

Newsletter

Thursday 30th January 2025 Issue 18



PASSMORES
ACADEMY



Photo courtesy of our Drama Showcase evening... see page 5 for more.

Dear Parents/Carers,

Whilst January has felt like the longest month, the long dark days, the miserable weather, a tonic was very much needed! And thankfully it was available on Wednesday of this week with the Drama Showcase. You will see an extensive write up later in the newsletter, but for anyone who came along, the excitement and enthusiasm from all students involved was just so joyous. You couldn't help but have your spirits lifted; what is better than young people being recognised for their hard work and commitment from the people they most value in staff, friends and family.

We cannot underestimate the impact of rewards; we all need to feel the value and impact of what we are doing, just like the performers above and as adults we are the same. I have been reminded of this today, listening to our guest speaker. If we are doing something what is the reward, because if it isn't being shown to have an impact then our human instinct is to quit. This reward can be shown in a plethora of ways, it doesn't have to be something physical, the power of praise and sense of achievement are just as powerful. Something for us all to reflect on.

The weather has of course meant more of you have been collecting your young people at the end of the day. If you are parking nearby, just a reminder to be respectful of the local community. Can you please avoid parking in front of drives and where there are dropped down kerbs.

Natalie Christie
Principal of Passmores Academy

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USEFUL LINKS

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TOP PASSMORES POINTS ACHIEVERS

24th to 29th January 2025

Howe, Tate	Year 7	44
Denkewicz, Maria	Year 7	42
Wilcox, Luke	Year 7	39
Morgan, Tori	Year 7	38
Charles, Kai	Year 7	36
Gregory, Leo	Year 7	36
Loader, Daisy	Year 7	36
Root, Riley	Year 7	36
Sooka, Rayane	Year 7	35
Porter, Violet	Year 7	34

Beckwith, Olivia	Year 8	33
Jackson, Jermaine	Year 8	31
Evans, Tillie	Year 8	29
Golding, Faye	Year 8	28
Bartram, Mason	Year 8	25
Clark, Sophia	Year 8	25
Cracknell, Rosie	Year 8	25
Stewart, Isobella	Year 8	25
Aken, Rosie	Year 8	24
Bozkurt, Saner	Year 8	24
Fleming, Ellie	Year 8	24
Laurino, Benedetta	Year 8	24
Ozimek, Filip	Year 8	24

Youens, Ryan	Year 9	31
Cudmore, Samuel	Year 9	30
Allen, Mia	Year 9	24
Zborowski, Oskar	Year 9	23
Hills, Ronnie	Year 9	22
Ward, William	Year 9	22
Wickes, Lola	Year 9	22
Lane, Sophie	Year 9	21
Norburn, Amber	Year 9	19
Oprea, Maya	Year 9	19
Salter, Billy	Year 9	19
Zuna, Hayden	Year 9	19

Swann, Ronnie	Year 10	28
Francis-Melvin, Sid	Year 10	27
Fearon, Frankie	Year 10	25
White, Beth	Year 10	25
Dolling, Tommy	Year 10	24
Reid, Maisie	Year 10	24
Rossiter, Bailey	Year 10	21
Vaux, Oliver	Year 10	20
Honan, Faraya	Year 10	19
Morris, Elissa	Year 10	19

Beckett, Emily	Year 11	22
Cobie, Izzy	Year 11	22
Golding, Hannah	Year 11	20
Houghton, Harrison	Year 11	19
Kasa, Yourdana	Year 11	19
Harriss, Callum	Year 11	18
Kelso, Bryony	Year 11	18
Panagi, Lizzy	Year 11	18
Sheard, Izabella	Year 11	17
Holmes, Katie	Year 11	16
Letts, Alfie	Year 11	16

Year Group Attendance (20th to 24th January 2025)

Year 7	91.31%
Year 8	88.6%
Year 9	86.97%
Year 10	86.95%
Year 11	82.1%
All Students	87.25%

PASTORAL UPDATE

Thought for the Week



This week, students marked **Holocaust Memorial Day (27th January)**, engaging in meaningful discussions about its significance and the lessons we must carry forward. Key themes included:

1. **Learning from History** – Understanding the Holocaust helps students grasp the consequences of prejudice, hate, and unchecked power.
2. **Promoting Tolerance and Diversity** – Reflecting on the Holocaust reinforces the value of inclusion, challenges stereotypes, and encourages critical thinking about discrimination.
3. **Building Empathy and Compassion** – Personal stories of victims and survivors humanise history, fostering emotional connections and empathy.
4. **Encouraging Moral Responsibility** – The importance of standing up against injustice and defending human rights was emphasised.
5. **Challenging Denial and Misinformation** – With Holocaust denial still prevalent, education ensures historical accuracy and critical thinking.
6. **Connecting to Broader Issues** – The discussions extended to contemporary issues like genocide, racism, and antisemitism, showing the ongoing relevance of history.
7. **Inspiring Action** – Holocaust Memorial Day reminds us that individuals can make a difference by advocating for justice, equality, and humanity.

