Newsletter



26th September 2025 Issue 04



Dear Parent/Carers,

This week we have held the last of our Parent/Carer Information Evenings; thank you to those of you who were able to attend. Although turn out was lower than last year, we have had valuable conversations with many of you and if you weren't able to attend you know we are here if you need to contact us.

The next chance for a catch up is our Chit, Chat, Coffee and Cake session on Tuesday 14th October. We will be doing one every half term, as we like to spend time with you and getting your feedback is important. The cake is also delicious, so what better way to spend part of your day!

You may have seen in the news this morning reports about the introduction of a Year 8 reading test. This is still in the very early stages of discussion at government level, so we will keep you updated with any developments as and when we know anything.

We have had some wonderful feedback about our Open Evening video from Ava and Harry, even a member of staff saying that it brought a tear to their eye. Would you believe it has received over 8000 hits on Instagram, the most of any of our videos! The excitement is building as to who will follow in their footsteps as formal interviews for our Deputy Head students take place next week. Watch this space, announcements will be made in a couple of weeks!

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ParentPay











Natalie Christie
Principal of Passmores Academy



TOP PASSMORES POINTS ACHIEVERS
Friday 19th to Thursday 25th September 2025

Rees, Talulah	Year 7	83
Newberry, Gracie	Year 7	82
Abbas, Zain	Year 7	69
Cotorobai, Vlad	Year 7	68
Goodson, Ayla	Year 7	66
Futers, Aoife	Year 7	65
Luca, Daria	Year 7	64
Wallace, Molly	Year 7	64
Tohill, Nyla	Year 7	63
Olasunkanmi, Fareedah	Year 7	62
Mahon, Charlie	Year 8	85
Seip, Joshua	Year 8	82
Campbell, Janelle	Year 8	81
Knox, Blake	Year 8	81
Ford, Grayson	Year 8	80
Howe, Tate	Year 8	79
Mimms, Joshua	Year 8	78
Mahon, Olly	Year 8	74
Vaughan, Evie	Year 8	73
Aimes, Annabel	Year 8	72
Gjoni, Leart	Year 9	93
Crutchlow, Sam	Year 9	90
Ananjevs, Max	Year 9	86
Rogers, Mason	Year 9	84
Toku Appleton, Ethan	Year 9	84
Paxton, Bobby	Year 9	83
Beckwith, Olivia	Year 9	78
Hanks, Liara	Year 9	78
Morgan, Dexter	Year 9	77
Forde, Lawrence	Year 9	76
Wright, Megan	Year 9	76

Euesden, Sophia	Year 10	67
Everett, Melody	Year 10	61
Shillingford, Tyler	Year 10	61
Benge, Maddie	Year 10	59
Erikume, David	Year 10	57
Boland, Frankie	Year 10	55
Gough, Max	Year 10	55
Keen, Rein	Year 10	55
Burgess, Shay	Year 10	54
Garmata, Jokubas	Year 10	54
Hockley, Rhys	Year 10	54
Redding, Jack	Year 10	54
Reduing, Jack	Teal 10	54
Neuding, Jack	Teal 10	54
Morris, Elissa	Year 11	65
-		
Morris, Elissa	Year 11	65
Morris, Elissa Hymas, Harvey	Year 11 Year 11	65 61
Morris, Elissa Hymas, Harvey Kamara, Abdul	Year 11 Year 11 Year 11	65 61 59
Morris, Elissa Hymas, Harvey Kamara, Abdul Ramadan, Rio	Year 11 Year 11 Year 11 Year 11	65 61 59 59
Morris, Elissa Hymas, Harvey Kamara, Abdul Ramadan, Rio Zalinski, Adrian	Year 11 Year 11 Year 11 Year 11 Year 11	65 61 59 59 59
Morris, Elissa Hymas, Harvey Kamara, Abdul Ramadan, Rio Zalinski, Adrian Farhan, Hassan	Year 11 Year 11 Year 11 Year 11 Year 11	65 61 59 59 58 57
Morris, Elissa Hymas, Harvey Kamara, Abdul Ramadan, Rio Zalinski, Adrian Farhan, Hassan Norden, Sawyer	Year 11	65 61 59 59 58 57

Year Group Attendance w/c 22nd September 2025		
Year 7	94.25%	
Year 8	90.93%	
Year 9	88.91%	
Year 10	87.03%	
Year 11	88.09%	
All Students	89.87%	

PASTORAL UPDATE

Thought for the Week...

