Newsletter





12th December 2025 Issue 12



Dear Parent/Carers,

A big thank you to those of you who came along to our Christmas Market last week. After a slightly disappointing turn out last year, there was some trepidation beforehand, but the long, winding queue out the front of school before the doors opened soon eased any worries. Our Friends of Passmores worked incredibly hard promoting and preparing the event, and as a result a wonderful evening was had by all involved. We really are lucky to have such a committed team. Check out page 15 to find out how much money we raised.

So, to our next event, Passmores' Got Talent in the Spring term... watch this space for more information, the excitement is building already!

Stuck for things to do next week? Fancy a night out listening to an array of music and the chance to sing along to some classic yuletide numbers? If so, you are welcome to join us at our Christmas Concert on Tuesday 16th December. The link for tickets is on page 13.

Don't miss our bumper edition next week! We will be sharing names of all students who will be recognised in our end of term celebration assemblies along with the winners of our weekly, half termly and end of term draws. Whose name will be pulled from the tombola for the £300 voucher? Students have got to be in it to win it, so let's hope they embrace the last few days to earn their All Stars tickets.

Natalie Christie
Principal of Passmores Academy

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USEFUL LINKS

Parents/Carers Letters
Clubs and Activities
School Calendar
ParentPay











www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS Friday 5th to Thursday 11th December 2025

Ward, Ryan	Year 7	120
Connor Fry, Amira-Shai	Year 7	118
Potgieter, Finley	Year 7	112
Sawyer, Phoebe	Year 7	112
Castle, Archie	Year 7	111
Allen, Rio	Year 7	109
Baughan, Henry	Year 7	109
Holcroft, Sofia	Year 7	109
Craig, Calum	Year 7	108
Marsh, Sadie	Year 7	108
Mahon, Charlie	Year 8	117
Harding, Lucas	Year 8	116
Bailey, Lucas	Year 8	113
Poole, Peyton	Year 8	113
Loader, Daisy	Year 8	111
Mahon, Olly	Year 8	110
Powell, Jessie	Year 8	110
Dinnell, Jacob	Year 8	108
Gregory, Leo	Year 8	108
Howe, Tate	Year 8	108
Rogers, Mason	Year 9	125
Gallagher, Daniel	Year 9	121
Aimes, Olly	Year 9	118
Toku Appleton, Ethan	Year 9	116
Green, Lewis	Year 9	115
Lai, Korey	Year 9	114
Evans, Tillie	Year 9	113
Forde, Lawrence	Year 9	113
Paxton, Bobby	Year 9	113
Brooks, Bobby	Year 9	111
McGill, Harry	Year 9	111

Houghton, Poppy	Year 10	114
Owen, Esme	Year 10	114
Sowunmi, Ronel	Year 10	110
Benge, Maddie	Year 10	109
Da Mata, Melanie	Year 10	106
Jocas, Kajus	Year 10	106
Watters, Katie	Year 10	106
Erikume, David	Year 10	105
Tuna, Masal	Year 10	105
Cuming, Leah	Year 10	103
Hogg, Sophie	Year 10	103
Lambert, George	Year 10	103
Zajdel, Roxana	Year 10	103
Crutchlow, Jack	Year 11	98
Kamara, Abdul	Year 11	98
Man, Charlotte	Year 11	94
Wejman, Dawid	Year 11	94
Wheatley, Joshua	Year 11	94
Zalinski, Adrian	Year 11	93
Fearon, Frankie	Year 11	91
Watters, Chloe	Year 11	91
Wilson, Mia	Year 11	91
Anderson, Frazer	Year 11	90
Armstrong, Ethan	Year 11	90
Mennell, Gary	Year 11	90
Stevenson, Harry	Year 11	90
Woodall, Haydn	Year 11	90

Year Group Attendance w/c 8 th December 2025		
Year 7	90.17%	
Year 8	84.67%	
Year 9	85.91%	
Year 10	84.28%	
Year 11	83.88%	
All Students	85.76%	

PASTORAL UPDATE

Thought for the Week – Mind Matters & Time to Talk

This week, students took part in Session 3 of their *Mind Matters* and *Time to Talk* programme, focusing on the concept of the Window of Tolerance. This initiative helps young people develop emotional understanding and make informed choices, supporting both wellbeing and personal development.



Building on earlier learning about brain development and zones of regulation, students explored how the Window of Tolerance explains the different emotional states we move between:

- Optimal zone calm, focused, able to learn and interact positively
- Hyperarousal fight/flight responses such as anger, panic or impulsivity
- Hypoarousal shutdown feelings such as numbness or withdrawal

Students considered how:

- Learning becomes easier when we're within our optimal window
- Emotions are natural rather than "good" or "bad"
- Everyone's window expands and narrows depending on stress and other factors

Importantly, students learned strategies for staying within or returning to their window, such as breathing techniques, grounding, routines and talking things through.

This shared language helps students communicate their needs ("I'm outside my window right now") and strengthens trauma-informed, relational approaches across the school.



In the News - Disability History Month

This week concluded our focus on Disability History Month with a look at the importance of representation.

