

Newsletter

20th March 2026 Issue 23



Dear Parents and Carers,

It has been lovely to enjoy a spell of much nicer weather this week, with the sunshine bringing a real sense of positivity across the school. Students have been making the most of the brighter conditions, and it has certainly lifted the atmosphere around the site.

We also marked St Patrick's Day on Tuesday, which brought an added sense of celebration and cultural recognition across the week. In addition, today is International Happiness Day, which provides a valuable opportunity to reflect on the importance of wellbeing, kindness and positivity within our school community. It is always a pleasure to see our students supporting one another and contributing to such a positive and inclusive environment.

Although this is the penultimate week of term before we break for Easter, there has certainly been no slowing down. Our Year 11 students have been making the most of the final Maths GCSE revision sessions at the Harlow Study Centre, alongside completing their performance and music examinations. At the same time, our Year 10 students have been demonstrating their skills and commitment through their BTEC Sport practical assessments.

There continues to be a strong sense of purpose across the school, with students focused and making the most of every opportunity as we approach the end of term.

As we look ahead, we also recognise the end of Ramadan and the celebration of Eid. I would like to extend my warmest wishes to all members of our community who are observing, and hope that this special time is filled with reflection, joy and celebration with family and friends.

Thank you, as always, for your continued support.

Natalie Christie
Principal of Passmores Academy

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www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS

Friday 13th to Thursday 19th March 2026

Mcdonald, Evie	Year 7	49
Austin, Gabe	Year 7	48
Stavaru, David	Year 7	45
Benge, Sienna	Year 7	43
Cleverdon, Freddie	Year 7	43
Squires, Lola	Year 7	42
Edwards, Charlie	Year 7	41
Holcroft, Sofia	Year 7	41
Goodson, Cali	Year 7	40
Horey, Luke	Year 7	40
Wallace, Molly	Year 7	40

Mickevic, Nikas	Year 8	59
Adams, Mia	Year 8	50
Rouse, Elijah	Year 8	50
Aley, Dylan	Year 8	43
Wheatley, Emily	Year 8	43
Stryczek, Calum	Year 8	42
Denkewicz, Maria	Year 8	40
Taylor, Jazmyn	Year 8	40
Unwin, Reece	Year 8	40
Boland, Alanna	Year 8	38
Paul, Anastasia	Year 8	38
Reina, Emma	Year 8	38

Smith, Ashanti	Year 9	49
Mati, Alvin	Year 9	44
Borland, Edward	Year 9	39
Savill, Phoebe	Year 9	36
Johnson, George	Year 9	35
De Freitas Sousa, Luis	Year 9	34
Nolan, Scarlett	Year 9	32
Okeke, Goodluck	Year 9	32
Sahin, Kaya	Year 9	32
Aken, Rosie	Year 9	31
Bartram, Mason	Year 9	31

Gunter, Noah	Year 10	53
Owen, Esme	Year 10	53
Defor, Othniel	Year 10	50
Silva Magri, Nicolas	Year 10	50
Denkewicz, Jan	Year 10	49
Benge, Maddie	Year 10	48
Hills, Ronnie	Year 10	48
Lambert, George	Year 10	48
Morgan, Harrison	Year 10	48
Keen, Rein	Year 10	46

Cope, Lola	Year 11	28
Dinnell, Louis	Year 11	25
Kamara, Abdul	Year 11	25
Wejman, Dawid	Year 11	23
Thurgood, Summer	Year 11	21
Zalinski, Adrian	Year 11	21
Man, Charlotte	Year 11	20
Windeler, Samuel	Year 11	20
Farhan, Hassan	Year 11	18
Hayton, Alex	Year 11	18
Hodson, Archie	Year 11	18
Hymas, Harvey	Year 11	18
Ramadan, Rio	Year 11	18
Webster, Oliver	Year 11	18

Year Group Attendance w/c 16 th March 2026	
Year 7	92.39%
Year 8	86.32%
Year 9	85.77%
Year 10	84.27%
Year 11	84.85%
All Students	86.72%

Thought for the Week – Passmores Passport Reflection

This week, *Thought for the Week* gave students the opportunity to review their Passmores Passports. This checkpoint allows students to reflect on how well they are living out the Passmores values, recognising what is going well and identifying areas where they can continue to improve.