By marking this day, we equip students with the knowledge, values, and skills to build a more just and compassionate society, ensuring that the lessons of the Holocaust are never forgotten.

In the News

Our second **knife crime awareness** session focused on the wide-reaching impacts of knife crime. Through real-life stories, students explored how knife crime affects not only the victim and perpetrator but also families, friends, and the wider community. The session encouraged deep reflection on the consequences of carrying a knife and the ripple effect it can have on people's lives.

Other News

- **Year 11 Mock Exams & Hospitality and Catering Practical Assessments** – Students continued their GCSE preparation with targeted revision tasks and began their hospitality and catering practical exams. Their hard work paid off, and their efforts smelled delicious!
- **Year 10 Rising Futures Coaching** – The Rising Futures cohort completed Session 4 of their coaching programme, further developing their skills and aspirations for the future.

Continued on the next page...

Looking Ahead to Next Week

- Thought for the Week – Students will explore the importance of **Children’s Mental Health Week**, discussing ways to support their own and others’ well-being.
- In the News – Our **third knife crime session** will focus on the law surrounding knife crime, helping students understand the legal consequences of carrying a knife.
- **Respecting Our School Environment** – Discussions will address the financial cost of replacing lost cutlery and plastic bowls in the canteen, encouraging students to take responsibility for their school environment.
- **Paris Trip Information Evening** – An information evening will be held for students and parents attending the upcoming Paris trip.
- **Passmores’ Got Talent!** – We’re looking forward to seeing the exceptional talent on display at the FOPS Passmores’ Got Talent show event.

It’s been another busy and enriching week at Passmores, and we look forward to all the exciting events ahead!



CAUGHT DOING GOOD...

(Monday 27th to Thursday 30th January 2025)



Year 7	Year 8	Year 9	Year 10	Year 11
Charlie Mahon Loobie Wright Trai Neal Daisy Loader	Skye Casey Tillie Evans Jermain Jackson Lucy Snell	Melanie Da Mata Reggie Fitzpatrick Leon Fowler Joseph Copas Matthew Arber	Yas Somerville Joanne Edigin Ola Akinyeye Bailey Rossiter Daisy May-Denton	Angel Fernandes Amy Wang Ryan Salberg Quincy Dixon



Chit Chat and Chocolate



Penny Howard	Amelia Drzewiecka	Kayden Clark	Jesse Kennedy
Gemma Scott	Bailey Parnham	Skye Casey	Leart Gjoni
Ethan Armstrong	Nevaeh Nyarko Moore	Mia Shraka	Ella Greenhalgh
Able Joes-Adom	Taliah Rufuse	Lucas Harding	Scarlett Almond

SUBJECT/INFORMATION UPDATES

Drama Showcase Evening

Hello! Drama department again! This time bringing you news of our Drama Club Showcase evening last night.

Picture this... it's September, the promising start to another wonderful year, fresh faces, fresh clubs, fresh ideas! As usual we set up our Year 7 & 8 drama club and our Drama Excellence Club for upper school. It's the first club session for Year 7 & 8 and we have approximately 60 children turn up!

As you can imagine we take a moment to catch our breath and then carry on, full steam ahead! With so many club members, our only route is to divide and conquer! After much to-ing and fro-ing, we decide to split the masses into large groups and give them short scripts to explore and stage, mostly under their own direction, with some help from our GCSE drama students, and a rotation of guidance from drama staff. Fast forward to January 2025!

We have five short plays to present from our Year 7 & 8 drama club and another two from our upper school learners...we have managed to create a rather epic event involving seven short plays and a rather excited and nervous performing collective!

The evening's plays were varied and engaging, ranging from a short Panto version of Aladdin to start us off, a compelling war time romance drama in the middle, a couple of fairytales, a couple of comedies and a farce to end the evening.



