# Newsletter

Friday 6th November 2026 Issue 09



We're back with a 'bang' after our half-term break, refreshed and ready to embrace all the challenges, opportunities and excitement that the next seven weeks will bring. With plenty happening across the school, I'm sure there will be lots of opportunities for 'sparks' to fly!

This week has seen the introduction of our new service machines in the canteen. We may not quite be *McDonald's* yet, and thankfully nobody's asked if they'd like fries with that, but introducing new technology is always a learning process. As with any new system, there have been a few teething problems while we work out the quirks and get everything running as smoothly as we'd like.

What has been particularly impressive has been the way our students have adapted so quickly to navigating the machines, letting staff know when there have been unexpected issues, or helping other students when they have struggled, everyone has pulled together brilliantly. Change is rarely seamless. Even McDonald's probably didn't get it all right on day one. What matters is how we respond, and this week has been a great example of our collective ability to adapt, persevere and improve. The system isn't quite as polished as we would like just yet, but it will be!

Our Year 9 students are also beginning to turn their attention towards an important milestone in their school journey: choosing their GCSE options. This is an exciting time as they start to think about the subjects they enjoy, their strengths and the pathways they may wish to follow in the future. Our Options Evening will take place on Thursday 26th November, providing the opportunity to find out more about the subjects available and make informed decisions.

Next Wednesday, we will be coming together as a whole school for a special assembly in our heartspace to mark Remembrance Day. This will be our first whole-school assembly of the year, making it a particularly meaningful occasion as we take time to reflect, remember and pay our respects.

Then, as we look ahead, our thoughts will also turn towards all things festive! Please make sure you save the date for our Christmas Market on Friday 4th December and our Christmas Concert on Wednesday 16th December. More details will follow, but both are certainly something to look forward to!

Finally, with lots of firework displays taking place over the weekend, I hope those of you celebrating enjoy the festivities; please remember to stay safe and look after one another.

**Natalie Christie**
**Principal of Passmores Academy**


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# TOP PASSMORES POINTS ACHIEVERS

**Monday 2nd to Thursday 5th November 2026**

| | | |
|---|---|---|
| Adejare, Tiwalola | Year 7 | 62 |
| Perkins, Kitty | Year 7 | 57 |
| Guiver-kirk, Amber | Year 7 | 56 |
| Kemp, Dulcie | Year 7 | 55 |
| Bazzoni, Darcie | Year 7 | 54 |
| Fucile, Liam | Year 7 | 52 |
| Parnham, Jensen | Year 7 | 52 |
| Francis-Melvin, Harlie | Year 7 | 51 |
| Manea, David | Year 7 | 51 |
| Neave, Eloise | Year 7 | 51 |

| | | |
|---|---|---|
| Norris, Mason | Year 8 | 57 |
| Stewart, Olivia-Lilly | Year 8 | 54 |
| Ashraf, Ayaan | Year 8 | 50 |
| Sayers, Jess | Year 8 | 50 |
| Woodington, Isla | Year 8 | 50 |
| Littlechild, Nathan | Year 8 | 47 |
| Edwards, Charlie | Year 8 | 46 |
| Rollinson, Ava | Year 8 | 43 |
| Devlin, Jessica | Year 8 | 42 |
| Capiron, Harrison | Year 8 | 41 |
| Griffiths, Millie | Year 8 | 41 |
| Kozikowska, Ola | Year 8 | 41 |
| Samain-Fountain, Sienna | Year 8 | 41 |

| | | |
|---|---|---|
| Campbell, Janelle | Year 9 | 59 |
| Stoker, Sidney | Year 9 | 51 |
| Gregory, Leo | Year 9 | 49 |
| Roffey, Iris | Year 9 | 48 |
| Seip, Joshua | Year 9 | 47 |
| Thompson, Corey | Year 9 | 47 |
| Moore, Poppy | Year 9 | 46 |
| Sanders, Eleanor | Year 9 | 46 |
| Johnson, Lilly | Year 9 | 45 |
| Flintham, Eli | Year 9 | 44 |
| Sava-Luchian, Eric | Year 9 | 44 |

