



Principals' Letter – Summer Term 2020 Week Ending 3rd July 2020

Dear Passmores Family

As we write this it is hard to believe that we only have two weeks left in the summer term. Today we want to speak directly to our young people. We know how difficult it must be to have the motivation to keep doing your school work. We have seen the amazing amount some of you have done and are proud of your dedication to your studies.

We have been talking about the things we've missed by not having you all here. All the things that we've normally experienced with Year 11, for instance. We know that doing loads of exams is not something people look forward to often but the joint experience of preparing for them, talking about them afterwards and being relieved when it's all over has always drawn us closer together as a school community. Despite quickly organising a leavers day for you all we, like you, still feel the sadness of not having the full experience. All we can say is that we remain incredibly proud of you and what you will go on to achieve in the future and we are still determined to get a prom organised when we can!

For those of you in Years 9 and 10 you may be worried about the time you've lost from your GCSE classes and be worried that you are going to be miles behind in learning new content. However, please be reassured that we will offer you lots of opportunities to catch up. If you've been doing the home learning packs, and this goes for everyone in Years 7-10, it means you will have been going over some of the key concepts and moving them from your short term memory to your long term memory. This will mean less revision is needed in the future and you have put yourself in the strongest position possible for taking on new learning when we all return in September.

We know most of you have shown an amazing commitment to your school work but, unsurprisingly, some of you are starting to run out of steam. Our advice to those of you feeling like that is to remember we still have over 8 weeks before we expect to welcome you all back in September. If you spread your work out over that time it may make you feel less under pressure. Obviously if you have chosen to not do any work, but could have done it, it's not too late and we'd strongly encourage you to not make the choice to disadvantage yourself further.

For those of you keen to do more, and have access to the internet, please remember all of the software platforms you have access to through school subscriptions; do as much or as little as you want as there is plenty to last you a lifetime.

As parents/carers I'm sure you've been hearing about all the plans for September being spoken about on the tv and across the internet. We have been watching them too and will be sending out letters before the end of term with whatever information we can be certain of for September. We are currently working on the assumption that we will be able to welcome back all students for school as normal. That's certainly what we'd like to do. Obviously things do change quickly at the moment so we'll be continuing to review new information throughout the summer holidays and will let you know exactly what is happening as we get closer to September.

A message from the PE Department: As you are reading this, we are just finishing our 14th week in lockdown, and OH MY GOODNESS we miss you all so much!!! We hope you and your families are staying safe, healthy, active and remaining **better, stronger together**.

Right now, we should be enjoying our sunny PE lessons, whether it's cricket, rounders, or athletics; we know you are all missing running the 1500m! We would be readying the banners and face paint in preparation for our annual sports day soon and celebrating the athletes amongst you all, pitting the best against each other to see which house will be **flying high to victory**. Regardless of the result **we never lose, we learn**.

Keeping physically active is so important, now more than ever. Being physically active means sitting down less and moving our bodies more. Many people find that physical activity helps them maintain positive mental health. This doesn't have to mean running marathons or training every day at the gym. There are lots of different things you can do to be a bit more active, for example, going out for a walk or run, doing some gardening, cycling or some just dance. Physical activity can improve your mental health in so many ways. It can help with reducing stress, anxiety or intrusive and racing thoughts. Doing something physical releases cortisol which helps us manage stress. It can also help with happier moods: physical activity releases feel-good hormones that make you feel better in yourself and give you more energy. So please, get active and stay active!

While it may be temporary, the absence of the hustle and bustle around the PE changing rooms, sports hall, fitness suite, netball courts, field and astro is conspicuous. We are counting down the days until all the smiles and laughter in the PE office can resume again.

Keep sharing your work with us and follow us on our social media platforms. @PassmoresPEdept on twitter and passmores_pe on Instagram. In the meantime, stay safe, stay healthy and stay active. We miss you and hope to see you soon. Remember, **we can, and we will** get through this together!

Word of the Week: Theory

An idea or set of ideas created to explain facts or events.

An idea that is possibly true but that is not proven to be true.

Examples:

- Darwin's theory of evolution suggests that humans evolved from apes.
- This is a key word in all subjects and coming up with theories is necessary for our understanding of subjects to develop.
- It comes from the Greek for "spectator" or watcher. Theorists watch the evidence and then come up with a theory to fit this.

Thought of the Week: Plastic Free July 2020

One of the few positives to come out of the recent lockdown was a significant improvement in air quality, as there was a huge reduction in the use of cars, trucks and public transport. Many people hope this will lead to further reductions in pollution in the future as we look to reduce the negative impact our lifestyles have on the environment. One of the 'headlines' from the BBC Blue Planet series was the impact plastic has on our rivers, beaches and oceans. If you would like to help reduce the use of plastic in the future, then good habits start now. Why not go to the Plastic Free website <https://www.plasticfreejuly.org/> and have a look at what you and your family can do to reduce, and even eliminate the use of plastic in your lives during July. The hard bit is starting but as with most things, once you have got used to it (like recycling) it becomes easier. I would love to hear any examples of what your family has done, and perhaps your children could email me with your stories.