This week, students revisited our **rewards system** and were introduced to some exciting new strands. The highlight is the launch of the Passmores Points Shop. At the end of every half-term, students will be able to cash in their hard-earned points for treats, with the first shop offering a range of spooky Halloween-themed rewards!



Why is a rewards system so important?

- 1. Motivates Positive Behaviour and Achievement Recognising students' efforts encourages them to aim high and take pride in their work.
- 2.Reinforces Values and Expectations Rewards help embed our school values and build a culture of respect and responsibility.
- 3.Builds Confidence and Esteem Regular recognition helps students believe in themselves and embrace challenges.
- 4.Creates a Positive Learning Environment Celebrating successes makes Passmores a welcoming and supportive community.
- 5. Promotes Consistency and Fairness Every student has the chance to be rewarded for their efforts.
- 6.Encourages Engagement Rewards motivate students to get involved, whether in lessons or wider school life.
- 7.Reduces Behavioural Issues Positive reinforcement shifts focus onto what students are doing right.
- 8. Prepares Students for Future Success Linking effort with reward builds habits that benefit students in school, work, and beyond.

In the News

Students explored the **Online Safety Act 2023**, a piece of legislation designed to protect young people from harmful content online.



Key learning points included:

- Adult content sites now require age verification, either through facial scanning or uploading ID.
- ➤ Large online platforms now have a legal duty to remove harmful or illegal content.
- ➤ The Act has already reduced traffic to adult sites significantly.
- > Critics argue the law could also result in the removal of legal but sensitive content, sparking debate about freedom of information.

This discussion encouraged students to think critically about how online safety is balanced with individual rights and freedoms.

Other News

- Year 11 mentoring: Students continue to engage brilliantly with targeted sessions in maths, English, and science, making excellent progress as they prepare for their mock exams.
- ➤ Post-16 preparations: Year 11s have also been developing their personal statements and CVs, ensuring they are ready for applications to colleges, sixth forms, or apprenticeships.
- ➤ Open day tours: We welcomed prospective Year 7 students and their families on Thursday morning—always a highlight of the year.
- Mersea Assembly: Our current Year 7s discovered all about the exciting and memorable Mersea residential trip. The buzz in the room showed just how much they are looking forward to it!

Looking Ahead to Next Week...

- Thought for the Week will celebrate the European Day of Languages, exploring the importance of communication and the richness of cultural diversity.
- In the News will focus on National Inclusion Week, encouraging us all to reflect on how we can make Passmores—and the wider community—an even more inclusive place.







Weekly Winners

Ryan Hall
Archie Lavall
Megan Wright
Erin Wilson
Lois Nunn
Charlie-James Morton
Juvan Shibi
Emelia Martin
Hollie Bradford
David Erikume



SUBJECT INFORMATION/UPDATES



French Flash Fiction Competition Win £100!!!

Faculty of Medieval and Modern Languages University of Oxford



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 £25 to a maximum of two runners up.

To enter, please e mail your short story to y.corkery@passmoresacademy.com

Bonne chance!

Ms Corkery Head of French Passmores Academy



i-Future



As part of our i-Future curriculum on Tuesday 30th September all Yr7 students will take part in an innovative Theatre in Education project delivered by *The Riot Act*, funded by the Safer Essex Roads Partnership.

Through a mix of drama performance and interactive workshopping, students will explore important road safety themes, such as the risks of distractions from phones, music, and friends, as well as how to handle peer pressure and make positive choices on every journey they make.

The performance is designed to be engaging, thought-provoking and memorable, ensuring students not only enjoy the experience but also take away vital messages to help keep them safe.

Mrs Bassett Head of i-Future

Drama

Well, the drama department are late to the party this year! 4 weeks in and no article yet! Goodness! So here we are, updating you on business at the end of last year and kicking off news for the start of this year.

As part of the final days of secondary education for our wonderful Year 11 performers, we arranged a trip to Regent's Park to see the RSC adapted version of Noughts & Crosses. It was a wonderful evening, we set off fairly early and parked up almost outside the Open Air Theatre, made our way into the park and found a comfy nearby spot for a picnic. We had picnic blankets, strawberries and cream and a variety of other snack foods! It was delightful to just spend some time chatting and sitting around with some of our older learners (plus a couple of bonus younger cast members), and the production team, in the evening sunshine.

