



Principals' Letter – Summer Term 2021 Week Ending 14th May 2021

Dear Parent(s)/Carer(s)

As the next stage in lockdown easing begins next week, we would like to reinforce how we need to continue to be cautious. It was therefore a shame to receive an email from a local resident describing how the testing kits were being destroyed by some of our students on their way home and discarded on the street. Please ask your young person to not take any new test kits if they are not going to be used. Obviously they are supplied by the government and that means all of us are paying for them in taxes eventually as well as the environmental impact.

Year 11 are beginning their final assessments next week and Year 10 will be receiving their timetables in the next few days for their internal exams; which begin after half term. After all the disruption to learning we will continue to take the individual circumstances of each young person into account as best we can and use what we learn to put support in place. All we need is for them to follow the revision timetables and to show us the best of themselves!

Finally, it was lovely to receive an email from Councillor Purse this week describing how impressed she was by the willingness of two of our students, **Imi Hainsworth** and **Josh Sanderson**, to carry out volunteer work to support the community over the last year. We know that many of our young people make a positive difference to others by their actions - something we are always proud of.

Skydive: Ms Conway completed a skydive for charity recently to raise money for two charities, Cancer Research UK and No Child Without. Both charities are close to the hearts of our community. This jump had been cancelled twice but third time lucky and the weather was perfect, so the jump went ahead. She jumped from 15,000 ft. Ms Conway stated that “the freefall was rapid” and she thanked everyone for their support in raising the money for these worthwhile charities. Well done Ms Conway.



The Parent Council Needs You! As a school, we value your views and opinions and one way for you to communicate these with us is through our Parent Council. This is an informal, (and I emphasise the “informal”) meeting held once a term on a Monday evening at Passmores. It provides us with the perfect opportunity to discuss what is currently happening in school and gives you the chance to raise any other topics that you feel may be important.

Our agenda items this term are:

- Feedback on School Cloud parents evening.
- As We Return Back To Normal – is there any of the changes we made during the COVID year that you think have worked well for us as a school and therefore we should keep. Are there any opportunities for face-to-face meetings that you think we are missing, and you would like to see at Passmores?
- Sustainability – any views or suggestions on how we can improve our approach to this topic.

The meeting will be held in **U007 at 6pm on Monday 24th May** (please note the date has changed). Light refreshments will be provided. I look forward to seeing you there!

House Events: 166 students participated in House Events yesterday in Years 7 and 8. The results are below.

Year 7 Rounders

1st Dragon
2nd Lion
3rd Unicorn
4th Griffin

Year 8 Rounders

1st Griffin
2nd Dragon
3rd Lion
4th Unicorn

Year 7 Danish Longball Results:

1st Dragon 3 Wins
2nd Unicorn 2 wins
3rd Griffin 1 Wins
4th Lion 0 Wins

Year 8 Danish Longball Results:

1st Griffin 3 Wins
2nd Dragon 2 Wins
3rd Lion 1 Wins
4th Unicorn 0 Wins

Maths Homework Club: There will be a maths homework club in the fishbowl every Thursday. This is to help all students in Years 7-10 who are struggling to do their maths homework. For further information, please contact Mr. Boamah in the maths department.
j.boamah@passmoresacademy.com

Tassomai Champions for week ending 10th May 2021: Well done all of you. A really good effort! (Miss Betts)

Year 11	Kieran Leagas	1 hour 31
	Amy Barnes	1 hour 12
	Bobby Kay	1 hour 10


Year 10 **Ryan Horn** 2 hour 01
Hansa Bachoo 1 hour 34
Kyran Ackerton-Mond 56 min

Year 9 **Sophia Atkinson** 1 hour 42
Lily Joseph 1 hour 30
Melanie Magalhaes 51 min

Mental Health Awareness Week: This week has been Mental Health Awareness Week and the theme has been to connect with nature. Connecting with nature is about building a relationship with nature by noticing and becoming sensitive to the environment around us. This has benefits for our physical and mental health.

Mental health is made up of our thoughts, feelings, mood and behaviour. We all have mental health, just like we all have physical health. Our mental health can change depending on our experiences and circumstances throughout our lives.

Connecting with nature is good for our mental health because; it makes you feel happier, makes you feel less stressed/angry, helps you to be more environmentally aware and engaged, improves your sleep, it makes you feel less worried, increases your self-esteem, improves your attention and encourages participation in physical activities. So this weekend we would like you to get outside, whether that's going for a walk, run or cycle, reading your favourite book, going for a picnic etc. Connect with nature and have a lovely weekend.



This week we will try to connect our body and mind. Here are some exercises for you to try – feel the physical and mental boosts they bring.


Breathing

While we all breath without taking too much notice, being mindful with our breathing has many benefits.

If we are feeling anxious or stressed, focusing on regular, even breaths can help bring us back to a sense of calm. Try the following:

Sit upright with shoulders back and eyes closed. Breathe in through your nose as you count to four. Hold your breath while you count to two, then breathe out through your mouth as you count to four. Repeat several times. Notice your lungs filling up, your ribs stretching, then your body relaxing.

