

# Newsletter

19<sup>th</sup> September 2025 Issue 03



The day after the night before, our hard-working, but oh so tired Open Evening helpers...

Dear Parent/Carers,

It is the day after the night before, and many of our community are still abuzz with adrenaline from our Open Evening. It was, as always, a resounding success and the warmth and positivity extended from the visiting families was truly uplifting. The staff showcased their departments with a range of exciting and memorable activities; an array of culinary delights were on offer, ensuring no empty stomachs left the building and to top it all off, just over 400 amazing young people came back to help. Every individual, proud to be presenting their school to new families, be it as a tour guide, classroom helper or performer. Each and every one of them fantastic ambassadors for Passmores. We are very proud of them all, and pass on our thanks to you for letting us borrow them for the evening.

The number of returning students never ceases to amaze us. I think it must be a date that ex-students put in their diaries! Every which way a familiar face, reminiscing of their time at Passmores, including those ex-students visiting with their own children. That continuity through the generations is what makes schools such unique places, as we say, 'family comes in many forms'.

Our Head Students, Ava and Harry, created a video for our prospective families, so they can see what our students think of Passmores. The QR code is below for you watch too. We hope you enjoy it.

**Natalie Christie**  
**Principal of Passmores Academy**



A message from our  
Head Students

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## USEFUL LINKS

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[School Calendar](#)  
[ParentPay](#)



[www.passmoresacademy.com](http://www.passmoresacademy.com)

TOP PASSMORES POINTS ACHIEVERS
Friday 12<sup>th</sup> to Thursday 18<sup>th</sup> September 2025

|                       |        |    |
|-----------------------|--------|----|
| Futers, Aoife         | Year 7 | 97 |
| Mair, Harry           | Year 7 | 86 |
| Pemberton, Lois       | Year 7 | 85 |
| Jones-Rising, Teddy   | Year 7 | 84 |
| Wright, Lucy          | Year 7 | 84 |
| Gligor, Damian        | Year 7 | 83 |
| Sayers, Jess          | Year 7 | 83 |
| Holcroft, Sofia       | Year 7 | 82 |
| Allen, Rio            | Year 7 | 81 |
| Durack, Ollie         | Year 7 | 81 |
| Herrett-Bowman, Mason | Year 7 | 81 |

|                  |        |    |
|------------------|--------|----|
| Langham, Mason   | Year 8 | 86 |
| Payton, Summer   | Year 8 | 84 |
| Mahon, Olly      | Year 8 | 82 |
| Chui, Kingsley   | Year 8 | 81 |
| Edwards, Joshua  | Year 8 | 81 |
| Aimes, Annabel   | Year 8 | 80 |
| Farooq, Tuba     | Year 8 | 79 |
| Jablonski, Lucas | Year 8 | 79 |
| McDonald, Parker | Year 8 | 79 |
| McGinley, Lilia  | Year 8 | 79 |

|                      |        |    |
|----------------------|--------|----|
| Toku Appleton, Ethan | Year 9 | 92 |
| Wright, Megan        | Year 9 | 92 |
| Ricketts, Rachel     | Year 9 | 91 |
| Wing, Lacey-Mae      | Year 9 | 90 |
| Goswami, Shubh       | Year 9 | 89 |
| Gjoni, Leart         | Year 9 | 87 |
| Hanks, Liara         | Year 9 | 82 |
| McGill, Harry        | Year 9 | 80 |
| Paxton, Bobby        | Year 9 | 80 |
| Brandle, Aiden       | Year 9 | 76 |

|                 |         |    |
|-----------------|---------|----|
| Sowunmi, Ronel  | Year 10 | 92 |
| Brown, Charlie  | Year 10 | 89 |
| Jocas, Kajus    | Year 10 | 89 |
| Cudmore, Samuel | Year 10 | 85 |
| Miller, Kieran  | Year 10 | 83 |
| Parlour, Layton | Year 10 | 82 |
| Dixon, Naavah   | Year 10 | 81 |
| Essafri, Nora   | Year 10 | 81 |
| Hill, Sadie     | Year 10 | 81 |

