## Newsletter

21st November 2025 Issue 10



Dear Parent/Carers,

As Autumn turns to Winter, and the tough work of November glimpses the coming festive season, term slowly but surely morphs from a period of hard work into a time of excitement. No-one will be feeling this relief more than our dedicated Year 11s, who have now completed their mock exams and are beginning to contemplate their results and the work to come. Yet, there is much joy to be felt, with the whole year group setting excellent standards for conduct and receiving some very pleasing results among their outcomes. Of course, the final year is one that rarely lets up, but a well-earned break is on their horizon.

Year 9 have a crucial week ahead, with their first considerations of upper school to be explored at Options Evening on Tuesday (25th). This is an information-filled evening and booking is essential if students want to learn about all their potential subjects. Our older students would agree that these decisions have a major impact.

With these things in mind, I will remind you all that next Friday (28th November) is an INSET Day for all. Hopefully all students will take a moment to refresh ahead of the last few weeks of term.

Upon our return in December, we have some very festive events: a pantomime, Christmas market, dinners and our Festive showcase – more details next week.

Natalie Christie
Principal of Passmores Academy

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www.passmoresacademy.com

## **TOP PASSMORES POINTS ACHIEVERS**

Friday 14th to Thursday 20th November 2025

Abbas, Zain	Year 7	83
Sidorencu, Emma	Year 7	81
Allen, Rio	Year 7	80
Georgieva, Viktoria	Year 7	80
Gligor, Damian	Year 7	80
Sawyer, Phoebe	Year 7	80
Donovan, Jamie	Year 7	79
Jones, Bella	Year 7	78
Stewart, Olivia-Lilly	Year 7	78
Wallace, Molly	Year 7	77
Charles, Kai	Year 8	87
Unwin, Reece	Year 8	87
Seip, Joshua	Year 8	85
Zagraba, Franka	Year 8	81
Aley, Dylan	Year 8	79
Ford, Grayson	Year 8	77
Rouse, Elijah	Year 8	76
McGinley, Lilia	Year 8	74
Owen, Amelie	Year 8	74
Almond, Scarlett	Year 8	71
Campbell, Janelle	Year 8	71
Hartgrove, Connie	Year 8	71
Jablonski, Lucas	Year 8	71
Mickevic, Nikas	Year 8	71
Nunn, Lois	Year 8	71
Wang, Ivan	Year 8	71
Wilson, Erin	Year 8	71

Year Group Attendance w/c 17 <sup>th</sup> November 2025		
Year 7	92.88%	
Year 8	89.89%	
Year 9	87.91%	
Year 10	86.89%	
Year 11	85.64%	
All Students	88.65%	

Toku Appleton, Ethan	Year 9	127
Lloyd, Samuel	Year 9	119
Paxton, Bobby	Year 9	116
Wright, Megan	Year 9	108
Aimes, Olly	Year 9	107
Crutchlow, Sam	Year 9	105
Wing, Lacey-Mae	Year 9	105
Gjoni, Leart	Year 9	101
McGill, Harry	Year 9	100
Morgan, Dexter	Year 9	97
Potgieter, Demar	Year 10	90
Benge, Maddie	Year 10	84
Jocas, Kajus	Year 10	84
Owen, Esme	Year 10	83
Denkewicz, Jan	Year 10	81
Norburn, Amber	Year 10	81
Butler, Patrick	Year 10	80
Kearney, Zak	Year 10	78
Leiper-Lyons, Tegan	Year 10	77
Stanton-Blair, Angel	Year 10	77
Kamara, Abdul	Year 11	72
Man, Charlotte	Year 11	68
Morris, Elissa	Year 11	68
Chindris, Stefan	Year 11	66
Dinnell, Louis	Year 11	66
Zalinski, Adrian	Year 11	65
Theophil, Dylan	Year 11	64
Wejman, Dawid	Year 11	62
Cope, Lola	Year 11	61
Austin, Jonson	Year 11	58
McDonald, Leya	Year 11	58
Yordanov, Teodosi	Year 11	58

## **PASTORAL UPDATE**

## Thought for the Week...

This week, students took part in Session 1 of our 'Mind Matters' and 'Time to Talk' programme, a new initiative designed to help young people understand themselves better and make more informed choices.



