



## Principals' Letter – Autumn Term 2020 Week Ending 11<sup>th</sup> December 2020



Dear Parent(s)/Carer(s)

What a week it's been again. We have been asked to share the attached request with you by Essex County Council's Director of Public Health. The request follows the recent announcement by Secretary of State Matt Hancock regarding mass testing for secondary school students and details of how to do this are included in the attached letter. You may have questions once you've read it but it is unlikely that we'll have any answers because we have shared everything we have been told so far. Obviously whether you get your young person tested is completely at your discretion and we would not get them to take one without your express permission.

We have been directed by the DfE that we must continue to be available to share news of positive cases in the community for 6 days after a young person has been in school. That means that if your child tests positive within 6 days of the last time they were in school, i.e. if your young person is in school until the 18th we would like you to email us on [datateam@passmoresacademy.com](mailto:datateam@passmoresacademy.com) if they test positive up to Christmas Eve, so we can let anyone that's had close contact know.

Thank you for your support as always and stay well

**Tassomai:** The Science Tassomai Champions for week ending 27th November are:-

Year 11

**Zara Man**

**Kieran Leagas**

**Sasha Newnham**

Year 10

**Scarlett Webber**

**Kyran Ackerton-Mond**

**Jamiya Yussif**

Tassomai Champions for last week are:-

Year 11

**Gracee Swann**  
**Skye Hudspeth**  
**Alex Fitzgerald**

Year 10

**Kaitlyn Coates**  
**Kyran Ackerton-Mond**  
**Olly Dance**

**Accelerated Reader:** This term has been a busy one in our Accelerated Reader lessons. We currently have six year 7 students who have all read over 1 million words! Well done.

**Charlotte Bridge-** 1,727,960  
**Maya Connell-** 1,206,177  
**Alfie Godfrey-** 1,274,244  
**Ella Nicholls-** 1,313,665  
**Katie Mahon-** 1,541,531  
**Lewis Richards** 1,018,715



Natalie Christie & Vic Goddard  
**Co-Principals of Passmores Academy**

		<b>DECEMBER 2020</b>					
<b>PASSMORES ACTS OF CHRISTMAS KINDNESS CALENDAR</b>							
SUN	MON	TUE	WED	THU	FRI	SAT	
			<b>01</b> Call a relative or friend who you have not spoken to in a while	<b>02</b> Thank a friend for being supportive. They will be entered into special draw	<b>03</b> Student Appreciation Day.	<b>04</b> Thank a Teacher in person or via our thank you cards. (HoH Office)	
	<b>07</b> Do something helpful for a friend or a family member	<b>08</b> Supreme Goklen Ticket Day	<b>09</b> Send a coffee to a member of staff. (Slips are in HoH office)	<b>10</b> Donate an item to the food bank (HoH Office)	<b>11</b> Participate in Christmas Jumper Day		
<b>14</b> Leave a positive message for someone to find	<b>15</b> SURPRISE! (Candy)	<b>16</b> Tell someone a joke	<b>17</b> Make a drink for someone you live with	<b>18</b> Clean up a mess you did not make			

# 5 Tips To Manage Holiday Stress

1



## Keep It Simple

- Do Less and Enjoy More
- Establish a Budget for Gift Giving
- Make Homemade Gifts
- Start a Family Gift Exchange

2



## Forget About Perfection

- Stick to Your Daily Routine as Much as Possible
- Plan Ahead
- Make Lists of Tasks and Errands
- Prioritize What You Want to Accomplish
- Keep Old Holiday Traditions That You Enjoy
- Add New Holiday Traditions to the Old Ones
- Slow Down and Enjoy the Season
- Don't Fret if You Can't Do It All!

3



## Attend to Your Self-Care

- Don't Overindulge on Food and Alcohol
- Maintain a Healthy Diet
- Exercise - Even a Short Walk is Helpful
- Take 10 Minutes for Quiet Time When Needed
- Get Enough Sleep
- It's Okay to Say "No" to Requests
- Ask for Help When You Need It

4



## Acknowledge Emotions & Feelings

- Holiday Time Can Make You Happy
- Holiday Time Can Make You Sad
- Holiday Time Can Bring Frustration
- Holiday Time Can Be Lonely
- Ride the Wave of Holiday Emotions
- Reach Out To Friends, Family, or a Counselor For Support
- ALL EMOTIONS ARE VALID

5



## Focus on Kindness and Gratitude

- Enjoy Time With Family and Friends
- Pick Your Battles When Tensions Are High
- Donate Money or Time to Charity
- Practice Acceptance, Forgiveness, & Gratitude

TEACHarlow

Interested in becoming a primary or secondary teacher?  
Contact Gareth Walsh on [g.walsh@passmoresacademy.com](mailto:g.walsh@passmoresacademy.com)