We made our way into the outdoor theatre and had excellent seats in the stalls area, close to the action on stage. As the sun set the show continued and by the tragic end of the play, the mood was ominous and the audience were spellbound. A huge round of applause was given at the close of the play and our group had plenty to say about what they had enjoyed about the performance. It was especially pleasing to engage in some chats about artistic choices, design and theatrical styles with our enthused and passionate students. Such a treat for all of us!

With that, we wish our leavers all the best for the start of thier new sixth form or college courses and look forward to receiving invites to go and watch any future shows they are putting on as part of their courses of study.

Before we get back to the endless and pressing job of day-to-day teaching – we would like to take a moment to remind you that drama clubs have returned and are open for new attendees. We think we're just about over the buzz from the school's production of Charlie & The Chocolate Factory in July. Although that hasn't stopped students asking what this year's show is! And before you ask, we don't know yet! However, there is...

- ❖ · Year 7 & 8 Drama Club on Thursdays after school, in L107 or the hall.
- ❖ · Years 9, 10 & 11 Drama Excellence Club on Wednesdays after school.
- ❖ · Period 6 study slots for Year 10 & 11 also take place on Fridays after school.

A reminder that all these extra-curricular activities are free to all and will benefit your drama learning and add enrichment to your school experience. We have some performances from these clubs and our GCSE students coming up in November and January, more to follow on that next time.

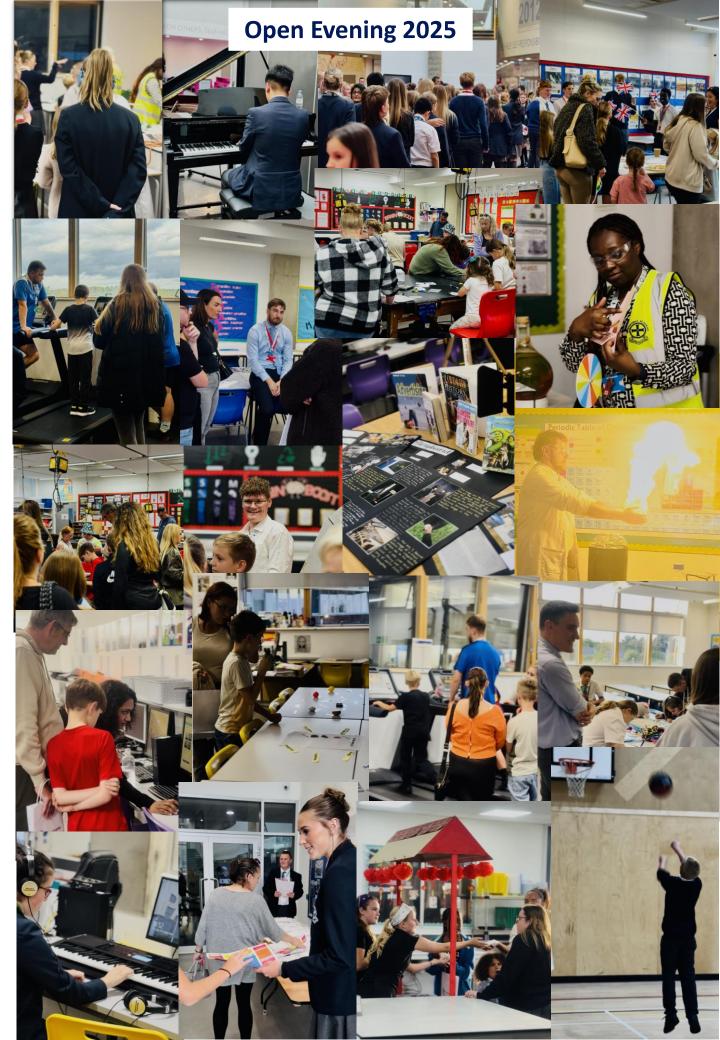
And finally – we are back on the theatre trip wagon! On the evening of Thursday 30th September, drama learners in Years 9, 10 & 11 are invited to Harlow Playhouse to see HATS latest production – Bouncers & Shakers. There is a Q&A session after the show as well – a wonderful opportunity for drama students to find out more about how others prepare for performance.

