

Principal Letter

Spring Term 2024

Week Ending Friday 15 March 2024

Issue 23



Dear Parent(s)/Carer(s)

I am sure that you will remember us celebrating our Harlow Education Awards winners a couple of weeks ago, but unbeknown to us, we had another winner lurking in our midst. In keeping with our recognition, our congratulations go to Rowan Blackman for receiving the award for Academic Progress whilst in year 6. Unfortunately, he was unable to attend the evening, so his class teachers from Potter Street came and presented him with his award this week.

We love the opportunity of sharing the success of our young people, sometimes there are things going on outside of school that we may not be aware of, such as sporting competitions or achievements. If there is something that is worthy of adding to the newsletter, please send a photo and/or information to s.hodges@passmoresacademy.com

Unfortunately, our year 9s and 7s have forgotten how to be safe and respectful whilst playing football during their social time. We have had to deal with a number of incidents this week, so to help them reflect on what is acceptable behaviour, they have been given red cards and a ban for next week.

Parents of year 9, don't forget that it is Options Evening on Wednesday, there is more information in the Pastoral Updates.

Have a good weekend!

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TOP PASSMORES POINTS ACHIEVERS**Friday 8th – Thursday 14th March**

Bobby Paxton	Year 7	66
Sonny Dzingel	Year 7	59
Louis Monaghan	Year 7	57
Fin Hodson	Year 7	53
Lawrence Forde	Year 7	52
Josh Archer	Year 7	50
Mason Crouch	Year 7	50
Lucas Andrews	Year 7	47
Amelia Surtees	Year 7	45
Chloe Theophil	Year 7	45
Mason Bartram	Year 7	45

Kye Barnes	Year 8	57
Ryan Youens	Year 8	57
Taliah Rufuse	Year 8	57
Demar Potgieter	Year 8	55
Harrison Morgan	Year 8	52
Esme Owen	Year 8	51
Ruben Kiss	Year 8	50
John Adesina	Year 8	49
Enzo Rocha Santos	Year 8	45
Erik Andersons	Year 8	45

Pj Sunshine	Year 9	60
Yasemin Withey-Yilmaz	Year 9	47
Jack Wiggins	Year 9	44
Ashton Mills	Year 9	42
Lennie Porter	Year 9	41
Xander Munns	Year 9	40
Charlotte Sanders	Year 9	39
Joshua Wheatley	Year 9	37
Frazer Anderson	Year 9	36
Laura Norris	Year 9	36
Layla Curtis	Year 9	36
Mason Mehmet	Year 9	36

Emily Beckett	Year 10	45
Keira Webb	Year 10	40

Dylan Meredith	Year 10	38
Connie Kearns	Year 10	37
Evie Bricknell	Year 10	37
Annabel Barker	Year 10	36
Christopher Scott	Year 10	36
Luke Batt	Year 10	33
Ryan Salberg	Year 10	33
Jaidan Downes	Year 10	32

Blessing Danquah	Year 11	34
Jayden Alade-Mason	Year 11	34
Joel Defor	Year 11	33
Selene Virga	Year 11	32
Harry New	Year 11	31
Kyle Shelley	Year 11	30
William Forde	Year 11	29
Amelia Wator	Year 11	28
Layla Soilleux	Year 11	28
Ashton Ansell	Year 11	27
Brais Bici Casas	Year 11	27
Dillon Copping	Year 11	27
Ellie Green	Year 11	27
Kiptieu Kamara	Year 11	27
Oliver Jones	Year 11	27

HOUSE PASSMORES POINTS

Monday 26th February – Thursday 14th March 2024

Dragon	16285
Griffin	15240
Lion	15884
Unicorn	15053

YEAR GROUP ATTENDANCE

FRIDAY 8th – THURSDAY 14th MARCH 2024

	Average Attendance
Y7	91.15%
Y8	87.99%
Y9	88.32%
Y10	87.90%
Y11	84.38%
Whole School Attendance	87.97%

PASTORAL UPDATE

Options Evening for year 9

We look forward to welcoming students and parents/carers to the most important night of the academic year for Year 9, the GCSE Options Evening. This will take place on **Wednesday the 20th of March between 5.30pm and 8pm (5.15pm for the nurture class)**.

