days of term with each other. This does not mean that learning stops, lessons will continue as normal right through to the end of term, much to the disappointment of some students, I am sure! Congratulations to those young people who made the selection for the principal's challenge next Wednesday, a fantastic achievement; I am sure they will all have a wonderful time at the cinema. Don't forget the Christmas concert is on next Thursday, there are still a few tickets available for a great family night out.

Have a good weekend everyone.

Top Passmores Points Achievers – 1st December – 7th December 2023:

Megan Wright	Year 7	57
Annie Jackson	Year 7	52
Anyia-Joan Addison	Year 7	49
Dexter Morgan	Year 7	47
Sophia Clark	Year 7	47
Isobella Stewart	Year 7	46
Shakil Surer	Year 7	46
Rosie Stacey-Bocking	Year 7	45
Bobby Paxton	Year 7	41
Emma Biro	Year 7	40
Tillie Evans	Year 7	40

Freya Onslow	Year 8	48
Ella Irons	Year 8	41
Layla Clark	Year 8	41
Lola Wickes	Year 8	39
George Lambert	Year 8	38
Ryan Youens	Year 8	38
Alisha Ramalingum	Year 8	35
Chantel Anfom	Year 8	35
Taliah Rufuse	Year 8	35
Olivia Lamplough	Year 8	34
Poppy Houghton	Year 8	34

Christie Snell	Year 9	45
Benjamin Dack	Year 9	44
Beth White	Year 9	41
Pj Sunshine	Year 9	39
Sid Francis-Melvin	Year 9	37
Louis Dinnell	Year 9	34
Savannah Bullard	Year 9	34
Lewis Martin	Year 9	33
Gracie Edwards	Year 9	32
Jack Wiggins	Year 9	32

Sam Wix	Year 10	39
Phoebe Tombs	Year 10	37
Wiktoria Krupowies	Year 10	36
Amy Abery	Year 10	34
Emma Edwards	Year 10	33
Izzy Cobie	Year 10	32

Lola March	Year 10	32
Keira Bliss	Year 10	31
Evie Bricknell	Year 10	30
Rileigh Vetori	Year 10	30

Maisie Peacock	Year 11	37
Karis Walker	Year 11	34
Mimi Richards	Year 11	34
Eloisa Bellamy	Year 11	31
Layla Soilleux	Year 11	30
Abi Dukes	Year 11	28
Maya Pearce	Year 11	28
Darci Bevan	Year 11	27
Ellie Green	Year 11	26
Karys Bailey	Year 11	26
Tru Dawson	Year 11	26

House Passmores Points – 30th October – 7th December 2023:

Dragon	35542
Griffin	33640
Lion	34464
Unicorn	33379

Friends of Passmores

Last Friday Friends of Passmores held our annual Christmas Fayre. Thank you to those who attended and a massive thank you to Freya (our very own Cindy-Lu) who designed her own game and Beth who baked some cakes to raise money for us. It is always so lovely to see young people come along, not only to help but to see some budding entrepreneurs selling their own creations, well done Madleigh and Melody!

The grand total raised from the Christmas Fayre is £1127.05.



Barcelona 2024

Thank you to the parents and carers who have already sent me this information, but if your young person is going on the Barcelona trip (1st - 3rd March 2023), could you send their passport details to Mr Farmery or Mrs Friedner please to the following addresses:

a.farmery@passmoresacademy.com

c.friedner@passmoresacademy.com

Succulent Theatre Collective

On Friday last week (1st December), Succulent Theatre Collective came in to perform and work with our Year 9 drama pupils (all 77 of them!).

Their piece, called 'Nasty', examined some of the social expectations placed on young people, adults, and women. The performance was autobiographical theatre and the actors shared with us some of their most challenging memories and stories from their youth and early adult life. The show was engaging, fun and touching, incorporating direct address to the audience, with music, dancing and firm moments of tongue-in-cheek humour. That said, they did not shy away from serious issues and a safe environment was created for learners to hear from the cast's own experiences of eating disorders, body shaming and social embarrassment. The inspiration for their piece was the desire to be able to share these experiences with young people who may or may not be fighting their own battles and uneasiness with themselves and raising self-esteem by challenging society's expectations and media pressures.

Following the performance, the cast and producer worked with pupils to help them explore their own memories and stories, adding movement, acting and music to develop a short scene they could share with the rest of the cohort. Pupils worked co-operatively and collaboratively, treating each other's work with respect and sharing only what they were comfortable with. There was a lovely buzz in the (very busy) room and pupils enjoyed the day fully, even making time for a quick Christmas singalong halfway through!

