

# Newsletter

13<sup>th</sup> March 2026 Issue 22



Dear Parent/Carers,

As I write this week's newsletter from my office, there is a real sense of excitement building around the school ahead of tonight's 'Passmores Got Talent' show! Students from across all year groups have been rehearsing enthusiastically, and the atmosphere today has been full of anticipation. I am very much looking forward to taking my place on the judging panel this evening—it is always a privilege to see the remarkable creativity and confidence our students bring to the stage. We will be capturing lots of moments throughout the night, and photos from the event will be included in next week's newsletter. For those musical performances that impress the most, spots at the end of term of assemblies are waiting.

I would also like to acknowledge the fantastic commitment shown by some of our Year 11 students during this important stage of their preparation for the summer exams. Our GCSE maths revision trips to the Harlow Study Centre are under way and offer students a valuable opportunity for focused, structured learning away from the classroom. When I dropped in for a visit to see how they were all getting along yesterday, I was incredibly impressed by the engagement they were all showing, making the most of the support available to them; their hard work is truly commendable.

To all the mums, mother-figures and caregivers, wishing you all peace, kindness and connection on Sunday.

**Natalie Christie**  
**Principal of Passmores Academy**

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[www.passmoresacademy.com](http://www.passmoresacademy.com)

# TOP PASSMORES POINTS ACHIEVERS

Friday 6<sup>th</sup> to Thursday 12<sup>th</sup> March 2026

Richards, Sophia	Year 7	126
Connor Fry, Amira-Shai	Year 7	119
Green, Cassius	Year 7	118
Horey, Luke	Year 7	118
Jones, Bella	Year 7	118
Kozikowska, Ola	Year 7	117
Sidorencu, Emma	Year 7	116
Urman, Pola	Year 7	114
Wiley, James	Year 7	114
Gould, Reggie	Year 7	113

Smith, Freya	Year 8	106
Mahon, Charlie	Year 8	105
Seip, Joshua	Year 8	103
Rouse, Elijah	Year 8	102
Ford, Grayson	Year 8	100
Mimms, Joshua	Year 8	100
Loader, Daisy	Year 8	99
Neal, Trai	Year 8	99
Zagraba, Franka	Year 8	99
Edwards, Joshua	Year 8	98
Karout, Nour	Year 8	98
Lawrence, Ethan	Year 8	98
McGinley, Lilia	Year 8	98

Forde, Lawrence	Year 9	117
Goswami, Shubh	Year 9	114
Man, Rosie	Year 9	114
Wing, Lacey-Mae	Year 9	114
Ricketts, Rachel	Year 9	112
Greenhalgh, Ella	Year 9	108
Crutchlow, Sam	Year 9	107
Gjoni, Leart	Year 9	107
Lloyd, Samuel	Year 9	107
Wright, Megan	Year 9	107

Gunter, Noah	Year 10	114
Sowunmi, Ronel	Year 10	112
Owen, Esme	Year 10	111
Doran, Conall	Year 10	108
Norburn, Amber	Year 10	106
Watters, Katie	Year 10	106
Defor, Othniel	Year 10	104
Burgess, Shay	Year 10	103
Hills, Ronnie	Year 10	103
Keen, Rein	Year 10	103
Salter, Billy	Year 10	103

Dinnell, Louis	Year 11	94
Chindris, Stefan	Year 11	93
Ball-Parrish, Maizie	Year 11	92
Curtis, Layla	Year 11	91
Ozimek, Roksana	Year 11	91
Dorrington, Ava	Year 11	88
Kamara, Abdul	Year 11	88
Zalinski, Adrian	Year 11	88
Clemente, Brian	Year 11	86
Reid, Maisie	Year 11	86

## Year Group Attendance w/c 9<sup>th</sup> March 2026

Year 7	93.02%
Year 8	89.79%
Year 9	85.92%
Year 10	82.8%
Year 11	87.78%
<b>All Students</b>	<b>87.86%</b>

## Thought for the Week – Mind Matters & Time to Talk (Session 6)

This week, students took part in Session 6 of our *Mind Matters* and *Time to Talk* programme, focusing on the power of language and how it influences behaviour and relationships.



