

Newsletter



30th January 2026 Issue 17



Dear Parent/Carers,

As we step into the new year, January often presents itself as a month of reflection and renewal. However, this January has felt longer than ever, stretching beyond the usual expectations and testing our patience and resilience. This has certainly been compounded by dreadful weather conditions that seem to have cast a pall over our daily routines.

Such weather can evoke feelings of gloom and lethargy, making it challenging to stay motivated and optimistic. It is during these times that we must seek out sources of inspiration and moments of joy to uplift our spirits. Whether it is a simple act of kindness, a captivating book, or a moment spent in nature, these small but meaningful experiences can serve as vital reminders of the beauty that still exists around us.

Or it could be something quite unexpected like a 'flash mob' suddenly appearing in the heart space during break time on Thursday. A group of students under the tutelage of Mr Alao-Babson, practising every Friday after school, perfecting their skills and timing to transform themselves into a Samba Band. From the safety of the music rooms, they stepped out in front of their unsuspecting audience, rising to the challenge and excelling in their execution. The first beat of the drums, stopping people in their tracks, what a spectacle to behold, congratulations to all involved.

More talent was then on show Thursday evening as our much-anticipated Drama Showcase didn't disappoint! The 54 performers from year 7-11 performed with confidence and expression showcasing their hard work and dedication. Well done to all involved, both on and off the stage.

And finally, 'bon voyage' to those students and staff who are heading off to Paris and the wonders of Euro Disney for Computer Science Live, have the most wonderful time.

I hope everyone is making the most of the long weekend, we shall see you all refreshed on Monday, ready for a new month and a new week!

Natalie Christie
Principal of Passmores Academy

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www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS

Friday 23rd to Wednesday 28th January 2026

Horey, Luke	Year 7	57
Pugh, Kadie	Year 7	56
Ashraf, Ayaan	Year 7	55
Austin, Gabe	Year 7	49
Bloor, Darcey	Year 7	48
Urman, Pola	Year 7	47
Donovan, Jamie	Year 7	46
Henderson, Jaxson	Year 7	46
Souter, Jaimie	Year 7	45
Tutka, Alicia	Year 7	45

Edwards, Joshua	Year 8	58
McGinley, Lilia	Year 8	53
Ringer, Leon	Year 8	53
Owen, Amelie	Year 8	51
Adams, Mia	Year 8	48
Karout, Nour	Year 8	48
Long, Immy	Year 8	48
Moore, Poppy	Year 8	48
Rouse, Elijah	Year 8	47
Charles, Kai	Year 8	46

Gjoni, Leart	Year 9	63
Mati, Alvin	Year 9	47
Morgan, Dexter	Year 9	45
Phillips, Riley	Year 9	45
Reynolds, Jess	Year 9	43
Hards, Isabella	Year 9	42
Bonwick, Amelia-Mae	Year 9	41
Brooks, Bobby	Year 9	41
Wright, Megan	Year 9	41
Beckwith, Olivia	Year 9	40
Gallagher, Daniel	Year 9	40
Hanks, Liara	Year 9	40

Euesden, Sophia	Year 10	52
Brown, Charlie	Year 10	48
Sowunmi, Ronel	Year 10	46
Zborowski, Oskar	Year 10	45
Guinness, Tyler	Year 10	43
Butler, Patrick	Year 10	42
Devereux, Mylo	Year 10	42
Dixon, Naavah	Year 10	42
Chong, Kairish	Year 10	40
Frimpong, Abena	Year 10	40
Redding, Jack	Year 10	40

Harvey, Jersey	Year 11	35
Honan, Faraya	Year 11	33
Kamara, Abdul	Year 11	33
Anderson, Frazer	Year 11	32
Dinnell, Louis	Year 11	31
Mustata, David	Year 11	31
Ozimek, Roksana	Year 11	29
Raykov, Pavel	Year 11	29
Ball-Parrish, Maizie	Year 11	28
Jay, Ronnie	Year 11	26
Jones, Anna	Year 11	26
Man, Charlotte	Year 11	26
Rossiter, Bailey	Year 11	26
Saunders, Lillie	Year 11	26

Year Group Attendance w/c 26th January 2026

Year 7	91.96%
Year 8	90.55%
Year 9	87.4%
Year 10	84.33%
Year 11	85.65%
All Students	88.02%

Thought for the Week – Mind Matters & Time to Talk (Session 5)

This week, students took part in Session 5 of the 'Mind Matters' and 'Time to Talk' programme, which focused on making positive choices when emotions are running high.