All performers did an excellent job, and the distance travelled from rehearsals to performance this week has been vast! For our Year 7's it was their first tread of the boards at Passmores, and they did brilliantly to hold their own alongside the more experienced Year 8's.

Our upper school performers appeared relaxed and in control as they delivered their lines and created two contrasting and engaging pieces, showcasing their breadth of skill and ability. It's worth mentioning at this juncture that some of them already performed an entire play last week in our Gizmo show and have gone on to perfect two further shows the following week – what an achievement!



Continued...

Our clubs schedule this year has been very full on and it has provided so many opportunities for our creative learners. Throughout rehearsals the Year 8's have done a sterling job of supporting and skilling up the Year 7's, demonstrating once again that peer leaders are so valuable in a school environment. It has also been wonderful for our Year 11's to have been able to have a go at directing and guiding younger performers, giving them the opportunity to develop artistic ideas and build the interpersonal and leadership skills that directing demands.

By no means is this now a time for us to put our feet up and have a rest, we are diving straight into the next project and auditions for this year's musical "Charlie & The Chocolate Factory", take place on Tuesday next week (4th Feb). As a result of upper school excursions, Year 11's that won't be back in time on Tuesday, so will have the opportunity to audition on Wednesday (5th). Callbacks for all age groups will take place on Thursday 6th Feb). We are posting the cast list on Friday and rehearsals start on Tuesday the following week (11th Feb). No rest for the creative!

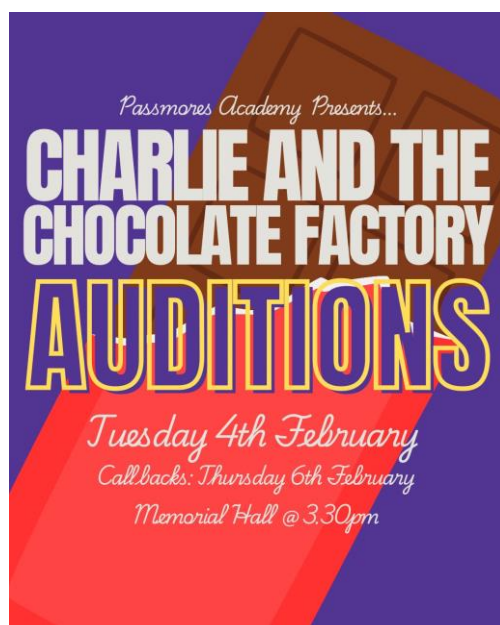
Rehearsals for the school production will take place on Tuesday's and Thursday's each week. A schedule will be given to all cast members at the audition, please make sure that key dates can be adhered to, to avoid disappointment and logistical issues later in the year.

We will be rehearsing until 5pm up to the half term break. When we return at the end of February, rehearsals will finish at 5.30pm and this will continue until the show dates, which run from Tuesday 8th – Thursday 10th July. Obviously, all cast members need to be available for all of these performance dates, as well as the dress and tech rehearsals (Sun 29th June/Sunday 6th July).

All pupils interested in taking part in the production must come and register their interest on Tuesday 4th February. Children only need to audition if they wish to be considered for a principal role (a main part). Everyone who signs up is admitted to the cast and our expectation is that they commit to the rehearsal schedule and turn up every week.

We'll be back with news of our Year 10 and 11 drama exams coming up in March. Huge thanks goes out to all parents, friends, and family that attended last night's busy showcase, we love it when you make the effort to come through our doors and see what wonderful things your children have been up to (as do they)!

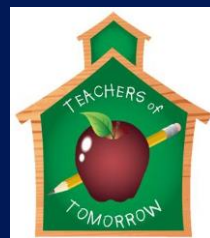
We cannot wait to invite you all back in for Charlie and the Chocolate Factory in July.





Year 11 History Revision- Top Tips!

- Use the revision guides you have been given to help you answer exam-style questions. There will be a list of these on Satchel One.
- Use the knowledge organisers you have been given to write your own questions and then consult the knowledge organiser again to answer them.
- Turn these questions into flashcards. There are online free flashcard programmes such as Anki which will help you with frequency of testing.
- Use the online course/videos/flashcards at Primrose Kitten Academy:
<https://www.primrosekittenacademy.com/course/edexcel-gcse-history-revision-bootcamp> to help jog your memory.
- Use the quizzes at historyhomework.com/ to build your confidence and source skills.
- Eat a banana before your history exam. The potassium helps your brain work!