Mr Pickering

Last Week's Thought of the Week: The work below was completed for the Thought for the Week last week. Students were asked to produce a poster or fact file about an important black historical figure. **Melanie Maghalhaes** has completed a poster about Frank Bailey, one of Britain's first black firefighters. **Yasmine Lai** has completed a fact-file about Mary Seacole, a British-Jamaican nurse during the Crimean war. And, **Oscar Shead** has created a poster about Martin Luther King, a prominent leader of the civil rights movement in the USA. Lastly, **Nathan Lloyd** has completed another poster on Mary Seacole and so has **Millie Humphries** and **Darci Bevan**.

FRANK ARTHUR BAILEY

Frank Arthur Bailey was the first black firefighter in London

Bailey first came to Britain as a political activist. However, one day, he heard that black people weren't recruited in the firefighting services. Hearing about this, he found the reason to be that they thought black people were "not strong enough physically".

He immediately knew that it was racism and applied to be a firefighter and "see if they found him unfit".

After proving he was fit for the job and saving a fellow firefighter while on a ladder drill session, Bailey became the first black firefighter in London in 1955. Now, he is known as a historical figure who stood up against racism.

He passed away on 2nd December, 2015, aged 90.



R.I.P. Frank Arthur Bailey

Black Lives Matter

From Satirist to Show My Homeowner

We want to celebrate the diversity we have in Britain, and pay tribute to the amazing black people who have shaped our lives in the UK and from around the world.

Did the you to research an important black historical figure from Britain (or elsewhere in the world) if you'd like and create a poster, video or written explanation of what they did. If you're stuck, you could start by looking at:

Dorcas Lawrence

the Ashby's

Charles Jones

Andrew Mathias

Mary Seacole

Frank Arthur Bailey

If you would like to see what you have done then please send your challenge work to either M. Szymanska or @... checking at their school email address.



Mary Seacole was born mixed race - her father was a Scottish soldier and her mother was Jamaican. Mary's mother worked in a hotel, which was commonplace for soldiers, sometimes despite when they were wounded. Mary learned (from her mother) how to use various different plants to help to care for the wounded soldiers.

At the time, a terrible disease called cholera was spreading rapidly around where they were staying in England. Other soldiers were sent, this battle (The Crimean War), the disease was much more of an issue than the enemy was at that point. Thousands and thousands of soldiers died from the cholera whilst in battle, and because Mary knew how to treat it, she wanted to go to Crimea to help. However, she wasn't chosen as a nurse. This did not stop her though. She travelled anyway, using her own money to pay for her journey.

When she reached Crimea, she set up a tent near the battlefield. During the war, she was known among the soldiers as 'Mother Seacole'. She sold hot meals, and helped to care for the sick and wounded soldiers. By the time the war ended, Mary was very poor, for caring and helping to look after the soldiers was very expensive. She decided to create a book called 'The Wonderful Adventures of Mrs Seacole in Many Lands'. After Mary Seacole's death, many people forgot about her, but now we remember her as a woman of mixed race, and as a woman who led an exciting, and unusual life. She owned a business, travelled to various places, and went to a war zone, making her own life to care for others.

Book Created by Yvonne Liu Year 8

Facts about Mary Seacole

- Mary first travelled to England in 1824, when she was just 15 years old.
- Mary married Edwin Herriot Hamilton Seacole in 1830, when she was 23.
- Mary actually caught a mild case of cholera herself, when she was treating others who were infected.
- Mary treated British, French and Turkish soldiers (all sides), but she also treated some Russian soldiers, although they were technically the enemy in the war.
- There is a statue of Mary Seacole outside St Thomas' Hospital in London.
- Mary once suffered a blood clot which left her with a limp, but she used to walk with a cane, and she used to carry her supplies in a basket on her back.



Martin Luther King



Assassinated April 4th 1968

What did he do

Brought publicity to major civil rights efforts

Promoted non violence during protests

Fought against segregation in Albany

Organised the March of Washington where he said his "I have a dream" speech

Worked on segregated housing in Chicago

Fought against poverty

Fought against the involvement in the Vietnam war

Planned the poor people's campaign but was assassinated before this could happen

Some of his most famous lines include "I have a dream that one day this nation will rise up and live out the true meaning of its creed."

"I have a dream that my four little children will one day live in a nation where they will not be judged by the colour of their skin but by the content of their characters."

BLACK LIVES MATTER!!!

Mary Seacole

Mary Seacole was a British Jamaican nurse. She is also known as mother Seacole. Mary was an amazing person because she helped hundreds of people who were sick, and if she wasn't a nurse a lot of people could have died. She was born on 23rd November 1805, and died on 14th May 1881. She was born in Kingston Jamaica; she is well known for healing people and her service during the Crimean war. She helped many and she changed the world, saying anyone can do anything. Mary is just one example of why BLACK LIVES MATTER!!!

