

# Newsletter

Friday 9<sup>th</sup> May 2025 Issue 29



Success does not lie in the  
"results" but in "efforts".  
"Being" the best  
is not so important,  
"doing" the best  
is all that matters...

Dear Parents/Carers,

Has this week only been four days! It certainly hasn't felt like that, probably because we try to make up for the time lost in school and complete five days of work in four. Case in point, as we have managed to squeeze in three district football finals this week. Check out the PE updates section to see who successfully managed to bring home the silverware. Congratulations to all the students who participated, they did themselves and Passmores proud.

Next week marks the start of Mental Health Week, which is being celebrated from Monday 12th to Sunday 18th May. This event is held annually to raise important attention towards the issue of mental health. This year's theme is 'Movement', highlighting the positive impact that incorporating more movement into our daily routines can have on our mental wellbeing. We know that we are seeing an increase in poor mental health and anxiety amongst our young people, so continuing to openly discuss issues to remove stigma or barriers is really important. Maybe, as a family, you could embrace the challenge by building in some additional activities during the week.

For year 7 and 8 parents, don't forget that the Academic Tutorials are scheduled for the end of this half term. You book your appointment online, but the meeting is face to face in school.

Have a wonderful weekend everyone. I am now off, taking some of the advice above to get moving.

**Natalie Christie**  
Principal of Passmores Academy

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Arbor



# TOP PASSMORES POINTS ACHIEVERS

2<sup>nd</sup> to 8<sup>th</sup> May 2025

Sava-Luchian, Eric	Year 7	29
Smith, Luke	Year 7	29
Howe, Tate	Year 7	28
Moore, Heidi	Year 7	27
Adesina, Dorcas	Year 7	26
Maylen, James	Year 7	26
Owen, Amelie	Year 7	26
Harman, Molly-Rose	Year 7	24
Johnson, Lilly	Year 7	24
Wheatley, Emily	Year 7	24

Paxton, Bobby	Year 8	34
Yusuf, Zahra	Year 8	30
McGill, Harry	Year 8	29
Rogers, Mason	Year 8	29
Hanks, Liara	Year 8	28
Jones, Bailey	Year 8	27
Ricketts, Rachel	Year 8	26
Hards, Isabella	Year 8	25
Gjoni, Leart	Year 8	23
Greenhalgh, Ella	Year 8	23
Lloyd, Samuel	Year 8	23

Cudmore, Samuel	Year 9	30
Aggouche, Yousra	Year 9	23
Saunders, Teddy	Year 9	22
Tohill, Riley	Year 9	22
Blackburn-Curpen, Logan	Year 9	21
Collins, Lily	Year 9	20
Euesden, Sophia	Year 9	20
Gough, Max	Year 9	20
Buhaescu, Fabiana	Year 9	19
Hill, Sadie	Year 9	19
Maksutaj, Ioana	Year 9	19
Tuna, Masal	Year 9	19

Dolling, Tommy	Year 10	31
Wheatley, Joshua	Year 10	31
Mills, Ashton	Year 10	27
Swann, Ronnie	Year 10	26
Egbo, Francis	Year 10	25
Laska, Wiktor	Year 10	24
Akinyeye, Ola	Year 10	23
Theophil, Dylan	Year 10	23
Abu-Rabi, Tahlia	Year 10	22
Breeds, Riley	Year 10	22

Doyle, Korban	Year 11	10
Vetori, Rileigh	Year 11	10
Turcu, Diana	Year 11	9
Beckett, Emily	Year 11	8
Boylan, Holly	Year 11	8
Clark, Charleigh-Faye	Year 11	8
Cobie, Izzy	Year 11	8
Dixon, Quincy	Year 11	8
Golding, Hannah	Year 11	8
Horey, Kelsey	Year 11	8
Houghton, Harrison	Year 11	8
Howard, Georgia	Year 11	8
Kasa, Yourdana	Year 11	8
Penchev, Alexander	Year 11	8
Sheard, Izabella	Year 11	8
Stringer, Lara	Year 11	8
Webb, Macey	Year 11	8

## Year Group Attendance (31<sup>st</sup> March to 4<sup>th</sup> April 2025)

Year 7	89.96%
Year 8	89%
Year 9	87.11%
Year 10	88.26%
Year 11	87.21%
<b>All Students</b>	<b>88.33%</b>

### Thought for the Week: Marking the 80th Anniversary of VE Day

This week, students across the school reflected on the significance of Victory in Europe (VE) Day, which marked the end of World War II in Europe 80 years ago.



