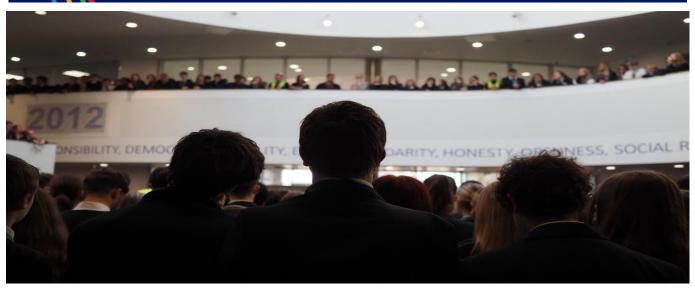
Newsletter Friday 15th November 2024 Issue 10





Dear Parents/Carers,

Our Remembrance Assembly is always a poignant moment, and this year was no different. As Andi Harrod played the bugle with poise, everyone intently watched on and then the Passmores family fell collectively silent. We are all so busy in our daily lives that we don't always get the time to reflect, times like this enable the space to do so, to not only think about those who have lost their lives in service but to also be able to remember loved ones. Finding time for ourselves is important, this is a gentle reminder to all of us to prioritise the things that matter.

This is something that we are trying to do every day at Passmores and for us celebrating the good things is a real focus at present. You will see that our School Council are looking at ways to improve our rewards system and we have introduced a new initiative this week called 'Chit, Chat, Choc'. This is a chance for me to meet with amazing young people who are being recognised by staff for their positive contributions. I know that this will be a highlight of my week, not only to catch up with an array of students but to indulge in the delicious hot chocolate with the squirty cream!

It is a busy newsletter this week, enjoy.

Natalie Christie Principal of Passmores Academy TOP PASSMORES POINTS ACHIEVERS

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Parents/Carers Letters Clubs and Activities School Calendar **ParentPay**











TOP PASSMORES POINTS ACHIEVERS

Friday 8th to Thursday 14th November 2024

Campbell, Janelle	Year 7	41
Boughlalah, Adam	Year 7	37
Bricknell, Oscar	Year 7	36
Chui, Kingsley	Year 7	34
Roffey, Dominic	Year 7	34
Vaughan, Evie	Year 7	31
Zagraba, Franka	Year 7	31
Groves, Alaina	Year 7	31
Mimms, Joshua	Year 7	30
Mahon, Charlie	Year 7	30
Mahon, Olly	Year 7	30
Aimes, Annabel	Year 7	30
Wang, Ivan	Year 7	30
Hodson, Fin	Year 8	46
Rainford, Cherish	Year 8	37
Lee, Isaac	Year 8	35
May, Lily	Year 8	29
Cracknell, Rosie	Year 8	29
Urman, Lana	Year 8	28
Wright, Megan	Year 8	27
Stewart, Isobella	Year 8	26
Klarzak, Leon	Year 8	25
Wejman, Adrian	Year 8	25

Year Group Attendance (4 th to 8 th November 2024)			
Year 7	93.27%		
Year 8	93.04%		
Year 9	86.25%		
Year 10	90.52%		
Year 11	86.68%		
All Students	89.98%		

Hill, Sadie	Year 9	41
Redding, Jack	Year 9	30
Warner, Max	Year 9	29
Hogg, Sophie	Year 9	27
Parnham, Bailey	Year 9	27
Doran, Conall	Year 9	27
Brown, Charlie	Year 9	26
Tuna, Masal	Year 9	26
Adams, Harry	Year 9	26
Collins, Lily	Year 9	24
Buhaescu, Fabiana	Year 9	24
Onslow, Freya	Year 9	24
Euesden, Sophia	Year 9	24
Mushtaq, Abeeha	Year 9	24
Foster-Gaish, Lily-May	Year 10	42
Egbo, Francis	Year 10	32
Stevic, Lana	Year 10	31
Hodgson, Charlie	Year 10	27
Kearns, Gwen	Year 10	26
Shaw, Sadie	Year 10	26
Norris, Josh	Year 10	26
Chindris, Stefan	Year 10	26
Goody, Rebecca	Year 10	25
Mahmuud, Hassan	Year 10	24
McDonald, Bobby	Year 11	22
Boothby, Crystal	Year 11	21
Budzinski, Wojciech	Year 11	21
Meredith, Dylan	Year 11	16
Roffey, Alice	Year 11	16
Vetori, Rileigh	Year 11	15
Boyce, Jack	Year 11	14
Hallybone, Poppy	Year 11	14
Mahon, Katie	Year 11	13
Saint, Miley	Year 11	13
Newman, Abbie	Year 11	13
Horton, Charlie	Year 11	13

