

# Newsletter

Friday 16<sup>th</sup> May 2025 Issue 30



The River Stort, Harlow

Dear Parents/Carers,

This week saw the results come through from the appeals process for year 6 students. It is always tough listening to families who desperately want their young person to be able to come to Passmores and whose lives have been turned upside down with the rejected offer. We are in a fortunate position to be over-subscribed, but it doesn't make the process any easier, we would take everyone if we could! What was lovely was listening to the many reasons why Passmores was chosen in the first place, I have heard a wealth of compliments from parents which makes me feel even more proud of what we do every day.

Thank you to those of you who are able to support with the work shadowing day for year 10's on Wednesday 2nd July. We know, having done this previously, what an impact time in a workplace has for young people, in helping them to understand not only the expectations of being in work, but in helping to make informed decisions about life beyond Passmores. Although one day is not ideal, it is still an opportunity that many young people have found invaluable. The deadline to find a placement is Friday 23rd May.

We look forward to seeing our parents/carers of year 7 and 8 at our Academic Tutorial session next Thursday.

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

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## TOP PASSMORES POINTS ACHIEVERS

9<sup>th</sup> to 15<sup>th</sup> May 2025

|                     |        |    |
|---------------------|--------|----|
| Laurino, Thomas     | Year 7 | 51 |
| Krajicek, Grace     | Year 7 | 50 |
| Jones, Lillie-Rose  | Year 7 | 49 |
| Flynn, Alfie        | Year 7 | 43 |
| Bricknell, Oscar    | Year 7 | 41 |
| Winckless, Danielle | Year 7 | 41 |
| Smith, Luke         | Year 7 | 40 |
| Crook, Fenton       | Year 7 | 39 |
| Mason, Lucas        | Year 7 | 39 |
| Mensah, De-Maria    | Year 7 | 39 |

|                   |        |    |
|-------------------|--------|----|
| Windeler, Rinoa   | Year 9 | 34 |
| Brown, Charlie    | Year 9 | 33 |
| Watters, Katie    | Year 9 | 33 |
| Chambers, Callum  | Year 9 | 31 |
| Savin, Max        | Year 9 | 31 |
| Cerek, Krystian   | Year 9 | 30 |
| Defor, Othniel    | Year 9 | 29 |
| Nicholls, Melissa | Year 9 | 29 |
| Zuna, Hayden      | Year 9 | 29 |

|                   |        |    |
|-------------------|--------|----|
| Gallagher, Daniel | Year 8 | 39 |
| Forde, Lawrence   | Year 8 | 34 |
| Phillips, Riley   | Year 8 | 33 |
| Rogers, Mason     | Year 8 | 33 |
| Hayton, Evie      | Year 8 | 32 |
| Lloyd, Samuel     | Year 8 | 31 |
| Paxton, Bobby     | Year 8 | 31 |
| Goswami, Shubh    | Year 8 | 30 |
| Jackson, Annie    | Year 8 | 30 |
| Jones, Bailey     | Year 8 | 30 |
| McGill, Harry     | Year 8 | 30 |

|                        |         |    |
|------------------------|---------|----|
| Jay, Ronnie            | Year 10 | 44 |
| Dolling, Tommy         | Year 10 | 41 |
| Swann, Ronnie          | Year 10 | 41 |
| Reid, Maisie           | Year 10 | 37 |
| Dack, Benjamin         | Year 10 | 33 |
| Foster-Gaish, Lily-May | Year 10 | 32 |
| Hymas, Harvey          | Year 10 | 30 |
| Sunshine, Pj           | Year 10 | 30 |
| Francis-Melvin, Sid    | Year 10 | 29 |
| Man, Charlotte         | Year 10 | 29 |
| Morris, Elissa         | Year 10 | 29 |

### Year Group Attendance (6<sup>th</sup> to 9<sup>th</sup> March 2025)

|                     |               |
|---------------------|---------------|
| Year 7              | 89.36%        |
| Year 8              | 89.62%        |
| Year 9              | 86.82%        |
| Year 10             | 87.8%         |
| Year 11             | 83.96%        |
| <b>All Students</b> | <b>87.54%</b> |



## Thought for the Week: Mental Health Awareness – The Power of Community

This week, students marked Mental Health Awareness Week, with a focus on this year’s theme: community. Through discussions and activities, students explored the theme.