Through tutor discussions, students explored the historical importance of VE Day and the sacrifices made by those who lived through the war.

The focus was not only on remembering the past but also on learning how these events shaped the world we live in today. This culminated in observing the 2-minute silence on Thursday at 12pm.

By deepening their understanding of history, students were encouraged to develop empathy, appreciate the value of peace, and commit to promoting justice in their own lives and communities.

### In the News: Honouring VE Day Through Historical Reflection

The 'In the News' segment also centred on the 80th anniversary of VE Day, offering students the opportunity to engage with current commemorations and historical analysis from media and global news outlets.

By connecting the past to the present, students were reminded of the ongoing relevance of learning from history to shape a better future — one built on peace, collaboration, and respect for others.

It was an inspiring reminder of the resilience of people during challenging times and the power of unity.

### Other News: House Spirit and Exam Focus

It's been a busy and exciting week beyond the classroom too!

Year 11 students continued their final preparations for GCSE exams — showing dedication and resilience as they approach this important period.

Meanwhile, students in Years 7 to 10 had the opportunity to participate in our first-ever Computer Science House Event. This creative and high-energy competition saw students take on the popular game 'Overcooked', where they worked in teams to demonstrate strategic thinking, collaboration, and problem-solving — all while representing their House with pride.

Well done to all who took part!

### Looking Ahead to Next Week

Next week promises more meaningful opportunities for reflection and growth:



- Thought for the Week: We'll be recognising Mental Health Awareness Week, helping students explore the importance of looking after their mental wellbeing and supporting others.
- In the News: Tutor groups will learn about the International Day Against Homophobia, Transphobia and Biphobia, reinforcing our school's commitment to inclusion, respect, and standing up for equality.

Year 7	Year 8	Year 9	Year 10	Year 11
Fabio Enache Finley Mulvey Joshua Seip Hayden Walton Reggie Wall	Mason Bartram Layla Bruce Alexis Wilks Isabella Hards	Mason Yaxley Oleh Melnyk Harrison Morgan Erik Andersons Lola Wickes	Charlotte Sanders Amelia Dugard Frazer Anderson Abdul Kamara	Diana Turcu Amelie Chadee Dylan Meredith Luke Batt



## Chit Chat and Chocolate



			
Archie Tedder	Natalie Lin	Ashleigh Labalpiny	Alfie Flynn
Ivan Wang	Maria Denkwicz	Adrian Wejman	Isabelle Boorman
Leon Klarzak	Gwen Kearns	Lacey-Mae Wing	Joshua Edwards
Lily May	Maizie Ball-Parrish	Marnie Ryan	Benedetta Laurino



★ This week's lucky recipients of the weekly prize draw are... ★

Zaden Bell

Elsiemay Cooper

Beau Hughes

Heidi Moore

Amelie Owen

### History

In KS3 History we have been looking at the following:

**Year 7** have finished their investigation into Mansa Musa, the richest man who ever lived (until Elon Musk), and have now moved on to consider the very important question of **whether Henry VII could reasonably be described as a 'gangster'**.

**Year 8** have been comparing and contrasting the **lives of different groups of people in 1920s America and Britain**. We have been learning about the lives of **women** and **1920s fashions**, before we move onto investigating how the lives of LGBTQ+ people were different on both sides of the Atlantic.

**Year 9** have been learning about the story of Ireland, investigating the **Potato Famine and the Easter Rising**. We will then start thinking about how this impacted **Ireland in the late 20th century**.

Over the next few weeks, we will be sending home an '**Ask me about...**' homework so you can ask your young person about their learning in History.

Enjoy!

