

Newsletter

Friday 4th July 2025 Issue 36



Sports Day Mascots 2025

Dear Parent/Carers,

This really is a bumper edition this week, so I would make your favourite drink and sit back and enjoy! Maybe have a slice of cake? Not for me anyway, as I am still recovering from the yummy delights that we laid on for our first Chit, Chat, Coffee and Cake sessions. It was lovely to welcome so many of you, to listen to success stories, the positive impact that we have had on young people and families but also to hear suggestions moving forward. This will be something that we continue with next year.

I am sure you will have noticed that the hot weather is set to continue, so students can remain in PE kit for the remainder of the term. I am sure I heard a few cheers when I announced this on the tannoy earlier (maybe that was just some of the staff!).

We are in the throes of finalising details for our House Celebration Assemblies and nominations are in. Invitation letters will be sent on Monday if your young person has won an award. If you don't receive an invite, but would still like to attend, please email Kelly Stearn at k.stearn@passmoresacademy.com by Friday 11th July.

Talking of Friday 11th July, this is our cultural appreciation day, more details are within the newsletter. I just want to highlight that students will need cash or a debit card if they would like to purchase any of the food on offer that day.

We can't wait!

Natalie Christie
Principal of Passmores Academy

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USEFUL LINKS

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[Clubs and Activities](#)
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[ParentPay](#)



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TOP PASSMORES POINTS ACHIEVERS

27th June to 3rd July 2025

Mahon, Charlie	Year 7	38
Mahon, Olly	Year 7	38
Ford, Grayson	Year 7	36
Owen, Amelie	Year 7	36
Sava-Luchian, Eric	Year 7	31
Thompson, Corey	Year 7	29
Batchelor, Stanley	Year 7	28
Bricknell, Oscar	Year 7	28
Dinnell, Jacob	Year 7	28
Hardwidge, Archie	Year 7	28
Maylen, James	Year 7	28
Smith, Luke	Year 7	28
Tilley, Poppy	Year 7	28
Zagrabá, Franka	Year 7	28

Jackson, Annie	Year 8	42
Brandle, Aiden	Year 8	38
Evans, Tillie	Year 8	37
Addison, Anyia-Joan	Year 8	34
Beckwith, Olivia	Year 8	34
Surtees, Amelia	Year 8	32
Boorman, Isabelle	Year 8	26
Groves, Dexter	Year 8	26
Cox, Isabella	Year 8	25
Phillips, Riley	Year 8	25

Andersons, Erik	Year 9	25
Cerek, Krystian	Year 9	23
Owen, Esme	Year 9	23
Sherif, Malaka	Year 9	23
Buhaescu, Fabiana	Year 9	18
Essafri, Nora	Year 9	18
Renker, Grace	Year 9	18
Dixon, Naavah	Year 9	16
Gunter, Noah	Year 9	16
Melnyk, Oleh	Year 9	16
Nicholls, Melissa	Year 9	16
Tohill, Riley	Year 9	16

Dack, Benjamin	Year 10	28
Raykov, Pavel	Year 10	16
Mackay, Hayden	Year 10	13
Miles, Freya	Year 10	13
Saunders, Lillie	Year 10	13
Ball-Parrish, Maizie	Year 10	11
Goody, Rebecca	Year 10	11
Sunshine, Pj	Year 10	10
Munns, Xander	Year 10	9
Anderson, Frazer	Year 10	8

Year Group Attendance (23rd to 27th June 2025)

Year 7	90.57%
Year 8	90.49%
Year 9	86.05%
Year 10	88.47%
All Students	88.92%



Thought for the Week

This week saw students take part in Session 10 of their *Mind Matters* and *Time to Talk* programme, with the focus on Positive Relationships. Students reflected on the importance of building and maintaining healthy, respectful relationships and how these impact wellbeing, school life, and success beyond Passmores. Through discussion and reflection, students explored:

- The key ingredients of a positive relationship, including communication, empathy, and boundaries.
- How to recognise when relationships are healthy — and when they're not.
- The role of trust, mutual respect and support in friendships, family and peer groups.
- How to resolve conflicts positively and when to seek help.

These skills not only strengthen our school community but also prepare students for positive connections throughout life.

