

Dear Parents/ Carers,

I can't quite believe that this will be the last newsletter of this academic year. As we reflect on all that we have achieved this year, we know that we couldn't do half of what we do without the commitment from our staff, students and of course the support of you.

On Monday, we welcomed the architects who designed our beautiful building. They were here interviewing students, staff and people from the community for a film they are making of all their builds. They were blown away by how new it still looks and were interested to see the changes that we have made in the last twelve years. The students spoke so enthusiastically about the design and how it enhances their day-to-day schooling and what came through all interviews was our ethos of inclusion. Whenever we have had outside visitors this year, our inclusivity has been highlighted; this is what makes us who we are and for that we are incredibly proud.

Talking of feeling proud, we will end the term with a special edition of the newsletter on Tuesday celebrating all the young people being recognised in the end of term assemblies. Next year, parents will be invited to these, so that we can all celebrate the accomplishments of our young people together.

Thank you all again for your support this year, wishing you all a fantastic summer, see you in September!

Quick links

[TOP PASSMORES POINTS ACHIEVERS](#)

[HOUSE PASSMORES POINTS](#)

[YEAR GROUP ATTENDANCE](#)

[PASTORAL UPDATE](#)

[SPORT / PE UPDATES](#)

[SUBJECT INFORMATION/UPDATES](#)

[CAREERS NEWS](#)

[ANY OTHER INFORMATION](#)

TOP PASSMORES POINTS ACHIEVERS

Friday 12th – Thursday 18th July 2024

Benedetta Laurino	Year 7	43
Annie Jackson	Year 7	42
Ella Greenhalgh	Year 7	42
Ivy-Mae Pullum-Ward	Year 7	40
Megan Wright	Year 7	40
Isabelle Boorman	Year 7	38
Bobby Paxton	Year 7	36
David Postelnicu	Year 7	35
Bailey Jones	Year 7	34
Harry McGill	Year 7	34
Phoebe Suzanne Savill	Year 7	34

Oskar Zborowski	Year 8	50
Noah Norris	Year 8	46
Olivia Lamplough	Year 8	43
John Adesina	Year 8	42
Jack Redding	Year 8	37
Lexi Jones	Year 8	37
Elsie Tyler	Year 8	35
Jokubas Garmata	Year 8	34
Layla Clark	Year 8	34
Max Warner	Year 8	34
Taliah Rufuse	Year 8	34

Mia Wilson	Year 9	28
Lily-May Foster-Gaish	Year 9	27
Daisy Vobe	Year 9	22
Evie Vobe	Year 9	22
Pavel Raykov	Year 9	21
Xander Munns	Year 9	21
Brooke Payton	Year 9	20
Gracie Bright	Year 9	19
Lacee Young	Year 9	19
Lillie Saunders	Year 9	19

Quincy Dixon	Year 10	44
Dylan Meredith	Year 10	35
Izzy Cobie	Year 10	34
Abbie Newman	Year 10	32

Wojciech Budzinski	Year 10	31
Alfie Letts	Year 10	27
Angel Fernandes	Year 10	27
Lara Stringer	Year 10	27
Gabriella Gooding	Year 10	26
Sam Wix	Year 10	26

HOUSE PASSMORES POINTS

Monday 3rd June – Thursday 18th July 2024

Dragon	28456
Griffin	27997
Lion	27647
Unicorn	28800

YEAR GROUP ATTENDANCE

Friday 12th – Thursday 18th July 2024

	Average Attendance
Y7	89.71%
Y8	84.93%
Y9	86.33%
Y10	83.96%
Whole School Attendance	86.72%

PASTORAL UPDATE

Year 7	Year 8	Year 9	Year 10
Paige Bedford Zara Yusuf Fin Hodson Olly Roberts	David Erikume Lacey Webb Harrison French Erik Andersons	Harry Griffiths Dawid Wejman	Kalan Cliff Mayson Jones

Thought for the Week

This week, students explored the British value of respect and tolerance. Engaging in meaningful discussions, they delved into what these values mean for them within the school and the wider community. It was a fantastic opportunity for students to reflect on their behaviour and attitudes towards others, fostering a more inclusive and respectful environment.