Students learned about Ellie Goldstein, the first contestant on *Strictly Come Dancing* with Down Syndrome, and how she has challenged assumptions and broken barriers. They explored how:

- ➤ Representation shapes our expectations of who belongs in certain spaces
- > Some responses to Ellie's success were negative, reflecting unconscious bias
- ➤ Language and reactions intended to be "kind" can sometimes feel patronising
- Reframing the way we communicate helps build a truly inclusive society



The session encouraged students to notice how often disabled people are represented in the media and to think carefully about how we all play a role in challenging stereotypes.

Other News...

Year 11 students were introduced to an exciting new revision platform, Adapt, which will support their preparation for exams.

Our Passmores Acts of Christmas Kindness continued, and it has been lovely to see even more students taking part in spreading kindness throughout our community.

Festive highlights this week included:



The Principal's Challenge trip to the cinema to watch Zootopia 2



Christmas Jumper Day on Thursday



House quizzes for Years 8, 9, 10 and 11 after school



And many students proudly receiving a Golden Ticket—well done!

Looking Ahead to Next Week...

We approach the final week of term full of energy and celebration!

- Thought for the Week will signpost students to support available over the festive period should they need it.
- In the News turns into an end-of-year quiz covering major national and global stories from 2025.

House competition continues, with Year 7 taking part in their House quiz—one last chance to earn valuable points before we announce the leaders at the first checkpoint of the year!

It promises to be an exceptionally Christmassy week, including:



The Christmas Concert on Tuesday



The Hub Christmas Enterprise Day



End-of-term House assemblies



Non-uniform for the winning House in each year group



And a Christmas sing-a-long in the Heart Space with DJ Bell at breaktime on Friday!

A fantastic way to round off the term—let's finish the year positively and together.







12/12/25 Weekly Winners

Lacey Douglass-Armstrong Mylie Crane

iviyile Craffe

Ronnie Webb

Cali Goodson

Luke Wilcox

Danielle Winckless

Luke Horey

Dorcas Adesina

Molly Ranson

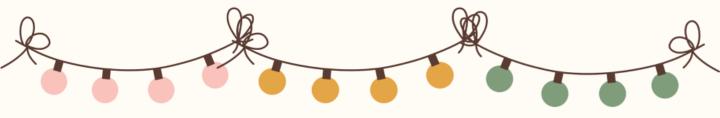
Danielle Erikume



ARE YOU

READY TO PLAY?





HOW TO PLAY.

For the next 15 days you will be set a daily challenge to promote kindness, responsibility and positive behaviour.

Complete them all and you will receive a prize at the end of the 15 days.







HOW TO PLAY.



1.Check the screens Each Day
Every school day, a new challenge will be revealed.
You can only do the challenge for that day — no
skipping ahead!

Complete the ChallengeDo your best to carry out the task during the day.

3. Let Your Teacher Know After completing the task, your teacher will: Stamp your challenge card

4. Be Honest
The calendar is about building good habits and
showing genuine positive behaviour.
Only tick off a challenge if you fully complete it.

5. Try Every Challenge Your goal is to complete all the challenges by the end of the 15 days..

6. Earn Your Prize! Students who complete every daily challenge will receive a special reward.

Day 1- Kick off with Kindness Value: Respect	Day 2- Secret Santa Smile Value: Kindness	Day 3- Tidy Tinsel Time Value- Pride	Day 4- Elf level Effort Value: Aspiration
Challenge: Give one genuine compliment to THREE different people.	Challenge: Do an act of kindness for someone. Open the door, carry books for a teacher, etc.	Challenge: Clean up after yourself or a friend today at lunchtime.	Challenge: Give your best effort in every lesson to receive an All-Star Champion ticket from your teachers.
Day 5- Holiday Homework Hero Value: Responsibility Challenge: Complete and hand in homework on time.	Day 6- Attendance tree Value- Responsibility Challenge: 100% attendance and punctuality this week.	Day 7- Reindeer Respect Day Value: Respect Challenge: Show exceptional respect to staff and students in lessons. (All Star Champion ticket).	Day 8- Winter Warmth Words Value- Kindness Challenge- Write a 'thank you' card to a staff member who has helped recently.
Day 9- Christmas Checklist Champions Value: Organisation Challenge: Arrive to every lesson with all required equipment.	Day 10- Snowy Safe Spaces Value- Safety Challenge: Walk safely, avoid pushing and keep your hands to yourself during social time .	Day 11- Frosty First impressions Value: Respect Challenge: Greet staff and students politely and walk calmly to lessons.	Day 12- Deck the Desks Value: Respect Challenge: Clean up around the area you were eating in.
Day 13- Festive Dinner Manners Value: Respect Challenge: Queue calmly for food and say please and thank you to the staff.	Day 14- Holiday Harmony Hour Value: Positivity Challenge: Keep Lunchtime calm and positive- no arguments, shouting and no drama.	Day 15- Candy Cane Conduct Day Value: Good behavior Challenge: Show excellent conduct all day to earn an All- Star Champion ticket	***
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THANK YOU!

HAPPY HOLIDAYS!