Building on previous sessions exploring emotional regulation and the Window of Tolerance, students learned how heightened emotions can affect decision-making. The session equipped students with practical strategies to help them pause, reflect, and make thoughtful choices when they are feeling dysregulated or outside their window of tolerance.

By developing these skills, students are better able to manage challenging situations, reduce impulsive reactions, and respond in ways that support both their wellbeing and positive relationships with others.

In the News – Holocaust Memorial Day

This week's *In the News* marked Holocaust Memorial Day, observed on 27 January, providing an important opportunity for reflection and learning.

This year's theme, "Bridging the Generations," encouraged students to consider how we remember the Holocaust through survivor testimony, historical artefacts, and memorials. Students explored the crucial idea that those who carried out the atrocities of the Holocaust were often ordinary people, manipulated by lies and propaganda. Recognising this helps us understand personal responsibility and the dangers of misinformation and prejudice.



Holocaust Memorial Day is not only a time for remembrance, but also a call to action—to challenge discrimination, stand up against hatred, and remain alert to the ways in which such tragedies can unfold, so that they are never repeated.

Other News



In other news, Year 11 students began their Hospitality and Catering practical examinations this week. We were incredibly proud of their focus, professionalism, and effort—and the wonderful aromas around the building were an added bonus!

Looking Ahead to Next Week...

Next week, *Thought for the Week* will mark World Hijab Day, encouraging understanding, respect, and dialogue around identity and choice.

In *The News*, students will explore the question: "How do we experience joy?", prompting reflection on wellbeing and positive emotions.

Students will also have the opportunity to represent their House in the first non-sport House event of the term – a Spelling Bee. We look forward to an exciting and competitive event as students compete for valuable House points.



Week Commencing 26/01/26
Weekly Winners

William Hynd
Luke Horey
Ayla Goodson
Sophie Addison
Leo Gregory
Lilly Johnson
Adam Reynolds
Aiden Brandle
Caiden Silver

CALLING ALL YEAR 10 & 11 STUDENTS!

PASSCHELLA

MUSIC • FOOD • GAMES

Thursday 5th March | 6PM - 8:30PM

PASSMORES ACADEMY

Jerk Chicken
Shack

Burger Shack

Braiding
Station

★ Face Gems &
Hair Glitter

MAIN STAGE

DJ BELL

FROM 6PM

YOU CHOOSE THE SONGS!

Mocktails



Photobooths

Festival Games!

BUY YOUR TICKETS/FOOD ON ARBOR NOW

Spanish and Art trip to Barcelona – 6th - 8th March 2026

¡Hola!

We hope you are all as excited as we are to be going to Barcelona next year!

If your young person is going on this trip, could you please forward a copy of their passport details to the following addresses:

a.farmery@passmoresacademy.com

g.harris@passmoresacademy.com

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

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

We would also like to invite parents and carers and their young person to a Parents Information Evening on Tuesday, 2nd February at 5.30pm (L104). We will be going through the itinerary and other important information regarding the trip too.

We look forward to seeing you then!



Rising Futures Programme Update

Congratulations to the Year 10 Rising Futures cohort who have all successfully completed and graduated from the Rising Futures programme this month.

The Rising Futures programme aims to develop each of the four talents of Resilience, Confidence, Self-Awareness and Communication skills in every student over time. Students experienced a series of personalised one-to-one coaching sessions with their own professional coach in which they set goals for each of these Talents. The coaching sessions were interspersed with two trips. The first was an adventure trip to Stubbers Adventure Centre in Upminster in which students were pushed outside of their comfort zone demonstrating the 4 Talents in activities including canoeing, archery and a high ropes course. The second was a visit to the law firm Reed Smith in London in which students were able to gain an insight into the world of work, interview lawyers and take part in a Dragon's Den activity in which they each had to present to the whole group.