PASTORAL UPDATE



This week's Thought for the Week aligned with **Anti-Bullying Week**. In Pastoral Curriculum Time, students delved into understanding what constitutes bullying, exploring its different forms, and learning about the appropriate steps to take if they or a friend experiences it. An essential part of the session focused on respectful disagreement, providing students with strategies to express differing opinions in constructive and considerate ways.

In the News

In line with **Remembrance Day**, students participated in a whole-school assembly in the Heart Space. The entire school community gathered to pay respects, and it was truly powerful to witness the school fall silent in honor of those who served.











Other News

On Friday, students embraced our cooperative and British values through democratic action by participating in the Harlow Youth Council elections. It was inspiring to see them exercise their right to vote and make their voices heard in the community. Our Year 11 students continued their work on personal statements and CVs, further preparing them for post-16 opportunities. Their dedication is a reflection of the progress they're making toward their future pathways. We also saw fantastic engagement in Mrs. Neagus' Geography House event, where students proudly represented their year groups and Houses, showcasing their enthusiasm for learning about the world. This was our best attended House event so far with over 70 eager students competing. Well done to all students that participated. The results were as follows:

Year 7: Dragon, Lion, Unicorn, Griffin

Year 8: Lion, Griffin, Unicorn, Dragon

Year 9: Lion, Dragon, Unicorn, Griffin

Year 10: Lion, Unicorn, Dragon, Griffin

Looking Ahead to Next Week

Next week, **In the News** will highlight **Road Safety Week 2024**, equipping students with essential information on staying safe on the roads. **Thought for the Week** will introduce our new programme, **Mind Matters**, focused on building emotional literacy and resilience. Year 11 students will continue their mock exams and post-16 preparations. To top it all off, we're excited to welcome our **KS3 students** to the highly anticipated **disco evening on Thursday**—a fantastic opportunity for them to relax, have fun, and connect with friends!



CAUGHT DOING GOOD...

CAUGH)
Making A

(Monday 11th - Thursday 14th November 2024)

	Year	7
--	------	---

Freddie Jay Ryan Hall Oliver Atkinson Eli Flintham Amelia-Mae Keeble

Year 8

Shubh Goswami Finley Jackson Lewis Wong Sophia Clark Will Carter

Year 9

Lacey Crook Matthew Arber Zak Kearney Roxana Zajdel Sofia Abbott

Year 10

Riley Breeds Sadie Shaw Rebecca Haynes Gracie Bright Harley Doyle

Year 11

Mel Wild Charlie Doye Lewis Richards Ethan Rouse Delilah Gammons



Chit Chat Chocolate



Olivia Beckwith	Aiden Brandle	Adam Boughlalah	Oscar Bricknell
Annie Jackson	Tate Howe	Charlie Brown	Leah Cowell
Joshua Seip	Lucas Mason	Olly Mahon	Joshua Mimms
Luke Smith	Amelia Surtees	Katie Watters	Elijah Rouse

School Council Visit to St. Benedict's School

On Monday, 11th November, members of the Passmores Academy School Council enjoyed an insightful visit to St. Benedict's School in Colchester. This visit was a key opportunity for our student representatives to engage in meaningful discussions with senior staff at St. Benedict's, including the Deputy Head and Behavioural Lead, about their successful reward system.



The morning began with a warm welcome from St. Benedict's staff, followed by a detailed overview of their approach to student rewards and incentives. St. Benedict's has developed a structured and highly effective system that recognises and celebrates positive behaviour, academic achievements, and contributions to the school community.

Throughout the morning, our council members were eager to learn how these strategies could inspire enhancements in Passmores' own pastoral care and reward structures.

This visit marks an important step in the council's ongoing work to make Passmores a more rewarding place for everyone, and we look forward to seeing the impact of these new ideas in the coming months.