Students explored what appropriate language looks like when communicating with both peers and staff, and how the words we choose can either escalate a situation or help resolve it. Our behaviour data shows that many incidents begin with inappropriate language, so understanding how communication impacts situations is an important life skill.

The session revisited the Zones of Regulation, helping students reflect on how their emotional state affects the way they communicate:



- Blue Zone – low energy
- Green Zone – calm, focused and ready to learn
- Yellow Zone – feeling frustrated or losing control
- Red Zone – overwhelmed or extremely upset

Students learned that when emotions rise and we move into the yellow or red zones, the brain's thinking processes can switch off, which can lead to impulsive language and actions that we later regret. Importantly, students were reminded that everyone becomes dysregulated at times – including adults.

The key message was that we are responsible for the language we choose to use. Even in difficult moments, we can make the decision to use words that calm situations and solve problems rather than escalate them.

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## In the News – Women's History Month

This week's *In the News* celebrated Women's History Month, exploring this year's theme: "Leading the Change: Women Shaping a Sustainable Future."



Students discussed how women around the world are leading important work in protecting the environment and promoting sustainability. They also explored some of the inequalities that still exist today, including the fact that women are more likely to experience poverty and are often disproportionately affected by the impacts of climate change, such as reduced access to natural resources and increased vulnerability during natural disasters.

Students learned about inspirational environmental activists including Wangari Maathai, Berta Cáceres, and Greta Thunberg, who have helped raise awareness and inspire action on environmental issues.

The discussion reinforced the idea that protecting our planet is everyone's responsibility, and that individuals of all genders can play a role in creating a more sustainable and equitable future.

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## Other News



This week was Golden Ticket Week, and with mock examinations recently completed, it provided a wonderful opportunity to recognise the hard work of our Year 11 students. Staff were invited to award golden tickets to Year 11 students who have demonstrated exceptional effort or improvement during the mock exam period.

On Friday evening, Passmores Got Talent took place, and once again we were blown away by the incredible talent across our school community. From singing and dancing to musical performances, it was a fantastic celebration of creativity and confidence. Well done to everyone who took part and helped make the evening such a memorable event.

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## Looking Ahead to Next Week...

Next week, *Thought for the Week* will see students review their Passmores Passports, reflecting on how well they are embracing and living our school values.

In *The News*, students will take part in a discussion and debate around the proposed social media ban, encouraging them to think critically about the impact of social media on young people and society.



**13/03/26**  
**Weekly Winners**

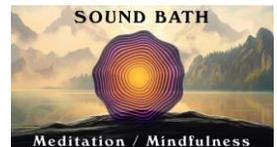
Joseph Parkin  
Jamie Donovan  
Riley Elliff  
Samuel Whytock-Donovan  
Ivie Brewer  
Lois Fisher  
Aiden Brandle  
David Erikume  
Layton Parlour  
Erik Andersons

**Young Carers**

On Tuesday 3<sup>rd</sup> March our young carers attended a sound bath which was a huge success. The young carers fed back after the session that they felt very relaxed, which is the aim of this type of therapy. The young carers I see, often report to me that they have very stressful lives and suffer with significant anxiety. So, I contacted a local community organisation called Holistic Health UK, who I have known for some years, and they offered to work with schools in West Essex free of charge to help the children find some form of relaxation through sound meditation. This is something that we will be providing to the young carers once a term which I feel will be highly beneficial to their hectic and busy lives.

They were all fully engaged and I am very much looking forward to seeing how this continued support will help them cope with their challenging caring roles.