Students are now beginning a 6-month period of self-coaching which will further develop their Talent skills. All students that participated wholeheartedly engaged with the programme, developed a wide range of skills, and were a real credit to themselves and Passmores Academy. Well done to you all!

The students that participated: Charlie Brown, Marnie Broughton, Layton Parlour, Riley Tohill, Ruben Kiss, Logan Blackburn-Curpen, Layla Clark, Isabell Groves, Rhys Hockley, Freya Onslow, Poppy Ashby, Ella Irons, Grace Renker, Olivia Lamplough, Faaiza Amira, Taliah Refuse, Mason Rees and Ronnie Hills.

David Butler
Associate Assistant Principal

Year 9 Options

As we move into the final stage of the Year 9 GCSE Options process, we would like to remind families of two key dates coming up:

Year 9 Parents' Evening – Wednesday 5th February

This is an important opportunity for students and parents/carers to speak directly with subject teachers about GCSE courses, curriculum content, and suitability. These conversations can help students make informed decisions before submitting their final options.

Options Deadline – Thursday 13th February

All GCSE option choices must be submitted by this date.

We encourage students to take the time to reflect on their strengths, interests, and long-term goals before completing their forms.

Thank you for your support in helping students approach the next stage of their learning with confidence and clarity. If you have any questions about the options process, please contact the school.

Please use this link to complete the final choices:

<https://www.studentoptions.co/passmores2>

(Usernames and Passwords have been emailed out)



Year 8 Mini Options

As we approach the next stage of the Year 8 curriculum, we would like to remind families about the upcoming Mini Options process.

From Year 9, students will study three practical/creative subjects for three hours a fortnight across the whole year. This gives them more time to develop skills, explore different courses.

Students are being asked to rank their preferred subjects in order of preference. While we aim to give as many first choices as possible, some courses have limited spaces (for example: Catering and Design Technology). In these cases, reserve lists will be used.

Thank you for supporting your child to make informed and thoughtful decisions.

Please use this link to rank your preferences:

<https://forms.office.com/e/2f3z1NM0z2>

(Usernames and Passwords are students email address and password they use to log in to the computers in school)



ADAPT

To Parents & Carers of Year 11...

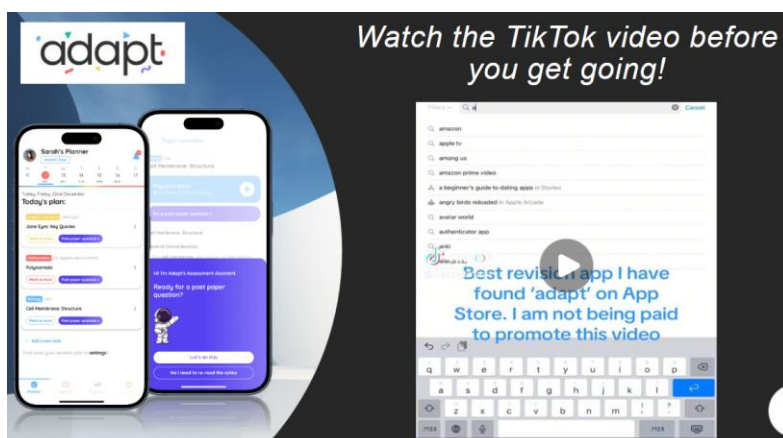
Reminder that all Year 11 have now created an ADAPT account and should have revision tasks set that can be accessed on their phones from home. Tasks are marked and are a super way to support with exam technique. Students will be working on these tasks in Pastoral Curriculum Time, if they don't have English, Maths or Science mentoring.

Year 11 are working really hard at the moment, we had over 100 students at English P6 this week - fabulous!

Monday Assemblies are full of student names given by staff to say how proud they are of them and their efforts. We are expecting great results in the February mocks - two weeks until they start! Students will receive their individualised timetable soon.

Please contact me if I can help with anything.

Jo Connolly
Assistant Principal



How to access your premium Adapt student account.