Time was also given to reviewing how to critically evaluate health information found online and where to go for trusted support beyond the school setting.

The key takeaway? Mental health matters—and having a supportive community around us can make all the difference.

## In the News: International Day Against Homophobia, Transphobia and Biphobia

Tutor groups also acknowledged IDAHOBIT this week—a day dedicated to promoting respect, inclusion, and safety for all, regardless of sexual orientation or gender identity.

Students explored why recognising this day is so important, from educating about discrimination to showing solidarity with LGBTQ+ peers.

They discussed the importance of allyship, standing up against prejudice, and ensuring everyone in the school community feels safe and valued.

By engaging in these conversations, students reflected on how our school values—equality, diversity, kindness, and justice—are lived out in everyday actions.

## Other News: GCSE Season Continues

It has been incredibly heartening to see the year 11s continue to approach this milestone with such maturity, focus, and resilience.

Whether sitting in the exam hall or offering encouragement to their peers, our students have shown they are ready to meet the challenge head-on.

We are proud of each and every one of them—keep going!

## Looking Ahead to Next Week

Next week promises continued opportunities for growth and reflection:

- Thought for the Week: Students will take part in Session 8 of the Mind Matters and Time to Talk programmes, with a focus on emotional resilience—understanding how to bounce back from challenges and look after our inner wellbeing.
- In the News: Students will explore the legal status of cannabis, the risks involved, and how drug use can impact long-term health and success.
- House Celebrations: Friday will be a non-uniform day for the winning House in each year group—a well-earned reward for consistently embodying the Passmores values.

Have a great weekend and we’ll see you next week for more learning, growth, and celebration.

(Monday 12<sup>th</sup> to Friday 16<sup>th</sup> March 2025)

| Year 7   | Year 8   | Year 9   | Year 10   | Year 11   |
|--|--|--|---|---|
| Danielle Erikume<br>Maxwell Coleman<br>Daisy Loader<br>Elsa Finn<br>Janelle Campbell | Olly Roberts<br>Bobby Brooks<br>Yusuf Chohan<br>Ellen Clarke<br>Emily Stacey-Bocking | Max Surtees<br>Lilly Matlock-Jeffery<br>Jan Denkewicz<br>Jack Redding<br>Jame Babb | Leya McDonald<br>Riley Breeds<br>Tye Mason<br>Harry Griffiths | Krisztina Kovacs<br>Taylor-Grace Maycock<br>Chloe Green |



## Chit Chat and Chocolate



|                       |                      |                          |                    |
|-----------------------|----------------------|--------------------------|--------------------|
|                       |                      |                          |                    |
| <b>Toby Donovan</b>   | <b>Jayden Burns</b>  | <b>Violet Julian</b>     | <b>Harry Adams</b> |
| <b>Ivie Brewer</b>    | <b>Pink Hatton</b>   | <b>Kady Gregory-Dean</b> | <b>Lola Wickes</b> |
| <b>Isaac Goodey</b>   | <b>Jonson Austin</b> | <b>Sofia Onslow</b>      | <b>Ryan Youens</b> |
| <b>Corey Thompson</b> | <b>Leon Hurley</b>   | <b>Lucy Gregory</b>      | <b>Lexi Cowan</b>  |



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

**Elsiemay Cooper**  
**Millie McNeilly**  
**Amelie Owen**  
**Grace Krajicek**  
**Ashleigh Labalpiny**

## Computer Science

The Computer Science Department ran the house event last week on Wednesday and Friday where 4 students from each year group competed together against the houses in a video game called Overcooked 2.



The next house event will also be run by the Computer Science Department starting the week after half term. This time, the game is Disney Speedstorm. We need 16 students from each house from each year.



Lion Qualifiers - Wednesday 4<sup>th</sup> June  
Griffin Qualifiers - Friday 6<sup>th</sup> June  
Unicorn Qualifiers - Wednesday 11<sup>th</sup> June  
Dragon Qualifiers - Friday 13<sup>th</sup> June  
Finals - Wednesday 18<sup>th</sup> June

To register, please email Mr Paddon: [b.paddon@passmoresacademy.com](mailto:b.paddon@passmoresacademy.com)



## SPORTS/PE UPDATES

On Monday, three of our Year 10 students helped out at a Primary Netball Tournament hosted at Passmores.