On **Thursday 9th October** we are expecting all our Year 10 & 11 GCSE students to join us as we go and see "Punch" at the Apollo Theatre in London. There is an allowance for some Year 9s to also attend this trip. See Mrs Glover for more details. All trips and information letters can be found and paid for on Arbor. We are committed to ensuring that all our learners get equal access to these trips, so if financial support is needed for your child to attend, please get in touch with us directly.

j.glover@passmoresacademy.com or k.warncken@passmoresacademy.com

We'll say 'adieu' for now and will be back with a round-up of these trips in the next few weeks. Enjoy the last of the autumn sunshine before the heating goes back on and we are back in a world of dark, cosy evenings.





SPORT / PE UPDATES

Extra-Curricular Clubs

A reminder to all students that clubs are now in full swing, come by the PE office or speak with your form tutor to see what clubs are on during the week (or see below). Join a new team and get those positive points for your attendance to help your house!

PE EXTRACURRICULAR TIMETABLE 2025				
	BREAK	STAFF	AFTERSCHOOL 3:30PM – 4:15PM	STAFF
MONDAY	BASKETBALL/NETBALL SHOOTING	BREAK 1 -MGD		
	(SPORTS HALL)	BREAK 2 - AMN		
	BASKETBALL/NETBALL	BREAK 1 - GCI	FITNESS (GYM)	BBS
	SHOOTING		FUTSAL	MGD
TUESDAY			GIRLS NETBALL (ALL YEARS)	ARY GCI
	(SPORTS HALL)	BREAK 2 – JWB	YEAR 7 BOYS FOOTBALL	RTR
	BASKETBALL/NETBALL SHOOTING	BREAK 1 – RTR	FITNESS (GYM)	AMN
WEDNESDAY	SHOOTING		BOYS FOOTBALL (8, 9, 10, 11)	JKG/JWB/MGD
	(SPORTS HALL)	BREAK 2 – JKG	DANCE	ARY
	BASKETBALL/NETBALL	BREAK 1 -ARY	FITNESS (GYM)	JWB
THURSDAY	SHOOTING		GIRLS FOOTBALL (ALL YEARS)	GCI / RTR
THURSDAY	(SPORTS HALL)	BREAK 2 – BBS	RUGBY (ALL YEARS)	AMN/JKG/BBS
FRIDAY			PE DETENTIONS	

CAREERS NEWS

Year 11 Post 16 Assemblies

With open days for colleges and sixth forms looming, I have been organising some post 16 assemblies for our year 11 students. Some are compulsory for all, and other students can choose if it is a provider they are interested in finding out more about. These assemblies are a great way to find out more about what that college or sixth form offers, entry requirements, extra-curricular activities and how to apply. This will help students to decide which open events they would like to attend. The assemblies planned so far are:

Weds 1st Oct - Herts & Essex Sixth Form

Thurs 2nd Oct - Epping St Johns Sixth Form

Thurs 9th Oct - Leventhorpe Sixth Form

Weds 15th Oct - Sir Frederick Gibberd Sixth Form

Weds 22nd Oct - The Bishops Stortford High Sixth Form

Students will have the opportunity to speak to all of these providers at our Careers Fair on the 9th October.

Free Careers Webinars:



The Army will deliver a webinar on the 21st October 6pm-7pm. https://www.amazingapprenticeships.com/events/exploring-british-army-apprenticeships-for-parents-and-carers/

Apprenticeships at the BBC Webinar, 7th October 4pm-5pm Discover apprenticeships at the BBC Webinar - Amazing Apprenticeships

DISCOVER APPRENTICESHIPS AT THE BBC WEBINAR
07 Oct 25

Getting into medicine...

Free online event for anyone wanting to find out about getting into medical school.

Date: 30th September

Time: 6:00pm.

To book click Here



BSFC Academy Programme

Please see below all the upcoming introduction events running across our academies and programmes. These events are the perfect opportunity for Year 11 students and parents to meet the team, learn about the programme structure, and ask any questions ahead of September 2026 enrolment.

BSFC Academy (Sport & Media Qualification)

Our BSFC Academy programme offers students the opportunity to combine elite football development with a full-time education programme (equivalent to 3 A Levels) in Sport or Media.

Introduction Evening (Male & Female)

Date: Monday 13th October

Time: 7.30-8.30pm

Location: Woodside Park (BSFC Stadium), CM23 5RG

To Book: BSFC - academy@bsfc.co.uk

Talent ID Day (Male & Female) Date: Monday 27th October Time: 10.00am–12.00pm

Location: Grange Paddocks, CM23 2HH To Book: BSFC - <u>academy@bsfc.co.uk</u>

CRE8 - Creative Media Academy

CRE8 is our specialist Creative Media programme designed to bridge the gap between education and the creative industry, offering students hands-on experience in photography, video production, social media, and more.