The activity encouraged students to think carefully about their behaviour, attitude to learning, and contribution to the wider school community. By reflecting on their actions and setting goals for improvement, students develop a stronger sense of responsibility, personal growth, and pride in their role within the Passmores community.

In the News – The Proposed Social Media Ban



This week's *In the News* explored the current debate around a possible social media ban for children under the age of 16 in the UK.

Students learned that the government is currently considering whether such a ban should be introduced. During tutor discussions, students explored a range of viewpoints. Some believe a ban could help protect young people's mental health, physical wellbeing, and safety online, while others argue that social media plays an important role in social connection and that education about responsible online behaviour may be more effective than a ban.

The session encouraged students to think critically, consider different perspectives, and understand that complex issues often involve multiple viewpoints and competing priorities.

Other News

This week there was a real buzz of nervous excitement among our Year 10 students as they began the interview stage of the Prefect application process. It takes courage and confidence to put yourself forward for a leadership role, and we are incredibly proud of all students who have taken this step. Good luck to everyone participating.



Looking Ahead to Next Week...

Next week, *Thought for the Week* will continue our Passmores Passport reflections, allowing students to further consider how they are demonstrating and embodying our school values.

In *The News*, students will tune in to Newsround, exploring current national and global stories and reflecting on what they mean for young people today.

As it is the final week of term, there will also be many opportunities to celebrate success. The week will be filled with positivity and rewards as we reflect on the term and recognise the many individual and collective achievements across our school community.



16/03/26
Weekly Winners

Fin Hodson
Jermaine Jackson
Natalie Lin
Keira Ward
Zoe Richards
Gracie Newberry
Sienna Benga
Harry Mair
Aoife Futers
William Hynd

SUBJECT/INFORMATION UPDATES

French

Flash Fiction Competition

[Language Competitions](#) | [Faculty of Medieval and Modern Languages](#)

Our annual French Flash Fiction competition invites secondary school students learning French to send us a *very* short story written in French to be in with a chance of winning up to £100. We're looking for a complete story using no more than 100 words.

Our panel of academic judges assess stories on their imagination and narrative flair, as well as linguistic accuracy. Your use of French is considered in the context of your age and year group: in other words, we don't expect younger pupils to compete against older pupils linguistically. The judges award a top prize of £100 in each category, as well as prizes of £50 to a maximum of two runners up.

To enter, please email your short story to y.corkery@passmoresacademy.com

Bonne chance!

Ms Corkery
Head of French
Passmores Academy

French Friday Fun... Idioms



*Depuis l'enfance, j'ai ma petite sœur dans la peau et
je ferais tout pour elle.*

*Since childhood, I've cared deeply for my little sister and would do
anything for her.*

History - Berlin Trip 2026

21st - 23rd October 2026

Open to current year 10 History students

Deposit to be made by the 31st March 2026

Limited number of spots available.

Please contact Miss Gallagher with any questions

k.gallagher@passmoresacademy.com



Spring Firebreak Course

Passmores Academy is delighted to celebrate the achievements of Conor Loughran, Sofia Shraka and Maddie Smith, who completed the latest, Rainbow Services Firebreak Course last week.

Our students spent an exciting week alongside students from other academies at Harlow Fire Station dressed as mini Fire Fighters whilst being taught everyday Fire Fighter drills, how to work as a team as well as gaining a qualification in First Aid that is valid for three years.

The event was attended by several dignitaries: James Taylor (Assistant Chief Fire Officer of Essex County Fire & Rescue), Julie Fosh (High Sheriff of Essex) Joel Charles (Deputy Police, Fire and Crime Commissioner for Essex /Local Councillor) and Chris Vince (MP for Harlow) as well as all students' families and representatives from all academies.

