



Principals' Letter – Autumn Term 2019 Week ending 22nd November 2019

Dear Parents/Carers

Our Year 11s have been fantastic during the last two weeks as they have shown great determination and resilience during their mock exams. They have been great role models to other students in demonstrating the key attributes needed to be a success, we are very proud of them all. As they began this journey, we mentioned the need for a good night's sleep. More research is being conducted into how sleep impacts on cognitive function. This has been a topic of conversation for a long time and lots of studies have found that poor sleep patterns not only increase fatigue but impact on memory, concentration and attention. In a recent study, which looked specifically at university students, it was found that longer sleep duration, better sleep quality and greater sleep consistency were associated with better academic performance. The study also found that better sleep quality in the build up to exams, and not simply the night before, improved outcomes and that the role of sleep is crucial when learning is taking place. This new research is now finding a direct link between performance and sleep so for young people to be successful, to be prepared to learn every day and to perform to the best of ability within exams and tests healthy sleep patterns is more important than ever.

Some of you have been asking questions about the student passports which have been launched in the last couple of weeks. These are a key part of life at Passmores to celebrate everything that young people do, and they are the key to events such as Year 11 Prom. To answer all queries, we will be sending a letter home next week to outline the specific details for each year group.

On Monday we were delighted to host the Harlow hustings with the three candidates standing in the upcoming election. It was especially good to be involved as our Citizenship students are currently studying the electoral process in their GCSE classes. If you are interested in seeing what was said it is available on the YourHarlow website.

Whilst you are thinking of the election and who to vote for please take in to consideration the vital increase in funding that this school, and every other one in Harlow, needs; remember that we first need to get the 8% that has been cut already over the last few years. It looks like all the parties agree but it would be good to keep the pressure up!

Jack Petchey: Every month our students and staff get the opportunity to nominate students for a Jack Petchey Award. These are students who do above and beyond or have overcome life events or helped their community in some way. This term the winners of this prestigious award are **Cerys Sharpe** (September), **Dylan Hammond** (October) and **Tom Brazier** (November). All three winners will be joining the other winners at The Harlow Playhouse in June where they will receive their certificates and medals.

A Christmas Carol - Dickens has Year 7 captivated: On Thursday, a visiting theatre company performed A Christmas Carol for all of Year 7. This Christmas classic is a sentimental and moving text that immersed our students in a Yule-scented melange of hope and faith and love. From the moment Year 7 entered the main hall, they were taken back to the cold and Dickensian winter of Victorian London and met by cheery-faced carol-singers who opened the play, with just enough zeal to cast aside any Bah Humbugs that dare encase our eager students. Our young people watched gleefully the Victorian Christmas tale about a miser who discovers the true value of Christmas through the help of his deceased business partner, and a series of various ghosts. The production took the well-known fable and kept it true to its core, conveying Scrooge's scars and the rawness of emotions with such a poignant awareness that left our students awe inspired.

Maths Golden Ticket Award: Congratulations to the winners of the Maths Golden Ticket Award. The focus was 'Resilience.'

The winners who received a reward and will appear on our Wall of Fame are:

Harry Swift	Alfie Collins	Robyn Cox	Caitlyn Daly
Ula Turulyte	Joe Savage	Brad Porter	Gemma McAusland
Alicia Mills	Harry Shaw	Mia Harrison	Thomas Curtis
Damian Kruszniewski	Kyla Trussler		

Post 16 Open Days:

Cambridge Regional College	Saturday 23rd November 9.30am-12.30pm & Monday 25th November 4.30pm-7.00pm
Chelmsford College	Monday 25th November 6.00pm-8.30pm
Epping Forest College	Wednesday 27th November 4.30pm-7.00pm

Super Sam Learners: The following students have completed more than twenty hours' worth of work on our samlearning website, which is an excellent achievement and will set them up well for their future studies. Anyone who has completed 10+ hours will receive a bronze certificate and 20+ hours provides a silver. Amazingly, some of these students have even gone beyond the silver standard already – and it is only November!