Introduction Evening for Bishop's Stortford Campus

Date: Monday 13th October

Time: 6.30-7.30pm

Location: Woodside Park (BSFC Stadium), CM23 5RG

To Book: CRE8 - apply@learntocre8.com

Introduction Day for Ware/Broxbourne Campus

Date: Monday 27th October

Time: 1.30-2.30pm

Location: Wodson Park, Ware, SG12 0UQ To Book: CRE8 - apply@learntocre8.com

F2 Academy (in partnership with Wormley FC)

Our F2 Academy programme provides students with an elite football experience alongside a tailored education pathway, now available across both our Ware Campus and NEW Broxbourne Campus.

Introduction & Talent ID Day (Male & Female)

Date: Monday 27th October

Time: 12.30-3.00pm

Location: Wodson Park, Ware, SG12 0UQ

To Book: F2/Wormley - wormleyacademy@gmail.com

Virtual Work Experience





FIRST STEP - Student year groups 7-9, Weds 1st October at 4.30 pm (virtual session hosted on Zoom)

"Pitch for a Purpose: Plan the Ultimate Charity Event with HSBC"

- A 45-minute briefing with the HSBC team
- Complete the career challenge at their own pace
- Certification awarded on completion
- Register now! (students)

NEXT STEP - Student year groups 10-13, Thurs 2nd October at 5pm (virtual session hosted on Zoom)

"HSBC and The Nature Trust UK - Nature Projects That Make a Difference"

- A 45-minute virtual briefing with the HSBC team
- Complete the career challenge at their own pace
- Certification awarded on completion
- Register now! (students)

Sixth Form & College Open Dates 2025/2026

2.11.2		
Colleges & Sixth Forms	Contact No.	Open Date
The Bishop's Stortford High School www.tbshs.org	01279 868686	Weds 5 th Nov 5.30pm-8.45pm
BMAT STEM Academy www.bmatstemacademy.org	01279 621570	Awaiting date
The College at Braintree (Now part of Colchester Institute) www.colchester.ac.uk	01206 814000	Mon 13 th Oct 5pm-7pm Sat 8 th Nov 10am-12.30pm
Cambridge Regional College www.camre.ac.uk	01223 418200	Weds 22 nd Oct 4.30pm-7pm Sat 15 th Nov 9.30am-12.30pm Sat 24 th Jan 10am-12.30pm Thurs 23 rd April 4.30pm-7pm
Capel Manor College, Enfield www.capel.ac.uk	08456 122122	Tues 16 th Sept 5.30pm-7pm Sat 11 th Oct 10am-3pm
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Wed 1st Oct 6pm-8.30pm Weds 12th Nov 6pm-8.30pm Weds 4th Feb 6pm-8.30pm
New City College (Epping Forest), www.ncclondon.ac.uk	0208 508 8311	Sat 22 nd Nov 10am-2pm Sat 31 st Jan 10am-2pm
Epping St Johns 6 th Form www.eppingstjohnsschool.org/	01992 573028	Thurs 13 th Nov 6pm-8.30pm
F2 Academy www.vluk.org/course-location/f2academy/	07525 495818	Awaiting date
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 3072345	Sat 27 th Sept
Harlow College www.harlow-college.ac.uk	01279 868000	Thurs 16 th Oct 5pm-8pm 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 30 th Sept 5.30pm-8pm Tues 2 nd Dec 5.30pm-8pm Tues 3 rd Feb 5.30-8pm
Herts & Essex High School, Bishop's Stortford www.hertsandessex.herts.sch.uk	01279 654127	Tues 11 th Nov
Hockerill Anglo-European School, Bishop's Stortford www.hockerill.herts.sch.uk	01279 658451	Sat 22 nd Nov
Long Road Sixth Form College, Cambridge www.longroad.ac.uk	01223 631100	Open date in the summer term for year 10 students
Leventhorpe School, Sawbridgeworth www.leventhorpe.net	01279 836633	Tues 4 th Nov 5pm-8pm
Presdales Sixth Form www.presdales.herts.sch.uk	01920 462210	Thurs 13 th Nov 6pm-8pm
Sir Frederick Gibberd www.sirfrederickgibberdcollege.org	01279 307235 (c/o Burnt Mill Academy	Weds 15 th Oct 5.30pm-8pm
St Marks School, Harlow www.st-marks.essex.sch.uk	01279 421267	Weds 12 th Nov 7pm-9pm
St Mary's Catholic School, Bishop's Stortford www.stmarys.net	01279 654901	Awaiting date
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Sat 11 th October 10am-2pm
Writtle College www.writtle.ac.uk	01245 424200	Sat 11 th October 10am-3pm



