

# Newsletter

Friday 25<sup>th</sup> April 2025 Issue 27



Photo courtesy of Rhoda Adesina, Year 11

Dear Parents/Carers,

Welcome back to the final term of this academic year, time flies!

As you know, we have this week introduced our Yondr pouches and I have to say, our young people have been amazing. We never anticipated there being any real challenges as the students were responsive to the rationale when we met with them last term, but they have surpassed expectations. Adapting to new routines can sometimes be difficult, but so far so good. Of course, there are always some young people who try to find ways around the system, and we will be sharing feedback with all students next week of things that have been tried this week without success!

We believe in this initiative which is why we have provided the pouch free of charge, we have heard of other schools who are charging families. It is important that this is respected, as a replacement pouch will cost £15.00, money to be better used elsewhere for definite!

Thank you to those who were able to make the year 10 parents/carers evening, there was an 80% uptake which is fantastic and so important as mocks are looming after half term.

Finally, a big thank you to everyone that entered our Easter prize draw and completed our newsletter questionnaire. The lucky winner will be contacted today!

**Natalie Christie**  
Principal of Passmore Academy

- 2 TOP PASSMORES POINTS ACHIEVERS
- 3 PASTORAL UPDATE
- 5 SUBJECT INFORMATION/UPDATES
- 8 SPORT/PE UPDATES
- 10 CAREERS NEWS
- 11 ANY OTHER INFORMATION
- 14 FORTHCOMING EVENTS

## USEFUL LINKS

[Parents/Carers Letters](#)  
[Clubs and Activities](#)  
[School Calendar](#)  
[ParentPay](#)



# TOP PASSMORES POINTS ACHIEVERS

21<sup>st</sup> to 24<sup>th</sup> April 2025

Warner, Travis	Year 7	24
Howe, Bailey	Year 7	23
Mellon, Casey	Year 7	22
Shimmen, Lily	Year 7	22
Coombe, Logan	Year 7	20
Breeds, Evie	Year 7	19
Burns, Tommy	Year 7	19
Krajicek, Grace	Year 7	19
Labalpiny, Ashleigh	Year 7	19
Scott-Vodnar, Arthur	Year 7	19

Biro, Emma	Year 8	12
Sahin, Kaya	Year 8	12
Bennie, Faris	Year 8	11
Clark, Sophia	Year 8	11
Crutchlow, Sam	Year 8	11
Drzewiecka, Amelia	Year 8	11
Gaine, Lexi	Year 8	11
Klarzak, Leon	Year 8	11
Mihai, Edith	Year 8	11
Morgan, Dexter	Year 8	11
Postelnicu, David	Year 8	11
Turner, Poppy	Year 8	11
Whitmore, Ella-Louise	Year 8	11

Groves, Isabelle	Year 9	14
Judge, Ella-Rose	Year 9	13
Hockley, Rhys	Year 9	12
Shillingford, Tyler	Year 9	12
Casey, Jack	Year 9	11
Collins, Lily	Year 9	11
Devereux, Mylo	Year 9	11
Frimpong, Abena	Year 9	11
Sherif, Malaka	Year 9	11
White, Heath	Year 9	11

Wyburn, Jaime	Year 10	19
Dean, Lewis	Year 10	16
Hymas, Harvey	Year 10	16
Bishop, Zac	Year 10	15
Branch, Jacob	Year 10	14
Goody, Rebecca	Year 10	14
McGill, Ollie	Year 10	14
Julian, Violet	Year 10	14
Miah, Sabrina	Year 10	14
Mills, Ashton	Year 10	14
Osei, Luisa	Year 10	14
Sunshine, Pj	Year 10	14

Stringer, Lara	Year 11	14
Aimes, Archie	Year 11	11
Edwards, Emma	Year 11	11
Hainsworth, Imi	Year 11	11
Mahon, Katie	Year 11	11
Webb, Keira	Year 11	11
Nicholls, Ella	Year 11	11
Boylan, Holly	Year 11	9
Barker, Annabel	Year 11	8
Cobie, Izzy	Year 11	8
Croome, Molly	Year 11	8
Mustafa, Emin	Year 11	8
Nutsukpo, Janelle	Year 11	8
Gooding, Gabriella	Year 11	8
Wilkinson, Darcie	Year 11	8

