

# Newsletter

Friday 23<sup>rd</sup> May 2025 Issue 31



Dear Parents/Carers,

I don't know if you remember, but I had previously mentioned the Essex Teaching Awards. I am delighted to inform you that our Autism Hub have been nominated and successfully shortlisted for an award in the **Inclusive Practice** category.

The Teaching Awards ceremony will provide an opportunity to celebrate excellent practice, share ideas, experiences and perspectives across the profession and recognise the important work that we do. Our team have been invited to the awards ceremony on Wednesday 18th June, at which the winner of each category will be announced alongside any nominations which have been highly commended. We wish the team all the best; whatever the outcome on the evening we are already super proud of everything they do and thrilled that they have been shortlisted.

Once again, our year 11s have continued to make us proud this week as they head into the last few weeks of their exams, and now it's time to also turn our focus to all other year groups who have end of year / mock exams when we return; letters were sent out yesterday. It was our year 7 & 8 parent/carer evening on Thursday, which saw an excellent turnout... and I'm pleased to say lots of smiling faces!

And finally, there was a sweet ending to the week with the Friends of Passmores bake sale that took place during breaktime today. There were so many tasty treats on sale for both our staff and students to purchase – but we couldn't do any of this without your donations, so thank you!

Wishing you all a wonderful half term.

**Natalie Christie**  
**Principal of Passmores Academy**

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## TOP PASSMORES POINTS ACHIEVERS

16<sup>th</sup> to 22<sup>nd</sup> May 2025

Smith, Luke	Year 7	55
Sava-Luchian, Eric	Year 7	49
Ford, Grayson	Year 7	46
Campbell, Janelle	Year 7	45
Maylen, James	Year 7	44
Adesina, Dorcas	Year 7	43
Rouse, Elijah	Year 7	43
Owen, Amelie	Year 7	42
Tilley, Poppy	Year 7	42
Wheatley, Emily	Year 7	42

Parlour, Layton	Year 9	52
Denkewicz, Jan	Year 9	48
Tuna, Masal	Year 9	47
Brown, Charlie	Year 9	46
Burch, Megan	Year 9	46
Walsham, Bo	Year 9	46
Euesden, Sophia	Year 9	41
Frimpong, Abena	Year 9	39
Sowunmi, Ronel	Year 9	39

Surtees, Amelia	Year 8	44
Gallagher, Daniel	Year 8	38
Johnson, George	Year 8	36
Beckwith, Olivia	Year 8	34
Evans, Tillie	Year 8	34
Cox, Isabella	Year 8	33
Jones, Kayleigh	Year 8	32
Archer, Josh	Year 8	31
Barnes-Lindoe, Jessie	Year 8	31
Jackson, Annie	Year 8	31

Miah, Sabrina	Year 10	56
White, Beth	Year 10	44
Morris, Elissa	Year 10	43
Dinnell, Louis	Year 10	42
Dack, Benjamin	Year 10	41
Dean, Lewis	Year 10	39
Jay, Ronnie	Year 10	34
Munns, Xander	Year 10	34
Foster-Gaish, Lily-May	Year 10	33
Curtis, Layla	Year 10	30
Raykov, Pavel	Year 10	30

### Year Group Attendance (12<sup>th</sup> to 16<sup>th</sup> March 2025)

Year 7	90.88%
Year 8	90.7%
Year 9	87.34%
Year 10	87.13%
Year 11	85.02%
<b>All Students</b>	<b>88.25%</b>

### Thought for the Week: Building Emotional Resilience

This week, students participated in Session 8 of the Mind Matters and Time to Talk programmes, focusing on the theme of emotional resilience.

Through guided discussions and reflective activities, students explored how to bounce back from life's challenges, manage setbacks, and protect their mental wellbeing.

Developing emotional resilience is a key life skill that helps students face difficulties with confidence and equips them to thrive in a changing world.

### In the News: The Truth About Cannabis Use

The topical discussion in tutor time this week centred on cannabis use—its legal status, effects on health, and how it can influence long-term success.

- Key learning points included:
- Cannabis remains illegal for recreational use in the UK.
- Despite this, many young people encounter it socially, making informed decision-making crucial.
- Cannabis affects focus and motivation, which can disrupt education, delay goals, and negatively impact life chances, including future earnings.
- While some things in life are outside our control, the choice to avoid cannabis is a powerful way to set ourselves up for long-term success.