The first session explored brain development, focusing on how the adolescent brain grows and changes, and how this affects decision-making, impulses, reactions, and behaviour. By understanding how their brains work, students are better equipped to:

- Recognise why they may react in certain ways
- Improve their self-regulation and decision-making
- Make positive choices in and beyond the classroom

This programme aims to empower students with knowledge that supports both their wellbeing and their personal development.

### In the News

This week, tutor groups explored the themes of Road Safety Week, an important national campaign that highlights the steps we can all take to keep ourselves and others safe on the roads.



## Key learning points included:

- Unsafe behaviour, whether as a pedestrian, cyclist, scooter user, or driver, puts lives at risk and can have serious long-term consequences.
- Vehicle safety matters, and regular checks including for bicycles and scooters help prevent accidents and keep everyone safer.
- > Speaking up is vital. If students ever feel unsafe in a situation involving a vehicle, they were encouraged to voice their concerns, even when it feels difficult. Creating a culture where people confidently speak up helps protect the whole community.

## **Other News**

It has been another packed and productive week across the school:

- > Year 11 students continued preparing for their futures by finalising college applications and taking part in mock application activities.
- > Year 7 attended an assembly delivered by Good News for Everyone.
- > Year 9 were introduced to the Duke of Edinburgh Award, learning about the opportunities and challenges ahead.
- Year 10 students represented their Houses brilliantly in the first sports events of the year, showing excellent teamwork, enthusiasm, and pride.

## Looking Ahead to Next Week...

Next week promises to be both exciting and busy — all within a four-day school week!

- ➤ Thought for the Week continues with Session 2 of our *Mind Matters* and *Time to Talk* programme.
- ➤ In the News will focus on democracy in action, as students vote in the Harlow Youth Council elections.
- We also look forward to:
  - Year 8 and Year 9 House events
  - Year 9 options evening
  - ➤ A whole-school standards & expectations assembly

It's set to be another week full of opportunities, learning, and community spirit at Passmores.

## **Sheltering Practice**

Thank you to all students who participated in out sheltering practice this week.

It was our first time completing one of these and it was highly successful, due to the impeccable following of instructions by our sensible students. As always, we like to learn from our experiences and we will be making a couple of minor adjustments to the arrangements, which we will communicate to you and to your children in due course.







## 21/11/25 Weekly Winners

Logan Coombe
Rio Allen
Tahlia Abu-Rabi
Jazmyn Taylor
Lilly Johnson
Danielle Erikume
Oliver Smyth-Blatchford
Makiah Mfon
Mia Adams
Leo Gregory

## **SUBJECT/INFORMATION UPDATES**

## Spanish and Art Trip to Barcelona - 6th-8th March 2026

## iHola!

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 this link: GHIC Card

Mr Farmery & Mrs Harris

## Year 7 Residential Trip to East Mersea - 21st - 24th June 2026









## MENU



## STARTER

3 CHEESE CROQUETTE Served with a cranberry dip

## MAIN

CHICKEN BALLOTINE WITH LEMON AND THYME FILLING in a creamy coarse grain mustard sauce Dauphinoise potatoes Green beans Carrots

## DESSERT

## SALTED CHOCOLATE TORTE ON A BISCUIT BASE

Served with Blackberry ripple ice- cream and fresh blackberries

TEA, COFFEE AND MINTS







## Pantomime Time!

We're thrilled to announce our annual trip to the Harlow Playhouse — this year to see the magical Sleeping

Beauty! 🧗 🁑

m Date: Tuesday 2nd December

Time: 2:15pm (show ends around 5pm)

Tickets: £15 per pupil

Who: Year 7 & 8 pupils (380 spaces available!)