All who attended the Passing Out Parade remarked what an inspirational event it was to watch and felt immensely proud of every student's commitment and achievements throughout the week.

Jo Busson
Alternative Education Lead



Passmores Got Talent – 13/03/26

Last Friday (the 13th), proved once and for all that the only thing unlucky about it was anyone who missed Passmores Got Talent.

What started as a school event quickly turned into a full-blown spectacle. The hall was absolutely packed—standing room only, buzzing with energy, and possibly a few parents questioning how their child suddenly became Beyoncé overnight. With 30 incredible acts taking to the stage, we had everything: powerhouse singers, talented musicians, dancers who clearly don't skip leg day—and a very special teachers' group performance of Waterloo, that may never be emotionally processed by the students (FABBA, we salute you).

Our five brave judges, including our brilliant Head Students and the ever-graceful Miss Christie, had the near-impossible task of picking winners. Tough decisions were made. Dramatic pauses were had. Eyebrows were raised. True talent was witnessed.

Meanwhile, the raffle prizes didn't just sell—they practically sprinted out the door. And thanks to your generosity (and enthusiasm for a good prize), we raised an amazing £1139 for the school. Not bad for one evening of glitter, nerves, and unexpected high notes.

A huge shoutout goes to our DJ, who heroically swooped in at the very last bell with music and lights, saving the day and possibly preventing interpretive silence as an act.

Most importantly, thank you to every single performer who got up on that stage (you were all brilliant), and to everyone who came along to cheer, clap, laugh, and support. You made the night what it was—loud, joyful, slightly chaotic, and completely unforgettable.

Same time next year? Oh yes. We'll be back. Bigger, bolder... and maybe with even more FABBA.



COLLECT HDPE BOTTLE LIDS!

Support your Design and Technology lessons



HDPE

What lids can we collect?

- Must be HDPE plastic (recycling symbol 2)
- Milk bottle lids
- Detergent bottle
- Food containers

Why are we collecting them?

We use them to make plastic sheets for our projects:

- Letters
- Coasters
- Decorative pieces

Why are collecting them?

- Helps recycling and sustainability
- Supports the Technology department
- Reduces plastic waste

Drop your lids into the sorter
for your house:



**Bring in as many HDPE bottle lids as you can and
drop them into your house sorter!**

**After School Revision Sessions
for
Year 11 Students**

TUESDAY

3D Design (until 4:45pm)
Computer Science
Creative Media
English
Hospitality & Catering
Photography

WEDNESDAY

3D Design (until 3:45pm)
History
Hospitality & Catering
Maths
Music
Spanish (until 4:15pm)

THURSDAY

3D Design (until 3:45pm)
Art
Citizenship (drop-ins also welcome any day)
Creative Media
Creative & Technical Enterprise
Music
Photography
Science

FRIDAY

Drama
English
Geography
PE (after Easter)
Spanish (until 4:15pm)

*Plus, **photography** weekend booster session on
Saturday 21st March 10.30am – 3:00pm.*

ENGLISH

HOMework CLUB

WHEN
EVERY TUESDAY - 3.15PM TO 3.45PM
WHERE
Y101



Premium access for Year 11 students

Adapt creates a personalised revision timetable and supports students with exam board aligned lessons, audio resources, and lots of practice questions with instant feedback.

- 1 Access online or through the mobile app**
Go to app.getadapt.co.uk/login or download the Adapt app.
- 2 Email Address**
Enter your school email address.
- 3 Password**
Your password will be **ADAPT2425teacherstudent** unless you have changed it. If you have forgotten your password, click 'Forgotten your password?' and a reset link will be sent to your school email address.