Tomorrow's Teachers – Friday 17th January

A group of Year 10 students completed the Tomorrow's Teachers course on Friday 17th January. The day included numerous activities, such as working with primary school students at Peartree Mead, learning the different pathways to becoming a teacher and experiencing a day in the life through TES led videos.

During the primary visit, students got to experience different age ranges from EYFS through to Year 6 which gave them an insight into the different roles available in primary education. The primary staff were full of praise for the students' professionalism in school and willingness to get involved with activities completed by the young people.

All seemed to enjoy the experience, and I hope this inspires them to work in education. Well done to all those listed below:

Melinda Morar	Bailey Rossiter	Ava Dorrington	Rebecca Goody	Layla Curtis
Lacey Young	Leya McDonald	Amelia Dugard	Gracie Edwards	Joanne Edigin
Gracie Bright	Xander Manns	Freyja Damiral	Romey Wink	Daisy Simms
Chloe Watters	Gwen Kearns	Pink Hatton	Ahston Mills	Lola Cope
Lily Mai Thornton	Ola Akinyeye	Molly Reeve	Ava Fuller	Mia Wilson

Year 11 Period 5 Schedule - Spring Term

Week 1				
Day	Subject	Focus	Time	Room(s)
Monday				
Tuesday	3D Design	Targeted students	3:15 - 4:15	D002/D003
	Computer Science	Whole cohort	3:15 - 4:15	G105
	English	Whole cohort	3:15 - 4:15	Upstairs Unicorn
	Geography	Whole cohort exam prep	3:15 - 4:00	U005
	Hospitality & Catering	Whole cohort	3:15 - 4:15	D104/D105
	Maths	Grade 1-2	3:15 - 4:15	G005
	Photography	11Y Photography	3:15 - 5:00	D101
	Textiles	11Y Textiles	3:15 - 4:30	D103
Wednesday	3D Design	Whole Cohort	3:15 - 4:15	D002/D003
	Citizenship	Whole cohort	3:15 - 3:50	U001
	Child Development	Whole cohort exam prep	3:15 - 4:00	G106
	English	Poetry focus/Christmas Carol	3:15 - 4:15	U105/U108
	French	Targeted students	3:15 - 3:45	Heartspace
	History	Whole Cohort	3:15 - 4:00	U007
	Maths	Students aiming for 4	3:15 - 4:00	G104
	Maths	Grade 5+	3:15 - 4:00	G005
	Maths	Grade 6+	3:15 - 4:00	G003
	Spanish	Aiming for up to grade 5	3:15 - 4:00	L103
Thursday	3D Design	Targeted students	3:15 - 4:15	D002/D003
	Art	Whole cohort	3:15 - 4:15	L104/L105
	Computer Science	Creative and Technical Enterprise	3:30 - 5:00	G105
	French	Targeted students	3:15 - 3:45	Heartspace
	Music	Composing coursework	3:15 - 4:00	L110
	Photography	11Y Photography	3:15 - 4:30	D101
	Psychology	Exam practice	3:20 - 4:00	U002
	Textiles	11Y Textiles	3:15 - 4:30	D103
Friday	3D Design	Whole cohort	3:15 - 4:15	D002/D003
	Citizenship	Whole cohort	3:15 - 3:50	U001
	Drama	Whole cohort	3:20 - 4:20	L110
	Psychology	Whole cohort	3:20 - 4:00	U002
	Spanish	Aiming for 5+	3:15 - 4:00	L103
	BTEC Sport	Coursework	3:20 - 4:00	Y005

