

# Newsletter

15<sup>th</sup> May 2026 Issue 29



## MENTAL HEALTH AWARENESS WEEK

Dear Parents and Carers,

Well, we're in full flow of GCSE exams here! I would like to acknowledge our Year 11 students on how well they are approaching this important period with focus and determination, it has been lovely to see so many of them arriving early to take advantage of the free breakfast and last-minute revision sessions that have been available to them.

The computer scientists missed the mighty hailstones by seconds on Wednesday as we conducted the line-up before their exam; thankfully, we got them in before anyone getting seriously wet.

Unfortunately, the same cannot be said for those in PE! You have got to love those parts of the job, it adds a sense of excitement, as did the sports photographs that were organised yesterday. You can't truly appreciate how many young people are involved in teams across the year until you see them together. The photos will look fantastic when they are displayed. Well done to everyone who has been involved in sports so far this year. Just the summer sports season to conquer now.

Students across the school have been engaging with activities and discussions linked to Mental Health Awareness Week. This has provided an important opportunity for reflection, conversation, and support around wellbeing.

Thank you to everyone who managed to attend the Year 7 & 8 Academic Tutorials last night, I know there were lots of positive conversations that took place and students have a renewed sense of purpose to carry them through for the remainder of this year.

Finally, you should have received an email that was sent out earlier this week inviting you to our next Chit Chat Coffee and Cake event that will be taking place on Thursday 11th June. We warmly encourage you to join us. Please use the link [here](#) to sign up.

Have a lovely weekend, fingers crossed the sun makes an appearance!

**Natalie Christie**  
Principal of Passmores Academy

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

# TOP PASSMORES POINTS ACHIEVERS

Friday 8<sup>th</sup> to Thursday 14<sup>th</sup> May 2026

Akers, Lexi	Year 7	91
Dixon, Sam	Year 7	91
Rees, Talulah	Year 7	91
Cotorobai, Vlad	Year 7	90
Morrison, Evelyn	Year 7	88
Mulligan, Riley	Year 7	88
Luca, Daria	Year 7	86
Gunter, Willow	Year 7	81
Garrett, Freddie	Year 7	80
Goodson, Ayla	Year 7	79

Charles, Kai	Year 8	75
Rouse, Elijah	Year 8	57
Aley, Dylan	Year 8	51
Campbell, Janelle	Year 8	51
Adams, Mia	Year 8	50
Unwin, Reece	Year 8	49
Almond, Scarlett	Year 8	45
Edwards, Joshua	Year 8	42
Kwofie, Farrell	Year 8	42
Ringer, Leon	Year 8	41

Toku Appleton, Ethan	Year 9	72
Pay, Amelia	Year 9	71
Norton, Florence	Year 9	68
Arber, Jay	Year 9	58
Ahmad, Nameer	Year 9	51
Aimes, Olly	Year 9	51
Allen Raggio, Pixie-Mae	Year 9	51
Brandle, Aiden	Year 9	51
Jones, Kayleigh	Year 9	49
O'Callaghan, Mitchell	Year 9	48

Owen, Esme	Year 10	51
Watters, Katie	Year 10	51
Brown, Charlie	Year 10	48
Blackham, Ella	Year 10	46
Gunter, Noah	Year 10	46
Frimpong, Abena	Year 10	44
Parlour, Layton	Year 10	44
Sowunmi, Ronel	Year 10	44
Griffiths, Charlie	Year 10	43
Norburn, Amber	Year 10	42

Dinnell, Louis	Year 11	12
Man, Charlotte	Year 11	12
Kamara, Abdul	Year 11	8
Sestavickaite, Arune	Year 11	8
Chindris, Stefan	Year 11	7
Silver, Caiden	Year 11	7
Applegate, Ronnie	Year 11	6
Burns, Jayden	Year 11	6
Clemente, Brian	Year 11	6
Dack, Benjamin	Year 11	6
Guiver, Laney	Year 11	6
Guiver, Lilly	Year 11	6
Humphries, Jessie	Year 11	6
Martin, Lewis	Year 11	6
Raykov, Pavel	Year 11	6
Thornton, Lily-Mai	Year 11	6
Vobe, Daisy	Year 11	6
Vobe, Evie	Year 11	6
Walker, Rose	Year 11	6

Year Group Attendance w/c 11 <sup>th</sup> April 2026	
Year 7	90.8%
Year 8	87.82%
Year 9	88.02%
Year 10	85.3%
Year 11	85.74%
<b>All Students</b>	<b>87.41%</b>

## Thought for the Week

This week's Thought for the Week encouraged students to reflect carefully on their actions and the impact those actions have on our school environment and wider community. Unfortunately, we have recently seen an increase in poor choices from a small number of students, including throwing food, spraying water at one another, dropping litter without picking it up, and failing to tidy away after themselves at social times.