- 1) Go to getadapt.co.uk to set up your account in school. This is the web portal, but when you have your mobile phone outside of school you can download the mobile app from the App Store or Play Store.
- 2) Tap "Get started" and add your subjects and choose your preferences – You must select at least **3 sessions** and **5 days** a week or more – you can find the names of your subjects, exam board and topic on the print outs along with some hints and tips.
- 3) Create your new premium account using your school email address - This would be the year you joined along with your surname and first letter of your forename in lower case - 21blogs@passmoresacademy.com
- 4) Your password will be: **ADAPT2425teacherstudent**
Please change this when you have logged in.



Year 11 Tate Modern

On Monday 26th January, our year 11 fine art students visited Tate Modern to support their component 2 coursework for AQA GCSE Fine Art.

Students explored a wide range of contemporary and modern artworks, focusing on themes like nature, lost and found and isolation.

They took part in sketching and observational exercises, recording ideas, techniques, and materials that will inspire their own creative projects. Seeing artworks up close gave them fresh insight into how artists communicate meaning and experiment with materials — a fantastic boost for their upcoming portfolios.

The trip was an exciting opportunity for students to connect their coursework with real-world art, sparking inspiration and creativity as they move forward in their studies.



YEAR 11 REVISION SESSIONS

HALF TERM - FEBRUARY 2026



MONDAY 16TH FEBRUARY 2026

MUSIC - MUSIC COMPOSING WORKSHOP TO COMPLETE C/W

9AM - 1PM

L110

ENGLISH - ENGLISH LANGUAGE MOCK PREP

10AM - 12PM

U105

ENGLISH - ENGLISH LANGUAGE MOCK PREP

10AM - 12PM

U108

TUESDAY 17TH FEBRUARY 2026

DRAMA - PERFORMANCE REHEARSAL

10AM - 12PM

HALL

DRAMA - PRO-FORMA CATCH UP

12PM - 1PM

FISHBOWL

ENGLISH - ENGLISH LANGUAGE MOCK PREP

10AM - 12PM

U106

BIOLOGY - HIGHER AND FOUNDATION PAPERS

10AM - 12PM

LION

PHYSICS - PAPER 1&2 FOCUS AREAS

10AM - 12PM

LION

CHEMISTRY - HIGHER PAPER

10AM - 12PM

LION

THURSDAY 19TH FEBRUARY 2026

ENGLISH - ENGLISH LANGUAGE MOCK PREP

10AM - 12PM

U101

FRIDAY 20TH FEBRUARY 2026

ART - ALL THINGS ART

10AM - 2PM

ART

MATHS - HIGHER PAPER

10AM - 12PM

G004

MATHS - FOUNDATION PAPER 3+

10AM - 12PM

G002

MATHS - FOUNDATION PAPER 4/5+

10AM - 12PM

G003

Maths Homework Club

Join us for any help,
questions or a quiet
space to get your maths
homework done!

Tuesdays



3:15-4 pm



Y005



ENGLISH PERIOD 6

TUESDAY

EBG, EPE, BPS, LKG,
MMR, DLM, NVH, RKG
SKS (Y11)

WEDNESDAY

SKS (Y10)