Scan QR code or
follow this link:

app.getadapt.co.uk/login

Need help?
Email: adapt@pclc.co.uk



YEAR 11

EASTER HOLIDAY REVISION SESSIONS

REFLECT
RETHINK
REVISE



28 MARCH 2026

SUBJECT	TIME	ROOM
PSYCHOLOGY	9.30AM - 11.30AM	U002

30 MARCH 2026

SUBJECT	TIME	ROOM
HISTORY	1.30PM - 3.30PM	U007
PHOTOGRAPHY	10AM - 3PM	D101
ENGLISH - LITERATURE (10J ONLY)	10AM - 12NOON	U108
ENGLISH - LANGUAGE (11Y4 ONLY)	12NOON - 2PM	U108

31 MARCH 2026

SUBJECT	TIME	ROOM
ENGLISH LITERATURE - POWER AND CONFLICT	10AM - 12NOON	U106
GEOGRAPHY PAPER 2	1.30PM - 3.30PM	U005
PHOTOGRAPHY	10AM - 3PM	D101
PSYCHOLOGY THR EXAM TECHNIQUE (CONTEXTUALISING RESPONSES)	9:30AM - 11:30PM	U002
ENGLISH - UNSEEN POETRY	10AM - 12NOON	U103
ENGLISH - A CHRISTMAS CAROL	10AM - 12NOON	U107

1 APRIL 2026

SUBJECT	TIME	ROOM
ENGLISH LITERATURE - MACBETH	10AM - 12NOON	U101

2 APRIL 2026

SUBJECT	TIME	ROOM
ART	10AM - 12NOON	L104

7 APRIL 2026

SUBJECT	TIME	ROOM
PSYCHOLOGY (RESEARCH METHODS)	9:30AM - 11:30AM	U002

8 APRIL 2026

SUBJECT	TIME	ROOM
DRAMA COURSEWORK	10AM - 12NOON	
ART	10AM - 12NOON	L105

9 APRIL 2026

SUBJECT	TIME	ROOM
COMPUTER SCIENCE	9AM - 3PM	G102

Girls Netball

Another busy week for our Key Stage 3 netball teams. Monday saw our Year 7's take on St. Nicholas School in preparation for the Harlow District Tournament on Thursday. A strong performance across both days and a massive improvement in their through court link ups and shooting.

Our Year 8's had their tournament on Wednesday which saw teamwork, dedication and positive attitudes, and our Year 9's took part in their tournament on Thursday; with a new team sheet, this squad linked up and instantly connected putting on a strong performance for our school.

All athletes should be proud of their performance and their efforts.



Year 7 Boys Football

The year 7 boys were tremendous on Tuesday as they won the Harlow district tournament.

The team went unbeaten and won 5 of the 6 games, conceding 1 goal which was an own goal. The boys didn't stop running and were a nightmare for the other schools with their relentless pressing!

They will look to continue their good form in the West Essex finals.



Free Online Courses...

Are you age 19+?

The UK Government fund a wide range of free courses for adults, in a wide range of sectors.

To learn more go to [Free online courses with certificates UK - Free Courses in England](#).

Fantastic courses to enhance your own skills and qualifications.



Apprenticeships with Transport for London

London Underground

Level 2 - [London Underground Track](#)

Level 3 - [London Underground Escalators](#)

Level 3 - [London Underground Power](#)

Level 3 - [London Underground Pumps](#)

Level 4 - [London Underground Construction Site Supervisor](#)

Level 3 - [London Underground Rail Engineering Workshop](#)

Level 3 - [London Underground Signals](#)



Harlow College Careers Fair

Wednesday 29th April 2026, 4.00pm-7.00pm

The Harlow Schools Careers Fair 2025 will bring together employers from across the region as well as national organisations from the following career sectors:

- Business, Finance & Management
- Engineering, Technology & IT
- Science, Care, Education & Public Services
- Creative & Leisure
- Construction & Building Services

They will be joined by careers experts and training providers with information and advice covering apprenticeships, university and career opportunities.

This is a ticketed event than can be booked using the link: [Harlow College Careers Fair](#)



Fully Funded Earniversity Course

A great opportunity for young people thinking about making some extra money or trying to gain some transferable skills that employers are looking for.

