

Newsletter



Friday 6th September 2024 Issue | #01

Passmores
ACADEMY



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Dear Parents and Carers,

Here we are, one week down and it has been such a positive first few days. Hopefully everyone has finished the week with something that they feel proud about.

For those of you who are new to Passmores, welcome to your first weekly newsletter. Please make time, if you can, to read it regularly as we try to capture highlights from the week, celebrate success and keep you updated with what is going on in school and in the local community. We are always happy for you to send in messages too, for example if you want to celebrate something that your child has achieved. At the end of the letter there are key dates, which should be helpful for your planning.

We look forward to the year ahead and to sharing our successes every week.

Have a lovely weekend.

Natalie Christie
Principal of Passmores Academy

PASTORAL UPDATE



A Warm Welcome to Our Passmores Family

This week at Passmores, we were thrilled to welcome our new Year 7 students into the Passmores Family! It has been a joy to see them settling in, making new friends, and becoming part of our school community. While it may take a little time for everyone to find their feet, it has already been a positive, if busy, start to the new school year. We also welcomed back our returning students in Years 8 to 11, and it has been great to see so many familiar faces back in the corridors.

Besides welcoming back students, in tutor time this week, students have also been learning about the various student leadership opportunities available this year. We encourage everyone to get involved and apply—this is your chance to make a difference!

Looking ahead to next week, students will dive deeper into our pastoral curriculum. Our Thought for the Week will focus on the launch of our Passmores Passports. The Passmores

Passport is a great way for students to show how they are embracing our school values of; compassion and kindness, fairness and belonging, and respect. The Passports have been updated for the new school year and we are very excited to unveil them in assemblies on Tuesday and Wednesday. For year 11 students, their Passport takes on even greater importance as it serves as their 'Passport to Prom'. For students in years 7-10 that make an outstanding effort with their Passports, prize vouchers are up for grabs. Meanwhile, our "In the News" segment will explore the summer riots, prompting important discussions about current events. It promises to be a busy, challenging, and thought-provoking week ahead!

Thank you for your ongoing support as we embark on this exciting new school year.

SUBJECT INFORMATION/UPDATES

STUDY CLUBS

If your child would like some help with homework, or just a nice quiet space with a computer to complete work, we offer a Study Club every Tuesday to Friday in Griffin upstairs corridor : Tues (G105); Weds-Fri (G102) from 3.15-4.30.

This can be a great way to manage workload, to keep work in school and to get quick answers to questions. Students can come and go as they please and do not need to register in advance.

Students are welcome as little or as much as they would like. We will even give Passmores Points to anyone peacefully working away, just like any other club.

If your child needs extra help with their homework, there is also a second, Inclusion Study Club, in the Access Centre (AC) on Tuesday-Thursday from 3.15-4.00, with co-educator support available.

SPORTS/PE UPDATE

Clubs will restart next week with the timetable being shared Monday during tutor times and printouts being put up around school.

CAREER NEWS

Year 11 is a busy year for all of our students, as it is the time that they start visiting local colleges and sixth forms to find out more about the range of courses available to them. They may also be considering apprenticeships. Every student will be offered careers advice and guidance, all resulting in a typed action plan that they can discuss with parents and carers. As the careers adviser, I have planned the following assemblies in for our students:

Thurs 26th Sept - Herts & Essex Sixth Form
Thurs 3rd October - Harlow College
Weds 9th Oct - Leventhorpe 6th Form
Thurs 10th Oct - New City College
Thurs 17th Oct - Stansted Airport College
Weds 23rd Oct - Epping St Johns 6th form

We are also planning a careers fair on the 9th October, 5pm-7pm, with more details to follow. Most local colleges and sixth forms will attend this event and we have representation from 2 universities and some local employers, so please add this date to your calendars. I am currently working on a list of open dates for all local institutions, which I will share once it is complete. Here are some we are aware of:

Hertford Regional College - Tues 24th Sept 5.30pm-8pm
Fashion Retail Academy - Sat 28th Sept
Stansted Airport College - Sat 12th Oct 10am-2pm
Writtle College - Sat 12th Oct 10am-3pm
Harlow College - Thurs 17th Oct 5pm-8pm
The Bishops Stortford High School - Weds 6th Nov
Sir Frederick Gibberd - Sat 16th Nov 9.30am-12.30pm

Please check dates and times prior to attending as some may change. You might also need to book a time slot online.

I am available in school on Wednesday, Thursday and Friday.

Mrs Kay, Careers Adviser

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

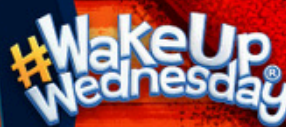
If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

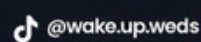
If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>



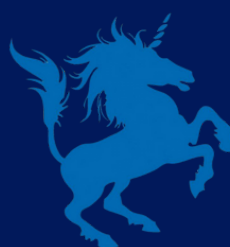
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FORTHCOMING EVENTS

Monday 9th September 2024	Student Leadership Application window opens
Thursday 12th September 2024	Year 6 Tours
Thursday 12th September 2024	Year 11 Parents Information / Meet the Teachers Evening - 5pm
Thursday 12th September 2024	Year 10 Parents Information / Meet the Teachers Evening - 6pm
Wednesday 18th September 2024	Year 9 Parents Information Evening (PIE) - 5.30pm
Thursday 19th September 2024	Year 6 Tours
Thursday 19th September 2024	Year 7 Parents Information Evening (PIE) - 5pm
Thursday 19th September 2024	Year 8 Parents Information Evening (PIE) - 6pm
Thursday 24th October 2024	Half term

TEACHarlow

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



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