



Dear Parent(s)/Carer(s)

After a calm start to term, this week has been a little tougher, in part due to the weather. The impact of wind, for some reason, seems to interfere with how some of our young people manage themselves. I don't know if this is a phenomenon felt by other educational establishments, but it is certainly true for ours. Being able to spend today reflecting and thinking with colleagues has been timely.

Part of today has focused on our continued training with regards to Trauma Perceptive Practice and Positive Regard, both of which are helping us to understand and respond to the needs of all students. We have explored in a little more detail the development of the brain and how the brain responds to different stressors – positive stress, tolerable stress and toxic stress. We all have windows of tolerance and at times stress becomes too much where we move beyond our window in either a hyper-aroused or hypo-aroused state, this is displayed through a range of behaviours or actions. We need to recognise and understand what these stressors might be to find strategies to help young people regulate. Getting our young people to understand their window of tolerance is part of our work moving forward with the aim to build / improve resilience so that the young people can cope with more.

As adults we have been reminded of the need to be mindful of our own stress levels and recognise that at times, we need to remove ourselves from situations. Having conversations / dealing with things when we may be heightened won't help to achieve the resolution that we want. We can all help each other by taking time to allow ourselves space to think clearly before engaging and I would ask that as parents/carers you do the same when you need to contact school with something that may have annoyed you.

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Throughout the year we have several exams such as end of year, mocks and GCSEs. We are looking for invigilators to help with run these, so if you are interested, please email HR@PASSMORESACADEMY.COM.

TOP PASSMORES POINTS ACHIEVERS

Friday 19th – Thursday 25th January 2024

Samuel Parkin	Year 7	70
Mason Bartram	Year 7	62
Casey Mirza	Year 7	60
Florence Norton	Year 7	55
Sophia Clark	Year 7	55
Mason Brown	Year 7	54
Darien Lloyd Anthony Andrews	Year 7	53
Fin Hodson	Year 7	53
Rosie Stacey-Bocking	Year 7	53
Aaron Serpytis	Year 7	52
Adrian Wejman	Year 7	52
Cherish Rainford	Year 7	52
Jesse Kennedy	Year 7	52

Grace Renker	Year 8	59
Karim Chohan	Year 8	59
Layla Clark	Year 8	58
Bailey Parnham	Year 8	57
George Lambert	Year 8	54
Ryan Youens	Year 8	54
Oliver Ranson	Year 8	53
Jan Denkwicz	Year 8	51
Gracie Morris	Year 8	50
Cherry Perez-Dusza	Year 8	47
James Babb	Year 8	47
Kajus Jocas	Year 8	47
Lily Collins	Year 8	47
Molly Mooney	Year 8	47
Rhys Hockley	Year 8	47
Thea Ely	Year 8	47
William Ward	Year 8	47

Phoebe Miles	Year 9	42
Stan Hills	Year 9	41
Gwen Kearns	Year 9	40
Jack Wiggins	Year 9	40
Charlotte Sanders	Year 9	39

Darcie Goward-Johnson	Year 9	37
Joanne Aiyamenkhue-edigin	Year 9	36
Joshua Wheatley	Year 9	36
Pj Sunshine	Year 9	36
Harmony Morgan	Year 9	35
Jersey Harvey	Year 9	35

Dylan Meredith	Year 10	36
Abbie Newman	Year 10	32
Angel Fernandes	Year 10	32
Tamzin Mason	Year 10	31
Luke Batt	Year 10	30
Savash Vatansever	Year 10	30
Kelsey Horey	Year 10	28
Maya Connell	Year 10	28
Odin Hanks	Year 10	28
Robert Viliman	Year 10	28

Rocky Vinter	Year 11	51
Amelia Wator	Year 11	44
Ethan Gilbert	Year 11	39
Jude Fenn	Year 11	39
Joshua Oshowole	Year 11	37
Kyle Shelley	Year 11	35
Freddie Pannell	Year 11	33
Carmen Kolas	Year 11	32
Madleigh Collings	Year 11	32
Michael Sesay	Year 11	32
Sophie Daniels	Year 11	32
Willow Taylor	Year 11	32
Yousef Aggouche	Year 11	32