The course starts this month, Weds 17th March and runs for 5 weeks over a couple of evenings a week, it is all online and many young people involved have made a few hundred pounds and some in the thousands, but it will help build confidence and gain skills such as marketing, confidence in presenting and employability. The course will also help young people build their CVS. The course is open to 13-25 year olds.

Students can sign up [here](#)

Tuesday 24th March 2026

5:30pm – 6:30pm

Microsoft Teams

This online session is designed to help students explore their higher education options and understand the benefits of studying at university level, including a presentation from the *University of Hertfordshire*.

The event will cover available university-level qualifications, entry requirements, finance and progression routes. Students can book their place by scanning the QR code on the attached poster or by visiting hrc.ac.uk/events.

The [Engineering Development Trust](#) have opened applications for their [2026 Summer Virtual into University course](#).

This course is for students in **Years 11-13** and can be completed flexibly over the summer (approx. 30 hours of study).

The course allows students to explore STEM studies at **TOP UNIVERSITIES**, including degree apprenticeships, career opportunities and it will provide access to information on student life, STEM projects set up by leading UK universities and global STEM companies, live interactive sessions with academic, admission tutors, employers, and current students.

Upon completion students will gain a [Silver Industrial Cadets Award](#), which is a nationally recognised award which students can use as evidence of their experience to support future applications and careers journeys. The cost is £99 but there are bursaries and you can learn more about these on [Bursaries](#).

CRE8 – Creative Industry Academy delivers a full-time, industry-led Post-16 Creative Media programme (equivalent to 3 A Levels), providing an exciting alternative to traditional sixth form.

Online introduction Monday 23rd March 7pm-8pm

An opportunity for students and parents to:

- Learn about the Creative Media qualification
- Explore career pathways across the creative industries
- Understand progression routes (university, apprenticeships & industry)
- Meet the CRE8 leadership team
- Ask questions about applications and enrolment

On-Campus Creative Industry Taster Workshop

Ware Campus, Monday 30th March, 10am-11.30pm

Wodson Park Sports Centre, Wadesmill Road, Ware, SG12 0UQ

Bishops Stortford Campus, Monday 30th March, 1pm-2.30pm

Woodside Stadium, Dunmow Road, Bishop's Stortford, CM23 5RG

A hands-on practical session where students will create digital content, explore photography, video & branding, experience live brief-style tasks & build confidence. Ideal for careers in:

- Content Creation & Social Media
- Film, TV & Video Production
- Photography
- Graphic, Digital & Motion Design
- Marketing, Branding & Advertising
- Sports Media & Performance Analysis
- Journalism & Broadcasting
- Audio, Podcasting & Music Production
- Web, Games & Interactive Media
- Fashion & Creative Direction



Mercedes-Benz are currently advertising for a **light vehicle technician apprenticeship** in Bishops Stortford, Loughton and Hertford. They are asking for GCSE grades 4-9 in English, maths and science. Salary is £16,640pa

Group 1 Automotive are advertising for 2 **light vehicle technician's** in Chelmsford with Volkswagen. Salary is £16,640 and they also ask for GCSEs grades 4-9 in English, maths and science. The closing date for this vacancy is 24th March.

These can be found on [Find an apprenticeship - GOV.UK](#).

Network Rail are advertising **engineering apprenticeships** at Broxbourne and Cheshunt, £21,477 pa. They are asking for a minimum of 4 GCSEs grades 4-9 including English, maths, science and one other subject.

Thames Water have an **engineering apprenticeship** in London.

These can be found on [Find an apprenticeship - GOV.UK](#)

The graphic features a dark blue background. On the left, there is a cluster of fresh raspberries. In the center, the text 'Stronger Starts' is written in large, white, sans-serif font. To the right, the text 'Retail Apprenticeship' is written in white, following the curve of a semi-circular arch. Below the arch, there is a photograph of a smiling young Black man wearing a blue retail uniform with a name tag and a badge. The background of the photo shows a retail store interior.

Go from Year 11 straight to £23,600.