Sign up: Sign up via Arbor under Trips



Pupils will attend morning lessons as usual, then meet in the Sports Hall before walking to the Playhouse with staff. Please ensure pupils wear school uniform, comfortable shoes, and a coat for the walk.

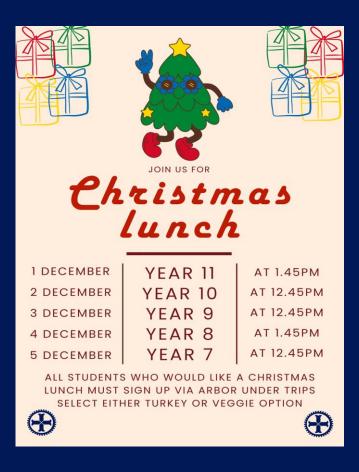
A Please note: behaviour and attendance records will be considered for eligibility.

If your child has accessibility needs, let us know so we can plan accordingly — no one should miss out! 💫

THE **dreamiest** panto of them all!

Parents/carers can collect pupils from Harlow Playhouse after the show or give consent for them to make their own way home.

We can't wait for a magical afternoon at the theatre!



## **SPORT/PE UPDATES**

## **Year 11 Boys Football**

Great win for our Year 11 boys in the National Cup winning 2-1 against City of London!

Next round here we come...



Mr Webber

## **Girls' Senior Harlow District Football Friendlies**

What a great tournament for our Girls' Senior Football team! Despite taking to the field with only five players, the girls showed outstanding determination, teamwork, and resilience. Their passion for the game truly shone through as they secured two wins and a draw.

The team supported each other brilliantly throughout, demonstrating not only skill but also fantastic sportsmanship. A special mention goes to Molly, who showed great gamesmanship by allowing the opposition goalkeeper to take a pass when she was unsure of the rules—a wonderful example of respect and fairness in sport.

Both Mr Twiner and I are extremely proud of the girls. Their commitment, energy, and positive attitude were evident in every game. These results are a testament to their hard work and love for football.

Players: Molly Mooney, Emily New, Nora Essafri, Alix Carey, Abigail Boegheim

Well done, team!

**Mrs Cuschieri** 

## **CAREERS NEWS**

OPEN EVENTS 2025-2026			
Cambridge Regional College www.camre.ac.uk	01223 418200	Sat 24 <sup>th</sup> Jan 10am-12.30pm Thurs 23 <sup>rd</sup> April 4.30pm-7pm	
Capel Manor College, Enfield www.capel.ac.uk	08456 122122	Thurs 27 <sup>th</sup> Nov 5.30-7pm Thurs 15 <sup>th</sup> Jan 5.30-7pm	
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Weds 4 <sup>th</sup> Feb 6pm-8.30pm	
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 3072345	Sat 29 <sup>th</sup> Nov Sat 17 <sup>th</sup> Jan	
Harlow College www.harlow-college.ac.uk	01279 868000	Tues 10 <sup>th</sup> Feb 5pm-8pm Weds 29 <sup>th</sup> 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 2 <sup>nd</sup> Dec 5.30pm-8pm Tues 3 <sup>rd</sup> Feb 5.30-8pm	
Hockerill Anglo-European School, Bishop's Stortford www.hockerill.herts.sch.uk	01279 658451	Sat 22 <sup>nd</sup> Nov	
New City College (Epping Forest), www.ncclondon.ac.uk	0208 508 8311	Sat 22 <sup>nd</sup> Nov 10am-2pm Sat 31 <sup>st</sup> Jan 10am-2pm	
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Thurs 22 <sup>nd</sup> Jan 5pm-8pm	
Writtle College www.writtle.ac.uk	01245 424200	Sat 29 <sup>th</sup> Nov 10am-3pm	

Please contact the institutions to check details and times before attending. Also, be advised that most ask for you to book a place for these events online.