Year 11 Period 5 Schedule - Spring Term

Week 2				
Day	Subject	Focus	Time	Room(s)
Monday				
Tuesday	3D Design	Targeted students	3:15 - 4:15	D002/D003
	Computer Science	Whole cohort	3:15 - 4:15	G105
	English	Whole cohort	3:15 - 4:15	Upstairs Unicorn
	Geography	Whole cohort exam prep	3:15 - 4:00	U005
	Maths	Grade 1-2	3:15 - 4:00	G005
	Photography	11Y Photography	3:15 - 5:00	D101
	Textiles	11Y Textiles	3:15 - 4:30	D103
Wednesday	3D Design	Whole cohort	3:15 - 4:15	D002/D003
	Child Development	Whole cohort exam prep	3:15 - 4:00	G106
	Citizenship	Whole cohort	3:15 - 3:50	U001
	English	Poetry focus/Christmas Carol	3:15 - 4:15	U105/U108
	French	Targeted students	3:15 - 3:45	Heartspace
	History	Whole cohort	3:15 - 4:00	U007
	Maths	Students aiming for 4	3:15 - 4:00	G104
	Maths	Grade 5+	3:15 - 4:00	G005
	Maths	Grade 6+	3:15 - 4:00	G003
	Spanish	Aiming up to grade 5	3:15 - 4:00	L103
Thursday	3D Design	Targeted students	3:15 - 4:15	D002/D003
	Art	Whole cohort	3:15 - 4:15	L104/L105
	Computer Science	Creative and Technical Enterprise	3:30 - 5:00	G105
	French	Targeted students	3:15 - 3:45	Heartspace
	Music	Composing coursework	3:15 - 4:00	L110
	Photography	11Y Photography	3:15 - 4:30	D101
	Science	Whole cohort	3:15 - 4:00	L003
	Textiles	11Y Textiles	3:15 - 4:30	D103
Friday	3D Design	Whole cohort	3:15 - 4:15	D002/D003
	Citizenship	Whole cohort	3:15 - 3:50	U001
	Drama	Whole cohort	3:20 - 4:20	L110
	Psychology	Targeted 6+	3:20 - 4:00	L006
	Psychology	Whole cohort	3:20 - 4:00	U002
	Spanish	Aiming for grade 5+	3:15 - 4:00	L103
	BTEC Sport	Coursework	3:20 - 4:00	Y005

Science

Year 11 - Extra-Curricular Science Topics:

30 th January	Chemistry - Neutralisation and Concentration OR Physics - Stopping Distances
6 th February	Physics - Kinetic Energy and Energy OR Chemistry - Potable Water
13 th February	Chemistry - Neutralisation Core Practical OR Physics - Waves

Rooms are allocated on the day. Students should make their way to the science corridor on Thursdays after school and they will be directed to the allocated rooms for each session.



Passmores have football fixtures to play tonight... so full match reports will follow next week!

PE EXTRA-CURRICULAR TIMETABLE				
	BREAK	STAFF	AFTER SCHOOL 3:30PM – 4:15PM	STAFF
MONDAY	BASKETBALL / NETBALL SHOOTING (SPORTS HALL)	BREAK 1 – ARY BREAK 2 – OWY		
TUESDAY	BASKETBALL / NETBALL SHOOTING (SPORTS HALL)	BREAK 1 – AMN BREAK 2 – MGD	FITNESS (GYM)	SBS
			BADMINTON (ALL YEARS)	AMN/JKG
			GIRLS FOOTBALL (ALL YEARS)	OWY/BPE
WEDNESDAY	BASKETBALL / NETBALL SHOOTING (SPORTS HALL)	BREAK 1 – JKG BREAK 2 – SBS	FITNESS (GYM)	AMN
			GIRLS FUTSAL (ALL YEARS)	OWY/MGD
			DANCE (ALL YEARS)	ARY
			BOYS FOOTBALL (ALL YEARS)	JKG/JWB
THURSDAY	BASKETBALL / NETBALL SHOOTING (SPORTS HALL)	BREAK 1 – JWB BREAK 2 – BPE	FITNESS (GYM)	SBS
			FUTSAL (YEARS 7&8)	MGD
			TABLE TENNIS (ACTIVITY STUDIO)	JWB
FRIDAY			BTEC COURSEWORK CATCH UP & PE DETENTIONS	

CAREERS NEWS

Year 11 – Reminder...

Hertford Regional College open event, Tuesday 4th February, 5:30pm – 8:00pm



Harlow College are holding an Information Evening on **Wednesday 26th February** from **4:00pm – 7:00pm** for any adults interested in attending one of their part-time courses starting in 2025.

To find out more, click the link below...

Harlow College - Part-time & Adult Courses



Year 9 Careers Guidance

If your young person would like some careers guidance in preparation for choosing their options, then please contact our **Careers Adviser - Mrs Kay** on:
j.kay@passmoresacademy.com

Mrs Kay works Wednesday to Friday and will have some availability whilst the Year 11's are doing their mock exams either side of this half-term.



Supporting Your Teen Through GCSE & A-Level Exams!

Help your teen navigate the challenges of exam season with confidence by joining this practical workshop on Friday, 31st January.

Designed specifically for parents, this session will provide valuable tips on how to support your child academically, emotionally, and mentally during their GCSE and A-Level exams. From managing stress to creating effective study routines, you'll gain actionable advice to help your teen perform their best.

Sign up now and be the supportive guide your child needs during this important time!