FRIDAY

ALL



ENGLISH

HOMework CLUB

WHEN

EVERY TUESDAY - 3.15PM TO 3.45PM

WHERE

Y101

Extra-Curricular Clubs January – March 2026					
Dept.	Club	Day	Time	Room	Staff
Art	KS4 Art & Design GCSE Club	Thursday	3:15 – 4:15	L104 / L105	GHA / VFX
Drama	Excellence Club Years 9, 10 & 11	Wednesday	3:30 – 4:30	L107/Hall	JGR / KWN
Drama	Year 7 & 8 Drama Club	Thursday	3:30 – 4:30	L107/Hall	JGR / KWN
English	Year 11 Homework Support	Tuesday (Week A)	1:45 – 2:15	English Corridor	LKG
English	Book Club	Thursday	3:15 – 4:00	English Corridor	English Dept.
English	Creative Writing Club	Thursday	3:15 – 4:00	U107	EBG / EPE
English	KS4 Drop-In Support	Friday (Week B)	3:20 – 4:20	U103	LKG
French	French Homework Club	Wednesday	3:15 – 4:00	Y101	CFY
Geography	Geography Film Club	Thursday	3:20 – 4:15	U004	VNS
Music	Steel Pans – Grp. 1	Monday	3:30 – 4:30	L19	DBK / JDE
Music	Steel Pans – Grp. 2	Monday	4:30 – 5:30	L19	DBK / JDE
Music	African Drumming	Wednesday	3:20 – 3:50	L10	DBR
Music	Glee Vocal Club	Wednesday	3:20 – 4:00	L19	PTG
Music	Soul Band	Thursday	3:20 – 4:00	L19	DBR
Music	Piano Club & Music Technology	Thursday	3:20 – 4:00	L110	DBR
Science	Gardening Club	Wednesday	3:20 – 4:15	L006 / Science Garden	SWT
Study Club	Study Club	Tuesday - Friday	3:15 – 4:15	G102 / G105	Various
Youth Club	Youth Club	Tuesday	3:30 – 5:00	Heart Space	AOS

Extra-Curricular Clubs
January – March 2026

Dept.	Club	Day	Time	Room	Staff
PE	Basketball / Netball Shooting	Monday Break 1	10:55 – 11:20	Sports Hall	MGD
PE	Basketball / Netball Shooting	Monday Break 2	11:20 – 11:45	Sports Hall	AMN
PE	Basketball / Netball Shooting	Tuesday Break 1	10:55 – 11:20	Sports Hall	GCI
PE	Basketball / Netball Shooting	Tuesday Break 2	11:20 – 11:45	Sports Hall	JWD
PE	Fitness (Gym)	Tuesday	3:30 – 4:15	Gym	OWY
PE	Indoor Athletics	Tuesday	3:30 – 4:15	Sports Hall	AMN
PE	Basketball / Netball Shooting	Wednesday Break 1	10:55 – 11:20	Sports Hall	OWY
PE	Basketball / Netball Shooting	Wednesday Break 2	11:20 – 11:45	Sports Hall	JKG
PE	Fitness (Gym)	Wednesday	3:30 – 4:15	Gym	KGD
PE	Badminton	Wednesday	3:30 – 4:15	Sports Hall	JKG
PE	Dance	Wednesday	3:30 – 4:15	Dance Studio	ARY
PE	Basketball / Netball Shooting	Thursday Break 1	10:55 – 11:20	Sports Hall	ARY
PE	Basketball / Netball Shooting	Thursday Break 2	11:20 – 11:45	Sports Hall	AMN
PE	Fitness (Gym)	Thursday	3:30 – 4:15	Gym	JWB
PE	Girls Basketball	Thursday	3:30 – 4:15	Sports Hall	GCI

Harlow College Open Evening - Tuesday 10th February, 5pm - 8pm

Showcasing their Vocational courses, A Levels, T Levels, Apprenticeships, HTQs, SEND and Adult & Part-time courses.



Tickets for Harlow College event are available on Ticket Source: <https://www.ticketsource.co.uk/harlow-college/e-dlodxy>

Are you interested in the Army?

Free online webinar to discover the exciting opportunities offered by **British Army apprenticeships**.



Tuesday, 3rd February 2026

16:00 – 17:00

Online Event

Why attend?

- Explore a wide range of roles: engineering, logistics, healthcare, IT, and more
- Learn how students can **earn while they learn**
- Hear first-hand from soldiers and apprentices about training, career journeys, and day-to-day Army life

[Register Here](#)

Are you interested in Medicine or Dentistry?

If you're a student with aspirations of becoming a doctor or dentist, then the Medic Mentor Virtual Work Experience Programme is an incredible opportunity that you won't want to miss.



Developed in partnership with the University Hospital Birmingham NHS Foundation Trust, this programme provides a comprehensive and immersive virtual experience that will give you a real insight into the world of medicine and/or dentistry.

All you need to do is attend a **Get Into Medicine Conference** to start accessing the Virtual Work Experience straight away!