## **CRE8 East Herts Introduction Evenings**

### Who is CRE8?

CRE8 is a specialist creative industry college for 16–19-year-olds, offering a hands-on programme that covers media, design, photography, film, music, sport and digital content creation. Their programmes are built around real-world projects, industry partnerships, and professional skills - helping students develop their creativity, build their portfolios, and progress into the creative industry or higher education. They have campuses in Ware and Bishops Stortford.

## **Upcoming Introduction Evenings:**

Ware Campus (Online Event), Monday 1st December at 7.30pm Virtual presentation & Q&A with our team

Bishop's Stortford Campus, Monday 15th December, 6:00pm Woodside Stadium, Dunmow Road, CM23 5RG

## During the evening, you'll:

- Learn about our *Creative Media* programme (equivalent to 3 A-Levels)
- Explore subjects including Photography, Videography, Design, Film, Journalism, Marketing, Sport, and Social Media
- Hear from our industry-experienced tutors about career pathways and real-world projects
- Discover how students can develop professional portfolios and progress into creative careers or university

This event is open to all students in **Year 10–12** who are considering a creative education or career. Parents, and carers, are warmly encouraged to attend too.

To confirm your attendance, please complete the quick registration form below:

https://forms.gle/uJ2dbDDzu22pbq1J8

## L3 Engineering Mechatronics Apprenticeship

## Amazon UK, Harlow

Requires GCSE maths, English, science grades 4-9

Includes electrical and mechanical engineering

Closing date: 28th Feb 26 (although this may change depending on number of applicants). Start date: Sept 2026

More information on: Engineering Mechatronics Apprentice – Find an apprenticeship – GOV.UK

### Careers News for Parents...

If you are starting to have conversations with your young person about what they want to do in the future, qualifications, options, etc. the following website gives lots of help and ideas for starting conversations.

They have a variety of resources including online cards that go through a range of questions to help young people establish career ideas and know how to plan.

The website is: Parents Advice for Career Conversations - Talking Futures

## Are you interested in Accounting?

Year 10/11's

ACCA have a free webinar for students in years 10-13 on routes into accountancy. The event will be on the  $2^{nd}$  December at 6.30pm and you can register at:

Microsoft Virtual Events Powered by Teams

Applications for CRE8 are now open for Sept 2026. Their <b>Post-16 Level 3 qualification (equivalent to 3 A-Levels)</b> opens up progression routes into university, apprenticeships, or direct industry employment. Learners can specialise in:
☐ Photography & Videography
☐ Graphic/3D Design & Digital Art
☐ Film & Content Production
☐ Social Media & Marketing
☐ Journalism & Creative Communication
☐ Real Estate & Project Management
Upcoming Introduction Evenings for Year 10 and 11:
Ware Campus (Online Presentation) Monday 1st December – 7:30pm

To register your interest or find out more complete the interest form: https://forms.gle/1dq9WaTpWrDTxnHs9

Alternatively you can contact them:

**Bishop's Stortford Campus – CM23 5RG** Monday 15th December – 6:00pm

Email: Apply@LearnToCRE8.com, Website: www.LearnToCRE8.com

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The website is: Parents Advice for Career Conversations - Talking Futures

## **ANY OTHER INFORMATION**

KEY CONTACT INFORMATION	V
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## **School Address**

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

## **Main Telephone**

01279 770800

passmores@passmoresacademy.com

## **Student Absence**

01279 770877

attendance@passmoresacademy.com

## **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





## Summer Harrison



One of our ex-students, Summer Harrison, has just released her first single, 'Drowned Out', which was aired on BBC Radio Essex & Cambs last Friday!

When Summer left Passmores she went on to study A levels and then secured at place at Trinity Laban Conservatoire for Music in Greenwich, which is extremely competitive.

She is doing a degree (BA Hons) in music performance & industry and now in her 3<sup>rd</sup> and final year she has loved studying music. She has been gigging at venues in London and is now working on her next song to be produced in the next couple of

Her ambition is to continue song writing and singing as a career! Summer loved her time at Passmores and felt it helped prepare her well for her future!