**Laura Hoti**  
**Young Carer Coordinator**  
**Young Carer Club Lead**  
**Rainbow Centre**



## SUBJECT/INFORMATION UPDATES

### French

#### Flash Fiction Competition

[Language Competitions](#) | [Faculty of Medieval and Modern Languages](#)

Our annual French Flash Fiction competition invites secondary school students learning French to send us a \*very\* short story written in French to be in with a chance of winning up to £100. We're looking for a complete story using no more than 100 words.

Our panel of academic judges assess stories on their imagination and narrative flair, as well as linguistic accuracy. Your use of French is considered in the context of your age and year group: in other words, we don't expect younger pupils to compete against older pupils linguistically. The judges award a top prize of £100 in each category, as well as prizes of £50 to a maximum of two runners up.

To enter, please email your short story to [y.corkery@passmoresacademy.com](mailto:y.corkery@passmoresacademy.com)

Bonne chance!

Ms Corkery  
Head of French  
Passmores Academy

### French Friday Fun... Idioms



*Mes cousins se tiennent toujours comme chien et chat, mais ils s'aiment quand même.*

*My cousins always behave like cats and dogs, but they still love each other.*

### History - Berlin Trip 2026

21<sup>st</sup> - 23<sup>rd</sup> October 2026

Open to current year 10 History students

Deposit to be made by the 31<sup>st</sup> March 2026

Limited number of spots available.

Please contact Miss Gallagher with any questions

[k.gallagher@passmoresacademy.com](mailto:k.gallagher@passmoresacademy.com)



# COLLECT HDPE BOTTLE LIDS!

Support your Design and Technology lessons



**HDPE**

## What lids can we collect?

- Must be HDPE plastic (recycling symbol 2)
- Milk bottle lids
- Detergent bottle
- Food containers

## Why are we collecting them?

We use them to make plastic sheets for our projects:

- Letters
- Coasters
- Decorative pieces

## Why are collecting them?

- Helps recycling and sustainability
- Supports the Technology department
- Reduces plastic waste

Drop your lids into the sorter  
for your house:



**Bring in as many HDPE bottle lids as you can and  
drop them into your house sorter!**

**After School Revision Sessions  
for  
Year 11 Students**

**TUESDAY**

3D Design (until 4:45pm)  
Computer Science  
Creative Media  
English  
Hospitality & Catering  
Photography

**WEDNESDAY**

3D Design (until 3:45pm)  
History  
Hospitality & Catering  
Maths  
Music  
Spanish (until 4:15pm)

**THURSDAY**

3D Design (until 3:45pm)  
Art  
Citizenship (drop-ins also welcome any day)  
Creative Media  
Creative & Technical Enterprise  
Music  
Photography  
Science

**FRIDAY**

Drama  
English  
Geography  
PE (after Easter)  
Spanish (until 4:15pm)

*Plus, **photography** weekend booster session on  
Saturday 21<sup>st</sup> March 10.30am – 3:00pm.*

# ENGLISH

## HOMework CLUB

**WHEN**  
**EVERY TUESDAY - 3.15PM TO 3.45PM**  
**WHERE**  
**Y101**



Premium access for Year 11 students

Adapt creates a personalised revision timetable and supports students with exam board aligned lessons, audio resources, and lots of practice questions with instant feedback.

**1 Access online or through the mobile app**

Go to [app.getadapt.co.uk/login](https://app.getadapt.co.uk/login) or download the Adapt app.

**2 Email Address**

Enter your school email address.

**3 Password**

Your password will be **ADAPT2425teacherstudent** unless you have changed it. If you have forgotten your password, click 'Forgotten your password?' and a reset link will be sent to your school email address.



Scan QR code or  
follow this link:

[app.getadapt.co.uk/login](https://app.getadapt.co.uk/login)

Need help?  
Email: [adapt@pclc.co.uk](mailto:adapt@pclc.co.uk)

## Girls Netball

This week saw our year 7, 8 and 9 netball teams take on Burnt Mill. All three teams showed determination, team work and played some excellent through court netball.

We look forward to the Harlow Netball Tournament next week.