Passmores & Stewards

Careers Fair

When: 4:30pm-

7:00pm

Oct 9th

Who: Year 10 & 11

Where:
Passmores
Academy
Tracyes Road,
Harlow, CM18 6JH





The combined total raised exceeded £13,500, and will go towards supporting the family of Ruby Trussler, who sadly died last year, aged just 6 years old.

Well done to both Morgan and Amy, what a fantastic achievement!



If you have any student achievements or accomplishments that you would like to share in a future edition of our newsletter, please feel free to email: k.stearn@passmoresacademy.com

FORTHCOMING EVENTS

Thursday 9 th October	Careers Fair 4:30pm – 7pm
Tuesday 14 th October	Parent Coffee & Cake 9:30am, 1:30pm & 5:00pm
Tuesday 14th October	Friends of Passmores AGM 6:00pm – 7:00pm
Friday 17 th October	Friends of Passmores Event 7pm – 9pm
Thursday 23 rd October	INSET DAY (2)
Friday 24 th October – Friday 31 st October	HALF-TERM
Monday 3 rd November	School Opens for Autumn Term 2
Thursday 6 th November	Year 7 & 8 Social Evening 5pm – 7pm
Tuesday 25 th November	Year 9 Options Evening
Friday 28 th November	INSET DAY (3)
Friday 5 th December	Friends of Passmores Event 7pm – 9pm
Thursday 11 th December	Christmas Concert
Monday 22 nd December – Friday 2 nd January	CHRISTMAS HOLIDAYS
Monday 5 th January	INSET DAY (4)
Tuesday 6 th January	School Opens for Spring Term 1



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

We would like to give notice of the AGM of Friends of Passmores, to be held on 14th October 2025. The meeting will start at 6pm in the Heart Space, refreshments will be provided.





BYO FOOD AND DRINK

DOORS OPEN AT 6:30PM 7PM START FRIDAY 17TH OCTOBER 2025

£5 per person, up to 8 in a team all ages welcome (under 16's must be accompanied by an adult)

GET YOUR TICKETS HERE

https://www.ticketsource.co.uk/friends-of-passmores

Our friends over at Rainbow Services are hosting a fundraising quiz at the GPCA (main building) on the 3rd October, the bar will be open and it's BYO nibbles. It's £5 per person.

If anyone would like to submit a team, please book using this link:

https://www.peoplesfundraising.com/Rainbowquiz

YOU'RE INVITED TO

Book now

The Rainbow Services **Quiz Night**

Have you got what it takes to be a trivia champ?

Join us for a fun-filled night of questions, laughs, and giving back - all in support of Rainbow Services!

- Teams of up to 8
- Prizes, raffle & games
- Bring your own nibbles, the bar will be open

Date:

Friday 3rd October 7.30pm

Venue:

GPCA, Abercrombie Way, Harlow, CM18 6YJ

Cost:

£5 per person - prebooking essential







For more information or to book:

Book: www.peoplesfundraising.com/Rainbowquiz Information: 01279 308150

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:

Thursday 16th October, 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





WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD



'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE."

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL BEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

0.

ALTRUISM Y

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to alder members of the community who may feel isolated.

GENEROSITY

in the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. If helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reachingles.

GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payboch, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.

HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of youl' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.

COMMUNITY &

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show hindness, it is something which we feel we can control, particularly when things may feel a bit chootic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overtooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.

KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, "we should put our own axygen mask on before putting on someone else's."
What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called "compassion fatigue". So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask

'KINDNESS IS A SILENT SMILE, A PRIENDLY WORD, A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KTIVIST



someone for help or support.





The National College This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For futher info, check out these online resources: f

https://www.mentalhealth.org.uh/blog/ran dom-acts-hindness

https://www.mentaheeith.org.uk/campaigns. mental-health-owareness-week/gst-involved