

Newsletter

Friday 11th September 2026 Issue 02



Open Day



Thursday 17th September 2026 – 5:30pm – 8:30pm

Dear Parents and Carers,

It has been lovely to see many of you in school this week for our Year 7, 10 & 11 parent/carer information evenings. Thank you to everyone who took the time to attend and engage with the information and discussions. We will be sharing the presentations from the evenings with everyone and if you have any further questions please do get in touch.

Year 8 & 9 parents/carers, we look forward to seeing you on the 24th September.

Open Evening preparations are now well underway, and we are really looking forward to welcoming our Year 6 students and their families to Passmores next week. A huge thank you to all those students that have signed up to help out on the night. Having them involved makes such a difference and really allows our visitors to see what makes Passmores such a special place. Tours are also available every Thursday at 9am and 10am. If you, or perhaps a friend, want to come and visit the school during the day please email

k.stearn@passmoresacademy.com to book a place.

Just to remind you, that due to the Open Evening, we have a slightly later start on Friday 19th September. Students should arrive ready for a 9.55am start, which will be the beginning of P2.

Have a lovely weekend, and thank you, as always, for your continued support.

Natalie Christie
Principal of Passmores Academy

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Don't forget to follow us...



www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS
Monday 7th to Thursday 10th September 2026

McGinley, Max	Year 7	116
Papp, Oliver	Year 7	114
Watts, Emily	Year 7	113
Whelan, Charlie	Year 7	113
Dean, Leon	Year 7	112
Dauksevicus, Aronas	Year 7	111
Godolja, Flavjo	Year 7	110
Karout, Rama	Year 7	109
Cronin, Noah	Year 7	107
Haine, Reuben	Year 7	107
Kemp, Dulcie	Year 7	107
Walker, Oakley	Year 7	107

Salter, Ruby-Mae	Year 10	104
Lee, Isaac	Year 10	100
Serpytis, Aaron	Year 10	98
Watson, Jaydon	Year 10	94
Wilks, Alexis	Year 10	93
Hodson, Fin	Year 10	91
Phillips, Riley	Year 10	91
Maylen, David	Year 10	90
Mirza, Casey	Year 10	90
Smith, Ashanti	Year 10	90
Turner, Poppy	Year 10	90

Bloor, Darcey	Year 8	108
Ward, Ryan	Year 8	106
Burgess, Cian	Year 8	103
Durack, Ollie	Year 8	100
Howard, Dennie	Year 8	100
Pugh, Kadie	Year 8	100
Connor Fry, Amira-Shai	Year 8	99
Fuller, Ben	Year 8	98
Gligor, Damian	Year 8	98
Jones, Bella	Year 8	98

Frimpong, Abena	Year 11	101
Kiss, Ruben	Year 11	101
Redding, Jack	Year 11	99
Owen, Esme	Year 11	98
Euesden, Sophia	Year 11	96
Norburn, Amber	Year 11	91
Potgieter, Demar	Year 11	90
Uddin, Ayaan	Year 11	89
Surtees, Max	Year 11	88
Quick, Teddy	Year 11	86

Campbell, Janelle	Year 9	104
Wheatley, Emily	Year 9	88
Charles, Kai	Year 9	87
Vincent, Freddie	Year 9	86
Mensah, De-Maria	Year 9	84
Mahon, Charlie	Year 9	83
Fernandes, Roman	Year 9	82
Rothon, Alice	Year 9	82
Tilley, Poppy	Year 9	82
Zagrabá, Franka	Year 9	82

Year Group Attendance w/c 7th September 2026	
Year 7	96.81%
Year 8	92.45%
Year 9	91.19%
Year 10	89.29%
Year 11	89.09%
All Students	91.85%

Year 7-9 Pastoral Update



It has been fantastic to welcome our students back to school this week, and we have been incredibly impressed with the high standards they have set from the very beginning. In particular, it has been great to see such a strong commitment to school uniform, presentation and behaviour across Years 7-9.

