

Newsletter

Friday 5th February 2025 Issue 19



PASSMORES
ACADEMY



'The Conversation' by Teddy Delieu, Year 10

Dear Parents/Carers,

One photo, but so many questions. What is Teddy talking about? Who is sat opposite, or is he just deep in thought by himself?

Maybe he is contemplating and reflecting on the proposals being suggested by Ofsted this week for their new report cards. By moving away from the one-word judgement, they are proposing a report card which will focus on judgements across at least 40 points of comparison. The changes recommended following the death of the primary headteacher, Ruth Perry, was to create a system which reduced the pressures on teachers and leaders, this certainly doesn't seem to be the case. This new system seems to be even more complicated, when what we need is a system which is clear for you as parents and installs confidence for the profession. It is currently under consultation, we can only hope they listen to responses.

For our Year 11's, their second set of mocks start on Monday. We wish them all well and hopefully the little chocolate treat today will help to show how much we believe in them.

Natalie Christie
Principal of Passmores Academy

- 2 TOP PASSMORES POINTS ACHIEVERS
- 3 PASTORAL UPDATE
- 5 SUBJECT INFORMATION/UPDATES
- 8 SPORT/PE UPDATES
- 9 CAREERS NEWS
- 12 ANY OTHER INFORMATION
- 16 FORTHCOMING EVENTS

USEFUL LINKS

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



TOP PASSMORES POINTS ACHIEVERS

30th to 6th February 2025

Mimms, Joshua	Year 7	41
Howe, Bailey	Year 7	35
Seip, Joshua	Year 7	35
Denkewicz, Maria	Year 7	34
Mahon, Charlie	Year 7	33
Addison, Sophie	Year 7	32
Chui, Kingsley	Year 7	31
Shraka, Mia	Year 7	31
Cooper, Elsiemay	Year 7	30
Howe, Tate	Year 7	30
Mahon, Olly	Year 7	30
Root, Riley	Year 7	30

Pay, Amelia	Year 8	36
Butterfield, Harriet	Year 8	33
Golding, Faye	Year 8	33
Ozimek, Nela	Year 8	33
Mati, Alvin	Year 8	32
Wright, Megan	Year 8	32
Paxton, Bobby	Year 8	31
Surer, Shakil	Year 8	31
Boorman, Isabelle	Year 8	30
Brandle, Aiden	Year 8	30
Hollis, Lucy	Year 8	30
Steel, Kayla-Rose	Year 8	30
Stewart, Isobella	Year 8	30

Benge, Maddie	Year 9	37
Collins, Lily	Year 9	35
Redding, Jack	Year 9	34
Andersons, Erik	Year 9	33
Hill, Sadie	Year 9	33
Warner, Max	Year 9	33
Renker, Grace	Year 9	32
Hockley, Rhys	Year 9	30
Brown, Charlie	Year 9	29
Buhaescu, Fabiana	Year 9	29
Euesden, Sophia	Year 9	29

Man, Charlotte	Year 10	42
Sunshine, Pj	Year 10	41
Dolling, Tommy	Year 10	40
Tawonezvi, Tanaka	Year 10	39
White, Beth	Year 10	38
Rossiter, Bailey	Year 10	38
Morris, Elissa	Year 10	37
Hurley, Leon	Year 10	34
Honan, Faraya	Year 10	33
Dinnell, Louis	Year 10	32
Daku, Edi	Year 10	32

Brandle, Charlie	Year 11	20
Hall, Charlie	Year 11	19
Boylan, Holly	Year 11	17
Larkin, Toby	Year 11	17
Stringer, Lara	Year 11	17
Dorrington, Harry	Year 11	16
Jackman, Jude	Year 11	16
Mustafa, Emin	Year 11	16
Labalpiny, Erin	Year 11	15
Erikume, Victor	Year 11	14

Year Group Attendance (27th to 30th January 2025)

Year 7	90.4%
Year 8	90.84%
Year 9	82.35%
Year 10	88.48%
Year 11	84.86%
All Students	87.42%

Thought for the Week



This week, students explored **Children's Mental Health Week 2025** through the theme "**Know Yourself, Grow Yourself.**" Using the recent movie **Inside Out 2** as a stimulus, students discussed the importance of self-awareness and emotional growth. They also engaged in a powerful and relatable documentary by broadcaster Roman Kemp, which highlighted the importance of mental well-being and the steps we can all take to support ourselves and others.