| | | |
|---|---|---|
| Kundrotaite, Evita | Year 10 | 71 |
| Pay, Amelia | Year 10 | 70 |
| Bonwick, Amelia-Mae | Year 10 | 58 |
| Serpytis, Aaron | Year 10 | 55 |
| O'Callaghan, Mitchell | Year 10 | 51 |
| Brempong, Lisa | Year 10 | 49 |
| Costantinou, Daniella | Year 10 | 47 |
| Laurino, Benedetta | Year 10 | 46 |
| Freeman, Preston | Year 10 | 45 |
| Harding, Oliver | Year 10 | 44 |
| Mfon, Makiah | Year 10 | 44 |
| Ozimek, Filip | Year 10 | 44 |

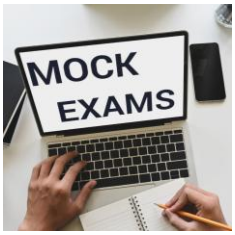
| | | |
|---|---|---|
| Gough, Max | Year 11 | 23 |
| Norburn, Amber | Year 11 | 23 |
| Hogg, Sophie | Year 11 | 18 |
| Morris, Gracie | Year 11 | 18 |
| Smith, Esme | Year 11 | 18 |
| Denkewicz, Jan | Year 11 | 16 |
| Wallace, Morgan | Year 11 | 16 |
| Webb, Jacob | Year 11 | 16 |
| Windeler, Emylei | Year 11 | 16 |
| Blackburn-Curpen, Logan | Year 11 | 15 |

| **Year Group Attendance w/c 2nd November 2026** | |
|---|---|
| Year 7 | 95.21% |
| Year 8 | 91.62% |
| Year 9 | 91.7% |
| Year 10 | 86.08% |
| Year 11 | 88.07% |
| **All Students** | **90.68%** |

# PASTORAL UPDATE




It has been a busy and purposeful week as we settle back into school life following the half-term break. Our focus has been on resetting our standards and expectations, using dedicated Pastoral Curriculum time to remind students of the importance of positive choices, excellent behaviour, high standards and taking pride in their learning. It is a great opportunity to start afresh, refocus and make the most of the opportunities ahead.




Our Year 11 students have also been working incredibly hard as they complete their mock examinations. We are proud of their commitment, resilience and determination during this important period. These exams provide valuable experience and an opportunity to reflect on progress, identify areas for development and build confidence ahead of the summer examinations.




We have also taken time to recognise National Stress Awareness Day, reminding all students of the importance of looking after their mental health and wellbeing. Through our pastoral work, we have encouraged students to recognise signs of stress, explore positive strategies for managing pressure and understand the importance of talking to someone and asking for support when needed.

As we move further into the half term, our message remains simple: high expectations, positive attitudes and looking after ourselves and one another. We look forward to seeing our students continue to embrace challenges, make positive choices and achieve their very best!

## Weekly Winners
## Week Commencing: 2nd November 2026

Oliver Ranson

Nicola Pielak

Jayden Pavitt

William Hynd

Lucy Gough

Mason Herrett-Bowman

Emily Olalla Guillen

Reggie Fitzpatrick

Ryan Ward

Olly Mahon

REMEMBRANCE DAY

# POPPIES FOR SALE

When: Break and Lunch

Where: Duty Team Desk in the Heart Space

*Our Charity Reps and Prefects will be going around to forms to collect donations*

**50p minimum donation per poppy but additional donations are welcome**

**All donations will go to the Royal British Legion**

FRIENDS OF PASSMORES

# CHRISTMAS MARKET

## 4TH DECEMBER 2026

## 6PM-8PM



THE GRINCH IS BACK

Merry Christmas

£1 ADULT

50P U16 & OVER 60

FREE UNDER 5

# SUBJECT / INFORMATION UPDATES

Over the half term our GCSE History students headed off the Berlin, to explore a city full of history, culture and fun!

After a long wait in Berlin airport and a hectic start, the students started off their trip with Berlin's most famous landmarks on a walking tour. First stop: Checkpoint Charlie and the Berlin Wall, where students were amazed to see how a structure that once divided a city now stands as a symbol of unity and resilience. From there, we made our way to the Brandenburg Gate, the Holocaust Memorial and the Fuhrers Bunker.