KS3 Disco

The KS3 Disco will be held next
Thursday from 6:00 pm to 8:00 pm,
and we're looking forward to a funfilled evening! To ensure a smooth
entry process, please complete
payment in advance through
ParentPay.

If your child decides to attend on the night without pre-booking, please send them with a signed note of consent. This will help speed up entry and reduce waiting times at the registration desk. Refreshments will be available for purchase, courtesy of the Friends of Passmores. While cash is preferred, please note that change may be limited due to the small prices of the sweets and drinks on offer.

We're excited to see our KS3 students enjoy a fantastic evening together!

Year 7 & 8 Pantomime Trip

Yes, it's that time of year again... Panto season! Time for family entertainment to peak and children to raucously join in, shouting furiously at Panto characters that can't seem to see anything when they need to!

"IT'S BEHIND YOU!"
"OH NO HE ISN'T!"
"OH YES HE IS!"

All parents of Year 7s and 8s will have received a letter inviting their child to the Harlow Playhouse on Friday 6th December to watch Dick Whittington – this year's pantomime. We will be walking to Harlow Playhouse from Passmores, any pupils who are unable to manage this trip on foot will be escorted via school minibus.

We have 390 seats to fill – we have the whole auditorium booked for Passmores! If your child wants to come on a lovely afternoon out, please find the letter and trip on ParentPay and sign them up. The cost is just £13. Any students not going on the trip will be staying in school as usual.

Those on the trip will need collecting from Harlow Playhouse around 4.30/4.45pm. Please contact k.warncken@passmoresacademy.com with any queries or call reception and ask for the drama department.

Drop-in Police Visits

Following a successful drop-in Police visit during our lunch break on Monday of this week, it was great to welcome them back again today (Friday). They are currently spending time visiting all Harlow secondary schools to engage with students. It was lovely to see so many students engaging with them.



We are hoping these visits will become a regular event.

Immunisations

A big thank you to all of you that consented for your young people to have the flu vaccine in school this week. The visiting team commented on how well-behaved they all were... Well done & thank you!



SUBJECT/INFORMATION UPDATES

Hospitality and Catering – Year 10

On Thursday, this week our Year 10 Hospitality and Catering students held the inaugural restaurant evening. In attendance was the 'renowned food critic Anton Ego'...



Ah, the elusive art of crafting a meal — an endeavour that many attempt but few master. I approached this menu with cautious optimism, each course promising the familiar comforts of home with a touch of elevated sophistication.

To begin, the Mediterranean tart danced onto the palate with a harmony of sun-kissed flavours. The balsamic glaze, both robust and refined, provided a gentle acidity, beautifully balanced by the subtle roast of the vegetables. This was not a dish that shouted for attention; rather, it invited, calmly and assuredly, setting a promising tone for what was to follow.



The main course arrived with poise — chicken supreme, tender and flawlessly cooked. Served with mini roasted potatoes, their skins crisped to perfection, each bite revealed the inherent simplicity and strength of wholesome ingredients. The green beans and carrots, vibrant in both colour and taste, offered a refreshing crunch, reminding one that even the humblest of sides can become a melody in the symphony of a dish. This was a main course that needed no embellishments; it simply, resolutely, spoke for itself.



Dessert was a vanilla cheesecake, deceptively simple yet executed with precision and artistry. Served alongside a medley of ripe raspberries and blackberries, the cheesecake's creamy, rich texture found its perfect counterpart in the vibrant, slightly tart berries. A delicate chocolate shard completed the experience, adding a touch of bittersweet sophistication. This was a dessert that didn't just satisfy—it lingered, leaving a taste as memorable as it was refined.

In an age where the art of cooking is too often reduced to mere sustenance, tonight has been a refreshing reminder of what dining can be when approached with passion and precision. Every course—crafted with care and served with confidence—reflected a keen understanding of flavour, balance, and presentation. It is rare to find such thoughtfulness in a meal, rarer still to find it from those just beginning their culinary journeys.

To the Year 10 Hospitality and Catering students who orchestrated this delightful evening, my sincerest compliments; your dedication and skill shone through in every bite. And of course, a heartfelt thank you to Ms. Jameson and Ms. Lamb, whose guidance and expertise clearly helped bring this vision to life.