Well done Summer, we are immensely proud of you and wish you well with your music career!

# PASSMORES PASSMORES

We're celebrating our former students and their achievements!

Whether it's your career, studies, hobbies, or something you're proud of- we'd love to hear from you.

Follow the link in to fill in a quick form..

Click Here

## **FORTHCOMING EVENTS**

Tuesday 25 <sup>th</sup> November	Year 9 Options Evening	
Friday 28 <sup>th</sup> November	INSET DAY (3)	
Friday 5 <sup>th</sup> December	Friends of Passmores Christmas Market 6pm – 8pm	
Tuesday 16 <sup>th</sup> December	Christmas Concert	
Monday 22 <sup>nd</sup> December – Friday 2 <sup>nd</sup> January	CHRISTMAS HOLIDAYS	
Monday 5 <sup>th</sup> January	INSET DAY (4)	
Tuesday 6 <sup>th</sup> January	School Opens for Spring Term 1	



Interested in becoming a primary or secondary teacher?
Contact Gareth Walsh on <a href="mailto:g.walsh@passmoresacademy.com">g.walsh@passmoresacademy.com</a>

## THURSDAY 27<sup>TH</sup> NOVEMBER 6pm // Main Hall

## Year 11 GTZMO

Come along and see our Year 11 Drama cohort perform their set text "Gizmo" by Alan Ayckbourn.

Tickets can be booked through Ticket Source





**Fitness** 

Hamper

David Lloyd Voucher

Johnson Estate Agent

To purchase tickets please email

fop@passmoresacademy.com

£50 Amazon Voucher from Reyland

Sunglasses from Rose Opticians







East Mersea is an exciting and long-standing Passmores Academy tradition. A four-day residential stay at Essex Outdoors, Mersea.

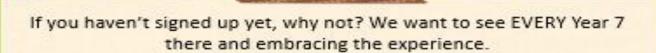
Year 7 Students who attend will participate in activities designed to improve a host of skills, including communication, cooperation, teamwork and resilience. Where students will have fun, build new friendships, step out of their comfort zones and make lasting memories.

## When is East Mersea?

Sunday 21<sup>st</sup> June
Until
Wednesday 24<sup>th</sup> June

## Want to join us?

Secure your place by paying the £50 deposit on Arbor by 19<sup>th</sup> December.



You can find details on Arbor.

If you have any questions, speak to or email: Mrs Histon or Mr Paddon

## What Parents & Educators Need to Know about YOUTH VIOLENCE

UNDERSTANDING YOUTH VIOLENCE

Youth violence affects one in four children in the UK, but it doesn't have to. When parents, carers, and educators understand the risks, they're better placed to support young people. The right support, mentoring, therapy, and guidance can help young people affected by violence to feel safe, manage conflict, and make positive choices.

Opportunity

Community

Wellbeing

Respect

## WHY DO YOUNG PEOPLE COMMIT SERIOUS VIOLENCE?

A recent study surveyed over 10,000 young people affected by violence, asking why serious violence occurs among their peers, such as an assault involving a weapon or sexual violence. The most common reasons given were due to a personal characteristic of the victim e.g., race, religion, sexuality, gender, a gang or school rivalry, and being provoked. While not all young people face these issues, many lack the emotional regulation skills needed to manage provocation.

## WHAT ARE SIGNS A YOUNG PERSON IS AT RISK?

Children and young people often express that something is wrong through behaviour rather than words. Be alert to signs such as sudden mood changes, secrecy around friendships, excessive phone use, unfamiliar slang, unexplained injuries, fear of school, aggression, going missing, or substance use. They also be associating with older peers. These behaviours can indicate underlying issues that can lead to violence.

## **ONLINE INFLUENCES**

Social media plays a powerful role in normalising and escalating violence. Platforms like TikTok and Snapchat can expose young people to harmful content, often shaped by algorithms. Many see violent material that distorts reality, leading to fear and desensitisation. A recent study found 70% had seen real-world violence online, and 80% felt less safe in their communities. Alarmingly, 39% said it made them more likely to carry a weapon. Online conflict can often spill into real life, with serious and sometimes tragic consequences.