In the News

Our in the news segment this week focused on **staying safe on public transport**. With the summer holidays approaching, it's essential for students to be aware of how to travel safely as they explore and enjoy their time off. Tips and guidelines were shared to ensure everyone has a fun and safe summer.

Other News

It has been a lovely week acknowledging and rewarding students who have gone above and beyond:

- **Golden Tickets and Sweet Treats:** Numerous students received golden tickets and sweet treats as tokens of appreciation for their outstanding efforts.
- **Principal's Challenge Trip:** The highlight of our week was the Principal's Challenge Trip, celebrating the good deeds and hard work of our students.
- **Creative Art Exhibition:** On Monday and Tuesday, we showcased the incredible talent of our students in a creative art exhibition. The display was a testament to the creativity and dedication of our young artists.
- **Transition Programme:** With our transition programme in full swing, we welcomed some of our new Year 7 cohort. They enjoyed a fun-filled day of rounders, a BBQ, and a disco on Wednesday.

Looking Ahead to Next Week

As we reach the end of another exciting and busy year, we look forward to winding down for the summer holidays. In tutor time next week:

- **Reflection:** Students will be invited to reflect on their year, considering their achievements and growth.
- **Down Time:** They will also enjoy some down time with their tutor and fellow tutees, celebrating the final moments of this school year before parting ways for a well-deserved summer break.

Thank you for another wonderful year at Passmores Academy. Let's make the most of our last few days together and look forward to a restful and rejuvenating summer!

Mersea Trip

Recently, around 170 Year 7 students from Passmores Academy embarked on an unforgettable journey to the beautiful island of Mersea. Our students put aside their anxieties, overcame their fears, and dove straight into a series of challenging activities. From scaling climbing walls and soaring on zip lines and giant swings at thrilling heights to navigating tight spaces underground in caving, the students fully engaged and thoroughly enjoyed every moment. Swimming was also on the agenda, though the serene lounging by a sunny pool was not an option, as some students found great amusement in playfully pushing their teachers into the pool unannounced!

Beyond the adventurous activities, a variety of entertainment saw students dancing, singing, and showcasing their wide array of talents. The teachers, on the other hand, provided plenty of laughs—Mr. Stredder managed to "ruin" I'm a Barbie Girl for nearly 200 people! However, it was Mr. King and Mr. Paddon who truly lit up the dance floor at the disco.

Students, both past and present, often reflect on their Mersea experience as one of their most cherished and enjoyable memories. Each year, our students prove themselves to be exceptional individuals, with their courage and resilience shining brightly. We are incredibly fortunate to have them as part of our wonderful school community. This year's trip was an absolute success, and we extend our heartfelt thanks to both the students and staff. Roll on Mersea 2025!



Principal's Challenge Trip: A Day of Adventure at Thorpe Park!



In a celebration of exemplary conduct and dedication, our top 50 conduct point earners in year 9 & 10 recently enjoyed an exhilarating day at the renowned Theme Park, Thorpe Park. This special trip, known as the Principal's Challenge, was a well-deserved reward for our students who have consistently demonstrated outstanding behaviour, leadership, and a commitment to our school's values.

A Day Full of Excitement and Fun

The students, brimming with excitement, boarded the buses early in the morning, eager for a day packed with adventure and fun. Upon arrival, they were greeted with a welcome speech from the park's staff, who were just as excited to host our exemplary students.

The day was filled with a variety of thrilling rides and attractions. From the heart-pounding roller coasters to the thrilling ride experiences, there was something for everyone. The students showed immense courage as they braved the towering heights of the rides and the rapid twists of the water rides. Laughter and cheers echoed throughout the park, showcasing the students' joy and camaraderie.

Memories to Cherish

As the day drew to a close, the students were reluctant to leave but filled with unforgettable memories. The Principal's Challenge Trip not only rewarded the students for their hard work but also reinforced the school's commitment to recognising and celebrating positive behaviour.

We are immensely proud of our Key Stage 4 students and their accomplishments. This trip was a testament to their hard work, and we look forward to seeing them continue to excel and inspire their peers. Here's to many more adventures and achievements in the future!

Congratulations to our Top 50 Conduct Point Earners from year 9 & 10! You truly embody the spirit of our school.