Mrs Frederick- Head of History

### Jack Petchey's "SPEAK OUT" Challenge!

On Tuesday 6th May, Faraya Honan, Year 10, represented Passmores Academy at the regional Jack Petchey Speak Out final which was held at Davenant.

Her speech, entitled "No womb, no word" was delivered in an assured and confident manner. She explored the theme of the power of feminism and the importance of owning our identities.

Well done Faraya on representing our school!



## Drama Round-up May 2025.

Guess who's back? Back again! Drama's back, tell your friends!

Well hello summer (well, nearly)! We are delighted to bring you our most recent roundup of drama events as the sun shines outside!

It's all systems go (as ever) at the moment. We have exams going on, rehearsals going on and theatre appreciation going on!

Year 11 GCSE students have just completed their final drama exam. Every year, drama is one of the first exams on the national schedule, so there were some nerves during our revision breakfast session first thing. However, everyone got in and settled and did their absolute best to answer everything in the 90-minute window they have, and the feedback has been pretty good so far – let's see what results look like come the summer! With the written paper done and coursework grades being entered next week, the cohort now have time in their drama lessons to revise for other subjects, so please feel free to send them in with snap revision books, past papers or whatever else they may need to get ahead of the game and maximise their learning time!

Year 10 GCSE students have recently finished their Devising exam performance and continue to make progress on their coursework for this unit. They are also becoming familiar with their set text, "Gizmo" by Alan Ayckbourn (copies can be purchased on Amazon, or any other preferred book outlet if you would like them to have their own copy), this is in preparation for their mock exam in the final summer term.

Pupils in Years 8 and 9 have been revisiting some of their learning on understanding and appreciating live theatre performances. Year 8 are currently watching extracts from the National Theatre's "Wonder land" and Year 9 are exploring "Small Island". Whilst watching these, pupils are learning about design elements, analysing acting skills and revisiting their Year 7 learning on semiotics and communication of meaning. Year 7s have been developing their physical acting skills as they learn about masks in theatre.

Charlie & The Chocolate Factory rehearsals continue on Tuesdays, Thursdays and Sundays. We are only 8 school weeks away from show week now, pressure is building and the big show numbers are definitely being learnt! Thanks continue to go to all parents that are shuffling home events in order to get the cast in at the weekends. It will be worth it in the long run, we promise! Tickets will be going on sale after the half term break so keep your eyes peeled for a link here, or on Arbor or via social media and Satchel One. Show nights are Tuesday 8<sup>th</sup> July, Wednesday 9<sup>th</sup> July and Thursday 10<sup>th</sup> July. Doors will open at 6pm and the show will start at 6.30pm. We look forward to welcoming you in!



## Boys Football – U13s

Passmores Academy U13s boys football team beat Davenant Foundation School to become the Harlow and West Essex District football champions this year after beating them 7-2 in the final this week.

Well done boys!



## 🏆 West Essex District Final Match Report

Year 11 Triumph: 4-1 Victory Over Roding Valley

The Year 11 football team delivered a sensational performance in the West Essex District Final, securing a commanding 4-1 victory over Roding Valley. The match was a showcase of skill, determination, and teamwork, with every player rising to the occasion.

The star of the show was undoubtedly Harry Smith, who netted a stunning hat trick, demonstrating clinical finishing and relentless energy throughout the game. His goals came at crucial moments, keeping the momentum firmly in our favour.

Adding to the tally was Mikey Willett, whose goal was a testament to the team’s attacking flair and cohesion. His contribution capped off a brilliant attacking display and ensured the result was never in doubt.

While the goal scorers grabbed the headlines, this was a complete team performance. From the rock-solid defence to the creative midfield and tireless forwards, every squad member played their part. The boys showed exceptional discipline, teamwork, and sportsmanship, thoroughly deserving their victory.

This win not only crowns them District Champions but also highlights the incredible talent and spirit within the team. Congratulations to the entire squad – a truly outstanding achievement.