## UNCERTAINTY

CONFLICT

FEAR

## WHEN IS VIOLENCE MORE LIKELY TO HAPPEN?

For children and young people in England and Wales, the hours between 4 pm and 8 pm – just after school – carry a particularly high risk for serious violence. This can stem from conflicts that escalate during the school day, online arguments, or simply moving through unfamiliar areas on the way home. Understanding this risk helps us support safer travel and routines. Our recent report found that over one in three young people don't feel safe in the area they live in, and 36% don't feel safe walking the streets.

## WHY MIGHT A YOUNG PERSON CARRY A WEAPON?

Young people may carry weapons due to fear, threats, peer pressure, or a false sense of protection. Many young people tell us they feel unsafe and carry weapons 'just in case', while others may be influenced by social media, peers, or criminal activity. Some don't realise it's illegal or may believe it earns respect.

## WHERE IS VIOLENCE MORE LIKELY TO HAPPEN?

COLUMN TO SERVICE STATE OF THE SERVICE STATE OF THE

Violence often happens in certain places. Busy areas like transport hubs carry risk simply because lots of people gather there. Other hotspots, like places linked to drug activity, attract those more likely to be involved in violence. Some areas become risky due to poor supervision, such as under-resourced public spaces. Understanding where violence tends to occur helps us guide young people safely through their communities and advocate for better support and safer spaces.

## Advice for Parents & Educators

## TALKING TO CHILDREN ABOUT STAYING SAFE

Choose a safe moment for the conversation, emotionally and physically. If a child is upset or angry, help them settle before discussing serious topics. Listen actively without judgement, even if what they share is difficult. Avoid interrupting and offer advice when the time feels right. If you're worried, you're not alone; support is available.

ASSISTANT TO SERVICE AND ASSISTANT

## AVOID CONFLICT & MANAGE ESCALATIONS

Encourage young people to consider the 'Safe T's' – Trust instincts, Take a breath, and Talk to a trusted adult. When triggered or provoked, they may react from their 'survival brain', unable to think clearly about the consequences. Taking a breath helps calm, and helps them access their 'thinking brain'. Remind them that moments pass, and seeking support from trusted adults builds resilience and safer decision-making.

## HELP CHILDREN UNDERSTAND CONSEQUENCES

Young people can be searched by police or teachers if suspected of carrying a weapon. If found with a knife, they could face arrest and criminal proceedings. A conviction can result in a criminal record. Even being present during a violent assault, encouraging it, filming, or sharing footage can lead to prosecution. Open and honest conversations can help children understand these risks and make safer choices.

## REPORT INFORMATION

We all have a role in preventing violence. If a child shares concerns, you can act. For educators, it's important to follow your school's safeguarding procedures. Other adults can report anonymously through Fearless or Crimestoppers, and speak with other parents, the school, or local police through 101. If someone is in immediate danger, always call 999. These steps help protect children and the wider community.

## Meet Our Expert

The Ben Kinsella Trust is a UK anti-knife crime charity educating young people through immersive workshops, awareness campaigns, and community resources. Visit: benkinsella.org.uk





The National College

## Initial teacher training with Essex Schools ITT



School-based teacher training with a flexible, online learning programme through Tes Institute. Obtain QTS with optional PGCE.

95%

## Completion rate\*

\*(2024-25 cohort)
(far higher than most providers or institutions)
100% pass rate for PGCE

## TRAIN AT THIS SCHOOL

OR ANOTHER ONE LOCAL TO YOU

40+

Secondary & primary schools in our partnership... and growing!



