## Newsletter

Friday 14th March 2025 Issue 23





Dear Parents/Carers,

What better way to spend lunch than having a quiet game of chess with a friend? This is what happened today, when two, year 8 students got out their board and became embroiled in a game of strategy and tactics. Chess, not necessarily a game that you associate as a spectator sport, suddenly piqued the interest of some other students, and then a few more, and a few more and before we knew it a large crowd was watching on, cheering every move.

On the back of our assemblies this week reinforcing expectations of behaviour, this was a sight to behold. Everyone engaged, enjoying being with friends and just having a lovely time.

Next Thursday is an important date for year 9 and 10. For year 9, it is our KS4 Options Evening; we look forward to seeing you at 5.30pm for an informative evening. During the day, year 10 will be showcasing their best attire as they dress to impress for their Mock Interview with a member of our local community. They have worked hard in preparation, we wish them all the best.

Natalie Christie
Principal of Passmores Academy

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**USEFUL LINKS** 

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#### **TOP PASSMORES POINTS ACHIEVERS**

#### 7<sup>th</sup> to 13<sup>th</sup> March 2025

Labdon, Cian	Year 7	45
Coleman, Maxwell	Year 7	44
Maylen, James	Year 7	41
Mahon, Olly	Year 7	40
Wheatley, Emily	Year 7	39
March, Sam	Year 7	38
Smeed, Harley	Year 7	38
Tedder, Archie	Year 7	37
Sava-Luchian, Eric	Year 7	36
Bricknell, Oscar	Year 7	35
Gordon, Albie	Year 7	35
Howe, Tate	Year 7	35
Smith, Luke	Year 7	35
Mirza, Casey	Year 8	32
Bennie, Faris	Year 8	30
Aken, Rosie	Year 8	29
Cracknell, Rosie	Year 8	29
Harding, Oliver	Year 8	29
Jones, Kayleigh	Year 8	29
Laurino, Benedetta	Year 8	29
Mfon, Makiah	Year 8	29
Norton, Florence	Year 8	29
Brempong, Lisa	Year 8	28
Butterfield, Harriet	Year 8	28
Brown, Charlie	Year 9	25
Collins, Lily	Year 9	24
Boland, Frankie	Year 9	23
Casey, Jack	Year 9	23
Da Mata, Melanie	Year 9	22
Potgieter, Demar	Year 9	22
Zuna, Hayden	Year 9	22
Redding, Jack	Year 9	21
Smith, Esme	Year 9	21
Mushtaq, Abeeha	Year 9	21

Dolling, Tommy	Year 10	36
Egbo, Francis	Year 10	32
Aiyamenkhue-edigin, Joanne	Year 10	32
Theophil, Dylan	Year 10	30
McGill, Ollie	Year 10	28
Silver, Caiden	Year 10	28
Wejman, Dawid	Year 10	28
Dean, Lewis	Year 10	27
Francis-Melvin, Sid	Year 10	26
Long, Riley	Year 10	26
Laney, Mckenzie	Year 11	19
Donoghue, Olivia	Year 11	18
Lawrence, Owaen	Year 11	18
Stafford, Lacey-Mae	Year 11	18
Stringer, Lara	Year 11	18
Olaru, Mario	Year 11	17
Nicholls, Ella	Year 11	17
Kearns, Connie	Year 11	15
Webb, Macey	Year 11	15
Bull, Ilya	Year 11	14
Doherty, Ellie	Year 11	14
Erikume, Victor	Year 11	14
Mustafa, Emin	Year 11	14
Turcu, Diana	Year 11	14
Webb, Keira	Year 11	14
Hall, Charlie	Year 11	14
Vetori, Rileigh	Year 11	14

Year Group Attendance (3 <sup>rd</sup> to 7 <sup>th</sup> March 2025)		
Year 7	91.49%	
Year 8	91.19%	
Year 9	89.86%	
Year 10	88.48%	
Year 11	84.87%	
All Students	89.22%	

#### **PASTORAL UPDATE**



#### Thought for the Week - Passmores Passport Reflection

This week, students took time to reflect on their progress with the Passmores Passport. This was an important opportunity for students to evaluate:

- How well they are embracing the school values.
- What areas they can improve upon.
- > The effort they are putting in and how this will impact their chances of winning the big prizes in the end-of-year draw.