As a school community, we expect all students to demonstrate our values of respect, compassion and kindness, and fairness and belonging in everything they do. These values are not only reflected in classrooms, but also in how we treat our environment and each other every day. While the vast majority of students continue to uphold these standards, it is important that everyone understands the consequences when expectations are not met.

To reinforce the importance of community responsibility, any student who chooses to throw items or leave mess for others to clean up will receive supervised lunchtime arrangements for a week. This is intended to emphasise the role we all play in maintaining a safe, respectful and welcoming school environment for everyone.

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## In the News



This week, students marked Mental Health Awareness Week, exploring why understanding and looking after mental health is so important—particularly for young people.

Students learned that adolescence is often the time when mental health challenges first begin to emerge, and that recognising signs of stress, anxiety or low mood early can help individuals seek support before problems become more serious. Discussions also focused on reducing the stigma around mental health, encouraging students to feel confident in speaking openly and honestly when they are struggling.

The week also highlighted the importance of practical coping strategies. Students reflected on ways to manage stress, build resilience, maintain positive relationships and support friends who may be experiencing difficulties. These are valuable life skills that can help students both in school and beyond.

Importantly, students considered the link between mental wellbeing and academic success. Good mental health can positively impact concentration, motivation, attendance and overall happiness, helping students to thrive both personally and academically.

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## In Other News

Year 11 students continue to impress with the mature and focused way they are approaching their GCSE examinations. Their resilience, determination and commitment throughout this demanding period has been commendable, and we are extremely proud of the way they are conducting themselves.

It was also wonderful to welcome Year 7 and Year 8 parents and carers into school on Thursday evening for academic tutorials. The building was full of positive conversation as staff, students and families worked together to reflect honestly on progress and identify next steps. These discussions are invaluable in supporting continued growth and success for all students.

## Looking Ahead to Next Week...

Next week's Thought for the Week will mark Knife Crime Awareness Week, providing students with important opportunities to reflect on personal safety, the impact of choices, and the importance of making positive decisions.

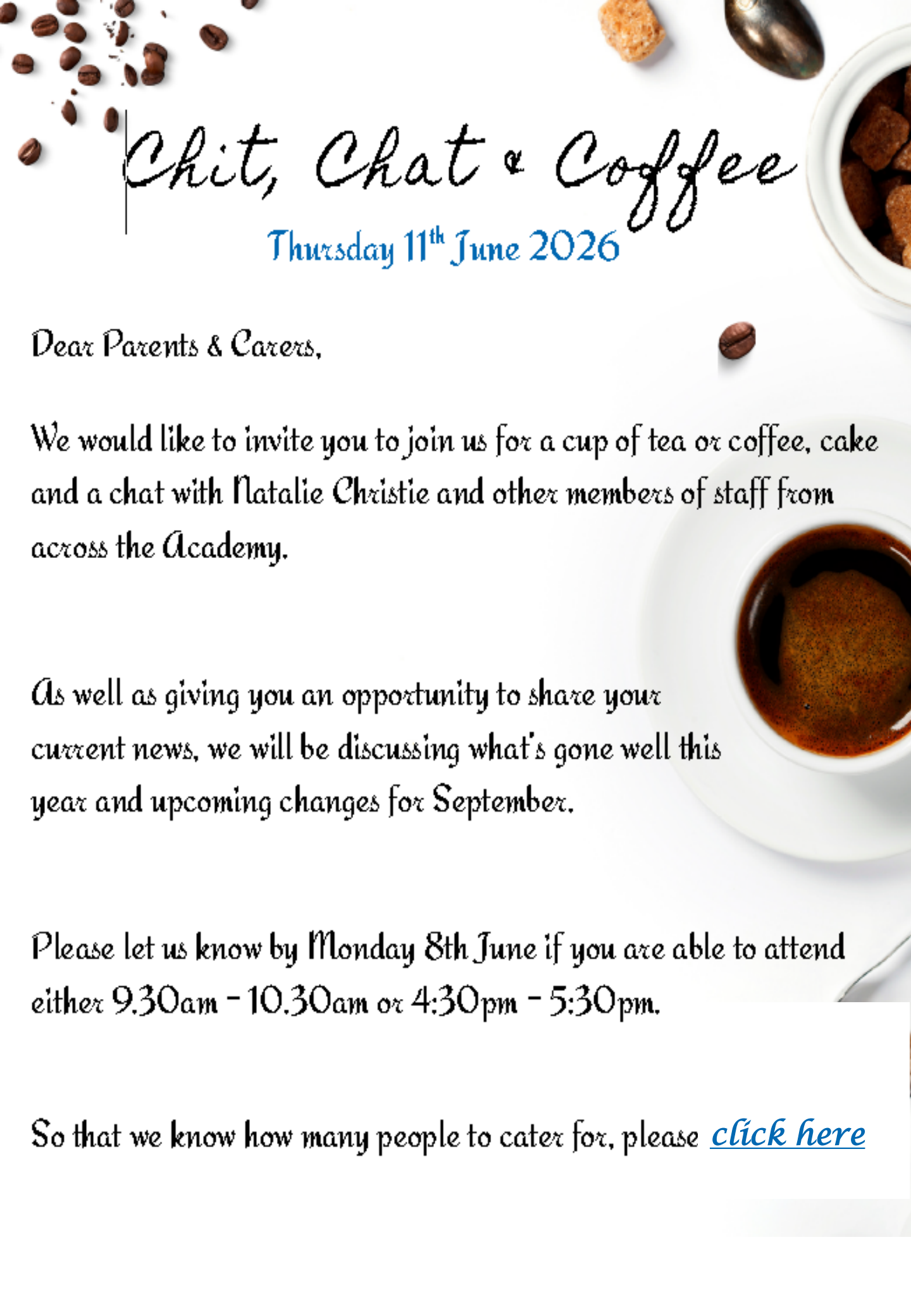
In the News next week will be facilitated through Newsround, helping students engage with current affairs in an accessible and informative way.