This evening will be the start off the process of choosing options for GCSE next year, so it is vital that you attend with your young person. There will be a talk in the hall (goldfish bowl for the nurture class) followed by a carousel of visits to subjects holding talks around the school which can be booked online.

Next week we will be emailing the **Options Booklet** for you to read in advance. This will give you all the information you need in order to assist your young person make the right decisions and give details of all the courses we have to offer.

We will also be emailing the details of how to book the subject talks so please look out for this next week.

Mr Chadwick

In the News: Understanding Ramadan

This week's "In the News" segment focused on Ramadan, an important religious observance for Muslims worldwide. Students learned about the significance of Ramadan, including the practices of fasting, prayer, reflection, and community spirit. This initiative promotes cultural understanding and respect for diverse religious traditions within our school community.

Thought for the Week: Embracing School Values

March 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

In our "Thought for the Week," students reflected on how well they are embracing Passmores' values as outlined in our school passports. By evaluating their actions and behaviours in alignment with our values, students deepen their understanding of the importance of these principles in fostering a positive school culture.

Other Events

In other events, students engaged in peer dialogue sessions, fostering open and supportive conversations about their experiences, challenges, and aspirations. Meanwhile, our Year 11 students explored the concept of conflict resolution, developing essential skills to navigate interpersonal conflicts effectively.

Furthermore, some Year 9 and 10 students had the opportunity to attend a Cambridge University talk, providing insights into higher education and future academic pathways. Additionally, Year 7 and 8 students participated in an exciting new non-sporting House event called "The Curse of the Cookie," fostering teamwork, creativity, and House spirit.

Looking Ahead

Looking ahead to next week, students will learn about our Mental Health Ambassadors and the new drop-in clinics they are launching. These initiatives aim to promote mental well-being and provide support for students facing challenges. Additionally, students will commemorate the International Day for the Elimination of Racial Discrimination, fostering awareness and promoting inclusivity within our school community.

Furthermore, we have a busy week ahead with events such as Key Stage 4 Options Evening, Pass News, MAD Time, and the FOPS Movie Night. These opportunities for learning, engagement, and socialisation contribute to a vibrant and dynamic school environment, and we look forward to the active participation of our students in these activities.

SPORT / PE UPDATES

Upcoming fixtures next week

Tuesday 19th March

- KS3 Girls Badminton @ Stewards

Wednesday 20th March

- U13 Tier 2 comp

Thursday 21st March

- Netball Districts year 9, 10/ 11 at St Marks
- Year 7 and 8 netball tournament @StMarks

Essex County Indoor Cricket

The Passmores Academy U12 students got through to the final of the Essex County Indoor Cricket cup after battling through a tough group that contained Ilford County High, Marshalls Park and Norlington.

On 12.3.24 they attended the final's day at the Essex County ground facility which was a great achievement. This time they were to face Robert Clack and St Martins to see who was going to be the top side in Essex and win the Indoor Essex cup. A fantastic first game saw Passmores Academy defeat the formidable St Martins by 8 runs with the game coming down to the final over. An outstanding performance from all 7 boys.

The second game we lost the toss and were put into bat. This did not phase the Passmores team who took 24 runs off the first 2 overs with Bobby Paxton and Mason Crouch at the crease. In the second over we used the power play

which doubles all the runs scored for 1 over. Sonny Dzingel and Lawrence Forde put on 67 in the next 2 overs which was an all-time competition record and was outstanding to watch. With a score of 91 heading into the final 2 overs we were in a strong position. The final pair scored 22 which saw us finish with 112 runs. The bowlers again stepped-up keeping extras down and Louis Monaghan and Lawrence Forde picked up wickets in the bowling spells. James Afram was outstanding in the field and set the tone for the other players.

This team has put in lots of work off the pitch with them all attending training and asking for extra sessions, sometimes 3 training sessions in a week. When it came to translating that practice into the final's day, every player stepped up in both games. The boys demonstrated how team spirit and sticking to processes can get you the result. This will go down in history for Passmores Academy who are now Essex indoor cricket champions!



Year 8 Boy's Football Team

On Wednesday 6th March the football team made the short trip to Chelmsford for their U13 Essex cup ¼ final fixture vs Moulsham High school. The boys started off with a fantastic attitude from the first whistle and this paid off with them scoring three quick goals within 10 minutes. Moulsham pulled one back just before half time. But the work ethic continued into the second half, and they were victorious 5-1. We now play Woodlands School, from Basildon in the semi-final. Good luck for the next round!



