

Newsletter

Friday 10th January 2025 Issue 15



Passmores
ACADEMY

2024

WE WISH YOU A HAPPY NEW YEAR

Dear Parents/Carers,

Welcome to our first newsletter of 2025 and to the end of week 1, having braved the sub-zero temperatures! Thankfully, the building is nice and warm, so we haven't felt the impact too much.

For our staff, it was lovely to start the new term talking to students and parents/carers of year 11 last night. With exams looming ever closer, this was an opportunity to discuss how to make the most of the remaining weeks to ensure success. Bookings for appointments was 75%, thank you to those of you who were able to attend. If you couldn't, please be sure to contact teaching staff, they will be happy to give you an update.

Do you have a New Year's resolution? How is it going? Hopefully, your willpower is holding strong, and you are determined to succeed. The strength of resolve in people always amazes me, it is inspiring to see what others can achieve. We have one member of staff who is showing such qualities, Ben Parker, one of our maths teachers. Ben, is taking on a coast-to-coast challenge in his wheelchair to raise funds for charity during the summer. There is a more detailed article later in the newsletter which explains everything, but he is an inspiration to us all and we wish him well with the training.

Natalie Christie

Principal of Passmores Academy

- 2 TOP PASSMORES POINTS ACHIEVERS
- 3 PASTORAL UPDATE
- 6 SUBJECT INFORMATION/UPDATES
- 7 SPORT/PE UPDATES
- 8 CAREERS NEWS
- 14 ANY OTHER INFORMATION
- 15 FORTHCOMING EVENTS

USEFUL LINKS

[Parents/Carers Letters](#)

[Clubs and Activities](#)

[School Calendar](#)

[ParentPay](#)



Arbor



TOP PASSMORES POINTS ACHIEVERS

Tuesday 7th to Thursday 9th January 2025

Labdon, Cian	Year 7	22
Smith, Luke	Year 7	20
Boughlalah, Adam	Year 7	18
McIntosh, Jack	Year 7	18
Smeed, Harley	Year 7	18
Tedder, Archie	Year 7	18
Hall, Ryan	Year 7	17
Howard-Garner, Freddie	Year 7	17
Burns, Tommy	Year 7	16
Cross, Oliver	Year 7	16
Krajicek, Grace	Year 7	16
Leeson, Alfie	Year 7	16

Guiver-Kirk, Chloe	Year 8	21
Carter, Will	Year 8	18
Pullum-Ward, Ivy-Mae	Year 8	18
Reynolds, Jess	Year 8	18
Theophil, Chloe	Year 8	17
Atkin, Luke	Year 8	16
Barnes-Lindoe, Jessie	Year 8	16
Brempong, Lisa	Year 8	16
Hollis, Lucy	Year 8	16
O'Callaghan, Mitchell	Year 8	16

Hill, Sadie	Year 9	22
Blackham, Ella	Year 9	21
Krupowies, Amanda	Year 9	20
Hockley, Rhys	Year 9	19
Redding, Jack	Year 9	19
Tohill, Riley	Year 9	19
Defor, Othniel	Year 9	18
Oliver, Dylan	Year 9	18
Saunders, Teddy	Year 9	18
Silva Magri, Nicolas	Year 9	18

Dolling, Tommy	Year 10	24
Dack, Benjamin	Year 10	19
Francis-Melvin, Sid	Year 10	18
Hymas, Harvey	Year 10	16
Theophil, Dylan	Year 10	15
Abu-Rabi, Tahlia	Year 10	15
Sunshine, Pj	Year 10	15
Zuy, Bogdan	Year 10	15
Mills, Lily	Year 10	14
Reeve, Molly	Year 10	14
Rozenbite, Elza	Year 10	14
Wheatley, Joshua	Year 10	14
Cracknell, Lily	Year 10	14
Osei, Luisa	Year 10	14

Mahon, Katie	Year 11	13
Budzinski, Wojciech	Year 11	11
De Lima, Lucas	Year 11	11
Saint, Miley	Year 11	10
Boylan, Holly	Year 11	9
Scott, Christopher	Year 11	9
Timson, Natasha	Year 11	9
Webb, Keira	Year 11	9
Bhattarai, Dichha	Year 11	9
Nicholls, Ella	Year 11	9
Vatansever, Savash	Year 11	9
Wyatt, Ella	Year 11	9

Year Group Attendance (16 th to 20 th December 2024)	
Year 7	88.8%
Year 8	85.9%
Year 9	82.6%
Year 10	84.2%
Year 11	79.9%
All Students	84.2%

PASTORAL UPDATE

Thought for the Week



This week, students participated in another session of the '**Mind Matters**' programme, where they continued to develop their emotional literacy and resilience. Alongside this, students engaged in '**Time to Talk**', reflecting on their personal strengths and aspirations for the term ahead. These sessions are part of our commitment to supporting students' well-being and encouraging open discussions about emotions and personal growth.