In the evening the students had a night-time viewing of the Reichstag Building, where we learned about Germany's government and viewed Berlin from its historic terrace. Seeing Berlin lit up in the evening from above was simply magical — twinkling lights, busy streets, and a skyline full of history.

The next day, we then headed over to the Topography of Terror Museum where students could see the archives and testimonials of the SS and Gestapo which are fundamental in understanding how society went wrong and what we can do today to ensure it doesn't happen again. After a pit stop at Berlin Mall we headed to the Olympic Stadium, where imaginations ran wild about races and victories of decades past. The students were very impressed with the stadium which is now home to Herthe Berlin and hosted the 2015 Champion League final! The boys were certainly impressed to sit in the changing rooms where Messi and Kane had sat. To finish off the day, a trip up the TV Tower gave us a bird's-eye view of the city — where a few students and staff faced their fears and braved the 203m high ascent to the viewing platform.

Our final day saw our students walking along the East Side Gallery, which once separated East and West Germany. Now the wall is filled with artwork to reminds visitors of the importance of freedom and identity. Before the weather turned dreary, we made one last stop to Berlin Zoo. Wow. What a zoo it is! Students got to experience some animals which they have never seen before such as the Polar Bears and Pandas. Just as the rain started, we made a quick getaway to the airport for our return journey back to a very stormy Stansted!

Despite the cold and the early mornings, our students were positive, polite, and full of good humour. Teachers were so proud of how everyone embraced the trip — laughter was constant, curiosity never faded, and not a single complaint went unaccompanied by a smile – except the moans of achy legs! Each and every student made Passmores proud!

See next page for some photos!

**Miss Gallagher**
**History Teacher**




OLYMPIASTADION
BERLIN
BERLIN

**French**



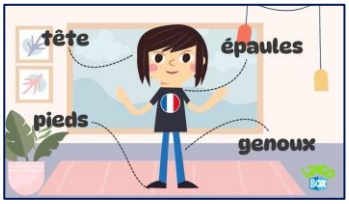
**Phonics Learning Through Songs and Rhymes**

Our pupils are continuing to develop their French phonics skills at Key Stage 3, building confidence in recognising and producing the sounds of the French language.

Songs and rhymes are a fun and memorable way for pupils to practise pronunciation, helping them make connections between sounds, spelling and meaning. Regular repetition also helps new sounds become more familiar and easier to use when speaking, reading and spelling French.

Here is this week's *Song of the Week: Head, Shoulders, Knees & Toes*

Why not have a listen and see if you can join in at home...



# Staff Spotlight...

**This Girl Can... *and These Girls Did!***

On Thursday 29th October, Miss Palmer and Miss Brand attended the 'Let's Lift The Curfew' national run, hosted by Harlow Running Club, Essex Police, This Girl Can and England Athletics.

The run highlights the restrictions many women face during the darker months because they do not feel safe running as the darker, winter nights approach. By running together, the event shows support and stands in solidarity for every woman who has had to cut a run short, avoid a particular route, carry something for protection or decided to not go out at all because she felt unsafe.

The brief was simple - wear something bright or hi-vis to light up the streets of Harlow. Miss Palmer and Miss Brand decided that their Passmores hi-vis would be the best piece of high visibility clothing to wear to join the hundreds of Harlow residents running in solidarity with this fantastic movement - a few students were present too, as well as Mr Jules-Stock!

For more information about this fantastic movement, please visit This Girl Can's website as linked here Let's Lift The Curfew | This girl can





If you know of anyone (staff or student) that deserves a place under our spotlight, email: k.stearn@passmoresacademy.com

# SPORT / PE UPDATE

**14 Passmores Students Represent School at Barclays Game On – GO Lead Event**

On Monday, 2nd November, 14 girls from Passmores Academy took part in the **Barclays Game On – GO Lead** training course hosted at Harlow Town FC.

The initiative offers KS3 girls the opportunity to develop leadership skills through the power of football. Throughout the day, the new "Girls' Football Activators" participated in interactive workshops focused on three key areas:

- **Advocating** for girls' football within the school community
- **Delivering** engaging sessions for their peers
- **Officiating** games with confidence

Underpinned by core life skill development, the activators will now work as a group to design and launch new extra-curricular football opportunities for their schoolmates to enjoy.