Together, you created a truly memorable experience. Thank you.

Year 11 Booster Sessions

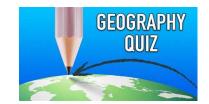
We are encouraging all our Year 11 students to come along and take advantage of these after-school booster sessions. Please note that the staff are putting these sessions on voluntarily, so this is a FREE lesson! It would be good to see as many Year 11s as possible and if they need to know what is being delivered, they should speak to individual subject teachers.

Week 1				
Day	Subject	Aimed at or Set	Time	Room(s)
	Textiles	11Y textiles	3.15-4.30	D103
	Geography	Whole cohort exam prep	3.15-4.00	U005
	Photography	11Y photography	3.15-4.30	D101
	Hospitality & Catering	Year 11	3.15-4-15	D104
Tuesday	Hospitality & Catering	Year 11	3.15-4.15	D105
	Computer Science	Whole cohort	3.15-4.15	G105
	Maths	Grade 1-2	3.15-4.15	G005
	English	Whole cohort	3.15-4.15	Upstairs Unicorn
	Child Development	Whole cohort exam prep	3:15-4.00	G106
	History	Grade 6+	3:15-4.00	U007
Wednesday	Maths	Grade 5+	3:15-4.00	G005
	Spanish	Aiming for up to grade 5	3:15-4.00	L103
	French	Targeted students	3.15-3.45	Heart space
	Maths	Grade 6+	3:15-4.00	G003
	English	Poetry focus	3.15-4.15	U105
	Music	Composing coursework	3:15-4.00	L110
	3D Design	Whole cohort	3:15-4:15	D002/D003
	Textiles	11Y textiles	3.15-4.30	D103
Thursday	Psychology	Exam practice	3:20-4:00	U002
Illuisuay	Photography	11Y photography	3.15-4.30	D101
	Computer Science	Creative and Technical Enterprise	3.30-5.00	G105
	Art	Whole cohort	3.15-4.15	L104/L105
	French	Targeted students	3.15-3.45	Heart space
	Maths	Aiming for Grade 4	3.20-4.20	U102
	Drama	Whole cohort	3.20-4.20	G101
Friday	Spanish	Aiming for 5+	3:15-4.00	L103
	Psychology	Targeted students	3:20-4.00	U002
	BTEC Sport	Coursework	3:20-4.00	Y005

		Week 2		
Day	Subject	Aimed at or Set	Time	Room(s)
	Textiles	11Y textiles	3.15-4.30	D103
	Geography	Whole cohort exam prep	3.15-4.00	U005
Tuesday	Photography	11Y photography	3.15-4.30	D101
	Maths	Grade 1-2	3.15-4.00	G005
	English	Whole cohort	3.15-4.15	Upstairs Unicorn
	Child Development	Whole cohort exam prep	3:15-4.00	G106
	History	Grade 6+	3:15-4.00	U007
	Spanish	Aiming up to grade 5	3:15-4.00	L103
Wednesday	French	Targeted students	3.15-3.45	Heart space
	Maths	Grade 5+	3:15-4.00	G005
	Maths	Grade 6+	3:15-4.00	G003
	English	Poetry focus	3.15-4.15	U105
	Music	Composing coursework	3.15-4.00	L110
	3D Design	Whole cohort	3:15-4:15	D002/D003
	Textiles	11Y textiles	3.15-4.30	D103
Thursday	Photography	11Y photography	3.15-4.30	D101
	Art	Whole Cohort	3.15-4.15	L104/L105
	French	Targeted students	3.15-3.45	Heart space
	Science	whole cohort for 1st HT	3:15-4:00	L003
	Maths	Aiming for Grade 4	3.20-4.20	U102
	Drama	Whole cohort	3.20-4.20	G101
Friday	Psychology	Targeted 6+	3:20-4:00	U002
	Spanish	Aimed at grade 5+	3.15-4.00	L103
	BTEC Sport	Coursework	3.20-4.00	Y005

Geography

On Wednesday 13th November, the Geography Department hosted a team House event - the Geography picture quiz!