In the News

This week's *In the News* session explored one of the most pressing global topics: the Climate Crisis. Students discussed the big question — *is it an individual or a systemic problem?* The session encouraged critical thinking and balanced debate, with key takeaways including:

- Climate change is a global issue that requires both individual action and systemic change.
- Habits need to shift — but for that to happen, governments, industries and systems must support those changes.
- Climate action can be costly and unpopular, which makes fairness and equity essential.
- While one person's actions may feel small, collective effort can drive real change.

This session helped empower students to think about their role as citizens, consumers, and future leaders in tackling environmental challenges.

Other News

It was another action-packed week here at Passmores:

Year 5 students visited us to get their first taste of life at Passmores — their enthusiasm and curiosity made it a brilliant day.

On Tuesday, Year 10 students braved the heat on their trip to the Houses of Parliament and the Freud Museum, extending their learning outside the classroom.

Year 9 students spent Wednesday exploring future pathways at Harlow College's taster day, while Year 10 students took part in Work Shadowing Day, gaining valuable insights into working life.

On Thursday, Year 10 students attended an assembly about the move into Year 11 tutor groups, reinforcing the importance of support networks in their final year.

Thursday evening was a key milestone in our transition programme, as we welcomed Year 6 students and their families for Induction Evening. The buzz and energy were fantastic!

On Friday, Year 10 students heard from CRE8, marking the start of a programme of post-16 assemblies designed to help them make informed choices about their future.

Looking Ahead to Next Week...

There's a lot to look forward to as we enter the final stretch of the year:

- Thought for the Week will link into our Cultural Appreciation Day on Friday 11th July, celebrating the diverse backgrounds and identities that make up our school community.
- In the News will help students explore *what to do if you're feeling overwhelmed by the news*, promoting emotional resilience and healthy information habits.
- We'll also be gearing up for our school production of Charlie and the Chocolate Factory — excitement is building as rehearsals come to life!

Let's keep the energy going as we move toward a strong and positive finish to the year.

Mr D Shine



This week's lucky recipients in the prize draw are...

Drew Smith
Evie Vaughan
Alice Rothern
Layton Parlour
Grace Krajicek
Sofia Awda
Riley Root

SUBJECT/INFORMATION UPDATES

History - Berlin Trip

Thank you to the parents and carers who have already sent through this information, but if your young person is going on the Berlin Trip (23rd - 25th October 2025), could you please ensure you have applied for a free GHIC card and sent the information to Miss Gallagher on the following address: k.gallagher@passmoresacademy.com .



Thank you!
Miss K Gallagher

Passmores LGBT+ Pride Group Update

The recently established Passmores LGBT+ Pride group meets fortnightly in Pastoral Curriculum Time. It's jointly led by Mr Butler and students and is for lesbian, gay, bisexual and transgender (LGBT+) students and allies (straight and cisgender people who support LGBT+ equality). That means anyone is welcome as long as they commit to the shared values and equality promoted by the group.



The group provides a safe space for young people to support each other, learn about the wider LGBT+ community and to make change in school, and the community. The group aims to play an important role in improving the experience of LGBT+ students during their school years, as well as educating other students about LGBT+ issues. Research has shown that these groups can improve the mental health and attainment of LGBT+ students while also reducing instances of homophobia, biphobia and transphobia in the school environment.

There has been a lot of activity taking place over recent weeks. In the first session, each person in the group submitted 3 songs which together created the Ultimate Passmores Pride Group playlist, available on their Passmores Pride Teams channel. The songs could be 3 of their favourite songs, 3 songs that you love by LGBT+ artists or 3 songs that inspire you. This was followed by sessions on LGBT+ terminology and a session on current LGBT+ literature including the best books to read for the summer across both key stages 3 & 4.

Following the distribution of their LGBT+ badges and stickers, this week the group were treated to a 45-minute virtual talk from two volunteer speakers from the charity 'Just Like Us'. The live interactive talk gave students the opportunity to learn what it was like for Lucas, aged 23, growing up as a transgender person and for Ella, aged 21, growing up as a young lesbian. This was followed by factual information about how Pride began and its current impact, as well as a Q&A session to conclude the session. It was a very engaging talk in which the students learnt a lot, were fully engaged and interacted positively with the speakers.

Food, Catering & Hospitality – Cultural Appreciation Day

On Friday 11th July we will be celebrating the diversity of cultures we have at Passmores. Throughout the day students will be learning about different cultures and will have the opportunity to sample a variety of cultural food which will be on sale during break times. Students can choose from:



Jerk chicken and jollof rice
Noodles
Mini toad in the hole
Samosa
Romanian sausage with Romanian salad



If students would like to purchase any of these dishes they can pay in cash or via a debit card. They will not be able to purchase food with their lanyards.