**PE  
EXTRA CURRICULAR TIMETABLE**

	BREAK	STAFF	AFTERSCHOOL 3:30PM- 4:15PM	STAFF
<b>MONDAY</b>	Cricket Batting/Bowling (Astro Turf)	Break 1 CLO  Break 2 OWY		
<b>TUESDAY</b>	Cricket Batting/Bowling (Astro Turf)	Break 1 AMN	Boys Cricket (Astro Turf)	JKG AMN
		Break 2 MGD	Girls Cricket (Astro Turf)	GCI CLO
<b>WEDNESDAY</b>	Cricket Batting/Bowling (Astro Turf)	Break 1 JKG	Rounders (Astro Turf)	OWY ARY
		Break 2 GCI	Softball (Astro Turf)	MGD
			Tennis (Tennis Courts)	JWB
<b>THURSDAY</b>	Cricket Batting/Bowling (Astro Turf)	Break 1 JWB  Break 2 ARY	Athletics	All Staff
<b>FRIDAY</b>			BTEC Coursework Catch-Up & PE Detentions	



### Year 10

Reminder of the Work Shadowing Day, Wednesday 2nd July 2025.

Work shadowing is a fantastic opportunity for students to gain a real insight into the world of work and to be given the chance to observe a job role which may be of specific interest for future career choices. We have told the students that they will need to work with family or a close friend of the family.

The deadline to find a placement is Friday 23rd May 2025.

The link to the parent consent form is: [Work Shadowing Parental Consent Form](#)

If you have any queries or concerns, please contact Mrs Kay, at [j.kay@passmoresacademy.com](mailto:j.kay@passmoresacademy.com).

### Open Events

- Capel Manor College, 13<sup>th</sup> May – 5:30pm -7:00pm
- Fashion Retail Academy, 17<sup>th</sup> May
- Chelmsford College, 21st May 6:00pm
- Writtle College, 18<sup>th</sup> June 3:00pm – 7:00pm
- Long Road Sixth Form, 4<sup>th</sup> July

The latest issue of **Choices Magazine** is out for parents and carers with lots of useful careers information on apprenticeships and technical qualifications.

You can access this at [May 2025 - Choices](#).



**Careermag** is a great resource with a range of articles including; careers with maths, cyber security, sport, UCAS applications, sales & marketing, green careers and more: [Career Mag](#)



**Writtle College Girls Football Academy Taster Session for Year 10's and 11's - Wednesday 28<sup>th</sup> May**

Use this link to book a place: [Taster Session](#)



**Engineering Apprenticeships with Network Rail**



Level 3 Rail Engineering Technician Apprenticeship (England & Wales) - Network Rails Early Careers

## ANY OTHER INFORMATION

One of our Year 7 student, Arthur Scott-Vodnar has been selected for the SP Olympic team for skiing. Here are some photos of him preparing for their practice runs as he prepares for a race day on the 18th May.

We would like to wish him the best of luck, and we will let you know how it goes.

Great News, Arthur!!



It's that time of year when lockers need to be renewed or emptied please so that they can be reallocated to other students.



*(Year 11's... don't forget to clear your lockers and hand your keys back in!)*

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

We would like you to design  
a poster for our Summer  
Fete.



**Make it bright and colourful.**

**Must include the following:**

**28th June 2025**

**11am-3pm**

**£1 Entry Fee**

**Held at Passmores Academy,  
Tracyes Road.**

**fop@passmoresacademy.com**

**Closing date  
16th May.  
Hand to Mrs  
Cooper in Y030**

FOPs are now starting to  
organise our Summer Fete in  
June, and students have been  
invited to design the  
advertising poster.

Please see details.



For our May event we will be holding a  
bake sale in the heart space for students  
and staff during break time.

We are looking for donations, so if you  
see yourself as a baker or would like to  
donate some sweet treats please drop  
them to reception on the morning of 23rd  
of May.

Students can purchase cakes and treats  
with cash or debit card, we cannot accept  
lanyard payments.

Please remember we are a no nut school  
so please have a list of ingredients with  
your home bakes.