The session was delivered by coaches from the Essex FA, who praised the Passmores students for their outstanding delivery, enthusiasm, and encouraging attitude throughout the entire day, calling them an absolute credit to their school.



**Year 7 - Harlow District Football**

On Thursday, our Year 7's took part in a friendly Harlow District Football tournament.

For a newly formed team, everyone played fantastically, showing great teamwork, resilience, and skill.

We look forward to the rest of the season!



# CAREERS NEWS

**Work Experience** – WE NEED YOU!




At Passmores Academy, we want every student to leave school with a better understanding of the opportunities available to them and the confidence to pursue them. We are therefore now offering work experience to our year 10 students during the week of the 8th-12th February 2027.

Ideally, we would love students to complete a 5-day placement, and we are reaching out to you as parents/carers/employers to ask if you can help us by offering placements.

This is such a great opportunity for our students to develop confidence and workplace awareness, understand the skills needed for future success to help them to make more informed decisions about future study and careers. Every workplace has something valuable to offer, and every experience can help shape a student's future.

Parents and carers are often a young person's biggest source of career inspiration, and we'd love to hear from you, do you work for an organisation that could support our students. If you, your employer, or someone in your network could support this initiative, we'd love to hear from you.

Please get in touch with Sara Simpson, Work Experience Co-ordinator, s.simpson@passmoresacademy.com.

**Live online Career Experience Days for students aged 13–18**

Experience days in a range of sectors during Oct, Nov and Dec. The cost of these is £79. Sectors represented include Medicine, Dentistry, Veterinary Medicine, Computer Science, Performing Arts, Midwifery, Psychology, Architecture, Engineering, Law and Business.

They are all online and include a certificate of completion. To find out more and book, click on this link: **CareerDays.co.uk**

**Free Live Virtual Get into Medicine and Dentistry Conferences and Certificates**

**For aspiring Doctors:** FREE LIVE VIRTUAL Get into Medicine conference dates:
Saturday 21st November from 9am - 1:30pm
Saturday 28th November from 9am - 1:30pm

**For aspiring Dentists**: FREE LIVE VIRTUAL Get into Dentistry conference dates:
Sunday 15th November from 9am - 1:30pm

Students will be awarded a certificate of attendance, which can be listed on their Medical/Dental School applications.

Register on the following links:

Medical Link: https://medicmentor.org/get-into_medicine_conference_signup/
Dental Link: https://dental-mentor.org/get-into-dentistry-conference-sign-up/

**Apprenticeships**

If your young person is in Year 11 and currently interested in applying for apprenticeships, then please encourage them to register with Essex Apprenticeship Hub | Find Apprenticeships & Career Support.

This is a free service offered by Essex County Council to support young people with applications, finding vacancies, CVs and interviews.

They are holding a free virtual event on Weds 11th Nov, 6.15-7pm, 'Nail your CV & Applications'.

To register: Nail Your CV & Applications: Essex Apprenticeship Hub - Pathway CTM.

Apprenticeships in engineering – Free online event, Apprenticeships in Engineering – Apprenticeship Hub Live Tickets, Wednesday, November 25 • 6:15 PM - 7 PM GMT | Eventbrite

**Earniversity is back!**

40 places fully funded, all the delivery takes place online and is aimed at young people Aged 14-25 years of Age and chance for the develop their entrepreneurial skills, make money, and gain the all-important employability skills too.

Starts Monday 9th November 2026 to 16 December 2026 · 2 evenings a week, Mondays & Wednesdays 6:00pm – 7:30pm.

Register at: https://www.earniversity.io/essex

INVESTIN

# What's it like to be a...?

## FREE ONLINE CAREER TASTERS, 6PM UK TIME

**Free Career Tasters**

*Interactive Online Workshops for Students*

We are pleased to announce our new interactive workshop series! Students will hear directly from practising professionals on day-to-day life in their roles.

Many students lack the industry connections required to get their questions answered, so we hope to give them direct access to the people who can help.

Please share this information with your students and their parents by forwarding this email, sharing the example text or sharing this poster.

