Friday 28th March 2025 Issue 25

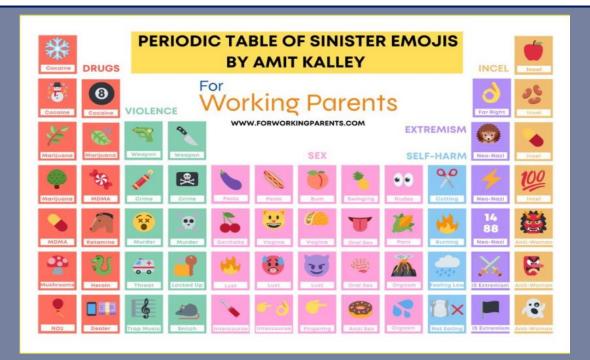




Dear Parents & Carers,

I am sure many of you have seen or at least heard about Adolescence, the mini-series that has recently aired on Netflix. It shows the aftermath of the stabbing of a teenage girl, with a 13-year-old boy from her school arrested for her murder and has certainly gained much interest from the media. Its story shines a light on the corrosive impact of social media and misogynist influencers on some teenage boys. But it has also pulled back the curtain on something that every parent and educator needs to know – the hidden language of emojis. Online young people are communicating in ways that most adults completely miss. What looks innocent could have a much darker meaning. Here are just a few-

- Red Pill "I see the truth." Used in toxic male spaces to mean waking up to supposed hidden 'truths' about women and society, often linked to misogynistic ideologies.
- Blue Pill Represents those who are "blind to the truth" or still believe in mainstream views about relationships and gender dynamics.
- Dynamite Emoji An "exploding red pill," meaning someone is a radicalised incel.
- Kidney Bean A symbol linked to incel culture, sometimes mocking women.
- 100 Emoji Tied to the "80/20 rule," the belief that 80% of women are only attracted to 20% of men.
- ♥ ♡ ♡ ♥ ♥ Heart Colours Not just about love!
- 💙 = Love
- 💙 = Lust;
- ♥ = "Are you interested?"
- 💓 = Interested but not in sex
- 💛 = "You'll be okay"



So, what can we do as adults? Get curious, ask open ended questions in a non-judgemental way. We need to understand their digital world, by getting them to explain different meanings and who their influencers are, we can't just assume. Try to create a judgement free zone, so that children feel safe to talk without the fear of punishment for opening-up. Most importantly monitor without spying, open conversations work so much better than secret surveillance. Make checking in on their online spaces a normal part of parenting, not a crisis move. Be honest about the risks of manipulation and explain how toxic online groups groom young people by making them feel special. But most importantly we all need to build their offline confidence. The more they can feel valued and confident in the real world, the less likely they'll seek validation in dangerous online spaces.

Hopefully, our move to introduce Yondr will go some way in supporting you and helping our young people to achieve this.

On a lighter note, we would like to wish our Muslim community Happy Eid al-Fitr which will be celebrated from sundown of Sunday, March 30th to sundown on Monday, March 31st.

Natalie Christie Principal of Passmores Academy



USEFUL LINKS

Parents/Carers Letters Clubs and Activities School Calendar ParentPay

Arbor 🗗

TOP PASSMORES POINTS ACHIEVERS

21st to 27th March 2025

Erikume, Danielle	Year 7	39
Boughlalah, Adam	Year 7	38
McIntosh, Jack	Year 7	37
Nunn, Lois	Year 7	36
Groves, Alaina	Year 7	34
Langham, Mason	Year 7	34
Smith, Drew	Year 7	34
Mimms, Joshua	Year 7	33
Sooka, Rayane	Year 7	32
Cooper, Elsiemay	Year 7	31

Brandle, Aiden	Year 8	32
Paxton, Bobby	Year 8	32
Ozimek, Filip	Year 8	31
Goswami, Shubh	Year 8	30
Wright, Megan	Year 8	30
Mfon, Makiah	Year 8	29
Gallagher, Daniel	Year 8	28
McGill, Harry	Year 8	27
Goodson, Riley	Year 8	26
Butterfield, Harriet	Year 8	25