This week has been focused on settling back into school, establishing positive routines and thinking about the year ahead. We have placed a strong emphasis on setting goals, aiming high and understanding the importance of having high expectations of ourselves. We want every student to believe in what they can achieve and to take pride in making progress, both academically and personally.

It was particularly encouraging to see so many students take an interest in our student leadership opportunities. Following the student leadership presentation, a large number of students came forward to complete applications for a range of leadership roles within the school and their respective Houses. Their enthusiasm, confidence and willingness to get involved has been fantastic to see.

We are really excited about what this academic year will bring and the opportunities ahead for all of our students. We look forward to working closely with each student and their families throughout the year, supporting them to achieve their goals and ensuring that they have a successful, positive and enjoyable year at school.

Thank you for your continued support.

Year 10 Pastoral Update – Our First Week Back



It has been a real pleasure to welcome Year 10 back to school this week and to see them begin this exciting new chapter as KS4 students. This week has been about helping them recognise the significance of moving into their new Year 10 form groups and leaving behind their vertical tutor groups.

They have begun to understand that KS4 brings greater independence, responsibility and expectations, and that the choices they make now will help shape their GCSE journey. As their Heads of House, we have been really impressed by the way they have settled into their new routines and embraced this next stage.

Our focus now is on setting high expectations, developing positive habits and raising aspirations. I have challenged students to think beyond simply getting through Year 10 and instead consider what they want to achieve, what grades they are capable of and what they need to do to reach their goals. GCSE success is built through the small choices made every day — attendance, effort, organisation, resilience and a willingness to learn from mistakes. We are looking forward to working closely with Year 10, their teachers and families over the coming year to help every student recognise their potential, set ambitious goals and take the first steps towards achieving them.

Year 11 Pastoral Update – Welcome Back!

Year 11

It has been fantastic to welcome Year 11 back to school this week and to see them make such a positive first impression. They have returned looking smart, prepared and ready for the important year ahead. In their first assembly of the year, Mr Clark reminded students of the expectations for Year 11 and introduced some of the exciting opportunities coming up, including college and sixth form assemblies, our Careers Fair and the launch of Passport to Prom.

A big thank you to all the parents and carers who attended our PIE (Parent Information Evening) last night. We are looking forward to working closely with students, their teachers and families to ensure every young person thrives this year and achieves the results they are capable of.

Attendance and punctuality will be key to this success. Being in school every day, arriving on time and making the most of every lesson will make a real difference as students work towards their GCSEs. We ask families to continue to support us in developing these positive habits and ensuring that Year 11 students are ready to learn each day.

This is an important year, not just because of the GCSEs they are working towards, but because the results they achieve will help shape their next steps, whether that is sixth form, college, an apprenticeship or another pathway. We want every student to believe in what they can achieve, work hard for the future they want and finish Year 11 knowing they have given it their very best. We are excited to see what this year holds for them.

Passmores Academy – Gardening Club

Last weekend Passmores gardening club entered some exhibits in the Sawbridgeworth Gardens and Allotments Autumn Show 2026.

Our exhibits included apples (our first crop from our new trees planted 2 years ago), rhubarb and cut flowers.

We placed 2nd and 3rd in the Children's category aged 11-16 for something you have grown.



Weekly Winners

Daniel Donohoe
William Hynd
Emre Temur
Nathan Anderton
Kweku Offei
Ashley Judd
Catalina James
Toby Donovan
Emily Brewster
George Worton



SCHOOL TOURS

Thinking about joining us in Year 7?

Year 6 Tours run every Thursday at 9:00am &
10:00am this September & October 2026!

Call Miss Stearn or email

k.stearn@passmoresacademy.com
to book your place.

We can't wait to meet you!



BOTTLE LIDS

Small lids make a **BIG** difference! ♡

WE NEED YOU!