They umpired a series of games played by Year 6 pupils from our trust primary schools.

Well done to all who took part.





**Match Report:  
Passmores 4-1  
Roding Valley  
High**



A die-hard travelling support of the Passmores Faithful Ultras were witness to a majestic performance as Passmores' First XI took the District Cup home for a second year in succession. Outstanding individual performances from Adams, McDonald, Boyce and Smith set the tone for a true team effort which was richly rewarded with jubilant celebrations at the final whistle.

The early game was cagey, with the air of a cup final, both teams feeling each other out without much space in the centre of the park. The first chance fell to Roding, a quick counter from a corner leading to a wonderful through ball from their diminutive playmaker but the first time shot skimmed the outside of the post and went wide.

The mini-maestro was making his presence felt and another peach of a through ball put Roding's number 10 clean through but Passmores keeper Bailey Adams was out quickly and saved smartly with his feet to keep the score 0-0.

Passmore's first chance fell to top scorer and PAFWPOTS\* Harry Smith who shot quickly from the angle but saw his snap effort bounce off the post and out of danger. The game was coming to life now and a great sliding challenge from the flowing locks of midfielder Joe Parker fell to the engine room of the side, Jack Boyce, whose shot from distance was well saved.

Keeper Adams was called upon again shortly after when Roding's pint-sized playmaker put the striker through towards the left-hand side of the area. Adams was out quickly and bravely to palm the ball away and received an almighty clattering to his face for his efforts as the striker followed through. Adams was left prone on the ground, in some pain and possibly even concussed but the referee Stevie Wondered the whole situation and somehow forgot to blow the whistle.

In the resulting chaos the ball was thankfully smuggled away for a corner and Adams bravely got to his feet, shaken, but determined to carry on. The corner was whipped in, and a towering centre back rose to head across the goal towards the far post. Adams, no doubt still woozy from the hit to his head, nevertheless stuck to his task. With the ball going one way and his momentum the other, he shifted and dived to his left, threw out his hand and somehow kept the ball from crossing the line. It was Donnarumma vs. Arsenal, Seaman vs. City, Banks vs. Brazil, all in one and then some as our concussed keeper kept us in it again. The danger was still alive though and after some back and forth in the box Roding's midfielder managed to volley onto the post.

Halftime was called, it was 0-0, both teams had come close but Passmores had their hero between the sticks to thank for keeping them in the game. Something had to change.

The second half started with a bang as Passmores suddenly found the midfield quality that they'd been lacking for the first 45. Mikey Willet showed great feet in the middle to make some space where there was none, he then strode forward and put Harry Lee through down the left-hand side. With the crowd all expecting a shot Lee unselfishly pushed the ball forward for the onrushing 'R9' Smith who slotted coolly into the far post to give Passmores the lead.

The goal invigorated the boys in blue who quickly created a flurry of chances. First, a long goal kick from 'Beckenbauer' Bobby McDonald came to Smith who smartly dummied to spin his marker and volleyed low to the left, but it was well saved.

Next, a free kick, again whipped in by McDonald, came through to Parker who leant in Harry Kane style on his defender. With both players missing the ball, it looked like it would float harmlessly away for a goal kick, however, out of nowhere the pacy Smith reached out a telescopic right leg and managed to somehow poke it home for 2-0.

Smith was clearly enjoying his football now and the sideline appreciation club in the crowd could sense the hat-trick coming. Roding kicked off and immediately Smith's relentless pressing stole the ball. He weaved past two hapless defenders but was cynically fouled just before he could pull the trigger. His free kick sailed over, but the warning signs were all there.

Roding were doing their best to come back into the game and Adams was called upon again to save low to his right from a free kick. Moments later another freekick was sent goalwards and Adams, diving salmon-like at full stretch, managed to fingertip the ball out. However, the follow up found a yellow shirt before a Passmores defender and Adams cruelly lost his clean sheet, through no fault of his own.

At 2-1 the game was in the balance. The Roding support were fired up and Passmores could feel the nerves settling in. This was cup final football at its finest.