## Year Group Attendance (31<sup>st</sup> March to 4<sup>th</sup> April 2025)

Year 7	90.96%
Year 8	88.7%
Year 9	87.03%
Year 10	83.91%
Year 11	82.72%
<b>All Students</b>	<b>86.72%</b>



### Thought for the Week: All Star Champion Tickets – Rewards with a Twist!

This week in assemblies, students were introduced to an exciting new addition to our rewards system: the **All Star Champion Tickets**! This initiative is designed to give students even more ownership over their rewards journey. Whether it's earning 50 Passmores Points, achieving 100% attendance, participating in House events, or showing consistent positive behaviour, students will be awarded an All Star Champion Ticket.

What makes this system extra special is the element of choice and risk: students decide whether to enter their ticket into a weekly, half-termly, or termly prize draw. The bigger the wait, the greater the prize!

Here's a sneak peek at what's on offer:

- ★ Weekly Prizes: Rascal Bear keyrings, phone charms, pencil toppers, House notepads, Croc charms, and more.
- ★ Half-Termly Prizes: All Star Champion mugs, Top Trumps, gift cards, Stanley-style water bottles, makeup, sports gear, and more.
- ★ Termly Prizes: The ultimate win – an iPad, PlayStation, laptop, bicycle, or scooter!

We're excited to watch the enthusiasm grow as students start earning and choosing how to use their All Star Champion Tickets.

### In the News: Mind Matters – Managing Emotions

Students took part in Session 7 of the Mind Matters and Time to Talk programmes. This session focused on managing emotions, helping students understand emotional regulation and how to respond in healthy, constructive ways to challenges they may face.

This thoughtful and practical session allowed students to explore strategies to stay in control during times of stress, and to understand the power of recognising, accepting and managing their feelings in everyday life.

### Other News: Continued Success and Partnership

Our Year 11 students continue their focused GCSE preparation – their resilience and determination is shining through as we approach the final stretch.

On Thursday, it was a pleasure to welcome families to the Year 10 Parents and Carers Evening. The event was well attended and filled with positive conversations, clear ambitions, and genuine pride. Thank you to all who came and to the staff for their insight and support.

### Looking Ahead to Next Week

We've got another inspiring week coming up to kick off the new term:

**Thought for the Week:** We will explore British Values, helping students understand their rights, responsibilities, and the shared values that shape our community.

**In the News:** We will mark British Sign Language Day, recognising and celebrating the importance of communication, accessibility and inclusivity for the Deaf community.

**Also Coming Up:** A big moment for Year 11 as we celebrate them in their Celebration Assembly! A chance to reflect on their journey, mark their achievements, and share our encouragement as they approach the next chapter.

Let's make it a fantastic start to the summer term!



### Rainbow Services Project

This group of Year 9 & 10 students attended the KS3 Workshop Project on Thursdays, for the entire Spring Term and created this amazing collection of wooden furniture for students and staff to enjoy at Passmores Academy.

The girls did so well that they have earned the privilege of progressing on to the Rainbow Services KS4 Workshop Project on Tuesdays, where they will be able to further use the previous woodwork skills learnt and increase them to attain a Gateway Level 1 in the following two subjects: Health & Safety in Construction and Carpentry Hand Tools.

Smashing work girls!



**PE  
EXTRA CURRICULAR TIMETABLE**

	BREAK	STAFF	AFTERSCHOOL 3:30PM- 4:15PM	STAFF
<b>MONDAY</b>	Cricket Batting/Bowling (Astro Turf)	Break 1 CLO  Break 2 OWY		
<b>TUESDAY</b>	Cricket Batting/Bowling (Astro Turf)	Break 1 AMN	Boys Cricket (Astro Turf)	JKG AMN
		Break 2 MGD	Girls Cricket (Astro Turf)	GCI CLO
<b>WEDNESDAY</b>	Cricket Batting/Bowling (Astro Turf)	Break 1 JKG  Break 2 GCI	Rounders (Astro Turf)	OWY ARY
			Softball (Astro Turf)	MGD
			Tennis (Tennis Courts)	JWB
<b>THURSDAY</b>	Cricket Batting/Bowling (Astro Turf)	Break 1 JWB  Break 2 ARY	Athletics	All Staff
<b>FRIDAY</b>			BTEC Coursework Catch-Up & PE Detentions	

### 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. Any student who has not got a placement by this date will take part in the community day.