Well done to all those involved.



## Free Online Courses...

Are you age 19+?



The UK Government fund a wide range of free courses for adults, in a wide range of sectors.

To learn more go to [Free online courses with certificates UK - Free Courses in England](#).

Fantastic courses to enhance your own skills and qualifications.

## Apprenticeships with Transport for London



### London Underground

Level 2 - [London Underground Track](#)

Level 3 - [London Underground Escalators](#)

Level 3 - [London Underground Power](#)

Level 3 - [London Underground Pumps](#)

Level 4 - [London Underground Construction Site Supervisor](#)

Level 3 - [London Underground Rail Engineering Workshop](#)

Level 3 - [London Underground Signals](#)

## Harlow College Careers Fair

Wednesday 29th April 2026, 4.00pm-7.00pm



The Harlow Schools Careers Fair 2025 will bring together employers from across the region as well as national organisations from the following career sectors:

- Business, Finance & Management
- Engineering, Technology & IT
- Science, Care, Education & Public Services
- Creative & Leisure
- Construction & Building Services

They will be joined by careers experts and training providers with information and advice covering apprenticeships, university and career opportunities.

**This is a ticketed event than can be booked using the link: [Harlow College Careers Fair](#)**

## Fully Funded Earniversity Course

A great opportunity for young people thinking about making some extra money or trying to gain some transferable skills that employers are looking for.

The course starts this month, Weds 17<sup>th</sup> March and runs for 5 weeks over a couple of evenings a week, it is all online and many young people involved have made a few hundred pounds and some in the thousands, but it will help build confidence and gain skills such as marketing, confidence in presenting and employability. The course will also help young people build their CVS. The course is open to 13-25 year olds.

Students can sign up [here](#)

Tuesday 24th March 2026

5:30pm – 6:30pm

Microsoft Teams

This online session is designed to help students explore their higher education options and understand the benefits of studying at university level, including a presentation from the *University of Hertfordshire*.

The event will cover available university-level qualifications, entry requirements, finance and progression routes. Students can book their place by scanning the QR code on the attached poster or by visiting [hrc.ac.uk/events](https://hrc.ac.uk/events).

The Engineering Development Trust have opened applications for their 2026 Summer Virtual into University course.

This course is for students in **Years 11-13** and can be completed flexibly over the summer (approx. 30 hours of study).

The course allows students to explore STEM studies at **TOP UNIVERSITIES**, including degree apprenticeships, career opportunities and it will provide access to information on student life, STEM projects set up by leading UK universities and global STEM companies, live interactive sessions with academic, admission tutors, employers, and current students.

Upon completion students will gain a Silver Industrial Cadets Award, which is a nationally recognised award which students can use as evidence of their experience to support future applications and careers journeys. The cost is £99 but there are bursaries and you can learn more about these on Bursaries.

**CRE8 – Creative Industry Academy** delivers a full-time, industry-led Post-16 Creative Media programme (equivalent to 3 A Levels), providing an exciting alternative to traditional sixth form.

Online introduction Monday 23<sup>rd</sup> March 7pm-8pm

An opportunity for students and parents to:

- Learn about the Creative Media qualification
- Explore career pathways across the creative industries
- Understand progression routes (university, apprenticeships & industry)
- Meet the CRE8 leadership team
- Ask questions about applications and enrolment

#### **On-Campus Creative Industry Taster Workshop**

**Ware Campus, Monday 30<sup>th</sup> March, 10am-11.30pm**

Wodson Park Sports Centre, Wadesmill Road, Ware, SG12 0UQ

**Bishops Stortford Campus, Monday 30<sup>th</sup> March, 1pm-2.30pm**

Woodside Stadium, Dunmow Road, Bishop's Stortford, CM23 5RG

A hands-on practical session where students will create digital content, explore photography, video & branding, experience live brief-style tasks & build confidence. Ideal for careers in:

- Content Creation & Social Media
- Film, TV & Video Production
- Photography
- Graphic, Digital & Motion Design
- Marketing, Branding & Advertising
- Sports Media & Performance Analysis
- Journalism & Broadcasting
- Audio, Podcasting & Music Production
- Web, Games & Interactive Media
- Fashion & Creative Direction



# ONLINE HIGHER EDUCATION INFORMATION EVENING



**Tuesday 24th March 2026**  
**5:30pm – 6:30pm**

Join our **virtual** event to learn why university-level study could be the best option for you!