Mikey Willet, sometimes derided as a luxury player, then showed his true worth. Picking the ball up in the centre under some pressure, he dragged back and pushed forward, bamboozling the midfield duo. Driving forward with Harrys either side of him he found the space to shoot, and the Roding keeper's tame effort to save wasn't enough. 3-1 Passmores.

Next, Jack Boyce, known more for his athleticism and grit than his guile produced a moment of magic that stunned support and management in equal measure. He was found on the edge of his own half, back to goal and being closed down by two midfielders. An outrageous Cruyff-turn later and he was free, floating into acres of pitch ahead of him. A sublime through ball then released Smith who was just too late, however enough pressure on the keeper forced the drop and Smith could finish into an empty net, complete his hat-trick and receive the adulation from the travelling fans.

With mere minutes left of the game Boyce again showed fine feet in the area and was clipped winning a penalty. He stepped up himself, perhaps with ideas of aiming to match Smith's hat-trick but sadly saw his effort blaze over the bar, a small black mark on an otherwise excellent performance.

The final whistle was a mercy to Roding who'd been overpowered and outgunned in the second half. Captain Bobby McDonald held the trophy aloft and the boys in blue went home champions, not just of the District, but out hearts.

**Men of the Match:**  
Bobby McDonald & Harry Smith

**Travelling Support:** Harvey Bacon, Jo Glover, Jude Jackman, Connie Kearns, Zak Kane, Mario Olarum, Harvey Smith

\*Passmores Academy Football Writer's Player of the Season

## Year 10

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

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. We have told the students that they will need to work with family or a close friend of the family.

The deadline to find a placement is Friday 23rd May 2025.

The link to the parent consent form is: [Work Shadowing Parental Consent Form](#)

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

## Open Events

- Fashion Retail Academy, 17<sup>th</sup> May
- Chelmsford College, 21st May 6:00pm
- Writtle College, 18<sup>th</sup> June 3:00pm – 7:00pm
- Long Road Sixth Form, 4<sup>th</sup> July

The latest issue of *Choices Magazine* is out for parents and carers with lots of useful careers information on apprenticeships and technical qualifications. You can access this at [May 2025 - Choices](#).





**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**

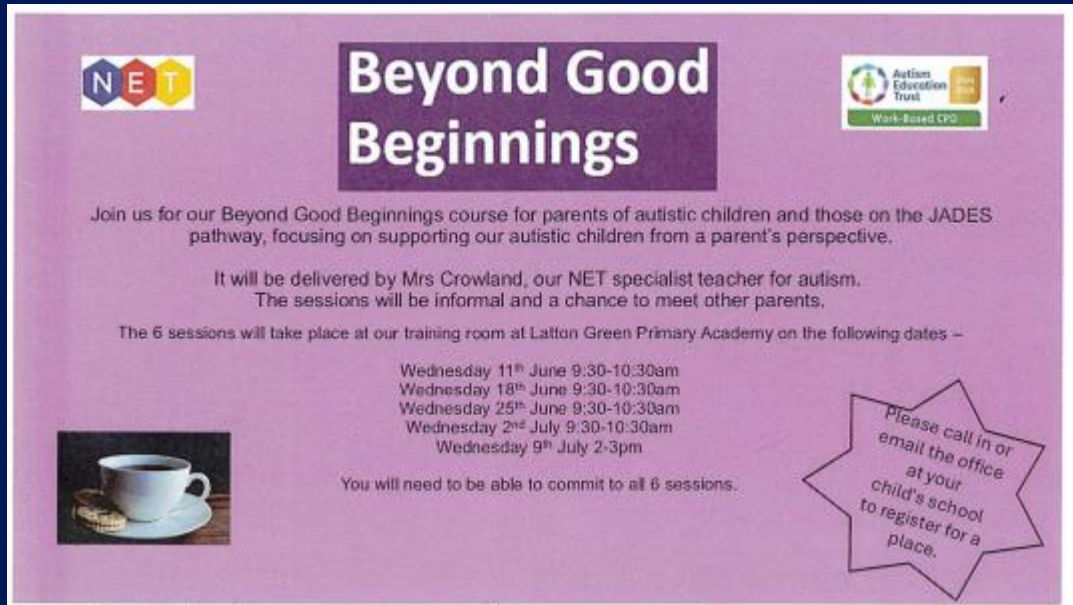


Level 3 Rail Engineering Technician Apprenticeship (England & Wales) - Network Rails Early Careers

## 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.



**NET**

**Beyond Good Beginnings**

Autism Education Trust  
Work-Based CPD

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 Latton 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.