Atkinson, Sophia	8	126:12	F	Bronze	Silver	Gold
Clarke, Thomas	8	100:01	M	Bronze	Silver	Gold
Gibb, Bryony	8	195:16	F	Bronze	Silver	Gold
Kwarteng, Abena	8	161:21	F	Bronze	Silver	Gold
McIntyre, Daisy	8	183:28	F	Bronze	Silver	Gold
Defor, Joel	7	68:01	M	Bronze	Silver	Gold
Defor, Shalom - Elise	8	58:36	F	Bronze	Silver	Gold
Fountain, Brooke	8	80:19	F	Bronze	Silver	Gold
Hegarty, Dennis	8	63:46	M	Bronze	Silver	Gold
Helliwell, Olivia	8	75:31	F	Bronze	Silver	Gold
Kundrotaitė, Ergita	7	71:43	F	Bronze	Silver	Gold
Muliulyte, Milena	7	55:36	F	Bronze	Silver	Gold
Akers, Bethany	7	21:22	F	Bronze	Silver	
Allen, Kalvin	7	23:05	M	Bronze	Silver	
Ananjevs, Daniils	8	22:34	M	Bronze	Silver	
Barnsley, Narece	7	37:02	F	Bronze	Silver	
Boorman, Angel	7	29:04	F	Bronze	Silver	
Brooks, Sonny	7	25:30	M	Bronze	Silver	
Cachia, Yulia	7	35:06	F	Bronze	Silver	
Chalk, Thomas	8	38:38	M	Bronze	Silver	
Clark, Lola	7	28:06	F	Bronze	Silver	
Filipek, Adam	8	31:46	M	Bronze	Silver	
Forde, William	7	38:36	M	Bronze	Silver	
Franks, George	8	21:41	M	Bronze	Silver	
Griffiths, David	8	23:53	M	Bronze	Silver	
Harkin, Chloe	8	32:58	F	Bronze	Silver	
Hind, Lexie	8	21:45	F	Bronze	Silver	
Holmes, Charlie	8	23:27	M	Bronze	Silver	
Hudson-Hamilton, Robert	8	39:09	M	Bronze	Silver	
Hughes, Dixie	8	28:55	F	Bronze	Silver	
Hunt, Mia	8	21:15	F	Bronze	Silver	
Magalhaes, Melanie	8	20:41	F	Bronze	Silver	
Malyon, Reece	7	32:14	M	Bronze	Silver	
Peirce, Aaron	7	25:12	M	Bronze	Silver	
Spence, Lexi	8	20:41	F	Bronze	Silver	

FOCUS ON GRIFFIN HOUSE ACHIEVEMENT: This week we have the Top Thirty Passmores Points earners in Griffin House so far this year:

Maria Thira	G7 PWN	668	Year 8	Griffin
Emelia Abbott	G1 MTR	548	Year 8	Griffin
William Forde	G4 VNS	509	Year 7	Griffin
Shelby Paterson	G8 DDE	507	Year 8	Griffin
Emma Connell	G4 VNS	497	Year 7	Griffin
Mitch Ward	G6 JKG	484	Year 7	Griffin
Amy Kenway	G5 KFS	459	Year 7	Griffin
Lucy Clay	G1 MTR	445	Year 8	Griffin
Bailey Pearce	G1 MTR	442	Year 7	Griffin
Daisy Hooker	G3 SHO	428	Year 9	Griffin
Callum Burch	G7 PWN	428	Year 7	Griffin
Louise Matlock-Jeffery	G3 SHO	424	Year 7	Griffin
Lily Quigley	G4 VNS	413	Year 8	Griffin
Millie Evans	G3 SHO	410	Year 7	Griffin
Tristan Thira	G7 PWN	405	Year 7	Griffin
Grace Evans	G3 SHO	402	Year 10	Griffin
Oliver Matthews	G4 VNS	399	Year 7	Griffin
Ryley O'Grady	G3 SHO	393	Year 9	Griffin
Maicey Collins	G6 JKG	378	Year 7	Griffin
Aaron Burch	G7 PWN	375	Year 8	Griffin
Bailey Palmer	G7 PWN	374	Year 9	Griffin
James Forde	G4 VNS	369	Year 9	Griffin
Sydney Cass	G2 SRS	366	Year 8	Griffin
Alex Campbell	G6 JKG	361	Year 8	Griffin
Grace Kearns	G6 JKG	356	Year 9	Griffin
Ocean Steel	G3 SHO	354	Year 8	Griffin
Rayan Khamis	G1 MTR	347	Year 7	Griffin
Madeleine Hooker	G3 SHO	347	Year 7	Griffin
Renea Coppeard	G4 VNS	347	Year 7	Griffin
Jason Webb	G2 SRS	345	Year 8	Griffin

English Puzzles:

Year 7 – 19th Century Literature - A Christmas Carol, written by Charles Dickens

1. What does 'unhallowed' mean?
 - a. Something that has been hollowed
 - b. Something that is holy
 - c. Something that is not holy
 - d. Something that has stopped making a vile noise
2. What does 'morose' mean?
 - a. A colour similar to red
 - b. A male goose
 - c. A bleak outlook or attitude
 - d. An insult, which implies somebody is not intelligent
3. What does 'ominous' mean?
 - a. To give an impression of doom or imply bad things will happen
 - b. A person who eats both meat and vegetables
 - c. To give an impression of complete joy
 - d. A person who is tiny in build
4. What does 'solitude' mean?
 - a. A person who has a bad attitude
 - b. A person who is alone
 - c. A person who has a solid and rigid frame
 - d. When an object has been made dirty
5. What does 'congenial' mean?
 - a. When liquid begins to solidify
 - b. When somebody is two-faced
 - c. When somebody act to deceive
 - d. To give an impression of doom or imply bad things will happen

Year 8 – Short Stories – Journey by Night, written by Undine Giuseppe

1. What does 'instinctively' mean?
 - a. To become quickly angered
 - b. To act without thought
 - c. To be different and unique
 - d. To act without conscious thought
2. What does 'semidarkness' mean?
 - a. When a person is cruel
 - b. A light level when it is possible to see, but not clearly
 - c. When the sun is setting, and two colours show in the sky
 - d. A red hue
3. What does 'standstill' mean?
 - a. A type of dance move
 - b. A stand for placing objects
 - c. A situation where there is no movement
 - d. A type of bird belonging to the duck family
4. What does 'fumbled' mean?
 - a. To be strong in your actions
 - b. A fall
 - c. A rough material used for coats
 - d. To handle something clumsily
5. What does 'tenderly' mean?
 - a. To act with gentleness
 - b. To act without affection
 - c. To act with malice
 - d. To show no kindness

Key Stage Four – Shakespeare – Macbeth

1. What does 'accuse' mean?
 - a. Curse or declare to be evil
 - b. To do a spell
 - c. To shout loudly
 - d. To accuse another

2. What does 'benison' mean?
 - a. A type of cough medicine
 - b. A second born son
 - c. A spoken blessing
 - d. An act of evil

3. What does 'equivocator' mean?
 - a. A person who enjoys maths
 - b. A respondent who avoids giving a clear direct answer
 - c. A type of lawyer
 - d. A murderer

4. What does 'knell' mean?
 - a. The inside of a peach
 - b. To kneel down
 - c. A kinsman
 - d. The sound of a bell rung slowly to announce death

5. What does 'prattler' mean?
 - a. Someone who speaks in a childish way
 - b. Somebody who works with horses
 - c. A small dagger
 - d. Somebody who speaks the truth

English Puzzles Answers from last week:

Year 7 - A Christmas Carol

O	H	Q	U	A	Q	J	U	L	P
R	W	L	J	Y	C	B	M	F	G
V	J	F	I	R	M	Q	P	H	E
A	R	X	R	V	Q	T	O	Z	K
X	M	Z	R	I	O	S	P	B	P
Q	B	Z	I	M	T	I	Q	U	B
C	H	A	R	I	T	A	B	L	E
S	T	C	R	A	T	C	H	I	T
E	B	E	N	E	Z	E	R	D	G
D	I	C	K	E	N	S	T	F	H

ghost Ebenezer Dickens
Cratchit charitable

Year 8 - Short Stories

J	A	F	N	M	G	V	T	B	M
M	G	N	I	T	T	E	S	X	Q
Y	W	D	L	Z	P	B	Z	R	G
Y	R	O	T	S	T	R	O	H	S
I	P	Z	Y	G	Z	V	W	H	T
K	G	R	O	E	I	H	C	J	O
Q	S	Y	M	B	O	L	M	Q	N
J	C	E	F	F	Z	B	D	K	E
O	H	C	E	P	R	O	S	E	A
T	E	A	M	D	P	D	X	T	J



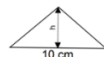
symbol setting theme
tone prose short story

Key Stage Four - Literature (Macbeth)

