



## Principal Letter – Autumn Term Week Ending 3<sup>rd</sup> November 2023

Dear Parent(s)/Carer(s)

It was lovely to welcome so many of you to our Year 7 Social Evening this week. They are the most wonderful year group and have settled into life at Passmores so well. This event is always a highlight of our calendar, and this year was no different, as lots of very happy young people left the building due to the glowing comments from their teachers. If you haven't managed to complete the evaluation form yet, please do so as your feedback matters. If any of you are available next week, we have our first Parent Forum meeting of the year on Wednesday at 6pm. It is a chance for you to have your say on key issues, meet other parents and help us to be even better.

We have noticed a slight increase in the number of you collecting young people from school at the end of the day, the car park is definitely busier. As the weather becomes less pleasant, the temptation to park in or across disabled bays may grow. However, these bays must be kept clear for the use of blue-badged vehicles transporting students to school. The yellow hatched markings should not be parked on at any time and the bays must be kept available and accessible for blue-badged vehicles. This is a courtesy to all car park users and is reflected in the school's inclusive outlook. Thank you for cooperation and understanding with this.

If you are heading out at the weekend to a Fireworks display, enjoy and stay safe.

### Top Passmores Points Achievers – 20th October – 2nd November 2023:

Albert Trofin	Year 7	58
Rosie Stacey-Bocking	Year 7	56
Lewis Green	Year 7	53
Shakil Surer	Year 7	52
Darien Lloyd Anthony Andrews	Year 7	51
Amelia Surtees	Year 7	48
Fin Hodson	Year 7	48
Mason Bartram	Year 7	48
Tillie Evans	Year 7	47
Jay Arber	Year 7	45

Taliah Rufuse	Year 8	57
Harrison Morgan	Year 8	50
Lacey Blackshaw	Year 8	50
Eik Tian Goh	Year 8	49
Oliver Ranson	Year 8	46

Poppy Wiley	Year 8	46
Riley Tohill	Year 8	46
Demar Potgieter	Year 8	45
Heath White	Year 8	45
David Erikume	Year 8	44
Emylei Windeler	Year 8	44
James Babb	Year 8	44
Krystian Cerek	Year 8	44
Logan Blackburn-Curpen	Year 8	44
Oleh Melnyk	Year 8	44
Reece Atkinson	Year 8	44

Pj Sunshine	Year 9	44
Louis Dinnell	Year 9	42
Benjamin Dack	Year 9	39
Sadie Shaw	Year 9	39
Yasemin Withey-Yilmaz	Year 9	36
Hassan Farhan	Year 9	35
Ian Budka	Year 9	35
Savanna Gayle-Maleary	Year 9	35
Gracie Howard-Brown	Year 9	34
Adrian Zalinski	Year 9	33
Frankie Fearon	Year 9	33
Jack Crutchlow	Year 9	33

Maya Connell	Year 10	49
Ellie Blake	Year 10	45
Mario Olaru	Year 10	43
Quincy Dixon	Year 10	42
Dylan Meredith	Year 10	40
Izzy Cobie	Year 10	40
Katie Mahon	Year 10	40
Alfie Letts	Year 10	37
Alice Roffey	Year 10	37
Angel Fernandes	Year 10	37
Kian Izatt	Year 10	37
Lacey-Mae Stafford	Year 10	37
Sam Wix	Year 10	37

Daisy Burbeck	Year 11	55
Ruby Holmes	Year 11	49
Maisie Peacock	Year 11	48
Karys Bailey	Year 11	46

Eloisa Bellamy	Year 11	45
Darci Bevan	Year 11	41
Millie Humphries	Year 11	38
Archie May-Denton	Year 11	37
Sonny Brooks	Year 11	37
Jackson Iona	Year 11	35
Lola Hummerston	Year 11	35

### **House Passmores Points - 30th October – 3rd November 2023 (up to 8:45am):**

<b>Dragon</b>	<b>5535</b>
<b>Griffin</b>	<b>5417</b>
<b>Lion</b>	<b>5258</b>
<b>Unicorn</b>	<b>5354</b>

#### **Earphones**

All students in Years 7-10 should by now have received their free earphones. It was lovely to have so many 'thank-yous' from students as they received them and it made for a lovely atmosphere in form rooms. A reminder that they are for home-use, within any rules that you have set in your households for tech. These are our gift to the students to help them get started on their forthcoming Bedrock homework tasks - which are audio lessons. Students can log in and get started by using the Microsoft 365 link and then using their in-school email and password.