Lexi Cowan in U2 will be participating in the London Moonwalk 2025 tomorrow night (Saturday 17th May).

If anyone would like to support Lexi by donating to this worthy cause, it would be greatly appreciated.

Lexi will be completing this worthy challenge with her mother and together they will be walking the full 26.2 miles.

If you would like to support Lexi, the links can be found below:

<https://giving.give-star.com/microsite/walkthewalk/themoonwalklondon2025/fundraising-page/lexicowansmoonwalk>

<https://giving.give-star.com/microsite/walkthewalk/themoonwalklondon2025/fundraising-page/kerricowansmoonwalk>

From all of us at Passmores... Go Team Lexi!



FOPs are now starting to organise our Summer Fete in June, and students have been invited to design the advertising poster.

Please see details.

We would like you to design  
a poster for our Summer  
Fete.



**Make it bright and colourful.**

**Must include the following:**

**28th June 2025**

**11am-3pm**

**£1 Entry Fee**

**Held at Passmores Academy,  
Tracyes Road.**

**fop@passmoresacademy.com**

**Closing date  
16th May.  
Hand to Mrs  
Cooper in Y030**



For our May event we will be holding a bake sale in the heart space for students and staff during break time.

We are looking for donations, so if you see yourself as a baker or would like to donate some sweet treats please drop them to reception on the morning of 23rd of May.

Students can purchase cakes and treats with cash or debit card, we cannot accept lanyard payments.

Please remember we are a no nut school so please have a list of ingredients with your home bakes.



Friday 23rd May

# BAKE SALE



AT BREAK TIME  
(FROM 10:10AM)  
IN THE HEART SPACE



**Cash only**



**Donations to be dropped at  
reception on the morning on  
23rd May.**

## FORTHCOMING EVENTS

|  |   |
|--|---|
| Thursday 22 <sup>nd</sup> May                              | Year 7 & 8 Academic Tutorial Evening            |
| Friday 23 <sup>rd</sup> May                                | Student Bake Sale                               |
| <b>Monday 26<sup>th</sup> – 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<br>(11am – 3pm) |

### VACANCIES COMMUNITY GOVERNOR

Interested in joining the team:

*If you would like more information about being a governor at Passmores Academy or are interested in joining the team, please contact [s.westbrook@pcl.co.uk](mailto:s.westbrook@pcl.co.uk)*



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!



Come Along!

**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)



# 10 Top Tips for Parents and Educators

## FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

### 1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

### 2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

### 3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

### 4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

### 5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

### 6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

### 7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

### 8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

### 9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important, celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

### 10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

## Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



#WakeUpWednesday

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





# 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








## Supporting Families, Empowering Futures – All for Free!

Hello from the Family Learning team at ACL Essex! We're excited to share some fantastic opportunities for families across Essex. Whether you're looking to better support your teen's emotional wellbeing, understand more about ASD or ADHD in boys and girls, or help your child transition smoothly into a new school — we've got you covered.

 **Our workshops and courses are completely FREE** and designed to empower parents and carers with practical tools and insights.

 Plus, don't miss our **family fun activities during the school holidays** — perfect for making memories together!

 **Mark your calendar:** From **May 13th**, you'll be able to explore our **brand-new course offerings starting in August**. But there's no need to wait — you can still enrol in our current courses right now!

 [Visit ACL Essex Family Learning](#) to browse and book your free place today.

Let's learn, grow, and thrive together.

Warm wishes,  
**The Family Learning Team**  
ACL Essex

# Enhancing Parenting Skills to Support your Children and Teens



Dear Parents,

Are you looking to take your parenting skills to the next level? Do you want to better support your children and teens in managing their emotions and stress? We are excited to introduce a series of courses designed to equip you with the tools and strategies to help your children thrive emotionally and mentally.