SUBJECT/INFORMATION UPDATES

Light Up Broadwalk Event - 06/12/-25

On Saturday 6th December, the turning on of the Harlow Christmas Lights took place at the 'Light Up Broadwalk' event in the town centre. Three of our musicians - Hannais Lutzitu, Rachel Ricketts & Masal Tuna represented Passmores Academy at the event, each singing a vocal solo. They were all amazing, and we are so proud of our wonderful students!



Music - Christmas Concert - 16/12/25

The Passmores Academy Christmas Concert will be held on **Tuesday 16th December** 2025 in the Alan Simpson Memorial School at Passmores Academy. This is a festive celebration and showcase of students' work in the music department, including both curriculum and extra-curricular clubs. The evening will include a variety of solo and ensemble pieces.

We would very much like to see you at the Christmas Concert to celebrate and support our students' endeavours in the performing arts. Tickets are selling fast and are available via Ticket Source at a cost of £3.00 for adults and £1.00 for students/OAPs/primary school children. The doors open at 6.30pm and the concert will commence at 7.00pm.

Refreshments will be available at the interval in the heart space.

Here is the link to purchase tickets:

Passmores Academy Christmas Concert at Passmores Academy Memorial Hall event tickets from Ticket Source











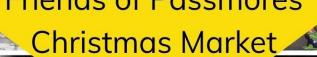


























Spanish and art trip to Barcelona - 6th-8th March 2026

iHola!

We hope you are all as excited as we are to be going to Barcelona next year! If your young person is going on this trip, could you please forward a copy of their passport details to the following addresses:

a.farmery@passmoresacademy.com g.harris@passmoresacademy.com



Also, if you haven't done so already, please apply for free healthcare cover abroad (GHIC) on the link below:

https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/

Not going on the trip but would like some further information? No problem! If your young person is in years 9-11 and interested in Spanish and/or art or currently studying one of these subjects at GCSE level, we have a few spaces available. Please email Mr Farmery or Miss Harris on the addresses above for more details.

Mr A Farmery Head of Spanish

Year 7 Residential Trip to East Mersea – 21st - 24th June 2026



SPORT/PE UPDATES

West Essex Annual Cross Country Competition - Friday 5th December

On Friday 5th December, 15 of our students travelled to Woodford Track to take part in the West Essex Annual Cross Country Competition.

It was a fantastic day with some outstanding performances from our athletes. A special mention goes to **Ava Rollinson**, who finished **3rd** in the Year 7 Girls' race – an incredible achievement! We also had two impressive **5th place finishes: Bobby Paxton** in the Junior Boys' race and **Jacob Branch** in the Intermediate Boys' race. Both boys have now earned the opportunity to represent **West Essex at the County Championships in January**.

Congratulations to all the students who competed – we are extremely proud of your effort and determination!





Mr Martin Head of PE

Cricket - Under 14s

This week our u14 cricketers took a trip into Barking to compete in a 4-team tournament against the Barking, Davenant and Chigwell schools amongst others.

We performed arguably better than the England team currently down under in Australia picking up 2 wins to end the tournament in second place! Well done to all involved.

Mr Goddard PE Teacher

Norwich City Football Development – Girls' Talent ID Trials

Norwich City Football Development is pleased to announce our upcoming Girls' Football Talent ID Trials at their Harlow Development Centre.



This event provides an excellent opportunity for aspiring female players to experience a professional coaching environment delivered by our UEFA-qualified coaching team. Successful players may be invited to join our Girls' Development Pathway within the Norwich City Football Development Programme.

This is BRAND NEW and the Centre will be starting in January 2026!

Venue: Mark Hall Sports Centre (Harlow)
Date: Monday 15th December 2025

Time: 6:00-7:30 pm

Ages: U9,U10, U11, U12, U13 & U14

Spaces are limited, and bookings are being taken on a first-come, first-served basis.

Book your place now here

For further information, please contact: phil.turner@canaries.co.uk

CAREERS NEWS

OPEN EVENTS 2025-2026		
Cambridge Regional College www.camre.ac.uk	01223 418200	Sat 24 th Jan 10am-12.30pm Thurs 23 rd April 4.30pm-7pm
Capel Manor College, Enfield www.capel.ac.uk	08456 122122	Thurs 15 th Jan 5.30-7pm
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Weds 4 th Feb 6pm-8.30pm
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 3072345	Sat 17 th Jan
Harlow College www.harlow-college.ac.uk	01279 868000	Tues 10 th Feb 5pm-8pm Weds 29 th April
Hills Road Sixth Form College, Cambridge www.hrsfc.ac.uk	01223 247251	Open date in the summer term for year 10 students
Hertford Regional College www.hertreg.ac.uk	01992 411400	Tues 3 rd Feb 5.30-8pm
New City College (Epping Forest), www.ncclondon.ac.uk	0208 508 8311	Sat 31 st Jan 10am-2pm
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Thurs 22 nd Jan 5pm-8pm

Please contact the institutions to check details and times before attending. Also, be advised that most ask for you to book a place for these events online.

Important - Year 11 Sixth Form Deadline Date...