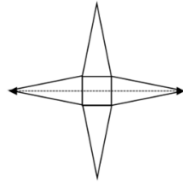
I	L	A	R	U	T	A	N	R	E	P	U	S	S	E	J	K
A	J	C	V	B	X	Q	H	C	T	Y	S	T	G	H	C	E
I	P	E	P	U	V	U	O	N	G	R	K	K	H	O	B	I
X	J	C	M	V	N	A	M	R	I	P	A	M	L	L	L	P
O	X	Q	F	F	M	C	S	A	H	M	S	G	D	Y	X	U
E	G	X	N	W	F	J	J	I	Q	F	O	U	E	Q	F	C
B	W	C	Q	M	T	M	E	Z	K	N	D	W	O	D	E	J
I	R	Y	B	W	A	G	A	H	V	M	J	O	G	D	Y	T
N	P	I	Z	C	Q	C	H	T	O	C	P	V	I	V	H	F
B	X	M	B	X	B	K	A	M	Q	G	S	C	R	S	Q	Q
I	Y	E	O	A	V	B	X	J	V	O	I	A	P	O	P	J
Z	T	Y	E	C	R	K	U	D	B	G	A	V	C	B	A	Y
H	H	P	C	K	M	O	L	N	E	H	S	A	A	C	I	E
W	I	S	O	Y	E	Y	P	R	A	C	I	S	R	J	M	Y
L	E	K	A	W	I	S	B	T	A	B	W	G	N	I	C	X
A	S	Q	A	P	L	R	H	S	S	E	N	D	A	M	Y	V
H	V	W	Z	A	P	F	N	G	A	L	F	Y	C	R	H	E

Macbeth tragedy regicide
supernatural madness

Maths Problem of the Week:

<p>Calculate the area of the square</p> 	<p>Calculate the area of the triangle</p> 	<p>If the triangle has an area of 40 cm² calculate the height</p> 
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The logo shown below has a total area of 125 cm² and the square has side length 5 cm. Calculate the width of the logo



Maths Solution for last week:

SOLUTION

$$4500 \times 1.032 = 4644$$

$$4615.20 \times 1.032 = 4762.89$$

$$4644 - 4500 = 144$$

$$4762.89 - 4615.20 = 147.69$$

$$144 \times 0.2 = 28.80$$

$$147.69 \times 0.2 = 29.54$$

$$144 - 28.80 = 115.20$$

$$147.69 - 29.54 = 118.15$$

$$4500 + 115.20 = 4615.20$$

$$4615.20 + 118.15 = 4733.35$$

Yes, he will have at least £4700 in his account at the end of 2 years.

Book Reviews:

Book Review by Ethan Meredith (Year 8). Book title: Judi Dench Furthermore. Genre: Non-fiction

This is a great book, detailing the life of the great Dame Judi Dench. I have really enjoyed reading this extraordinary biography. It is extremely detailing and feels as if you get a real insight into her life, as though she is there speaking to you. Though be warned, there are some age inappropriate words (for the younger readers) and so please be mindful advising this book to any younger readers. This book is five stars. I highly recommend it!

Book Review by Karen Faulkes (teacher of English). Book title: *The Testaments*. Genre: Fiction

This year the sequel to the very popular and highly acclaimed novel *The Handmaids Tale* was published. I, for one, could not wait to read it. I loved the first novel when I first read it when I was 16. I have been a fan of Margaret Atwood's writing ever since and have read all her novels. When this new novel was announced I was very excited to read it.

It continues the story of *The Handmaids Tale* set in the 'Republic of Gilead'. This world is horribly misogynistic and there are many abuses of power by the characters created by Atwood. Its compelling sequel deals with some of the main themes present in the original; but is arguably less bleak. It is set 15 years after the first novel and (wisely in my opinion) does not continue with the very popular TV series. Margaret Atwood uses three narrators in the novel and each has their own unique voice. The three female voices are used to drive the plot and have us wondering at first how these characters are connected. The story develops with pace and excitement to its thrilling conclusion.

I enjoyed reading this novel, which unfortunately feels a lot less dystopian than it should. The characters are well-developed, interesting and believable. The plot takes readers on a thrilling journey and it is definitely a page-turner. Don't expect another *The Handmaid's Tale* though, that novel is very dark and sinister, and although this novel does have some gloriously dark elements to it, the feeling is very different.

Sports Fixtures:

Monday 25th November:

Year 11 boys football at Home Vs Saffron Walden 3.30pm

Tuesday 26th November:

Years 8 & 9 boys basketball Vs Stewards away 3.30pm

Boys individual table tennis competition at home 3.30pm

Thursday 28th November:

Years 10 & 11 boys basketball Vs Stewards away 3.30pm

Years 10 & 11 girls football at Home 3.30pm (tournament)