Sixth Form & College Open Dates 2024/2025

Colleges & Sixth Forms	Contact No.	Open Date
BMAT STEM Academy www.bmatstemacademy.org	01279 621570	TBA
Cambridge Regional College www.camre.ac.uk	01223 418200	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	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
F2 Academy www.vluk rg/course-location/f2academy	07525 495818	TBA
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	TBA
Hertford Regional College www.hertreg.ac.uk	01992 411400	Tues 4 th Feb 5:30 – 8:00 Thurs 1 st May 5:30 – 8:00
Sir Frederick Gibberd www.sirfrederickgibberdcollege.org	01279 307235 (c/o Burnt Mill Academy)	Sat 16 th Nov 9.30-12.30 Application deadline Fri 31st January
St Marks School, Harlow www.st-marks.essex.sch.uk	01279 421267	Thurs 7 th Nov 7pm-9pm Application deadline Fri 7th February
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Weds 7 th May
Writtle College www.writtle.ac.uk	01245 424200	Sat 1 st March

ANY OTHER INFORMATION

FOPs

On March 28th, FOPs are hosting a Talent Show for the students and staff to be involved in, showing off their amazing hidden talents. We can now confirm there will be CASH prizes for the winners as well as goodie bags for the participants! There is still plenty of time for your young person to get involved, they can pick an application form up from Student Services.

Sometimes opportunities knock very quietly – this time the thuds are booming!





VACANCIES **COMMUNITY GOVERNORS**

Who we are:

The Governing Body currently consists of the principal, staff members, parent governors and community governors. We are a friendly team that work with each other and the staff to ensure the students can reach their full potential whilst at Passmores Academy.

What we do:

The governors are interested in ensuring the pupils at the school get the best, and we work towards this by volunteering in a variety of ways. One of our main duties is to meet as a team to discuss and review school policies and other school business. These meetings take place during the evening several times a term and are face to face at the school.

Each of us are linked with specific areas and subjects within the school and we monitor these throughout the academic year by communicating with the staff responsible for these areas, and by spending time in school. We also support the school and pupils in other ways, for example being present at school events such as school events, sports days, and the recruitment of new staff.

What makes a good Governor:

School governors can be employed part time or full time, self-employed, a stay-at-home parent or retired. Formal qualifications are not necessary, just the ability to work as part of a team, have an interest in how the school runs, and be able to ask questions. Training is provided, and the team are friendly and supportive to new members.

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@pclc.co.uk



I am taking part in this years London marathon, proudly running as part of Team RNIB (Royal National Institute of Blind People) and raising awareness for a cause which is close to my heart. If you wish to find out more about my reason for running for this charity, continue reading on, I have included this below.

On Saturday I had a great morning at the Olympic Park, pushing myself with a half marathon as part of my training for the big one in April!

I was aiming for a PB and smashed it, which makes all those winter training sessions feel so worth it. There is still plenty of work to do before the full marathon, but I'm really happy with my progress so far. As part of my fundraising efforts and continuing to raise awareness, on Tuesday 18th February, I will be stepping out of my comfort zone, soaring to new heights and doing my first ever skydive!

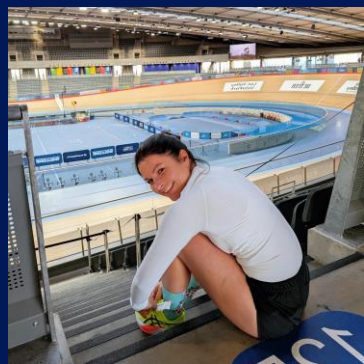
If you're able to contribute anything to my fundraising, I'd be incredibly grateful! A huge thank you to everyone who has supported and sponsored me already, it truly means so much.

<https://2025tcs londonmarathon.enthuse.com/pf/carolyn-richards/post/10715357>

I grew up with my Dad being partially sighted. He was diagnosed with Best Disease in his early 20's when he was training to be a pilot. To be able to fly a plane had been his childhood dream and this was quickly taken away from him when he was grounded after a routine medical. It was discovered that this was a genetic form and so me and my three sisters were tested for the condition. Unfortunately, my twin sisters were informed that they both carried the gene. For one of my sisters, she has experienced significant change to her eyesight over the past ten years and in recent years her central vision has deteriorated rapidly. At 38 this has impacted on everyday life for my sister, especially her career, no longer being able to drive and her inability to do things she once enjoyed. I have watched how this has affected both my Dad and sister over the years, where unchallenging things for most people becomes a challenge, but they never cease to amaze me at how well they cope with this disease and try to have a positive outlook on everything they do. I'm so proud of them both!