#### **Samlearning (Years 7-9)**

The deadline for all students to be logged on (unless I have had specific contact about them) has now closed). I would like to take a moment to thank students and parents for their resilience with technical issues, of which there have been quite a few. I will continue to work through any and all problems until this works perfectly for everyone.

After meeting so many of you on Wednesday evening, I feel it would be useful to explain one aspect of the site. It would be worth reading this to your child: As samlearning is AI-driven, it analyses what your child can do and what they cannot yet do, and it picks the ideal learning tasks for them personally. In the medium and long-term this is a great thing, but short-term it can feel concerning, as students might receive work they have never seen before, while the AI is "learning them." Students must not stress about not knowing things - the site will adapt, so please do not worry if you get quite a few wrong answers early on.

Mr R King

**Careers News**

Open Events:

- Braintree College - Sat 4<sup>th</sup> Nov 10am-1pm
- Herts & Essex 6<sup>th</sup> Form - Tues 7<sup>th</sup> Nov 6pm-8.30pm
- St Marys Catholic School 6<sup>th</sup> Form - Thurs 9<sup>th</sup> Nov 6pm-8.30pm
- The Bishops Stortford High School 6<sup>th</sup> Form - Weds 8<sup>th</sup> Nov 5.30-8.30pm
- Presdales 6<sup>th</sup> Form - Weds 8<sup>th</sup> Nov 6pm-8pm
- Epping St Johns 6<sup>th</sup> Form - Thurs 9<sup>th</sup> Nov 6pm-8pm
- Hockerill Anglo European 6<sup>th</sup> Form - Sat 11<sup>th</sup> Nov



# SIXTH FORM OPEN EVENING

THURSDAY 9th NOVEMBER  
6pm - 8pm

YOUR PATH TO AN EXCEPTIONAL FUTURE



EPPING ST JOHN'S CHURCH OF ENGLAND SCHOOL  
Bury Lane, Epping, Essex, CM16 5JB  
[eppingstjohnsschool.org](http://eppingstjohnsschool.org) (01992) 573028



Supporting primary and secondary schools across Essex and East London, BMAT is a growing multi-national trust with a regular match, schools, teachers and pupils have to succeed.





the national  
**sleep**  
helpline

# Does your child suffer with sleep issues?

Do you struggle  
with your child's  
bedtime?

Will your child  
not sleep in  
their own bed?

WE CAN HELP

 **03303 530 541**  
Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am



**Want to know  
more about  
sleep?**

ASK US THE  
QUESTIONS YOU  
WANT ANSWERS TO

 **03303 530 541**  
Monday, Tuesday & Thursday 7pm - 9pm  
Monday & Wednesday 9am - 11am



Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



## What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'



### ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

#### AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



#### APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.



#### FILTERS

Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.



#### MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



## Safety Tips For Parents



### QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain comments and 'likes'?
- How often do they talk about their physical image in a negative way?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering app's.

#### DON'T GO COLD TURKEY

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.



#### BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



#### DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

#### CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.



#### WHEN TO GET HELP

If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them. <https://www.bacp.co.uk/search/Therapists> <https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves



### Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.09.2019



# Private Fostering



## What is it?

Private Fostering is when a child/young person under 16 (18 if disabled) lives with someone who is not a close relative for more than 28 days.

It is a legal requirement for parents and private foster carers to notify the Local Authority about private fostering arrangements.

Once notified, the Private Fostering Team will regularly visit the arrangement, undertake safeguarding checks and complete an assessment to ensure that the child is safeguarded and that the private foster carers are able to provide a reasonable standard of care.