We also look forward to a non-uniform day on Friday for students who achieved five or fewer behaviour points during the challenge window from the start of half-term to 19th May. This is a fantastic opportunity to recognise and celebrate the many students who consistently demonstrate positive behaviour and uphold our school values each day.



### 15/05/26 Weekly Winners

Rio Allen  
Emma Reina  
Nour Karout  
Isla Woodington  
Harley Byrne  
Ashleigh Hurst  
Harriet Butterfield  
Indie Silver  
Tanisha Rahman  
Makiah Mfon



# Chit, Chat & Coffee

Thursday 11<sup>th</sup> June 2026

Dear Parents & Carers,

We would like to invite you to join us for a cup of tea or coffee, cake and a chat with Natalie Christie and other members of staff from across the Academy.

As well as giving you an opportunity to share your current news, we will be discussing what's gone well this year and upcoming changes for September.

Please let us know by Monday 8th June if you are able to attend either 9.30am - 10.30am or 4:30pm - 5:30pm.

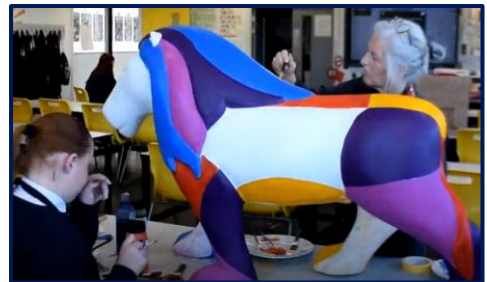
So that we know how many people to cater for, please [click here](#)

# SUBJECT/INFORMATION UPDATES

## Art – Lions on the Loose

Students at Passmores Academy have proudly created *Pride of Passmores*, a vibrant lion sculpture inspired by the work of Keith Haring and Yayoi Kusama.

Reflecting our values of kindness, respect, compassion, belonging and fairness, the lion celebrates our inclusive community. The project supports St Clare Hospice and forms part of the *Lions on the Loose* trail, which can be found across Harlow and Epping throughout the summer holidays.



## History – Year 9 Battlefields Trip

Just under a week to go! *Please remember...*



- ✓ Check the weather before you pack!
- ✓ Just a small bag for the coach hold please- it's only one night.
- ✓ Don't forget your medication, if needed- especially travel sickness. Give this to your gr
- ✓ A packed lunch and other snacks you want to take.
- ✓ Water, and spare water. **No energy drinks please.**
- ✓ Games for the bus.
- ✓ European travel adaptors for your chargers.
- ✓ Sunglasses and a hat, for if it gets hot.

**Please be at school between 5:15am and 5:30am. The school car park will be open. We will be leaving at 5:45am on the dot. The school building will not be open so make sure you use the toilet before you leave the house!**

Any last-minute issues- please contact Mrs Frederick.

## Proms In The Park Live Wire Vocal Workshop

We welcomed Roisin Quinn from the Live Wire Collective group to Passmores on Thursday 14th May as she met some of our talented singers in years 7-10. She led a vocal workshop which introduced the students to the vocal repertoire that is going to be performed as part of the Proms in the Park event being held on Saturday 4th July in Harlow Town Park.