We'd love to see students join the workshops live so that they can contribute to discussions. However, if they can't make it, they can still sign up to receive the recording.

**Upcoming Online Workshops...**

6 of our most popular careers will feature in this workshop series. They'll cover:

✅ A typical day in that role

✅ The needed skills and potential challenges

✅ Salary, career progression and some myth-busting

Then, students will get stuck in with an interactive simulation!

To sign up, see next page...




WHAT'S IT LIKE TO BE A PSYCHOLOGIST?

REGISTER FOR EVENT



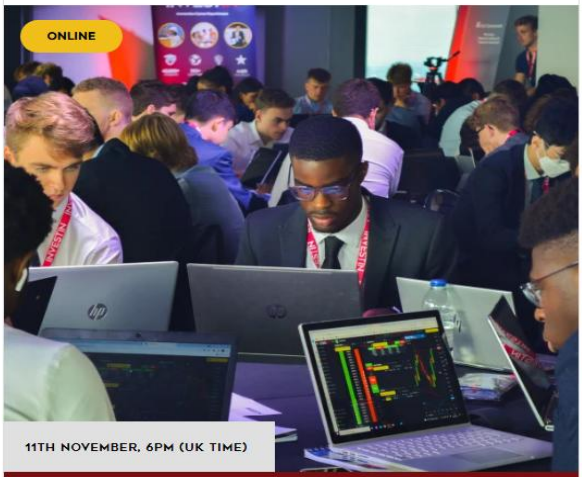

WHAT'S IT LIKE TO WORK IN AI?

REGISTER FOR EVENT




WHAT'S IT LIKE TO BE A DOCTOR?

REGISTER FOR EVENT




WHAT'S IT LIKE TO BE A BANKER?

REGISTER FOR EVENT




WHAT'S IT LIKE TO BE A LAWYER?

REGISTER FOR EVENT




WHAT'S IT LIKE TO BE AN ENGINEER?

REGISTER FOR EVENT

# Open Events 2026-2027

| Colleges & Sixth Forms | Contact No. | Open Date |
|---|---|---|
| Bishops Stortford Football Academy<br>academy@bsfc.co.uk | | Awaiting date |
| The College at Braintree<br>(Now part of Colchester Institute)<br>www.colchester.ac.uk | 01206 814000 | Sat 14th Nov, 10am-12pm |
| Cambridge Regional College<br>www.camre.ac.uk | 01223 418200 | Sat 14th Nov, 9.30-12.30pm<br>Sat 23rd Jan, 10-12.30pm |
| Chelmsford College<br>www.chelmsford-college.ac.uk | 01245 265611 | Weds 3rd Feb, 6pm-8.30pm |
| CRE8<br>apply@learntocre8.com | | Awaiting date |
| Fashion Retail Academy<br>www.fashionretailacademy.ac.uk | 0207<br>3072345 | Sat 28th November<br>Sat 16th January |
| Harlow College<br>www.harlow-college.ac.uk | 01279 868000 | Tues 2nd March, 5pm-8pm |
| Hills Road Sixth Form College, Cambridge<br>www.hrsfc.ac.uk | 01223 247251 | Open date in the summer term for year 10 students |
| Hertford Regional College<br>www.hertreg.ac.uk | 01992 411400 | Tues 24th Nov, 5.30pm-8pm<br>Thursday 4th February<br>Tuesday 27th April |
| Herts & Essex High School,<br>Bishop's Stortford<br>www.hertsandessex.herts.sch.uk | 01279 654127 | Tues 10th Nov |
| Hockerill Anglo-European School,<br>Bishop's Stortford<br>www.hockerill.herts.sch.uk | 01279 658451 | Sat 21st Nov, 8.30am-12.30pm |
| Long Road Sixth Form College,<br>Cambridge<br>www.longroad.ac.uk | 01223 631100 | Open date in the summer term for year 10 students |
| New City College (Epping Forest),<br>www.ncclondon.ac.uk | 0208 508 8311 | Sat 21st Nov, 10am-2pm<br>Sat 30th Jan,10am-2pm |
| Presdales Sixth Form<br>www.presdales.herts.sch.uk | 01920 462210 | Thurs 12th Nov, 6-8pm |
| St Marks School, Harlow<br>www.st-marks.essex.sch.uk | 01279 421267 | Thurs 12th Nov |
| St Mary's Catholic School, Bishop's Stortford<br>www.stmarys.net | 01279 654901 | Awaiting date |
| Stansted Airport College<br>www.harlow-college.ac.uk | 01799 513030 | Thurs 11th March |
| Writtle College<br>www.writtle.ac.uk | 01245 424200 | Sat 21st 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.