Adventure Island-Southend on Sea

On Tuesday we had the pleasure in taking our top 50 conduct point earners and attendance in Yr 7 & 8 to Adventure Island, Southend on Sea. Our students were given the opportunity to get ready for a day of opportunity, adventure and fun. Throughout the day students had the chance to bond, build memories and take on thrilling rides and attractions. This trip was just not about fun, it was about celebrating our hard work together. Our trip to Southend was an unforgettable experience for everyone involved, where we came together to laugh and made the most of this exciting day out. We cannot wait to do it all again next year.



SPORT / PE UPDATES

Silver Leys Jumping Event

Congratulations to Zoey Joyce who came second in the Silver Leys Jumping Event last week. This is a fantastic achievement, well done!



SUBJECT INFORMATION/UPDATES

Drama – The Addams Family

Well, what a week we had last week! It was show week last week, and our cast of amazing pupils absolutely did themselves proud! It's been an utter privilege working with so many hard-working and dedicated pupils and the show itself has been a total blast!



If you didn't know (as if I haven't been banging on about this for months!), our wonderful performing arts pupils (across all years) performed The Addams Family Musical on Tuesday 9th July, Wednesday 10th July & Thursday 11th July night and every audience has been blown away by the quality of the performances.

This has been a big project this year, we chose to take on a full-sized musical, rather than a Disney Junior version of anything, and it has taken many, many hours of rehearsal to get it up to our usual show standard. But it has been worth it!

Those of you who attended have been so kind and generous with your comments about the cast, it's been lovely for them to hear so much praise after giving up after school hours and weekends to pull things together. We have been overjoyed with the wonderful audience appreciation each night! Those of you that didn't make it this year, you missed out on an evening filled with songs, dances and many, many jokes! We, in the creative arts corridor, always say this is our favourite week of the year and even though we are dog tired, we are buzzing! If you would like to see more pictures and clips from the performances, pop over to our Passmores Production Instagram account and give your eyes and ears a treat!



There is so much love from the production team for our whole cast, you have all been superstars! Special mention to our hilarious cast of principal characters and a huge well done on continuing to raise the bar, year on year! You guys are the best!

We'll be back to bother you about buying tickets for next year's show soon enough. In the meantime, have a wonderful summer, soak up the sun, enjoy a few late mornings and make sure you find time to laugh every day! We'll be back in September, ready to gear up for our next blockbuster! You'd be mad to miss it!



Design and Technology news- The RSA Pupil Design Awards

This month Melody Everett in year 8 took part in the National Design Award programme for secondary school and sixth-form pupils aged 11-17.

Her work was judged against over 150 other entries, and we are delighted to announce she was 1 of only 10 that were commended for their work.

'Judges thought this proposal to be very thoughtful, with great qualitative research, and simple intervention for users to get access to advice. They commended the initiative of testing within your community, and how to then bring this to other groups. The proposal felt well thought through for judges and they liked the idea overall and believed it to have good social impact potential.'

Melody and I were invited to a day at the RSA in London, filled with design challenges, workshops and talks which encouraged us all to think about the future of design, and the impact it has on us all. To complete the day Melody received her certificate at the awards ceremony handed to her by one of the sponsors of the event.

This competition encourages students to use their creativity and imagination to tackle real challenges to enable people, places, and the planet to flourish in harmony which Melody does so well and why she was commended for all of her efforts.

Mrs Stonecliffe
Design and Technology teacher



MATHS PROBLEM OF THE WEEK

This puzzle is in three parts. You need to answer all three parts.

Part 1: Use four 4s to make 44

Part 2: Use five 5s to make 55

Part 3: Use six 6s to make 66

You can use any of the +, −, x, ÷ and = keys.

ANSWER TO LAST WEEKS MATHS PROBLEM OF THE WEEK

7	3	4
6	14	2
1	5	8

CAREERS NEWS

The GT Scholars Programme are running a FREE summer coding programme for girls aged 12-16! The #GirlMeetsCode programme has been designed to help girls learn about the world of technology and coding.

During the summer programme, girls will have the opportunity to:

- Connect with industry mentors & role models and learn about careers in coding and technology
- Solve everyday problems using technology and ultimately learn how much fun coding can be when used to bring ideas to life
- Work together to design a game or an app!

And the best part?

Your teen doesn't need any coding experience to join! The programme will be held online, and will run from Monday, 19th August to Friday, 23rd August. If you're interested in applying, be sure to submit your application before Monday, 12th August! You can submit your application by clicking [here](#).