The dishes range between 50p-£1.50.

Ms E Jameson

Year 10 Trip to the Houses of Parliament

On Tuesday 1st July, Miss LeDain, Miss Cunningham and Miss Danaher took 45 Year 10 students to the Houses of Parliament on what was the hottest day of the year!

Luckily, the coach had air conditioning and so students, and staff remained cool in the 33-degree heat. Once we arrived at Parliament, we had an early lunch in the shade on the green before going through the airport style security to enter the building. We then embarked on a tour of Parliament, and we were lucky enough to watch the Chancellor speak in a debate from the public viewing gallery.

After the tour students took part in a workshop and our MP for Harlow, Chris Vince, came to speak to us about his role and to answer our questions.

At the end of the session students and staff were happy to get back onto the air-conditioned coach to cool down!

Considering the extreme weather we all had a good day and Miss LeDain thought all the students looked very smart.

Miss LeDain



School Production News!

Or should we say, “Chocolate News”, those of you familiar with the musical will get this joke at some point!

This is a final reminder from the performing arts team that our production of “Charlie and the Chocolate Factory” takes place Tuesday, Wednesday and Thursday evenings next week. Yes! Next week! We can't believe it either! February auditions seem such a distant (calm) memory now!

If you haven't secured your tickets yet, we encourage you to do so soon as availability is now very limited.

Join us for a wonderful evening filled with music, magic, and a journey into the world of Willy Wonka — it's a performance you won't want to miss!

Tuesday 8th July 6.15pm

Wednesday 9th July 6.15pm

Thursday 10th July 6.15pm

Tickets can be booked via [Charlie and the Chocolate Factory Tickets](#)

Thank you for your support, and we look forward to seeing you there. Expect the obligatory review of the show week next Friday! We will all be tired, but full of pride no doubt!

Miss K Warncken



Rehearsal Photos
(03/07/25)



Year 7 Mersea – Adventure, Laughter, and Lifelong Memories

Last week, 160 excited Year 7 students took over Essex Outdoors Mersea for four days of adventure, challenge and unforgettable experiences.

From high ropes and biking to dancing and team challenges, our students fully embraced the opportunity to step out of their comfort zones. They laughed, climbed, zipped and cheered their way through the week. All while developing independence, resilience, teamwork and problem-solving skills in a fun and supportive environment.

For many, it was their first time away from home, and we couldn't be prouder of how they rose to the challenge. They faced fears, supported one another, and made memories that will last well beyond their time at Passmores.

The trip wasn't just about activities, it was about building confidence, friendships, and the kind of life skills that can't be taught in a classroom. It was a joy to watch them grow in such a short space of time.

A huge thank you to the amazing staff team who kept the energy high and helped make Mersea 2025 such a success.

We're already counting down to next year!



Parent/Carer Chit, Chat, Coffee & Cake

On Wednesday, we held our first parent/carers coffee & cake sessions hosted by myself and supported by members of staff from the Leadership, Pastoral and SEND teams.

This was a great opportunity for parents & carers to share what has gone well this year from their perspective and to help us in framing priorities moving forward. My notebook was full of ideas and initiatives by the end of the day!

The sessions were really positive and constructive, we definitely plan to hold more sessions again in the new academic year, so watch this space for your invite.

I would like to say a big thank you to all those that gave up their time to attend, it was really lovely to meet you all... and a great excuse to eat unlimited cake!

Miss Christie



Year 11 Prom

On Thursday 26th June, our brilliant Year 11 cohort turned out in their finery to say a fitting farewell as the class of 2025.

Everyone looked amazing; take a look on the next page and see for yourselves...

2025
Class of



SPORTS/PE UPDATES

West Essex District Sports Day

On Friday 20th June, we took 80 students to Melbourne Park in Chelmsford for the Harlow and West Essex District Sports Day.

Building on last year's success, we brought a larger team, determined to compete at an even higher level. The sun was shining, spirits were high, and our students rose to the occasion—giving their all in every event. Their efforts paid off with an impressive collection of medals, earning us 1st place in both the Seniors team and the Small Schools competition, and 4th place overall.

As a department, we couldn't be prouder of our students for showcasing the true spirit of Passmores and what we can achieve together.



