



Principals' Letter – Autumn Term 2020 Week Ending 13th November 2020

Dear Parent(s)/Carer(s)

Following from our lengthy letter yesterday we think we should just let you enjoy the rest of this without us using up more of your time. Stay well.

Maths/Science Equipment: We are having an increase in students who are forgetting their equipment to be used in maths and Science (a calculator, ruler and glue stick). Phones cannot be used as a calculator. Please can students be reminded to ensure they have all their equipment with them for their lessons. To keep everyone safe at the moment, sharing equipment is not an option. If there are any issues with having equipment, please contact the class teacher for support.

Technical Theatre Club: This week Technical Theatre Club attendees have been busy taking advantage of the lack of public performances and events in school. They have been using the time to do some much needed cleaning and maintenance of the hall's lighting facilities. Supported by the Premises staff team, lights have been taken down from the ceiling and are getting a thorough dust and wipe down before being re-rigged later in the year, ready for us to open and welcome visiting parents and supporters of the arts through our doors again.

Students have been enjoying learning about the basics of lighting fixtures and building an appreciation of the need to look after equipment in order to get the best from it, for as long as possible. They are very much looking forward to redesigning the rig plan (map of where the lights hang & point), seeing the lights go back up and trying them out for new shows in the future.



Virtual Christmas Fair: Just a reminder, Friends of Passmores are putting on a Christmas Fair which will be online and designed to try and help as many small businesses as possible in this difficult time. This is scheduled for Friday 4th December (all day) and further information can be obtained on their Facebook page below. If you are interested in being involved in this event, please contact Mrs Cooper on e.cooper@passmoresacademy.com
<https://www.facebook.com/passmoreschristmasfair/>



Remembrance Day Poems:

Looking around the battle scene was harsh,
bodies lay scattered on the ground.
The nauseating scene of blood surrounding me,
I can hardly see for smoke blinds my eyes and I look around.
Life flashes before me.
My heart sinks and fills with sorrow,
I want this battle to end.
Noises of gunfire piercing my eardrums,
The images and feelings scar me for life.
This is now the place of death and I try hard to keep hope,
I try hard not to breathe my final breath.

Ashton Ansell

A sea of red swarmed my feet,
a sky so bright on the winter's morn.
I remember those I will not meet,
As I lay across the frosted law.
I smile at the moon and it smiles back,
and tells me that they're here with me,
an old soul watches and calls out to Jack,
"Come back my dear son, I beg of thee"
I hold his hand and in silence we lay,
surrounded by the remembering flower,
I tell him that all will be okay,
and I stay with him for hour upon hour.

Amelie Worden

Anti-Bullying Week: This runs from Monday 16th to Friday 20th and highlights the issue of bullying on the victim and the perpetrator. It also looks at the role of the bystander, and why not doing anything to stand up to bullying can be a problem as well. To show solidarity with the anti-bullying message, we are encouraging students to wear odd socks to school during this week, and there is a national competition they can enter to show off their odd socks at <https://www.anti-bullyingalliance.org.uk/anti-bullying-week/odd-socks-day/what-odd-socks-day>

Science Tassomai Champions for this Week: Well done to the following students:

Year 11

Eidan Gibbs

Jake Abbott

Zara Man

Gracee Swann

Year 10

Kyran Ackerman-Mond

Maria Morris

Hannah Phelan

Amazing Half-Term for Achievers (so far): As this is being typed, 196 students have managed to get 50 or more Passmores Points already this half-term, which represents a point in every lesson. This kind of continual progress is what really drives high achievement. Well done to all students who have already managed this (a full list is on the window of Mr King's Office upstairs in Lion) if students want to check for a name. The students in the list below are the top thirty students for Passmores Points this half-term. You need 69 points to be on this list:

