

Newsletter



10th October 2025 Issue 06



Dear Parent/Carers,

I wonder what you have done for World Mental Health Day today? The theme for this year is 'Access to services – mental health in catastrophes and emergencies'. At a time when much of what we read and hear about in the news, is often doom and gloom, it is no wonder we sometimes feel like there is no hope or little point in doing things. Constant exposure to negative news content could affect our mental health, but it is important that we take control of what we access and limit the doomscrolling.

Making time for appreciation and gratitude is a helpful way to improve mood, such as thinking about family, friends, a holiday or memorable occasion. I know that having something in the diary to look forward to is a way of pushing aside negative thoughts. Making time to talk is equally as important, and we will certainly make the most of our Chit, Chat, Coffee and Cake on Tuesday to do this.

Helping our young people with strategies to manage anxiety and stress is important, especially for our older students with exams and thoughts about the future imminent. Yesterday's Careers Fair certainly helped; for those who attended they gained invaluable information about choices for their next steps. It was an impressive turn out and we are thankful to the providers for attending and to Mrs Bassett and Mrs Kay for making it possible.

There's a lots of fliers at the end of today's newsletter to read, don't miss the one advertising Harlow Pride on October 18th which we are delighted to be hosting.

Natalie Christie
Principal of Passmores Academy

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USEFUL LINKS

[Parents/Carers Letters](#)
[Clubs and Activities](#)
[School Calendar](#)
[ParentPay](#)



www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS

Friday 3rd to Thursday 9th October 2025

Holcroft, Sofia	Year 7	60
Jones, Bella	Year 7	59
Whelan, Riley	Year 7	59
Edwards, Charlie	Year 7	58
Kozikowska, Ola	Year 7	58
Sidorencu, Emma	Year 7	57
Balogh, Jakab	Year 7	56
Cotorobai, Vlad	Year 7	56
Morrison, Evelyn	Year 7	56
Wiley, James	Year 7	56

Maylen, James	Year 8	82
Stryczek, Calum	Year 8	78
Bailey, Lucas	Year 8	74
Jones, Lillie-Rose	Year 8	72
Crook, Fenton	Year 8	70
Mickevic, Nikas	Year 8	70
Charles, Kai	Year 8	68
Euesden, George	Year 8	67
Mahon, Olly	Year 8	67
Campbell, Janelle	Year 8	66

Toku Appleton, Ethan	Year 9	97
Gjoni, Leart	Year 9	91
Man, Rosie	Year 9	85
Crutchlow, Sam	Year 9	84
Lloyd, Samuel	Year 9	84
Ricketts, Rachel	Year 9	81
Wing, Lacey-Mae	Year 9	80
Hanks, Liara	Year 9	79
McGill, Harry	Year 9	79
Paxton, Bobby	Year 9	75

Blackham, Ella	Year 10	71
Adesina, John	Year 10	69
Defor, Othniel	Year 10	66
Benge, Maddie	Year 10	64
Butler, Patrick	Year 10	63
Potgieter, Demar	Year 10	62
Hogg, Sophie	Year 10	61
Windeler, Rinoa	Year 10	61
Erikume, David	Year 10	60
Maksutaj, Ioana	Year 10	60

Vanderhyde, Sofiya	Year 11	67
Foster-Gaish, Lily-May	Year 11	65
Mills, Ashton	Year 11	63
Dorrington, Ava	Year 11	60
Kamara, Abdul	Year 11	60
Morris, Elissa	Year 11	59
Chindris, Stefan	Year 11	54
Wejman, Dawid	Year 11	54
Silver, Caiden	Year 11	53
Wyburn, Jaime	Year 11	53
Zalinski, Adrian	Year 11	53

Year Group Attendance w/c 6 th October 2025	
Year 7	95.98%
Year 8	91.04%
Year 9	89.29%
Year 10	88.73%
Year 11	88.58%
All Students	90.74%

Thought for the Week...

This week marked World Mental Health Day 2025, and students explored the theme: 'Access to Services – Mental Health in Catastrophes and Emergencies.'