This is also close to my heart because I share a similar heritage and my mother also works in the health service.



By Nathan Lloyd

Mary Seacole



Mary Seacole was a British nurse and set up a "British depot" behind the lines during the Crimean war! She treated many wounded soldiers. She was born 23 November 1805 in St. Elizabeth, Jamaica. She died in London on 14 May 1881. In recognition of her she was buried at St. Mary's Church, Lambeth, London and was her very own statue at St. Thomas' Hospital, Lambeth, London. It was very sad for some people she died because she brought many medicines from Jamaica to the Crimean war.

3/2/20

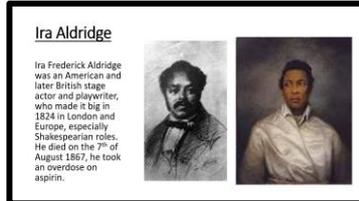
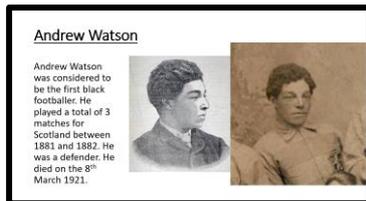
Mary Seacole

In 1854 Mary decided to travel from her home country Jamaica, to England to join a group of nurses. She was not well and had no address during the war.

After working there for a while, it didn't take long for Mary to find people who were sick. The injuries were very bad and many were dying. Mary started her own shop providing with food, vegetables, and other things. She was very good at what she was doing, so she was soon called 'Mother Seacole'.

When the war ended in 1856, Mary returned to Jamaica. But she didn't have any money at all. She had spent it all on her work. Fortunately, Mary's address was not forgotten. Many people who had heard of her good work, were looking for her. They were very happy to see her and they gave her money. Mary was able to go back to her home in Jamaica and she lived a very good life.

Macie Brittain worked extremely hard on her project on “Black Lives Matter”. She produced a whole power point with 14 pages. This is just a selection of the slides she created. Amazing Macie, well done.



WHAT HAVE OUR STUDENT’S BEEN UP TO?

Reece Malyon has completed a lovely Geography project on his favourite topic. Well done Reece.



Savannah Silver in L5 has done a lot of community work. These are just a few pictures of what she has been up to. Amazing Savannah! The gift bags were created to give the ladies and the children in the refuges something to brighten their day. All donations of gifts were from people in the community embracing the amazon wishlist set up. They included:

- 10 gift bags for ladies in the Ilford refuge.
- 15 gift bags for ladies in the Haringey refuges.
- 3 football gift bags for the football loving children.
- 3 baby gift bags for the babies living there.
- Loads of toiletries, toys etc for the Magpie Project (supporting homeless women and their children in Newham)
- Tonnes of toys, books, toiletries for ladies and children, nappies, wipes, suitcases, hairdryers for the 4 refuges.
- Heaps of baby milk powder, toiletries and a Moses basket for the baby bank.

Savannah was also involved in a 2nd project- Bake challenge. The baking was for the following wonderful places who provide the most phenomenal care for our community:

- Haven House Hospice
- Saint Francis Hospice

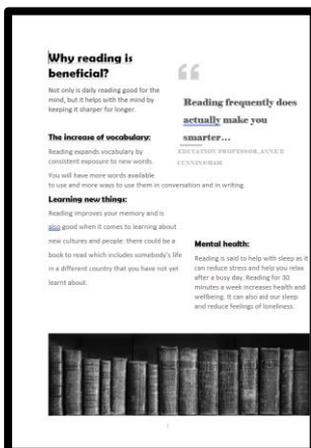
- St Clare’s Hospice (via Carley Luel Chitticks)
- Harts House (via Stacey Kanolik)
- Leonard Cheshire Care Home- Alder House (Lambourne End)
- Pinewood Sanctuary Care Home - Hainault
- Sherrell House Care Home - Chigwell
- No 1 Sewardstone Close - Waltham Abbey
- Ashlyns Care home - Harlow
- Tye Green Lodge Care home - Harlow



Ella Stevens made her mum her birthday cake and the painting of her friends. **Grace Stevens** made a marble run. Well done girls.



The reading leaflet was created by **Priya Sivathanu**. Well done Priya.



George has been building a 3D puzzle of the bus from Harry Potter. Well done George, that looks difficult.



Year 11: New City College are running virtual taster sessions for all New City College applicants on 06/07/2020 and 07/07/2020 from 9am – 5pm. You can sign up for your relevant course taster session and you will be able to meet your tutors and course subject experts, live Q&As, take part in subject activities and have a real taste of your new course before you start!

In addition to course tasters there are also sessions on their student support for all aspects of college life, from finances and funding, to careers advice, college enrichment activities and additional learning support. This event will be hosted through a Teams Live Webinar.

You will receive confirmation of receipt of your sign up by email and then a direct link will be sent to your for your session shortly before the event.

You can download the [full programme of taster sessions](#) and [sign up here](#) today!



Natalie Christie & Vic Goddard
Co-Principals of Passmores Academy