This is free and can lead to free virtual work experience. Students can find out more and register on:

[University Hospitals Birmingham Trust Virtual Work Experience - Medic Mentor](#)

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.

With AI reshaping the graduate job market, you may be feeling uncertain about your future and questioning whether you are making the right decisions now.

InvestIN is launching a new series of free workshops in February, with two sessions to help students prepare for life after school.

Will AI Take My Dream Job? - Tuesday 3rd February at 6pm

- How is AI affecting jobs today?
- How AI will impact jobs in the future
- The opportunities and challenges of AI
- How AI affects subject choices, university decisions and career planning

How to Futureproof Your Career - Tuesday 10th February at 6pm

- How to prepare for changing career paths
- Why personal values matter more than ever
- How to develop key transferable skills
- The importance of work experience
- You can register for the sessions [here](#).

Bishops Stortford Football Academy February Introduction Presentations

BSFC Academy are a launchpad for future careers across sport and the creative industries. Alongside their football pathway, students can immerse themselves in a range of non-playing routes, including:

- **Coaching & leadership; Media, content creation & digital production; Sports journalism & communications**

February Event Details

Location: Woodside Stadium, Dunmow Road, CM23 5RG, Monday 16th February, 9:00am – 9:45am

Talent ID Session, Woodside Stadium, Dunmow Road, CM23 5RG

Male Players: 10:00am – 11:30am

Female Players: 11:30am – 1:00pm



What to Expect

- Meet their coaching and academy staff, showcase football ability, learn about the programmes & progression.
- To confirm attendance, please click [here](#) to complete the registration form prior to the event.

Explore Careers In the NHS - FREE In Person Events During Half-Term

The Health and Care Academy is providing a fantastic hands-on workshop where young people can explore careers in the NHS as well as step into the shoes of healthcare professionals and try some practical skills.



Activities include...

- Record and print an ECG from your heart
- Use a needle to take fake blood from a dummy arm
- Try your hand at keyhole surgery
- See inside your body with an ultrasound machine.
- Scan your retina with an ophthalmoscope.
- Listen to your pulse with a pulse doppler.
- See your veins under a vein scanner.
- Take basic medical obs.

This opportunity is available to young people in Years 10 - 13 and is being held on the training ward at Brentwood Community Hospital. *Participants can book to attend **one** of the following sessions:*

Tuesday 17th February 2026

Morning session: 9:30 am – 12pm. [Register here for 17/02/26 - AM Session](#)

Afternoon session: 1pm – 3:30pm. [Register here for 17/02/26 - PM Session](#)

Wednesday 18th February 2026

Morning session: 9:30 am – 12pm. [Register here for 18/02/26 - AM Session](#)

Afternoon session: 1pm – 3:30pm. [Register here for 18/02/26 - PM Session](#)

Introduction & Taster Events at CRE8

Designed for students considering post-16 pathways in the creative industries. CRE8 is a specialist **post-16 Creative Media College Programme**. The programme is designed to equip students with the technical, creative, and professional skills required for industry, higher education, and apprenticeships.

Our February events provide an opportunity to gain a clear understanding of:

- Our industry-focused Creative Media programme; How learning is delivered through real-world, practical projects; Progression routes into creative careers, apprenticeships, and higher education.

The online introduction evening will be on Monday 9th February, 7pm. There will also be an on-campus taster workshop on Monday 16th February:

Bishops Stortford – 10:00am

Woodside Stadium, CM23 5RG

Ware – 1:30pm

Wodson Park Sports Centre, SG12 0UQ



To attend any of the above sessions, please [click here](#) to complete the registration form.

Hertford Regional College open event on Tuesday 3rd February 5.30pm - 8pm

[Open Event - Hertford Regional College](#)



School Leaver Apprenticeships

Apprenticeship with Transport For London in Project Controls L3.

You must be 16 and be achieving grade 4 in English and maths GCSE.

Salary - £27,029pa

29 days annual leave plus free transport on TFL and discounted rail fares.

You will learn to monitor and analyse progress and performance of TFL.