Programme: Retail Apprenticeship
Level 2

Salary: Minimum starting salary
£23,662.08 (36 hours)

What you need: No qualifications
or experience needed

Holiday allowance: 20 days pro rata
plus a personal day - rising to 22 days
after 12 months (plus bank holidays)

Location: Available in this store

Start date: 21 September 2026

Our Retail Apprenticeship will help you develop new skills and build your confidence. You'll learn about all areas of retail and get hands-on experience within a supportive and friendly team. Once completed, you'll be awarded a Level 2 National Standard in Retail, which is equivalent to 5 GCSE passes.



Know someone who'd be interested?
Tell them to search 'Stronger Starts retail'
or pass on this QR code.

TESCO
Every little helps

ONLINE HIGHER EDUCATION INFORMATION EVENING



Tuesday 24th March 2026
5:30pm – 6:30pm

Join our **virtual** event to learn why university-level study could be the best option for you!



Scan to book or visit
hrc.ac.uk/events

hrc

**HERTFORD
REGIONAL
COLLEGE**

SPEAK TO OVER 30 EXHIBITORS!



**HARLOW COLLEGE
CAREERS FAIR**

29 APR. '26

HARLOW COLLEGE

EXHIBITORS TO BE ANNOUNCED!



**BOOK
NOW!**



**THE HARLOW COLLEGE CAREERS FAIR 2026 WILL
BRING TOGETHER EMPLOYERS FROM ACROSS THE
REGION AS WELL AS NATIONAL ORGANISATIONS.**

**LONG ROAD
OPEN EVENINGS**
FOR SEPT. 2027 STUDY
Year 11's also welcome!

**1 & 2 JULY
2026**

**SAVE
THE
DATE**

Register for our
mailing list to
receive an email
alert when booking
goes live:
[www.longroad.ac.uk
/open-evenings](http://www.longroad.ac.uk/open-evenings)



**LONG
ROAD** SIXTH FORM
COLLEGE
CAMBRIDGE

ANY OTHER INFORMATION

KEY CONTACT INFORMATION

School Address

Passmores Academy, Tracyes Road, Harlow, Essex, CM18 6JH

Main Telephone

01279 770800

passmores@passmoresacademy.com

Student Absence

Report via the  Arbor app

Change of Contact Details

h.day@passmoresacademy.com

Student Services

pastudentservices@passmoresacademy.com

First Aid

pafirstaid@passmoresacademy.com

Extra-Curricular Clubs

h.day@passmoresacademy.com

Account / Trips

s.hodges@passmoresacademy.com

Homework

datateam@passmoresacademy.com

Free School Meals

pastudentservices@passmoresacademy.com

For a full list of staff contact details, click [here](#)



Lost property will be left out on the tables in the **Heart Space** on **Thursday 12th March**.

Anything unclaimed will be going to charity.

www.passmoresacademy.com

Reporting An Absence

If you need to report your child absent from school, please ensure you are following the correct procedure on Arbor.



If notifying us via the app:

- Click on the 3 lines (at the bottom left of the dashboard).
- Log Absence (green bar at the top)
- Complete the information and click 'Log Absence'

If notifying us from a web browser:

- Click on the 'Quick Actions' button
- Click 'Attendance'

Exam Invigilators... We're Hiring!

Would you like to become an Exam Invigilator?

We have dates available throughout the year with hours to suit you. The hourly rate is £13.03.

If you would like to apply, or would like more information, please contact Sally Beatty: s.beatty@passmoresacademy.com



What is an Exam Invigilator?

An exam invigilator is someone appointed by an educational institution to maintain proper conduct in an examination in accordance with exam regulations. Typically, the main duty of an exam invigilator is to watch examination candidates to prevent cheating. The purpose of exam invigilating is to ensure each candidate sits the examination under equal conditions.

HPV Vaccine Catch up Clinics

The HPV vaccine is an important vaccine offered to all young people in year 8, which protects them against the HPV virus which causes most cervical cancer as well as some other cancers.