# FORTHCOMING EVENTS

| | |
|---|---|
| **Monday 2nd November to Friday 18th December** | **Autumn Term 2** |
| Thursday 12th November | Year 7 & 8 Social Evening |
| Thursday 26th November | Cake Sale – 3pm |
| Thursday 26th November | Year 9 Options Evening |
| **Monday 30th November** | **INSET Day** |
| Friday 4th December | Christmas Market - 6pm-8pm |
| **Monday 21st December to Friday 1st January** | **Christmas Holiday** |
| **Monday 4th January** | **INSET Day** |
| **Tuesday 5th January to Friday 12th February** | **Spring Term 1** |
| **Friday 29th January** | **INSET Day** |
| **Monday 15th February to Friday 19th February** | **Half Term** |
| **Monday 22nd February to Thursday 25th March** | **Spring Term 2** |
| **Friday 26th March to Friday 9th April** | **Easter Holiday** |

# ANY OTHER INFORMATION

| KEY CONTACT INFORMATION | |
|---|---|
| **School Address**<br>Passmores Academy, Tracyes Road, Harlow, Essex, CM18 6JH | |
| **Main Telephone**<br>01279 770800<br>passmores@passmoresacademy.com | **Student Absence**<br>Report via the Arbor app |
| **Change of Contact Details**<br>h.day@passmoresacademy.com | |
| **Student Services**<br>pastudentservices@passmoresacademy.com | |
| **First Aid**<br>pafirstaid@passmoresacademy.com | |
| **Extra-Curricular Clubs**<br>h.day@passmoresacademy.com | |
| **Account / Trips**<br>s.hodges@passmoresacademy.com | |
| **Homework**<br>datateam@passmoresacademy.com | |
| **Free School Meals**<br>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'

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

# MOBILE PHONES

Mobile phones have become a huge part of young people's everyday lives, but new restrictions on their use in schools and proposed restrictions on social media are changing how children and young people can use them. This guide explores mobile phones, their use by young people, what the evidence tells us, the current and future legal position, and what parents and educators should do.

## What are the risks?

### MENTAL HEALTH AND WELLBEING

The relationship between smartphone and social media use and young people's mental health is complex, and evidence does not establish a simple cause-and-effect relationship. Some researchers and commentators, however, including Jonathan Haidt, author of The Anxious Generation, argue that increased smartphone and social media use may be contributing to poorer mental health and wellbeing among young people.

### LEARNING AND ATTENTION

Mobile phones can distract pupils from learning and make it harder to maintain attention and concentration. Research suggests that learning and attention have improved in schools that already prohibited mobile phone use, particularly among pupils with lower prior attainment. Now that the DfE's guidance on mobile phones is statutory, schools should ensure that the whole-school community understands and follows their policy, while monitoring how effectively it is implemented.

### HARMFUL CONTENT AND BULLYING

Mobile phones can be a means of extending peer conflict from the community into schools and from schools back into the community. They also provide easy access to harmful and inappropriate content, including content that is sexually explicit, promotes self-harm or eating disorders, or is violent in nature. Exposure to this content can negatively affect children's mental health and wellbeing, potentially increasing the support they require from schools, parents, and support services.

### EXCESSIVE SCREEN TIME

Ofcom research found that 13- to 14-year-olds spend an average of 4 hours 19 minutes online each day across smartphones, tablets, and computers. However, there is considerable variation between children, with some spending significantly more or less time online. Excessive screen time can contribute to disrupted sleep and fragmented attention, both of which can negatively affect children's mental health and wellbeing.