Scan to book or visit  
[hrc.ac.uk/events](https://hrc.ac.uk/events)

**hrc**

**HERTFORD  
REGIONAL  
COLLEGE**

**SPEAK TO OVER 30 EXHIBITORS!**



**HARLOW COLLEGE  
CAREERS FAIR**

**29 APR. '26**

**HARLOW COLLEGE**

**EXHIBITORS TO BE ANNOUNCED!**



**BOOK  
NOW!**



**THE HARLOW COLLEGE CAREERS FAIR 2026 WILL  
BRING TOGETHER EMPLOYERS FROM ACROSS THE  
REGION AS WELL AS NATIONAL ORGANISATIONS.**

**LONG ROAD  
OPEN EVENINGS  
FOR SEPT. 2027 STUDY**  
*Year 11's also welcome!*

**1 & 2 JULY  
2026**

**SAVE  
THE  
DATE**

Register for our  
mailing list to  
receive an email  
alert when booking  
goes live:  
[www.longroad.ac.uk  
/open-evenings](http://www.longroad.ac.uk/open-evenings)



**LONG  
ROAD** SIXTH FORM  
COLLEGE  
CAMBRIDGE

## ANY OTHER INFORMATION

### KEY CONTACT INFORMATION

#### School Address

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

#### Main Telephone

01279 770800

[passmores@passmoresacademy.com](mailto:passmores@passmoresacademy.com)

#### Student Absence

Report via the  Arbor app

#### Change of Contact Details

[h.day@passmoresacademy.com](mailto:h.day@passmoresacademy.com)

#### Student Services

[pastudentservices@passmoresacademy.com](mailto:pastudentservices@passmoresacademy.com)

#### First Aid

[pafirstaid@passmoresacademy.com](mailto:pafirstaid@passmoresacademy.com)

#### Extra-Curricular Clubs

[h.day@passmoresacademy.com](mailto:h.day@passmoresacademy.com)

#### Account / Trips

[s.hodges@passmoresacademy.com](mailto:s.hodges@passmoresacademy.com)

#### Homework

[datateam@passmoresacademy.com](mailto:datateam@passmoresacademy.com)

#### Free School Meals

[pastudentservices@passmoresacademy.com](mailto: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 12<sup>th</sup> March**.

Anything unclaimed will be going to charity.

[www.passmoresacademy.com](http://www.passmoresacademy.com)

## Reporting An Absence

If you need to report your child absent from school, please ensure you are following the correct procedure on Arbor.



### *If notifying us via the app:*

- Click on the 3 lines (at the bottom left of the dashboard).
- Log Absence (green bar at the top)
- Complete the information and click 'Log Absence'

### *If notifying us from a web browser:*

- Click on the 'Quick Actions' button
- Click 'Attendance'

## Exam Invigilators... We're Hiring!

### *Would you like to become an Exam Invigilator?*

We have dates available throughout the year with hours to suit you. The hourly rate is £13.03.

If you would like to apply, or would like more information, please contact Sally Beatty: [s.beatty@passmoresacademy.com](mailto:s.beatty@passmoresacademy.com)



### *What is an Exam Invigilator?*

An exam invigilator is someone appointed by an educational institution to maintain proper conduct in an examination in accordance with exam regulations. Typically, the main duty of an exam invigilator is to watch examination candidates to prevent cheating. The purpose of exam invigilating is to ensure each candidate sits the examination under equal conditions.