It was fantastic to have full teams for all years and all houses....with many reserves in the wings waiting to see if they could participate. Teams had to identify landmarks, flags and country outlines - and Mrs Neagus, Mr Bell and Mr Butler were amazed at how knowledgeable (and speedy) some teams were.

A special mention to the Lion teams who were amazingly accurate! Well done everyone.





SPORTS/PE UPDATES

Year 11 Boys - Football

The Year 11 boys started their Essex Cup football campaign with a short trip to Mark Hall on Tuesday 12th November. From the off the boys worked hard closing-down, moving the ball when in possession and it didn't take long to get on the score sheet from a corner, with Tommy Newnham timing his run to make a good connection with his head to put Passmores 1 goal up.



From this point onwards the Passmores boys dominated and controlled the game with some fantastic passages of play, and this showed in the 3rd goal of the game. A sharp pass from Harry Dorrington into Mikey Willet's feet where he turned his marker and then proceeded to play a through ball with the outside of his foot into the running path of Harry Smith who took a touch and then delivered a pinpoint cross to the head of Harry Lee!

The final score was 4-0 and the whole squad made positive contributions in various parts of the game, and we are already looking forward to our next round fixture. Well done boys!

Year 8s & Seniors - Netball

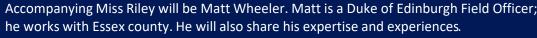
Despite the cold, our talented Year 8s & Seniors played extremely well in their netball friendly against St. Marks on Tuesday. All players demonstrated great teamwork and determination throughout, not the result we hoped for however all players persevered and continued to show great sportsmanship. Special mention to our Year 8s Sophia Clark & Paige Bedford who filled in for two of our Year 11 players - you did very well and should all be proud of yourselves.

Year 7 Girls - Football

Thursday night was girl's night with our Year 7 football team participating in the local football tournament hosted at Passmores. Thank you to Burnt Mill, Stewards, St. Mark's and St. Nick's for making the trip. There were some excellent displays of skill and sportsmanship, and we look forward to sharing the next one with you.

Duke of Edinburgh Parents Information Evening

This information evening is to give more insight of what the Duke of Edinburgh award is and how it works. This will also be a good chance to ask any questions you may have.





When you arrive at reception, a staff member will be there to help to escort you to the classroom.

If you have any questions, please contact Miss Riley at a.riley@passmoresacademy.com

CAREERS NEWS

Sixth Form & College Open Dates 2024/2025

Sixth Form & College Open Dates 2024/2025			
Colleges & Sixth Forms	Contact No.	Open Date	
The Bishop's Stortford High School www.tbshs.org	01279 868686	Weds 6 th Nov Application deadline Fri 20th December	
BMAT STEM Academy www.bmatstemacademy.org	01279 621570	ТВА	
The College at Braintree (Now part of Colchester Institute) www.colchester.ac.uk	01206 814000	Tues 21 st Jan 5pm-7pm	
Cambridge Regional College www.camre.ac.uk	01223 418200	Sat 16 th Nov 9.30-12.30 Sat 25 th Jan 10-12.30 Thurs 24 th April 4.30-7.00	
Capel Manor College, Enfield www.capel.ac.uk	08456 122122	Tues 19 th Nov 5.30-7pm Thurs 16 th Jan 5.30-7pm Sat 22 nd March 10-3pm	
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Weds 5 th Feb 6-8.30 Weds 21 st May 6pm	
New City College (Epping Forest), www.ncclondon.ac.uk	0208 508 8311	Sat 23 rd Nov 10-2.00 Sat 25 th Jan	
Epping St Johns 6 th Form www.eppingstjohnsschool.org/	01992 573028	Weds 20 th Nov 6-8pm	
F2 Academy www.vluk.org/course-location/f2academy/	07525 495818	ТВА	
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 3072345	Sat 30 th Nov Sat 14 th Dec Sat 11 th Jan	
Harlow College www.harlow-college.ac.uk	01279 868000	Tues 11 th Feb 5.00-8.00 Weds 30 th April 5.00-8.00	
Hills Road Sixth Form College, Cambridge www.hrsfc.ac.uk	01223 247251	ТВА	
Hertford Regional College www.hertreg.ac.uk	01992 411400	Thurs 21 st Nov 5.30-8.00 Tues 4 th Feb 5.30-8.00 Thurs 1 st May 5.30-8.00	
Herts & Essex High School, Bishop's Stortford www.hertsandessex.herts.sch.uk	01279 654127	Thurs 12 th Nov 5.30-8.30pm Application deadline Sunday 1 st December	