## The current and upcoming rules

### SCHOOL BANS

As of 1 September 2026, schools are expected to be phone-free environments by default, with any exceptions limited to specific circumstances. Schools can decide how best to implement this. For example, some may provide secure storage or collect phones at the beginning of the school day, while others may prohibit pupils from bringing them onto school premises altogether. Schools can also confiscate mobile phones in line with their behaviour policy, while searches for prohibited phones must follow the relevant legal requirements.

### REASONABLE ADJUSTMENTS

Schools should make reasonable adjustments where necessary for disabled pupils and may allow exceptions in other circumstances, including where mobile phone use is necessary to support a medical condition or an identified need. For example, a pupil with diabetes may use a continuous glucose monitor linked to their mobile phone to monitor their blood sugar levels. Schools may also make adaptations where mobile phone use provides agreed support for pupils with SEND. Any exceptions should be clearly reflected in the school's policies and procedures.

### ONLINE SAFETY ACT 2023 AND 2026 PROPOSALS

Platforms are required to protect children from harmful content and use age checks to prevent children from accessing pornography and certain other types of harmful content. In June 2026, the government announced that it intends to stop social media companies offering services to under-16s. These restrictions are expected to be introduced in spring 2027, but the precise scope and rules have not yet been confirmed.

## WHAT SHOULD YOU DO?

While there is ongoing debate about the relationship between smartphones, social media and young people's mental health, there are steps that parents and educators can take to help reduce the potential risks associated with their use:

1. Delay smartphones. Consider waiting until a child is 14 before giving them a smartphone. Where a child needs a device to contact family, a basic phone may be an alternative.
2. Delay social media. Consider delaying access to social media until the age of 16.
3. Support phone-free schools. Parents, pupils, and staff should understand and support the school's approach to mobile phones.
4. Encourage screen-free activities. Promote independent and outdoor play, alongside other activities that give children opportunities to socialise and spend time away from screens.


### Meet Our Expert

Mark Emmerson OBE, CEO – City of London Academies Trust. With nearly 45 years' experience in inner-city education, including 26 years in senior leadership roles, Mark was an early advocate for tackling the risks of mobile phones in schools, introducing a ban as headteacher in 2000. He has also served as a national DfE adviser and held local authority roles, consistently driving improvements in pupil outcomes and Ofsted judgements, particularly in disadvantaged communities.




#WakeUpWednesday®

The National College®



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.10.2026









## West Autumn Term

# The Essex SEND Local Offer Roadshow

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

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

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

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

Wednesday 4 November 2026

Epping Hall, 2 St Johns Road, Epping, CM16 5DN

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

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

In Partnership with

# 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**

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

Essex County Council

DS21_7346

NHS
Talking Therapies

# Find your way




ONLINE COURSE

**Resilient Minds: A Mental Health Course for Young Adults**

Self-refer today

Take charge of your mental health with **free online courses to manage stress and anxiety.**

**Self-refer to start building your mental toolkit.**

Scan the QR to self-refer.

vitahealthgroup.co.uk

Services provided by
vita health group
Part of Spire Healthcare

## Course Details:

- FREE NHS Treatment
- 4 weeks & 4 sessions
- 1.5 hours per session
- Camera & mic not required

## Struggling with exam stress or uni deadlines? Worried about career choices or job interviews?

You're not alone. This course is designed to help you improve focus for study and work, handle social and relationship stress better, and feel more confident about your future during changeable, unsettling times.



## What you'll learn:

| | | |
|---|---|---|
| 01 | **Practical Coping Skills** | Simple techniques to manage stress and boost resilience. |
| 02 | **Clear Thinking Strategies** | Stop overthinking and break negative thought patterns. |
| 03 | **Confidence and Balance** | Build habits that help you to feel in control of your life |

# Let's build your mental toolkit.

It's easy to get started - self-refer today using the QR code or the details below:

vitahealthgroup.co.uk

0330 094 5595

NHS
Talking Therapies

# Find your calm




ONLINE COURSE

## Calm the Mind: Managing Worry & Overthinking

Self-refer today

Take the first step with **free online courses** designed to help you calm your busy mind.

**Self-refer to start building your mental toolkit.**

Scan the QR to self-refer.

vitahealthgroup.co.uk

Services provided by
vita health group
Part of Spire Healthcare

## Course Details:

- FREE NHS Treatment
- 6 weeks & 6 sessions
- 1.5 hours per session
- Cameras are optional

## Does your mind race when you're trying to relax?

Do you find yourself worrying, struggling to focus, or just wishing you could be more present?