The session started with some fun warmups, including sirening. This was followed by teaching the students a mash up of pop songs (Memories, Don't Look Back In Anger, No Woman No Cry) sung over the chord sequence from Pachelbel's 'Canon' in 4-part harmony. It was wonderful to hear such clarity and blending of tone from the group. Then the students were introduced to Vivaldi's 'Gloria' to which they sang additional lyrics in 3-part harmony with a freestyle rap from Ethan Toku Appleton. The final part of the two-hour workshop focused on song writing as the group composed their own lyrics and melody lines in a whole group performance.

The students who signed up to attend engaged so well and now have the opportunity to sign up to be part of the main event in July performing with other students in the local area. This will involve attending four rehearsals at The Playhouse Theatre in June with the final performance in July being accompanied by members of the Royal Philharmonic Orchestra and Mr. Butler.

The students who signed up for this opportunity and took part were:

### Year 10:

Masal Tuna, Daisy Hewett, Maddie Fargeot, Jokubas Garmata, Sophia Euesden, Rinoa Windeler, James Babb.

### Year 9:

Rachel Ricketts, Rebecca Iona, Ethan Toku Appleton, Amy Layzell-Whitchurch.

### Year 8:

Roman Fernades, Tilly Spreadbury, Maria Denkewicz, Adam Boughlalah.

### Year 7:

Mason Webb, Callie Fitten, Sienna Samain-Fountain, Harrison Mehmet, Alicia Tukta, Daria Luca, Robyn Webb, Aoife Futers, Hazel Goodin, Indie Bartram, Molly Wallace.

# Summer Term 2026 After School Clubs

Department	Club	Day	Time	Room	Staffing
Art	KS4 Art and Design GCSE Club	Thursday	3:15 – 4:00	L105/104	GHS/VFX
English	Book Club	Thursday	3:15 – 4:00	English Dept	NVH and team
English	Creative Writing Club	Thursday	3:15 – 4:00	U107	EBG/EPE
English	Year 11 Homework Support	Tuesday A	1:45 – 2:15	English corridor	LKG
English	KS4 Drop-in support	Friday B	3:20 – 4:20	U103	LKG
French	French Homework Club	Wednesday	3:15 – 4:00	Y101	CFY
Geography	Geography Film Club	Thursday	3:20 – 4:15	U004	VNS
Music	Steel Pans - Student Group 1	Monday	3:30 – 4:30	L19	DBK/JDE
Music	Steel Pans - Student Group 2	Monday	4:30 – 5:30	L19	DBK/JDE
Music	Soul Band	Thursday	3:20 – 4:00	L19	DBR
Music	Piano Club & Music Technology	Thursday	3:20 – 4:00	L110	DBR
Music	Glee Vocal Club	Wednesday	3:20 – 4:00	L19	PTG
PE	Cricket	Monday - Break 1	10:55 – 11:20	Astro Turf	MGD
PE	Cricket	Monday - Break 2	11:20 – 11:45	Astro Turf	AMN
PE	Cricket	Tuesday - Break 1	10:55 – 11:20	Astro Turf	GCI
PE	Cricket	Tuesday - Break 2	11:20 – 11:45	Astro Turf	JWR
PE	Athletics	Tuesday	3.30 – 4:15	Sports Field	All Staff
PE	Cricket	Wednesday - Break 1	10:55 – 11:20	Astro Turf	RTR
PE	Cricket	Wednesday - Break 2	11:20 – 11:45	Astro Turf	JKG
PE	Tennis	Wednesday	3.30 – 4:15	Tennis Court	JWR/AMN
PE	Rounders	Wednesday	3.30 – 4:15	Sports Field	GCI/ARY
PE	Softball	Wednesday	3.30 – 4:15	Sports Field	MGD
PE	Cricket	Thursday - Break 1	10:55 – 11:20	Astro Turf	OWY
Science	Gardening Club	Wednesday	3:20 – 4:15	L006 / Science garden	SWT
Study Club	Study Club	Tues-Fri	3.15 – 4:15	G105/2	RKG
Youth Club	Youth Club	Tuesday	3.30 – 5:00	Heart Space	AOS

### Harlow RFC Under 13s

We are incredibly proud to celebrate the achievements of some of our PCLC Year 8 students, who cleaned up at the Harlow Rugby Clubs Under 13s Awards Day!

Huge congratulations goes to...

- **Most Improved Player** – Lennon Dilloway (Stewards)
- **Best Attitude Award** – Noah Stubbings (Stewards)
- **Forward of the Year** – Taylor Jackson (Stewards)
- **Forward of the Year** – Fletcher Warren (Passmores)
- **Player of the Year** – Grayson Ford (Passmores)



All of the boys have worked incredibly hard throughout the season, showing dedication, teamwork, and commitment both on and off the pitch.

