Newsletter



3rd October 2025 Issue 05



Dear Parent/Carers,

This week marks **National Inclusion Week**, a time dedicated to celebrating diversity, promoting equity, and building communities where everyone feels safe, respected, and valued. The theme for 2025—"**Now is the Time"**—could not be more urgent or more relevant.

Yesterday, on Yom Kippur, the holiest day in the Jewish calendar, a terrorist attack at the Heaton Park Hebrew Congregation Synagogue in Manchester claimed the lives of two innocent people and injured several others. The attacker targeted worshippers simply because they were Jewish. This horrifying act of hate reminds us why inclusion is not just a value—it's a necessity. Our thoughts go out to the victims, their families, and all those affected.

Events such as these reflect a world where anger and division too often drown out empathy and understanding. Inclusion is not just about policies and posters it's about how we treat each other every day. It's about standing up against hate, speaking out when something's wrong and choosing kindness even when it's hard. This is why we teach and live our values of kindness, compassion, respect and belonging every day.

Our community is important to us, spending time with you matters, please come and join us if you can for our Parent Chit Chat Coffee & Cake – Tuesday 14th October

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ParentPay











Natalie Christie
Principal of Passmores Academy

TOP PASSMORES POINTS ACHIEVERS

Friday 26th September to Thursday 2nd October 2025

| Whelan, Riley | Year 7 | 80 |
|-----------------------|--------|-----|
| Fitzgerald, Ayla | Year 7 | 67 |
| Dixon, Sam | Year 7 | 64 |
| Luca, Daria | Year 7 | 64 |
| Mustafa, Maya | Year 7 | 64 |
| Garrett, Freddie | Year 7 | 63 |
| Gould, Reggie | Year 7 | 63 |
| Morrison, Evelyn | Year 7 | 63 |
| Dinesh Babu, Lemuel | Year 7 | 62 |
| Edwards, Charlie | Year 7 | 62 |
| Fuller, Ben | Year 7 | 62 |
| Matthews, Zack | Year 7 | 62 |
| Pavitt, Jayden | Year 7 | 62 |
| Rouse, Elijah | Year 8 | 121 |
| Jablonski, Lucas | Year 8 | 115 |
| Cooper, Ellie | Year 8 | 91 |
| Edwards, Joshua | Year 8 | 89 |
| Nunn, Lois | Year 8 | 88 |
| Unwin, Reece | Year 8 | 88 |
| Adams, Mia | Year 8 | 86 |
| Stryczek, Calum | Year 8 | 86 |
| Aley, Dylan | Year 8 | 85 |
| Erikume, Danielle | Year 8 | 83 |
| Langham, Mason | Year 8 | 83 |
| Mickevic, Nikas | Year 8 | 83 |
| O'Callaghan, Mitchell | Year 9 | 76 |
| Toku Appleton, Ethan | Year 9 | 72 |
| Snell, Lucy | Year 9 | 69 |
| Pay, Amelia | Year 9 | 68 |
| Cracknell, Rosie | Year 9 | 66 |
| Smith, Ashanti | Year 9 | 66 |
| Brooks, Bobby | Year 9 | 65 |
| Norton, Florence | Year 9 | 65 |
| Hills, Ella | Year 9 | 63 |
| Wright, Megan | Year 9 | 63 |

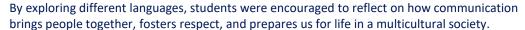
| Year 10 | 72 |
|---------|---|
| Year 10 | 70 |
| Year 10 | 66 |
| Year 10 | 66 |
| Year 10 | 66 |
| Year 10 | 63 |
| Year 10 | 63 |
| Year 10 | 63 |
| Year 10 | 61 |
| Year 10 | 61 |
| Year 11 | 72 |
| Year 11 | 62 |
| Year 11 | 59 |
| Year 11 | 58 |
| Year 11 | 57 |
| Year 11 | 56 |
| Year 11 | 56 |
| Year 11 | 55 |
| Year 11 | 54 |
| Year 11 | 51 |
| Year 11 | 51 |
| | Year 10 Year 11 |

| Year Group Attendance w/c 29 th September 2025 | | |
|--|--------|--|
| Year 7 | 95.93% | |
| Year 8 | 91.04% | |
| Year 9 | 89.25% | |
| Year 10 | 88.3% | |
| Year 11 | 88.46% | |
| All Students | 90.6% | |

PASTORAL UPDATE

Thought for the Week...