The session encouraged students to reflect on both the support available during emergencies and the importance of seeking help in day-to-day life. Students discussed how personal or wider catastrophes can have a serious impact on mental health, and why knowing where and how to access support is essential.

They learned that support can be found by:

- Contacting 999 in an emergency,
- Speaking to a trusted adult or GP, and
- Accessing mental health charities that provide professional help.

A key takeaway was the message that seeking help early is vital — no one should struggle alone.

In the News

This week, tutor time discussions began our celebrations of Black History Month.



Part 1: What is Black History Month and why do we celebrate it?

Students explored why this annual event is so important in ensuring that the history and contributions of Black people in the UK are made visible and properly represented.

They reflected on how learning about Black history gives everyone a more accurate and inclusive understanding of the past, and how we can all play a role by actively learning about Black stories and achievements—locally and globally.

Part 2: Why does it matter whose stories we hear?

The second part of the discussion encouraged students to think critically about representation and power.

They examined how those in power often have their stories told more widely, while marginalised voices are too often left out.

By celebrating Black history and hearing diverse stories, students recognised the importance of empathy, inclusion, and understanding our shared humanity.

Other News

It has been another busy and purposeful week for our Year 11 students. They spent the week learning how to revise effectively and how to create a revision timetable to support their preparation for upcoming mock exams.

They learned that a structured revision plan:

- Promotes effective time management and reduces stress,
- Ensures comprehensive coverage of all subjects,
- Improves focus and confidence, and
- Encourages balance between study, rest, and wellbeing.



Students also heard from Leventhorpe Sixth Form as part of our ongoing post-16 pathways programme, helping them explore their future education options.

Continued on the next page...

Looking Ahead to Next Week...

As we approach the final full week of this half-term, there’s plenty to look forward to:

- Thought for the Week will focus on democracy in action, as the school community votes for this year’s Deputy Head Students. Good luck to all candidates!
- In the News will continue our exploration of Black History Month, shining a light on key figures and moments in history.
- The much-anticipated Passmores Points Shop opens its doors for the first time in a long while! Students will be able to cash in their hard-earned points for some fantastic rewards — a brilliant way to celebrate effort and achievement.

Police Visit



It was lovely to welcome PC Sheppard into school this week for one of his regular visits to school. Students are always keen to chat with him, and we look forward to this continuing.



Weekly
Winners

Lucas Harding
Oakley Sweeney
Jackson Gunn
Ronel Sowunmi
Loobie Wright
Reggie Gould
Luke Horey
Max Bishop
Leo Gregory
Heath White

SUBJECT INFORMATION/UPDATES

Year 10 & 11 Careers Fair

On Thursday evening, we hosted a joint careers fair with Stewards Academy for students in years 10 and 11 to showcase local further education, higher education, employment and training opportunities. The event was well attended and there was a definite buzz around the building with lots of conversations and information gathering.

Our providers were from a broad range of sectors including Stansted Airport, motor industry, hairdressing, NHS careers, media, sport, armed forces, engineering, hospitality and more. Feedback was overwhelmingly positive from the providers and students. Here are some of the comments from students:

"It was great to find out about different career paths".

"I learnt more about T Levels".

"Lots of variety when it comes to further education options".

"The providers were lovely and very easy to talk to".

"It helped to guide me to what I want to do next".

Our providers said:

"I had a lot of interest and really enjoyed talking to those that came to see me." Central Training Academy - Hairdressing

"Great event, very successful and well organised." - Harlow Leisurezone

"Very busy, I didn't stop talking all night to interested student." - Leventhorpe 6th Form

"Fabulous event, with lots of students genuinely interested in us at Writtle College."

"Amazing event." - Hertford Regional College



Thank you to those of you who attended the careers fair. We would be very grateful if you could complete the short evaluation by clicking on the QR code, to tell us what you thought of the event. We will use the evaluation to help us when planning next year's event.



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](#)



Year 11 Leventhorpe Assembly

This week, our year 11's had the opportunity to hear specifically from Leventhorpe Sixth Form during an assembly.

This was an informative talk on the range of options available, entry qualifications, enrichment opportunities, destinations and application procedure.

They have an open event on the 4th November, which is another fabulous way to see their sixth form, speak to tutors and students.