Tommy
100m senior gold medal

Savanna
100m senior gold medal

Alfie
Shot put senior gold medal

Senior mixed relay team gold medal

Trai
Long jump year 7 silver medal

Fletcher
Javelin year 7 silver medal

Bobby
800m year 8 silver medal

Jacob
800m senior silver medal

Danielle
Javelin year 7 bronze medal

De Maria
Discus year 7 bronze medal
Year 7 mixed relay team bronze medal

Bailey
400m senior bronze medal



Passmores Sports Day

On Friday 27th June, our eagerly awaited Sports Day took place under perfect sunny skies.

With all field events completed in advance, the excitement was palpable as the four houses geared up to compete on the track for the prestigious 2025 Sports Day Shield.

Throughout the day, students gave their absolute all — showing incredible determination and team spirit as they pushed themselves to secure victory for their houses.

In the end, there could only be one winner, and it was Dragon House who triumphed once again, reclaiming the shield for the second consecutive year.

The students were a true credit to the school, demonstrating outstanding attitude and sportsmanship from start to finish.



SPORTS DAY 2025...

1st
Dragon

2nd
Lion

3rd
Griffin

4th
Unicorn



Work Shadowing Day

On the 2nd July, all of our year 10 students had the opportunity to work shadow an employer, to learn what it is like to work in specific industries, find out more about a specific job role and see what it is like to go to work for the day.

Students went to workplaces of family and friends in a wide variety of sectors including retail, engineering, construction, childcare, business, mechanics, animal care, and many more.



For those who were unable to find a placement, they completed virtual online work experience, via the Springpod platform. The feedback from our students has been very positive, and hopefully it will encourage them to start thinking about what they want to do at the end of year 11. It will certainly add to their CV and demonstrate to post 16 providers a range of skills. We want to thank all those parents, carers and friends of families who gave up their time to give our young people these fantastic experiences.

Year 10 Step into the World of Engineering with BT Openreach

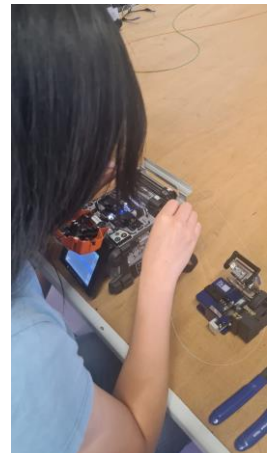
On Wednesday a group of our Year 10 students took part in an exciting work shadowing trip to BT Openreach, where they got a hands-on glimpse into the world of engineering and communications technology.

The day kicked off with a Q&A session where students were introduced to the roles and responsibilities of Openreach engineers. They were then taken on a guided tour of the BT Network, where they saw first-hand how the systems that keep the country connected operate behind the scenes.

One of the highlights of the day was a practical workshop on cable splicing. Under the supervision of BT professionals, students learned how fibre cables are carefully connected, a vital process in broadband installation. Their focus and enthusiasm were clear as they worked through the task like budding engineers.

After lunch, those feeling adventurous had the chance to climb a low-level BT training pole, fully equipped with safety gear. Many took on the challenge and enjoyed the rare opportunity to try out an essential part of the engineer's job.

This workshop gave students valuable insight into real career pathways and helped develop practical skills, confidence, and curiosity. We are incredibly proud of how well they represented Passmores and look forward to seeing where this experience might take them in the future.



Year 9 College Taster Day: A Glimpse into the Future

On Wednesday 2nd July, Year 9 students took a significant step toward shaping their future as they visited Harlow College for an exciting and informative Taster Day. The event gave students the opportunity to explore what life might be like after secondary school.

The day began with a warm welcome from the college staff, who introduced the wide range of academic and vocational pathways available. Students were then split into groups and taken on guided tours of the campus, where they got to see everything from high-tech science labs and creative art studios to fully equipped workshops and professional-grade kitchens.

During the day, students participated in hands-on sessions in a subject they had chosen in advance. Some tried their hand at hair and beauty, others explored engineering, sport/public services, hospitality, or health and social care. Each session was designed to give a taste of what studying the subject at college level would be like, with engaging activities led by experienced tutors.

There was a real buzz of excitement as Year 9s began to imagine the possibilities that lie ahead.

Feedback from a member of staff at the college said “Best year 9 group they have seen in a long time!”

As the day ended, students left Harlow College with new ideas, aspirations, and a greater sense of what lies beyond their GCSEs. The taster day was a fantastic opportunity to inspire and prepare Year 9s for the exciting journey ahead.

