

Principal Letter

Spring Term 2024

Week Ending Friday 22 March 2024

Issue 24



Dear Parent(s)/Carer(s)

It was lovely to see so many of you at our KS4 Options Evening this week, there was such a positive atmosphere with lots of discussion about which subjects to take next year. This is an exciting, but also daunting time, to make sure the decisions are right; remember that there is time and support for any young people who need some additional advice.

On Monday, we welcomed visitors from the Local Authority who were here conducting an Inclusion Review. As with Ofsted, they talked to a range of staff, parents, students and governors to gather evidence of our inclusive practice – of which there was lots of course! What came out strongly from the student panels was how much they valued the vertical tutor groups, especially the opportunity to talk to older students. That chance to see first hand what they are going through but then being able to talk of their experience, for example the options process, was seen as invaluable. I am sure all our year 10s are providing welcome advice and guidance at this time.

So, we have three and a half days to go – next Thursday will be a welcome arrival! We will of course finish with our celebration assemblies and flood the newsletter with names galore. Until then, have a good weekend.

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TOP PASSMORES POINTS ACHIEVERS**Friday 15th – Thursday 21st March 2024**

Rachel Ricketts	Year 7	58
Sophia Clark	Year 7	58
Emile Jankauskaite	Year 7	55
Ethan Toku Appleton	Year 7	52
Jasmine Rowlett	Year 7	52
Lana Urman	Year 7	52
Mason Bartram	Year 7	51
Josh Archer	Year 7	50
Casey Mirza	Year 7	49
Shakil Surer	Year 7	49

Ryan Youens	Year 8	68
Freya Onslow	Year 8	61
Charlie Brown	Year 8	57
Max Surtees	Year 8	57
Ronel Sowunmi	Year 8	53
Demar Potgieter	Year 8	52
Gracie Morris	Year 8	51
Ruben Kiss	Year 8	51
Melody Everett	Year 8	49
Erik Andersons	Year 8	48

Beth White	Year 9	49
Savannah Bullard	Year 9	43
Joanne Aiyamenkhue-edigin	Year 9	42
Jack Wiggins	Year 9	41
Rio Ramadan	Year 9	41
Able Joes-Adom	Year 9	40
Benjamin Dack	Year 9	40
Bailey Rossiter	Year 9	37
Ian Budka	Year 9	37
Joshua Cobie	Year 9	36
Louis Dinnell	Year 9	36

Angel Fernandes	Year 10	73
Sam Wix	Year 10	68
Bobby McDonald	Year 10	55
Molly Croome	Year 10	53

Katie Mahon	Year 10	50
Taylor-Grace Maycock	Year 10	49
Lacey-Mae Stafford	Year 10	47
Ella Nicholls	Year 10	46
Keira Webb	Year 10	44
Tamzin Mason	Year 10	44

Freya Nash	Year 11	56
Madeleine Hooker	Year 11	49
Eloisa Bellamy	Year 11	47
Ellie Green	Year 11	44
Karys Bailey	Year 11	41
Carter Laporte	Year 11	40
Jackson Iona	Year 11	39
Lexi Bowles-Millar	Year 11	39
Renea Coppeard	Year 11	37
Heidi Peppard	Year 11	35

HOUSE PASSMORES POINTS

Monday 26th February – Thursday 21st March 2024

Dragon	19611
Griffin	18032
Lion	19758
Unicorn	18849

YEAR GROUP ATTENDANCE

Friday 15th – Thursday 21st March 2024

	Average Attendance
Y7	91.44%
Y8	86.88%
Y9	89.55%
Y10	88.77%
Y11	83.57%
Whole School Attendance	88.07%

PASTORAL UPDATE

In the News: International Day for the Elimination of Racial Discrimination

This week, students were informed about the International Day for the Elimination of Racial Discrimination, observed on Friday, March 21st. Through discussions and activities, students learned about the significance of this day and the ongoing efforts to promote equality, diversity, and inclusion within our school community and beyond. This initiative highlights the importance of respect, empathy, and understanding in fostering a culture of inclusivity and acceptance.

Thought for the Week: Mental Health Ambassadors and Drop-In Clinics

In our "Thought for the Week," students learned about our dedicated Mental Health Ambassadors and the vital role they play in supporting the well-being of our school community. Students gained insight into who the ambassadors are and the services they provide, including the new drop-in clinics held every Tuesday. These clinics offer a safe and confidential space for students to seek support and guidance for any mental health concerns they may have.

Other Events: Positive Phone Calls, Golden Tickets, and Toilet Etiquette Assembly

In other news, staff members have been busy making positive phone calls home to acknowledge the achievements and contributions of some of our Year 7 students. This initiative celebrates students' efforts and reinforces positive behaviour and academic progress. Additionally, golden tickets were awarded to students who have been actively participating in extracurricular clubs and activities, promoting engagement and involvement outside of the classroom.

On a slightly more concerning note, the Year 7-11 boys attended an assembly about the importance of toilet etiquette and the concerns surrounding their behaviour while playing football at lunchtimes. This assembly provided an opportunity for students to reflect on their actions and understand the impact of their behaviour on the school environment and community.