By taking ownership of their progress, students can continue to strive for excellence and make the most of their school experience.

#### In the News - BBC Newsround Discussions

Students tuned into BBC Newsround this week to explore the major news stories of the day. They then engaged in meaningful discussions, sharing their views and thoughts on topics that sparked their interest. This encouraged students to:

- Stay informed about current events.
- Develop critical thinking skills.
- Express and debate their opinions in a respectful way.

#### Other News - Behaviour Curriculum Assemblies

On Wednesday, Thursday and Friday, students attended assemblies introducing our Behaviour Curriculum. The key aims of the behaviour curriculum are to:

- Ensure consistency across the school community.
- > Define and explicitly teach successful behaviour.
- Promote a culture of high expectations, respect, fairness, and belonging.
- Encourage students to take control of their behaviour and understand the consequences of their actions.
- ➤ Reinforce positive behaviour through modelling, practice, and recognition.

Our first focus area will be on appropriate physical contact at break and lunchtime. By embedding these expectations, we aim to create a school environment where students feel safe, respected, and ready to learn.

#### **Looking Ahead to Next Week**

Next week is set to be another exciting and busy one!

- Thought for the Week Marking World Down Syndrome Day and learning about the importance of inclusion and awareness.
- In the News Recognising the International Day for the Elimination of Racial Discrimination.
- Year 11 Exam Stress Management A session with Kooth to provide strategies for coping with exam stress.
- Year 10 Prefect Interviews An exciting opportunity for students to step into leadership roles.
- Year 10 Mock Interview Day Helping students develop confidence and career readiness.
- Key Stage 4 Options Evening Supporting students and families in making informed choices about their future pathways.

It's going to be a packed week, and we look forward to seeing students continue to engage, grow, and thrive!



#### **CAUGHT DOING GOOD...**



(Monday 10th to Friday 14th March 2025)

Year 9

Millie McNeilly
Danielle Erikume
Heidi Moore
Charlie-James Morton

Year 7

Alfie Thornton

#### Cherish Rainford **Edward Borland** Aiden Brandle

**Amelia Surtees** 

Kai Wilkinson

Year 8

#### Jacob Marshall Max Kane **Amanda Krupowies** Oliver Ranson Joe Copas

#### Robbie Clark-Harding Frankie Fearon Ayan Farooq Ronnie Swann Hassan Farhan

Year 10

#### **Tommy Newnham** Molly Croome

Year 11

Don't forget to also check out the latest episode of Pass News:

https://youtu.be/JCh6WmpNdd0?si=lJeBx7aTldOwo9xm

#### SCHOLASTIC BOOK FAIR - Wednesday 26th March 2025

We are hosting a book fair for all years on Wednesday 26th March 2025 to celebrate the publication of the new Hunger games novel. Scholastic will provide us with a library of brand new books to choose from, at very competitive prices. They have been carefully chosen to be of interest to students of secondary school age. Students will be given a £1 World Book Day gift voucher that they can use to get an extra discount off of the books available.

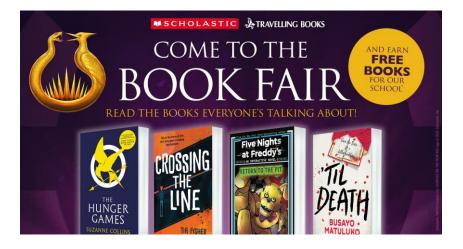
Once students have selected their choices they can pay by cash or voucher and we will order the books in at high speed.

No need for cash or card payments with our Book Fair Gift Vouchers!

Book Fair Gift Vouchers are the simple, secure way to ensure your child gets the books they want when the Book Fair arrives and are perfect if you can't make it to the Book Fair

- Your school will earn <u>Rewards</u> for free books on the full value of the voucher.
- Once a purchase has been made, you will receive the voucher in an email which can be printed and given to your child much safer to carry than cash!
- Vouchers can be purchased up until midnight on the day before the collection of the Book Fair.