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](#)



Sixth Form & College Open Dates 2025/2026

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 1 st Oct 6pm-8.30pm Weds 12 th Nov 6pm-8.30pm Weds 4 th 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

ANY OTHER INFORMATION



ABSENCE LINE

If you need to report a student absence, please ensure you are following the correct procedure and are calling the absence line: **01279 770877**.



LOST PROPERTY

Lost property will be left out on the tables on **Wednesday 22nd October**. Anything unclaimed will be going to charity.

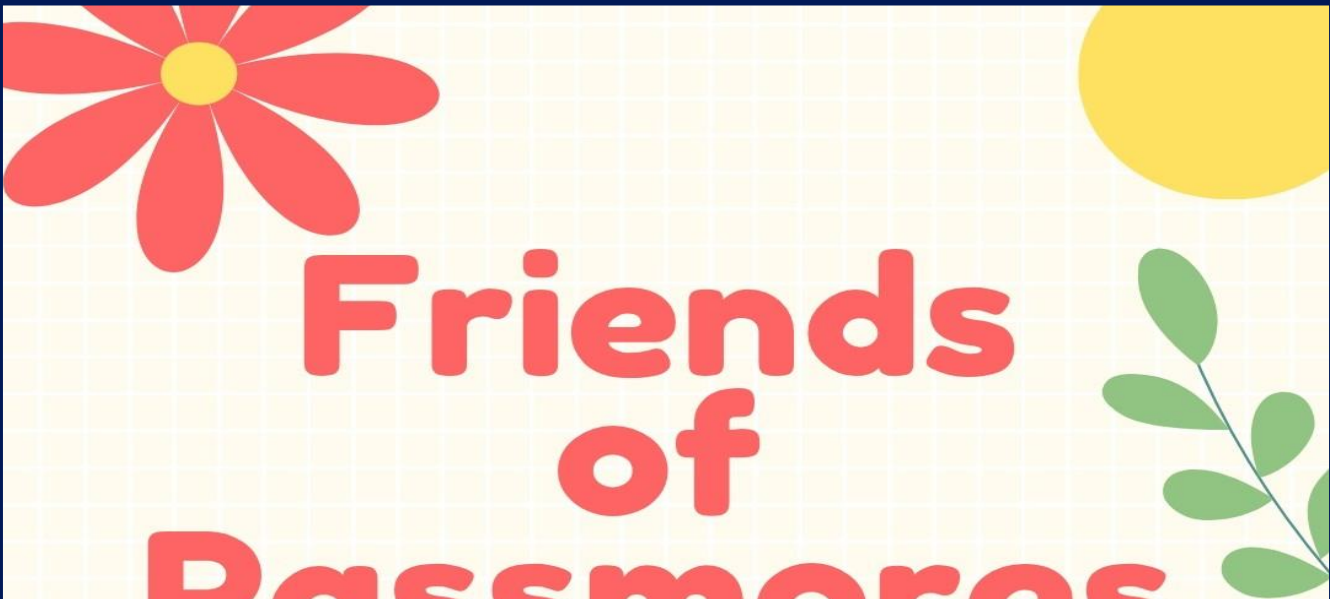
FORTHCOMING EVENTS

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

TEACHarlow

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.



Friends of Passmores AGM



OCTOBER 14TH 2025

6PM

Heart Space,
Passmores Academy
Refreshments provided

Please note the change of venue... now STEWARDS ACADEMY

FRIENDS OF PASSMORES AND
STEWARDS PRESENTS



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

SAFETY IN ESSEX - You're invited!

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

Saturday 11th 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!



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



Scan to book!



ARU Chelmsford

The Essex Youth Voice Day

SAFETY IN ESSEX

11.10.25

Running order

- 9.15-9.30:** Arrival and collect your FREE goodie bag
- 9.35-9.50:** 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 to!
- 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 ← **Essex Leaders Arrive**
- 1.00-1.50:** 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
- 3.30:** Home time!

There's more!

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!



What's the point?

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.

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...