## HPV Vaccine Catch up Clinics

The HPV vaccine is an important vaccine offered to all young people in year 8, which protects them against the HPV virus which causes most cervical cancer as well as some other cancers.

If your child missed them in school recently, there will be special HPV vaccine catch up clinics in Hatfield, Bishop's Stortford, Watford and Waltham Cross on **Saturday 21 and Sunday 22 March**:

### **Saturday 21 March, 10am to 3pm**

- Queensway Health Centre, Queensway, Hatfield, AL10 0LF
- Peace Children's Centre, Peace Prospect, Watford, WD17 3EW
- St Michael's Mead Community Centre, Turners Crescent, Bishop's Stortford, CM23 4FZ

### **Sunday 22 March, 10am to 3pm**

- Waltham Cross Health Centre, Stanhope Road, Waltham Cross, EN8 7DJ

For more information, click here: [communications toolkit](#)

## FORTHCOMING EVENTS

Monday 23 <sup>rd</sup> February – Friday 27 <sup>th</sup> March	Spring Term 2
<b>Friday 27<sup>th</sup> March</b>	<b>Early Finish for Students 12:45pm</b>
<b>Monday 30<sup>th</sup> March – Friday 10<sup>th</sup> April</b>	<b>Easter Holidays</b>
Monday 13 <sup>th</sup> April – Friday 22 <sup>nd</sup> May	Summer Term 1
Thursday 16 <sup>th</sup> April	Year 10 Parent/Carer Evening
<b>Monday 4<sup>th</sup> May</b>	<b>Bank Holiday</b>
Thursday 14 <sup>th</sup> May	Year 7 & 8 Academic Tutorials
<b>Monday 25<sup>th</sup> – Friday 29<sup>th</sup> May</b>	<b>Half-Term</b>
Monday 1 <sup>st</sup> June – Friday 17 <sup>th</sup> July	Summer Term 2
<b>Friday 17<sup>th</sup> July</b>	<b>End of Term Early Finish for Students</b>

# What Parents & Educators Need to Know about STREAMING SERVICES

## WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

### COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

### ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

### AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

### EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

### BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

### HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

## Advice for Parents & Educators

### SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

### MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

### TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

### SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

### 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

**Free personalised meal plans for Harlow families – usually £86per year – now FREE!**

*Fed up of deciding what to eat every night?*

*Want to save money on food shopping and eat better?*

Harlow Council is working with TV chef Theo Michaels, to help local families eat healthier, reduce food costs and make life around dinnertimes a lot easier! This is exclusively for families living or working in Harlow.

Join the FiveDinners website and every week you'll get a fully personalised meal plan with a complete shopping list so you know exactly what you've got for dinner without having to think about it!

To claim your free membership today simply visit your exclusive link: <https://FiveDinners.com/MyCommunity> and scroll down to Harlow Council.

This is 100% free, no payment details are taken, you won't ever be charged – join over 37,000 other families enjoying FiveDinners.

Visit: [FiveDinners.com/MyCommunity](https://FiveDinners.com/MyCommunity)

*Five*Dinners

**FREE  
meal plan  
and  
shopping  
list  
designed  
for your  
family**

**FREE FOR ALL  
PARENTS &  
GUARDIANS LIVING &  
WORKING IN  
HARLOW!**



Claim your FREE membership (worth £86) today!  
Scan the QR Code or visit:

[FiveDinners.com/MyCommunity](https://FiveDinners.com/MyCommunity)