Employment rate in the last 10 years

Every year, at least 65% of trainees secure posts at their main placement school, or nearby partnership school. Many of these before the end of the course

BURSARIES UP TO £29 K\* PLUS
FULLY- FUNDED SUBJECT KNOWLEDGE
ENHANCEMENT COURSES FOR MANY SUBJECTS
(PAYING £175 PW)

(\*DURING PREVIOUS YEAR. NEW FIGURES FOR SEPT 2026 AWAITED)



TEACHING
OFFERS
GENEROUS
STARTING
PAY AND
EXCELLENT
PROSPECTS
FOR
PROMOTION



PART TIME OPTION
AVAILABLE FOR
STRONG APPLICANTS WE WELCOME CAREER
CHANGERS AND
THOSE RETURNING TO
WORK AFTER RAISING
FAMILIES





## **PGCE WITH QTS**



IS AN INTERNATIONALLY RECOGNIZED

QUALIFICATION

"YOU HAVE PROVIDED ME WITH THE TOOLS I NEED TO BE
A GREAT TEACHER!"

OYETOLA, PE TRAINEE

"I FEEL SO COMFORTABLE IN THE CLASSROOM NOW AND COMPLETELY PREPARED TO START MY TEACHING CAREER. THE SUPPORT I'VE RECEIVED HAS BEEN SECOND TO NONE."

LOTTIE - GEOGRAPHY TRAINEE



teach@essexschoolsitt.com 020 8498 6718 www.essexschoolsitt.com





## 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:

Tuesday 25th November, from 7.30pm

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



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

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

Get tailored, one-to-one advice today:

Call: 020 8498 6718

Email: teach@essexschoolsitt.com

Visit: https://www.essexschoolsitt.com

Essex Schools ITT in partnership with





## Essex Child and Family Wellbeing Service



Youth Vaping Toolkit For Parents and Carers

## **Healthy Schools Essex**

Developed for the Essex Youth Vaping Pilot Programme



Commissioned by





## What is Vaping?

A vape, also known as an ecigarette, is an electronic device that simulates tobacco smoking. E -liquid or 'vape juice', typically containing nicotine, flavourings, and other chemicals, is heated into an aerosol which is used to inhale nicotine.

In the UK it is illegal to sell nicotine vaping products to anyone under the age of 18 or for adults to buy them on behalf of a young person

## Why might my child vape?

- Peer Influence and Social Pressure
- Perception of Vaping (being less harmful)
- Marketing and Advertising
- Accessibility and Convenience
- Curiosity and Risk taking
- Nicotine Addiction
- Lack of Awareness (about long term risks)

## Signs a young person may be vaping

- Have stomach pain, diarrhoea, sickness, bad wind or a weakened bladder
- Coughing lots, often having a cold or a sore throat
- Have nose bleeds, headaches or a fever
- Experience tooth loss, develop a receding gumline and have cold sores
- Have spotty and prematurely wrinkly skin
- Be experiencing poor sleep
- Be jittery, struggle to concentrate or pay attention and may show signs of memory loss
- A change in academic achievement due to "brain fog" and slower brain processing



## If your young person is vaping.....

Asking questions like, "What do you enjoy about vaping" or "How does vaping make you feel?" can help you to understand more about your child's needs and why they have chosen to vape. This can open up conversations about healthier, more positive ways you can support your child with meeting their needs.

## Vaping - some key facts

- Nicotine addiction can affect mental health and worsen feelings of anxiety and depression. It can also affect self-control, attention and the ability to learn, especially in developing brains
- UK statistics reveal a significant increase in youth vaping
- Vaping is not for children and young people. Nicotine interferes with normal teen brain development and their bodies are more sensitive to its effects
- Vapes often contain cancer causing chemicals, it is not just scented water vapour. Some vapes may even contain cannabis or other illicit substances
- The nicotine in 1 vape can = 50 cigarettes
- Sharing a vape with friends can spread bacteria and viruses present in saliva, such as those responsible for the common cold, flu and herpes
- Vapes can cause lung damage and can lead to an increased risk of heart attacks, strokes and cancer
- The longer-term effects of vaping are still unknown
- Nicotine is a highly addictive substance that triggers the release of dopamine associated with pleasure and reward in the brain This can lead to repeated use and dependence
- A quarter of 11- to 15-year-olds have tried vaping