The closing date for applications to The Bishops Stortford High school, Epping St Johns, Leventhorpe & Birchwood is the **Friday 19th December**.

icai TO/TT 2	Year	10	/11's
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Applications for CRE8 are now open for Sept 2026. Their **Post-16 Level 3 qualification (equivalent to 3 A-Levels)** opens up progression routes into university, apprenticeships, or direct industry employment. Learners can specialise in:

- ☐ Photography & Videography
- ☐ Graphic/3D Design & Digital Art
- ☐ Film & Content Production
- Social Media & Marketing
- ☐ Journalism & Creative Communication
- ☐ Real Estate & Project Management

Upcoming Introduction Evenings for Year 10 and 11:

Ware Campus (Online Presentation)

Monday 1st December - 7:30pm

Bishop's Stortford Campus - CM23 5RG

Monday 15th December – 6:00pm

To register your interest or find out more complete the interest form: https://forms.gle/1dq9WaTpWrDTxnHs9

Alternatively you can contact them:

Email: Apply@LearnToCRE8.com, Website: www.LearnToCRE8.com

Careers News for Parents...

If you are starting to have conversations with your young person about what they want to do in the future, qualifications, options, etc. the following website gives lots of help and ideas for starting conversations.

They have a variety of resources including online cards that go through a range of questions to help young people establish career ideas and know how to plan.

The website is: <u>Parents Advice for Career Conversations - Talking Futures</u>

Careers in Theatre

With Christmas approaching, My Path have produced a short video highlighting the hidden careers behind the scenes to run a successful pantomime:

TheatreCraft: Who Is Involved In A Pantomime?



CRE8 East Herts Introduction Evenings

Who is CRE8?

CRE8 is a specialist creative industry college for 16–19-year-olds, offering a hands-on programme that covers media, design, photography, film, music, sport and digital content creation. Their programmes are built around real-world projects, industry partnerships, and professional skills - helping students develop their creativity, build their portfolios, and progress into the creative industry or higher education. They have campuses in Ware and Bishops Stortford.

Upcoming Introduction Evenings:

Bishop's Stortford Campus, Monday 15th December, 6:00pm Woodside Stadium, Dunmow Road, CM23 5RG

During the evening, you'll:

- Learn about our Creative Media programme (equivalent to 3 A-Levels)
- Explore subjects including Photography, Videography, Design, Film, Journalism, Marketing, Sport, and Social Media
- Hear from our industry-experienced tutors about career pathways and real-world projects
- > Discover how students can develop professional portfolios and progress into creative careers or university

This event is open to all students in **Year 10–12** who are considering a creative education or career. Parents, and carers, are warmly encouraged to attend too.

To confirm your attendance, please complete the quick registration form below:

https://forms.gle/uJ2dbDDzu22pbq1J8

L3 Engineering Mechatronics Apprenticeship

Amazon UK, Harlow

Requires GCSE maths, English, science grades 4-9

Includes electrical and mechanical engineering

Closing date: 28th Feb 26 (although this may change depending on number of applicants). Start date: Sept 2026

More information on: Engineering Mechatronics Apprentice - Find an apprenticeship - GOV.UK

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They have a variety of resources including online cards that go through a range of questions to help young people establish career ideas and know how to plan.

The website is: Parents Advice for Career Conversations - Talking Futures

ANY OTHER INFORMATION

KEY CONTACT INFORMATION	V
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School Address

Passmores Academy, Tracyes Road, Harlow, Essex, CM18 6JH

Main Telephone

01279 770800

passmores@passmoresacademy.com

Student Absence

01279 770877

attendance@passmoresacademy.com

Change of Contact Details

h.day@passmoresacademy.com

Student Services

pastudentservices@passmoresacademy.com

First Aid

pafirstaid@passmoresacademy.com

Extra-Curricular Clubs

h.day@passmoresacademy.com

Account / Trips

s.hodges@passmoresacademy.com

Homework

datateam@passmoresacademy.com

Free School Meals

pastudentservices@passmoresacademy.com

For a full list of staff contact details, click here



Lost property will be left out on the tables in the **Heart Space** on **Thursday 18th December**.

Anything unclaimed will be going to charity.

Please can you remember to let us know if any of your contact details have changed,

So that so that we can update our records.

Update Your
Contact Info

You can do this easily by emailing our Data Teams

Contact Info

You can do this easily by emailing our Data Team: datateam@passmoresacademy.com or via the Arbor app.



NHS Guidance for Parents: Is my child too ill for school?

A useful resource to help parents decide when children should stay at home.