If your child missed them in school recently, there will be special HPV vaccine catch up clinics in Hatfield, Bishop's Stortford, Watford and Waltham Cross on **Saturday 21 and Sunday 22 March**:

Saturday 21 March, 10am to 3pm

- Queensway Health Centre, Queensway, Hatfield, AL10 0LF
- Peace Children's Centre, Peace Prospect, Watford, WD17 3EW
- St Michael's Mead Community Centre, Turners Crescent, Bishop's Stortford, CM23 4FZ

Sunday 22 March, 10am to 3pm

- Waltham Cross Health Centre, Stanhope Road, Waltham Cross, EN8 7DJ

For more information, click here: [communications toolkit](#)

FORTHCOMING EVENTS

Monday 23 rd February – Friday 27 th March	Spring Term 2
Friday 27th March	Early Finish for Students 12:45pm
Monday 30th March – Friday 10th April	Easter Holidays
Monday 13 th April – Friday 22 nd May	Summer Term 1
Thursday 16 th April	Year 10 Parent/Carer Evening
Monday 4th May	Bank Holiday
Thursday 14 th May	Year 7 & 8 Academic Tutorials
Monday 25th – Friday 29th May	Half-Term
Monday 1 st June – Friday 17 th July	Summer Term 2
Friday 17th July	End of Term Early Finish for Students

Come to our Prom Event!



Come
along!

We will be giving away preloved dresses, suits and accessories

- Volunteer personal shoppers on hand to help you find the outfit of your dreams
- Photo opportunity to capture that special moment
- No booking - just turn up!

When:

Saturday 18th April 2026
11-2

Where:

The Link, Parsloe Road,
Harlow, CM19 4RT



For more information:

Tel: 01279 210 404

Email: donna@rainbowservices.org.uk

What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 91% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

WHAT ARE THE RISKS?

ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning dramatic or extreme content can spread widely and quickly. Algorithms often recommend content that reflects users' past interactions. As a result, young people may see more violent material if they have viewed, commented on, or shared it before. Repeated exposure can make violent content appear frequently in their feeds without them fully understanding why.

WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of real-world violence on social media sometimes report feeling an increased need to carry a weapon for 'self-protection'; however, carrying a weapon increases the risk of victimisation (harm and injury by others) for young people. In addition, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding, or reposting violent content carries a risk for young people too. Showing examples of content to a trusted adult is appropriate, but young people should take care not to further spread violent material by posting it online or sharing it within large messaging groups.

FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts 'real-world' violence (as opposed to fictional depictions in games or films). Posts featuring weapons, threats, attacks, and fights – or content that appears to glamorise gang activity – can increase feelings of anxiety or fear among young people. Material that encourages violence targeting people because of their identity, such as their nationality or religion, can also create disproportionate harm for children belonging to those groups.

AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their local communities – or the 'outside world' more generally – are unsafe places. This can result in avoidant and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in large groups, which may affect their social interactions and leisure time.

Advice for Parents & Educators

STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unofficial accounts, fake content, and misinformation, which can spread quickly online or in chat groups. Ensure you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for carrying a weapon, taking part in violence, or filming or sharing violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: "What could you do if you feel unsafe?" Work together on action plans and remind them they can contact a trusted adult or the police if they witness or experience violence.

DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, AI-generated material, the attention economy, and algorithms, helping them understand how and why extreme content can spread online. Explore tools available to block, report, and remove harmful content, and signpost where to get support and advice, such as reportharmfulcontent.com.

ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and within their local communities. Discuss strategies to reduce negative social media effects, such as time limits, unfollowing certain accounts, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local places, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns at any time via childline.org.uk.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal risks in a digital context. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.



#WakeUpWednesday

The National College



ECTA

2026

Essex Community Talent Awards

A celebration of talent across Essex

Auditions open 1st April 2026!

**All
Ages**

**Any
Talent**

**Essex
Residents**

SCAN TO APPLY!



Grand Final - Autumn 2026

www.EssexCTA.co.uk

info@essexcta.co.uk



ACL

FREE!