HOUSE PASSMORES POINTS

Monday 8th – Thursday 25th January 2024

Dragon	20348
Griffin	19279
Lion	19757
Unicorn	19394

YEAR GROUP ATTENDANCE

Monday 22nd – Thursday 25th January

	Average Attendance
Y7	96.08%
Y8	95.52%
Y9	95.20%
Y10	93.77%
Y11	93.51%
Whole School Attendance	94.84%

PASTORAL UPDATE

The following students have been "caught doing good" during social time -

Year 7

- Paige Ellis
- Ivy Mae Pullen
- Annie Roberts
- Bradley Harrison

Year 8

- Aiden Stringer
- Harry Doye
- Henry Rocha Santos
- Amanda Krupowies

Year 9

- Fraya Miles
- Lewis Martin
- Phoebe Miles
- Abdul Kamara

Year 10

- Theo Kuyumdzhev
- Emilia Allen
- Rileigh Vetori

- Korban Doyle

Year 11

- Chleo Nichols
- Tru Dawson
- Louise Matlock-Jeffery
- Charlie Johnson

SPORT / PE UPDATES

- Monday 29th January – U14 boys Essex indoor cricket competition.
- Tuesday 30th January – Year 8 District football tournament @ Passmores/ Year 7 Girls Futsal tournament @ St Marks.
- Wednesday 31st January – Year 7 House events/Year 8 Girls House Events.
- Thursday 1st February - Year 10 & 11 Girls Basketball @ St Marks/Year 9 girls + Year 8 boys house events.
- Friday 2nd February - Year 9 boys house events.

Please remember to bring your correct PE kit to these events!



CHANCE TO SHINE STREET

IT'S FREE!

- SOFT BALL CRICKET
- FUN GAMES & COACHING
- NO EQUIPMENT NEEDED
- WEAR WHAT YOU WANT
- ALL GENDERS WELCOME

STREET CRICKET IS FUN, FAST AND FREE! SO WE ARE STARTING A CLUB:
EVERY THURSDAY FROM 18TH JAN 2024
PASSMORES ACADEMY, SPORTS HALL
5.00PM - 6.00PM FOR AGES 8-16

WANT TO FIND OUT MORE OR REGISTER YOUR CHILD?
CONTACT IAN GRAY AT ESSEX CRICKET
IAN.GRAY@ESSEXCRICKET.ORG.UK
07815 202266

SUBJECT INFORMATION / UPDATES

Maths Problem of the week – Answer to last weeks problem:

Riddle 1:

Two people in front of two people, two people behind two people, and two people beside two people. How many people are there?

Solution:

Four

Riddle 2:

Can you arrange four nines to make it equal to 100?

Solution:

$$99 + 9/9 = 100$$

CAREERS NEWS

College Open Events

- Cambridge Regional College, Sat 27th Jan 10am -12.30pm

Year 10/11 College Open Events

- New City College, Tues 30th Jan, 4pm-7pm
- Hertford Regional College, Tues 6th Feb, 5.30pm-8.00pm
- Harlow College, Tues 13th Feb, 5pm-8pm

Foster Your Teen's Healthy Tech Use and Mental Well-Being!

People United is hosting an online workshop to help parents understand their teens' digital media use and their mental health. The workshop will teach parents how to discuss internet usage in a supportive and engaging manner, how to help their teens distinguish between social media and the "real world", while recognising the value of genuine connections and friendships formed online. You'll also learn how to address the topic of boundaries on online platforms. This free event takes place on Thursday 1st February. Register [here](#) to secure your place.

Learn Parenting Tools to Manage Your Teen's Behaviour!

York Hills Centre for Children, Youth and Families is hosting a free workshop for parents interested in understanding and managing challenging behaviours in their children. This workshop is for parents of youth 12 years and older, and will focus on where challenging behaviours stem from and how behaviours function in a teen's brain. Parents will learn tools to manage challenging behaviours, and how to improve parent/teen relationships. This free event takes place on Monday 12th February. Register [here](#) to secure your place.

Enhance Your Teen's Social Development!