This course is here to help - at your own pace, on your terms.



## What you'll learn:

| | | |
|---|---|---|
| 01 | **Understand the habit of rumination, overthinking & worry** | Learn why these patterns happen and how they affect your well-being. |
| 02 | **Break the cycle and build healthier habits** | Learn practical strategies to calm the mind and create space for rest and activities you value. |
| 03 | **Shift 'why' and 'what if' thinking** | Replace unhelpful thought patterns with techniques that give you respite and clarity. |
| 04 | **Transform self-critical talk** | move from harsh inner dialogue to kind, motivating self-talk. |
| 05 | **Channel an unfocused mind** | Learn how to stay on task and be present in the moment. |

# Let's build your mental toolkit.

It's easy to get started - self-refer today using the QR code or the details below:

vitahealthgroup.co.uk

0330 094 5595

NHS
Talking Therapies

# Find your balance




Take control of stress with **free online courses** to support a healthier work-life balance and prevent burnout.

**Self-referring is an act of self-care.**

Scan the QR to self-refer.

vitahealthgroup.co.uk

Services provided by
vita health group
Part of Spire Healthcare

## Course Details:

- FREE NHS Treatment
- 4 weeks & 4 sessions
- 1.5 hours per session
- Cameras are optional

## Do you find it hard to switch off after work?

Do you worry about work when you want to focus on other things? Feel burned out or want to make the most of your time at home?

This course will help you to improve your work-life balance, reduce stress and burnout, and help you to maximise quality time at home



## What you'll learn:

| | | |
|---|---|---|
| 01 | **Engage in What You Value** | Discover practical ways to focus on what truly matters outside of work. |
| 02 | **Control Worry & Overthinking** | Learn techniques to manage racing thoughts and reduce mental clutter. |
| 03 | **Manage Self-Critical Thoughts** | Build strategies to quiet your inner critic and boost your wellbeing. |

# Let's build your mental toolkit.

It's easy to get started - self-refer today using the QR code or the details below:

vitahealthgroup.co.uk

0330 094 5595

hcrg Care Group

Essex Child and Family Wellbeing Service

BARNARDO'S

# Health Advice Drop-in for 5-19 year olds

**Day and Time:** Every Wednesday, 3pm-4:30pm

**Location:** Harvey Centre, 1st Floor-opposite Burger King
Harlow CM20 1XR

Advice and support for children and young people aged 5–19 from a member of our school Health team, providing a safe space to discuss any worries or concerns they may have.

## Areas of support

- Managing worries, low mood, stress or anger issues
- Bullying and friendship issues
- Diet / Nutritional support
- Improving sleep
- Day and night wetting
- Behavioural concerns
- Personal hygiene
- Sexual health
- Information and signposting regarding medical conditions

t: 0300 247 0122 Option 1- School Nurse

w: essexfamilywellbeing.co.uk

BOUNTY CLUB

Commissioned by

Essex County Council

NHS

# Harlow Mixed Ability Rugby 2026
# Indoor Winter Training Schedule

**All sessions Saturdays 8:45am – 09:30am**

📍 **St Nicholas School,**
**Hobbs Cross Rd, Harlow, CM17 0NJ**

**Ages 6 – 24** | **All Welcome** | **No Booking Required** | **Free**

- **7th November**
- **21st November**
- **5th December**
- **16th January**
- **30th January**
- **13th February**
- **27th February**



## Connect With Us

mixedability@harlowrugby.club

**FREE ACTIVITIES** INCLUDING POOL TABLE, DARTS, TABLE TENNIS, COOKING & CRAFTS




## EVERY MONDAY FROM 21 SEPTEMBER 4:00PM-6:00PM

TYE GREEN INDOOR BOWLS CLUB, TILEGATE ROAD, HARLOW, ESSEX, CM18 6LU

TEL: 01279 308150
EMAIL: INFO@RAINBOWSERVICES.ORG.UK

Rainbow services

HARLOW

YOUTH SERVICE | Inspire Enable Achieve