Big thanks to the ladies from Succulent Theatre Collective, who were professional, friendly and approachable with all pupils. The pupils thought they were great fun!

We'll be back next week with a write up from our huge panto trip to Harlow Playhouse with Years 7 and 8, to watch Beauty and the Beast on Thursday and Friday of this week.

Happy Advent all, remember to put the chocolate in the top cupboard where it's difficult to reach before you bust it out early, telling yourself it's Christmas already! We see you!

Harry Potter Studio Tour



Last Tuesday, 53 aspiring 3D Design students embarked on a captivating journey to the Harry Potter Studio Tour, diving deep into the artistry that brings magic to life.

The day kicked off with immersive Graphic Design and Prop Design workshops. Students honed their skills, gaining firsthand insights into crafting captivating visuals and creating mesmerising props—a direct influence on their ongoing coursework and Prop Design project.

Traversing the iconic sets, from the grandeur of the Great Hall to the intricate details of Diagon Alley, our students were mesmerised by the meticulous design and attention to detail. The tour served as a wellspring of inspiration, enriching their creative toolbox with invaluable insights.

Returning to school, students were buzzing with excitement, exchanging ideas and newfound perspectives. Their enthusiasm was palpable, and we have no doubt this experience will echo in their future designs.

The journey to the wizarding world wasn't just a visit—it was a transformative experience. The studio tour ignited a fresh wave of creativity and passion in our 3D Design students, infusing their work with newfound magic and imagination.



PlaystationforSchools

Recently we have been successful in winning a bid with PlaystationforSchools - out of 150+ schools we were one of 32 to be chosen. This bid is giving us the opportunity to bring two EAFC24 tournaments to school (a girls only and boys only). These tournaments will be played on a PS5.

These tournaments are open to all students with the winner of the boy's and girl's competition getting invited to play against the 32 other schools at West Bromwich Albion's Hawthorns Stadium, in Birmingham! These schools were lucky enough to win their bid as well.

We are very excited to bring this opportunity to all students at school - registration is on Satchel One and is open until Friday 15th December!

Childhood Neurodiversity Workshops

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops **for parents and carers** will explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. Any parent or carer is welcome to join regardless of whether their child has a diagnosis. The workshops are live on Zoom and are 75 minutes long. Recordings of the workshops and resource packs will be sent after the live event to everyone who has registered.

Childhood Neurodiversity: Supporting Language and Communication - This workshop will discuss language and social communication, including how parents/carers can support their children to communicate. This workshop will be co-delivered with the Integrated Community Paediatric Services Speech and Language Therapy Team.

Tuesday 9th January 2024 – 13:00 [Book Here](#)

Childhood neurodiversity: Supporting Children with Planning, Organising and Remembering - This workshop will explore cognitive difficulties in childhood such as planning, organising and remembering things. The workshop will consider how these difficulties can impact on day-to-day life and give advice on how parents/carers can support their children with cognitive difficulties.

Wednesday 7th February 2023 – 13:00 [Book Here](#)

Childhood Neurodiversity: Understanding and Supporting Sleep Difficulties - Sleep difficulties can have a huge impact on a child's emotions, behaviour, learning and health. This workshop will explore sleep difficulties for neurodivergent children, and how parents/carers can support their children with sleep.

Wednesday 6th March 2023 – 13:00 [Book Here](#)

Childhood Neurodiversity: Supporting Social Relationships - This workshop will discuss social relationship difficulties for neurodivergent children, and how parents/carers can support their children with understanding and managing social relationships.

Tuesday 2nd April – 13:00 [Book Here](#)

Childhood Neurodiversity: The Benefits and Problems with Using Technology - This workshop will discuss the potential benefits and risks to neurodivergent children using technology such as apps and social media. It will explore how families can use technology to support their neurodivergent child.

Monday 6th May – 13:00 [Book Here](#)

Scan the QR code to find out more and book a place on a workshop or visit nsft.uk/workshops.



"Every child deserves the magic of Christmas!"



As families decorate their tree and prepare for Father Christmas to visit, it's hard to believe there are children of all ages across Essex who have never experienced Christmas before. Foster carers Sheila and her husband are bringing the magic of Christmas to vulnerable children in care. [Watch her video](#) to hear her heart-warming story of how they are restoring the childhood magic of Christmas time.