Book Fair Gift Vouchers - Scholastic Book Fair



Any questions, please contact Mr R King

#### SUBJECT/INFORMATION UPDATES

#### Science

The Science department have been celebrating British Science week. British Science Week is a ten-day celebration of thousands of events running throughout the whole of the UK with the aim of celebrating science, engineering, technology and maths. This year's theme was change and adapt.

Science staff dressed up as a range of animals and challenged the pupils to guess what animal they were and their adaptations.

How many can you guess?



#### Year 11 Photography Trip to Canary Wharf and Museums

Last Tuesday, Year 11 photography students enjoyed a day in London as they travelled by train and underground to Canary Wharf.

With clear skies and lovely weather, they spent the day exploring the area while working on photoshoots based on three themes: *Narrative*, *Angles*, and *Flora and Fauna*. The modern architecture and green spaces of Canary Wharf provided the perfect backdrop for their creative work.

After lots of walking and capturing stunning images, the group visited the Twist Museum and the Paradox Museum, where they explored contemporary art and optical illusions for fresh inspiration. The students created some exciting and creative concepts as they experimented with these dynamic exhibits, sparking new ideas and approaches for their own photography.

With plenty of photos to work with, this trip served as excellent preparatory work for their final GCSE exam. It was a fantastic day of exploration, creativity, and teamwork, and we can't wait to see the results of their hard work!

















#### Drama

Happy Friday from the Expressive Arts and Production team!

It's been a couple of weeks, so we thought we'd give you an update on what we've been up to, what's coming up and any other important information from the arts corridor.

#### First things first:

There is a trip going out next week (Wednesday 19th March) for our GCSE Drama learners. We are going to see "Alterations" at The National Theatre. This trip is in anticipation of the upcoming Yr 11 exam on 8th May and the Year 10 mocks that follow shortly after in June. The purpose of the trip is to provide learners with a live theatre trip that they can evaluate for the essay component of their written exam. The trip is listed on Arbor, please make sure you have signed your child up and paid for the trip. If there are any concerns regarding the expense, please contact your child's drama teacher (emails listed below).



#### Year 10 Update:

This week Year 10 have completed their Devising Drama exam; this unit focuses on creating and developing original material for performance. Pupils have been rehearsing and creating over the last couple of months, alongside completing their coursework and the exam provides them with a platform to showcase their work, which is recorded and marked by their teacher, then externally verified by an exam board assessor. Once all coursework is completed, the cohort will move to their set text performance of Gizmo, which we will notify you about in due time.

#### Year 11 Update:

Year 11 are continuing with their rehearsals for their performance exam on 3rd April. They have an external examiner visiting on the performance day, who will assess their performances and make a judgement on their grade alongside the coursework they produce for this unit. These results are not shared with the school until results day. Following this, 11s will be preparing for their written exam (8th May).

#### **Production Update:**

I'm sure it's no surprise that it has all been go in the school production world. We continue to rehearse on Tuesdays and Thursdays after school and after Easter we will start with our Sunday rehearsals. All cast members will be given clear notification of when they are required, so keep your eyes peeled on social media and Satchel One. We are making some lovely progress, and it is wonderful to see our large cast begin to develop more advanced rehearsal and performance skills. There is still lots to do and it is still fairly early in our rehearsal process, but it feels exciting, and we know the hard work will pay off when we get to July and have audiences to wow!



Have a wonderful weekend. We'll be back in a couple of weeks with our termly round up.

#### **SPORTS/PE UPDATES**

#### **Boys Football - Year 11**

The year 11s booked themselves into the Harlow District cup final with an emphatic win against St. Nick's.

There was panic amongst the ranks as there were a few absentees and random injuries (excuse... off to watch Tottenham), so a usually strong squad of 16 was at a bare 11 at lunch time but thankfully a few boys stepped up at the last minute to help their fellow year group out; a great trait to have.

Passmores started the game at a good pace and carved out a few early chances but the usually goal scoring Harry Smith seemed to be miss firing, and it took a thunderbolt of a goal to break the deadlock. From Jack Boyce's wand of a left foot, Bobby McDonald quickly added a second to put us 2 up at the half-time interval.