Hill, Sadie	Year 9	34
Marshall, Jacob	Year 9	29
Benge, Maddie	Year 9	26
Youens, Ryan	Year 9	25
Kane, Max	Year 9	24
Saunders, Teddy	Year 9	23
Euesden, Sophia	Year 9	22
Rocha Santos, Enzo	Year 9	22
Worster, Macie-Raine	Year 9	22

Miah, Sabrina	Year 10	31
Bullard, Savannah	Year 10	28
Dolling, Tommy	Year 10	28
Morar, Melinda	Year 10	28
Chindris, Stefan	Year 10	27
Akinyeye, Ola	Year 10	26
Laska, Wiktoria	Year 10	26
Aiyamenkhue-edigin, Joanne	Year 10	24
Egbo, Francis	Year 10	24

Stringer, Lara	Year 11	22
Beckett, Emily	Year 11	20
Meredith, Dylan	Year 11	19
Mustafa, Emin	Year 11	17
Erikume, Victor	Year 11	15
Bacon, Harvey	Year 11	14
Kelso, Bryony	Year 11	14
Mason, Tamzin	Year 11	14
Buston, Alexis	Year 11	13
Cobie, Izzy	Year 11	13
Kingsland, William	Year 11	13
Penchev, Alexander	Year 11	13
Turcu, Diana	Year 11	13

Year Group Attendance (10 th to 14 th March 2025)			
Year 7	91.65%		
Year 8	90.3%		
Year 9	88.27%		
Year 10	88.69%		
Year 11	84.28%		
All Students	88.68%		

PASTORAL UPDATE



Thought for the Week – The Beginning of Spring

This week, students welcomed the beginning of spring by reflecting on how nature benefits our minds and bodies. The session focused on:

- The Importance of Nature for Well-being Understanding that spending time in nature can improve mental and physical health, backed by extensive research.
- Limited Time Outdoors Recognising that many young people in the UK spend very little time outdoors, which can negatively impact their well-being.
- Opportunities to Reconnect with Nature Encouraging students to take advantage of springtime by finding simple ways to spend more time outdoors, whether that's taking a walk, noticing wildlife, or simply enjoying the fresh air.

Students were reminded that even small changes can have a positive impact on their mood, focus, and overall health.

In the News – Exploring the Headlines

This week, students tuned into BBC Newsround to explore and discuss the major news stories making headlines. Engaging with current events encourages critical thinking and helps students stay informed about national and global issues.



Other News – Yondr Pouches, House Events & Principal's Challenge

- Yondr Pouches Launch Ms Christie delivered assemblies to Years 7-10 to introduce the new Yondr pouches as part of our updated mobile phone policy. The goal is to create a focused learning environment where students can thrive, free from distractions. Schools using Yondr have reported:
 - Improved student well-being
 - Better academic performance
 - o Increased classroom engagement
 - Stronger social connections



We are excited to see these positive outcomes reflected in our own school community.

- House Spirit in Action Students showcased their tactics and determination in House Chess and PE Events this week. It was fantastic to see such strong House spirit and teamwork on display!
- Principal's Challenge Celebration We ended the week by celebrating the achievements of students who met the Principal's Challenge criteria. Their reward? A movie with treats and a roller disco where some seriously impressive moves were on show!



Continued on the next page ...

Looking Ahead to Next Week – Celebrating Achievements and More!

As we head into the final week of term, there's plenty to look forward to:

Thought for the Week – A reflective session where we'll celebrate our collective achievements and improvements in end-of-term House and Year group assemblies.

In the News

- Students will take part in Session 6 of the 'Mind Matters' and 'Time to Talk' programme, focusing on empathy and understanding the perspectives of others.
- Year 10 and 11 PE House Events A final chance for students to represent their House and Year group, with results that could tip the balance for the coveted non-uniform day and House Champions title!
- Year 9 Parents Evening We look forward to meeting online with Year 9 parents and carers for an evening of discussions and progress updates.
- Golden Ticket Week Continuing with our theme of acknowledging and celebrating achievements, Golden Ticket winners will be recognised throughout the week.
- Non-Uniform Day A reward for the winning House in each year group a perfect way to end a busy and successful term!