Neither my Dad or sister know what the future holds in terms of their sight but on the 27th April, I will be running for them and for all the other people dealing with sight loss.

My target is to raise £2000 so if you are able to sponsor me however big or small, and for such a worthwhile cause, please click on the link above and I thank you.



Rainbow Services event at Harlow Playhouse

Rainbow Services are running an event at the Harlow Playhouse, and they are inviting parents and carers of young people who live in Harlow to attend. The details are below and as this invite is being shared by all the secondary schools in the area, we expect it to be booked up quickly. Places will be allocated on a first come first served basis and can be booked on the link below:

12 February 2025 Time: 16:00- 18:30

- For professionals, parents/ Guardians, Carers and Teachers.
- Professional Session Gangs, Glamourisation & AMP, Joint Enterprise
- Weapon awareness – knife crime
- The Reality of Prison Life
- Venue: Harlow Playhouse

All participants will leave the session able to:

- Outline the operational procedures involved in setting up a county line.
- Explain the methods used to groom, recruit and exploit young people.
- Have an awareness of the push and pull factors that contribute to a young person becoming vulnerable and susceptible to county lines involvement.
- Recognise key signs and indicators that young people are being exploited or at risk of county lines involvement.
- Describe the relationship between county lines and other forms of criminal activity and exploitation (i.e. serious violence, human trafficking, debt bondage, modern slavery and child sexual exploitation).
- Explain the risks and consequences of county lines involvement.
- Understand the perspective of either a survivor or perpetrator after hearing from an expert witness, including a brief overview of how girls are used.
- Develop initial long-term and solution-based approaches to prevent and reduce the risks associated with each stage of the county lines process, including realistic exit strategies.
- Booking for professionals - via the website or this hyperlink - [Event – Rainbow Services](#).

FORTHCOMING EVENTS

Friday 31 st January 2025	INSET DAY (5)
Friday 7 th February	FOPs Event
Monday 17 th February - Friday 21 st February 2025	Half Term
Thursday 6 th March	KS4 Hollywood Night
Thursday 20 th March	KS4 Options Evening
Friday 28 th March 2025	Passmores Got Talent
Thursday 3 rd April	Year 9 Parent/Carer Evening
Friday 4 th April	FOPs Event
Thursday 24 th April	Year 10 Parent/Carer Evening



Lost property will be on the tables in the heart space on Thursday 13th and Friday 14th February.

Any unclaimed items will be donated to charity.

Moved house? Changed your phone number? Have you let us know?

Please can you remember to let us know if any of your contact details have changed, so that so that we can update our records.

You can do this easily by emailing our Data Team: datateam@passmoresacademy.com or via the Arbor app.



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

10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gilbert is Associate Vice-Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



#WakeUpWednesday

The National College



Get sorted

Get the support you need to find the right course, apprenticeship or employment for you!

- Connect with employers
- Meet training providers
- Find out about qualifications
- Receive careers advice
- Get support on applying for jobs

Are you
aged
16 to 25?

Wednesday 12 February, 11am to 2pm

Harlow Council Civic Centre, Council Chamber, The Water Gardens, CM20 1WG

No booking required, just turn up!

Supported by



Harlow Council
Working together for Harlow



Questions to ask employers:

- How can you assist in providing work experience opportunities?
- What inspired you to help young people?
- What advice would you offer to young people starting their careers?
- What qualities do you look for?
- How do you support individuals with mental or physical disabilities in the workplace?

We Rise is a movement for young people, by young people

Why join We Rise?