In the News

Students concluded our Knife Crime Awareness series by exploring **the law surrounding knife crime**. Given recent news events, this remains a crucially important and highly relevant topic. The session aimed to ensure students understand the legal implications and real-life consequences of carrying or using a knife.

Other News

- **Respecting Our School Environment** – Students discussed the financial impact of replacing broken and discarded cutlery in the canteen. This waste is unsustainable, and students were encouraged to take responsibility for looking after school resources so funds can be used to enhance their experience at Passmores.
- **Year 11 Mock Preparation & Hospitality Exams** – Year 11 students continued intensive revision ahead of their upcoming mock exams, while the Hospitality and Catering practical assessments wrapped up this week.

Looking Ahead to Next Week

It's shaping up to be an exciting and busy final week before half-term! Here's what's coming up...

- **Thought for the Week** – Students will mark **Safer Internet Day 2025**, discussing how to stay safe online.
- **In the News** – We will explore **National Apprenticeship Week 2025**, highlighting the different career pathways available to students.
- **Mind Matters & Time to Talk** – Students will complete Session 4 of these important well-being programmes.
- **Golden Ticket Week** – A week of celebrating student achievements across the school.
- **House Assemblies** – End-of-term assemblies will recognise the amazing accomplishments of each House.
- **Non-Uniform Day** – The winning House in each year group will enjoy a well-earned non-uniform day.
- **Music House Event** – A chance for students to showcase their musical talents in an inter-House competition.
- **Theatre Trip to Wicked** – Some students will have the fantastic opportunity to see Wicked live in the West End!
- **Year 11 Mock Exams Begin** – Best of luck to all Year 11 students as they start their mock exams!

It's been another fantastic week, and we're looking forward to finishing this half-term on a high!

Student Spotlight...

☆☆ Emma Biro – Year 8 ☆☆

The **Young Essex Assembly (YEA)** is the official youth council for Essex, giving young people aged 11-19 a voice in local decision-making.

Elected by their peers, YEA members represent the views and concerns of young people across the county, working with Essex County Council and other organisations to influence policies on issues like education, mental health, and youth services.

Through campaigns, events, and consultations, the YEA empowers young people to shape the future of their communities.

We are therefore delighted to announce that Emma Biro has achieved a position on the Young Essex Assembly! Emily was thrilled to be offered the role:

"I feel proud about achieving this position as it will bring me so many opportunities. Thank you to all who voted for me!"

Well done Emma!



☆☆ Lola Wickes – Year 9 ☆☆

Earlier this month, Lola Wickes was selected to represent her boxing club at the Golden Girl Championship in Borås, Sweden.

Not only is this an amazing achievement, but Lola then went on to win GOLD!

Congratulations on an amazing result Lola!

Year 7	Year 8	Year 9	Year 10	Year 11
Alfie Thornton Roman Fernandes Lilia McGinley Fabio Enache Jack McIntosh	Daniella Costantinou Nela Ozimek Riley Elliff James Afram Frankie Cairns	Joseph Copas Karim Chohan Max Kane Lacey Webb Poppy Houghton	Francis Egbo Robbie Clark-Harding Mayson Armstrong Stanley Hills Harmony Morgan	Austeja Garmata Phoebe Wilman-Pursey Izzie Cobie Rhoda Adesina Ethan Rouse

SUBJECT/INFORMATION UPDATES

Catering & Hospitality

Year 11 have been completing the practical element of their coursework and have created some amazing dishes. These included:

- Chicken supreme, duchess potatoes & broccoli
- Lattice topped fruit pie with ice cream
- Katsu curry, rice, gyozas & Asian slaw
- Lemon meringue pie



All components were made from scratch whilst working in a professional manner, achieving excellent outcomes.

Well done to them all and the department for their hard work.

Science

Year 11 - Extra-Curricular Science Topics:

13th February	Chemistry - Neutralisation Core Practical OR Physics – Waves
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Rooms are allocated on the day. Students should make their way to the science corridor on Thursday after school and they will be directed to the allocated rooms for each session.