This week, students celebrated European Day of Languages. The focus was on recognising the value of learning and appreciating different languages and cultures, and how this contributes to creating a more inclusive, diverse, and linguistically rich environment at Passmores.





National

Inclusion Week

In the News

Our focus this week was National Inclusion Week. While the campaign largely highlights inclusion in the workplace, it also reminds us of the importance of celebrating diversity and promoting inclusion at all ages.

Students discussed how:

- Celebrating what makes us unique strengthens our community.
- > Recognising the different strengths and challenges people face helps build empathy.
- > Inclusion is about creating a safe space where everyone feels valued and able to be themselves.

This message links directly to our core values at Passmores—making our school a welcoming environment for all.

Other News

- Year 11 preparations: Students fine-tuned their personal statements and CVs ahead of post-16 applications, ensuring they are ready to take their next steps.
- They also benefitted from assemblies delivered by Epping St John's and Herts & Essex sixth forms, giving them valuable insight into the options available.

Looking Ahead to Next Week...

- Thought for the Week will mark World Mental Health Day, reminding us of the importance of looking after ourselves and supporting one another.
- > In the News will begin our celebrations of Black History Month, exploring key stories, contributions, and role models.
- > Year 11 students will learn how to revise effectively and how to create a revision timetable to prepare for upcoming assessments.
- > They will also have a visit from Leventhorpe Sixth Form, adding to their growing knowledge of post-16 opportunities.
- Finally, we are excited for our Careers Fair on Thursday—a fantastic opportunity for all students to explore pathways, ask questions, and be inspired about their futures.







Weekly Winners

Zain Abbas
Rylea-Ray Raggio
Charlie Griffiths
Lola Squires
Juvan Shibi
Amira-Shai Connor Fry
Mia Adams
Rosie Cracknell
Grace Krajicek
Aiden Brandle

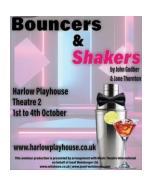


SUBJECT INFORMATION/UPDATES

Drama - Bouncers & Shakers

Happy Friday all! We, in the drama department, hope you are enjoying settling in to slightly longer evenings and enjoying the autumnal colours as we fully enter autumn. Before we know it, 2026 will be here! But not just yet!

This week we were lucky enough to take a number of our drama learners in Years 9, 10 & 11 to Harlow Playhouse to watch Shakers (Jane Thornton) and Bouncers (John Godber). Both plays were being presented in Theatre 2 (upstairs) by Harlow Amateur Dramatic Society (HATS). One of the plays even featured our very own Mr Paddon, taking a step away from his usual daytime role of maths teacher!



Shakers kicked the evening off, a tale of four waitresses working in a cocktail bistro bar in the 80s - the era of the yuppie, perms and brightly coloured eyeshadow. The four female actors did Jane Thornton proud with their multi-role, drawing on observations of others to create a plethora of different characters that we see frequent the bar. This was followed by Bouncers, and the excellent cast of 4 males (including Mr Paddon) did a smashing job of creating scenes both inside and outside the nightclub that employs them, from punks to posh boys to a drunk girls' night out. It was fast paced and amusing and our learners thoroughly enjoyed the ride! Pupils asked thoughtful and probing questions in the cast Q&A following the show; it was a real treat to see them consider the task the actors faced as they began their work with a show filled with so many different characters and there was a lovely sense of learning and respect for the job done by all involved in the performances. Passmores was, once again, excellently represented in our local community and our pupils were able to access some of the wonderful entertainment and arts culture we have here in Harlow.