We started the second half in very much the same vein of creating lots of chances and Harry Smith missing them, and then out of nowhere St. Nick's were awarded a penalty. Thankfully, the striker managed to clear the bar and the fence, sending the ball into Nicholls Field! This seemed to jolt the boys into another gear and Harry made up for his countless misses scoring a quick-fire hat trick then limping off making way for our debutants Harvey Bacon and Alfie Read-Smith.

With the game at 5-0 we went on to score 2 more goals by Harry Dorrington and a wonderful finish from Harvey Bacon, and the crowd went duly mad in celebration.

The final will be against Burnt Mill with the venue and date to be announced any time soon.



#### PE EXTRA CURRICULAR TIMETABLE

MONDAY   Basketball/Netball Shooting (Sports Hall)   Break 1 CLO   Break 2 OWY   Basketball/Netball Shooting (Sports Hall)   Break 1 AMN Break 2 MGD   GIIs Football (All Years) GCI (All Years) GCI (All Years) Basketball/Netball Shooting (Sports Hall)   Break 1 JKG   Fitness (Gym) AMN   Trampollining (All Years) Boys Football (All Years) Boys Football (All Years) Boys Football (All Years) JWB   Basketball/Netball Shooting (Sports Hall)   Break 1 JWB   Fitness (Gym) JKG   Boys Football (All Years) JWB   Break 2 ARY   Break 1 JWB   Break 2 ARY   Break 2 ARY   Break 2 ARY   GIIs Netball (All Years) GCI   Table Tennis (Activity Studio) JWB   Table Tennis (Activity Studio) BTEC Coursework Catch-Up & BTEC Coursework		BREAK	STAFF	AFTERSCHOOL 3:30PM- 4:15PM	STAFF
TUESDAY  Basketball/Netball Shooting (Sports Hall)  Break 1 AMN (All Years) Break 2 MGD  Girls Football (All Years)  Girls Football (All Years) CLO  Fitness (Gym)  AMN  Trampolining (All Years) Dance (All Years) Break 2 GCl  Eleak 2 GCl  Girls Football (All Years)  Dance (All Years) Break 2 GCl  Eleak 2 GCl  Break 2 GCl  Break 2 GCl  Break 3 Boys Football (All Years) Break 4 Break 1 JWB  Fitness (Gym)  JKG  Break 2 GCl  Break 2 ARY  Girls Netball (Years 7 & 8)  ARY  CLO  ARY  Girls Netball (All Years) JWB  Fitness (Gym)  JKG  Break 2 ARY  Girls Netball (All Years) JWB  Fitness (Gym)  JKG  Break 2 ARY  Girls Netball (All Years) JWB  Fitness (Gym)  JKG  Break 2 ARY  Girls Netball (All Years) JWB  Fitness (Gym)  JKG  Break 2 ARY  Girls Netball (All Years) JWB  Fitness (Gym)  JKG  Break 2 ARY  CLO  GIRLS Netball (All Years) JWB  Fitness (Gym)  JKG  Break 2 ARY  CLO  GIRLS Netball (All Years) JWB  GCI  Table Tennis (Activity Studio)	MONDAY	_	CLO Break 2		
WEDNESDAY  Basketball/Netball Shooting (Sports Hall)  Break 1 JKG Break 2 GCl  Break 2 GCl  Break 1 JWB  Break 1 JWB  Fitness (Gym)  AMN  Trampolining (All Years)  Dance (All Years)  Boys Football (All Years)  JWB  Fitness (Gym)  ARY  (All Years)  Boys Futsal (Years 7 & 8)  MGD  Break 2 ARY  CLO OWY  GCI  Table Tennis (Activity Studio)  FRIDAY  FRIDAY	TUESDAY		AMN Break 2	Badminton (All Years) Girls Football	AMN JKG GCI
WEDNESDAY  Basketball/Netball Shooting (Sports Hall)  Basketball/Netball Shooting (Sports Hall)  Basketball/Netball Shooting (Sports Hall)  Basketball/Netball Shooting (Sports Hall)  Break 1  JWB  Fitness (Gym)  JKG  Boys Futsal (Years 7 & 8)  Fitness (Gym)  JKG  Break 2  ARY  CLO OWY GCI  Table Tennis (Activity Studio)  FRIDAY  FRIDAY  Break 2  ARY  CLO OWY GCI  Table Tennis (Activity Studio)  BTEC Coursework Catch-Up	WEDNESDAY		JKG Break 2	Fitness (Gym)	AMN
THURSDAY  Basketball/Netball Shooting (Sports Hall)  Break 1 JWB  Break 2 ARY  Girls Netball (All Years)  GCI  Table Tennis (Activity Studio)  FRIDAY  Break 2 Activity Studio)  Break 2 ARY  Break 2 ARY  Girls Netball (All Years)  JWB				Dance	ARY
THURSDAY  Basketball/Netball Shooting (Sports Hall)  Break 1 JWB  Break 2 ARY  Girls Netball (All Years)  GCI  Table Tennis (Activity Studio)  FRIDAY  FRIDAY  Break 2 ARY  Break 2 ARY  Girls Netball (All Years)  SWB  BREC Coursework Catch-Up				· '	
THURSDAY  Basketball/Netball Shooting (Sports Hall)  Break 2 ARY  Girls Netball (All Years)  GCI  Table Tennis (Activity Studio)  FRIDAY  FRIDAY  Break 2 ARY  Break 2 (Years 7 & 8)  ARY  CLO OWY GCI  Table Tennis (Activity Studio)  BTEC Coursework Catch-Up				Fitness (Gym)	JKG
Break 2 ARY  Girls Netball (All Years)  GCI  Table Tennis (Activity Studio)  FRIDAY  BTEC Coursework Catch-Up	THURSDAY			· ·	MGD
FRIDAY BTEC Coursework Catch-Up			1		CLO OWY
Catch-Up					JWB
PE Detentions	FRIDAY			Catch-Up &	