FIU Centre for Children and Families is hosting a free workshop for parents interested in supporting their teens' development in their social skills. Parents will learn how to help their teens develop supportive friendships and become engaged in social and recreational groups. Parents will gain tools on teaching their teens how to grow in confidence, become socially skilled and take care of others. Parents will also learn how to help their teens to plan ahead and meet commitments. This online event takes place on Monday 19th February. To join the event, sign up [here](#).

ANY OTHER INFORMATION

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonlinecollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

MYLOL

AGE RESTRICTION
13-19

WHAT ARE THE RISKS?

MyLOL is a free social networking and dating site aimed at teens. Profiles can publicly display users' images and information, including sexual orientation and personal interests. The service bills itself as "the number one teen dating website in the world", claiming to have more than a million users globally. Despite its popularity, the MyLOL app is no longer available from Google Play or the App Store, although the site is still active. In some countries, police forces and schools have previously warned parents about "sleazy predators" and "inappropriate activities" on the site.

FLimsy AGE GATES

Although MyLOL states it is exclusively aimed at users aged between 13 and 19, there is no credible age verification system to prevent a younger child – or an older adult – from signing up to the platform. Coupled with the fact that it's impossible to establish a user's true identity on MyLOL, this raises a serious concern that the site could be used for grooming.

AGE-INAPPROPRIATE CONTENT

MyLOL maintains that it monitors all uploaded images for nudity or sexual content. It also claims to be able to detect suspicious keywords. However, there have been numerous reports of explicit content being found on the platform, with users often posting provocative, semi-nude pictures of themselves and engaging in flirty or sexually explicit conversation.

POTENTIAL CYBER-BULLYING

MyLOL lets users 'vote' on other people based solely on their appearance, much in the same vein as the now-defunct site Hot or Not. This feature could easily lead to distress and bullying, especially if a young person's profile pics receive an unfavourable response. Various reviews of MyLOL have noted that bullying frequently becomes an issue in the platform's chat groups and private messages.

IN-APP SPENDING

MyLOL is free to join and use, but it also offers paid-for memberships. Users who have paid money get their profile promoted at the top of the site and in search results. They can also earn additional credits for increased engagement with the platform – such as sharing, replying to messages and voting. At the time of writing, the monthly membership fee was \$9.95 (just under £8).

DATA COLLECTION

According to its privacy policy, MyLOL collects user data including email addresses, contact details and interests. While the company says it is committed to protecting users' privacy, the small print states that information may be shared externally. MyLOL claims to follow procedures to keep data secure, but does not specify what these procedures are, or whether such information is encrypted.

CONTACT FROM STRANGERS

MyLOL makes it easy to connect with strangers. In fact, the site's rewards feature encourages users to send private messages to people they don't know. There have been several media stories of adults posing as teens on MyLOL to connect with minors, which could lead to extremely dangerous situations, such as a young person meeting up with someone who has been posing under a false identity.

Advice for Parents & Carers

DISCUSS ONLINE DATING

It's vital to talk to your child about the possible dangers of platforms like MyLOL – particularly the threat of online predators. Remind them of the risks of sharing intimate images and information with strangers and emphasise that most people don't realise they're being 'catfished' until it's too late – it really isn't wise for a young person to meet up with someone they've only spoken to online.

EXPLAIN PRIVACY RISKS

Before your child begins using a service such as MyLOL, it's important that they understand the potential pitfalls of giving out their personal data on this type of platform. Explain to them, for example, that they shouldn't divulge any personally identifying information to people who they don't know, as scammers can be quite convincing when attempting to steal someone's identity.

RESTRICT IN-APP SPENDING

If your child has access to a bank card or other payment method, they may be enticed into signing up for MyLOL's premium features. Having their profile boosted and receiving more attention could be especially tempting if their friends also use the site. You could consider altering their device's settings to disable internet purchases, or at the very least keeping an eye on their online spending.

SET UP LOCATION ALERTS

If you're worried that your child may be planning to meet up with someone they've met on MyLOL, you could consider utilising GPS or WiFi location tracking technology to follow their whereabouts in real time. You can even set up a virtual boundary or 'fence' and opt to receive an alert to your phone if your child enters or exits a specified area.