We'll be back with an article on our next trip to see Punch at The Apollo Theatre in London next Thursday, with our Year 10s and 11s. A reminder that this is a mandatory trip for all GCSE students as they prepare for mock exams and develop their theatre evaluation skills. Please contact j.glover@passmoresacademy.com if you have any questions regarding this trip. Details have gone out via Arbor, where you can pay for the trip for your child, if you have yet to do so

Stay cosy and dig out your favourite jumpers as the temperatures slowly take a downward turn! We'll be back next week with more news. TTFN.

Karen Warncken Head of Drama



Year 7 Road Safety Performance and Workshop with Riot Act

This week, our Year 7 students took part in an engaging and thought-provoking performance and workshop on road safety, delivered by the theatre company *Riot Act*.

The session highlighted the importance of staying safe on and around the roads. Through interactive scenes and relatable scenarios, the performers encouraged students to think carefully about the choices they make as pedestrians, cyclists, and passengers.



Following the performance, Year 7 took part in a workshop that gave them the chance to discuss road safety in more depth. The students explored practical strategies for keeping safe, using pedestrian crossings, and avoiding distractions like mobile phones when near traffic.

Workshops like these are an invaluable part of helping our students grow into responsible young people who are confident in keeping themselves and others safe. A huge thank you to Riot Act for bringing such an important topic to life for our Year 7s!

Quotes from students:

"I liked how they explained what could happen if you're not paying attention. I learnt to always think for myself and cross when I think it is safe to cross."

"I loved it! I have learnt to be independent and that I don't have to do what my friends want if I don't want to. It also shows the importance of being aware of surroundings near the road and how dangerous roads are."

"I learned you should not use your phone when crossing the road and don't mess around by the road."

Mrs Bassett HOD i-Future

SPORT / PE UPDATES

Year 8 Rugby

After a really positive performance in our warm-up tournament two weeks ago, our Under 13s rugby team put in the hard work with an extra training session and took to the pitch with a squad of 18 available!

Narrowly losing two games in the warm-up tournament was all the motivation Passmores needed as they were undefeated in the Harlow District Rugby tournament beating 4 local schools. This came to a monumental effort in defence only conceding two tries in 4 matches. The team will now look ahead to the WESSA finals later in the year.



U14's Boys Football

Starting this season just as we ended the last, our now U14 Boys football team have already shown their dominance in both the Essex and English School's cup competitions. Beating our first-round opponents 12-0 and 5-2 respectively, the team now look ahead to our second round of the English School's cup in a repeat fixture from last years WESSA final against a competitive Davenant Foundation School.



CAREERS NEWS

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

Are you interested in applying for an apprenticeship?

Free Webinar for students and parents, Wednesday 8th October 18:15 - 19:00

Apprenticeship Hub Live: CVs and Cover Letters That Get You Noticed

Getting your CV and cover letter right can make all the difference when applying for apprenticeships. Join **Apprenticeship Hub Live**, an interactive online session designed to give you the tools and confidence you need to stand out to employers.

This event will cover:

- ✓ An introduction to the **Apprenticeship Hub** and how it supports students
- ✓ CV & cover letter do's and don'ts
- ✓ Top tips for standing out in your application.
- ✓ Live Q&A ask your questions and get advice directly from apprenticeship experts

By the end of the session, you'll feel more confident in creating a professional CV and cover letter that gets noticed Sign up: https://pathwayctm.com/event/apprenticeship-hub-live-cvs-and-cover-letters-that-get-you-noticed/

Stansted Airport College - Open Event - Saturday 11th October



Tickets for the above event are going fast. There are only 3 time slots still available: 11.30am, 12.00pm and 12.30pm.

To book go to Stansted Airport College Open Event at Stansted Airport College event tickets from TicketSource

Year 11 - Sixth Form Assemblies

This week our year 11s heard from Herts and Essex 6th form and Epping St Johns 6th form about the range of subjects they offer, entry requirements, open events and more. Both brought with them some of our former students. The photo shows six year 13 students at Herts & Essex who all have plans to go to university to study developmental psychology, drama, finance, law and physical and natural sciences.

It is always lovely to see our ex-students and hear about their successes.