Deputy Lieutenant Of Essex, Sir Stephen Kavanagh KCMG, QPM, DL, M.Phil (Cantab)



The High Sheriff of Essex Julie Fosh



Deputy Chief Constable Rachel Nolan



Deputy Police, Fire and Crime Commissioner Jane Gardner



Chief Executive and Monitoring Officer at Police, Fire and Crime Commissioner Pippa Brent Sherwood

Your views will be taken seriously to implement positive change around safety concerns that will impact everyone in Essex!

Collect your FREE Goodie Bag and enjoy a FREE Lunch!



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

amazon

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

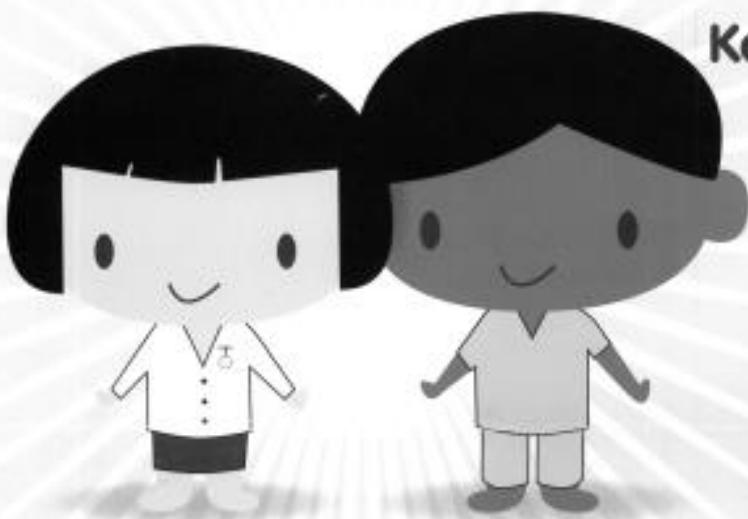
We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone 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 team to support you.

Non Judgemental

We are here to help, not to judge.





HOSTED BY *Ruby Violet*



MUSIC FROM *Chappell Red*
AKA MADDIE COLE

Harlow

PRIDE

2025

**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 a **teacher....?**



Graduates 2024-25

Train to teach at our school, or another one local to you! Gain qualified teacher status (QTS), and an optional **post-graduate certificate in education (PGCE)** through the **Essex Schools ITT** initial teacher-training programme.

Join our next **online information event:**

Thursday 16th October, from 7.30pm

Scan the QR code to view our events page and register via Eventbrite:



<https://www.essexschoolsitt.com/events/>

Our school is part of the Essex Schools ITT programme, which allows you to train with us or in a nearby partnership school. You'll work as a member of the school team and learn your skills from **experienced professionals**, supplemented by high quality, **online learning sessions through Tes Institute.**

Get tailored, one-to-one advice today:

Essex Schools ITT in partnership with

Call: 020 8498 6718

Email: teach@essexschoolsitt.com

Visit: <https://www.essexschoolsitt.com>



10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

4. REMAIN PATIENT

If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

5. BE 'A DYSREGULATION DETECTIVE'

While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

6. USE SUITABLE LITERATURE

There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

7. TRY SENSORY RESOURCES

An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

8. NURTURE INDEPENDENCE

If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

9. MODEL GENUINE FEELINGS

Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

10. FORMULATE A PLAN

As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



#WakeUpWednesday®

The National College®

FamilyFirst netmums

**Here's your free copy of the UK's
largest parenting title - Enjoy!**

[CLICK HERE](#)





Understanding Children's Anxiety Online workshop

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
0345 603 7635



ACL

FREE



Understanding ADHD In Children 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

0345 603 7635



Essex County Council



ACL

FREE!

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
0345 603 7635



**ACL**

Family First Aid Online Course

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
acessex.com and type
'FIRST AID' or "HO1A06OL25"
in the 'Find a course...' box



acessex.com

0345 603 7635



Essex County Council



ACL

FREE!

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



aclessex.com
0345 603 7635





ACL

FREE!

Routines Rule

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



aclessex.com
0345 603 7635





ACL

FREE!

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



aclessex.com
0345 603 7635



Essex County Council

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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
Visit our website
aclessex.com and type
'PARENTAL MENTAL
HEALTH' in the 'Find a
course...' box



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