Well done to all the year 9 students, I left college feeling extremely proud of you all.

Mrs Bassett





The army foundation college invites you to a virtual Harrogate open event on Wednesday 9th July at 6.00pm. To book your place register on [Army Foundation College Harrogate Virtual Open Day](#)

New Courses for year 11's at Hertford Regional College to start Sept 2025

Level 1 Plastering Course:

This is a new course, which aims to progress students either to a Level 2 Plastering course after completion of our Level 1 course or to apply to an apprenticeship programme. They can also apply for another study programme course in construction or a different industry completely. The level will be determined by their tutor and based on grades.

T level foundation course in science and engineering

The T level foundation courses are for students who want to complete a T Level course but have not achieved their English and/or Maths GCSE. The foundation course provides them with the underpinning knowledge towards starting their T Level, whilst giving them time to resit and attain their Maths and/or English.

Here is a government link explaining the foundation courses.

<https://support.tlevels.gov.uk/hc/en-gb/articles/5622112789138-What-is-the-T-Level-Foundation-Year>

Here is the link to our foundation course in science:

<https://hrc.ac.uk/our-courses/t-level-foundation-applied-science-and-technology/>

Here is the link to our foundation course in engineering:

<https://hrc.ac.uk/our-courses/t-level-foundation-year/>

Year 11 Apprenticeship Opportunities:

Apprentice Hairdresser's, Salary £15,704, currently being advertised at Avant Garde in Harlow, HOBBS Salon in Epping and Loughton and Clique in Sawbridgeworth on [Find an apprenticeship - GOV.UK](#).

Summer Support Programme

Essex Youth Service are offering a 5-day course for any student who has just finished year 11 including home educated young people, to help with CV writing, interview techniques, budgeting, first aid, job searching and employability skills. (please see poster attached).

SUMMER SUPPORT PROGRAMME

For young people finishing Year 11

5 full days of practical support to help
young people feel ready for what's next.

- Starting w/c 28 July or w/c 4 August
- 10am – 4pm, Monday to Friday
- Loughton and Harlow
- Open to all Year 11 leavers (including home-educated young people)

- **CV writing**
- **Interview techniques**
- **Budgeting and finance**
- **First aid qualification**
- **Job searching tips**
- **Employability skills to boost confidence**



SCAN HERE TO REFER

SUMMER SUPPORT PROGRAMME

FAQs

What is the Summer Support Programme?

A 5-day programme where you will:

- Create a CV
- Apply for jobs
- Practise interview skills
- Gain a First Aid qualification

How long will I receive support for?

The programme runs for 1 week. You will also receive a follow-up call after results day to see if there is anything else we can help with.

Can I get help with transport?

Yes, we can provide bus tickets if needed.

What qualifications could I achieve?

You will gain a First Aid qualification.

What's the aim of the Summer Support Programme?

To help you move into employment, an apprenticeship, or further training.

What times does it run?

10am to 4pm each day.

Do I need to attend for the full 5 days?

Yes, you will need to attend all 5 days.

Do I need to bring lunch?

No, lunch is provided.

I feel a bit anxious — can you help?

We understand it can feel daunting. If it helps, you are very welcome to meet us beforehand to talk through any worries or concerns.

ANY OTHER INFORMATION

REMINDER...

Don't forget to renew your locker ready for September or empty it so that it can be reallocated to another student.



If you need any assistance, please contact Kelly Kemsley in our Student Services office.



There are lots of old padlocks in our bike sheds that don't appear to belong to any bikes!

Over the summer holidays, any unclaimed padlocks will be cut off and disposed of, so if you currently have a padlock in the bike sheds that is still used, please ensure that this is removed prior to the end of the school year.

Thank you!

LOST PROPERTY



Lost property will be left out on the tables in the Heart Space on **Tuesday 22nd July.**

Anything unclaimed will be going to charity.

New School Mural

We're working with Murwalls again to create a brand-new mural for the school - and this time, we want it to reflect *our school* community in a personal and meaningful way.

The theme is **togetherness, local community, and identity** – what connects us, what makes our area unique, and what we value as a school.

We'd love ideas from both students and staff.

You can send in:

- A person who inspires you (local legends welcome)
- A symbol, object, or pattern that means something to you
- A phrase, quote, or even just a word that feels powerful
- A quick sketch or abstract idea
- Something that represents the local area, our values, or just something you think would look brilliant on the wall

Deadline: Friday 11th July 2025

We have introduced this project to students during tutor time this week, and design sheets can be collected from forms.