RECYCLE
RE-USE
CREATE
A BRIGHTER
FUTURE! ♡



Our Design and Technology students are collecting plastic bottle lids (HDPE) which we melt down and turn into recycled plastic sheets for projects.

It's a brilliant way to show real life recycling and re-purposing!



HDPE

COLLECT THEM!

CLEAN THEM!

BRING THEM IN!

NO GREEN LIDS PLEASE!

We have tons of those already!



WE CAN TAKE:

- Milk bottle lids
- Drink bottle lids
- Sauce bottle lids
- Shampoo lids
- Any HDPE plastic lids in any colour (except green!)

PLEASE DROP THEM TO:



The lid drop box in downstairs Dragon, D002, D003 or the Technicians Office.

THANK YOU! ♡

Together we can make a difference!

REDUCE ♡

REUSE ♡

RECYCLE ♡

CREATE ♡



ATTENDANCE DROP IN

WHERE? Y103 ATTENDANCE OFFICE (OPPOSITE L101)

WHEN? EVERY WEDNESDAY BREAK TIME

WHO WITH? MRS LAWSON, MRS EKE & MRS SAVIDGE

**COME AND JOIN US TO FIND OUT MORE ABOUT YOUR
ATTENDANCE AND WHAT IT MEANS.**

**ARE YOU WONDERING HOW CLOSE YOU MIGHT BE FOR A
REWARD TRIP?**

DO YOU HAVE A PERSONAL GOAL?

DO YOU HAVE ANY WORRIES AROUND ATTENDANCE?

WE ARE HERE TO HELP



EXTRA-CURRICULAR TIMETABLE

SEPT-OCT 2026

Dept.	Club	Day	Time	Room	Staff	Duration
Music	Steel Pans Student Group 1	Monday	3.30-4.30	L19	DBK/JDE	Termly
Music	Steel Pans Student Group 2	Monday	4.30-5.30	L19	DBK/JDE	Termly
Music	Steel Pans Adult Group	Monday	5.30-6.30	L19	DBK/JDE	N/A
Music	Passmores Music School Tuition	Tuesday	3.30-9.00	Music Dept	LHD	N/A
Science	Youth Club	Tuesday	3.30-5.00	Heartspace	AOS/AMT	Termly
Computer Science	Computing Club	Tuesday	3.25-4.15	tbc	AHN	Termly
Music	Year 11 Band	Wednesday	3.20-4.00	L19	DBR	Termly
Music	Piano Keyboard Club	Wednesday	3.20-3.50	L110	DBR	Termly
Drama	Year 9 - 11 Excellence Club	Wednesday	3.30-4.30	L107/L106	JGR	Termly
Music	Soul Band	Thursday	3.20-4.00	L19	DBR	Termly
Music	GCSE Booster Session	Thursday	3.20-4.00	L110	DBR	Termly
Geography	Geography Film Club	Thursday	3.20-4.20	U005	VNS	Weekly
Drama	KS3 Drama Club	Thursday	3.30-4.30	L107/L107/H all	JGR/PTG	Termly
Art	GCSE Art Club	Thursday	3.15-4.15	L106	GHS	Termly
Science	STEM CLUB	Thursday	3:20-4.20	L02	AOS	Termly
Music	Samba Band	Thursday & Friday	Break	L106	GAN	Termly

PE EXTRA-CURRICULAR TIMETABLE SEPT-OCT 2026				
DAY	BREAK 10:55 – 11:15	STAFF	AFTERSCHOOL 3:30 – 4:15	STAFF
MONDAY	BASKETBALL SPORTS HALL	EAD		
	FOOTBALL ASTRO TURF	JKG		
TUESDAY	BASKETBALL SPORTS HALL	ADN	NETBALL - COURTS	OWY GCI ADN
	FOOTBALL ASTRO TURF	JWR	GYM	AMN JKG
WEDNESDAY	BASKETBALL SPORTS HALL	OWY	FOOTBALL – ASTRO TURF	AMN JKG JWR
	FOOTBALL ASTRO TURF	BBS	GYM	GCI AND
THURSDAY	BASKETBALL SPORTS HALL	GCI	BASKETBALL – SPORTS HALL	EAD
	FOOTBALL ASTRO TURF	BMY	GYM	OWY JWR
FRIDAY	BASKETBALL - SPORTS HALL	DLN	BTEC COURSEWORK CATCH UP PE DETENTIONS	
	FOOTBALL ASTRO TURF	AMN		

Year 11 – Important Dates...