|                    |         |    |
|--------------------|---------|----|
| Thornton, Lily-Mai | Year 11 | 73 |
| Raykov, Pavel      | Year 11 | 68 |
| Theophil, Dylan    | Year 11 | 66 |
| Tsirou, Kristalia  | Year 11 | 66 |
| Cracknell, Lily    | Year 11 | 65 |
| Mortimer, Evan     | Year 11 | 64 |
| New, Emily         | Year 11 | 64 |
| Edwards, Melissa   | Year 11 | 63 |
| Hymas, Harvey      | Year 11 | 63 |
| Clemente, Brian    | Year 11 | 61 |
| Vanderhyde, Sofiya | Year 11 | 61 |

| Year Group Attendance<br>w/c 15 <sup>th</sup> September 2025 |       |
|--------------------------------------------------------------|-------|
| Year 7                                                       | 94.7% |
| Year 8                                                       | 90.9% |
| Year 9                                                       | 90.1% |
| Year 10                                                      | 89.5% |
| Year 11                                                      | 89.3% |
| All Students                                                 | 90.9% |

### Thought for the Week...

This week's Thought for the Week marked International Day of Democracy and gave students the chance to explore the British Value of democracy in more depth.

The intended outcomes were for students to:

- Understand what British values are.
- Recognise why these values are important and how they support us all.
- Explore ways to promote British values in our daily lives.



*Why does this matter?*

1. Promotes Respect and Tolerance – British values such as mutual respect and tolerance help students understand and appreciate people from different backgrounds, building inclusive and harmonious communities.
2. Supports Personal Development – Learning about liberty, democracy, and the rule of law helps students think about their rights and responsibilities, encouraging them to make positive choices.
3. Prepares Students for Life in Modern Britain – Understanding the values that underpin British society equips students to participate actively in democratic processes and community life.
4. Builds Stronger School Communities – When we live by these values, our school becomes safer, more respectful, and more supportive.
5. Helps Tackle Discrimination and Extremism – Knowledge of these values empowers students to stand up to injustice, challenge prejudice, and resist harmful ideologies.

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### In the News

This week, students reflected on Youth Mental Health Day, with the theme of Share Support.

Key discussion points included:

- The importance of reaching out to help friends, family, or loved ones who may be struggling with their mental health.
- How many people living with mental health conditions do not always have access to the support they need.
- The role of stigma in preventing people from seeking help, and how this can worsen their situation.
- The need to speak out against stigma and normalise conversations around mental health to create a supportive, open culture.

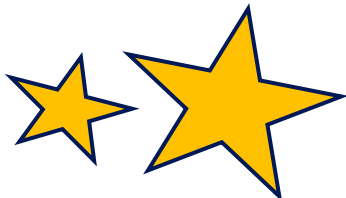


Other News

- Year 11 mentoring programme: Students began their new mentoring programme this week. During pastoral curriculum time, subject specialists in maths, English and science are delivering targeted sessions to provide further support ahead of mock exams.
- Post-16 opportunities: Year 11 also welcomed visitors from Harlow College and St Mark’s Sixth Form, who came in to talk about the exciting courses and pathways available after Year 11.
- Youth Council: Linking with International Day of Democracy, students learned how they can apply to join Harlow Youth Council—a fantastic opportunity to develop leadership and make a positive difference locally.

Looking Ahead to Next Week...