These awards are thoroughly deserved, and we were delighted to celebrate their success!

### Inclusive Leadership Training

On Monday 11<sup>th</sup> May, a group of seven Year 8 & 9s went to St. John Payne School in Chelmsford where they learnt how to teach and coach their peers in various activities. These included wheelchair basketball, archery, indoor curling and bocce. They also learnt how to deliver a warmup, a cooldown, and an understanding of the value of being able to lead people of different abilities. Some of the pupils will be invited to be leaders at The Invincibles Games in June.

Mrs Cuschieri and Mr Burgess



## London Job Show, 15th & 16th May 2026 at Westfield Shepherds Bush

Register for free at [London Job Show - May 2026](#)



## Young Economist of the year Competition (sponsored by KPMG)

For students in Years 10–13. Students can enter individually or in groups of up to 5.

- **Task:** Submit an essay, presentation, or video/audio answering one of five economics questions (e.g. GDP vs happiness, free trade, dynamic pricing, billionaires, or AI and growth).
- **Deadline:** 29 June 2026
- **What happens next:**
  - 5 shortlisted entries announced September 2026
  - Finalists present at KPMG offices in October 2026 (10-minute presentation + Q&A)
- **Purpose:** Encourage diverse students to engage with contemporary economic issues and share original ideas.



To find out more and apply, go to [Young Economist 2026 | Discover Economics](#)

## Year 9 & 10 Work Shadowing Day, Thursday 2<sup>nd</sup> July

Work shadowing is a fantastic 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. Letters have gone out to year 9 and 10 parents/carers about this opportunity. Students will need to work with family or a close friend of the family. The deadline to find a placement is Friday 5th June 2026.

On the letters, there is a link to a google form, to be completed once the student knows where they are going. Any questions, please contact [j.kay@passmoresacademy.com](mailto:j.kay@passmoresacademy.com) or [t.bassett@passmoresacademy.com](mailto:t.bassett@passmoresacademy.com).

CRE8

## CRE8 - Creative Industry Academy Online Introduction Evening, 18th May, 7pm

The session is designed for students and families interested in learning more about CRE8 and creative career pathways. <https://forms.gle/a1Jri2C4KPLXgCBg6>

Once completed, the online meeting link and joining details will be sent directly to you ahead of the event.

### The Future Skills Programme: careers in STEM

A virtual programme in half term for students in years 9 and 10. It will run from the 26<sup>th</sup> - 29<sup>th</sup> May. To find out more and register, go to:

[Programmes - The Future Skills Programme: Careers in STEM](#)

Use the link on the poster on the next page or QR code to attend.



CRE8 - Creative Media Academy  
\*/learntocre8

### Are you aged 14+ and interested in a career in medicine or healthcare?

Premed Projects **Future Doctors Weekend** takes place on Sat 23<sup>rd</sup> and Sun 24<sup>th</sup> May 2026, delivered online from 12pm-2pm and is completely free. It will also result in gaining a certificate which can be added to a CV.

What students will gain:

- Real insight into **careers in medicine and surgery**
- Experience working through **clinical case studies**
- Understanding of **medical ethics and interview scenarios**
- Exposure to how doctors **think, diagnose and make decisions**
- A **signed certificate from doctors** (useful for applications & interviews)

Students can register here: [www.premedprojects.co.uk/free](http://www.premedprojects.co.uk/free)



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## UPCOMING EVENTS



**ONLINE INTRODUCTION EVENING**  
Monday 18th May  
7:00PM

Join us online to discover how CRE8 works,  
explore career opportunities, learn about  
September 2026 entry and get your  
questions answered.



**ON-CAMPUS TASTER EVENT**  
Tuesday 26th May  
2:00PM

**WOODSIDE STADIUM**

Experience CRE8 first-hand, meet the team,  
explore the environment and take part in  
creative taster activities.



BISHOP'S STORTFORD CAMPUS

WOODSIDE STADIUM, BISHOP'S STORTFORD, CM23 5RG

### EXPLORE AREAS INCLUDING:



FILM, TV &  
VIDEO PRODUCTION



SOCIAL MEDIA,  
ADVERTISING &  
DIGITAL MARKETING



PHOTOGRAPHY &  
VISUAL STORYTELLING



GRAPHIC, DIGITAL,  
PRODUCT, FASHION  
& BRAND DESIGN



INTERIOR, SPATIAL,  
ARCHITECTURE &  
ENVIRONMENTAL DESIGN



PODCASTING, AUDIO  
PRODUCTION, MUSIC  
& BROADCASTING



EVENTS, TRAVEL,  
TOURISM & EXPERIENCE  
INDUSTRIES



SPORTS MEDIA,  
JOURNALISM & CONTENT  
CREATION



GAMING MEDIA,  
GAMING, ANIMATION,  
VFX & INTERACTIVE MEDIA

TURN YOUR  
CREATIVITY  
INTO YOUR  
CAREER



REGISTER  
YOUR PLACE

Please complete the form to attend either event:

<https://forms.gle/a1Jri2C4KPLXgCBg6>

apply@learntoocre8.com



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Don't wait for autumn – our Open Evenings are summer-only! Book now or miss out.