## How can you help?

Private Fostering Arrangements are frequently under reported, so please let us know if you become aware of one. If you are concerned about anything affecting a Private Fostering Arrangement, please contact us.

Phone: 0345 603 7627 to make a referral or visit our website:  
[www.essex.gov.uk/privatefostering](http://www.essex.gov.uk/privatefostering)

The Essex Private Fostering App Went live in October 2021.  
Please download the App on Android or IOS.



  
Essex County Council

## Online Parent Groups



### Supporting Teenagers Emotional Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 3 weeks, with an optional fourth session.

This will look at ways to help your teenager manage their emotional wellbeing.

Monday 6th November 2023  
Monday 13th November 2023  
Monday 20th November 2023  
Monday 27th November 2023 (optional)

5:30-7pm via Zoom

### Challenging Behaviour (at home)

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks.

This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.

Tuesday 7th November 2023  
Tuesday 14th November 2023  
Tuesday 21st November 2023  
Tuesday 28th November 2023  
Tuesday 5th December 2023  
Tuesday 12th December 2023

7-8:30pm via Zoom



### Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.


Thursday 9th November 2023  
Thursday 16th November 2023  
Thursday 23rd November 2023  
Thursday 30th November 2023

1-2:30pm via Zoom



### To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code 



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:

Harlow - mhstharlow@mindinwestessex.org.uk

Epping Forest - mhsteppingforest@mindinwestessex.org.uk

Uttlesford - mhstuttlesford@mindinwestessex.org.uk

**There are limited places available so please book your place as soon as possible.**

# Friends of Passmores

# AGM

Annual General Meeting

**Everyone is welcome.**

**Stay informed and get involved.**

**9th November 2023**

**6pm**

**Heart Space, Passmores Academy**

Free tea and biscuits



**Parenikind**  
Member Association





# CHRISTMAS FAIR

JOIN US FOR CRAFTS, MUSIC  
AND DELICIOUS TREATS!

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1ST DECEMBER 2023

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6-8:30PM

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PASSMORES ACADEMY  
TRACYES ROAD  
HARLOW

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ENTRANCE FEE  
ADULT: £1  
CHILD: 50P  
OVER 60: 50P  
UNDER 5: FREE

**Maths Problem of the week:**

Problem 1:

An athlete can jump FOREVER. However, every time she jumps, she goes half as far as her prior jump. On her very first jump, she goes half a foot. On her second jump, she goes a quarter of a foot, and so. How long will it take her to get a foot away from her starting point?

Problem 2:

It takes 12 men 12 hours to construct a wall. Then how long will it take for 6 men to complete the same wall?

**Answer to the last Maths Problem:**

Problem 1:

There are 47 cards. A complete deck is 52 cards. 5 cards have been lost.

Problem 2:

9:00 PM

**Forthcoming Events:**

Wednesday 8 <sup>th</sup> November	Passmores Parent Forum 6pm
Thursday 9 <sup>th</sup> November	FOP's Annual General Meeting - parents and staff welcome 5.30pm - 6.30pm
13 <sup>th</sup> – 30 <sup>th</sup> November	Year 11 Mocks
Wednesday 15 <sup>th</sup> November	KS3 Disco
Friday 24 <sup>th</sup> November	INSET Day
Friday 1 <sup>st</sup> December	FOPs Xmas Fayre
Thursday 7 <sup>th</sup> December	Year 7 Harlow Playhouse Pantomime 2.15pm
Friday 8 <sup>th</sup> December	Year 8 Harlow Playhouse Pantomime 2.00pm
Wednesday 13 <sup>th</sup> December	Principal Challenge Trip
Thursday 14 <sup>th</sup> December	Christmas Concert 7pm



Natalie Christie

**Principal of Passmores Academy**

TEACHarlow

Interested in becoming a primary or secondary teacher?  
Contact Gareth Walsh on [g.walsh@passmoresacademy.com](mailto:g.walsh@passmoresacademy.com)