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

PASSMORES PASSMORES

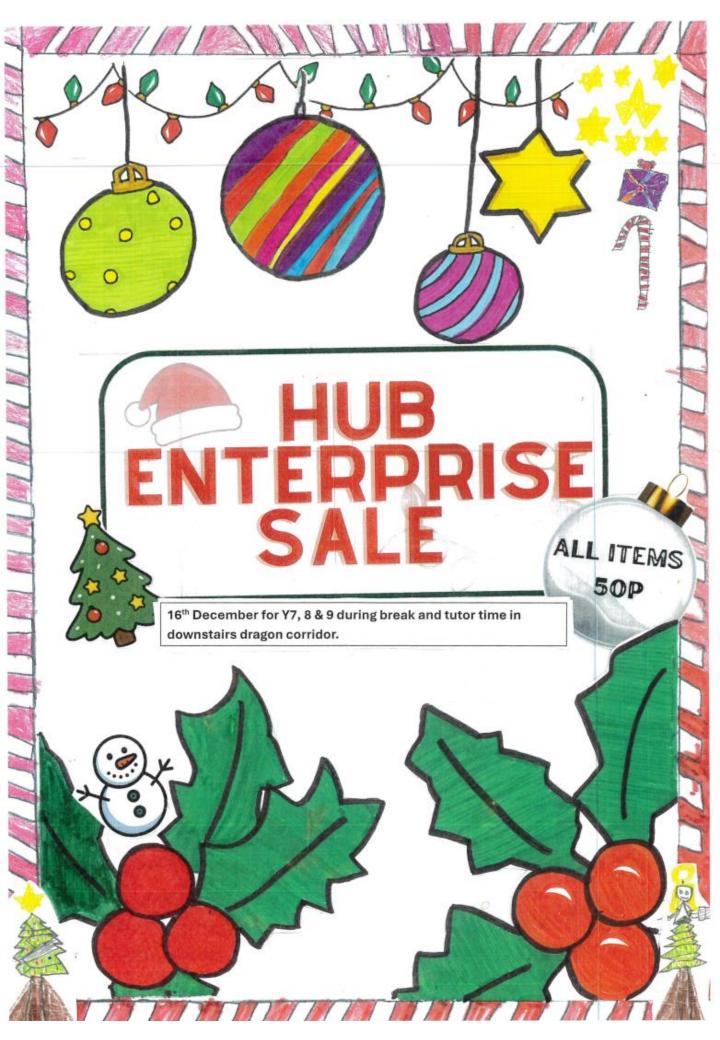
We're celebrating our former students and their achievements!

Whether it's your career, studies, hobbies, or something you're proud of- we'd love to hear from you.

Follow the link in to fill in a quick form..

Click Here





Initial teacher training with Essex Schools ITT



School-based teacher training with a flexible, online learning programme through Tes Institute. Obtain QTS with optional PGCE.

95%

Completion rate*

*(2024-25 cohort)
(far higher than most providers or institutions)
100% pass rate for PGCE

TRAIN AT THIS SCHOOL

OR ANOTHER ONE LOCAL TO YOU

40+

Secondary & primary schools in our partnership... and growing!



Employment rate in the last 10 years

Every year, at least 65% of trainees secure posts at their main placement school, or nearby partnership school. Many of these before the end of the course

BURSARIES UP TO £29 K* PLUS
FULLY- FUNDED SUBJECT KNOWLEDGE
ENHANCEMENT COURSES FOR MANY SUBJECTS
(PAYING £175 PW)

(*DURING PREVIOUS YEAR. NEW FIGURES FOR SEPT 2026 AWAITED)



TEACHING OFFERS GENEROUS STARTING PAY AND EXCELLENT PROSPECTS FOR PROMOTION



PART TIME OPTION
AVAILABLE FOR
STRONG APPLICANTS WE WELCOME CAREER
CHANGERS AND
THOSE RETURNING TO
WORK AFTER RAISING
FAMILIES





PGCE WITH QTS



IS AN INTERNATIONALLY RECOGNIZED

QUALIFICATION

"YOU HAVE PROVIDED ME WITH THE TOOLS I NEED TO BE
A GREAT TEACHER!"

OYETOLA, PE TRAINEE

"I FEEL SO COMFORTABLE IN THE CLASSROOM NOW AND COMPLETELY PREPARED TO START MY TEACHING CAREER. THE SUPPORT I'VE RECEIVED HAS BEEN SECOND TO NONE."

LOTTIE - GEOGRAPHY TRAINEE



teach@essexschoolsitt.com 020 8498 6718 www.essexschoolsitt.com





Got a degree you're not really using? Looking for a challenging



new career? Time to think about becoming a teacher...?



Graduates 2024-25

Train to teach at our school, or another one local to you! Gain qualified teacher status (QTS), and an optional post-graduate certificate in education (PGCE) through the Essex Schools ITT initial teacher-training programme.

Join our next online information event:

Tuesday 25th November, from 7.30pm

Scan the QR code to view our events page and register via Eventbrite:



https://www.essexschoolsitt.com/events/

Our school is part of the Essex Schools ITT programme, which allows you to train with us or in a nearby partnership school. You'll work as a member of the school team and learn your skills from experienced professionals, supplemented by high quality, online learning sessions through Tes Institute.