- Thought for the Week will see the launch of a brand-new strand in our rewards system—details will be revealed very soon!
- In the News will focus on the Online Safety Act, helping students understand how the new legislation aims to keep young people safe online.
- Year 7 Mersea Assembly: Students can look forward to an exciting assembly all about the Mersea residential trip—always a highlight of the Year 7 calendar.



| Weekly<br>Winners                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tegan Leiper-Jones<br>Lucy Wright<br>Karim Chohan<br>Harley Smeed<br>Lois Nunn<br>Tilly Spreadbury<br>Lily-May Foster<br>Charlie-James Morton<br>Lois Pemberton<br>Scott Maynard-Eve |





The poster features a dark blue background with a repeating pattern of white line-art icons related to cinema and technology, such as film reels, cameras, and laptops. At the top, red curtains with gold tassels and holly leaves are drawn back to reveal a central marquee. The marquee has a glowing orange border of lights and contains the event title in white text. Below the marquee, rows of red theater seats are visible. At the bottom, two yellow movie tickets and a red-and-white striped bucket of popcorn are shown.

**PRINCIPAL'S  
CHALLENGE TRIP  
CINEMA**

**WEDNESDAY  
10TH DECEMBER**

**ZERO BEHAVIOUR POINTS**

**97% ATTENDANCE AND ABOVE**

**TOP 50 PASSMORES POINTS ACHIEVERS  
PER YEAR GROUP**

## SUBJECT INFORMATION

### French – Flash Fiction Competition



**French Flash Fiction Competition**  
**Win £100!!!**

**Faculty of Medieval and Modern Languages**  
University of Oxford



Our annual French Flash Fiction competition invites secondary school students learning French to send us a \*very\* short story written in French to be in with a chance of winning up to £100. We're looking for a complete story using no more than 100 words.

Our panel of academic judges assess stories on their imagination and narrative flair, as well as linguistic accuracy. Your use of French is considered in the context of your age and year group: in other words, we don't expect younger pupils to compete against older pupils linguistically. The judges award a top prize of £100 in each category, as well as prizes of £25 to a maximum of two runners up.

To enter, please e mail your short story to [y.corkery@passmoresacademy.com](mailto:y.corkery@passmoresacademy.com)

Bonne chance!

**Ms Corkery**  
**Head of French**  
**Passmores Academy**



### Berlin Trip 23rd to 25<sup>th</sup> October 2025



A reminder that an information evening is being held on **Wednesday 24th September at 5.30pm** to provide further details about the trip, including the itinerary, expectations, and any final preparations.

This is an excellent opportunity for you to ask any questions you may have and to ensure everyone is fully prepared for the adventure ahead.

Please could we ask that - unless travelling beforehand - Passports and GHICS are brought into school on the evening. They will be kept secure until the trip to avoid any problems on the morning of departure!

Any questions please contact Miss Gallagher - [k.gallagher@passmoresacademy.com](mailto:k.gallagher@passmoresacademy.com)

## SPORT / PE UPDATES

### Year 10 Football

Wednesday evening our year 10's crossed county lines to play Leventhorpe in the first round of the English Schools cup. With a new look team and a change of tactics, this was a really good test for us. We had 2 players making their school debut with some reliable and familiar faces making the squad.

It was a really enjoyable and entertaining game with chances being made by both teams; we came out 1-0 winners with our goal coming from an excellent pass into the striker to break the lines with our striker rolling past the defender to slot it home from inside the box. Everyone played their part in the win - even with players joining the squad knowing they couldn't play through injury.

Next week we start our Essex cup journey at home, updates to follow.

### Extra-Curricular Clubs

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

**PE EXTRACURRICULAR TIMETABLE 2025**

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



### Year 11 Post 16 Assemblies

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

Weds 1<sup>st</sup> Oct - Herts & Essex Sixth Form

Thurs 2<sup>nd</sup> Oct - Epping St Johns Sixth Form

Thurs 9<sup>th</sup> Oct - Leventhorpe Sixth Form

Weds 15<sup>th</sup> Oct - Sir Frederick Gibberd Sixth Form

Weds 22<sup>nd</sup> Oct - The Bishops Stortford High Sixth Form

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

### Assemblies

This week St. Marks Sixth Form and Harlow College came into school to deliver assemblies to our year 11 students on the range of A levels and vocational courses they offer. This included an insight into courses at Stansted Airport College. The presentations were informative and gave students an insight into the range of qualifications they can consider at different levels.