Help for 16-18 year olds who are not in education, employment or training (NEET)

If you are 16-18 years old, live in Essex and **are not** in education, employment or training, an Employability and Skills Adviser can help you with your next steps. They also offer support with post-16 options to young people who are in home education or off school roll in Year 11.

They can support you into:

- College
- Apprenticeships
- Training opportunities
- Foundation learning programmes including English and Maths
- Jobs
- Volunteering

Plus:

- **Careers guidance** for young people who are not in education, employment or training
- **CV and letter writing** advice
- Help completing **application forms**
- Advice around **personal marketing techniques** and how to access the hidden job market
- Advice around **interview techniques**
- Registering eligible 16/17-year olds for **extension to child benefit** claims with advice for parents and carers also provided
- Up to date **vacancies and training opportunities**
- **Introductions to training providers** and referral into study programs

[Current Opportunities \(essex.gov.uk\)](https://www.essex.gov.uk)

Call: 0800 707 6384

Email: keepincontactteam@essex.gov.uk

Post 16 Open Events for your diaries

- Hertford Regional College , Tues 24th Sept, 5.30-8.00pm
- Fashion Retail Academy, Sat 28th Sept
- Writtle College, Sat 12th Oct, 10.00-3.00pm
- Stansted Airport College, Sat 12th Oct, 10.00-2.00pm
- Harlow College, Thurs 17th Oct, 5.00-8.00pm
- Braintree College, Mon 21st Oct, 5.00-8.00pm

ANY OTHER INFORMATION



Join Essex Police Harlow, Harlow Council and other community partners for engagement events around Harlow's splash parks throughout the summer.

We will be there to talk and listen to local communities and for children to come and talk to officers.

We hope to see you there



Protecting and serving Essex

HarlowCPT@essex.police.uk

**The Safer Harlow
Partnership**

Working together for a safer community



STRIKE ACADEMY

FOOTBALL

SUMMER

CAMP



5 Weeks full of Football Fun! With 65 players a day in May make this summer one to remember!



EARLY
BIRD

£15

PER
DAY

ACTIVITIES

- **Matches and Tournaments**
- **Drills, Games and Challenges**
- **Prizes and Awards**
- **Pizza Parties on select days**
- **Inflatables on select days**

CAMP DATES

Week 1 : 29th Jul - 2nd Aug
Week 2 : 5th Aug - 9th Aug
Week 3 : 12th Aug - 16th Aug
Week 4 : 19th Aug - 23rd Aug
Week 5 : 26th Aug - 30th Aug

9AM-3PM

EARLY & LATE DROP

ST ALBANS ACADEMY
HARLOW, CM20 2NP
3G ASTRO

FOR MORE INFORMATION WWW.STRIKEACADEMY.CO.UK/HOLIDAYCAMPS



STRIKE ACADEMY

FOOTBALL ACADEMY CENTRE IN HARLOW

U12 - U15 PLAYERS

***TECHINICAL & DEVELOPMENTAL
SESSIONS***



WEDNESDAYS 5PM - 6PM

**PASSMORES ACADEMY
HARLOW, ESSEX**

**-QUALIFIED COACHES
-TAILORED AND EXPERT TRAINING
-FOCUS ON PLAYER DEVELOPMENT &
POSITIONAL PLAY
-PROFESSIONAL & ACADEMY
EXPERIENCE**

REGISTER YOUR INTEREST BY GETTING IN CONTACT

07877249883

ADMIN@STRIKEACADEMY.CO.UK

WWW.STRIKEACADEMY.CO.UK



SUMMER HOLIDAY FUN!



info@harlowleisurezone.co.uk
www.harlowleisurezone.co.uk
01279 621500





Swimming Crash Courses

Get ahead start with our Swimming Crash Courses, a great opportunity to gain confidence and begin your swimming journey.

Monday 29 July – Friday 2 August

Monday 5 – Friday 9 August

Monday 12 – Friday 16 August

Monday 19 – Friday 23 August

09.00–09.30 3-5 years Beginners

09.30–10.00 6-7 years Beginners

10.00–10.30 8 years plus

Cost: £44.50 (member)

Membership required £7.70

Summer Fun Swims

Come and join us for the Summer fun swim. With our fun float and inflatables (terms & conditions apply).