# — OPEN — EVENINGS

**For September 2027 entry  
1st & 2nd July 2026, 4-9pm**



Attention year 10s  
Scan here to book!



Year 11s welcome

Discover your future at  
Long Road Sixth Form College!

Be Prepared. Be Inspired. Be Long

[www.longroad.ac.uk](http://www.longroad.ac.uk)



## ANY OTHER INFORMATION

### KEY CONTACT INFORMATION

#### School Address

Passmores Academy, Tracyes Road, Harlow, Essex, CM18 6JH

#### Main Telephone

01279 770800

[passmores@passmoresacademy.com](mailto:passmores@passmoresacademy.com)

#### Student Absence

Report via the  Arbor app

#### Change of Contact Details

[h.day@passmoresacademy.com](mailto:h.day@passmoresacademy.com)

#### Student Services

[pastudentservices@passmoresacademy.com](mailto:pastudentservices@passmoresacademy.com)

#### First Aid

[pafirstaid@passmoresacademy.com](mailto:pafirstaid@passmoresacademy.com)

#### Extra-Curricular Clubs

[h.day@passmoresacademy.com](mailto:h.day@passmoresacademy.com)

#### Account / Trips

[s.hodges@passmoresacademy.com](mailto:s.hodges@passmoresacademy.com)

#### Homework

[datateam@passmoresacademy.com](mailto:datateam@passmoresacademy.com)

#### Free School Meals

[pastudentservices@passmoresacademy.com](mailto:pastudentservices@passmoresacademy.com)

For a full list of staff contact details, click [here](#)



Lost property will be left out on the tables in the **Heart Space** on **Friday 22<sup>nd</sup> May.**

Anything unclaimed will be going to charity.

## Exam Invigilators... We're Hiring!

### *Would you like to become an Exam Invigilator?*

We have dates available throughout the year with hours to suit you.

The hourly rate is £13.03.

If you would like to apply, or would like more information, please contact Sally Beatty:  
[s.beatty@passmoresacademy.com](mailto:s.beatty@passmoresacademy.com)



### *What is an Exam Invigilator?*

An exam invigilator is someone appointed by an educational institution to maintain proper conduct in an examination in accordance with exam regulations. Typically, the main duty of an exam invigilator is to watch examination candidates to prevent cheating. The purpose of exam invigilating is to ensure each candidate sits the examination under equal conditions.

## Reporting An Absence

If you need to report your child absent from school, please ensure you are following the correct procedure on Arbor.



### *If notifying us via the app:*

- Click on the 3 lines (at the bottom left of the dashboard).
- Log Absence (green bar at the top)
- Complete the information and click 'Log Absence'

### **If notifying us from a web browser:**

- Click on the 'Quick Actions' button
- Click 'Attendance'

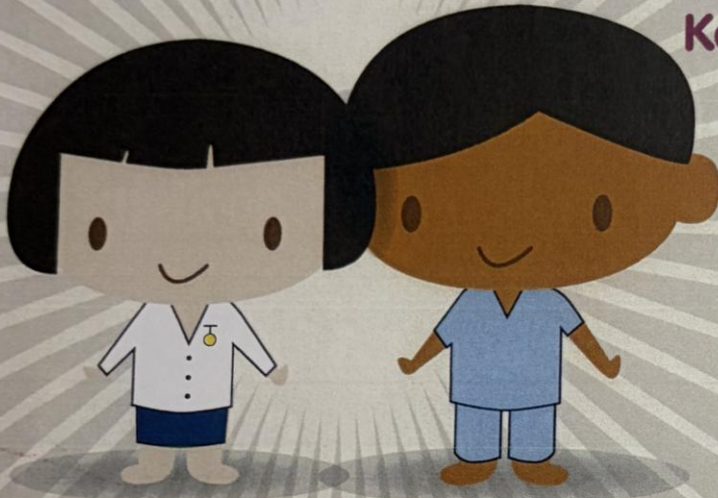
## **FORTHCOMING EVENTS**

<b>Monday 25<sup>th</sup> – Friday 29<sup>th</sup> May</b>	<b>Half-Term</b>
Monday 1 <sup>st</sup> June – Friday 17 <sup>th</sup> July	Summer Term 2
<b>Friday 17<sup>th</sup> July</b>	<b>End of Term Early Finish for Students</b>

# Your School Nursing Service

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:



**Keeping Healthy**

**Immunisations**

**Emotional Health**

**Weight Management**

**Sexual Health**

**Drugs and Alcohol**

**Smoking**

We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.