Careers Fair - Thursday 9th October 4.30pm-7pm

We are excited about our upcoming careers fair for students in years 10 and 11. This is being held at Passmores Academy and we have a wide range of exhibitors, including local sixth forms, colleges, a university and range of employers and training providers representing a wide range of career sectors. We have included a poster of the floor plan, to help students think about who they want to talk to on the night.

Not only is this a great way to learn about post 16 education but also apprenticeship opportunities. We look forward to welcoming you all on Thursday. Parking is limited at the school, so we advise that you walk where possible or car share.



Passmores & Stewards

Careers Fair

When: 4:30pm-

7:00pm

Oct 9th

Who: Year 10 & 11

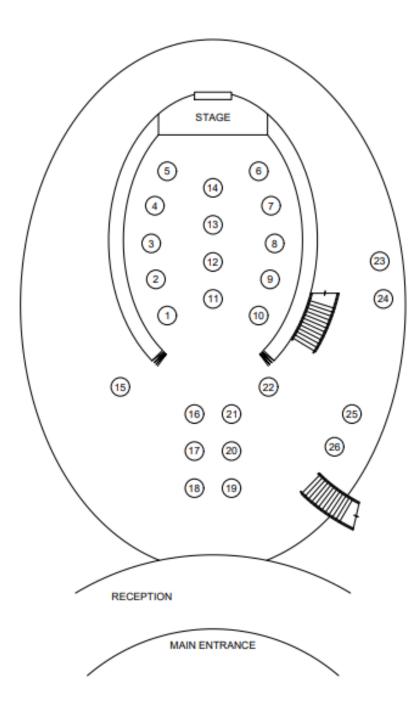
Where:
Passmores
Academy
Tracyes Road,
Harlow, CM18 6JH





PASSMORES & STEWARDS CAREERS FAIR 2025







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- 4 ARMY
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- 21 BISHOPS STORTFORD HIGH SCHOOL 6th FORM
- 22 CENTRAL TRAINING GROUP
- 16 CRE8
- 11 DERRICK WADE WATERS
- 10 EPPING ST JOHNS 6th FORM
- 19 GROUP 1 STANSTED AUDI
- 23 HARLOW COLLEGE
- 24 HARLOW COLLEGE SEN
- 9 HARLOW LEISUREZONE
- 1 HERTFORD REGIONAL COLLEGE
- 13 HERTS & ESSEX 6th FORM
- 2 HOCKERILL ANGLO-EUROPEAN COLLEGE
- 20 KIDZ OK
- 5 LEVENTHORPE 6th FORM COLLEGE
- 12 MANCHESTER AIRPORT GROUP (MAG)
- 25 NEW CITY COLLEGE
- 26 PRINCESS ALEXANDRA HOSPITAL NHS TRUST
- 18 SIR FREDERICK GIBBERD 6th FORM
- 15 STANSTED AIRPORT COLLEGE
- 6 ST MARKS 6th FORM
- 3 TAYLOR WIMPEY
- 8 WRITTLE COLLEGE

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 |



Since joining Passmores in September, and walking to school from Church Langley, year 7 student Luke Horey was shocked with the amount of litter he came across and decided to do his bit for the environment.

Enlisting the help of his friends Ben Fuller & Harry Ranson, the boys set about litter picking along their route to school. In just 2 hours they had filled two sacks full of rubbish!

Well done boys, what great representatives you are for our school. You should be extremely proud... we certainly are!