#### **CAREERS NEWS**

#### **Mock Interview Day**

On Thursday 20th March 2025, all year 10 students will be undertaking a mock interview with a business professional from the Harlow community.

During i-Future lessons, students have been given the opportunity to complete their curriculum vitae. These CVs will be given to the interviewers prior to the interviews taking place on the school premises. If your young person has not handed this in, please can they do so by Wednesday 19<sup>th</sup> March to Mrs Kay or Mrs Bassett. During the interview, students will be asked questions relating to their CVs.

As mentioned in the parent letter that went out about mock interview day, students are permitted to be out of school uniform. However, if they do not have suitable formal attire for an interview, then they must wear school uniform. Suitable attire for boys is trousers, shirt, and tie. Suitable attire for girls is a dress, trousers or skirt (of an acceptable length), and blouse. No jeans or hoodies should be worn, and don't forget suitable shoes - not trainers or converse. We do not expect students to go out and purchase an outfit especially for the mock interviews as uniform is equally smart.

The employers that support us with this every year are lovely and although year 10's may feel nervous, they will soon be put at ease. This is a great way to have a go at an interview and get some valuable feedback, before they start applying for post-16 options.



To buy your tickets, click the link below:

http://www.ticketsource.co.uk/friends-of-passmores



Amazing prizes to be won!

PASSMORES' GOT TALENT.

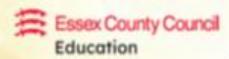
AMAZING PRIZES TO BE WON.

GET YOUR TICKETS FROM Y030 OR EMAIL:

FOP@PASSMORESACADEMY.COM



Alton Towers family 4-day pass Magician's Table Immerse experience x 2 Pircio's Restaurant voucher Mayfield Bakery handcrafted cake Cammas Hall farm Football golf x 6 Suzi Q ear piercing Scratch 18 Virtual Golf Go Karting for Fun Bella Tots handmade gifts **Church Langley Tesco** Dog & Pickle voucher Make Believe 1 month class Top Golf x 4 players 2 games **Create Identitee voucher** Harlow College beauty voucher Wild n Wacky pass **HIP HOP POP voucher Marcanto Restaurant voucher** Wagamama voucher **G9 Football** Legends Hairdressers girls style voucher more to come





# Do you know an outstanding staff member?

## Nominate them for an Essex Teaching Award!

Show your appreciation by completing a short form before 25 April 2025.