Meet Our Expert

Carly Paga is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



The National College

NOS
National Online Safety
#WakeUpWednesday



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 24.01.2024

Online Parent Groups



Challenging Behaviour

Suitable for parents of children aged 4-11 years. This course is run over 6 weeks. This will focus on an issue you are experiencing with your child and will work on strategies and ways to help deal with the issue/behaviour.

14th February - Session 1
 HALF TERM

28th February - Session 2
 6th March - Session 3
 13th March - Session 4
 20th March - Session 5
 27th March - Session 6

Wednesdays 13.00-14.30 via Zoom

FULLY BOOKED!

Helping your Child Manage their Fears and Worries

Suitable for parents of children aged 4-11 years. This course is run over 4 weeks. This will help parents work on a focussed issue they are experiencing with their child and work out strategies to help.

29th February - Session 1
 7th March - Session 2
 14th March - Session 3
 21st March - Session 4

Thursdays 13.00-14.30 via Zoom



Supporting Teenagers Emotion Wellbeing

Suitable for parents of children aged 12-19 years. This course is run over 4 weeks. This will look at ways to help your teenager manage their emotional wellbeing.

27th February - Session 1
 5th March - Session 2
 12th March - Session 3
 19th March - Session 4 (optional)

Tuesdays 17.30-19.00



To access this FREE service you must:

- Have a child attending an school that our Mental Health Support Team (MHST) are currently working with in Harlow, Epping Forest District and Uttlesford.
- Have access to Zoom
- Able to attend ALL pre-planned sessions

If you are interested, please complete the application form by scanning the QR code



If the course you are interested in is not showing, this is because it has reached full capacity of attendees.

We will send you an email to confirm a place on the course along with joining instructions approx. 1 week prior to the course start date. Please check your mailbox regularly including your Junk/Spam folders.

If you have any queries, please contact your area admin:
 Harlow - mhstharlow@mindinwestessex.org.uk
 Epping Forest - mhsteppingforest@mindinwestessex.org.uk
 Uttlesford - mhstuttlesford@mindinwestessex.org.uk

There are limited places available so please book your place as soon as possible. If you would like to access the course, but do not have access to the internet, please see your school or contact our team (see above)



Prom Outfit Donations!

DO YOU HAVE A PROM OUTFIT YOU NO LONGER NEED? THIS IS A CALL FOR DONATIONS OF PROM OUTFITS (SUITS, DRESSES, SHOES, & ACCESSORIES).

ON 6TH MAY, RAINBOW SERVICES ARE HOSTING A PROM GIVEAWAY EVENT.

DONATION POINTS ARE:

Harlow Foodbank
Harlow Town Centre
Monday to Friday 10am-1pm

The Rainbow Centre
2 Wych Elm
CM20 1QP
Monday to Friday 10am-1pm

Tesco Church Langley
Customer Service Desk

ASDA
Customer Service Desk

AN ENVIRONMENTALLY
FRIENDLY & SUSTAINABLE
WAY TO PASS ON WHAT
YOU NO LONGER WEAR!



Prom Event!



DON'T MISS YOUR PROM!

COME TO OUR PROM EVENT!

RAINBOW SERVICES ARE GIVING AWAY PRE-LOVED DRESSES, SUITS AND ACCESSORIES FREE OF CHARGE.

REFRESHMENTS AVAILABLE

VOLUNTEER PERSONAL SHOPPERS TO HELP YOU FIND THE DRESS OF YOUR DREAMS

PHOTO OPPORTUNITY TO ENSURE YOU FEEL AS SPECIAL AS YOU ARE.

YOUNG PEOPLE MUST BE ACCOMPANIED BY AN ADULT.



**6th May
GPCA Harlow
10am - 2pm**

For info contact

Kelly: 07849 087787

Kate: 07467 133678

Email: info@rainbowservices.org.uk

Forthcoming Events:

Monday 11 th - Friday 1 st March	Year 11 Mocks
Friday 16 th February	Non uniform day – winning house in each year
Monday 19 th – Friday 23 rd February	Half term



Natalie Christie

Principal of Passmores Academy

TEACHarlow

Interested in becoming a primary or secondary teacher?

Contact Gareth Walsh on g.walsh@passmoresacademy.com