Here's to a fantastic finish to the term!

CAUCH Making A Difference!	(Monday 24 th to Friday 28 th March 2025)			
Year 7	Year 8	Year 9	Year 10	Year 11
Danielle Winckless Oscar Bricknell Teddy Reynolds Alaina Groves Janelle Campbell	Benedetta Laurino Samuel Parkin Lana Urman Darcy Mills Nela Ozimek	Reggie Fitzpatrick Freddie Sawyer Rinoa Windeler Maddie Fargeot Matthew Arber	Harvey Hymas Logan Meredith Stanley Dzingel Bella Conlin Sid Francis-Melvin	Dylan Meredith Louie Matthews Melody Everett Austeja Garmata Kelsey Horey



Alfie Davidson	Senan Phelan	Amy Kwok	Alice Roffey
Alex Ziełonka	Emily Howe	Dylan Jones	Holly Boylan
Diana Turcu	Callum Harriss	Austeja Garmata	Rhoda Adesina
Victor Erikume		Tazmin Hussey	Evie Bricknell

French

Paris Trip: 8th – 10th March 2025

The first time I stepped foot on Parisian cobblestone it felt like a great remembering of a thousand different dreams, full of a desire that haunted me during sleepless nights. I felt it, the pure contentment wrenching my heart. *Home...* which we were a long way from by now but, somehow it felt like I'd just arrived after an eternity of being away.

The sun was pleasant that late Saturday afternoon as we got our first taste of the French air. It was tainted with a faint sweetness and carried the tender words of the native tongue in the gentle breeze down the bank of the River Seine. Cyclists, families, dogs all working in tandem with the local surroundings to create a bustling atmosphere. I remember vividly the awe on everyone's faces as the Eiffel Tower welcomed us, before we set off on a boat trip down the Seine. The river-front was lined with Parisians bathing in the glowing rays, sharing lunches and jokes in a language I could only dream of being fluent in one day. The renowned Paris architecture engulfed us from all sides, planning in my head which building I was going to live in one day. However, this unfortunately concluded all our excursions for that day, as we headed to dinner and back to the hotel for some games before bed.

The following morning, we headed to the beautifully imposing Arc De Triomphe before crossing the street to the Champs-Élysées, where we explored the plethora of shops it had to offer us. We then made our way back to the Eiffel Tower, this time going up the towering structure, the wind growing ever faster and colder at our ascent. The views that were painted in front of us were breathtaking, the whole of Paris laid out for us like a map. Rows of streets, the bustle of life beneath us felt utterly surreal.

Moving on to the evening of the second day, we made our way through Montmartre, home to Sacré-Cœur 'the sacred heart.' Wow! For something so bewitching I was completely at a loss for words. From the intricate detail, the domed roofs and the pure magic that surrounded it, if the Eiffel Tower was surreal then this was something from my wildest dreams. The alleys of artists and cafés and souvenir shops felt like the most wonderful maze that I could get lost in forever, floating while the sea of people carried me on a wave through the narrow streets. This day felt perfect - well so I thought - until last minute as the familiar dark blanket of night surrounded us. We stopped at the Eiffel Tower, and it seriously felt like time stopped. Before any of us knew it, the monument was sparkling; the serenity I felt was inexplainable, everything around me in silence like I was in my own air-tight bubble. I don't know about anyone else, but this was when I really *knew* achingly this is where I wanted to be, Where I wanted to spend my early adulthood, figuring out the world that still seems so incomprehensible and vast to my young mind.