Year 11 Period 5 Schedule - Spring Term

Week 1				
Day	Subject	Focus	Time	Room(s)
Monday				
Tuesday	3D Design	Targeted students	3:15 - 4:15	D002/D003
	Computer Science	Whole cohort	3:15 - 4:15	G105
	English	Whole cohort	3:15 - 4:15	Upstairs Unicorn
	Geography	Whole cohort exam prep	3:15 - 4:00	U005
	Hospitality & Catering	Whole cohort	3:15 - 4:15	D104/D105
	Maths	Grade 1-2	3:15 - 4:15	G005
	Photography	11Y Photography	3:15 - 5:00	D101
	Textiles	11Y Textiles	3:15 - 4:30	D103
Wednesday	3D Design	Whole Cohort	3:15 - 4:15	D002/D003
	Citizenship	Whole cohort	3:15 - 3:50	U001
	Child Development	Whole cohort exam prep	3:15 - 4:00	G106
	English	Poetry focus/Christmas Carol	3:15 - 4:15	U105/U108
	French	Targeted students	3:15 - 3:45	Heartspace
	History	Whole Cohort	3:15 - 4:00	U007
	Maths	Students aiming for 4	3:15 - 4:00	G104
	Maths	Grade 5+	3:15 - 4:00	G005
	Maths	Grade 6+	3:15 - 4:00	G003
	Spanish	Aiming for up to grade 5	3:15 - 4:00	L103
Thursday	3D Design	Targeted students	3:15 - 4:15	D002/D003
	Art	Whole cohort	3:15 - 4:15	L104/L105
	Computer Science	Creative and Technical Enterprise	3:30 - 5:00	G105
	French	Targeted students	3:15 - 3:45	Heartspace
	Music	Composing coursework	3:15 - 4:00	L110
	Photography	11Y Photography	3:15 - 4:30	D101
	Psychology	Exam practice	3:20 - 4:00	U002
	Textiles	11Y Textiles	3:15 - 4:30	D103
Friday	3D Design	Whole cohort	3:15 - 4:15	D002/D003
	Citizenship	Whole cohort	3:15 - 3:50	U001
	Drama	Whole cohort	3:20 - 4:20	L110
	Psychology	Whole cohort	3:20 - 4:00	U002
	Spanish	Aiming for 5+	3:15 - 4:00	L103
	BTEC Sport	Coursework	3:20 - 4:00	Y005

Year 11 Period 5 Schedule - Spring Term

Week 2				
Day	Subject	Focus	Time	Room(s)
Monday				
Tuesday	3D Design	Targeted students	3:15 - 4:15	D002/D003
	Computer Science	Whole cohort	3:15 - 4:15	G105
	English	Whole cohort	3:15 - 4:15	Upstairs Unicorn
	Geography	Whole cohort exam prep	3:15 - 4:00	U005
	Maths	Grade 1-2	3:15 - 4:00	G005
	Photography	11Y Photography	3:15 - 5:00	D101
	Textiles	11Y Textiles	3:15 - 4:30	D103
Wednesday	3D Design	Whole cohort	3:15 - 4:15	D002/D003
	Child Development	Whole cohort exam prep	3:15 - 4:00	G106
	Citizenship	Whole cohort	3:15 - 3:50	U001
	English	Poetry focus/Christmas Carol	3:15 - 4:15	U105/U108
	French	Targeted students	3:15 - 3:45	Heartspace
	History	Whole cohort	3:15 - 4:00	U007
	Maths	Students aiming for 4	3:15 - 4:00	G104
	Maths	Grade 5+	3:15 - 4:00	G005
	Maths	Grade 6+	3:15 - 4:00	G003
	Spanish	Aiming up to grade 5	3:15 - 4:00	L103
Thursday	3D Design	Targeted students	3:15 - 4:15	D002/D003
	Art	Whole cohort	3:15 - 4:15	L104/L105
	Computer Science	Creative and Technical Enterprise	3:30 - 5:00	G105
	French	Targeted students	3:15 - 3:45	Heartspace
	Music	Composing coursework	3:15 - 4:00	L110
	Photography	11Y Photography	3:15 - 4:30	D101
	Science	Whole cohort	3:15 - 4:00	L003
	Textiles	11Y Textiles	3:15 - 4:30	D103
Friday	3D Design	Whole cohort	3:15 - 4:15	D002/D003
	Citizenship	Whole cohort	3:15 - 3:50	U001
	Drama	Whole cohort	3:20 - 4:20	L110
	Psychology	Targeted 6+	3:20 - 4:00	L006
	Psychology	Whole cohort	3:20 - 4:00	U002
	Spanish	Aiming for grade 5+	3:15 - 4:00	L103
	BTEC Sport	Coursework	3:20 - 4:00	Y005



Year 11 - Boys Football

On Wednesday 5th February the Year 11 boys played their 3rd round Essex cup fixture.