Students were encouraged to think critically about the risks and take pride in making choices that protect their wellbeing and future.

### Other News: End of Half-Term Celebrations

Friday brought the half-term to a close with celebration and reflection.

House assemblies gave students and staff a chance to recognise achievements, highlight individual and collective successes, and consider areas for growth moving forward.

In addition, the winning House in each year group enjoyed a well-earned non-uniform day—rewarding their hard-fought victories in House events and points tallies this term.

Congratulations to all those who contributed with positivity, teamwork, and enthusiasm!

### Looking Ahead to Next Week

As we head into the half-term break, we hope all our students and families take time to rest, recharge, and return ready for the exciting weeks ahead.

Enjoy your break, and we look forward to seeing everyone back soon for the final half-term of the year.

# CAUGHT DOING GOOD...

(Monday 19<sup>th</sup> to Friday 23<sup>rd</sup> May 2025)

## Year 7

Charlie Watts  
Jazmyn Taylor  
Sienna Adams  
Erin Wilson  
Lois Nunn

## Year 8

Devon Wilson  
Samuel Lloyd  
Goodluck Okeke  
Lucas Andrews  
Max Ananjevs

## Year 9

Heath White  
Mason Rees  
Lilly Matlock-Jeffery  
John Adesina  
Shay Burgess

## Year 10

Rio Ramadan  
Emily Shelley  
Maizie Ball-Parrish  
Pavel Raykov  
Adrian Zalinski



## Chit Chat and Chocolate



**Rhys Salberg**



**Casey Mirza**



**Dan Sahin**



**Elissa Morris**

**David Mustata**

**Rosie Man**

**Luisa Osei**

**Wiktoria Laska**

**Phoebe Miles**

**Faris Bennie**

**Adrian Zalinski**

**Lewis Dean**

**Lewis Martin**

**Isabella Cox**

**Scarlet Aylwin**

**Riley Breeds**



★ This week's lucky recipients of the prize draws are... ★

### Weekly

Penny Howard  
Marcus Maw  
Ashleigh Labalpinay  
Stan Smith  
Alfie Leeson

### Half Termly

Timy Pascal  
Nevaeh Nyarko Moore  
Lacey Douglass-Armstrong  
Ronnie Swann  
James Cooper



## SUBJECT/INFORMATION UPDATES

Passmores Academy KS3 Students, Kiera Doherty, Leia Hope, Jess Jones, Rosie McCormick, Laura Wator and Flo Rambarran have been working very hard at the Rainbow Services KS3 Workshop Project, this past half term.

Here they are presenting the two mud kitchens they made to The Downs Primary School & Nursery and Potter Street Academy.

The girls will be making two more mud kitchens next half term too, one for Purford Green Primary & Pear Tree Mead Academy.

Well done girls!



### **Boys U15 - Cricket**

The U15's cricket team played in their first tournament of the Harlow district competition on Tuesday 20th May.

The boys played 2 fixtures of the condensed overs game where the schools face a total of 8 overs. Our first fixture was against St. Nicks and after putting them into bat first the boys ended up having to chase 61 runs to win, unfortunately we came slightly short with 45 runs scored.

Next up we played St. Marks, and we batted first this time and set them a target of 37 runs, it was always going to be difficult to keep them down, but through some brilliant bowling and magnificent fielding St. Marks only managed to score 17 runs in total giving us a very satisfactory win.

Well done boys.

### Open Events

- Writtle College, 18<sup>th</sup> June 3:00pm – 7:00pm
- Long Road Sixth Form, 4<sup>th</sup> July

**Careermag** is a great resource with a range of articles including; careers with maths, cyber security, sport, UCAS applications, sales & marketing, green careers and more: [Career Mag](#)



**Writtle College Girls Football Academy Taster Session for Year 10's and 11's - Wednesday 28<sup>th</sup> May**  
Use this link to book a place: [Taster Session](#)

**Engineering Apprenticeships with Network Rail**  
[Level 3 Rail Engineering Technician Apprenticeship \(England & Wales\) - Network Rails Early Careers](#)