Daisy Wilson	109	106
Tamara Khabbازه	97	97
Kallie Jackson	94	94
Elena Iona	93	93
Ellie Callaghan	92	92
Louise Matlock-Jeffery	87	87
Callum Roberts	82	82
Mitch Ward	82	82
Lily Bonwick	81	81
Lois Jones	81	81
Harry New	80	80
Jessica Charlson	80	80
Mia Fuller	80	80
Archie Aimes	79	79
Maddie Kimble	79	79
Karis Walker	78	78
Tony Johnson	78	78
Lola Hummerston	75	75
Natasha Timson	74	74
Reece Malyon	74	74
Ash Miles	73	73
Jack Bruce	73	73
Bailey Pearce	72	72
Georgia Howard	72	72
Katy Roberts	72	72
Rileigh Vetori	72	72
Jade Maxwell	71	71

Sian Kearney	71	71
Taylor Barnes-Lindoe	70	70
Daisy Chambers	69	69
Evie Matthews	69	69
Hannah Golding	69	69
Imi Hainsworth	69	69
Ryan Sealey	69	69

Year 11: Open Days – These are all virtual and will involve registering online.

Saturday 14th November
Hockerill Anglo-European School, 9am

Tuesday 17th and Wednesday 18th November
Long Road sixth form, 5pm-8.30pm

Thursday 19th November
Haileybury Turnford Sixth form, 5.30pm-6.30pm
St Marys Catholic School, 6pm

Saturday 21st November
Cambridge Regional College, 9.30am-12.30pm
New City College – Epping Forest Campus 10am-2pm

WELLBEING STRATEGIES DURING COVID-19

- Separate what is within your control from what is not
- Do what helps you feel safe
- Get outside but practice social distancing
- Challenge yourself to stay in the present
- Use virtual tools to help stay connected to friends, family and loved ones



MANAGING CORONA VIRUS (COVID-19) ANXIETY

 **For You**

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques



Online and Telephone Support Services

❖ **Mental Health Support Team at Mind in West Essex (MHST)**

We are a newly established service working in schools across Harlow. We offer mental health support for mild to moderate conditions including anxiety, low mood and challenging behaviour.

During this time we are offering telephone support sessions to children (secondary aged), parents (of primary-aged children with the focus on their child), and school staff.

Please contact the school to make a referral to our friendly team who will contact you to discuss your concerns further. If suitable for our service, we will arrange to keep in contact either weekly or fortnightly with telephone sessions for a maximum of 12 sessions.

During this time we are able to offer both low-intensity evidence-based Cognitive Behavioural Therapy (CBT) interventions over the telephone which are usually for 8 weeks, and more general support calls which are not counselling but more of a listening and advice service.

This service is available for any school in Harlow.

❖ **NHS 111 Mental Health Crisis Phone Line**

- A new crisis mental health phone line has launched across Essex. The 24-hr service launched by Essex Partnership University NHS Foundation Trust (EPUT) offers immediate and specialist support to adults experiencing mental health crisis.
- Anyone in need can dial 111 at any time and select the option for mental health crisis (option 2)

❖ **Young Minds**

- Text Crisis Messenger 24/7: text YM to 85258 (free from most mobile networks)
- Parents Helpline Mon-Fri 9.30am – 4pm 0808 802 5544 (free of charge)

❖ **Childline**

- 1-1 Telephone Counselling 9am – midnight every day 0800 1111
- 1-1 Online Counselling available until 10.30pm every day

<https://www.childline.org.uk/get-support/1-2-1-counsellor-chat/>

❖ **The Mix**

- Support available for CYP up to age of 25
- Telephone support 4pm – 11pm everyday 0800 808 4994
- Webchat support for ages 10 – 18 only 4.30pm – 11pm on <https://www.themix.org.uk/get-support/speak-to-our-team>
- Telephone counselling (up to age 25) <https://www.themix.org.uk/get-support/speak-to-our-team/the-mix-counselling-service>
- Text Crisis Messenger 24/7: text THEMIX to 85258

❖ **Samaritans**

- Telephone support 24/7 on 116 123
- Email support jo@samaritans.org (24 hour response time)

❖ **YCT**

- Free counselling service for ages 5 – 25 years currently offering telephone counselling and still taking referrals
- Enquiries can be made by professionals, young people or their parents by speaking to a member of the Clinical Team on 01279 414 090 and choosing option 1



Natalie Christie & Vic Goddard
Co-Principals of Passmores Academy