Unfortunately, we didn't get the result we wanted and bowed out of the competition.

A full detailed account will be with you next week once the Passmores Athletic journalist Mr Lovell has finished dotting the I's and crossing the T's.

CAREERS NEWS

RAIL INDUSTRY APPRENTICESHIP WEBINAR

- Ready to build the future of rail?
- Want to learn skills that keep the nation moving?
- From project management to engineering to train driving apprenticeships, join us to learn more! Find out about opportunities and how to apply for apprenticeships in rail.

19/02/25 10:00 AM

JOIN US

[CLICK HERE FOR LINK](#)

SCAN ME

LNER
LONDON NORTH EASTERN RAILWAY

MURPHY
WORLD CLASS INFRASTRUCTURE

NetworkRail

AUREOS

200+

School leaver engineering apprenticeships being advertised on the 'Find An Apprenticeship' website:

[Food & Drink Maintenance Engineer Apprentice – Find an apprenticeship – GOV.UK](#) (closing date Sunday 9th Feb).

[Apprentice Production Technician – Find an apprenticeship – GOV.UK](#) (closing date 5th March).

[Apprentice Electrical Engineer - Enfield – Find an apprenticeship – GOV.UK](#) (closing date 21st Feb).

Harlow College Open Event

Harlow College have an open event on **Tuesday 11th February**, from 5pm-8pm,

You can book online at: [Harlow College - Harlow College Open Evening](#).

Courses are filling up fast, so if your young person is still unsure about what to do next, this is a great way to find out about the full range of courses they offer.





We are inviting Y10 and Y11 students to Writtle College in the February half term for a Football Academy Taster Session with Leyton Orient. Students and their parents will have the opportunity to learn about our Level 3 Sport Coaching and Development with Football Academy course, and students will have a chance to join a football coaching session run by the Leyton Orient coaching team.
No prior football experience is necessary.

Session breakdown

9:45-9:50 - Arrival and registration
 9:50 - 10:05 - Introduction to Writtle College
 10:05 - 10:15 - Introduction to Leyton Orient
 10:15 - 11:15 - Football Training with Leyton Orient coaches
 11:15 -11:30 - Debrief, competition and prizes

Available dates

Tuesday 18 February 2025

9.45-11.30am Writtle College Sports Pavilion, Foxburrows Lane, CM1 3SS

How to book:

Slots are first come first served for individual students and can be booked below. Places are limited, and booking is essential.

Book Female Taster Session

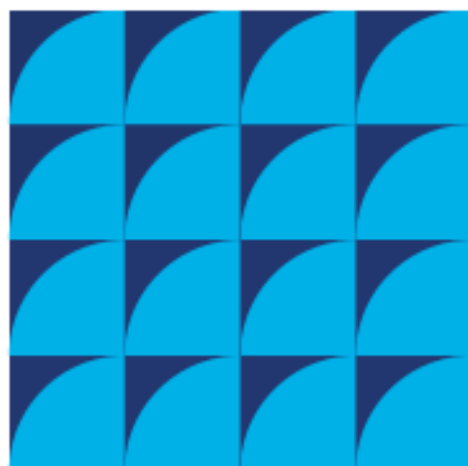
Book Male Taster Session



Sixth Form & College Open Dates 2024/2025

Colleges & Sixth Forms	Contact No.	Open Date
BMAT STEM Academy www.bmatstemacademy.org	01279 621570	TBA
Cambridge Regional College www.camre.ac.uk	01223 418200	Thurs 24 th April 4.30-7.00
Capel Manor College, Enfield www.capel.ac.uk	08456 122122	Sat 22 nd March 10-3pm
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Weds 21 st May 6pm
F2 Academy www.vluk rg/course-location/f2academy	07525 495818	TBA
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	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	Weds 7 th May
Writtle College www.writtle.ac.uk	01245 424200	Sat 1 st March

**HARLOW
COLLEGE**



OPEN EVENING

Book your tickets at:

www.harlow-college.ac.uk



**11 FEB
5-8 PM**



ANY OTHER INFORMATION

FOPs

On March 28th, FOPs are hosting a Talent Show for the students and staff to be involved in, showing off their amazing hidden talents. We can now confirm there will be CASH prizes for the winners as well as goodie bags for the participants! There is still plenty of time for your young person to get involved, they can pick an application form up from Student Services.