FORTHCOMING EVENTS

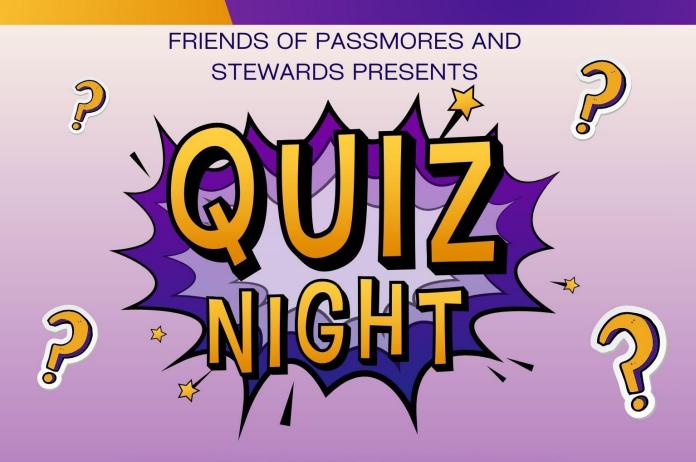
| Thursday 9 th October | Careers Fair 4:30pm – 7pm | |
|---|---|--|
| Tuesday 14 th October | Parent Coffee & Cake 9:30am, 1:30pm & 5:00pm | |
| Tuesday 14th October | Friends of Passmores AGM 6:00pm – 7:00pm | |
| Friday 17 th October | Friends of Passmores Event 7pm – 9pm | |
| Thursday 23 rd October | 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.





DOORS OPEN AT 6:30PM 7PM START

HELD AT STEWARDS ACADEMY

FRIDAY 17TH OCTOBER 2025

£3 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



Youth Voice Day

SAFEIVIN ESSEX - You're invited!

HOSTED BY ESSEX BOYS AND GIRLS CLUBS & ESSEX COUNCIL FOR VOLUNTARY YOUTH SERVICES

Saturday October 2025

ARU Chelmsford 9.45am - 3.30pm

Sign in from 9.15am

If you are a young person aged 11+ living in Essex (including Southend and Thurrock) or an adult working with young people we want to hear from you!

This is a great chance to get involved in fun and interactive workshops, unleash your creativity at our Creation Stations, and share your thoughts with a range of inspiring Essex Leaders whose aim is to implement your ideas. Whether you want to speak up, get creative, or just be part of something exciting - we'd love to see you there! Come along and make your voice heard and impact your community.

Includes...FREE lunch and FREE Youth Voice Goodies!



9.15-9.30:

1.00-1.50:

For more information please contact Rebecca at rebeccas@essexboysandgirlsclubs.org / 01245 264783







AVRU Chelmsford

The Essex Youth Voice Day

Running order

Arrival and collect your FREE goodie bag

Welcome and Introduction to the day! Enter our FREE Youth Voice Day Raffle to be in with a chance to win a £20.00 Amazon voucher!

10.00-10.45: Workshop 1 - Attend your first workshop! Share ideas and be listened

11.00-11.45: Workshop 2 - It's time to choose your second topic! Join another theme of discussion and have your say!

11.45-1.00: Lunch, Creative stations, Interactive Activities & Information Fair

Presentation workshop - Choose which topic you want to focus on and head back to that classroom. As a group reflect on your ideas and concerns, come up with solutions and questions (RSQ'S) to present to Essex Leaders! What changes do you want them to make...let them know! Tell us whatever you want, however you want...we're listening. During this time Essex Leaders to meet in the Lecture Theatre

2.00-3.20: Raffle prize winners announced! Presentations to leaders in Essex about your topic; the issues and how you think things should be changed so young people feel safer. Followed by a Q&A/discussion with Essex leaders about what needs to be change and what they can do about it

Home time!

larem e erent

around safety concerns that

SAFETY IN ESSEX



This is a really important (but fun!) event for young people aged 11-24yrs living in Essex (including Southend & Thurrock) to have their say about issues and concerns that make them feel unsafe in their communities, AND to help Essex leaders understand what needs to change in order for young people to feel safer, and how these changes could be made.

Essex Leaders Arrive

What to expect!

We thank all of our Essex Leaders in attendance on the day and look forward to welcoming many to our event! Some of the people joining us ready to listen to young people include...







The High Sheriff



Deouty Chief Rachel Nolar



Deputy Police



Commissioner Pippa Brent

will impact everyone in Essex!

Your views will

be taken seriously to

implement

positive change

We have over 20 organisations joining our information fair including Kids Inspire, The Children's Society, Essex County Fire and Rescue Services, YMCA and more!

Take part in Creative Stations and Interactive Activities including... A good mental well being breathing and sound bath taster session, Voice through Art stand, Voice through Music Drumming Therapy taster session, meet the Essex Therapy Dogs and more!