The following assemblies have been arranged for you; all students will attend the Harlow & Writtle College presentations, but the sixth forms will be your choice.

The assemblies will be from 1.15pm - 1.45pm in the main hall.

- Wednesday 16th September, St Marks 6th form
- Friday 18th September, Epping St. John's 6th form
- Wednesday 23rd September, Harlow College
- Thursday 24th September, Hertford Regional College
- Wednesday 30th September, CRE8
- Thursday 1st October, Sir Frederick Gibberd 6th form
- Wednesday 7th October, Writtle College
- Thursday 8th October, Stansted Airport College
- Wednesday 21st October, Leventhorpe 6th Form

Our Careers Fair is being held on Thursday 8th October, 4.30pm - 7:00pm at Stewards Academy. We really would like to see as many of our students there possible. (See poster attached on the next page).

Julie Kay
Careers Advisor

Young Professionals Get into Law Virtual Event

Get into Law online event for students in years 11-13, Weds 16th Sept, 5pm-7pm, register on [Young Professionals Get into Law Virtual Event Survey](#). This is an opportunity to find out more about legal careers.

British Army

Army insight webinar for parents, Thursday 1st Oct, 5.30pm-6.15pm, register on [Meet Your Army | British Army Insights: Parent Voices](#)

Year 11 College & Sixth Form Open Dates...

Capel Manor College, Weds 16th September, 5.30pm-7.00pm

Hertford Regional College, Thurs 24th September, 5.30pm-8.00pm

Fashion Retail Academy, Sat 26th September

Sir Frederick Gibberd Sixth Form, Weds 7th October, 5.00pm-8.00pm

Stansted Airport College, Sat 10th October, 10am-2.00pm

Writtle College, Sat 10th October, 10.00am

Harlow College, Thurs 15th October, 5.00pm-8.00pm

Braintree College, Mon 19th October, 5.00pm-7.00pm

Cambridge Regional College, Weds 21st October, 4.30pm-7.00pm

Leventhorpe Sixth Form, Tues 3rd November

Epping St Johns Sixth Form, Weds 4th November

The Bishops Stortford High School, Thurs 5th November, 5.45pm-8.30pm

Presdales Sixth Form, Thurs 12th November, 6.00pm-8.00pm

Careers Fair – An Opportunity Not to Be Missed!

The Careers Fair is a joint venture between Passmores Academy and Stewards Academy, aimed at students in Years 10 and 11.

This is a fantastic opportunity for students and their families to find out more about the wide range of local post-16 options, all under one roof. There will be a wide variety of exhibitors, including local sixth forms, colleges, universities, employers and training providers.

Students will be able to explore opportunities across a range of exciting sectors, with representatives from organisations including the NHS, hairdressing, motor trade, construction, aviation, sport, care and many more.

The Careers Fair is a valuable chance for your young person to ask questions; explore different pathways and gain the information they need to make informed choices about their future after Year 11.

It really is an opportunity that is too good to miss!

Please come along and support your young person as they begin to explore the exciting opportunities available to them after Year 11.