**Hertford Regional College are hosting an Apprenticeship Information Event on Tuesday 17th June 2025, 17:30 – 19:00.**

The event is open to all, and will be held at the Broxbourne Campus. There will be talks including:

- What is an apprenticeship?
- What apprenticeships are available at HRC?
- How to search and apply for apprenticeships
- Top tips for CVs, applications and interviews

Expert staff will be available to support you and will also be providing short tours of the college facilities. To book on to this event, please use the link below:

<https://hrc.ac.uk/events/apprenticeship-information-evening/>

## Long Road Sixth Form College Open Evenings

Year 10 students and their families are invited to attend their Open Evenings on Wednesday 2nd and Thursday 3rd July 2025.

The event is also open to Year 11 students who would like another opportunity to visit the college before making their final post-16 decisions in August.

Booking is now live, and all attendees must book a ticket in advance to ensure the event remains safe and enjoyable. Tickets are limited to a maximum of four per booking.

[Long Road Sixth Form College - Open Evenings](#)

## Reminder of the Work Shadowing Day, Wednesday 2nd July 2025

We have a lot of students who still need to secure their work shadowing day placement, so we are extending the deadline to the **13th June**.

It is a great opportunity for students to gain a real insight into the world of work and to be given the chance to observe a job role which may be of specific interest for future career choices. We have told the students that they will need to work with family or a close friend of the family.

Any student who has not got a placement by this date will come into school as usual.

The consent form is: [Parental Consent Form](#)


If you have any queries or concerns or if students are struggling, please contact Mrs Kay, at: [j.kay@passmoresacademy.com](mailto:j.kay@passmoresacademy.com).




# ANY OTHER INFORMATION

## Opportunity for Support with Understanding Autism

If you are interested, please email [rcrowland@harlow.netacademies.net](mailto:rcrowland@harlow.netacademies.net) - you do not need to email or inform Passmores.




### Beyond Good Beginnings



Join us for our Beyond Good Beginnings course for parents of autistic children and those on the JADES pathway, focusing on supporting our autistic children from a parent's perspective.

It will be delivered by Mrs Crowland, our NET specialist teacher for autism.  
The sessions will be informal and a chance to meet other parents.

The 6 sessions will take place at our training room at Lutton Green Primary Academy on the following dates –



Wednesday 11<sup>th</sup> June 9:30-10:30am  
Wednesday 18<sup>th</sup> June 9:30-10:30am  
Wednesday 25<sup>th</sup> June 9:30-10:30am  
Wednesday 2<sup>nd</sup> July 9:30-10:30am  
Wednesday 9<sup>th</sup> July 2-3pm

You will need to be able to commit to all 6 sessions.

Please call in or email the office at your child's school to register for a place.

## Arthur Scott-Vodnar - Special Olympics Alpine Ski Race Day

A massive congratulations to Arthur who won a 4th place medal in the Intermediate Slalom race and a bronze medal in the giant slalom race.



## Friends of Passmores

We asked the students to design a poster for the Summer Fete that we have coming up on 28th June. We had 7 amazing posters which were carefully judged and voted for by the team... It was a very difficult decision to make!

However, we can proudly announce the winners were **Elsiemay Cooper** and **Lily Johnson**!

Congratulations, your posters will be used on our event page on our socials and put up around the school and on our notice board.

Well done to all our participants!



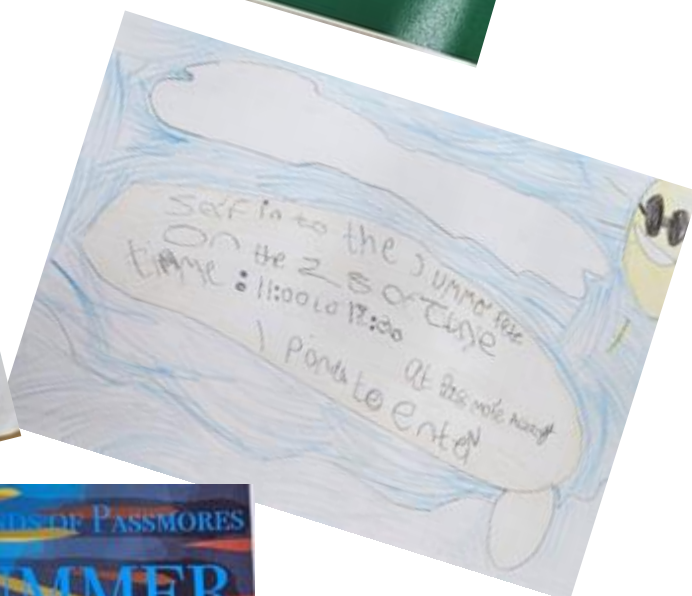
**Winners!!**

Elsiemay Cooper

Lily Johnson







Runners up posters were designed by:

Maisie Kerwood

Lilly Johnson

Bailey Howe

Taliah Refuse

Ellie Cooper

## **FORTHCOMING EVENTS**

<b>Monday 26th – Friday 30<sup>th</sup> May</b>	<b>HALF TERM – SCHOOL CLOSED</b>
Monday 2 <sup>nd</sup> June	Summer Term 2 Begins
Wednesday 11 <sup>th</sup> June	Sports Presentation Evening
Friday 20 <sup>th</sup> June	District Sports
Friday 27 <sup>th</sup> June	Sports Day
Thursday 26 <sup>th</sup> June	Year 11 Prom
Saturday 28 <sup>th</sup> June	Friend of Passmores Summer Fete (11am – 3pm)

TEACHarlow

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

Don't miss your prom



# Come to our Prom Event!



**We will be giving away preloved dresses, suits, and accessories - FREE!**

- Volunteer personal shoppers to help you find the outfit of your dreams
- Refreshments available
- Photo opportunity to capture that special moment
- No booking required!

**Young people must be accompanied by an adult**

**17<sup>th</sup> May  
GPCA Harlow  
11am - 3pm**

**If you have an item to donate, contact:**

**Donna: 07741 599426  
info@rainbowservices.org.uk**



**For more information:**

Tel: 01279 210 404

Email: [info@rainbowservices.org.uk](mailto:info@rainbowservices.org.uk)



# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go, let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

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.



The National College





# Police Station Open Day

*Come In*  
WE'RE  
**OPEN**

Saturday May 31st 2025

10am till 2pm

Essex Police would like to invite you to our open day at Harlow Police Station. This is a great opportunity for all to come and meet the various policing teams and their working partners that operate within your district and give you the chance to find out what we do every day to keep your community safe. We will also be joined by Essex Fire and Rescue, Harlow Council, Rainbow Services and others.



Tell us what matters to you, email the team on [HarlowCPT@essex.police.uk](mailto:HarlowCPT@essex.police.uk)

Harlow Police Station Opening times: Monday to Sunday 9am till 5pm

 :EPHarlow  
 :EP\_Harlow



# Essex Fire Museum Open Days

2025



Sunday 25th & Tuesday 27th May

10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays  
RM17 5QS

Book Now





# WE'RE HIRING



## Making It Mindful

We are looking for holiday club leaders and assistants to join us in the school holidays.

We are looking for Friendly and outgoing people that love being creative, part of a team and working with young people. (aged 6 - 12 years)

All lessons for our childrens holiday clubs are already planned and include games and fun activities like pizza making, painting, making bath bombs and many more creative fun projects!

### Details

- **PAYMENTS UP TO £30 PH DEPENDING ON ROLE**
- **FLEXIBLE WORKING**
- **LESSON PLANS PROVIDED**
- **LUNCH INCLUDED**
- **WORKING WITH 1 - 3 OTHER TEACHERS AT ALL TIMES**



[www.makingitmindful.co.uk](http://www.makingitmindful.co.uk)



[milli@makingitmindful.co.uk](mailto:milli@makingitmindful.co.uk)



# BERECROFT'S

## FAMILY FUN DAY



Let celebrate the 25th Anniversary of  
Berecroft Resident Association

**Sunday 25th May 2025**  
**1pm to 7 pm**  
**CM 18 7SH**

**Free entry**

**JOIN US FOR  
A LOT OF FUN:**

- Entertainment
- Face painting
- Lime and spoon race
- Sack race and others
- Yummy food on sale

- Dancing competition
- Cake sale
- Market stalls
- Raffle

**And much more!**

**Proceeds in aid of  
Berecroft Association**



**For more information contact Rachel Tél : 07540871682**