



Principals' Letter – Autumn Term 2020 Week Ending 18th December 2020



Dear Parent(s)/Carer(s)

This would normally be our last correspondence with you until we return to school after Christmas but we doubt that will be true this year as we are sure you have seen the decisions about January by the government that were made public yesterday. Unfortunately the details are still thin on the ground but we will try and make it as clear as we can below:

- The government decision for the start of term is as follows: “Students in exam year groups, vulnerable children and children of critical workers will all attend school or college in person from the start of term, as will all students in primary, special and alternative provision schools and colleges. Secondary schools and colleges will operate a staggered return, offering all non-exam year groups remote education during the first week of term, with face-to-face education for all starting on 11 January.”
- Term will start on the 4th of January for Year 11 and for children of keyworkers and vulnerable young people.
- If your child is not in Year 11 but you wish them to attend and they meet the criteria please email Mrs Sumsion on supervision@pcl.co.uk so we can make suitable arrangements.
- All other students will return to school at the normal time on the 11th of January. Due to the VERY late notice of this decision, we have been unable to prepare further work packs so we will be setting work through ShowMyHomework and updating the Home Learning section of the school website. There will be more information regarding this just prior to the start of term.
- The testing plans are yet to have any details published by the government so we cannot let you know what it will look like or when it will start. However, we would strongly advise that you make use of the testing centres that are available around New Year's Eve or the first of January just to make sure that they are well and to stop the spread of infection asymptotically across the school. This is even more important having had 13 students test positive this week without any symptoms at all.
- School reports will be sent to you in the week commencing January 11th.

There will, undoubtedly, be further 'clarifications' by the government on January the 3rd but we promise to keep you as informed as possible. Sorry if there is still confusion but you are now as well informed as we are.

There is no doubt that this has been the most difficult term of our careers but we recognise it has also been difficult for all of you. For some young people the return to school has been easy and not caused any anxiety but for others this is far from true. Some of our young people have found the new rules and procedures easy to follow and a tiny minority less so. With the pandemic in full swing 'normal' life has also been happening with staff and student's families having to deal with sad and challenging events. You will see the section of this newsletter from our new parent group for mental health which has many ways to support yourself and others. Please do not feel that this is not for you. It is for all of us.

As adults it is important that we can be honest when we are struggling with our mental health; we must be role models for our children, so they know it is ok to ask for help too.

We truly hope that you are all able to have a safe and happy holiday. We will continue to do our best to keep our whole community as safe as possible whilst trying to follow the government guidance, however difficult it is at times, in keeping all of our young people in school.

Please stay well and we'll be in touch in the new year.

House Competition: At the one third mark, with lots still to play for, this is the house standings at this stage of the year. No-one should be complacent though, as the margins are VERY narrow. This has been an unpredictable school year for house scores and will no doubt continue to be so.

1st

DRAGON

2nd

GRIFFIN

3rd

LION

4th

UNICORN

STEM Club: STEM Club last Wednesday 9th December was a cracking success. All students successfully built a supporting structure which protected an egg from a 2m height. Pushing the boundaries of their designs, we increased in height until we were able to crown our winners. The winning team were **Fin Druce, Louis Turner** and **Lucien Mignot**, with a very clever design which included a parachute (pictured). They managed to drop their encased egg from the top balcony in the Heart Space (that is as tall as the Passmores Christmas Tree!) without even causing a crack! A smashing time was had by us all, and we cannot wait for our next challenge – to build a boat that can carry the most passengers and travel the furthest.



Maths Department: The maths department have been using robots controlled by mathematics this week with Year 11. Each mouse robot could only move with mathematical instructions.



History Department: Will you have some spare time on your hands this Christmas? The History Department can help with that! Below are some books and films with a historical setting you may enjoy...

Votes for Women by Jill Atkins: Alice and Rose are sisters growing up in the early years of the 20th century. As far as sixteen-year-old Alice is concerned, there is no more important issue to campaign for than ensuring women get the right to vote. By contrast, her sister Rose is uncertain over whether to support the Suffragette movement that Alice is so passionate about, or to be more like her beloved Granny who believes change can only be achieved through peaceful protest. While the Suffragettes - and Alice - become involved in increasingly dangerous activities to support their cause, Rose is dealing with the effects of the start of World War I and wondering whether she will ever get the chance to become someone who makes a difference in the world. Will both girls be able to achieve their dreams without risking their lives and going against their own beliefs?