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).

### Harlow College Open Evening

Harlow College are holding an **Open Evening on Wednesday 30 April 5-8pm** showcasing their Vocational courses, A Levels, T Levels, Apprenticeships, HTQs, SEND and Adult & Part-time courses.

Tickets are available on Ticket Source: <https://www.ticketsource.co.uk/harlow-college/e-pvkaba>

### Harlow Schools Careers Fair

On the same day, the College is also hosting the annual **Harlow Careers Fair from 4.30pm – 8:00pm**. The Fair will bring together employers and national organisations from across the region, who will be joined by careers experts and training providers with information and advice covering apprenticeships, university and career opportunities.

Tickets are available to book here: <https://www.ticketsource.co.uk/harlow-college/e-ajxpbe>

You are welcome to attend both events, but please note you will need to book both events separately.

### Hertford Regional College Open Event

1<sup>st</sup> May, 5.30pm - 8pm, [Open Event - Hertford Regional College](#)

### Apprenticeships

Advertised on [Find an apprenticeship - GOV.UK](#)

Hairdressing apprenticeships at Avant Garde, Harlow, HOBs Salon in Epping and Loughton. Salary £15,704 pa.



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](mailto:fop@passmoresacademy.com)**

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



## FORTHCOMING EVENTS

Monday 5 <sup>th</sup> May	BANK HOLIDAY – SCHOOL CLOSED
Thursday 22 <sup>nd</sup> May	Year 7 & 8 Academic Tutorial Evening
Monday 26 <sup>th</sup> – Friday 30 <sup>th</sup> May	HALF TERM – SCHOOL CLOSED
Monday 2 <sup>nd</sup> June	Summer Term 2 Begins
Wednesday 11 <sup>th</sup> June	Sports Presentation Evening
Thursday 26 <sup>th</sup> June	Year 11 Prom

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](mailto:datateam@passmoresacademy.com) or via the Arbor app.



TEACHarlow

Interested in becoming a primary or secondary teacher?  
 Contact Gareth Walsh on [g.walsh@passmoresacademy.com](mailto:g.walsh@passmoresacademy.com)



# What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

## WHAT ARE THE RISKS?

### ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

### EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

### PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

### COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

### PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

### LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 15, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS  
ONLINE NOW

## Advice for Parents & Educators

### TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

### KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

### ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

### USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

### Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



#WakeUpWednesday

The National College



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



# Get **FREE** meal plans

**FREE FOR EVERYONE  
LIVING & WORKING  
IN HARLOW!**

WITH **FIVEDINNERS.COM**

If you're fed up deciding what to cook every night or just need a little help in the kitchen to eat healthier, save money and reduce your food waste – FiveDinners.com is for you!

Every week you get a new personalised meal plan designed just for you with a shopping list for the whole week! Normally £36 per year - you get this for **FREE** - no catch, just **FREE**!

Sign up today to get **FREE** membership!

Scan the QR code or visit [www.FiveDinners.com](http://www.FiveDinners.com) and click the green 'Join today' button now to get free membership!



## FiveDinners

**FUNDED & SUPPORTED  
BY HARLOW  
HEALTH & WELLBEING  
PARTNERSHIP BOARD**

Harlow  
Council  
Working together for Harlow

Rainbow  
services

WE  
West Essex  
Health and Care  
Partnership

NHS  
The Princess Alexandra  
Hospital  
East Trust

Essex County Council





## Empower Your Child, Ease Their Anxiety

Children and teens today face immense pressure from various sources, including transitions, exams, online, peer pressure or daily life.

Join our **FREE** sessions designed to help you to understand, and support your child/teen manage their stress, anxiety, or other emotions. Together, we can create a healthier, happier environment for our young, and not-so-young, ones.



Enrol now to make a positive difference in your child's life!

Scan the QR code, Visit our website **aclessex.com** and type '**CHILD ANXIETY** or **TEEN ANXIETY**' in to the 'Find a course...' box or phone 0345 603 7635



**COMMUNITY &  
FAMILY LEARNING**



Essex County Council