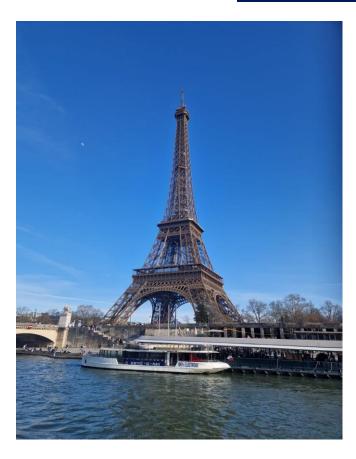
Devastatingly, the coming of the morning meant we had reached our last day. Melancholy clung to me like a lifeline that morning as I tried to soak up every minuscule detail my mind could compute. We had *one* stop left. The Louvre. We never got to go inside, though, somehow a large glass triangle felt hard to say goodbye to. It sounds foolish to say it was hard looking around at everyone while we took one final group picture; I would have never considered speaking to most of these people here and I doubt we'll speak much again, though I feel strangely connected to them. Like some invisible string all tying us back to one place: Paris.



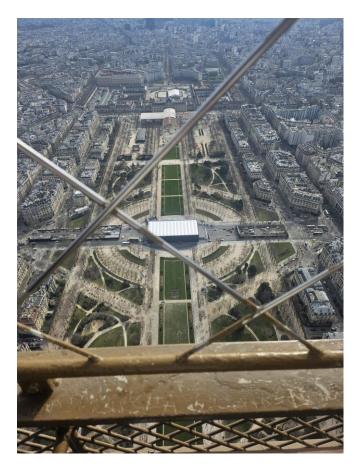
Written by Maisie Reid. Year 10

More photos from the trip can be seen on the next page...

Paris Trip: 8th – 10th March 2025









Year 7 Masterpieces: Grid Method Portraits!

Our talented Year 7 students have been honing their artistic skills using the **grid method** to create stunning portraits! This technique has helped them break down complex images into manageable sections, allowing for incredible attention to detail and accuracy. The results? Absolutely outstanding artworks that showcase their patience, precision, and creativity. Well done to all our young artists—your hard work truly shines!

















Barcelona 2026

We are delighted to announce our next Spanish and art trip to Barcelona from the 6th - 8th March 2026. If your young person is in year 9 and is considering studying Spanish or Art and you would like them to experience all that Barcelona has to offer, including The Nou Camp and the Picasso Museum to name a few, please email your interest to Mr Farmery (a.farmery@passmoresacademy.com).



The Dane's Daytrip to Passmores

We had the Danske Skoleelever (Association of Danish Pupils) come visit Passmores as a part of their duty to see English schools and compare it to Danish schools. They wanted to see what other countries are doing in terms of the responsibilities students have. They also wanted to see if other countries are doing enough regarding student voice and if they should be doing anything new.

We started our day by telling them the ethos of Passmores and how we're trying to improve the lives of students. We educated them about how we ensure that younger students feel comfortable; we also spoke of different ways we create positive relationships in our school community.

Next, we gave them a tour of the school. They had many questions about our classes, how the school day runs and why we are split in houses. We answered as many questions as possible and got to understand how Danish schools are run and the differences. For instance, we change the students in our class whereas in Denmark they have the same students in all their classes.

They got to try out being a part of our lessons; this gave them a rough idea about what a Passmores student's life is like. They really appreciated this insight... Then they had lunch.

Lastly, nine of our student leadership members did a presentation and explained the roles they had within our school. We explained: Head Students, Deputy Head Students, Mental Health Ambassadors, Sports Captain, House Captain, Prefects etc. We got positive feedback from our visitors. They said that they were glad to meet us and see how we run our school. They were glad about how many opportunities for leadership we have for students.

Writeen By Participants - Yasemin Wilthey-Yilmaz, Faraya Honan, Teddy Delieu, Alfie Read-Smith, Ava Dorrington, Harry Stevenson, Ola Akinyeye, Hannais Luzitu, Joanne Aiyamenkhue-Edigin



SPORTS/PE UPDATES

House Events

This week saw our Year 7 and Year 9 House events take place.

It has been lovely to see so many young athletes putting themselves forward to represent their houses. Well done to all who have taken part so far!