A poster for a 'Friends of Passmores BAKE SALE'. At the top, there is a banner of yellow and pink triangles. The title 'Friends of Passmores' is in a cursive font, and 'BAKE SALE' is in large, bold, black capital letters. Below this, the text 'FRIDAY 23RD MAY AT BREAK TIME (FROM 10:10AM) IN THE HEART SPACE' is in bold black capital letters, followed by 'CASH ONLY' in bold black capital letters. To the left of the text is an illustration of a cupcake with yellow frosting and a red cherry. To the right is an illustration of chocolate chip cookies and chocolate brownies. At the bottom right, the text 'Donations to be dropped at reception on the morning on 23rd May.' is in bold black capital letters.

## FORTHCOMING EVENTS

Thursday 22 <sup>nd</sup> May	Year 7 & 8 Academic Tutorial Evening
Friday 23 <sup>rd</sup> May	Student Bake Sale
<b>Monday 26<sup>th</sup> – Friday 30<sup>th</sup> May</b>	<b>HALF TERM – SCHOOL CLOSED</b>
Monday 2 <sup>nd</sup> June	Summer Term 2 Begins
Wednesday 11 <sup>th</sup> June	Sports Presentation Evening
Friday 20 <sup>th</sup> June	District Sports
Friday 27 <sup>th</sup> June	Sports Day
Thursday 26 <sup>th</sup> June	Year 11 Prom
Saturday 28 <sup>th</sup> June	Friend of Passmores Summer Fete (11am – 3pm)

TEACHarlow

Interested in becoming a primary or secondary teacher?  
Contact Gareth Walsh on [g.walsh@passmoresacademy.com](mailto:g.walsh@passmoresacademy.com)



# 10 Top Tips for Parents and Educators

## EXAM-DAY READINESS

The lead-up to exams can be an emotionally challenging time. As the date approaches, nerves can become harder to manage. From nutrition to emotional support, this guide offers 10 practical strategies to reduce stress and enhance performance. Whether at home or in school, these tips encourage focus, resilience, and wellbeing – giving every student the best opportunity to approach exam day with clarity and self-belief.

### 1 FUEL THE BRAIN



Encourage students to eat a balanced breakfast and hydrate before exams. The brain is around 80% water, so even mild dehydration can reduce memory and concentration. Provide water, cereal bars, or fruit on exam day – especially helpful if anxiety affects appetite. A little fuel can go a long way towards better performance.

### 2 PROMOTE POSITIVE SELF-TALK



Support young people to challenge negative thoughts. Help them replace 'I'm going to fail' with 'I've worked hard; I can do this'. Positive affirmations boost confidence and reduce anxiety. Practise these together at home or in school settings.

### 3 PRACTISE RELAXATION TECHNIQUES



Encourage daily use of calming techniques, such as diaphragmatic breathing, guided muscle relaxation, or mindfulness. These techniques help regulate stress responses. Consider running short morning sessions before exams, or practising together at home to promote calm focus.

### 4 CREATE FAMILIAR COMFORT



Ensure a supportive adult is visible and available before exams. The calm presence of a parent or teacher can offer a sense of safety. Schools can provide 'calm zones'; parents can support with consistent routines and reassuring conversation.

### 5 ENCOURAGE VERBAL EXPRESSION



Invite students to talk about their exam worries. Whether it's a quick check-in with a teacher or chat with a parent, open conversations reduce emotional pressure. Active listening is often more powerful than immediate problem solving.

### 6 ORGANISE EXAM-DAY LOGISTICS



Prepare exam-day essentials in advance. Schools can coordinate staff to greet students and manage pre-exam spaces. Parents can prepare clothes, equipment and transport the night before to prevent stress.

got this!

### 7 BUILD A COPING TOOLKIT



Teach students simple 'in-the-moment' coping strategies. These include calm breathing, focusing on what they can control, and using grounding techniques. Practise these together as they become easy to recall under pressure.

### 8 EMBRACE A BALANCED ROUTINE



Reinforce healthy routines: regular sleep, nutritious meals, movement and time to unwind. Families and schools can support students by encouraging outdoor time, screen breaks and restful evenings before exams.