In the News

Our In the News segment focused on **New Year Resolutions**. Students reflected on the successes and challenges of the past year and looked ahead to 2025, setting personal goals and exploring strategies to achieve them. This thoughtful start to the year aimed to inspire students to embrace growth and improvement.

Other News

- **Year 11 Targeted Revision:** With their **careers programme** now completed, Year 11 students began targeted revision sessions during Pastoral Curriculum Time, focusing on areas where they can make the most progress ahead of exams.
- **Police Assemblies:** All year groups attended a session delivered by the **Police Child Abuse Prevention Team**, which provided valuable insights into safety and well-being, reinforcing the importance of awareness and protective behaviours.

Looking Ahead to Next Week

- **Thought for the Week:** Students will begin the first in a series of sessions exploring the serious issue of **knife crime**, helping them understand the risks and consequences and promoting safety in their communities.
- **In the News:** Students will learn about **budgeting** and how to manage finances to achieve their goals—an essential life skill for all.
- **Year 7 Mersea Assembly:** Year 7 students will have a special assembly introducing them to the exciting opportunities available on their upcoming trip to Mersea.

It has been a lovely first week back after the Christmas break, and it's been great to see students settle back into school life with enthusiasm. Here's to a positive and productive new year at Passmores Academy!

Are you a parent, guardian or carer?

Do you work with young people?

**Would you like to make Harlow a safer place for
all young people and the community?**

Trained professionals with lived experience, from St Giles Trust, will deliver a presentation which unpacks and explores the realities and consequences of gang involvement, exploitation and serious youth violence.

This session is aimed at all professionals, parents, guardians, carers and teachers and is **FREE** to attend - booking essential.

Date: 12th February

Time: 4pm - 6pm

Venue: Harlow Playhouse

Topics covered:

- Gangs, glamorisation, Alternative Measures Program and joint enterprise
- Weapon awareness – knife crime
- The reality of prison life



To book please visit [our website](http://ourwebsite) or contact Jason

Tel: 07849 087 793





Email: jason@rainbowservices.org.uk

<div> <div>  </div> <div> <h1>CAUGHT DOING GOOD...</h1> <p>(Tuesday 7th to Friday 10th January 2025)</p> </div> <div>  </div> </div>				
Year 7 Emily Wheatley Alice Rothon Teo Pavel Timy Pascal	Year 8 Daniella Costantinou Khalia Doku Zara Yusuf Lawrence Forde	Year 9 Tyler Guinness Reggie Fitzpatrick	Year 10 Louis Dinnell Harvey Hymas Gwen Kearns	Year 11 William Kingsland Angel Fernandes Hannah Golding Autumn Green



Chit Chat *and* Chocolate



			
Anyia-Joan Addison	Charlotte Man	Harriet Butterfield	Mia Adams
Maddie Benge	Summer Payton	Sophia De Lima	Samuel Lloyd
Marnie Broughton	Mason Thomas	Megan Labalpiny	Amelie Owen
Mason Brown	Jack Wiggins		

SUBJECT/INFORMATION UPDATES

SENCO



We would like to share this opportunity with you from the Wilderness Foundation. They are based in Chatham Green, Essex. If you are interested, please contact them directly from the link below:

Wilderness Foundation will be running a Neurodiversity Outdoor Camp on **Friday 21st February** from **10am-3pm** for young people age between 9 - 14 at £80 per participant.

The Neurodiversity Outdoor Camp is for young people experiencing challenges with mental health, behaviour and neurodiversity needs. Many young people can present with all these challenges together and we are increasingly aware that we need to support those with neurodiversity in a more dedicated and focused way. We have traditionally organised holiday camps and, recognising increasing needs for families and young people, we are running a specialist camp for those with neurodivergent needs.

The camp aims to develop personal skills, resilience, communication, social skills and a lot more. We cook on an open fire, are creative, adventurous and accepting. A range of outdoor activities and skills including cooking, art, bushcraft, nature walks, and crafts. We will also encourage positive social engagement and group skills, using a strength-based approach which helps participants become more aware of what they do well.

It will be a small group with not more than 8 participants and advance bookings are required.

For more information and booking form, please visit <https://wildernessfoundation.org.uk/neurodiversity-holiday-camps/>



SPORTS/PE UPDATES

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	

Do you want to find out about roles within the NHS?



Date: Thursday 30th January 2025

Venue: iHub, Harlow College, Velizy Avenue, harlow, Essex, CM20 3EZ

This event will be interactive with inspirational activities, information leaflets/booklets and more helping young people visually bridge the gap between what they enjoy doing and what they could potentially do as a career. This event gives the opportunity for students aged 14-22 to come along and speak with staff about the different careers and routes into a clinical and non-clinical career in health and social care.