Stretches




Back support
This morning stretch, also called 'cat-cow', can help loosen your lower back:

- Start on your hands and knees in a tabletop position.
- Breathe in, curl your back up, pull your abdomen in and tuck in your chin.
- Breathe out, release your back, lift your head and feel your hips stretch up.

Elbow release
This exercise is great for releasing tension at the end of the day:

- While seated, hold your elbows in your hands above your head.
- Stretch to the left, lengthening your torso, and hold for a few seconds.
- Then stretch to the right and hold for a few seconds.



Shoulder stretch

mind in West Essex



This is another exercise you can try seated, to feel an all-over release across your shoulder:

- Place your left hand above the elbow of your right arm, and gently pull your right arm across your body.
- Make sure your right shoulder is dropped and not hunched by your ear.
- Hold the stretch for 30 seconds while breathing slowly and evenly.
- Release and repeat on the other side.

Evening uplift

If you've been sitting for a long period, this stretch helps get more oxygen into you:

- Find a belt or scarf and stand with your feet hip-width apart.
- Hold the belt wide and taut in your hands, and stretch it over your head.
- Keeping your arms straight, bring them over your head and behind you.
- Bring your arms back to the front and down, then repeat five times.



Careers: BBC Radio 1 are launching an outreach programme ahead of Big Weekend of Live Music 2021. BBC Radio 1 will host an extensive programme of outreach activities in the lead up to Radio 1's Big Weekend of Live Music to help young people explore careers in the creative industry providing them with the skills, know-how and motivation they need to take those all-important first steps.

From Sunday 16 – Thursday 27 May, Radio 1 will host **online sessions** introducing young people to experts from **10 creative industries**, who will offer their insights into how young people can work to secure their dream jobs. Each of the hour-long interactive webinars will be hosted by Radio 1 DJs. During the sessions, audience members will have the opportunity to hear and ask questions of panellists including Grammy award-winning singer-songwriter KAMILLE, producer Steel Banglez and YouTuber Elz the Witch and brands such as Boohoo, Pretty Little Thing, Ministry of Sound and of course BBC Radio 1. Weekday sessions will be held from 5:30 – 6:30pm and Sunday sessions will be held from 1:30 – 2:30pm.

- 16th – Journalism
- 17th – Gaming
- 18th – Music Business
- 19th – Social Media Marketing
- 20th – Radio
- 23rd – Fashion
- 24th – Podcasts
- 25th – Music Production
- 26th – Film and TV
- 27th – Events

Tickets are now available via the sign up link on the [BBC Radio 1 Homepage](#). In addition to the careers sessions, a unique [personality quiz](#) will be available on the Radio 1 website. Young people will be able to discover creative career paths that best suit their skills and interests. The sessions are free.



Natalie Christie & Vic Goddard
Co-Principals of Passmores Academy

Forthcoming Events:

Monday 17 th May	Year 9 Vaccinations Dip, Tet, Polio and Meningitis (two vaccines)
17 th May – 8 th June	Year 11 Internal Examinations
Monday 24 th May	Parent Council Meeting 6pm
Thursday 27 th May	Winning House Non Uniform Day
Friday 28 th May	Year 11 Celebration Assembly
31 st May – 4 th June	Half Term
7 th June – 18 th June	Year 10 Mocks
Wednesday 23 rd June	Year 9 Parents'/Carers' Evening 4pm-7pm
Friday 25 th June	Sports Day
Thursday 1 st July	Year 6 Transition Day
Friday 2 nd July	Inset Day
Tuesday 6 th July	Year 11 Prom
Wednesday 7 th July	Year 10 Parents'/Carers' Evening 4pm-7pm
Friday 9 th July	Year 10 Vaccinations Dip, Tet, Polio and Meningitis (two vaccines)
Friday 9 th July	Year 8 Vaccinations HPV 1
Tuesday 13 th July	Year 10 Vaccinations Dip, Tet, Polio and Meningitis (two vaccines)
Tuesday 13 th July	Year 8 Vaccinations HPV 1
Wednesday 14 th July	Year 6,7 & 8 BBQ & Rounders followed by a Disco
Thursday 15 th July	Non Uniform Day for the Winning House
Friday 16 th July	Early Closure for Students (1.25pm) END OF TERM.
Friday 30 th July	Summer Reports to Parents/Carers



**PASSMORES
SUMMER FETE**

**SATURDAY 10TH JULY 2021
1 - 4 PM**

◆◆◆STALLS TO BE CONFIRMED◆◆◆

Tracyes Road
Harlow

Entrance Fees:
£1 - Adults
50p - Under 16
Free - Under 5

WWW.FACEBOOK.COM/PASSMORESSEASONALFAIR

TEACHarlow

Interested in becoming a primary or secondary teacher?
Contact Gareth Walsh on g.walsh@passmoresacademy.com