Get tailored, one-to-one advice today:

Call: 020 8498 6718

Email: teach@essexschoolsitt.com

Visit: https://www.essexschoolsitt.com

Essex Schools ITT in partnership with



The Barringtons Jingle Bell Sleigh

HARLOW & OLD HARLOW ROUTE 2025

Saturday 13th December 2025 - From 4.30pm

SANTA'S SLEIGH ARRIVES AT OLD HARLOW

4.30pm Green Man, Mulberry Green, Old Harlow, towards Old Road

4.45pm Turn left onto Priory Avenue

4.50pm Turn left onto Manor Road, then right onto The Hill

4.55pm Turn right at Wayre Street (passing High St Car Park), then left at Station Road

5.05pm Continue past Fawbert and Barnard School

5.10pm Turn right at roundabout, go past Mark Hall School

Go straight over next roundabout along First Avenue

MARK HALL MOORS

Turn right onto Muskham Road (go past Harlow Museum)

Turn left onto Mark Hall Moor, and then left onto Mowbray Road

5.15pm Tanys Dell School, continue along Mowbray Road

TOWARDS HARLOW TOWN CENTRE / THE STOW

Continue along Mowbray Road

5.25pm Turn left onto Howard Way, Our Lady of Fatima Church

Turn right at roundabout towards St Albans School

Turn left onto Hailing Hill,

5.40pm Head towards Heart and Club, past Jack & Jill's Nursery

Turn left onto Maddox Road and then right onto Howard Way

5.50pm Harlow Rugby Club, then straight over roundabout towards the Phoenix

BUSH FAIR / POTTER STREET

5.55pm Turn left at the Phoenix onto Great Brays

6.00pm Follow the road past the Manor Hatch Co-op

6.05pm Turn left onto Traceys Road towards Passmores & Holy Cross School

6.15pm Turn left and head past the Park Inn Hotel

6.20pm Straight over at the traffic lights towards Potter Street Shops

Turn left at shops along Potter Street

CHURCH LANGLEY LOOP/ NEWHALL

6.35pm At Clock Tower Roundabout turn right towards Church Langley

Turn right at roundabout towards Tesco

6.40pm At Tesco roundabout go straight over along Church Langley Way

6.55pm Turn right at mini roundabout onto Lane End

7.05pm Turn right onto Kiln Lane, past Kiddi Caru

Head back to Church Langley roundabout

7.15pm Turn left at Church Langley roundabout

At next roundabout take 4th exit and come back on yourself

Turn left onto London Road

7.25pm Turn right onto The Chase, Newhall

7.30pm ARRIVE AT NEW GROUND CAFE, NEWHALL TO JOIN THE CHRISTMAS FUN

FREE EVENT

At New Ground Cafe in Newhall, Santa will be staying for a free photo opportunity in his 'Grotto' before heading back to The North Pole

FESTIVE FOOD & DRINKS AVAILABLE TO PURCHASE AT NEW GROUND CAFE 5.00pm - 10PM | PLEASE WRAP UP WARM AND ENJOY

Full updates can be found on Facebook @barringtonsfuneraldirectors

Email: info@barringtonsfuneraldirectors.co.uk | Telephone: 01279 860055



Do not approach
Santa's horse
& carriage
(reindeers)

COLLECTING ONATIONS FOR

St Clare Hospice
Please have £££ ready for
Santa's helpers or
<u>click QR Code below</u>

NEW

GROUND CAFE

Lots of fun to be had from 5pm ahead of Santa's arrival!



from Nikki, Lisa & all at Barringtons Funeral Directors, Bishop's Stortford









10 January to 22 February 2026



Winter Reading Challenge

Children across Essex are being challenged to read and get creative at their local library this winter!

Explore our Pawfessionals' amazing careers as you progress through the challenge.

Choose from twelve fun activities to complete. For each one, you'll get a sticker! Complete six, and you'll receive a certificate and get to enter our prize draw for the chance to win some incredible goodies!

Plus, you can join in with themed events and activities at the library!





Find out more about how to take part in this free activity on our website: libraries.essex.gov.uk







Keeping Myself Safe

non-emergency support



Specialist community-based service for victims & survivors of all forms of sexual violence and abuse, sexual domestic violence, sexual harassment and child sexual abuse.



For parent carers & young people with SEND aged 0-25yrs & live in Essex www.familiesinfocusessex.org.uk









Gender identity theouthouse.org.uk 01206 871394



Text crisis messenger 24/7 -text YM85258 Parents helpline M-F 9.30-4 0808 8025544



www.themix.org.uk

SET CAHMS - Mon to Fri - telephone: 0800 953 0222

Essex County Council Children & Families Hub - telephone 0345 603 7627

Vita Health (16+) telephone - 0300 0152 966. Self referrals accepted

Family Lives Helpline - 0808 800 2222 askus@familylives.org.uk

IN AN EMERGENCY:

Call 999 or attend A&E Samaritans telephone: 116 123





MORE-THAN-MUSIC



19TH DECEMBER & 22ND DECEMBER 6-8.30PM

1.30-4PM

SELE FARM COMMUNITY CENTRE, 25 PERRETT GARDENS, HERTFORD, SG14 2LW

CONTACT :

07950115507 (LIZZIE) OR INFO@EVERYBODYLOVESMUSIC.CO.UK



SESSIONS ARE FREE FOR YOUNG PEOPLE AGED 11-18 (UP TO 25 WITH SEND) AND FREE SNACKS PROVIDED!



Youth Vaping: Parent and Carer Survey

Essex County Council are developing a campaign for parents and carers of children 9 to 14 year olds. The campaign will enable parents and carers to have a non-judgemental conversation about the risks of vaping for young people. We want to understand how to develop the right messages and tailor the digital product we build to the needs of Essex parents, building on previous research undertaken.