As we conclude another week filled with learning and engagement, we remain committed to fostering a supportive and inclusive school environment where every student feels valued, respected, and empowered to thrive.

Looking ahead: Next week

In tutor time next week, students will explore conflict resolution. We also have the Principal's Challenge Trip and a non-uniform day for the winning House in each year group to look forward to!

Pass News - https://youtu.be/XqhLvlk_p_w?si=VGRKxSVIx5SSDoV8

SPORT / PE UPDATES

No current updates

SUBJECT INFORMATION / UPDATES

History

28 year 9 students took part in an exciting history project last Tuesday in partnership with the Holocaust Educational Trust. Using virtual reality sets, and an online virtual interview with a Holocaust survivor, the students were able to interact positively with his story and experiences. Our students participated with enthusiasm and great interest, asking many perceptive questions and offering excellent insights into what they had experienced. Our visitors were impressed with the knowledge and skills of our students and commented upon how they were a credit to the school.

Mr Pickering

MATHS PROBLEM OF THE WEEK

The stem and leaf diagram gives the heights, in cm, of some potato plants.



(a) Write down the greatest height.

.....

(b) Write down the mode.

.....

(c) Find the median.

.....

CAREERS NEWS

Year 10

Long Road Sixth form in Cambridgeshire have their open events for year 10 students going into year 11 on the 2nd and 3rd July. You can book your free ticket on [BOOK NOW: Long Road Open Evenings 2 & 3 July 2024, 5pm – 9pm](#). Long Road, only usually offer their open events in the summer term. If you have any questions you can email the sixth form at hello@longroad.ac.uk.

Year 10 Work Shadowing Day - 2nd May 2024

This is the final reminder that consent forms for the work shadowing day need to be handed in by the **deadline of Thursday 28th March** to Mrs Kay, or Mrs Bassett. Unfortunately any students handing in forms after this date will not be allowed to go.

Years 10 & 11

Harlow College open event - Weds 24th April 5pm-8pm

Showcasing Vocational courses, A Levels, T Levels, Apprenticeships, HTQs, SEND and Adult & Part-time courses.

Tickets are available on Ticket Source: <https://www.ticketsource.co.uk/harlow-college/e-rapxqa>

Stansted Airport College open event Weds 1st May 5pm – 8pm

Showcasing courses as well as their unique relationship with London Stansted Airport and their employers based at the Airport.

Tickets are available on Ticket Source: <https://www.ticketsource.co.uk/harlow-college/e-oqlmyv>

Writtle College are inviting Year 10 and 11 students for a taste of their **Level 3 National Extended Diploma in Sport Coaching and Development with Female/Male Football Academy** course. This taster session will be led by coaches from Leyton Orient FC, to give students a taste of the course. They will be running two separate sessions on Tuesday 9th April for boys and girls.

Agenda :

9:30-9:50 Arrival and registration

9:50 - 10:05 Introduction to Writtle College

10:05 - 10:15 Introduction to Leyton Orient

10:15 - 11:15 Football Training with Leyton Orient coaches

11:15 -11:30 Debrief, competition and prizes

[Click here](#) to book your place on the Male Football Session

[Click here](#) to book your place on the Female Football Session

Revision Help & Support

Has your child got GCSE and A-Level exams coming up and do they want to learn how to create the perfect revision timetable? Success at school are offering a FREE Revision Masterclass with Liverpool John Moores University on the 26 March from 6:30-7:30pm. Sign-up using the link below:

<https://successatschool.us3.list-manage.com/track/click?u=2c038531b25876a2c7c9cf8b1&id=84402c724f&e=36ec35cd30>

ANY OTHER INFORMATION



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**

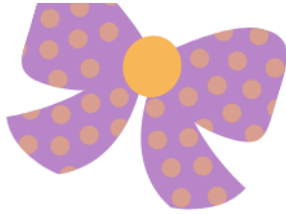
Year 7 - Year 11 @ 3:30pm - 4:15pm

www.meridiankungfu.com



**Book your FREE 2 week
trial now!**

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



FRIENDS OF PASSMORES PRESENTS

EASTER RAFFLE



tickets are available from
Mrs Cooper in Y030
£1 per ticket



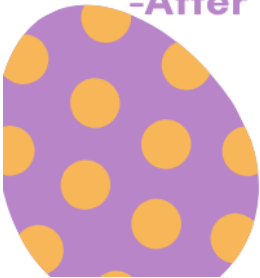
Prizes include:

-After Tea for two at Manor of Groves and Cammas Hall.

-Go Karting Voucher

-Entry to Quaser, Panic room, Glo Golf

-Hampers



Last chance to buy your tickets for the Friends of Passmores Easter Raffle, students can now buy tickets from Mrs Cooper in room Y030.

Also can you add the raffle draw to the upcoming dates at the bottom of the newsletter: 27th March.





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

ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College

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:

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
Tuesday 16 th April – Friday 26 th April	Year 10 Mocks
Wednesday 17 th April	Year 9 Parent/Carers Evening
Friday 26 th April	Options deadline



Natalie Christie

Principal of Passmores Academy

TEACHarlow

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