#### **FORTHCOMING EVENTS**

Thursday 20 <sup>th</sup> March	KS4 Options Evening	
Friday 28 <sup>th</sup> March 2025	Passmores Got Talent	
Thursday 3 <sup>rd</sup> April	Year 9 Parent/Carer Evening	
Friday 4 <sup>th</sup> April	Early Closure for Students	
Monday 7 <sup>th</sup> – Monday 21 <sup>st</sup> April	EASTER HOLIDAYS – SCHOOL CLOSED	
Tuesday 22 <sup>nd</sup> April	Summer Term 1 Begins	
Thursday 24 <sup>th</sup> April	Year 10 Parent/Carer Evening	
Monday 5 <sup>th</sup> May	BANK HOLIDAY – SCHOOL CLOSED	
Thursday 22 <sup>nd</sup> May	Year 7 & 8 Academic Tutorial Evening	
Monday 26th – Friday 30 <sup>th</sup> May	HALF TERM – SCHOOL CLOSED	
Monday 2 <sup>nd</sup> June	Summer Term 2 Begins	
Wednesday 11 <sup>th</sup> June	Sports Presentation Evening	

Please can you remember to let us know if any of your contact details have changed,

Update Your

Update Your

Update Your



You can do this easily by emailing our Data Team: <a href="mailto:datateam@passmoresacademy.com">datateam@passmoresacademy.com</a> or via the Arbor app.



Interested in becoming a primary or secondary teacher?
Contact Gareth Walsh on <a href="mailto:g.walsh@passmoresacademy.com">g.walsh@passmoresacademy.com</a>

## 10 Top Tips for Parents and Educators NG TECHNOLOG

The way we engage with text has changed dramatically over the years. Whether reading captions on social media, instructions in a video game or an e-book on a digital device, technology plays a major role in modern literacy. While traditional books remain invaluable, digital tools can enhance reading skills by making text more accessible, interactive and engaging.

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#### CHOOSING THE RIGHT TYPE OF TEXT

Before integrating technology, consider the types of test that a child engages with. If they need help on occasion, disjust reading pens can assist by scoming and recting words or sentence. These tools are expecially useful for students with reading difficulties, and can even be used in exams if they re part of their routine learning process. Froper training and practice are required, but they can be a great help when tackling printed text.

#### READING ON SCREEN

Many devices now allow users to customize text for better readability. Adjusting font type, size and background colour can significantly enhance comprehension. For many readers, white text on a black background is the easiest to see, whereas other styles – such as dystesia-triendly fonts – are designed to help those who are struggling. Teaching children how to personalise text settings on their devices empowers them to read more comfortably and with greater confidence.

#### ACCESSIBILITY TOOLS

Most modern devices include built-in tools designed to support readers. These features can be found in Settings under Accessibility and may include text-to-speech, speech-to-text and screen magnification functions. Enabling these tools can make digital reading more user friendly, especially for children with learning difficulties or visual impairments, who might have an easier time with spoken language than the written word, or who might simply require a closer look at the test.

#### INTERACTIVE READING **PROGRAMMES**

Many digital reading devices, such as Kindle and other o-readers, offer features like word highlighting, adjustable test speed and built-in dictionaries. These tools help learners to break down complex words and phrases while maintaining an appropriate reading pace. Some programmes even allow users to track their progress, making reading a more structured and motivating experience.

#### VIDEO GAMES AND READING SKILLS

Many video games require players to read instructions, character distingues and missio objectives, making them on unexpected but effective literacy tool. Games that involve storytetling, puzites or problem-solving often include large amounts of test - encouraging children to read these tests aloud or discuss them can improve their comprehension and vocabulary in a fun, engaging way

#### Meet Our Expert

tring Lowri is a qualified special needs teacher and experienced SENDO. She recently lounched her own site, Neuroteachers, which offers a library of short, 'how-to' and explanation videos for educators. Catrina tes and delivers online training and events for multi-academy trusts, businesses, schools and training organisations.

#### SUBTITLES AND CLOSED CAPTIONS

Watching videos with subtitles or closed captions is an effective way to enhance reading skills. As children watch their fovourite shows or entire videos, they can follow along with the test. gaining a better understanding of how written words sound when spoken about. This is particularly beneficial for reluctorif readers, as it expesses them to words in a familiar, engaging contest, respectedly watching content with subtities reinforces word recognition and comprehension.