Survey

This survey is for parents/carers of 9-14 year olds in Essex. The survey should take no longer than 10 minutes to complete. Responses will be anonymous as we will not ask for any personal information. It is live now until **Sunday 14 December**. The survey can be completed <u>here</u>.

What can you do?

Partner support is important as you know your local residents and can help reach them.

- Please promote this research to the target audiences on **your channels and e-newsletters**. Tag us if you post on your social channels.
 - Facebook: @essexcountycouncil
 - X (Twitter): @Essex_CC
 - o **Instagram**: @essexcountycouncil
 - o LinkedIn: Essex County Council
- Please share with your networks and ask them to promote the survey.

Key messages

- Essex County Council is doing research into vaping among young people and would like to hear from parents and carers of 9-14 year olds.
- We would like as many people as possible to complete this survey, whether they or their children vape or not.
- The feedback will help us shape our future work around vaping in Essex.

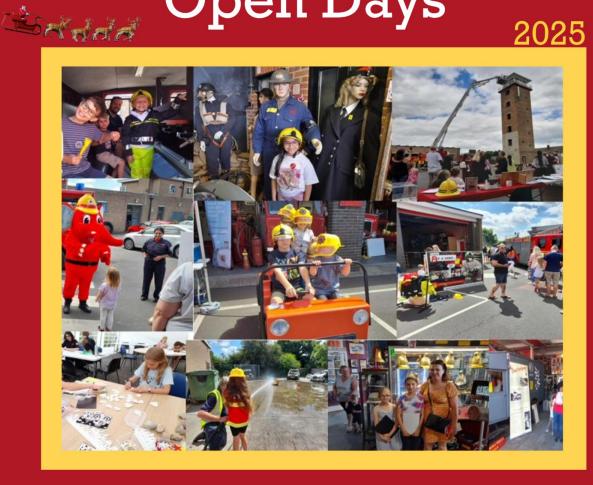
Suggested copy

Essex County Council would like to hear from parents and carers about youth vaping to help develop a supporting campaign. This survey is for parents/carers of 9-14 year olds in Essex. The survey should take no longer than 10 minutes to complete. Your responses will be anonymous as we will not ask any personal information.

Complete the survey by 14 December.

https://research.potentiainsight.co.uk/survey/selfserve/53b/251117

Essex Fire Museum Open Days



Sunday 14th Of December 10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays RM175QS









CONGRATULATIONS!

Passing your test is a huge achievement and a big step towards independence, but the first year is also when you are most likely to lose that independence because of a crash. Risks are highest for you when carrying friends, driving late at night, or dealing with distractions.

The big risk factors:

- Inexperience in anticipating and responding to hazards.
- Distraction from phones, music, and conversations.
- Peer pressure to take risks or impress your friends.
- Night-time driving even if you don't feel it, you have an increased risk of tiredness, and there are more factors out of your control, such as headlight dazzle and reduced visibility.



That's what My Car, My Rules is for. It's your licence, your car, your responsibility. Set your own boundaries and let your friends know what's okay and what isn't when you're driving.

My Car, My Rules is not about losing your freedom, it's about protecting it.

You can use these ideas, or write some of your own:

- Do not pressure me to break speed limits.
- All phones stay off while I'm driving.
- No lifts for anyone who pressures me to break rules.
- I choose the music and the volume.
- Everyone wears a seatbelt.

Download the My Car, My Rules template: saferessexroads.org/ my-car-my-rules



To learn more about Safe Start, visit saferessexroads.org/ safestart Write your rules, share them with friends and family, and stick to them.

My Car, My Rules gives you control as the driver, but Safe Start has your back, too. It's a family agreement that helps take the pressure off the first few months of driving. Things like limiting late-night driving and making sure you get practice in different conditions. It's not about your parents taking away your freedom, it's about giving you time to build your skills safely.







Safe Start:Information for Parents and Carers

Passing their driving test is a big step towards independence for your young driver, but it is also the riskiest time on the road for them.





Essex Family Forum Family Impact Survey 2025





Family Impact Survey -2025 is now OPEN!

We are pleased to announce that the 'new look' Essex Family Forum 'Family Impact Survey 2025' is now live.

We are conducting this survey to measure the current levels of parental satisfaction with local services for SEND families and to compare with the data collected within our previous surveys. We took on board feedback from our previous surveys and have reduced the number of questions so completing the survey should take approximately only 10 minutes.

Your voice really does make a difference, so please take the time to complete this survey by scanning the QR code on the right or by visiting the 'have your say' section on our website (www.essexfamilyforum.org/have-your-say/familyimpact-survey).

About Essex Family Forum

Essex Family Forum (EFF) is the parent carer forum in Essex for families whose children and young people have special educational needs or disabilities (SEND). We need to hear your views and experiences to represent your voice. Visit our website at www.essexfamilyforum.org or via the QR code to find out more about what we do, to access our 'Supporting your Neurodivergent Child' resource pack, to sign up to our mailing list and to share your experiences and feedback via our virtual graffiti wall.