## Confidential

We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone else from serious harm. Whenever possible we would discuss this with you first.

## Qualified

School Nurses or Specialist Community Public Health Nurses are qualified nurses or midwives with specific graduate level education, and work with a team to support you.

## Non Judgemental

We are here to help, not to judge.

## When and Where can I Access my School Nursing Service?

Every Tuesday

10.55 - 11.45 am

In the A/C.

# What Parents & Educators Need to Know about ONLINE GROOMING

Online grooming is when someone builds a relationship with a child or young person online to gain their trust for the purpose of sexual abuse, exploitation, radicalisation, or criminal activity – such as county lines or financial scams. According to the NSPCC, police in the UK recorded over 7,000 offences involving sexual communication with a child in a single year – an increase of 89% since 2017/18.

## WHAT ARE THE RISKS?

### STRANGERS USING FAKE IDENTITIES

Groomers often pose as children or teenagers online to build trust. They may create convincing fake profiles, share photos stolen from real people, or mimic the interests of the child. By pretending to be someone their age, they make conversations feel safe and relatable. Over time, they may ask for personal details, photos, or suggest meeting in person, exposing children to significant emotional and physical harm.

### EXPLOITATION THROUGH GIFTS AND FLATTERY

To gain trust quickly, groomers often send gifts, gaming credits, or money. Alongside material offerings, they use excessive compliments, affection, and attention to create emotional dependency. These tactics make children feel valued and special, lowering their defences. Once trust is secured, groomers may escalate their requests, often asking for photos or private conversations, making the child feel pressured or indebted to continue.

### GROUP CHATS AS HIDDEN PATHWAYS

Unmonitored group chats on platforms like WhatsApp or Discord provide a cover for groomers. They can watch how children interact, identify those who seem vulnerable, and then move conversations into private messaging. This transition makes detection difficult for trusted adults. The seemingly harmless group setting often masks the presence of predators, giving children a false sense of security.

### THE RISE OF SEXTORTION

Sextortion involves pressuring children into sharing explicit content, then blackmailing them for more. Offenders may claim to have hacked a child's device, threaten to share images with friends or family, or demand money. Many victims remain silent out of fear and shame. This growing crime is particularly dangerous because children often feel trapped, believing there's no safe way to escape the situation.

### GAMING PLATFORMS AS GROOMING GATEWAYS

Games like Roblox, Fortnite, or Call of Duty, which include live chat features, are frequent targets for groomers. Conversations often begin casually during gameplay and can become manipulative over time. Groomers may offer in-game gifts, credits, or exclusive add-ons to build rapport. Children using headsets or private chat features are especially at risk, as conversations are harder for adults to monitor.

### CRIMINAL & RADICALISATION RISKS

Grooming is not always sexual. Some offenders manipulate children into criminal activities such as drug running or online fraud. Others attempt to radicalise young people with extreme ideologies. Groomers often use fear, money, shame, or promises of belonging to control their victims. These forms of exploitation can be just as harmful as sexual grooming, and often leave lasting psychological and social consequences.

## Advice for Parents & Educators

### KEEP CONVERSATIONS REGULAR

Rather than having one "big talk" about online safety, weave conversations into everyday life. Ask questions about children's online friendships and interests. Share real-life examples to make discussions relatable and encourage honesty instead of secrecy. When children feel comfortable discussing their digital lives, they are far more likely to share concerns or admit when something feels wrong, reducing the chance of risky interactions going unnoticed.

### UNDERSTAND THE PLATFORMS CHILDREN USE

Take time to learn about the apps, games, and social platforms children are on. Familiarise yourself with privacy settings, parental controls, and group chat features. Use resources like The National College guides or conduct quick searches to stay updated. By understanding how these platforms operate, you'll be better equipped to set boundaries, guide safe use, and notice any unusual or concerning online behaviour early.

### CREATE A "TELL ME" CULTURE

Children often keep silent because they fear being punished or losing access to their devices. Reassure them that coming forward with concerns won't get them into trouble. Emphasise that you are there to help, not judge. Creating a safe, open environment encourages children to speak up if something feels wrong, and helps to ensure they don't suffer in silence when facing potential grooming risks.