Open Events 2026-2027

Colleges & Sixth Forms	Contact No.	Open Date
Birchwood High School www.birchwoodhighschool.co.uk	01279 655936	Awaiting date
The Bishop's Stortford High School www.tbshs.org	01279 868686	Thurs 5 th Nov, 5.45-8.30pm
Bishops Stortford Football Academy academy@bsfc.co.uk		Awaiting date
BMAT STEM Academy www.bmatstemacademy.org	01279 621570	Awaiting date
The College at Braintree (Now part of Colchester Institute) www.colchester.ac.uk	01206 814000	Mon 19 th Oct, 5pm-7pm Sat 14 th Nov, 10am-12pm
Cambridge Regional College www.camre.ac.uk	01223 418200	Weds 21 st Oct, 4.30-7pm Sat 14 th Nov, 9.30-12.30pm Sat 23 rd Jan, 10-12.30pm
Capel Manor College, Enfield www.capel.ac.uk	08456 122122	Weds 16 th Sept, 5.30pm-7pm Sat 10 th Oct, 10am-3pm
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Weds 7 th Oct, 6pm-8.30pm Weds 4 th Nov, 6pm-8.30pm Weds 3 rd Feb, 6pm-8.30pm
CRE8 apply@learntocre8.com		Awaiting date
Epping St Johns 6 th Form www.eppingstjohnsschool.org/	01992 573028	Weds 4 th Nov
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 3072345	Sat 26 th Sept, 10am
Harlow College www.harlow-college.ac.uk	01279 868000	Thurs 15 th Oct, 5pm-8pm Tues 2 nd March, 5pm-8pm
Hills Road Sixth Form College, Cambridge www.hrsfc.ac.uk	01223 247251	Open date in the summer term for year 10 students
Hertford Regional College www.hertreg.ac.uk	01992 411400	Thurs 24 th Sept, 5.30pm-8pm Tues 24 th Nov, 5.30pm-8pm Thursday 4 th February Tuesday 27 th April
Herts & Essex High School, Bishop's Stortford www.hertsandessex.herts.sch.uk	01279 654127	Awaiting date
Hockerill Anglo-European School, Bishop's Stortford www.hockerill.herts.sch.uk	01279 658451	Sat 21 st Nov, 8.30am-12.30pm

Open Events 2026-2027

Colleges & Sixth Forms	Contact No.	Open Date
Long Road Sixth Form College, Cambridge www.longroad.ac.uk	01223 631100	Open date in the summer term for year 10 students
Leventhorpe School, Sawbridgeworth www.leventhorpe.net	01279 836633	Tues 3 rd November
New City College (Epping Forest), www.ncclondon.ac.uk	0208 508 8311	Sat 21 st Nov, 10am-2pm Sat 30 th Jan, 10am-2pm
Presdales Sixth Form www.presdales.herts.sch.uk	01920 462210	Thurs 12 th Nov, 6-8pm
Sir Frederick Gibberd www.sirfrederickgibberdcollege.org	01279 307235	Weds 7 th Oct, 5pm-8pm
St Marks School, Harlow www.st-marks.essex.sch.uk	01279 421267	Awaiting date
St Mary's Catholic School, Bishop's Stortford www.stmarys.net	01279 654901	Awaiting date
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Sat 10 th Oct, 10am-2pm Thurs 11 th March
Writtle College www.writtle.ac.uk	01245 424200	Sat 10 th Oct, 10am Sat 21 st Nov, 10am

Please contact the institutions to check details and times before attending.
Also, be advised that most ask for you to book a place for these events online.



**Oct
8th**

Stewards and Passmores

Careers Fair

When: 4:30pm-7:00pm

Who: Year 10 & 11

Where:

**Stewards Academy
Parnall Road,
Harlow, CM18 7NQ**



FORTHCOMING EVENTS

Thursday 17 th September	Open Evening 5:30pm – 8:30pm
Friday 18 th September	Late Start for All Students 9:55am
Thursday 24 th September	Year 8 & 9 Parent/Carer Information Evening
Friday 2 nd October	Year trip to Colchester Zoo
Thursday 22 nd October	INSET Day
Friday 23 rd October to Friday 30 th October	Half Term
Monday 2 nd November	School Opens for Autumn Term 2

ANY OTHER INFORMATION

KEY CONTACT INFORMATION

School Address

Passmores Academy, Tracyses 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](#)

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'



Raising money to enhance your young person's education

OUR EVENTS

CHRISTMAS AND SUMMER FETES

Our Christmas Market Night brings in an array of outside stall holders selling lots of gifts and Christmas treats.