Booking required.

Wednesday 24, 31 July 14.00–15.30

Wednesday 7, 14, 21, 28 August

14.00–15.30

Ages: 8 years+ (main pool only)
Under 8 years (learner pool only)

Cost: £5.50 per session (member)
£6.50 per session (non-member)
Adults £6.30 (member)
£7.30 (non-member)

Operation Lazer Tag Challenge

Laser Tag has arrived at Leisurezone, what better way to come and try this new and exciting activity with our Summer themed session.

Thursday 22, 29 August 18.30–19.30

Ages: 5–11 years

Cost: £8.30 (member)
£9.30 (non-member)

Book now!
01279
621500



Urban Limits



Will you take on the exhilarating challenge of the Ninja Assault Course, dodge through the Bounce Pads or even tackle the ultimate Tag Attack Course?

Sessions are 1 hour long (including safety briefing).

Weekdays 10.00–18.00

Ages: from 6 years (6 & 7 year olds must be accompanied by a paying adult)

Cost: £9.00 per Child (member)
£10.00 per Child (non-member)
£11.50 Adult

Harlow Leisurezone Urban Limits socks must be worn and can be purchased for £2.30

Ask about Urban Limits Parties



Vertigo Climbing



Take on our 19 exciting climbing challenges to test your strength and determination! Tackle the Ice Climb, ascend the

Planetarium wall or for the ultimate test try out The Step Tower or Leap of Faith.

Sessions last 90 minutes (includes safety briefing). Booking is advisable.

Tuesday – Friday 09.30–18.00

Saturday & Sunday 10.00–17.30

Cost: 6–7 years: £8.00
8–15 years: £10.00
Adults: £13.00
Leap of Faith: £2.70, Step Tower: £2.70

Kidzz Kingdom



Three levels of space-themed soft play adventure. Fully air-conditioned.

1 hour sessions start on the half hour.

Open every day 09.30–17.30

Cost: Under 12 months: £3.40
1–4 years: £5.90
5–10 years: £6.90

Prices subject to £1 guest fee unless your child joins Harlow Leisurezone for only £7.70 for the whole year.

Ask about Kidzz Kingdom Parties

01279 621500
info@harlowleisurezone.co.uk
www.harlowleisurezone.co.uk
Harlow Leisurezone, Second Avenue,
Harlow, Essex CM20 3DT

Prices correct
until September 2024



GIRLS ONLY FOOTBALL HOLIDAY CAMP

7TH & 14TH AUG

Fun Day (5-8 Years Old)

- ✓ Fun games - with and without the ball
- ✓ Chance to make friends while having a blast

Pre-season Camp (9-14 Years Old)

- ✓ Goal Scoring: The James & Russo Workshop
- ✓ Creator: The Hemp & Mead Workshop
- ✓ Stopper/Destroyer: The Earps & Bright Workshop

Price: £26 Full day/£13 Half day

FULL DAY

10AM-3PM

HALF DAY

10AM-1PM

All coaches have extensive football and first aid qualifications and are DBS checked

WHITE RODING SPORTS & SOCIAL CLUB

Marks Hall Ln, White Roding, Dunmow, CM6 1RT

Sign up:

bit.ly/cc82signup

More Information

07905 822171 coachingclub82@gmail.com



ESSEX FA YOUTH FORUM

COME AND JOIN THE TEAM!

Applications open for new members for the 24/25 Season

The Essex FA Youth Forum are seeking 4 or 5 new members to join our team of enthusiastic, passionate leaders aged 15- 24.

The group work together to give young people a voice within football collaborating to identify and deliver projects aimed at enhancing football participation, volunteering & recognition opportunities for young people in the county.



Being a member of our youth forum includes:

- Supporting County FA-led events and programmes.
- Help shape opportunities for young people within the county.
- Attending Youth Forum bimonthly meetings (online & in person).
- Creation and implementation of social media campaigns.

Benefits of joining the youth forum:

- Opportunity to play key roles in the delivery of core Essex FA events throughout the football season including cup finals, awards evening, futsal, coaching & media.
- Access to mentor support through Essex FA staff.
- Opportunity to attend Essex courses and personal development sessions.
- Each member receives an Essex FA Nike branded Kit package.
- Travel expenses to meetings & events.
- Great experience to support your career pathway aspirations or for college, university.