Clinical career stalls to include...

- AHP
- Ambulance service
- Community & Social care
- Healthcare Science
- Midwifery
- Medicine
- Nursing
- Pharmacy
- Primary Care

The event is not just for students interested in a clinical role, we have also invited colleagues to promote non-clinical roles in...

- Recruitment
- HR, finance
- Admin and business
- PALS and legal
- Health and safety
- Comms
- IT
- Estates and facilities, engineering
- Hospitality – including domestics.
- Apprenticeships, Education and training
- Library services

There is a twilight session (3:30pm - 5:30pm) that parents can bring students to. Please register on the links below:

Twilight session 3:30pm arrival <https://www.eventbrite.co.uk/e/hertfordshire-and-west-essex-health-and-social-care-careers-expo-tickets-1104422059109?aff=oddtcreator>

Twilight session 4:00pm arrival - <https://www.eventbrite.co.uk/e/hertfordshire-and-west-essex-health-and-social-care-careers-expo-tickets-1104427595669?aff=oddtcreator>

Tuesday 14th January at 4.30pm (virtual session hosted on MS Teams)



For student year groups 7-9

“Quick with the facts, help the NHS be swift to react!”

- A 45-minute briefing with the NHS team
- Complete the career challenge at their own pace
- Certification awarded on completion

[Register now!](#)

Wednesday 15th January at 5pm (virtual session hosted on MS Teams)

For student year groups 10-13

“After a sudden bump and fall, should they visit A&E or is first aid enough for all?”

- A 45-minute briefing with the NHS team
- Complete the career challenge at their own pace
- Certification awarded on completion

[Register now!](#)

NCS Essex Boys & Girls clubs are running two free events for students in Year 11. They will be held in Chelmsford and posters are overleaf...

Saturday 25th January - Social Saturday - A completely free activity session at Harway House in Chelmsford, providing the opportunity for participants to connect with like-minded young people, develop new skills and gain experience by planning and delivering social action projects across the county.

Monday 17th & Tuesday 18th February - My BNK Money Works Workshops - A fully funded opportunity to join us at Harway House in Chelmsford for 2 days of interactive workshops and activities designed to help them get to grips with all things money while working towards a Level 1 Accreditation in Personal Money Management.

Year 11 - Are you interested in getting an apprenticeship?

Join this free online webinar to find out how Essex Apprenticeships Hub can support you:

[Essex Apprenticeship Hub - Introduction to the Apprenticeship Hub - Pathway CTM](#)

Stansted Airport College Open Event – 23rd January 2025



Tickets online at:
[Stansted Airport College Open Event at Stansted Airport College event tickets from TicketSource](#)

Careers in Sports Turf Management - Not Just Cutting Grass!

This week we had a visit from the Tottenham Hotspur Grounds Manager and Deputy Grounds Manager to talk about apprenticeships in sports turf and ground management.

This talk was offered to all year 9, 10 and 11 students. This gave an insight into the work involved, including ensuring the turf is perfect for match days, but also the technology and engineering involved in setting up the stadium for other events such as concerts, rugby, boxing and NFL.

They talked about how the stadium was built and designed to make it the world's first stadium with a dividing retractable pitch. They also have the world's largest indoor stadium LED system, to ensure the turf has enough lighting and the right environment to keep it in top condition whilst other events take place.

Apprenticeships are offered for school leavers, not only at this stadium but other sporting grounds including golf, tennis and cricket clubs. There can be opportunities to travel too.

We all came away having learnt a lot more about the complexities of this job and what goes on behind the scenes.



Summer School Leaver Apprenticeships - closing dates fast approaching, see links below:

[Apprentice Electrical Engineer - Enfield – Find an apprenticeship – GOV.UK](#)



[Food & Drink Maintenance Engineer Apprentice – Find an apprenticeship – GOV.UK](#)





EBGC SOCIAL SATURDAYS

**SATURDAY 25TH
JANUARY 2025**

10AM - 4PM

**HARWAY HOUSE
CHELMSFORD
CM1 1RQ**

**HAVE
FUN**

**MEET NEW
PEOPLE**

BUILD SKILLS FOR LIFE

**MAKE A POSITIVE
DIFFERENCE TO THE LOCAL
COMMUNITY**



**IF YOU ARE IN SCHOOL YEAR 11 OR 12 (OR EQUIVALENT) OR UP TO 25 WITH
SEND**

THE EBGC SOCIAL SATURDAYS COULD BE PERFECT FOR YOU!

**THE FREE SOCIAL SATURDAYS SESSIONS WILL OFFER YOU THE OPPORTUNITY
TO CONECT WITH LIKE-MINDED YOUNG PEOPLE, DEVELOP NEW SKILLS AND
GAIN EXPERIENCE AS YOU PLAN AND DELIVER SOCIAL ACTION PROJECTS,
SUPPORT YOUR PEERS AND INFLUENCE DECISION-MAKING IN ESSEX.**

JOIN OUR TEAM & YOUNG VOLUNTEERS TO MAKE A DIFFERENCE...