PASSMORES' GOT TALENT

We have now held two Talent shows. We doubled the amount of acts this year and introduced staff judges. The students involved can not wait to enter again in 2027

CAKE SALES/BINGO/QUIZ

These events get the brain working and the belly full! Packed with fun and laughter, there's something for everyone.

REFRESHMENTS AT SCHOOL EVENTS

During the year we support different events at the school to sell refreshments. These include: Parents/Carers and Information evenings, music and drama concerts and discos.

ABOUT US

Friends of Passmores is made up of staff and parents/carers of Passmores Academy, we work together to raise money to put back into the school, purchasing products to enhance the education of our students.

We try to hold an event each half term, from fetes, to cake sales, and talent shows.



WHY CHOOSE US?

- **Parents/Carers and Staff**

A great chance to work with your wider school community and to make a difference in your school.

- **A small time commitment – a big impact**

You can choose how much time you put into the team, but any time spent will make a big impact to your young persons education.

- **Educational Opportunities**

The money raised helps your child to enhance their education with new equipment or knowledge.



CONTACT INFORMATION

Contact us for more information or to join our team.

Email:

fop@passmoresacademy.com

Facebook: passmoresseasonalevents

Instagram: passmores_community



Friends of PASSMORES



AGM

*Have your say. Support our school.
Make a difference together. ♥*



DATE

1st October
2026



TIME

6pm



MEETING HELD IN

The Heart
Space



TOGETHER,
we can do great things!



FRIENDS OF PASSMORES

CHRISTMAS MARKET

4TH
DECEMBER
2026
6PM - 8PM

THE GRINCH IS
BACK



£1 ADULT

50P U16 & OVER 60

FREE UNDER 5



FRIENDS OF PASSMORES

CHRISTMAS MARKET

4TH
DECEMBER
2026
6PM - 8PM

We are looking for stallholders.

Please email

fop@passmoresacademy.com

Top Tips for SUPPORTING CHILDREN'S RETURN TO ROUTINE

Returning to school after the holidays can be challenging for some children and young people, and both families and education settings can play an important role in helping them readjust. Consistent routines, clear expectations, and supportive communication can support children and young people's wellbeing, self-regulation, and academic success. These practical tips can help make the transition back to school feel more manageable.

1 START EARLY

Gradually reintroduce school-day sleep, meal, and wake-up routines around a week before term begins. In education settings, familiar routines and expectations can also be introduced from the start of term to help pupils settle back in. A gradual and predictable approach can make the transition feel less abrupt and give children and young people the time they need to readjust to the structure of school life.



2 REBUILD ROUTINES TOGETHER

Involve the children and young people in your care in the rebuilding of familiar routines at home and in education settings. Having a say in their daily schedule can increase predictability for them and give them a greater sense of control. This might include discussing morning routines at home or reviewing classroom timetables, expectations, and activities together at the beginning of the school day.



3 ENCOURAGE RESPONSIBILITY

Giving children and young people age-appropriate responsibilities can help foster their autonomy and engagement. For younger children at home, this might include getting dressed independently or checking their school bag. In education settings, children and young people could organise their learning materials, complete simple classroom tasks, or follow a familiar morning routine. These manageable responsibilities can help them feel more involved in the school day while developing useful skills.



4 RECONNECT WITH PEERS

Re-establishing friendships can help children and young people feel more confident and connected when they return to school. Families might arrange opportunities for their children to speak to or spend time with school friends, while educators can use group activities, 'buddy' systems, or collaborative tasks to help rebuild classroom connections.