One key piece of advice given by Harlow College was to apply early to more than one institution, as places filled quickly and those that applied late were not guaranteed a place. Also, as students apply, we always stress to them how important it is for them to check their emails regularly as some students last year missed out on places as they didn't attend their interviews or enrolments.

### Support to 2025 leavers

For any of our young people who left Passmores this year, that are struggling to find an apprenticeship or would like help to get into further education, the Youth Service are offering drop-in sessions to offer their support. (See poster on the next page to show where and when these sessions are in Harlow).



### 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, 7<sup>th</sup> October 4pm-5pm

[Discover apprenticeships at the BBC Webinar - Amazing Apprenticeships](#)

## DISCOVER APPRENTICESHIPS AT THE BBC WEBINAR

07 Oct 25

16:00 - 17:00

### Virtual Work Experience

HSBC are offering virtual work experience opportunities.

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

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

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

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

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

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

## YOUTH SERVICE

# GET ON TRACK

Helping 16–18 year olds move  
into education, employment, or  
training.



Come and see us at  
Drop-ins located all  
over Essex!

**Southernhay Youth Centre,  
Basildon**

Every Thursday · 12pm – 3pm

**Highwoods Youth Centre,  
Colchester**

10 Sept, 24 Sept, 8 Oct, 22 Oct  
10am – 1pm

**Green Lodge Youth Centre,  
Clacton**

17 Sept, 1 Oct, 15 Oct, 29 Oct  
10am – 12pm

**Loughton Youth Centre,  
Loughton**

22 Sept, 6 Oct, 20 Oct · 1.30pm – 4.30pm

**Hare Street Youth Centre,  
Harlow**

15 Sept, 29 Sept, 13 Oct · 1.30pm – 4.30pm

**Chapel Hill Youth Centre,  
Braintree**

17 Sept, 1 Oct, 15 Oct · 10am – 1pm

**Chelmergate Youth Centre,  
Chelmsford**

Every Monday · 11am – 2pm



0800 707 6384

**Call us for more  
information!**



# Sixth Form & College Open Dates 2025/2026

| Colleges & Sixth Forms                                                                                                                 | Contact No.                              | Open Date                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The Bishop's Stortford High School<br><a href="http://www.tbshs.org">www.tbshs.org</a>                                                 | 01279 868686                             | Weds 5 <sup>th</sup> Nov 5.30pm-8.45pm                                                                                                                              |
| BMAT STEM Academy<br><a href="http://www.bmatstemacademy.org">www.bmatstemacademy.org</a>                                              | 01279 621570                             | Awaiting date                                                                                                                                                       |
| The College at Braintree<br>(Now part of Colchester Institute)<br><a href="http://www.colchester.ac.uk">www.colchester.ac.uk</a>       | 01206 814000                             | Mon 13 <sup>th</sup> Oct 5pm-7pm<br>Sat 8 <sup>th</sup> Nov 10am-12.30pm                                                                                            |
| Cambridge Regional College<br><a href="http://www.camre.ac.uk">www.camre.ac.uk</a>                                                     | 01223 418200                             | Weds 22 <sup>nd</sup> Oct 4.30pm-7pm<br>Sat 15 <sup>th</sup> Nov 9.30am-12.30pm<br>Sat 24 <sup>th</sup> Jan 10am-12.30pm<br>Thurs 23 <sup>rd</sup> April 4.30pm-7pm |
| Capel Manor College,<br>Enfield<br><a href="http://www.capel.ac.uk">www.capel.ac.uk</a>                                                | 08456 122122                             | Tues 16 <sup>th</sup> Sept 5.30pm-7pm<br>Sat 11 <sup>th</sup> Oct 10am-3pm                                                                                          |
| Chelmsford College<br><a href="http://www.chelmsford-college.ac.uk">www.chelmsford-college.ac.uk</a>                                   | 01245 265611                             | Wed 1 <sup>st</sup> Oct 6pm-8.30pm<br>Weds 12 <sup>th</sup> Nov 6pm-8.30pm<br>Weds 4 <sup>th</sup> Feb 6pm-8.30pm                                                   |
| New City College (Epping Forest),<br><a href="http://www.ncclondon.ac.uk">www.ncclondon.ac.uk</a>                                      | 0208 508 8311                            | Sat 22 <sup>nd</sup> Nov 10am-2pm<br>Sat 31 <sup>st</sup> Jan 10am-2pm                                                                                              |
| Epping St Johns 6 <sup>th</sup> Form<br><a href="http://www.eppingstjohnsschool.org/">www.eppingstjohnsschool.org/</a>                 | 01992 573028                             | Thurs 13 <sup>th</sup> Nov 6pm-8.30pm                                                                                                                               |