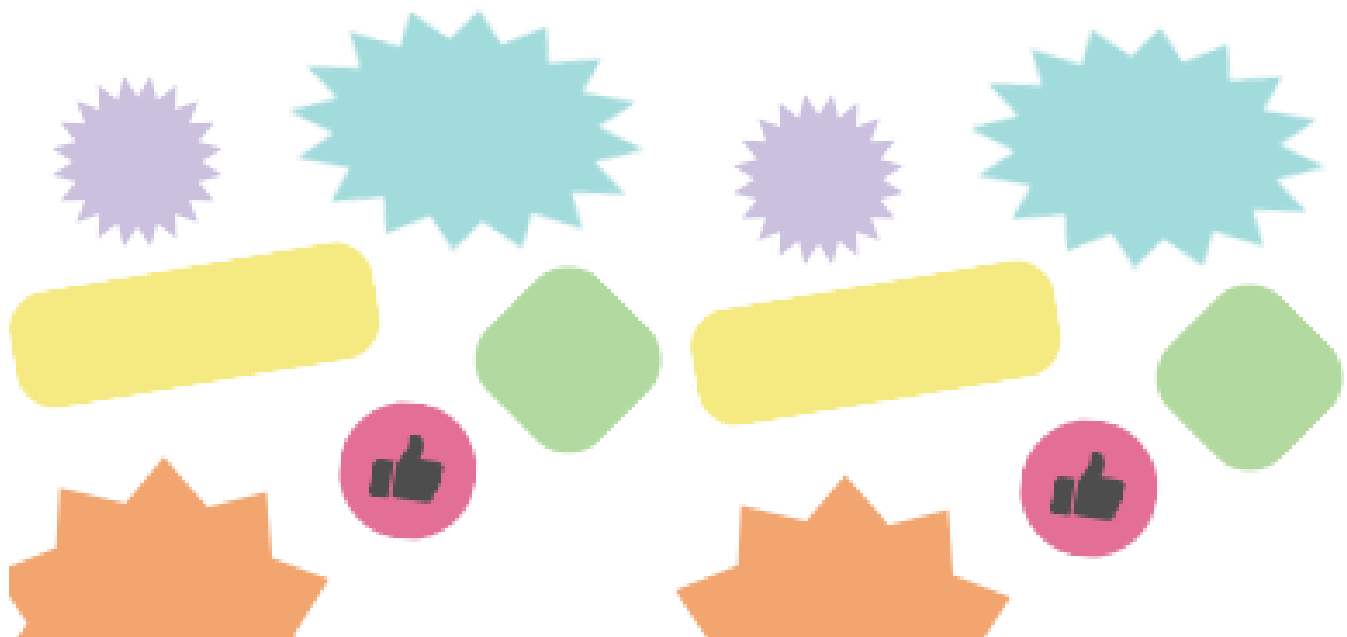
- Get mentorship from top employers
- Access career fairs and skills days

Contact us:

 louise.fry@essex.gov.uk

 @weriseessex

 @we-rise Essex



We are hiring!

Kids Club Leader and Kids Club Assistants required to join our Home from Home Kids Club Team!

Main Duties:

- Looking after the children who are staying after school or joining us in the school holidays, ensuring that they are relaxed and happy and engaging in activities suitable for their 'down time'
- Carry out activities with the children, provide activities/resources that meet their interests and promote positive interactions
- Support meal/snack times
- Listen to children read and support with homework
- Work as part of a team, being proactive, collaborative, energetic, happy, creative and friendly

Working Hours:

3pm - 6pm, Monday - Friday during term time, various shifts between 7.30am - 6pm during school holidays at our Kids Club at Fawbert and Barnard Primary School.

Requirements:

- Kids Club Leader must hold a Level 3 in Childcare or equivalent.
- Would be desirable for all applicants to have had previous experience working with children, however not essential as training will be provided.

Childcare options are available for successful applicants if required.

For an application form please send a CV and cover letter to

hfhc.management@outlook.com

Closing Date: Friday 21st February 2025

Start Date: As soon as possible



Harlow Poetry Open 2025

Join us as we mark World Poetry Day 2025
with a celebration of Harlow's writing talent.

For all ages. FREE to enter.

Theme: Home

Who can enter?

Adults, children, and young people who live, work or learn in
Harlow

Categories: 7 - 10, 11 - 17, 18+

Important Dates:

Free workshops for all ages: 15th - 25th February

Submission deadline: March 3rd, 2025

Celebration event to announce winners: 22nd March, 2025.

To enter and find out more go to:

<https://forms.office.com/e/cQc2v1Ezf6>



☀️ Support Your Teen's Journey ☀️

with Our Free **Online** Courses!

Are you looking for ways to help your teen navigate the challenges of adolescence? Our free online courses are designed to provide parents and carers with the tools and knowledge to support their teens effectively.

From managing emotions to building resilience, our sessions offer valuable insights to help your teen thrive.

Sign up via our website ACLESsex.com and search by course title or code

The Teenage Brain	(CODE: DOL2C45Y24)	11/02/2025
Understanding Teens	(CODE: DOL4C46Y24)	27/02/2025
Understanding Teenage Anxiety	(CODE: DOL4C47Y24)	27/03/2025



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

[Community & Family Learning - ACL Essex](#)