We carefully match children to your family and support you every step of the way. Could you consider fostering and transform a child's life?

Visit www.essex.gov.uk/foster or call 0800 801 530 to find out more.

Careers News

Year 11 - Sixth Form Application Deadline dates:

- Epping St Johns - Fri 15th Dec
- The Bishops Stortford High School - Fri 15th Dec
- Leventhorpe - Weds 20th Dec
- Birchwood - Weds 20th Dec

Free Adult Course in English and Maths

Harlow College are offering free GCSE Maths and English courses for anyone who hasn't already achieved grade 4. Depending on your level, you can either do the GCSE or Functional Skills Level 2. For more information go to English and Maths for Adults at Harlow College (adobe.com)



The Walt Disney Company's streaming service, Disney+ combines entertainment from the famous animation studio itself with Pixar, Star and National Geographic, plus the Marvel and Star Wars franchises. With access to the latest releases, Disney classics and original series, there's plenty of content to explore. While parents may have noted that adverts have now been introduced on some versions of the service, the platform is – unsurprisingly for a Disney product – designed to be appropriate for the whole family.

While Disney+ is predominantly family friendly, there *are* some movies and shows in its library which are aimed at an older audience: these may scare younger ones or contain themes or language that you'd rather your child wasn't exposed to. You could avoid such situations by enabling Junior Mode (see 'Adjust content settings', below) or specifying a content age rating for your child's profile.

With the option to view content on any internet-enabled device and a growing catalogue of movies, cartoons and documentaries, Disney+ can make managing screen time difficult. This could result in children binge watching content, distracting them from activities like homework or socialising. Too much screen time has also been shown to negatively impact mood, sleep patterns and weight.

Be especially cautious if you receive emails or text messages purporting to be from Disney+. There have been numerous reports of online scammers impersonating Disney+ staff in an attempt to gain access to subscribers' personal information. Disney+ states it will never email or call customers asking for their payment details, their private information or their password.

Disney+ has introduced a new subscription package – Disney+ Standard with Ads – which plays commercials before movies and during shows (like many TV channels). There are no adverts in Junior Mode, but profiles with a content rating of 6+ years will see ads appropriate for that age category. Adults who give consent will see personalised adverts based on their location and viewing history.

If adults don't set a PIN for their profile, children could access it and encounter content which isn't age appropriate. In the settings, Junior Mode has a toggle titled 'Kid-Proof Exit' which requires the user to read four words (numbers, spelled out) and enter them to switch profiles. For older children who can read, though, this isn't secure enough – so using a PIN for adult profiles is recommended.

Advice for Parents & Carers

When setting up an account, there's an option to create profiles in what's called Junior Mode. This generally covers material that's suitable for children up to age 6 and is therefore fairly limited. You can give older children a wider choice of viewing by building a standard profile, then going into the settings and choosing a content rating from one of the pre-set alternatives: 6+, 9+, 12+ or 14+.

Disney+ enables you to effectively lock profiles behind a four-digit PIN. In particular, some of the shows on the platform's Star content hub are far more oriented to adults (including several hard-hitting dramas from US networks), so protecting parents' or older siblings' profiles with a PIN will help to prevent younger children stumbling across material which isn't intended for them.

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from the screen and move on to a different activity.

When your child watches a movie or show on Disney+ for the first time, you may want to sit with them to ensure it's suitable. You could do the same when introducing them to older films that you haven't seen for years: your perception of what's appropriate has very probably changed, and some of the language and attitudes in movies from your own childhood may seem quite shocking today.

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: https://help.dianerplus.com/csp?c=csp_article_content&sys_kb_id=f86edd9d0cfcd98037e0c00000000000; https://help.dianerplus.com/csp?c=csp_article_content&sys_kb_id=f55ebafdbd44d05dfce2d3f8f890



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07496 433 144**

info@meridianharlow.com
www.meridianharlow.com



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.

Maths Problem of the week:

Problem 1:

Riddle: How can you take 2 from 5 and leave 4?

Problem 2:

Riddle: How do you make the number 7 even without addition, subtraction, multiplication, or division?

Answer to the last Maths Problem:

Answer:

25

Forthcoming Events:

Wednesday 13 th December	Principal's Challenge Trip
Thursday 14 th December	Christmas Concert 7pm
Thursday 21 st December	End of term



Natalie Christie

Principal of Passmores Academy

TEACHarlow

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