SUBJECT INFORMATION / UPDATES

Year 10 3D Design

We're thrilled to announce an exciting opportunity for our Year 10 3D Design students! On the 19th and 21st of March, we'll be embarking on a captivating trip to the Geffrye Museum of the Home.

This immersive experience promises to ignite creativity and spark imagination as our students delve into the rich history of domestic life. From exploring the evolution of homes to uncovering the secrets behind design and décor, this trip will provide invaluable insights that will undoubtedly enhance their coursework.

At the Museum, our students will have the chance to engage with hands-on exhibits, interact with historical artifacts, and gain inspiration from the diverse range of design styles spanning centuries.

Stay tuned for updates and highlights from our trip to the Geffrye Museum of the Home.

ANSWER TO LAST WEEKS PROBLEM

$$2 \times 1 + 6 \times 6 = 48$$

$$+ \quad - \quad \times \quad \div$$

CAREERS NEWS

Year 10


The deadline for the work shadowing day on the 2nd of May, is fast approaching. Year 10 students have two more weeks to get their forms into Mrs Kay or Mrs Bassett to confirm their placements. This is a fantastic opportunity for our students to gain some experience of what it is like to go to work for a day with a family member or friend of the family. The year 10s will also be involved in a mock interview day with a local employer on the 27th of June, and they will all shortly be learning how to write a CV that will be sent to the employers prior to their interviews. Many struggle to know what to put on a CV, so any opportunity for them to do some work shadowing, will look fabulous

and will be something they can talk about at their interviews. Deadline for work shadowing forms is the 28th of March.

ANY OTHER INFORMATION

Have Your Say: Healthy Weight Survey for All Schools

Essex County Council wants to support people to be a healthy weight and create a more supportive environment where healthy lifestyle choices are easy. To help shape a new strategy to achieve this, they want to hear from Essex adults (18+ years) about their healthy lifestyle and weight experiences, challenges, and suggestions. We would be grateful if you and your staff could please complete [this survey](#) and promote it in your weekly communications to parents.



**LEARN
KUNG FU**


Meridian Kung Fu
Passmores Academy

Join the 1000's of children throughout Essex that have skyrocketed their confidence with MKF (UK). Our exciting & dynamic kids classes will teach self defence. Promote fitness, discipline, confidence and overall physical and mental wellbeing, while developing key life skills.

Brand new beginner classes on Thursdays

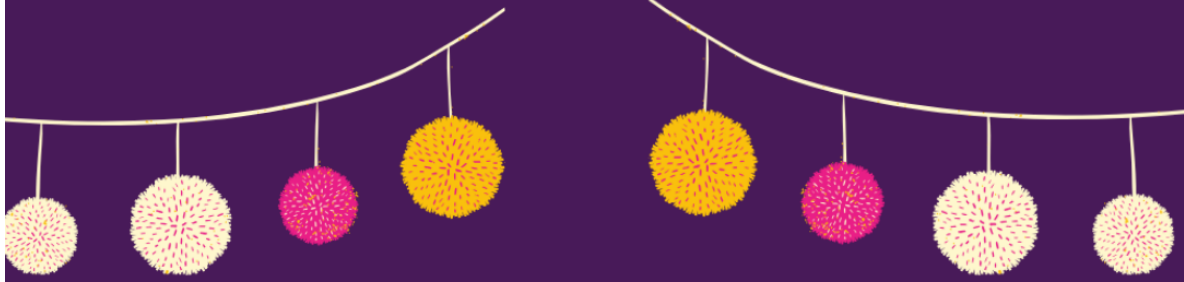
Year 7 - Year 11 @ 3:30pm - 4:15pm

www.meridiankungfu.com



Book your FREE 2 week trial now!