FOR MORE INFORMATION OR TO SIGN UP SCAN THE QR CODE OR EMAIL

NCS@ESSEXBOYSANDGIRLSCLUBS.ORG

Essex Boys and Girls Clubs, Harway House, Rectory Lane, Chelmsford, CM1 1RQ
Registered Charity Number 1163658 www.essexboysandgirlsclubs.org





MONEY WORKS

Are you aged 16-17?

**Do you want to become
confident with your money?**

**Join us at Harway House in
Chelmsford for 2 days of
COMPLETELY FREE interactive
workshops and activities...**

**Get to grips with all things
money and walk away with a
Level 1 Accreditation in Personal
Money Management**

**Spaces are limited so book now
to avoid missing out!**

**For more information or to register your interest
Email NCS@essexboysandgirlsclubs.org**



**17th & 18th
February 2025**



10AM - 3PM



**Harway House
Chelmsford**



FREE

Sixth Form & College Open Dates 2024/2025

Colleges & Sixth Forms	Contact No.	Open Date
BMAT STEM Academy www.bmatstemacademy.org	01279 621570	TBA
The College at Braintree (Now part of Colchester Institute) www.colchester.ac.uk	01206 814000	Tues 21 st Jan 5pm-7pm
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	Thurs 16 th Jan 5.30-7pm 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
New City College (Epping Forest) www.ncclondon.ac.uk	0208 508 8311	Sat 25 th Jan
F2 Academy www.vluk rg/course-location/f2academy	07525 495818	TBA
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 307 2345	Sat 11 th Jan
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	Thurs 23 rd Jan Weds 7 th May
Writtle College www.writtle.ac.uk	01245 424200	Sat 1 st March

WHEELCHAIR CROSS COUNTRY CHALLENGE

Since being diagnosed with multiple sclerosis in 2009, I became determined to make the very best of my life. I was a bus driver and due to the difficulties I was suffering and the problems that were occurring, I needed to find a new direction in life.

I had left school with no GCSE's and I had no skills I could fall back on. I decided that I needed to become a teacher so that I could help as many young people as possible become successful so that they could have easier lives.

Having finally achieved this, I settled into teaching mathematics to the young people in school. I wanted to also be able to talk to them about life and enjoy sharing snippets of the world as I teach.

Finally, after having accepted that my legs were at a point that a wheelchair was needed for me to get around in the world, I was given a new lease of life. I have never felt so free and so very alive even though my body is still slowly failing me.

I was talked into taking part in a Parkrun in June this year and even though it took me 1hr 18mins, I caught the bug. After 5 months I have got my time down to 37:44 minutes and also completed the Vitality 10k, Cambridge 10k and Carver Barracks half marathon and will be taking part in others going forward. It was after a couple of Parkruns that I decided to challenge myself by pushing my wheelchair from one side of the country to the other. I will be going from Lowestoft to Lands End. After telling enough people, this challenge is certainly on and to be completed during Summer 2025.



I wish to raise enough money as possible for my two chosen charities and hope that you can help by giving whatever you can. Please follow my instagram to stay updated on my journey @wheelieking2025.

I won't be around forever but I am hoping that the mark I leave will go a little to enriching someone else's life.

Many thanks
Ben

JustGiving
Page



@wheelieking2025

FORTHCOMING EVENTS

Tuesday 7 th January 2025	Spring Term 1 Begins
Friday 31 st January 2025	INSET DAY (5)
Monday 17 th February - Friday 21 st February 2025	Half Term

Update Your
Contact Info



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 RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school, whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently, so it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

RIDE FOR HELEN 2025

SUNDAY 11TH MAY

Join us for breathtaking ride starting and ending at The Crix in Hatfield Peverel.

Choose your distance!

Support people living with cancer as you pedal through the stunning countryside of Essex and Hertfordshire.

SCAN ME



6
Miles

Ed's
15
Miles

30
Miles

50
Miles

65
Miles

100
Miles

BOOK YOUR PLACE AT
www.helenrollason.org.uk

Helen Rollason **Cancer Charity**

FOR DETAILS ON ALL THESE ORGANISATIONS
AND MORE, PLEASE CHECK OUT FRONTLINE

essexfrontline.org.uk



There are many organisations in Harlow working to offer support, but often people don't know what is out there until they are in crisis.

At Harlow Hive, we have worked to produce a way of increasing awareness of the variety of services available and how to access them. Our aim has been to make this as clear and engaging as possible, and we are very proud of how the communitree has come together.

Follow the branches to a specific area of help and click on the organisations' logos to find out more.

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](#)