A special congratulations to the winning houses:



Griffin



Year 7 Boys

Lion





Unicorn







FRIENDS OF PASSMORES

SSR

TONIGHT!!!

FRIDAY 28 MARCH | 7 PM

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FOP@PASSMORESACADEMY.COM

To buy your tickets, click the link below: http://www.ticketsource.co.uk/friends-of-passmores



FORTHCOMING EVENTS

Friday 28 th March 2025	Passmores Got Talent
Thursday 3 rd April	Year 9 Parent/Carer Evening (online)
Friday 4 th April	Early Closure for Students – 12:30pm
Monday 7 th – Monday 21 st April	EASTER HOLIDAYS – SCHOOL CLOSED
Tuesday 22 nd April	Summer Term 1 Begins
Thursday 24 th April	Year 10 Parent/Carer Evening
Monday 5 th May	BANK HOLIDAY – SCHOOL CLOSED
Thursday 22 nd May	Year 7 & 8 Academic Tutorial Evening
Monday 26th — Friday 30 th May	HALF TERM – SCHOOL CLOSED
Monday 2 nd June	Summer Term 2 Begins
Wednesday 11 th June	Sports Presentation Evening



LOST PROPERTY

Lost property will be left out on the tables in the Heart Space on **Thursday 3rd April**.



Anything unclaimed will be going to charity.

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 <u>g.walsh@passmoresacademy.com</u>

What Parents & Educators Need to Know about N-GAME CHA



Video games are continuing to grow in popularity - including, of course, among children and young people and the emergence of gaming communities has been accelerated by the inclusion of chat functionality across many different titles. While in-game chat isn't inherently a bad thing, it can create some concerns about online safety and the people that children might be interacting with.

DIFFERENT TYPES OF CHAT

There are a number of ways that gamers commonly chal with one phother online. As the name would suggest, in-game chat happens within the game itself. There is also party chat; a group voice conversation that console users can have with anyone on the same platform. This tends to be more commonly used by players who arready know each other, finally, many gamers – especially on PC – will chat via a third-party opp such as Discord.

CONTACT WITH STRANGERS

Whether it's text- or voice-based, in-game chat is frequently open to all players to use. Many games default to making it an opt-in function, but some den't meaning a child could start seeing messages within the game from people they're playing with, regardless of whether they know those individuals or not. While most strongers won't necessarily have it ntent, there are same who may behave inappropriately when chatting to a child intentionally or otherwise.

DANGER OF GROOMING

It a been reported that some young gamers have encountered older players online who pretend to be a lower age to manipulate children, sending gifts in exchange for challing and sending photes. Just as an any messaging platform, it's good to advise young people to avoid speaking to strangers; emphasise that they shouldn't accept gifts from anyone online that they don't know

BULLYING AND ABUSE

while some in-game chot can turn taxic because of how a match plays out, others turn that way because of people who engage in trolling – in essence, behaving in an offensive and abusive way simply to cause pain or get a rise out of whoever they re tabling to. These 'trails' often lean on racial olurs, anti-LOBT centiment and other hateful rhetoric; they normally leet most confident proying an younger, more impressionable gamers.

POTENTIAL FOR PRIVATE CHAT



If a player would like a re-match with a stranger after meeting them in the game, they can send a friend request, or use the party chail together in the future, for the most part, this is harmless - but it might lead to messages being aschanged in private. This could then escalate to the sharing of private information, and patentially attempts to manipulate or scam younger players.

COMPETITIVE ATMOSPHERE

Certain games are very competitive, and players can sometimes get upset if they feel a teammate is underperforming, an opponent wan unfairly, or they re just a bad loser. This can lead to unpleasant messages that stray away from playful trash talk' and wander into the territory of bullying. Some players have been known to get incredibly abusive in situations like this, and the impact of this on a young gamer's emotional wellbeing could be severe.