If you fancy submitting something, or even just chatting through an idea, we'd love to hear from you. No pressure to be an artist – it's all about the message and meaning.

Thanks for getting behind this and helping us make something great!



Friends of Passmores have signed up to the Parents Lottery via ParentKind and for just £1 a week you could win up to £25,000 while helping us raise money for the school.

Follow the link below, click play and search for Friends of Passmores, then buy your tickets!

<https://www.theparentslottery.org/>

Any questions contact the team at fop@passmoresacademy.com and good luck!



The parents
lottery
Support your school with every ticket



**£25,000
jackpot!**



**Support our school
and a chance to
win up to £25,000**

Be part of something special!

Join The Parents Lottery and help us create a thriving school community. Every ticket you buy funds vital projects, from library books to new playground equipment, helping to enrich the lives of our children.

Each £1 ticket also gives you the chance to win £25,000 every Friday along with various other prizes.

We understand that everyone is busy, and finding time to support your school can be challenging. That's why The Parents Lottery makes it so easy to make a real difference. Purchase a ticket online in just a few steps and you'll be automatically entered into the draw. Every ticket sold helps us provide the enriching educational experiences our children deserve. Play The Parents Lottery today and help us empower the next generation.

How to play

1. Choose the school you'd like your tickets to support by entering the name or school's postcode
2. Decide how many entries you'd like and fill in your details to sign up
3. You've now entered next month's weekly draws, good luck!



**£25,000
jackpot!**

**Guaranteed
prizes
every week**



26



Support our school



Scan this QR
code and enter
our school name or
postcode to join
The Parents Lottery



How does it work?

There will be various prizes up for grabs each week including the chance to win the £25,000 jackpot! Keep your eyes on the Friday weekly draw to find out if you'll be a winner this week. And remember 60%* of each ticket you purchase goes to your chosen PTA/school.

Choose us
on The Parents
Lottery list

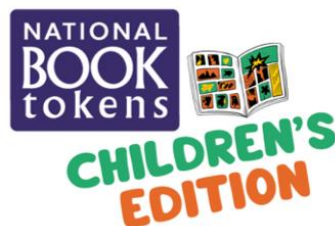
£1 ticket entry
into each
weekly draw

Prize draw
every Friday

Each ticket
supports our
school

*See our website theparentslottery.org for additional details.

Have you nominated Passmores yet to win one of five big £1,000 prizes? We could then fill our shelves with new books - and you could also win a £100 gift card to spend on books... Click on the link below to get voting now ...



Have you nominated your school?

We're giving five schools across the UK the incredible chance to win £1,000 in National Book Tokens to stock their library shelves with brand-new books – and inspire a lifelong love of reading. Each winning school will also receive £300 in cash to transform their library space into a fun, welcoming haven for students.

Right now, the charity Read for Good's research shows that 1 in 7 primary schools in England don't have a library. Children growing up in poverty are the most likely to miss out. Together, we can change that. It's time to #rebuildthelibrary.

Nominate your school today!

If your entry is selected as one of our five winners, not only will your nominated school win big, you'll also receive a £100 National Book Tokens gift card to treat yourself in your favourite bookshop.

Books change lives. Let's get more of them into the hands of children who need them most.

[Nominate your school](#)

FORTHCOMING EVENTS

Tuesday 8 th July – Thursday 10 th July	School Production <i>Charlie and the Chocolate Factory</i>
Monday 14 th July	DRAGON Celebration Assembly 9:30am – 11:00am
Tuesday 15 th July	GRIFFIN Celebration Assembly 9:30am – 11:00am
Wednesday 16 th July	Year 6-8 Rounders, BBQ & Disco
Thursday 17 th July	LION Celebration Assembly 9:30am – 11:00am
Friday 18 th July	UNICORN Celebration Assembly 9:30am – 11:00am
Monday 21 st July	Inflatables Day
Tuesday 22 nd July	Early Closure for Students (12:30pm)

TEACHarlow

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



The Children's Society East

Our CHHAT groups focus on promoting positive emotional and mental wellbeing for 8 – 18 yr olds, with these particular sessions focussing on children in **years 8 & 9**.

The team use a range of techniques tailored to support each young person to develop their emotional resilience; with the group programme aiming to help young people build self-esteem and confidence.