Apply here

Closing date Sunday 4th August 24

If you would like more information about the youth forum please contact ana.gillard@essexfa.com

@EssexCountyFA

essexfayouthforum

EssexFootball

EssexFA

www.essexfa.com

Essex

ACTIVate

Free activity clubs across Essex and
Thurrock for **eligible primary and
secondary** school children that also offer:

- ✓ Specialist SEND, mental wellbeing and youth clubs
- ✓ Physical, enrichment and food activities
- ✓ Nutritious snacks and tasty meals
- ✓ Run by qualified, locally trusted organisations
- ✓ Family support
- ✓ Resources and guidance

WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the funded holiday programmes run by Active Essex. During school half terms and holidays, we work with locally trusted organisations to deliver free, holiday clubs to support the wellbeing of children who are eligible for benefit based free school meals or from 'income-related' benefits households.

www.activeessex.org



EssexActivAte



SCAN ME





WHAT IS ESSEX ACTIVATE?

Essex ActivAte is the name for the government funded holiday programmes run by Active Essex. During school half term and holidays, we work with locally trusted organisations to deliver free, holiday clubs to support the wellbeing of children who are eligible for benefit based free school meals or from 'low-income' working families.

HOW CAN ESSEX ACTIVATE SUPPORT ME?

Not only do we offer fun-filled activity clubs, but Essex ActivAte want to further support families and young people by offering free resources and guidance to help make term times a little easier. Our family support hub offers activities, videos, tips and inspiration for affordable family days out!



HOW DO I BOOK ONTO AN ESSEX ACTIVATE CLUB?

A few weeks ahead of each half term and holiday programme, we will post on our social media pages when clubs are available to view and book.

HOLIDAY PROGRAMMES (HAF)

- If your child is eligible for benefit based free school meals, you will be emailed or text a Holiday Activities voucher code from your school to book onto a local club
- If you are still waiting for your voucher code, please contact your school
- Limited spaces are available for young people who are not eligible for benefits based free school meals, but are from 'low-income' working families, may be vulnerable and/or experience inactivity and social isolation
- To book on, you will not receive a Holiday Activities voucher code, and you will need to contact the club directly from the Essex ActivAte website

HALF TERM BREAKS

- To book onto a half term club, you will not receive a Holiday Activities voucher
- You will need to book on through the Essex ActivAte website
- Simply select your area, find what clubs are available and book your child on through the link provided - depending on the club, you may need to book through our website, or contact them directly



www.activeessex.org



EssexActivAte



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.

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



The
National
College®

X @wake_up_weds

f /www.thenationalcollege

ig @wake.up.wednesday

yt @wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.07.2024

SUMMER

Emergency Services

FUN DAY

Sunday 4th August 2024

Time 11-5

Raising money for MIND

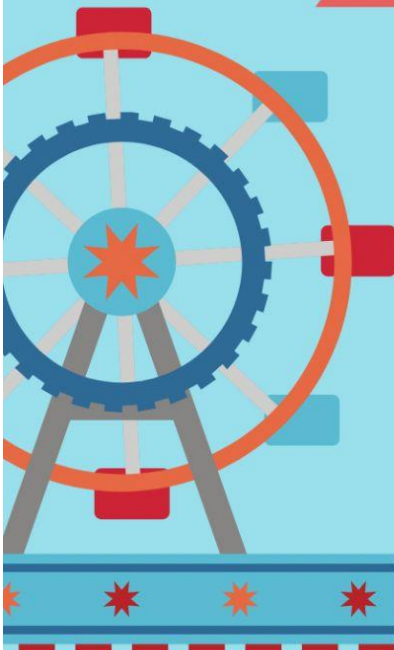
THE LINK, HARLOW, CM19 4RT

£5 PER PERSON
FOR ENTRY

JOIN US FOR LOTS OF FUN!

Resus station
Ambulance, Fire and
Police Vehicles
Food stalls
Face Painting
Inflatable Games
Tombola
and much more!

For more information please contact
mikaela.ball@eastamb.nhs.uk





We Need Your Help!

For Our

**Emergency Services
Fun Day**

**Local business who
can set up a stall?**

Please contact
mikaela.ball@eastamb.nhs.uk



We Need Your Help!