#### USING AUDIOBOOKS

Audiobooks are an excellent way to develop Estening and reading skills simultaneously. Children can follow along with the text while Estening to a narrator, reinferding word recognition and fluency. For struggling readers, listening to an audiobook before attempting to read the text independently can boost their confidence and comprehension.

#### TEXT-TO-VOICE TECHNOLOGY

Test-to-voice software reads digital test aloud, making it assist for learners to follow along. Most smartphones, tablets and computers come with this function built in. When enabled, users can highlight a passage or sentence and press Play to hear it read aloud. This tool is particularly helpful for the content of the content o auditory learners and those who struggle with

#### **VOICE-TO-TEXT FOR** WRITING AND READING

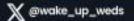
99 Voice-to-text took allow users to dictate words. helps children see the connection between spacen and written language. By using leaf-to-voice to have their distasted words read back to them, learners can identify mistokes and improve their reading and writing skills simultaneously.

#### SOCIAL MEDIA AND PARENTAL CONTROLS

While social media provides apportunities for 13–16 years old, making parental guidance essential Many social media videos include captions and comments that can encourage reading. However, it's important to use the platform's parental centrois (such as time limits and content filters) to create a sale and educational online environment for children, theouraging responsible social media use can ensure a balanced and productive approach to digital literacy

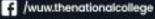


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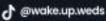


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#### Support your Child to Attend and Enjoy School

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

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

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

## COMMUNITY & FAMILY LEARNING ACLESSEX.COM / FAMILY LEARNING



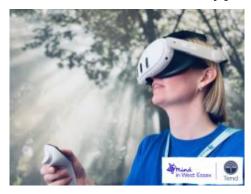






#### Join our VR Mindfulness Therapy Study!





We are excited to be part of a groundbreaking mental health research study exploring the use of virtual reality (VR) to deliver mindfulness therapy. And we would like to invite you to participate!

The study is being run by Tend VR and the University of Manchester with us and three other local Minds across England and Wales.

We are looking for adults who have experienced recent anxiety or depression symptoms to test an innovative virtual Mindfulness Based Cognitive Therapy (MBCT) programme - for free!

#### What you need to know:

- •It will involve 8 sessions of 45-60 mins over a period 8-10 weeks in Harlow, Great Dunmow or Saffron Walden.
- •Participation is free and you will be provided with all the necessary equipment however, you will need a smartphone.
- •Staff will be on hand to provide any support needed during the sessions.
- •You need to meet set eligibility criteria to be selected to participate.

#### Why take part?

By participating in the study, you will:

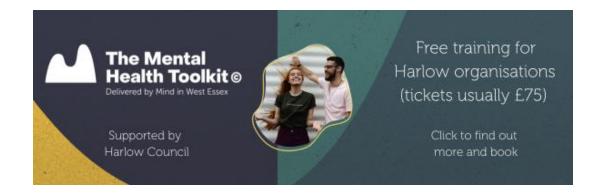
- •Get a free VR course designed to help improve symptoms of anxiety and depression
- •Shape the future design of this service
- •Help advance the progress of VR for delivering mental health programmes

Expressions of interest close on Monday, March 24. You can find out more and apply if you are eligible via the <a href="Expression of Interest form">Expression of Interest form</a>.

You can find out more about Tend VR by watching this short <u>introductory video</u> to the virtual mindfulness course.

If you have any questions after you have looked at the EOI then please email <a href="mailto:research@tend-vr.com">research@tend-vr.com</a>.

You can also find out more about the study, watch the taster video and apply via our website.



## **Spring Pickers**

10-19 March

Join the fight against litter.

#### Take action

Pick up

5 pieces of litter every
day for 10 days,
to help clean up
the county
before spring.

#### The problem

It's estimated that over 2 million pieces of litter are dropped daily in the UK. This has profound impacts on our wildlife and environment.

Sign up at

www.essexwt.org.uk/pickers



Love Essex • Love Wildlife

Registered Charity No. 210065



Essex Wildlife Trust How can I access an emergency dentist in my area?

My father has returned home from hospital after a stroke. Where can I get support?

How can I choose the right care home?

I am worried about my health - is there any further support out there?

I want to share my story...

### Not sure where to turn?

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

#### We can help with:

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



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

healthwatch Essex

## 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