Sixth Form & College Open Dates 2024/2025

Colleges & Sixth Forms	Contact No.	Open Date
Hockerill Anglo-European School, Bishop's Stortford www.hockerill.herts.sch.uk	01279 658451	Sat 23 rd Nov
Long Road Sixth Form College, Cambridge www.longroad.ac.uk	01223 631100	Summer 2025
Leventhorpe School, Sawbridgeworth www.leventhorpe.net	01279 836633	Tues 5 th Nov 6.00-9.00 Application deadline Fri 20 th December
Presdales Sixth Form www.presdales.herts.sch.uk	01920 462210	Thurs 14 th Nov 6-8pm
Sir Frederick Gibberd www.sirfrederickgibberdcollege.org	01279 307235 (c/o Burnt Mill Academy	Sat 16 th Nov 9.30-12.30
St Marks School, Harlow www.st-marks.essex.sch.uk	01279 421267	Thurs 7 th Nov 7pm-9pm Application deadline Fri 7 th February
St Mary's Catholic School, Bishop's Stortford www.stmarys.net	01279 654901	Thurs 7 th Nov 6-8.30pm Application deadline Fri 6 th December
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Thurs 23 rd Jan Weds 7 th May
Writtle College www.writtle.ac.uk	01245 424200	Sat 16 th Nov Sat 1 st March

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

School Leaver Engineering Apprenticeships

Level 3 Food & Drink Manufacturing Engineer - Riverway Food, Harlow Requires GCSE maths grade 5-9, English and science 4-9 £13,977 pa 4 year apprenticeship Closing date 20th December 2024

Riverway Foods
Level 3 Apprentice electrical engineer - Yunex Traffic, Enfield
Requires GCSE maths, English and science grade 4-9
£23,000 pa
Closing date 21st February 2025

YUNEX traffic

tised on Find an apprenticeship - GOV.UK



ANY OTHER INFORMATION



The music department's Christmas concert takes place on Thursday 12th December at 7pm in the Heart Space Memorial Hall. It promises to be a wonderfully festive evening full of Christmas favourites, old and new. Tickets usually sell out fast, so get yours now!

Tickets are available via ParentPay - please note, tickets will be sent via email after 2nd December 2024. Adult tickets - £3 each Child - £1 each Concession/OAP - £1

Each ticket type will be need to be added individually to the basket in ParentPay, then you will be able to pay for all tickets in one transaction.

Join our community online!







We have social media accounts on Instagram, Facebook & YouTube to celebrate all that goes on in our school community!

You can find all the accounts and follow along here;

https://linktr.ee/Passmores_academy

Christmas Market



Don't forget to come along to our wonderful Christmas market on Friday 6th December between 6:30pm & 8:30pm. For more details, check out the amazing artwork from one of our very talented students...



FORTHCOMING EVENTS

Monday 11 th November – Friday 22 nd November 2024	Year 11 Mock Exams
Friday 29 th November 2024	INSET DAY (3)
Friday 6 th December 2024	Friends of Passmores - Christmas Market
Thursday 12 th December 2024	Passmores Christmas Concert – 7:00pm
Friday 20 th December 2024	Early Closure for Students – 12:30pm
Monday 23 rd December – Friday 3 rd January 2025	Christmas Holiday
Monday 6 th January 2025	INSET DAY (4)
Tuesday 7 th January 2025	Spring Term 1 Begins



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



CHRISTMAS MARKET

Please email fop@passmoresacademy.com



We would like to send out a plea for any tombola donations, we are looking for any small gifts or vouchers that can be won during the tombola at the Christmas Market.

Every year has been a huge success making a large amount of money for the school, but we are lacking in prizes this year and need your help. So please think of us while out shopping, the 'last time to buy at 90% off' may be perfect for our tombola stall.

Thank you!



10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

CONSIDER CYCLE

Courses like tilizability are extremely useful, and training in general has come a long way since cycling proficiency began; there are likeothisty courses for adults, tea. Cycle training leaches invaluable skills (such as good road positioning, signaling and visibility), and can help both perents and children feet more at even on hear street.