**Can you donate for the
Tombola?**

Bottles
Jars
Tins / Cans
Sweets
Biscuits
Toys
Books

HARLOW SUMMER 20 YOUTH 24 PROGRAMME

FOR AGES 13-18
*UP TO 25 WITH SEND

MONDAY 12TH-WEDNESDAY 14TH AUGUST

COME AND JOIN ESSEX YOUTH SERVICE FOR A
FREE, FUN, AND ENGAGING SUMMER PROGRAMME.

JOIN US FOR AN ACTION PACKED THREE DAYS OF FUN,
CHALLENGES, AND GAMES.

ADMISSION IS COMPLETELY FREE,
INCLUDING LUNCH!!

SCAN THE QR CODE TO SIGN UP TODAY!

SCAN ME



FOR MORE INFORMATION CONTACT:

CLARE.NUNN@ESSEX.GOV.UK

07775 226866


HARLOW XPERIENCE CENTRE,
BROADLEY ROAD,
HARLOW
CM19 5RD

Be who you
WANT to be...

YOUTH
SERVICE



KIDS EAT FREE



A photograph of two children sitting at a table. The boy on the left is wearing blue overalls and a white shirt, looking at the camera. The girl on the right is wearing purple overalls and a yellow shirt, sticking her tongue out and holding her hands up to her head. On the table are plates of food, including a burger, fries, and chicken nuggets, along with two boxes of Camston juice. The background is a blue door with green foliage. The entire scene is framed by a purple border with various food stickers: an ice cream cone, a slice of toast, a bowl of salad, a pancake, and a burger.

22ND JULY - 30TH AUGUST

Bill's **KEEP IT COLOURFUL** VISIT OUR WEBSITE AT BILLS-WEBSITE.CO.UK

KAZEN KAI MARTIAL ARTS

IN PARTNERSHIP WITH ACTIVE ESSEX FOUNDATION

TRY OUR EXCITING, HIGH ENERGY
KICK BOXING, KARATE AND TAEKWONDO CLASS AT
OUR
FULLY EQUIPPED MARTIAL ARTS CENTRE
FULLY FUNDED BY ACTIVE ESSEX
INCLUDING A HEALTHY PACKED LUNCH AND A DRINK

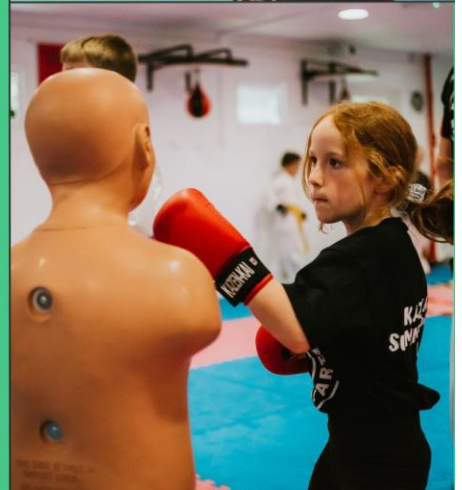


EVERY TUESDAY, WEDNESDAY &
THURSDAY FROM 30TH JULY TO THE
29TH AUGUST 2024

THE MARTIAL ARTS CENTRE,
NICHOLS FIELD PAVILLION HARLOW
CM18 6DY



SPACES LIMITED
SCAN QR CODE TO BOOK
OR CALL 01277 262800



How do young people really feel
about The Police, & Fire
& Rescue services, & safety in Essex?

How can we make these services
better for young people?

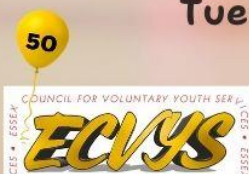
Come along to our focus group and
share your views with Jane, the
deputy PFCC for Essex!

£20 gift card
for all young
people
attending,
BUT spaces
are limited!



Tuesday 6th August, 2pm-3pm, online

To book your place email;
rachel@ecvys.org.uk



Forthcoming Events:

Friday 19 th – Monday 22 nd July	DofE Silver Assessment – Year 10
Monday 22 nd July	Non-uniform day – winning house in each year group
Tuesday 23 rd July	End of Year Assemblies Early closure for students 12.30pm



Natalie Christie

Principal of Passmores Academy

TEACHarlow

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