Sometimes opportunities knock very quietly – this time the thuds are booming!





VACANCIES **COMMUNITY GOVERNORS**

Who we are:

The Governing Body currently consists of the principal, staff members, parent governors and community governors. We are a friendly team that work with each other and the staff to ensure the students can reach their full potential whilst at Passmores Academy.

What we do:

The governors are interested in ensuring the pupils at the school get the best, and we work towards this by volunteering in a variety of ways. One of our main duties is to meet as a team to discuss and review school policies and other school business. These meetings take place during the evening several times a term and are face to face at the school.

Each of us are linked with specific areas and subjects within the school and we monitor these throughout the academic year by communicating with the staff responsible for these areas, and by spending time in school. We also support the school and pupils in other ways, for example being present at school events such as school events, sports days, and the recruitment of new staff.

What makes a good Governor:

School governors can be employed part time or full time, self-employed, a stay-at-home parent or retired. Formal qualifications are not necessary, just the ability to work as part of a team, have an interest in how the school runs, and be able to ask questions. Training is provided, and the team are friendly and supportive to new members.

Interested in joining the team:

If you would like more information about being a governor at Passmores Academy or are interested in joining the team, please contact s.westbrook@pclc.co.uk

Overcoming School Attendance Challenges: How Parents and Carers Can Help

School attendance is crucial for a child's academic and social development. However, many children face significant challenges that make attending school difficult. Understanding these challenges and knowing how to support your child can make a big difference.

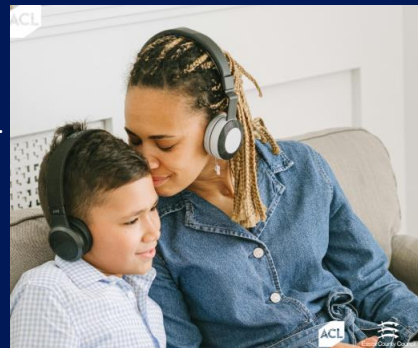
Here are some common difficulties children face and how parents and carers can help.

Common Challenges:

1. **Anxiety and Stress:** Many children experience anxiety related to schoolwork, social interactions, or separation from their parents. This anxiety can manifest as physical symptoms like stomachaches or headaches, making it hard for them to attend school.
2. **Academic Pressure:** The pressure to perform well academically can be overwhelming. Children may fear failure or not meeting expectations, leading to school avoidance.
3. **Social Difficulties:** Issues like bullying, difficulty making friends, or feeling like they don't fit in can make school a daunting place. These social challenges can lead to feelings of isolation and reluctance to attend school.
4. **Mental Health Issues:** Conditions such as depression, anxiety disorders, or other mental health challenges can significantly impact a child's ability to attend school regularly.
5. **Learning Differences:** Children with learning disabilities or neurodivergent conditions may find the school environment particularly challenging. They might struggle with traditional teaching methods and feel discouraged.
6. **Family Issues:** Problems at home, such as family conflict or instability, can affect a child's willingness and ability to go to school. A stressful home environment can make school attendance seem less important.
7. **Physical Health:** Chronic illnesses or frequent health issues can also be a barrier to regular school attendance. Children who are often sick may fall behind academically and socially.

How Parents and Carers Can Help:

1. **Open Communication:** Encourage your child to talk about their feelings and experiences. Listen without judgment and validate their emotions. Understanding their perspective can help you address their concerns effectively.
2. **Create a Positive Routine:** Establishing a consistent daily routine can provide a sense of stability and security. Ensure your child gets enough sleep, eats a healthy breakfast, and has a calm morning routine to start the day positively.
3. **Build a Support Network:** Work with teachers, school counsellors, and other parents to create a supportive environment for your child. Regular communication with the school can help you stay informed about your child's progress and any issues they may be facing.
4. **Encourage Social Connections:** Help your child develop friendships and social skills. Arrange playdates, encourage participation in extracurricular activities, and teach them how to handle social challenges.
5. **Address Academic Concerns:** If your child is struggling academically, seek additional support. This could include tutoring, working with teachers to modify assignments, or exploring alternative learning methods that suit your child's needs.
6. **Promote Mental and Physical Health:** Ensure your child has access to mental health resources if needed. Encourage physical activity, a balanced diet, and regular medical check-ups to support their overall well-being.
7. **Model Positive Attitudes:** Show enthusiasm for learning and school. Your attitude towards education can influence your child's perspective. Celebrate their successes and provide encouragement during challenging times.