### STAY ALERT TO WARNING SIGNS

Be attentive to both behavioural and digital red flags. Sudden secrecy, mood swings, or new online contacts may signal a problem. Watch for unexplained gifts, new social media profiles, or changes in sleep patterns. Increased anxiety or reluctance to attend school can also be indicators. Regularly checking in and showing interest in those whom they communicate with online help prevent small issues from escalating into serious risks.

### Meet Our Expert

Staffordshire Police is dedicated to keeping people safe and tackling crime across both the physical and digital world. The force continues to strengthen its digital investigation and safeguarding capabilities to protect children and vulnerable people online, working in partnership with local, regional and national organisations, schools, and the wider community.



The National College®

# HARLOW COLOUR FUN RUN



**SUNDAY  
7 JUNE  
HARLOW  
RUGBY CLUB**



**SIGN UP NOW**

[stclarehospice.org.uk/colourrun](http://stclarehospice.org.uk/colourrun)

**01279 773750**

In partnership with  
Harlow Rugby Club



 [stclarehospice](https://www.instagram.com/stclarehospice)  
 [stclarehospice](https://www.facebook.com/stclarehospice)

[stclarehospice.org.uk](http://stclarehospice.org.uk)  
Registered Charity No. 1063631

 Registered with  
FUNDRAISING  
REGULATOR



West Summer Term

# The Essex SEND Local Offer Roadshow

Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex SEND Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.



The marketplace is free and there is no need to book. Children are welcome!



Drop in between 9:30am and 12:30pm



Wednesday 1 July 2026



Foakes Hall, 47 Stortford Road, Dunmow, Essex, CM6 1DG

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>



In Partnership with



# Volunteer

for the  
**Summer Reading  
Challenge 2026!**

**Make  
friends!**

**Boost  
your CV!**

**Help  
your local  
community!**

**Closing date 22 June**



Apply online at [libraries.essex.gov.uk](https://libraries.essex.gov.uk)

**Open to age 14+**

# POPLAR KITTEN CHARITY NIGHTS

★ EVERY WEDNESDAY EVENING ★  
*From now until September!*

SUPPORTING CHARLIE & GRAHAM'S BIKE RIDES IN THE SUMMER

QUIZ ONE WEEK – BINGO THE NEXT – ALTERNATING EVERY WEEK!



## QUIZ NIGHT

TEST YOUR KNOWLEDGE  
GREAT PRIZES TO BE WON!

ALTERNATING EVERY WEDNESDAY!

## BINGO NIGHT

EYES DOWN FOR FUN  
GREAT PRIZES TO BE WON!

BINGO				
4	19	37	59	71
8	16	42	60	73
1	28	★	58	66
13	22	35	50	75
7	21	44	57	68

7 21 42

♥ RAISING MONEY FOR CHARITY ♥



## CHOCOLATE RUN HARLOW

Supporting: Chocolate Run Harlow  
 helping homeless and vulnerably housed people in Harlow.

AIDING HOMELESS PEOPLE & THE VULNERABLY HOUSED IN HARLOW

BECAUSE EVERYONE DESERVES A CHANCE

OUR ANNUAL RIDE  
**HARLOW TO CLACTON**



THE BIG CHALLENGE  
**LONDON TO PARIS**



CHARLIE  
 RIDING FOR CHARITY

## At The POPLAR KITTEN



GRAHAM  
 RIDING FOR CHARITY

TAWNEYS ROAD, HARLOW, ESSEX, CM18 6PN



COME ALONG, HAVE FUN & HELP US MAKE A DIFFERENCE!

DONATE HERE:

EAT ★ DRINK ★ PLAY ★ SUPPORT CHARITY *you!*

SUPPORT GRAHAM & CHARLIE'S CHARITY RIDE

[www.justgiving.com/page/graham-dowers-3](http://www.justgiving.com/page/graham-dowers-3)

Every donation helps us make a real difference.



Thank you for your support!



# Harlow Mixed Ability Rugby 2026 Training Schedule

All sessions are Saturdays 9am - 10:30am

**Inclusive Rugby for ages 6-24**

**All Welcome**

**No booking required**

**Free**

- 23 May 2026
- Tilly's 10s
- TagFest 2026
- 4 July
- 18 July
- 1 August
- 15 August
- 29 August
- 12 September
- 26 September
- 10 October
- 24 October
- 7 November
- 21 November

For more information please contact [mixedability@harlowrugby.club](mailto:mixedability@harlowrugby.club)

# Essex Fire Museum

## Open Day

2026



26th and 31st Of May

10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays  
RM17 5QS



**Book Now**   
**Free Entry**



[Museum@essex-fire.gov.uk](mailto:Museum@essex-fire.gov.uk)