



## Principal Letter – Autumn Term Week Ending 20<sup>th</sup> October 2023

Dear Parent(s)/Carer(s)

Can you believe our first half term of this academic year is over already, it has gone so quickly! I know we are all ready for the break, a chance to rest, re-charge the batteries and spend some quality time with family and friends. It has certainly made a difference for some of us being able to wear non-uniform today, congratulations to the winning year groups, there was a great buzz around the building when the announcement was made on Wednesday. The new half term will bring a new challenge, which year groups will prevail next time?

Thank you all for your continued support, we have certainly had many highlights, a number that have been captured in today's newsletter. Next half term will just as busy, so please check out the upcoming events section at the end of the newsletter for key dates. We are looking forward to welcoming parents/carers to our Year 7 Social Evening on Wednesday 1<sup>st</sup> November, hopefully this is already in your calendars, and this is then swiftly followed by our Passmores Parent Forum on Wednesday 8<sup>th</sup> November. This is a chance for you to give feedback on key areas so that we can continue to improve upon our best and this forum helps to ensure that you all have a voice. If you are available, we would love to see you.

Our Friends of Passmores are working incredibly hard to raise funds for the school, the key aim this year is to buy a set of laptops and a cabinet to help support in-class ICT access. They are hoping to raise £12,000. As part of their fundraising drive, Friends of Passmores are now registered with 'easyfundraising', which means you can raise FREE donations for us every time you shop online. Over 7,000 brands will donate to us when you use 'easyfundraising' to shop with them – at no extra cost to yourself! Any Christmas shopping you are planning to do online you can now do through 'easyfundraising' to raise funds for the school! You can find our 'easyfundraising page' at [https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?char=325337&invite=vhmqfj&referral-campaign=c2s&utm\\_campaign=refCROtest](https://www.easyfundraising.org.uk/support-a-good-cause/step-1/?char=325337&invite=vhmqfj&referral-campaign=c2s&utm_campaign=refCROtest)



You spend, brands donate to Friends of Passmores.

Help us when you shop with 7,000+ brands. Join now.

[www.easyfundraising.org.uk](https://www.easyfundraising.org.uk)

These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment.

Wishing you all a fantastic half term, take care.

## Top Passmores Points Achievers – 13th October – 19th October 2023:

Rosie Stacey-Bocking	Year 7	80
Mason Brown	Year 7	65
Fin Hodson	Year 7	59
Olivia Beckwith	Year 7	58
Chloe Theophil	Year 7	54
James Afram	Year 7	54
Nevaeh Nyarko Moore	Year 7	54
Ethan Toku Appleton	Year 7	53
Devon Wilson	Year 7	50
Emily Stacey-Bocking	Year 7	49

John Adesina	Year 8	60
Melody Everett	Year 8	53
Harrison Morgan	Year 8	47
Poppy Houghton	Year 8	45
Freddie Quigley	Year 8	44
Oleh Melnyk	Year 8	44
Joe Or Joseph Copas	Year 8	43
Layla Clark	Year 8	43
Billy Salter	Year 8	42
Ryan Youens	Year 8	42

Louis Dinnell	Year 9	53
Dawid Wejman	Year 9	52
Adrian Zalinski	Year 9	44
Lewis Dean	Year 9	44
Benjamin Dack	Year 9	41
Joshua Wheatley	Year 9	41
Lewis Martin	Year 9	39
Ava Dorrington	Year 9	37
Henry Wong	Year 9	37
Jack Crutchlow	Year 9	37
Ronnie Shipwright	Year 9	37

Ellie Blake	Year 10	46
Emma Edwards	Year 10	45
Callie Wood	Year 10	43
Bailey Adams	Year 10	39
Ethan Rouse	Year 10	38

Ruby Layer	Year 10	37
Caitlin Pay	Year 10	35
Ella Nicholls	Year 10	35
Emily Beckett	Year 10	34
Philip Ball	Year 10	32
Savash Vatansever	Year 10	32

Eloisa Bellamy	Year 11	63
Maisie Peacock	Year 11	47
Daisy Burbeck	Year 11	43
Darci Bevan	Year 11	43
Ruby Holmes	Year 11	43
Mimi Richards	Year 11	40
Ronny Bostock	Year 11	39
Karis Walker	Year 11	37
Lucy Martin	Year 11	37
Layla Soilleux	Year 11	36
Millie Humphries	Year 11	36