| F2 Academy<br><a href="http://www.vluk.org/course-location/f2academy/">www.vluk.org/course-location/f2academy/</a>                     | 07525<br>495818                          | Awaiting date                                                                                                                                                       |
| Fashion Retail Academy<br><a href="http://www.fashionretailacademy.ac.uk">www.fashionretailacademy.ac.uk</a>                           | 0207<br>3072345                          | Sat 27 <sup>th</sup> Sept                                                                                                                                           |
| Harlow College<br><a href="http://www.harlow-college.ac.uk">www.harlow-college.ac.uk</a>                                               | 01279 868000                             | Thurs 16 <sup>th</sup> Oct 5pm-8pm<br>Tues 10 <sup>th</sup> Feb 5pm-8pm<br>Weds 29 <sup>th</sup> April                                                              |
| Hills Road Sixth Form College, Cambridge<br><a href="http://www.hrsfc.ac.uk">www.hrsfc.ac.uk</a>                                       | 01223 247251                             | Open date in the summer term for year 10 students                                                                                                                   |
| Hertford Regional College<br><a href="http://www.hertreg.ac.uk">www.hertreg.ac.uk</a>                                                  | 01992 411400                             | Tues 30 <sup>th</sup> Sept 5.30pm-8pm<br>Tues 2 <sup>nd</sup> Dec 5.30pm-8pm<br>Tues 3 <sup>rd</sup> Feb 5.30-8pm                                                   |
| Herts & Essex High School,<br>Bishop's Stortford<br><a href="http://www.hertsandessex.herts.sch.uk">www.hertsandessex.herts.sch.uk</a> | 01279 654127                             | Tues 11 <sup>th</sup> Nov                                                                                                                                           |
| Hockerill Anglo-European School, Bishop's<br>Stortford<br><a href="http://www.hockerill.herts.sch.uk">www.hockerill.herts.sch.uk</a>   | 01279 658451                             | Sat 22 <sup>nd</sup> Nov                                                                                                                                            |
| Long Road Sixth Form College, Cambridge<br><a href="http://www.longroad.ac.uk">www.longroad.ac.uk</a>                                  | 01223 631100                             | Open date in the summer term for year 10 students                                                                                                                   |
| Leventhorpe School,<br>Sawbridgeworth<br><a href="http://www.leventhorpe.net">www.leventhorpe.net</a>                                  | 01279 836633                             | Tues 4 <sup>th</sup> Nov 5pm-8pm                                                                                                                                    |
| Presdales Sixth Form<br><a href="http://www.presdales.herts.sch.uk">www.presdales.herts.sch.uk</a>                                     | 01920 462210                             | Thurs 13 <sup>th</sup> Nov 6pm-8pm                                                                                                                                  |
| Sir Frederick Gibberd<br><a href="http://www.sirfrederickgibberdcollege.org">www.sirfrederickgibberdcollege.org</a>                    | 01279 307235<br>(c/o Burnt Mill Academy) | Weds 15 <sup>th</sup> Oct 5.30pm-8pm                                                                                                                                |
| St Marks School,<br>Harlow<br><a href="http://www.st-marks.essex.sch.uk">www.st-marks.essex.sch.uk</a>                                 | 01279 421267                             | Weds 12 <sup>th</sup> Nov 7pm-9pm                                                                                                                                   |
| St Mary's Catholic School, Bishop's Stortford<br><a href="http://www.stmarys.net">www.stmarys.net</a>                                  | 01279 654901                             | Awaiting date                                                                                                                                                       |
| Stansted Airport College<br><a href="http://www.harlow-college.ac.uk">www.harlow-college.ac.uk</a>                                     | 01799 513030                             | Sat 11 <sup>th</sup> October 10am-2pm                                                                                                                               |
| Writtle College<br><a href="http://www.writtle.ac.uk">www.writtle.ac.uk</a>                                                            | 01245 424200                             | Sat 11 <sup>th</sup> October 10am-3pm                                                                                                                               |