**Tel / WhatsApp
Sifu Rishi on :
07496 433 144**



fop@passmoresacademy.com



HARLOW

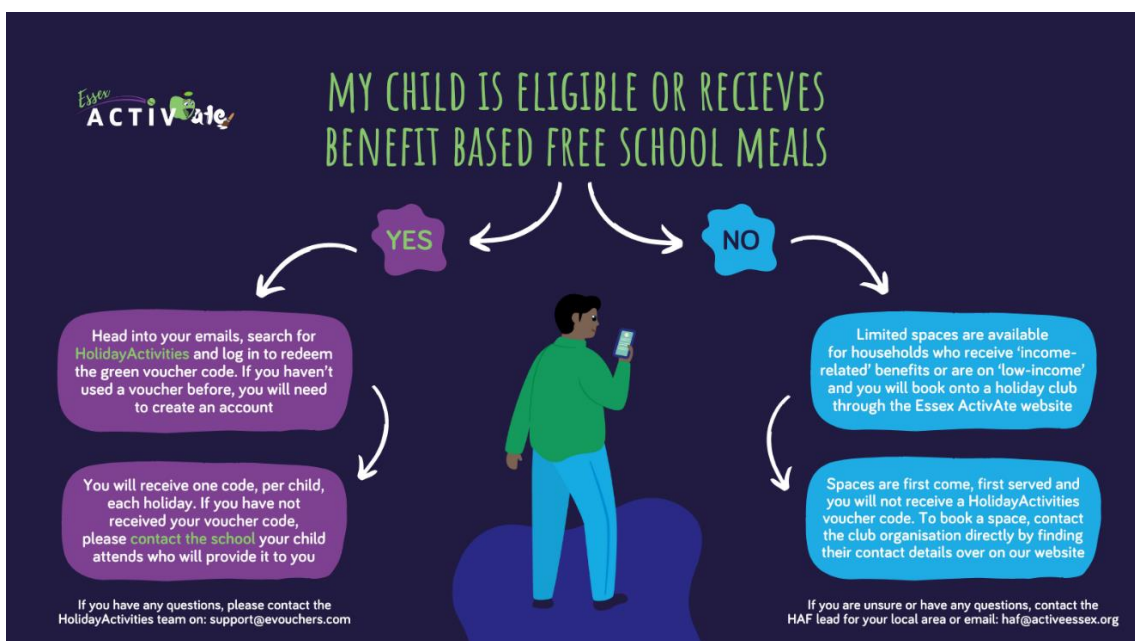
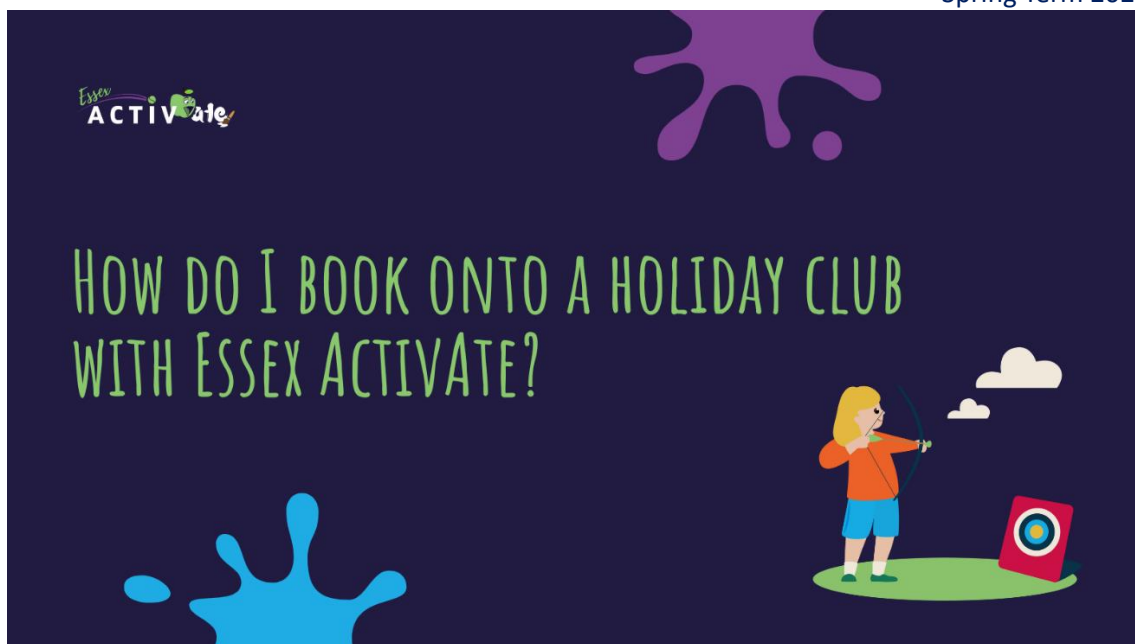


WE NEED YOU!