Examples of our Courses Highlights:

- ❖ Emotional Regulation Techniques
- ❖ Active Listening
- ❖ Problem-Solving Skills
- ❖ Stress Management for Teens
- ❖ Open Communication
- ❖ Positive Reinforcement
- ❖ Educational Resources

Visit our website and type one of the above course highlights into the search box to find your next free course.

## **Enrol Today!**

Our courses are designed to provide you with practical tools and strategies to support your children and teens in managing their emotions and stress. Whether you are looking for ways to enhance your current parenting skills or seeking new approaches, our courses offer valuable insights and techniques.

## **Contact Us:**

Click on this [Link](#) and type 'emotions' in the search box or call us on 03456037635.

We look forward to helping you take your parenting skills to the next level!



Launching 4<sup>th</sup> May!

# Free FAMILY FUN *in the park*

Join us every Sunday at the amazing Stow Park for free fun packed sessions that are suitable for the entire family!

## Team games & Sports

- Football
- Dodgeball
- Cricket
- Badminton
- Tag rugby
- & more

## Fun & enrichment

- Archery
- Zorbs
- Inflatables
- parachute games
- giant board games
- Special themed events

Register Now!



Contact Us  
07884251662



Visit Our Website  
[timeforchangekids.com](http://timeforchangekids.com)



Our Location  
The Stow Park, Harlow  
what3words: care.brief.middle





 mind in West Essex

## Mental Health Support Teams in Schools

**West Essex area**

**Issue no. 2**

**Newsletter**

**Spring 2025**

### Welcome to MHST Spring/Summer Newsletter



We hope you have all had a lovely Easter break and have managed to enjoy some of the lovely sunshine.

During this term we will be running many of our usual group workshops throughout our schools in West Essex, including a couple of new group interventions.

Summer is always a busy term with children leaving primary school, leaving classes, school productions and sports days. Look out for MHST staff at your school during this term, we are always available to offer any advice.

MHST are a 52 week service and will be able to offer some 1:1 support during the holidays where room space allows or via Zoom calls. If you are interested in support, and your child attends a primary school registered with us and you would like to have a referral made please contact your school Mental Health Lead/Safeguarding/SENCo. Assessments will be offered on a first come first served basis and if there is a waiting list we will be in contact after the holidays.

We have welcomed three new trainees who will be working in schools in Harlow and Epping Forest. And one qualified educational mental health practitioner who will be working with the team who cover the Uttlesford schools.

## Meet our new team members



### Zoe, Holly & Amie

Zoe, Holly & Amie are currently studying at UEA training within some of our schools.



### Georgia

Georgia joined the Uttlesford team at the beginning of April, watch out for her in her allocated schools.



# What's happening in school this term.?...

## Mental Health Support Teams in Schools



### Brain Buddies Informed Group

Over 6 weeks, children from years 4, 5, and 6, learn how the brain works, emotional regulation techniques, problem solving skills and self care

## Mental Health Support Teams in Schools



### Friendship Group

Over 4 weeks, primary-age children learn more about to make and keep friends

## Mental Health Support Teams in Schools



### Stepping up into Secondary School

Workshop for parents/carers of Year 6 children starting Secondary School in September.

**The Mental Health Support Team is here to support you!**

## Mental Health Support Teams in Schools



### Emotion Explorers Group

Over 6 weeks, children from years 1 and 2 learn to recognise emotions through body clues and to use emotional regulation strategies



## Coming Soon.....

Mind Matters workshop for children and following the success of the recent online parent group workshop we will be running more sessions in September.

# Congratulations to our Marathon Runners

Congratulations to Lesa Middlecott, MHST Deputy Manager and Zoe Ellingham, MHST Trainee EMHP for completing the Brighton Marathon. Lesa ran to raise money for St Clare Hospice and Zoe ran to raise money for MIND.





## Mind in West Essex Online Academy

Are you aware that Mind in West Essex has an online academy - See link - <https://mentalhealthtraining.org.uk/individual-elearning>

There are many online courses, many of which are free of charge. (If your child attends a school we work with you can also access the following three courses for free with a voucher). If you are interested and would like a voucher please email [mhstadmin@mindinwestessex.org.uk](mailto:mhstadmin@mindinwestessex.org.uk) and we will send you a form to complete.