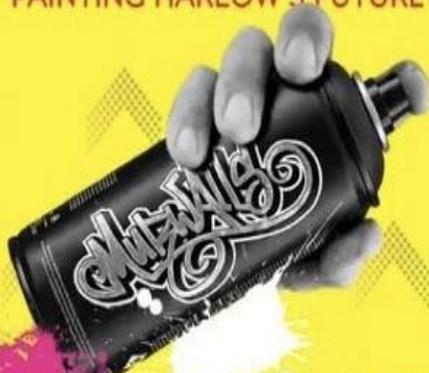
**FUNDED & SUPPORTED  
BY HARLOW  
HEALTH & WELLBEING  
PARTNERSHIP BOARD**



# POP UP PERFORMANCE TIMES & LOCATIONS...

**NEAR OLD ODEON  
CINEMA AREA  
11:30AM & 2:30PM**

PAINTING HARLOW'S FUTURE



14.03.26  
HARLOW TOWN CENTRE

**MURWALLS  
LIVE**

**50+  
STREET ARTISTS**

+ LIVE MUSIC & STREET DANCE

HARLOW | BUILDING  
HARLOW'S  
FUTURE

# SAT 14TH MARCH

**FEATURING  
HIP HOP POP**

**DETAILS IN DESCRIPTION**



**MARKET SQUARE/  
ADVICE CENTRE AREA  
10AM & 1PM**

# WARNING OFF-ROADERS BEWARE!

Section 34 of the Road Traffic Act prohibits all Mechanically Propelled Vehicles from driving on this land.



## Bikes will be seized without further warning

To report motorcycle nuisance call 101 or visit our website:

[www.essex.police.uk/doitonline](http://www.essex.police.uk/doitonline)

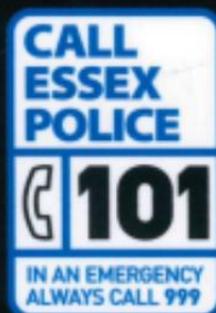
In an emergency always call 999.



**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.





# Spring Term The Essex SEND Local Offer Roadshows

Are you a parent or carer of a young person with special educational needs and disabilities (SEND) aged 0 to 25? Do you want to know what support is available in your area? Come along to one of our Essex SEND Local Offer Roadshows.

You can chat with teams from Education, Health and Social Care, as well as local support groups and activity providers.



The marketplace is free and there is no need to book. Children are welcome!



Drop in between 9:30am and 12:30pm



This term we are in Chelmsford, Harlow, Colchester and Basildon

Scan the QR Code for all the information, including dates and venues or visit the Essex Local Offer at:

<https://send.essex.gov.uk/i-think-my-child-needs-help/essex-local-offer-roadshows>



In Partnership with



# ACL

**FREE!**

# Successful Co-Parenting

## Online Live Course

This session will give you support and advice for co-parenting. This is not always an easy transition for parents and children so we will give you the support you need to manage this.

**Date - 12/03/2026**

**Time: 09:30 - 11:30**

Scan the QR code, or Visit our website [aclessex.com](https://aclessex.com) and type 'PARENTING' or 'HO4A52OL25' in the Find a course...' box



**aclessex.com**

**0345 603 7635**



Essex County Council

**ACL**

**FREE!**



# Dyslexia Awareness

## ONLINE LIVE COURSE

### What You Will Learn

- Gain a clear understanding of dyslexia and how it impacts learning.
- Explore practical techniques that make a real difference in supporting individuals with dyslexia.

**Date: 12/03/2026 (2 weeks)**

**Time: 09:45 - 11:45**

Scan the QR code, or Visit our website [acessex.com](https://acessex.com) and type “Dyslexia” or “HO4A47OL25” in the ‘Find a course...’ box



**acessex.com**

**0345 603 7635**



Essex County Council

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# FREE!

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**0345 603 7635**



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**FREE!**



## Managing Big Emotions (SEND)

### Online Live Course

Join us for this adults only engaging session packed with advice and practical tips to help your child manage their big emotions. Learn strategies that bring calm and confidence to everyday family life.

**Date: 11/03/2026 Time: 12:30 - 14:30**

To enrol please scan the QR code, or Visit our website [aclessex.com](https://aclessex.com) and type 'MANAGING BIG EMOTIONS' in the 'Find a course...' box



**aclessex.com**

**0345 603 7635**



Essex County Council