The service is open to children and young people who have parents or family members who are misusing substances or have been impacted by a family member's mental health.

We aim to create a safe, confidential space for these children and young people and will signpost/support additional referrals if appropriate.

Venue:

Passmores Academy,
Memorial Hall in the Heart Space

Session Dates:

Tuesday 29th July – 10:00am to 12:30pm
Wednesday 30th July – 1:00pm to 3:15pm
Thursday 31st July – 10:00am to 12:30pm
Tuesday 5th August – 10:00am to 12:30pm
Wednesday 6th August – 1:00pm to 3:15pm
Thursday 7th August – 10:00am to 12:30pm
Wednesday 20th August – 1:00pm to 3:15pm
Tuesday 26th August – 10:00am to 12:30pm
Wednesday 27th August – 1:00pm to 3:15pm
Thursday 28th August – 10:00am to 12:30pm

If you would like to find out more, or book a young person in to attend our group, then please contact one of our CHHAT practitioners on **01245 493311** or email kim.stayt@childrenssociety.org.uk



ARE YOU A PARENT OR GUARDIAN OF A 13-15 YEAR OLD?

DO YOU LIVE IN ESSEX?

Essex Recovery Foundation, on behalf of Essex County Council Public Health, is seeking parents to consent to their child completing a brief survey on vaping, smoking, alcohol, and drug use. We are interested in the opinions of ALL young people Essex, including those who do not vape, smoke drink or take drugs.

WHY TAKE PART?

By sharing their experiences, they will contribute to Essex County Council providing better advice and support in Essex around children and young peoples substance use.

WHAT'S INVOLVED?

You will need to complete the consent form, featured in the QR code and, if you agree, your child will be sent an information sheet and consent form before they complete the survey which can be done online at home. All responses will be confidential and secure.



**SCAN THE QR CODE TO
COMPLETE A SHORT SURVEY!**
TAKES LESS THAN 10 MINS

FOR MORE INFORMATION, OR TO RECEIVE THE CONSENT FORM VIA EMAIL,
CONTACT COMMUNITY.RESEARCH@ESSEXRECOVERYFOUNDATION.ORG



Department
for Work &
Pensions

UC Universal
Credit

Child Care Costs

On universal credit you may be entitled to up to 85% of child care costs if both parents or single parent are in paid work or about to go into paid work. There is a full list of elements that make you entitled for help with child care costs, scan the QR code below for all the information. You can also ask our staff for a leaflet at front of house.

Can I get Help with
child care costs?

Scan the
QR Code



OR Go to Universal Credit
childcare costs - GOV.UK

*You can also ask for a leaflet

5 Things YOU Need to Know about Child Care Costs

- ☐ Both parents or single parent needs to be in paid work OR starting work in the next month
- ☐ It does not matter how many hours you work - there is no minimum
- ☐ UC can also help with upfront costs
- ☐ The child OR children must attend an Ofsted approved childcare provider
- ☐ UC can help with up to 85% of child care costs

CHILDREN & YOUNG PEOPLE SPECIAL DRAW

Draw open 16-22 June 2025

7 DAYS, 10 CHARITIES
£5,000 EACH
NOMINATE NOW



BENEFACT
GROUP

Ecclesiastical Insurance Office plc is the promoter

NOMINATIONS ARE OPEN!

16th June - 22nd June

In recognition of all the charities who work to support **Children and Young People**, we're giving **10 charities £5,000 each** in this limited-time special draw.

All you need to do is nominate a charity **whose core charitable purpose is to support children and young people (aged 25 and under)**.

[VOTE HERE](#)

[Terms and conditions apply.](#)

(See below example form for how to complete)

Draw	
Search for an organisation, group, charity name or charity number	<input type="text" value="No Child Without"/> <input type="button" value="Search"/>
	<small>Registration example <input type="checkbox"/></small>
Charity name	<input type="text" value="1152609 - NO CHILD WITHOUT"/>
Charity type	<input type="text" value="Education and skills"/>
Your name	<input type="text" value="First name"/> <input type="text" value="Last name"/>
Your email address	<input type="text"/>
Your location	<input type="text" value="Essex"/>
Your age range	<input type="text" value="Please select age range"/>
What is your connection to this charity?	<input type="text" value="None - No Connection"/>
What is your connection to the Benefact Group?	<input type="text" value="None - No Connection"/>

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



Essex County Council

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