5 SUPPORT HEALTHY NUTRITION

Regular, balanced meals, particularly at breakfast, are linked to improved concentration, behaviour, and academic outcomes. Families can gradually return to familiar school-day mealtimes, while education settings can reinforce healthy eating routines at the start of term and signpost breakfast provision where available. Consistent access to food can help support children and young people's energy levels and concentration throughout the day.



WELCOME BACK!



6 COMMUNICATE OPENLY

Talk to the children and young people in your care about how they feel about the return to school and give them the opportunity to share any worries or questions. Anxiety around going back to school, particularly when starting a new year group, can be common, and children and young people may benefit from your reassurance and support. Parents and educators can all help with this by listening calmly to concerns and questions, and sharing relevant information with one another where appropriate.



7 RECONNECT WITH LEARNING AND PEERS

Light educational activities before term begins can help children become familiar with learning routines again without creating any unnecessary pressure on them. In school, low-pressure recap activities and familiar tasks from the previous year group can serve a similar purpose during the first few days back. Keeping learning positive and achievable can help rebuild children's concentration, confidence, and academic motivation as they settle back into their usual routine.



8 PRIORITISE SLEEP

Ensure the children and young people in your care get age-appropriate sleep and begin returning to their usual bedtime habits before term starts. Reducing screen use before bedtime may also support better sleep quality. Educators can also be mindful that tiredness may temporarily affect children's concentration, behaviour, and emotional regulation as they readjust to school routines.



9 PREPARE AHEAD

Organising uniforms, bags, lunches, and other school essentials in advance can reduce unnecessary stress when school mornings begin again. Educators can also help by preparing pupils for any changes to classrooms, timetables, staff, or behaviour expectations. Giving children clear information about what to expect ahead of time can make the return feel more familiar and help build up their confidence and independence.



10 BE PATIENT AND FLEXIBLE

Children adjust to changes in their routines at different rates, so your patience and flexibility can be important during the first days and weeks back. Some may settle quickly, while others need longer to adapt to earlier mornings, classroom expectations, or busy schedules. Parents and educators can support children and young people's readjustment by maintaining consistent routines, all the while recognising that concentration, behaviour, or confidence may temporarily look different for them.



Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School, and a business development specialist for Minds Ahead, which works with schools to improve their mental health provision.



The National College

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 26.08.2026

**ONE WEEKEND
ONLY**

Lions
ON THE
Loose

Farewell Event

Join us at **Passmores
Academy** on
**Sat 19 & Sun
20 Sept** to see
the lion pride
together one final
time before they
head to auction.



BOOK TICKETS NOW

St Clare
Hospice



Fire Cadets

Essex Fire Cadet applications are now open for the 2026-2027 programme!

Our Fire Cadet programme is a nationally recognised three-year programme delivered at seven fire stations across Essex. The programme is for young people aged 13 - 17.

We currently have Fire Cadet Units at Clacton, Dovercourt, Great Baddow, Harlow, Orsett, Southend* and Halstead.

*Cadets applying for Southend - please note that the unit has been temporarily relocated to Rayleigh Weir fire station.

Applications will close on 15 September 2026



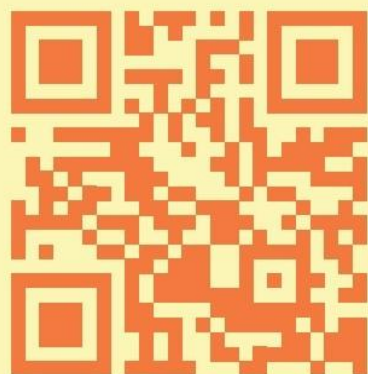
junior parkrun - where everyone is



welcome

junior parkrun is a free, fun, friendly, weekly, community event organised by volunteers of all ages for children aged 4 to 14.

2k junior parkrun events take place on Sunday mornings and are for the whole community to come together to walk, jog, run and volunteer. Join in on the fun at junior parkrun!



junior parkrun