### **House Passmores Points - 5th September – 19th October 2023 (up to 8:00am):**

<b>Dragon</b>	<b>50109</b>
<b>Griffin</b>	<b>48085</b>
<b>Lion</b>	<b>48293</b>
<b>Unicorn</b>	<b>48383</b>

### **House Attendance –5th September – 19th October 2023:**

<b>Dragon</b>	<b>94.24%</b>
<b>Griffin</b>	<b>93.18%</b>
<b>Lion</b>	<b>92.42%</b>
<b>Unicorn</b>	<b>93.12%</b>

### **Come and join our team at Passmores Academy!**

We currently have two vacancies for Co-Educator roles (Teaching Assistants). If you are looking for a new challenge and want to be part of our amazing Inclusion team, please have a look at the vacancies on our website and apply! The roles are term time only so fit beautifully with those who have school age children. We would love to hear from you.

## **Update to the administration of Paracetamol in school**

Please find below a link which needs to be completed and signed if you wish the school to administer paracetamol supplied by yourselves for pain relief to your child; we are no longer able to take verbal permission to do so. We do not allow students to self-administer Paracetamol.

<https://forms.office.com/e/KPtpd7QAMP>

Any medication stored in the medical room, must be clearly labelled with the name of the child and dosage to be administered. A record will be kept of the administration of paracetamol, and you will be contacted should your child have more than three doses in any school term.

The information you provide will be held securely and only those responsible for the administering of medication will have access to it.

Please ensure you read the consent form carefully, and if you have any questions, please do not hesitate to contact the medical room.

## **Samlearning Competition**

Congratulations to these learners who have all spent 10+ hours on samlearning.com this half-term and have attained their first certificate.

Andrews, Darien Lloyd Anthony	65:05
Mati, Alvin	39:28
Mihai, Edith	31:07
Brandle, Aiden	25:36
Kundrotaite, Evita	24:55
Green, Lewis	17:45
Hewett, Daisy	15:40
Julian, Violet	14:27
Sowunmi, Ronel	13:35
Kiss, Ruben	13:24
Jankauskaite, Emile	12:20
Thurgood, Jessica	12:15
Casey, Jack	12:13
Beeharry, Alicia	11:50

Postelnicu, David	11:46
Clarke, Ruby	10:55
McAlpine, Livvy	10:40
Nyarko Moore, Nevaeh	10:35
Lai, Korey	10:30
Osagie-Ighodaro, Jennifer	10:25
Laurino, Benedetta	10:05

If there is anyone still unable to log-on, they must see Mr R King personally, to have their password reset. Everyone is expected to have logged on and completed at least one task by the end of our first week back, 3<sup>rd</sup> November 2023 - that gives anyone not yet on a week to get their password and complete their first task.

### **Miss Richards completes the Royal Parks Half and raises £730 for No Child Without.**

She would like to thank the parents/carers who very kindly donated and sent messages of support. Miss Richards said it was a tough run this year especially with it being so unusually warm however the atmosphere and all the cheering from the crowds made it!



## **Knitting and Crochet club**

Knitting and crochet club started in textiles this week. Mrs Fry, Ms Lamb and Mrs Evans worked with a group of keen year 11 students to teach them how to cast on and knit. Our aim is to create a blanket (or some squares) to donate to Princess Alexandra Hospital. If you would like to join us after half term, we will be meeting again on 31st October at 3.20pm in D103.



## **Autumn Term in the Art Department**

We have had a really exciting term so far in the Art Department! We started the term with a local art trip, Our Year 11 Art students took a trip to the Gibberd Gallery to see local artist Jordan Cook's exhibition 'ReDrawing Harlow'. The exhibition, a series of charcoal and mixed media drawings all depicting local areas, immediately pulled the students in as they recognised the locations and began recalling memories of the area or describing how to get here or there! Students then spent time discussing themes with Jordan, photographing and drawing from the works. They will be developing ideas drawn from the exhibition into their current Identity project.

Up next, we had the opportunity to take part in a series of workshops with sculptor, Irena Posner. As part of the Harlow Arts Trust, Posner is this year's Artist in Residence and has been working with schools and communities to create stone carvings that make up her exhibition "We Return to our Strange Life of Stone". The group of year 9 students started off the workshops with a short presentation by Posner, describing her own practice and looking at some of her inspiration. We then went on to choose a piece of limestone to carve and to start designing our sculptures. The rest of the workshop saw students using chisels and hammers to whittle away the stone to reveal students designs. Students thoroughly enjoyed the experience and their work is now on display as part of Irena's Exhibition at the Gibberd Gallery.