### 9 NORMALISE EXAM NERVES



Let students know that feeling anxious is normal and doesn't mean they're unprepared. Reassure them that a certain level of stress is natural – and can actually improve focus and performance when managed well. A calm, understanding tone – at home and at school – helps build confidence and resilience.

### 10 KEEP SPACES CALM



Reduce pressure in exam-day environments. Whether in the school common room or family kitchen, avoid last-minute cramming. Instead, use soft lighting, gentle music, and quiet time to support a composed mindset.

### Meet Our Expert

Stefan Fuserich is a teacher educator and DfE subject learning coach (advanced practitioner). Stefan has extensive management and teaching experience across various posts in education, and is a qualified lecturer with Qualified Teacher Learning and Skills status.



#WakeUpWednesday

REVISION

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/exam-day-readiness>





# Police Station Open Day

*Come In*  
WE'RE  
**OPEN**

Saturday May 31st 2025

10am till 2pm

Essex Police would like to invite you to our open day at Harlow Police Station. This is a great opportunity for all to come and meet the various policing teams and their working partners that operate within your district and give you the chance to find out what we do every day to keep your community safe. We will also be joined by Essex Fire and Rescue, Harlow Council, Rainbow Services and others.



Tell us what matters to you, email the team on [HarlowCPT@essex.police.uk](mailto:HarlowCPT@essex.police.uk)

Harlow Police Station Opening times: Monday to Sunday 9am till 5pm

 :EPHarlow  
 :EP\_Harlow





## Supporting Families, Empowering Futures – All for Free!

Hello from the Family Learning team at ACL Essex!  
We're excited to share some fantastic opportunities for families across Essex. Whether you're looking to better support your teen's emotional wellbeing, understand more about ASD or ADHD in boys and girls, or help your child transition smoothly into a new school — we've got you covered.

👨👩👧👦 **Our workshops and courses are completely FREE** and designed to empower parents and carers with practical tools and insights.

🎉 **Plus, don't miss our family fun activities during the school holidays** — perfect for making memories together!

📅 **Mark your calendar:** From **May 13th**, you'll be able to explore our **brand-new course offerings starting in August**. But there's no need to wait — you can still enrol in our current courses right now!

👉 **Visit [ACL Essex Family Learning](#)** to browse and book your free place today.

Let's learn, grow, and thrive together.

Warm wishes,  
**The Family Learning Team**  
ACL Essex

# Enhancing Parenting Skills to Support your Children and Teens



Dear Parents,

Are you looking to take your parenting skills to the next level? Do you want to better support your children and teens in managing their emotions and stress? We are excited to introduce a series of courses designed to equip you with the tools and strategies to help your children thrive emotionally and mentally.

Examples of our Courses Highlights:

- ❖ Emotional Regulation Techniques
- ❖ Active Listening
- ❖ Problem-Solving Skills
- ❖ Stress Management for Teens
- ❖ Open Communication
- ❖ Positive Reinforcement
- ❖ Educational Resources

Visit our website and type one of the above course highlights into the search box to find your next free course.

## Enrol Today!

Our courses are designed to provide you with practical tools and strategies to support your children and teens in managing their emotions and stress. Whether you are looking for ways to enhance your current parenting skills or seeking new approaches, our courses offer valuable insights and techniques.

## Contact Us:

Click on this [Link](#) and type 'emotions' in the search box or call us on 03456037635.

We look forward to helping you take your parenting skills to the next level!



Launching 4<sup>th</sup> May!

# Free FAMILY FUN *in the park*

Join us every Sunday at the amazing Stow Park for free fun packed sessions that are suitable for the entire family!

## Team games & Sports

- Football
- Dodgeball
- Cricket
- Badminton
- Tag rugby
- & more

## Fun & enrichment

- Archery
- Zorbs
- Inflatables
- parachute games
- giant board games
- Special themed events

Register Now!



Contact Us  
07884251662



Visit Our Website  
[timeforchangekids.com](http://timeforchangekids.com)



Our Location  
The Stow Park, Harlow  
what3words: care.brief.middle