USE A SUITABLE BIKE

Find a bits of an appropriate size for its rider and resist the temptation is have children 'grow into' theirs by suying one too large for them. A bigger bits will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling tenser. If your child has any specific physical needs, or has dyspraxia, then by our a trice, handwycle or other adaptive cycle to see what works best.

TRY A CARGO BIKE

Cargo bikes, particularly the bas-bike style, are ideal for transporting small children around. Capecaling on the type of bike cheen – as well as the size and age of the children – It can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any take before going for a risk to make sure everything's working correctly. The 'M check' is particularly useful, assessing the condition and position of the bike's wheels, handledors, brakes, pedais, chain and saddly, working from front to back. Online tutorial videos can also beach you have to carry out basic repairs it needed. For more complicated fless, head to your local bits shoo.

BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bits, are suitable for the ride. A waterproof jacket will let you cycle safety in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bites with a white front light, and ned rear reflector.

Meet Our Expert

Sophie Gordon is the compaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years compaigning for safer reads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.

STICK TO

Nation amounts, for route if passible, as it's more suitable for younger cyclists. You might be surprised by how many quiet roads or book streets there may be in your area. Ben't be put off by an indirect but easier path as appased to a sharter, busier ans. Look out for the National Cycle Metwerk, coincil towporths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

for maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road - riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debts in the gutter.

8 AVOID PARKED CARS

when riding past purked cars, try to stoy at least a matte away, just in case anyone inside apens a door unexpectedly or the vehicle itself starts to more. This precaution will also door anyone driving behind from trying to squeeze past you when there lon't enough space, so don't be alread to ride in a prominent position.

9 START A

Cycling to school with other families is a potentially fun experience - one which comes with the added borreft of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and aducators and pick a day to cycle to school together. Who knows - maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be furr A good bike idle can be really enjoyable for adults and children alike, while also being a superb form of exercise. Fase children into the hobby by starting them off with shorter journeys - such as a trip to the park - and build them up to longs, more complicated outlings. Some children may get bared on a longer ride, so try to keep a conversation against with them.



The National College





Essex Fire Museum November

Free entry, but booking is essential as we are on an active fire station site.

Contact us to book: museum@essexfire.gov.uk or 01376 576847.

Open Day

10.30am to 4.00pm (Last entry: 2.30pm)



Date: 24th Of November





Measles in Essex

Measles is circulating in Essex. Most cases of measles have been in school children and preschool children not protected by a full course of the MMR vaccine.

Measles is very infectious and spreads easily amongst people who are unvaccinated. It can be a very serious illness and can sometimes lead to hospitalisation – and in rare cases, can cause death.

If you or your child have symptoms of measles, seek medical attention. Be sure to phone ahead before you visit your GP surgery or other healthcare setting. This allows arrangements to be made to prevent others from being infected. Do not send a child with these symptoms to school unless they have been medically assessed and told they can go to school.

Measles signs and symptoms

- cold-like symptoms (runny nose, sneezing or coughing)
- •sore, red eyes
- •a high temperature (fever)
- •A few days later, a red-brown blotchy rash will appear. This usually starts on the head or upper neck, before spreading outwards to the rest of the body.

Protection against measles

The best way to protect yourself, family, and friends, is the Measles, Mumps and Rubella (MMR) vaccination. MMR is a highly effective and safe vaccine and protects against measles, mumps and rubella. Anyone who has missed a dose of MMR should contact their GP surgery to get vaccinated. 2 doses of the MMR vaccine gives long-term protection.

If you are not sure if your child has missed an MMR dose (or any other vaccination) you can contact the Essex Children's Immunisation and Vaccination team on 0300 790 0597. You can also ring this number to have your child vaccinated in a community vaccination clinic.

Vaccination clinics:

All clinics listed below are from 10am - 3pm.