On Tuesday 10th October we teamed up with the Textiles department for a day in London with our GCSE Students. With both cohorts exploring Natural Forms as their final projects, we decided to visit  
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both the Victoria & Albert Museum (V&A) and The Natural History Museum. Both museums are rich in visual inspiration for this project and students were able to spend their time photographing and completing drawing tasks. We are excited to see how this trip will have impacted and inspired students.

Just a few days later we held our very own Exhibition! The 'Class of 23 Art & Photography Exhibition' showed off all the incredible work completed by our past GCSE students. Each student's work was displayed either on the exhibition boards or represented in their workbooks! The event was really well attended by both current students, staff and most importantly the class of 23 students and their families!

Finally, looking forward to next term, our Year 8 students have been learning about the Mexican festival Day of the Dead. They have been creating some beautiful decorations that will be used to decorate the school for the Day of the Dead in November! Head over to our Instagram to stay up to date with the Art Department and all things Creative at Passmores (@passmores\_creative)



## **Year 11 photography trip to Cambridge Botanic Gardens and a walking tour of the city**

On the trip to Cambridge, we visited Botanic Gardens and the city. We walked around the city and took in the beautiful scenery of our surroundings. Our first stop was Botanic Gardens which is a garden with a documented collection of living plants for the purpose of scientific research, conservation, display, and education. The garden was a perfect opportunity to take lots of photos of nature, it was fascinating. My favourite part was the green houses with cacti and other desert plants and the rainforest room with giant leaves. As well as The Botanic Gardens we visited the city of Cambridge, full of buildings, a mixture of both modern and old. My favourite part of the city was all the pebbled streets and walkways leading up to the colleges. This trip has given me lots of photos to work with in response to my coursework project 'Urban - manmade vs nature.'

*- Savannah Silver Year 11*



## **Hertford Regional College (HRC) trip Thursday 19th October**

On Thursday evening the drama department took Year 10 and 11 GCSE pupils over to Hertford Regional College to watch their Level 2 (GCSE equivalent) and Level 3 (A Level equivalent) performing arts students in their presentation of work so far, this academic year.

HRC students have been preparing contrasting pieces inspired by Chekhov's "The Seagull". There were short extracts from the play, performed in the expected naturalistic style, and these were followed by movement pieces exploring the themes of the play, using Frantic Assembly's physical theatre techniques. Pupils recognised the use of Frantic Assembly techniques and it was lovely for them to see how this can be applied to different texts as well as being a tool for devising theatre. We all enjoyed the opportunity to see what performing arts facilities the college has to offer and also got the chance to briefly catch up with an ex-pupil who is on the Level 3 course and was performing in



the piece. As we left, the lively trip goers demanded to go back and see the next presentation of work later in the year. As ever, we will do all we can to make this happen and continue to build exciting and informative trips into our drama curriculum.

The evening was lovely and once again, as a teacher, it was delightful to see where our previous pupils go next and thrive in their chosen area of study.

A reminder of the Panto trip coming up for Years 7 & 8. Year 7 will go on Thursday 7th December and Year 8 will go on Friday 8th December. Letters will be out after the half term break, when places can be secured and consent forms submitted. All details of the trip will be included in the letter and an email address given for any further questions or queries.

We also have the Christmas Concert coming up on Thursday 14th December, when friends and family get the chance to see what our wonderful music students have been up to this term.

Coming up in the new year will be the Drama Clubs Showcase evening, when you can come and lighten the darkest month of the year with some comedy performed by our wonderful actors in all year groups; featuring plays starring Year 7 & 8 pupils that have been directed by Year 11 GCSE drama students, and a further two comedy pieces featuring a number of our Year 10 GCSE drama learners, that they will have shaped with their own direction, as well as performing brilliantly. We are really looking forward to this.

From all of us in the Expressive Arts Faculty, have a wonderful half term. We'll be back with more news and trips after the break.

### **Friends of Passmores**

Thank you to everyone who attended our quiz night last Friday, we raised a massive £352, this money will go towards a new set of laptops for the school.

Our next event is the Christmas Fayre on 1st December. We are looking for stall holders, tombola prizes and sponsors. Please contact [fop@passmoresacademy.com](mailto:fop@passmoresacademy.com) if you can help.