Girls individual table tennis competition at home 3.30pm

Year 7 boys basketball tournament away at St Marks 4pm

Forthcoming Events

Wednesday 27 th November	-	Year 11 Macbeth Film Night 4.30pm – 6.30pm
Thursday 28 th November	-	Cultural Appreciation Day – Religion
Friday 29 th November	-	INSET DAY
Monday 2 nd December	-	Christmas Lunch – Year 11
Tuesday 3 rd December	-	Christmas Lunch – Year 10
Wednesday 4 th December	-	Christmas Lunch – Year 9
Thursday 5 th December	-	Christmas Lunch – Year 8
Friday 6 th December	-	Christmas Lunch – Year 7
Friday 6 th December	-	FOPS Xmas Fayre 6.00pm – 8.30pm
Thursday 12 th December	-	ASPIRE DAY
Friday 13 th December	-	Christmas Jumper Day
Monday 16 th December	-	Senior Citizens Christmas Party 4pm – 5.30pm
Wednesday 18 th December	-	Technology Winter Showcase Years 7-10 - 5.30pm to 7.00pm
Wednesday 18 th December	-	Passmores Christmas Concert 7.00pm – 9.00pm
Friday 20 th December	-	Early Closure for students for Christmas – 1.25pm
Tuesday 7 th January 2020	-	Spring Term starts.
Wednesday 8 th January 2020	-	Year 11 Parent’s Evening

Forthcoming House Events

Tuesday 26 th November	-	House Event Year 8, Lunch B, Short Tennis
Tuesday 26 th November	-	House Staff Event - short tennis, afterschool
Wednesday 27 th November	-	House Event Year 7 , Lunch A, Short Tennis
Tuesday 3 rd December	-	House Event Year 11, Netball and Rugby, afterschool
Wednesday 4 th December	-	House Event Year 10, Lunch A, Short Tennis
Thursday 5 th December	-	House Event Year 9, Lunch B, Short Tennis



Natalie Christie & Vic Goddard
Co-Principals of Passmores Academy



Passmores Christmas Fayre



Friday 6th December 2019 6pm to 8.30pm

Entry Adults £1, School-aged children 50p

Many Different Stalls

Including

**Crafts, Lucky Dip, Jewellery, Decorations, Gifts,
Pet Accessories, Clothing, Toys, Hot Food, Candles, Hand
Bag Mad, Face Painting, Cup Cakes and Hip Hop Pop.**



An important message for Essex schools from our Public Health and Healthy Schools Team

Subject: **Winter Wellness**

Date : **December 2019**

Issue: **No. 11**

Essex Child and Family Wellbeing Service (ECFWS) supports children, families, schools and communities to address current physical and emotional health, social, and financial issues that may affect the healthy development and future outcomes of young people.

Each month, we promote and support specific local, national and international campaigns by providing education, advice and information to other organisations that can improve health and wellbeing for all.

Wishing You A Healthy Happy Holiday season!

This month, we are focusing on the public health campaign 'Help us, Help you'. The aim of the campaign is to help everyone understand how they can stay well and access the appropriate services. This includes messages about the flu vaccination, contacting NHS 111 instead of attending A&E, seeking advice at the first signs of a winter illness, accessing evening and weekend GP appointments and the advantages of consulting with community pharmacists.

There is lots of information in this publication which would be really beneficial to share with your wider community. **Please do share this bulletin** any other place you feel relevant.



Family Wellbeing

'Help us, Help You' is the Public Health winter campaign message which encourages everyone to seek help early and consider visiting the community pharmacist before the GP. The NHS 111 helpline is also available 24/7 & can prevent a trip to A&E. Help your family to stay well this winter. Have those members of your family who are eligible for the [flu vaccine](#) had theirs? It's still not too late. Other tips that will help keep your family healthy are:

- Good hand hygiene. The Norovirus, common colds and flu spread quickly and one of the best ways to prevent the spread of these, is making sure everyone knows the importance of washing their hands and how to wash them properly. For a quick demonstration, use this fun [clip](#) on hand washing by Northamptonshire NHS.
- Eat a balanced diet. Try to have your 5 portions of vegetables or fruit a day. Change 4 Life have some great [recipe ideas](#) to help you try new things & pack in some extra fruit or veg. Homemade soup is an excellent winter warmer packed with goodness!
- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. Always remember warm boots, gloves or mittens, and a hat. The rule of thumb for older babies and young children is to dress them in one more layer of clothing than an adult would wear in the same conditions.
- If you would like support in finding out where you can access warm bedding and clothing, please visit your [local](#) family hub or delivery site.

References

NHS (2019) Flu vaccine information, available at:

<https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

NHS Northamptonshire (2012) video clip, available at:

<https://youtu.be/TGddyTW5eMc>

Change 4 Life (2019) Recipes available at:

<https://www.nhs.uk/change4life/recipes>

To find out more information about us and the wide range of services we offer, please visit www.essexfamilywellbeing.co.uk

Essex.Communications@virginicare.co.uk