War Horse Michael Morpurgo: In the deadly chaos of the First World War, one horse witnesses the reality of battle from both sides of the trenches. Bombarded by artillery, with bullets knocking riders from his back, Joey tells a powerful story of the truest friendships surviving in terrible times. One horse has seen the best and the worst of humanity. The power of war and the beauty of peace. This is his story. (Also on DVD)

When Hitler Stole Pink Rabbit Judith Kerr: Suppose your country began to change. Suppose that without your noticing, it became dangerous for some people to live in Germany any longer. Suppose you found, to your complete surprise, that your own father was one of those people. That is what happened to Anna in 1933. She was nine years old when it began, too busy to take much notice of political posters, but out of them glared the face of Adolf Hitler, the man who would soon change the whole of Europe – starting with her own small life. One day, Anna’s father was missing. Then she herself and her brother Max were being rushed by their mother, in alarming secrecy, away from everything they knew – home and schoolmates and well-loved toys – right out of Germany...

SAMLEARNING UPDATE:

This year has been excellent for samlearning use with students racking up hours of valuable time on the website. It has been great to see students exploring the site in lockdown and completing tasks of their choice, as well as those set each week. Here are our students with 10+ hours of time completed on the website so far this year: a great achievement.

YEAR 7

Cooper, James
Stafford, Lacey-Mae
Hudspeth, Isabella
Wix, Sam

Turcu, Diana
Lutwyche, Hannah
Akhter, Faria
Wodczynski, Jonathan
Scott, Christopher
Akhter, Aleena
Charlton, Abbey
Godfrey, Alfie
Marsh, Oliver
Labalpiny, Erin
Ellis, Madison
Gooding, Gabriella
Charlson, Jessica
Mooney, Layla
Timson, Natasha
Garmata, Austeja
Cobie, Izzy
Clark, Nathan
Chambers, Daisy
Horey, Kelsey
Doci, Isabella
Batt, Luke
Mahon, Katie
Morgan, Travis
Briden, Rachel
Kinggett, Kian
Doyle, Korban
Blake, Ellie
Hallybone, Poppy
Kearns, Connie

YEAR 8

Sivathanu, Priya
Yussif, Matin
Wood, Harry
Allen, Kalvin
Crandle, Alyssa
Malyon, Reece
Peirce, Aaron
Defor, Joel
Boorman, Angel
Kundrotaite, Ergita
McAusland, Gemma
Beregi, Peter
Franks, Harry
Barnsley, Narece
Forde, William
Collings, Madleigh
Cachia, Yulia
Nash, Freya
Iona, Elena
Groves, Olivia
Khabbaze, Tamara
Gilberg, Jessica
Urzica, Dragos

Parent Mental Health Group: It is with great pleasure I introduce “**Your child in mind**” which is our parent group focusing on mental health at Passmores Academy. The group, led by Mr Skelton, meets monthly to discuss pertinent issues within the school and look at ways we can support families with children who struggle with their mental health. If you would like more information on this group or feel like you have something to offer then please contact Mr Skelton on:

j.skelton@passmoresacademy.com

Despite being a joyful time for many, this year will be completely different to previous Christmas’. Many people will be feeling the loss of loved ones or loneliness due to not seeing them. Many of us will increase our alcohol intake to cope and with financial difficulties increasing the festive spirit can be dampened. However never think you are alone and if you need any support over this festive period we have put together some support agencies for you.

www.childline.org.uk / 0800 1111 (telephone & online emotional support)

www.kooth.com (online counselling)

www.yct.com or 01279 414090 (local counselling)

MIND – 01371 876 641

jo@smaritans.org - 24-hour – Phone 116 123

St Clare’s Bereavement Line 01279 967670

EWMHS – 0300 300 1600

NHS 111 Mental Health Crisis (option 2)

Young Minds – TEXT YM to 85258 (24hrs)

Young Minds Parental Helpline Mon-Fri 9.30am-4pm 0808 802 5544

Emotional coaching - <https://blog.teamsatchel.com/hubfs/student-wellbeing/emotion-coaching-for-parents-poster.pdf>

Domestic violence - essexcompass.org.uk / 0330 3337 444 www.changeingpathways.org / 01268729707

British red cross coronavirus support line - 0808 196 3651

Families for Recovery www.families4recovery.co.uk / 07830 528568

CALM - suicide www.thecalmzone.net / 0800 585858

For many other referral links including help with dementia, family support etc Harlowfrontline.org.uk

Girls Football Academy Open Training Sessions: In Year 9, 10 or 11? Passionate about football and want to give Level 3 National Extended Diploma in Sport and Fitness with the Girls Football Academy a taster before applying? During half term, they are opening their doors to give girls the opportunity to be involved in open training sessions at Writtle University College. This open training session will be led by coaches from Leyton Orient FC for you to see for yourself if the course is for you! You will also

be able to meet current students and ask the trainers and academics any questions you have about the course during a Q&A session.