## **What is The Jack Petchey Achievement Award Scheme?**

The Jack Petchey Achievement Award Scheme recognises outstanding young people aged 11-25 across London and Essex. Groups on the scheme get to celebrate the achievements of young people and apply for a package of grants, worth up to £6,100 per year, to support their activities.

*"The Achievement Awards are primarily about recognising those who put in the effort and do their best."* Sir Jack Petchey CBE

Awards mean different things to different people. The Achievement Awards are not solely for academic achievement – they may be used to recognise a personal triumph for someone who has faced a challenge, a young person who has pushed themselves outside of their comfort zone or it may be an opportunity to recognise the outstanding efforts of a team player.

A young person is nominated by their peers in their school or youth organisation. An important part of the scheme is the involvement of young people in selecting the award winners for their hard work and efforts. We want young people to recognise and celebrate the success of their peers.

### **How it works**

- Staff and students can nominate as many students as they like, which we truly encourage.
- A list of the reasons for nomination go to a Student Panel, who will select winners, usually 3 months at a time.
- Each winner receives their certificate, pin badge, notes from Jack Petchey and their congratulations letter.
- The winner will be given a £300 grant. They can either request how to spend the funds (as long as this complies with spending guidelines) or nominate a department they would like it to go to.
- Once a year, winners are invited to attend an awards ceremony. July 2023 also featured an extract from Passmores production of Mary Poppins.

### **How to nominate**

- Staff and students can email [s.hodges@passmoresacademy.com](mailto:s.hodges@passmoresacademy.com) with who they would like to nominate and why.



### **Ski Trip Meeting - 2<sup>nd</sup> November**

Advance notice!

For all of those on our ski trip to Masella in February half term, we have an important meeting on **Thursday the 2<sup>nd</sup> November 6-7pm**. It is vital that all students attend with parents/carers as we will be sharing important information about the trip. Snow Union, our clothing provider will be coming along to give a talk about ski clothing essentials and we will also be sharing other information such as expectations and travel arrangements.

We look forward to seeing you all there at 6pm!

### **Careers News**

Upcoming Open Events

- Mon 23rd Oct - F2 Academy
- Monday 30th Oct – TBSHS 10am-11am
- Thursday 30th Nov – Stansted Airport 10am-11am



# SUPPORTING CHILDREN'S MENTAL HEALTH

## 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss: 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



## Sources of Information and Support

Your GP  
Young Minds <https://youngminds.org.uk/>  
<https://www.nhs.uk/conditions/stress-anxiety-depression/>  
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>  
<https://www.themix.org.uk/mental-health>

[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

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.**

# 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



**Parentkind**  
Member Association



# 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





# OCTOBER CAMP

TWO DAYS OF NETBALL  
PERFORMANCE AND FUN!

## DATES AND LOCATIONS

### HERTFORDSHIRE

23rd & 24th October  
Wodson Park Leisure Centre | Ware

### ESSEX

26th & 27th October  
Passmores School | Harlow

## MORE THAN A CAMP

Attacking and Defensive Masterclasses  
Technical Skills and Tactical Thinking  
Performance Focused Training  
Final Day Tournament

OPEN TO  
YEARS  
4-9

FROM  
£45

**BOOK NOW**

[NETBALLEXCELLENCETRAINING.COM](https://netballexcellencetraining.com)

### Maths Problem of the week:

Problem 1:

A small number of cards has been lost from a complete deck. If I deal cards to four people, three cards remain. If I deal to three people, two remain. If I deal to five people, two cards remain. How many cards are there?

Problem 2:



If it is two hours later, then it will take half as much time till it's midnight as it would be if it were an hour later. What time is it?

**Answer to the last Maths Problem:**

Problem 1:

The three different whole numbers whose sum is equal to their total when multiplied are 1, 2, and 3.

Problem 2:

They purchased 3 tickets. The grandfather is also a father and the father is also a son.

**Forthcoming Events:**

23 <sup>rd</sup> – 27 <sup>th</sup> October	Half Term
Wednesday 1 <sup>st</sup> November	Year 7 Social Evening 6 – 7pm
Wednesday 8 <sup>th</sup> November	Passmores Parent Forum 6pm
Thursday 9 <sup>th</sup> November	FOP's Annual General Meeting - parents and staff welcome 5.30pm - 6.30pm
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)