**WE ARE LOOKING FOR BUSINESSES FOR THE
FOLLOWING EVENTS:**

- **RAFFLE PRIZES FOR OUR EASTER RAFFLE
- MARCH.**
- **FOOD STALLS FOR OUR MULTI-CULTURAL
FOOD FESTIVAL
- 4TH MAY.**
- **SPIRITUAL OR WELLBEING STALLS FOR
OUR SUMMER EVENT
- 29TH JUNE.**







Funded by

 Department
 for Education



 thurrock.gov.uk



FREE EASTER HOLIDAY CLUBS WITH ESSEX ACTIVATE!

1st April - 12th April

Eligible school aged children and young people are invited to book onto FREE, fun-filled activity clubs who are run by a network of locally, trusted organisations and brought to you by Active Essex, Essex County Council and Thurrock Council, on behalf of the Department for Education!



IS MY CHILD ELIGIBLE?

Clubs offer spaces to primary and secondary school aged children (4-16 years) who are eligible for benefit based free school meals. Limited spaces are available for young people who are also from 'low-income' working families, as well as children who may be vulnerable to inactivity or social isolation.

WHERE WILL THE CLUBS BE RUN?

Clubs will be running across Essex in Braintree, Basildon, Brentwood, Castle Point, Chelmsford, Colchester, Epping, Harlow, Maldon, Rochford, Tendring, Thurrock and Uttlesford!

WHAT DO THE CLUBS PROVIDE?

Clubs provide a range of different physical, enrichment and food activities to support children's physical and mental wellbeing, as well as a delicious, nutritious meal! We also offer specialist youth, SEND and mental wellbeing clubs.

HOW DO I BOOK ONTO A CLUB?

If you have received a Holiday Activities voucher code, click the link on the voucher to book your child/ren onto a club. If you're still awaiting a voucher code, please contact your school. If you aren't eligible for a Holiday Activities voucher as your child/ren do not receive benefits based free school meals, please contact a local club directly to book on by heading to our website below.

www.activeessex.org/children-young-people/essex-activate



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Passmores Academy Charity
No Child Without
Registered Charity No: 1152609

WE NEED YOUR SUPPORT

- Passmores Academy established our charity, No Child Without in 2013
- **No Child Without aims to provide financial support for young people across Harlow in order to help them access educational and extra-curricular opportunities that may usually be beyond their means.**
- No Child Without believes that no child should miss out on any opportunity within their education due to financial circumstances that are out of their control.
 - **No Child Without exists to aid young people to achieve their potential.**
- **Providing a young person with an opportunity can make a huge difference to their lives. It can provide them with motivation and inspiration which, in turn, will lead them to having improved aspirations.**

ESSEX residents are being invited to nominate a charity to receive £1,000

Now in it's sixth year, the BENEFACT GROUP's Movement for Good Awards has given charities across the UK and Ireland more than £5million since 2019, with winners drawn randomly from online nominations.

Therefore, the MORE times NO CHILD WITHOUT is nominated, the greater it's chance of success.

Nominations can be submitted online as follows:

Google:	www.movementforgood.com
Click On:	Nominate Now
Then Click On:	Nominate a Charity for £1000
Type In:	No Child Without (Press Search)
This Will Appear:	115609 NO CHILD WITHOUT
Select Charity Type:	POVERTY
Fill in:	Full Name:
	Email Address:
	Location = (Select) Essex
	Age:
	Who Are You = (Select) Supporter

The Next Draw is on Monday 18th March 2024
Nominations will also roll over to Future Draws
THANK YOU!

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)

Forthcoming Events:

Wednesday 20 th March	Year 9 KS4 Options Evening 5.30 – 8.00pm
Thursday 28 th March	Last day of term – 12.30pm finish
Friday 29 th March – Friday 12 th April	Easter holidays
Monday 15 th April	INSET DAY



Natalie Christie

Principal of Passmores Academy

TEACHarlow

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