Leave a message on our Youth Voice Day phone! What do you want to see changed...let us know!

Collect your FREE Goodie Bag and enjoy a FREE Lunch!



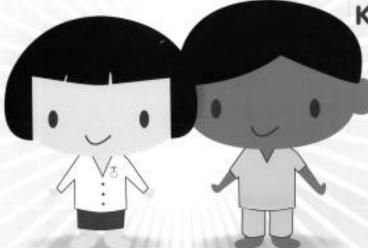
Join our FREE Raffle for a chance to win a £20.00 Amazon Voucher!



Your School Nursing Service

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:



Keeping Healthy

Immunisations

Emotional Health

Weight Management

Sexual Health

Drugs and Alcohol

Smoking

We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.

When and Where can I Access my School Nursing Service?

Every Tuesday during break time 10:55-11:45

Confidential

We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone else from serious harm. Whenever possible we would discuss this with you first.

Qualified

School Nurses or Specialist Community Public Health Nurses are qualified nurses or midwives with specific graduate level education, and work with a learn to support you.

Non Judgemental

We are here to help, not to judge.

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



PASSMORES ACADEMY, HARLOW 18TH OCTOBER 12-6PM



SATURDAY 18TH OCTOBER 2025

PASSMORES ACADEMY, TRACYES RD, HARLOW CM18 6JH

FUN FOR ALL THE FAMILY

Bring everyone along for a day full of love, laughter, and celebration:

- Family Pride Area
- Wellbeing Zone
- Local Drag Artists & Live Performances
- Acoustic Stage
- Market Stalls
- Food Court & Bar

WHY PRIDE MATTERS Pride is more than just a celebration – it's about visibility, inclusion, and community. It's a chance for Harlow to come together to:

- Celebrate love in all its forms
- Support and uplift LGBTQ+ voices
- · Show that diversity makes our town stronger
- Create a supportive, welcoming space for everyone

12 PM - 6 PM | FREE ENTRY | FREE PARKING

Pride in Harlow - Pride in Ourselves

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



new career? Time to think about becoming

ateacher...?



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



10 Top Tips for Parents and Educators

SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way.

This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and faster confidence, adaptability and a positive mindset.

ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fasters trust and emotional expression.
Encourage them to share their thoughts and feedings freely without judgment. Set acide time dolly, perhaps during dinner, to ask again ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often form how to manage amotions by other sing adults. By modelling calm and positive responses to challenges, you can beach them volucities emotional management skills. If you've had a difficult day, serbalise how you've healing and applian how you plan to handle it, such as 'Tim a bit worked-up, so 'I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down chaffenges into manageable steps encourages a proactive minden. Explain that every problem had a solution, even if it's not immediately obvious. For example, it a child is study on homework, support them in breaking the took into smaller steps, coying things like "Let's focus on just this liest quantion for now."

FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning apportunities. A growth mindset helps them see selbocks as part of the process, rather then comething to be upset about. After a child lases a game or performs peorly on a test, for comple, ask them what they we learned from the experience. This reinforces the idea that effort - and even failure - leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-core helps them understood the importance of balancing work with relaxation to maintain amotional welf-seing. Parents and corers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, selfling an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS



Strong relationships with peers and adults provide a support system that enhances revilience, tracturage positive, respectful interactions to develop social skills. Playdates or group octivities can be instrumental in leaching children how to resolve conflicts with Mixeds by modelling and practicing calm communication.

NUMBER OF THE STREET ST

Helping children to identify and name their smollans allows them to manage these feelings more effectively. When a child's speet, encourage them to talk to you about what they're feeling in an empathetic and supportive menner, and ask them why they might be esperiencing these emotions.

ENCOURAGE INDEPENDENCE



Giving children opportunities to make their own decisions boosts confidence and problem—solving skills. A good example of this would be letting children choose and pack their own functions for school, guiding them with options but allowing them to assume responsibility for the task to help them take perfers top.

9 DEVELOP COPING STRATEGIES



Beaching children techniques like mindfulsess, deep breathing or journaling can help them to mindige stress. Show them have to perform breathing searches when they are feeling analous, and practise this regularly. Reinforcing this behaviour in young people wit make it scaler for them to use these techniques of their own accord during stressful mammats.