Advice for Parents & Educators

LOCK-DOWN IN-GAME CHAT

in-game chot can often be disabled in the game's settings. This allows children to play without risk of contact from strongers. – But it will need to be done in each individual game. Text chot appears in the corner of the screen in many titles, so it's normally easy to take a quick glonce and see what's being caid. With voice chat, espiain to children withit behaviour is inappropriate, so they can spot the dangers themselves

Married Married

REPORT POTENTIAL OFFENDERS

Most games offer a robust means of reporting other players, so you can flag an account as potentially harmful. This normally leads to the account not being matched with yours in the future and, if that person's conduct breaks any of the game's rules, they may be banned from playing entirely. This is done within the game itself, so each title has a slightly different process, but these tend to be designed for simplicity.

Meet Our Expert

Llayd Coombes is the Editor in Chief of GGRecon and has been working in the games medio industry for five years. He's also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published at sites including IGN, TechRodar, and plenty more.

CONSIDER OTHER CHAT OPTIONS

If a child wants to play with people they know, consider using party chat or a third party service like Discord. This allows everyane involved to chart on a private server and even enjoy each other's company while playing different games. It's also far more secure, as anyone looking to join will need to request and be granted access – normally by whisever is hosting the chat.

COMMUNICATION IS KEY

Dett Make sure children understand the differences between being competitive and being obusive. Talk about what constitutes unusual or inappropriate behaviour from strangers online. Be clear that if anything ever concerns or workes them, they should tell a trusted adult as soon as possible. Empower children to identify the risks of in-game chot for themselves and reassure them they won't get in trauble for seeking help if anything goes wrong.



The Nationa Colege



Vaccine Catch up Clinics

Has your child missed their school vaccinations?

We are running clinics to catch up!

Monday 7th <u>April and</u> Monday 14th April St Margaret's Hospital, Epping, CM16 6TN

Tuesday 8th April and Thursday 17th April Treehouse Children's Centre, Parnall Road, Harlow CM18 7NG

Friday 11th April and Wednesday 16th April New Beginnings <u>Childrens</u> centre, <u>Loughton, IG</u>10 3HE

Please call 0300 790 0597 to book an appointment

#GetWinterStrong

ESSEX CRICKET PRESENT SUDAY FUNDAY Female Umpiring Network Day

A DAY DEDICATED TO THOSE INTERESTED IN UMPIRING OR THOSE WHO HAVE RECENTLY COMPLETED AN UMPIRING COURSE. OUR WORKSHOPS WILL GIVE PARTICIPANTS THE CONFIDENCE, SKILLS, AND KNOWLEDGE TO TAKE CHARGE OF A GAME OF CRICKET. IDEAL FOR PLAYERS, COACHES, TEACHERS, FAMILIES – JOIN US AND SECURE THE BEST SEAT IN THE HOUSE COME MATCHDAY!



PRACTICALS SUITED TO YOUR LEVEL



CONFIDENCE AND CHALLENGING CONVERSATIONS



KNOWLEDGE KEY QUESTIONS ANSWERED

BRING YOUR OWN LUNCH & REFRESHMENTS





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This engaging and supportive 6-week course is designed for parents and carers who want to help their children develop the skills and confidence needed to thrive in school. Through interactive sessions, practical strategies, and expert guidance, participants will learn how to create a positive and encouraging environment that fosters enthusiasm for learning and regular school attendance.

If you would like to attend this course, please speak with your child's school so that they may fill out an application form for you.

Any questions? email us - aclfamilylearning@essex.gov.uk

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6 Week Course Mon - Fri **Daily sessions** 1st session 9:30 - 11:30am 2nd session 12:30 - 2pm

www.studysmartuk.online



Not sure where to turn?

We can offer information and guidance to help you get the support you need. So don't be shy, if you've got a health or social care issue – we're all ears.

We can help with:

- finding health and care services
- accessing advice and support
- sharing feedback about services
- how to make a complaint

Call 0300 500 1895 WhatsApp/Text 07712 395398 info@healthwatchessex.org.uk





Lines open Monday - Friday, 9am - 5pm. Cost of local call & standard message rate.

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