Passmores & Stewards

# Careers Fair

**When: 4:30pm-  
7:00pm**

**Oct  
9th**

**Who: Year 10 & 11**

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





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



FRIENDS OF PASSMORES  
PRESENTS

A large, stylized graphic for 'Quiz Night'. The words 'QUIZ' and 'NIGHT' are in large, bold, yellow letters with black outlines, set against a purple, jagged, starburst-like background. Four yellow question marks with black outlines are scattered around the central text, and several small yellow stars are also present.

# QUIZ NIGHT

**BYO FOOD AND DRINK**

**DOORS OPEN AT 6:30PM**

**7PM START**

**FRIDAY 17<sup>TH</sup> OCTOBER 2025**

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

**GET YOUR TICKETS HERE**

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

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

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

<https://www.peoplesfundraising.com/Rainbowquiz>

YOU'RE INVITED TO

**The Rainbow Services Quiz Night**

**Book now**

**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 3<sup>rd</sup> 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](https://www.peoplesfundraising.com/Rainbowquiz)  
Information: 01279 308150



## FORTHCOMING EVENTS

|                                                                   |                                            |
|-------------------------------------------------------------------|--------------------------------------------|
| Thursday 25 <sup>th</sup> September                               | Year 8 & 9 - Parent Information Evening    |
| Tuesday 14 <sup>th</sup> October                                  | Friends of Passmores AGM – 6:00pm – 7:00pm |
| Thursday 23 <sup>rd</sup> October                                 | INSET DAY (2)                              |
| Friday 24 <sup>th</sup> October – Friday 31 <sup>st</sup> October | HALF-TERM                                  |
| Monday 3 <sup>rd</sup> November                                   | School Opens for Autumn Term 2             |

TEACHarlow

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



[Contact Us](#)[Login](#)[Browse all family learning courses](#)

# Back-to-School Boost: Support Your Child & Grow Your Skills

**Free ACL Essex courses to help your child thrive, and give you a boost too.**

Uniforms labelled (mostly), lunchboxes found (miraculously), and the school run has resumed its daily sprint. As the kids head back to school, this is the perfect moment for parents, carers and grandparents to reset routines and sharpen your own skills for work and life.

At ACL Essex, we've lined up free, friendly, practical courses, many Online Live so you can join from the sofa while enjoying a cup of tea. Below you'll find a hand-picked selection starting this month.



# GOOD VIBES AFTER SCHOOL CLUB

EVERY WEDNESDAY

ARTS & CRAFTS

SPORTS

FOOD



STARTING 24TH  
SEPTEMBER 2025

3:30pm-5pm

Meadows Delivery Site

Harberts Road, Great Parndon CM19 4DL

For more details contact Gabriella  
07701260869 : [Gabriella.dinapoli@barnardos.org.uk](mailto:Gabriella.dinapoli@barnardos.org.uk)

Working in partnership



**BARNARDOS**

Ages 10-15

Free





# **BBC 1's 'CLEAN IT, FIX IT' IS CASTING FOR A 5TH SERIES!**



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# 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.



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