Saturday, 16 November 2024 at Sydney House Clacton

Saturday, 16 November 2024 at Timberlog Youth Centre, SS14 1UX (Walk-ins available for flu vaccine)

Saturday, 16 November 2024 at St Margaret's Hospital, Epping, Maple Lodge, CM16 6TN (Walk-ins available for flu vaccine)

Saturday, 23 November 2024 at Fryatt Hospital, Harwich

Saturday, 23 November 2024 at Leigh PCC, SS9 3NG (Walk-ins available for flu vaccine)

Saturday, 23 November 2024 at Livewell Hub Braintree, CM7 3HP

Saturday, 23 November 2024 at Fryatt Hospital, Harwich, CO12 4EX

Saturday, 23 November 2024 at Crouch Vale Medical Centre, CM3 5QP

Saturday, 30 November 2024 at Thameside House, Thurrock Hospital RM16 2PX

Saturday, 30 November 2024 at The Lodge, Wickford, SS11 7XX

Saturday, 7 December 2024 at Leigh PCC, SS9 3NG (Walk-ins available for flu vaccine)

Saturday, 7 December 2024 at Timberlog YC, SS14 1UX (Walk-ins available for fluvaccine)

Saturday, 7 December 2024 at St Margaret's Hospital, Epping, Orchard Day room, CM16 6TN (Walk-ins available for flu vaccine)

Saturday, 14 December 2024 at Hermit YC, CM15 8AG

Saturday, 14 December 2024 at Livewell Hub, Braintree, CM7 3HP

Saturday, 14 December 2024 at Clough Road, Colchester, CO4 9QS

Parents should Call 0300 790 0597 to book MMR appointments.

For further information about measles, please visit https://www.nhs.uk/conditions/measles/

Information about the MMR vaccine can be found here: https://www.nhs.uk/conditions/vaccinations/mmr-vaccine/



Join us at Harlow College on Tuesday 19 November 4-7pm to discover more about our extensive range of Higher Education courses and part-time training programmes for adults.

BOOK OPEN EVENT



Adult & Part-time Course Guide (Sept 24 - Feb 25)

VIEW & DOWNLOAD

Higher Education Course Guide (September 25)

VIEW & DOWNLOAD



Adult/Part-time Courses

e-Learning courses

Harlow College Website









NEED HELP? EMAIL ACLFAMILYLEARNING@ESSEX.GOV.UK

















Essex Cricket are running a disability Cricket Super1s hub...

Thursdays 6pm - 7pm

Passmores Academy, Tracyes Rd, Harlow, Essex **CM18 6JH**



FUN INDOOR CRICKET SESSIONS AND GAMES FOR AGES 8-16 | EVERY THURSDAY | 5.00 - 6.00PM

PASSMORES ACADEMY SPORTS HALL, CM18 6JH

RUN BY ESSEX CRICKET IN PARTNERSHIP WITH CRICKET CHARITY
CHANCE TO SHINE

TO FIND OUT MORE AND TO BOOK CONTACT IAN.GRAY@ESSEXCRICKET.ORG.UK



NOVEMBER 2024 SCREENINGS





Tickets: Adult £6/Child £2.50 from eppingatthemovies.com



or on door subject to availability - card payments only

Epping Hall, St John's Road, Epping, CM16 5JU











www.studysmartuk.online

Available In the following levels:

information.

Level 1:	CACHE Level 1 Award in Preparing to Work in Schools	
CACHE Level 1 Award in Safeguarding in a Learning Environment		
	CACHE Level 1 Certificate in Wellbeing	
	Level 1 Occupational Studies for the Workplace	
Level 2:	CACHE Level 2 Certificate in Understanding Safeguarding & Prevent	
	CACHE Level 2 Certificate in Understanding Challenging Behaviours	
Level 3:	Level 3 Certificate in the Principles of Special Educational Needs	

Please go to our website address above, for more information.

*Please take note of the online live webinar sessions that MUST be attended to complete this full time 6 week course, and the ESFA's (Education Skills Funding Agency) eligibility criteria.

Spotlight on services... FREE Parenting courses

Did you know, **ACL Essex** has a wide range of parenting courses, some are face to face, some are virtual, some are one off and some are a series. They are all FREE.

Subjects include;

- ☐ SEND support for families
- Positive Parenting
- ☐ Family Wellbeing
- ☐ Understanding Teens.

ACL will also collaborate with you to provide bespoke courses where you have a cohort of parents.

For further information

<u>Community & Family Learning - ACL Essex</u>