We have 3 courses that could be of interest:

- Eating Disorders & Mental Health
- Early Years Parenting
- Supporting teenagers emotional wellbeing



### Eating Disorders and Mental Health

Eating disorders are complex mental illnesses and are rarely just about food. CPD Certified.



### Supporting Teenagers Emotional Wellbeing Course

This course is designed to give parent/carers an understanding of the pressures that teenagers are under and how that may affect their mental health. Content includes common mental health problems, self-harm and suicide and some straightforward and effective ways to help them, and you, make changes that can make tricky times easier.

### Early Years Parenting Course

This course is designed to give parents an idea of the various factors affecting child development. The role parents can play both positive and negative and possibly to get parents talking about their ideals of raising a child.

Explore infant/toddler/child emotional development and how parents can positively influence toddler/child behaviour and relationships.



## Mental Health Support Teams in Schools



**Are you a parent/carer looking for effective ways to help your young person navigate anxiety and manage big emotions?**

**Look no further; The Mental Health Support Team  
is here to support you!**

Evidence-based interventions, based on Cognitive Behavioural Therapy (CBT)

In **primary schools** we work directly with parents/carers

In **secondary schools and colleges** we help young people manage low mood, anxiety and worry

Support in a confidential space in school over 4 to 8 weekly sessions lasting up to an hour

Practical strategies to help manage anxiety and emotional challenges

Helping young people develop coping strategies and take charge of their well-being

**To take the first step and find out more, contact the mental health lead in school or email [mhstadmin@mindinwestessex.org.uk](mailto:mhstadmin@mindinwestessex.org.uk)**

Information for parent/carers



Registered Charity No. 1091154





## How we can help

We can experience many challenges when we are feeling unwell and getting the right support can seem daunting. It can be difficult to see the wood for the trees and so we offer a range of services to assist with the journey of recovery.

You might be feeling overwhelmed, worried, numb, scared, lonely, angry and more. With our emotional support through Counselling, Life Management Skills and our Bereavement service we are here to help.

For more practical issues such as completing forms or returning to work our Wellbeing Assistant support may help.

If you are not sure what is best you can always give us a call on 01371 876641 to discuss the options. You are not alone.

Please use the link below to access the Mind in West Essex Website where you will find information about Mental Health Support and making a referral for counselling:

<https://www.mindinwestessex.org.uk>



# Befrienders Needed!

**Befriending is such a great way to get involved and can be a really rewarding and valuable experience.**

We need volunteers in this area, can you spare an hour a week to really make a difference to someone's life?

Get in touch


email: [volunteering@mindinwestessex.org.uk](mailto:volunteering@mindinwestessex.org.uk) or  
go to [www.mindinwestessex.org.uk/get-involved/](http://www.mindinwestessex.org.uk/get-involved/)

Full training and ongoing support provided.



“Peggy’s friendship has helped fill a void in my life, left by my dear Mum and I feel that I have helped her after the loss of Tom (her husband)”



 mind in West Essex

Charity no. 1091154

# Keeping Myself Safe

## Non-Emergency Support

### SHOUT

- Text "SHOUT" to 85258 (free, anonymous text crisis messenger, 24/7)

### Kooth.com

- [www.kooth.com](http://www.kooth.com) for free, safe, anonymous online mental health support and counselling (age 10-25, 7 days a week until 10pm)



## Free Apps



CALMHARM

Guided exercises using CBT principles to help manage physical, thought-based and emotional or behaviour changing elements of anxiety.

Helps reduce urges to self-harm and manage emotions in more positive way.



CLEAR FEAR

**shout**  
85258

**kooth**

The Mix

Telephone support 3pm-12pm everyday  
0800 808 4994

Text crisis messenger 24/7 to 85258  
Webchat support [www.themix.org.uk/get-support/speak-to-our-team](http://www.themix.org.uk/get-support/speak-to-our-team)

### Childline

1:1 telephone counselling 9am-midnight  
everyday 0800 11 11

### Switchboard

Confidential service available 10am – 10pm,  
every day 365  
days a year. Service provides a safe space  
listening service via  
telephone, email or online chat.

## In an emergency

Call 999 or attend A&E



### Samaritans

- Telephone support 24/7 on 116 123
- Email support [jo@samaritans](mailto:jo@samaritans) (24hr response time)