## Having a conversation about vaping might be tricky, but is always a good idea!

Finding the right time to talk. Picking a calm moment to ask your child about vaping in a non-confrontational way will help you learn about your child's involvement without defensiveness. This could mean taking the opportunity when you see someone vaping or you're passing a vape shop, watching vaping related storylines on TV or hearing it stories in the news. Finding a way so that your child doesn't feel like you are accusing them of something, may mean they are more likely to be open and talk with you.

## Think about...

- Finding out the facts about vapes before you start the conversation.
- How you will react if your child admits to vaping.
- Listening to what your child has to say and avoid making assumptions.
- Talking about the different reasons why young people may vape.
- · Setting boundaries so they know what you will and won't accept.

## If the conversation fails...

- Go back to it. Take a break and go back to it another time.
   These conversations can feel really challenging but they are important, so don't give up!
- Call on your friends, family or wider network. If you or your
  young person don't want to talk, why not ask someone else they
  have a relationship with or they respect to have a chat with them.
- Remind them that you are on their side. It is important to let your child know that you are there for them and you care about them. Having supportive conversations will make it easier for them to talk to you when they have questions or need advice in the future.
- Check what else is going on. Your child may be using vaping to distract from negative feelings. Gently explore what else could be happing in their lives.

## **Getting support**

You don't have to cope with the situation on your own. If you're trying to support your child to quit vaping, there are trusted places and people to reach out to for help. GP's can assess nicotine dependence and offer clinical support. Schools offering drop-in sessions with a School Nurse can provide confidential advice on vaping.

## Organisations:

NHS Better Health Free tools, information and support.

https://www.nhs.uk/better-heal...

FRANK Information about vaping, law and health.

https://www.talktofrank.com/dr...

CHILDLINE Advice and help for young people to give up vaping.

https://www.childline.org.uk/i...

Action for Children Advice for parents worried about vaping.

https://parents.actionforchild...

Vaping facts leaflet for parents & carers

https://smokefreesheffield.org...;

## Online Resources:

Supporting Parents | Vaping Facts

https://vapingfacts.health.nz/...

Advice for parents worried about a child or teenager vaping

https://parents.actionforchild...

Quit Vaping | Smokefree Teen

https://teen.smokefree.gov/qui...

## Citizens Advice

Selling vapes to under 18's is illegal. To report a shop for selling underage please contact Citizens Advice Consumer Service 0808 223 1133.

## Get in touch

Essex Child and Family Wellbeing Service

t: 0300 247 0013

w: www.essexfamilywellbeing.co.uk



# Essex Fire Museum Open Days

2025

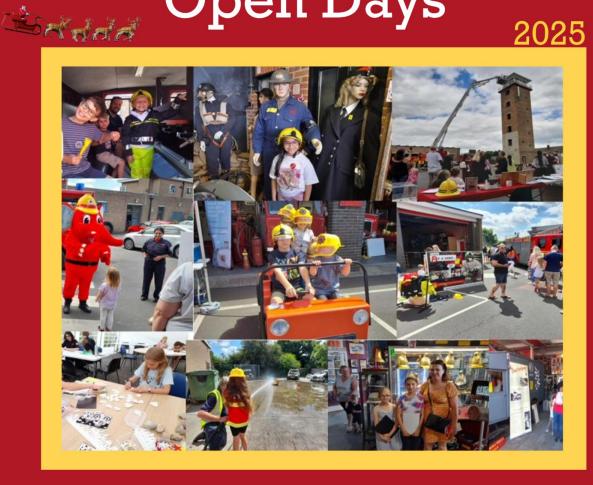


## Sunday 23rd Of November 10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays RM175QS



# Essex Fire Museum Open Days



## Sunday 14th Of December 10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays RM175QS







# Pledge to help house sparrows