The course at a glance

- This course is intended for post-16 female learners looking to study while being part of an affiliated football academy.
- The female football academy which is in partnership with Leyton Orient Football Club gives girls the opportunity to get professional coaching and compete in games against other schools and colleges.
- Students will partake in 8 hours of coaching and games per week and will train in the mornings and have lessons in the afternoon.

Bookings are now open to secure your place on one of the two training session dates: Monday 15th February – 10am-12pm & Monday 29th March – 10am-12pm. Spaces are limited so be quick! Schedule Appointment (acuityscheduling.com)



Natalie Christie & Vic Goddard
Co-Principals of Passmores Academy



The Children's Society

SAFE IN ESSEX PROGRAMME FOR THE FESTIVE PERIOD.
You can access Microsoft Teams via the internet or download the app

FOR AGES 8-18

21 st DECEMBER	22 nd DECEMBER	23 rd DECEMBER
<p>10am: Exam Stress Workshop – Some useful tips and advice on how to manage stress related to studies and upcoming exams.</p> <p>1pm: One Community- Support group for young people who identify as LGBTQ+ exploring identity and belonging.</p> <p>3pm: Festive Quiz- Fun quiz and riddles to make you think.</p>	<p>10am: Conflict Resolution and risky behaviours- How to overcome conflict and find a solution to those difficult situations.</p> <p>1pm: Festive Survival Workshop- fun tips on how to survive different situations, like being trapped in the North Pole!</p> <p>3pm: Festive Crafts- a look at creating your own festive masterpieces and crafty creations on a budget.</p>	<p>10am: Managing Emotions- Helping you to recognise, acknowledge and manage your emotions.</p> <p>1pm: One Community- Support group for BAME young people exploring identity and belonging.</p> <p>3pm: Fun Festive Baking – Forget The Great British Bake off, Safe in Essex have some simple but fun festive baking ideas for you.</p>

SAFE IN ESSEX ADVICE LINE- 07725 639571
OPEN FOR ADVICE AND GUIDANCE OVER THE FESTIVE PERIOD. AVAILABLE DURING
21st, 22nd, 23rd, 24th, 29th, 30th and 31st December - 10am to 2pm

To book your place, please check out our website; www.childrensociety.org.uk/east/services/safe-in-essex
or contact Essexreferrals@childrensociety.org.uk

Emotion Coaching for Parents

Emotional coaching has been championed in primary and early years, but it can also be the key to creating more emotionally intelligent secondary students who are happier, healthier and even perform better academically.

This poster guides you through emotion coaching techniques that can be used within families to build better behaviour, create stronger bonds between parent and child and develop emotionally mature young people.

Normalise your emotions

Pay attention to your own feelings, recognise when you are feeling unhappy or when you feel great about yourself. Think about how you behave when you feel like this. Now look for the same kind of behaviour from your child and try to identify their mood. Look for specific facial expressions, posture and tone of voice.

Listen to your child

Respect your child's emotions, try not to be dismissive or controlling of their behaviour. Use moments of intense emotion as an opportunity to learn. Encourage them to talk about their emotions, and share some of your feelings too. Try to intervene and talk before they misbehave, speaking can offer them another outlet for their emotions.

Identify feelings

When speaking with them, name your own emotions and encourage them to do the same. This breaks down the barrier that many children have between their external and internal selves. Naming their emotions helps to sooth them, and building a broader emotional vocabulary will make it easier to discuss these feelings in the future.

Solve problems

If your child misbehaves, and you feel they need to be disciplined - be clear that their actions, not their emotions, are being punished. Talk them through other possible ways to release this emotional energy. Encourage other activities for emotional outlet, like creating art, or doing sports and make a point of rewarding good behaviour you see.

satchel:

 teamsatchel.com

 [@team_satchel](https://www.instagram.com/team_satchel)

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