[Project Controls - Level 3 - Transport for London](#)



HOBS Salon Apprentice Hairdressers

Level 2

£15,704pa

It says a May start date, but I'm sure they would consider school leavers.

[2 results found - Find an apprenticeship - GOV.UK](#)



ANY OTHER INFORMATION

KEY CONTACT INFORMATION

School Address

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

Main Telephone

01279 770800

passmores@passmoresacademy.com

Student Absence

Report via the  Arbor app

Change of Contact Details

h.day@passmoresacademy.com

Student Services

pastudentservices@passmoresacademy.com

First Aid

pafirstaid@passmoresacademy.com

Extra-Curricular Clubs

h.day@passmoresacademy.com

Account / Trips

s.hodges@passmoresacademy.com

Homework

datateam@passmoresacademy.com

Free School Meals

pastudentservices@passmoresacademy.com

For a full list of staff contact details, click [here](#)

TEACHarlow

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

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.



FORTHCOMING EVENTS

Thursday 5 th February	Year 9 Parent/Carer Evening
Monday 16th February – Friday 20th February	Half-Term
Friday 13 th March	Friends of Passmores Event <i>Passmores Got Talent</i>
Monday 23 rd February – Friday 27 th March	Spring Term 2
Friday 27th March	Early Finish for Students 12:30pm
Monday 30th March – Friday 10th April	Easter Holidays
Monday 13 th April – Friday 22 nd May	Summer Term 1
Thursday 16 th April	Year 10 Parent/Carer Evening
Monday 4th May	Bank Holiday
Thursday 14 th May	Year 7 & 8 Academic Tutorials
Monday 25th – Friday 29th May	Half-Term
Monday 1 st June – Friday 17 th July	Summer Term 2
Friday 17th July	End of Term Early Finish for Students

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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- Monday 16th – Friday 21st February.

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Harlow Poetry Open 2026 Competition

Celebrate World Poetry Day 2026

Theme: Memory

Deadline: March 1st, 2026

**For adults, young people and children
who live, work or learn in Harlow**

Categories: 7 - 10, 11 - 17, 18+

To enter and find out more go to:



Essex Fire Museum

Open Day

2026



17th and 22nd Of February
10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays
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Book Now
Free Entry



Museum@essex-fire.gov.uk

Work-Life Balance: Managing Workplace Stress and Burnout

Do You Find It Hard to Switch Off After Work?

Do you worry about work when you want to focus on other things?

Feel burned out or want to make the most of your time at home?

This course is designed for you.

Engage in What You Value

Discover practical ways to focus on what truly matters outside of work.

Control Worry & Overthinking

Learn techniques to manage racing thoughts and reduce mental clutter.

Manage Self-Critical Thoughts

Build strategies to quiet your inner critic and boost your well-being.

Why Join?

Improve work-life balance

Reduce stress and burnout

Maximise quality time at home

Take the first step toward a calmer, more fulfilling life. Start reclaiming your time and peace of mind.

Length of Course: 4-week/4-session course Free NHS Treatment

Session Length: 1.5 hours (camera's will be off)



Calm the Mind: Managing Worry & Overthinking

Do You Find It Hard to Stop Your Mind from Racing?

- Do you worry about things when you're trying to relax?
- Do you find yourself going over the day, the past, or what might happen in the future?
- Do you struggle to be 'present' or to concentrate and focus?

What You'll Get from This Course

Understand the Habit of Rumination, Overthinking & Worry

Learn why these patterns happen and how they affect your wellbeing.

Break the Cycle & Build Healthier Habits

Practical strategies to calm the mind and create space for rest and activities you value.

Shift 'Why' and 'What If' Thinking

Replace unhelpful thought patterns with techniques that give you respite and clarity.

Transform Self-Critical Talk

Move from harsh inner dialogue to kind, motivating self-talk.

Channel an Unfocused Mind

Learn how to stay on task and be present in the moment.

Take the first step toward peace of mind and better focus. *Sign up today and start reclaiming your mental space.*

Length of Course: 6-week/6-session course and is **FREE NHS Treatment offer**

Session Length: 1.5 hours (Cameras will be off)



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Time: 09:30 - 11:30

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