Continued on the next page...

Join Our Course: Supporting Your Child to Attend and Enjoy School

To further support families, we are offering a course titled:

Supporting Your Child to Attend and Enjoy School.

This course is designed to provide parents and carers with practical strategies and insights to help their children thrive in the school environment.

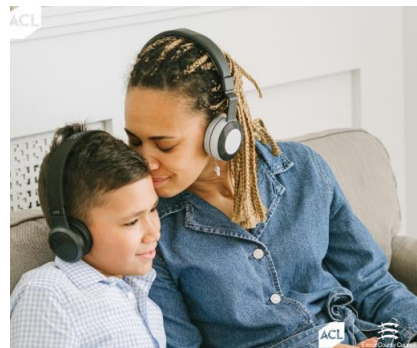
Course Highlights:

- Understanding and addressing school-related anxiety and stress.
- Building positive routines and habits.
- Enhancing engagement and making learning enjoyable.
- Providing emotional and academic support.

If you're interested in this course, please fill in our interest form here - [Supporting your Child to Attend and Enjoy School](#)

Call us on: 0345 603 7635

Visit our website here - <https://aclessex.com/courses/community-family-learning/>



FORTHCOMING EVENTS

Tuesday 7 th January 2025	Spring Term 1 Begins
Friday 7 th February	FOPs Event
Monday 17 th February - Friday 21 st February 2025	Half Term
Thursday 6 th March	KS4 Hollywood Night
Thursday 20 th March	KS4 Options Evening
Friday 28 th March 2025	Passmores Got Talent
Thursday 3 rd April	Year 9 Parent/Carer Evening
Friday 4 th April	FOPs Event
Thursday 24 th April	Year 10 Parent/Carer Evening

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.

TEACHarlow

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

What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

"CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.

YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition, or it could be a gift, free trial, bonus credit, and suchlike. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.

FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.

PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.

FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.

Advice for Parents & Educators

STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.

ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.

TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.

BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, fake information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).

Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit OnlineMediaLaw.co.uk for more.



#WakeUpWednesday

The National College

Online Parent Workshop

Mental Health Support Teams in Schools



Are you a parent/caregiver looking for effective ways to help your young person navigate anxiety and manage big emotions?

Look no further; The Mental Health Support Team
is here to support you!

Evidence-based
intervention,
based on
Cognitive
Behavioural
Therapy (CBT)

Parent support
group - online
4 weekly
sessions, led by
two friendly
practitioners

Helping you to help
your young person
develop coping
strategies and take
charge of their
well-being

Online Group
Thursday 6th,
13th, 20th, 27th
March
1-2pm

Online Group
Thursday 6th,
13th, 20th, 27th
March
6-7pm

Online Group
Friday 7th, 14th,
21st, 28th
March
9.30-10.30am

Scan the QR code to sign up to ONE group.
Attendance at all 4 sessions is essential. Any questions
please email mhstadmin@mindinwestessex.org.uk



Information for parent/carers



 mind
in West Essex
Registered Charity No. 109154

**SINGLE FARE CAP CHANGES WITH
EFFECT FROM 1 JANUARY 2025**

As a way of an update, I wanted to make you aware that £2.00 single fare cap ended on 31 December 2024, with the new single fare cap of £3.00 effective from 1 January 2025.

STUDENT AND CHILD DIRECT DEBIT TICKETS

With the increase in the single fare cap, the Student and Child Direct tickets that are available to you, may be a more cost effective way to pay for travel.

Harlow Zone Child Ticket (Up to the end of Year 11) - £39.58 per month (£1.32 per day)

All Zone Child Ticket (up to the end of Year 11) - £62.50 per month (£2.08 per day)

Harlow Zone Student Ticket (6th Form upwards, college or university student) - £46.67 per month (£1.46 per day)

All Student Ticket (6th Form upwards, college or university student) - £77.50 per month (£2.58 per day)

Tickets can be accessed via www.arrivabus.co.uk/monthlytickets or, via the QR code below

- Scroll down and click on + next to Herts and Essex
- Then scroll down and click on 'Click here to arrange your Direct debit'
- This will then take you to the sign up pages to set up your arrangement



If you have any questions, please contact us via email at talktous@arriva.co.uk

Many thanks

Mark

Mark Christie
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www.arriva.co.uk

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](#)