Family Impact Survey 2025





LEE Welbeite



CARE WORKSHOPS



Join Rhiannon Faith Company and Mind in West Essex for a 6 week course of free creative wellbeing workshops!

- Workshops are completely free and open to everyone aged 18 and above no experience needed!
- Explore your creative side and make new friends in a relaxed environment
- Build long term positive wellbeing and mental health
- Use creative writing and movement to explore personal experiences of living with and without care
- Weekly 'care cafe' after each workshop an opportunity to socialise and discuss mental health over a cup of tea, supported by a Mind in West Essex Mental Health Facilitator
- · Created by award-winning choreographer Rhiannon Faith

Next course dates:

Tuesday 6 January, 11:30 - 2:30

Tuesday 13 January, 11:30 - 2:30

Tuesday 20 January, 11:30 - 2:30

Tuesday 27 January, 11:30 - 2:30

Tuesday 3 February, 11:30 - 2:30

Tuesday 10 February, 11:30 - 2:30

At Harlow Playhouse, CM20 1LS

To join, or if you have any questions, email Anna on info@rhiannonfaith.com or call / text 07763 255324.

Please let us know about any access requirements at time of booking, so we can support you in the best possible way.



To access this poster in large print or audio file, please scan the QR code or visit rhiannonfaith.com











Understand Teens Anxieties



Online Course



This 2 week course for parent/carers will help you gain

- Knowledge of anxiety in young people Understand what anxiety is, how it presents, and why it matters.
- Insight into its impact Learn how anxiety affects a young person's emotions, behaviour, and daily life.
- Practical management strategies Discover effective ways to support and guide a young person when they feel anxious.

Scan the QR code, or Visit our website aclessex.com and type "TEENS" in the 'Find a course...' box









Managing Big Emotions Online Live Course

* What You Will Learn

- Emotional Control: Strategies to help children recognize and regulate their emotions and impulses.
- Sensory Management: Practical tools to support children in meeting their sensory needs.
- Conflict Resolution: Techniques to guide children in problemsolving and handling disagreements constructively.

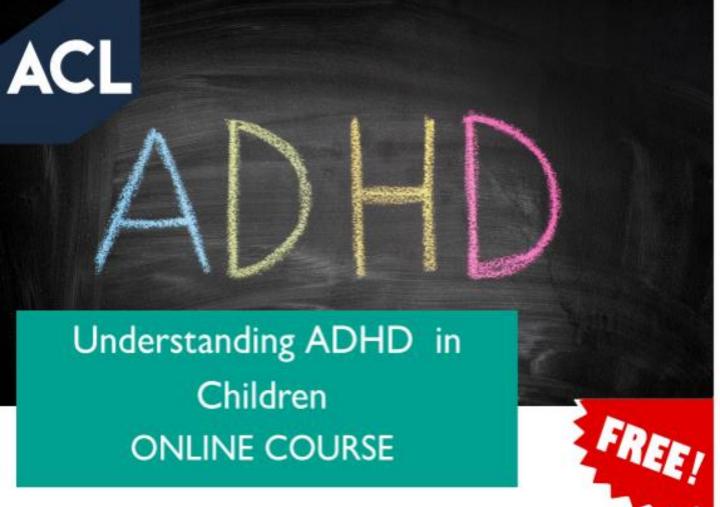
Date: 13/01/2026 - 20/01/2026 Time: 19:00- 21:00

Scan the QR code, or Visit our website aclessex.com and type "BIG EMOTIONS" in the 'Find a course...' box









Join us for this 1 week online course which covers a range of subjects which Neurodiverse children often struggle with, such as timekeeping, sleeping, eating, and understanding the world around them.

>

Date: 9/1/2026 Time: 9:30-11:30am

Scan the QR code, or
Visit our website aclessex.com
and type "ADHD" in the
'Find a course...' box









Support your Child Attend and EnjoySchool

Online Course

'Supporting Your Child To Attend and Enjoy School' provides parents/carers with an opportunity to become part of a community that understands and supports you. This adults only 6 week course, will provide time to share experiences and learn tips and ideas to help children to attend and enjoy school.

Date: 14/01/2026 to 25/02/2026 Time: 19:00 - 21:00

Scan the QR code, or Visit our website aclessex.com and type 'SUPPORT SCHOOL' in to the 'Find a course...' box









This 6 week course will provide you with an opportunity to discuss with tutors and peers about how challenging parenting a SEND child can be. You will receive practical tips and advice on how to make family life just that little bit easier. This is an adults only LIVE course so you need to log in at the given time.

Date: 08/01/2026 - 12/02/2026 Time: 09:30- 11:30

Scan the QR code, or Visit our website aclessex.com and type "Neurodiverse" in the 'Find a course...' box



aclessex.com

0345 603 7635







For Parents, Carers & Grandparents

Join us for a 2-hour interactive workshop designed to help
you understand:

- J The importance of sleep for young people's wellbeing
- Mow sleep impacts mood, learning, and overall health
- Practical strategies to support healthy sleep routines at home

Date: 9/01/2026 Time: 09:30 - 11:30

Scan the QR code, or Visit our website aclessex.com and type"SLEEP" in the 'Find a course...' box