10 CELEBRATE SMALL WINS



Secognising effort, no matter how small, seinforces percoverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, prose their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Peristane Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.





The National College



Unlock parenting skills to help your anxious child thrive. Join our Understanding Children's Anxiety session to gain essential tips and tools to support and empower your child through anxiety. Discover practical strategies and compassionate approaches that make a real difference

Date: 31/10/2025 Time: 12:00 - 14:30 Fee: Free

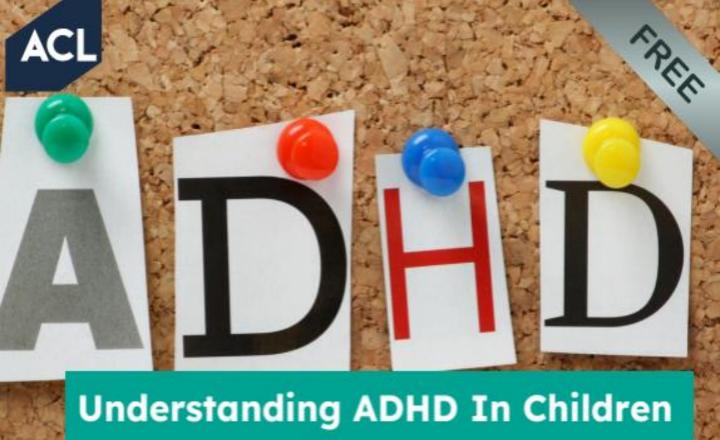
For Further Information, and to sign up ...
Visit our website aclessex.com and type
'understanding anxiety' in the 'Find a
course...' box
or enrol VIA THE QR CODE



aclessex.com







Online Course

Are you a parent/carer or grandparent seeking clarity about ADHD? This session is designed to provide practical, easy-to-understand insights into ADHD and how to support your child effectively.

Date: 24/10/2025 (for 2 weeks)

Time: 09:00 - 11:30

Scan the QR code, or
Visit our website aclessex.com
and type "ADHD" or "HO5A08OL25"
in the 'Find a course...' box



aclessex.com







Setting Boundaries Online Course

Empower your parenting journey with our 'Setting Boundaries' courses. Learn the importance of clear, consistent limits and how they contribute to a child's sense of security and well-being.

Date: 23/10/2025 (for 2 weeks) Time: 10:00 - 12:00

Scan the QR code, or Visit our website aclessex.com and type "BOUNDARIES" or "HO4A70OL25" in the

'Find a course...' box



aclessex.com







Come along and learn some lifesaving techniques to keep your family safe. This Family First Aid session is for families. Learn how to perform CPR, how to deal with choking, burns and poisoning and common childhood medical concerns.

Date: 20/10/2025 Time: 09:30 - 11:30

Scan the QR code, or Visit our website aclessex.com and type 'FIRST AID' or "HO1A06OL25" in the 'Find a course...' box



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Understand Teens Anxieties Online Course

This course equips parents and carers with a clear understanding of anxiety in children and young people and how it affects their thoughts, feelings and behaviour. It also teaches practical strategies for recognising anxiety and supporting a young person through anxious moments.

Date: 16/10/2025 & 23/10/2025

Time: 19:00 - 21:00

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









Online Course

Routines Rule. Discover some simple methods to introduce routines to your family. Find why routines are important in family life.

Discover a routine that will work for your family and how to implement them.

Date: 22/10/2025 Time: 19:00 - 21:00



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









Getting Teens to Talk Online Course

Struggling to talk with your teenager? You're not alone. This workshop offers practical tips to reduce conflict, encourage openness, and strengthen your connection through better communication.

Date: 09/10/2025 & 16/10/2025

Time: 18:00 - 20:00

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











Parental Mental Health Online Live

Explore the importance of looking after your mental health as a parent/grandparent or carer. This course will give you strategies to work on to look after you.

Date: 9/10/2025 & 16/10/2025 Time: 09:30 - 11:30

Scan the QR code, or