Understanding & Managing Children's Anxiety Online Live Course

Join us for a supportive and informative session designed to help parents understand what anxiety is, why children may become anxious, and how it can affect their daily lives. Discover simple, practical techniques you can use at home to help your child feel more confident, calm, and supported.

Date: 19/03/2026

Thursdays for 2 weeks

9:45-11:45am

Scan the QR code, or Visit our website
acessex.com and type
'UNDERSTANDING ANXIETY' in the
'Find a course...' box



acessex.com

0345 603 7635



Essex County Council

Three young boys are smiling and hugging each other. The boy on the left is wearing a light blue shirt, the middle boy is wearing a darker blue shirt, and the boy on the right is wearing a yellow shirt. In the top left corner, there is a dark blue triangle with the letters 'ACL' in white. In the top right corner, there is a red jagged-edged banner with the word 'FREE!' in white.

ACL

FREE!

Raising Boys

ONLINE LIVE COURSE

This course will support parents/carers who are raising boys in the 21st century - helping to develop an understanding of the different stages of boyhood and learn how to raise happy, confident, and kind young men.

Date: 19/03/2026 - 26/03/2026 (2 weeks' course)

Time: 19:00 - 21:00

Scan the QR code, or Visit our website acessex.com and type 'RAISING BOYS' or 'HO4C55OL25' in the 'Find a course...' box



acessex.com

0345 603 7635



Essex County Council



ACL

FREE!

FL ADHD/ASC Raising Boys 16 years & Beyond Online Live Course

Join us for this adults only course to explore raising neurodivergent boys from 16 years and beyond

Date: 23/03/2026

Time: 12:30 - 14:30

Scan the QR code, or Visit our website acessex.com and type 'Raising Boys' or 'HO1B43OL25' in the 'Find a course...' box



acessex.com

0345 603 7635



Essex County Council

Essex Fire Museum

Open Day

2026



29th and 31st Of March

10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays
RM17 5QS



Book Now 
Free Entry



Museum@essex-fire.gov.uk

Free personalised meal plans for Harlow families – usually £86per year – now FREE!

Fed up of deciding what to eat every night?

Want to save money on food shopping and eat better?

Harlow Council is working with TV chef Theo Michaels, to help local families eat healthier, reduce food costs and make life around dinnertimes a lot easier! This is exclusively for families living or working in Harlow.

Join the FiveDinners website and every week you'll get a fully personalised meal plan with a complete shopping list so you know exactly what you've got for dinner without having to think about it!

To claim your free membership today simply visit your exclusive link: <https://FiveDinners.com/MyCommunity> and scroll down to Harlow Council.

This is 100% free, no payment details are taken, you won't ever be charged – join over 37,000 other families enjoying FiveDinners.

Visit: FiveDinners.com/MyCommunity

*Five*Dinners

**FREE
meal plan
and
shopping
list
designed
for your
family**

**FREE FOR ALL
PARENTS &
GUARDIANS LIVING &
WORKING IN
HARLOW!**



Claim your FREE membership (worth £86) today!
Scan the QR Code or visit:

FiveDinners.com/MyCommunity

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



WARNING

OFF-ROADERS BEWARE!

Section 34 of the Road Traffic Act prohibits all Mechanically Propelled Vehicles from driving on this land.



Bikes will be seized without further warning

To report motorcycle nuisance call 101 or visit our website:

www.essex.police.uk/doitonline

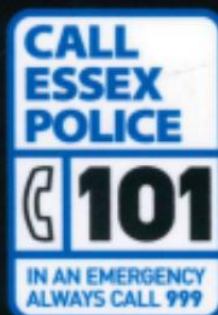
In an emergency always call 999.



CrimeStoppers.

0800 555 111

100% anonymous. Always.





Spring Term The Essex SEND Local Offer Roadshows

Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex SEND Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.



The marketplace is free and there is no need to book. Children are welcome!



Drop in between 9:30am and 12:30pm



This term we are in Chelmsford, Harlow, Colchester and Basildon

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>



In Partnership with

