

Newsletter

3rd July 2026 Issue 35



Dear Parents and Carers,

Well, after a week's delay, our Sports Day finally took place today! It was a perfect day filled with cheering, singing, dancing and of course, running in the beautiful sunshine. What a fantastic way to round off what has been an awesome week. For the House winners see page 13!

There has been so much going on... Tuesday evening was the Jack Petchey Awards, where seven of our students and one member of staff were recognised. It also gave us the opportunity to showcase the cast of *Matilda Jr.* who entertained the audience with a snapshot of what is to come next week. I cannot wait to see the full show!

Before we knew it, Wednesday had arrived and our Young Carers were treated to a morning of gaming organised by the Computer Science department – a brilliant idea that the students absolutely loved.

Then on to yesterday, when the building was noticeably quieter as so many of our Year 9 & 10 students ventured out to their work placements, embracing a day of work experience. We can't wait to hear all about what they achieved.

Alongside this was the ambition of Careers Day for our Year 7 & 8 students – a day packed with opportunities to inspire, build confidence and encourage them to step outside their comfort zones. It was a chance to connect with local people and businesses, learning from their expertise and experiences. The day was a resounding success, rounded off perfectly by an inspirational talk from Dan Swords.

Finally, last night we welcomed our new Year 7 families into the Passmores community. As always, it was lovely to see former students returning through our doors as parents themselves.

It has truly been a week filled with joy, and that's set to continue as invitations for our upcoming Celebration Assemblies were sent out yesterday to the parents & carers of students nominated to receive awards. Don't forget to RSVP!

Although pub opening hours have been extended for the England game, schools are operating as normal, so we will see everyone bright and breezy at 8.45am on Monday.

Natalie Christie
Principal of Passmores Academy

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www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS

Friday 26th June to Thursday 2nd July 2026

Hynd, William	Year 7	39
Newberry, Gracie	Year 7	37
Cotorobai, Vlad	Year 7	31
Luca, Daria	Year 7	31
Morrison, Evelyn	Year 7	29
Mustafa, Maya	Year 7	29
Kozikowska, Ola	Year 7	27
Briggs, Violet	Year 7	26
Brown, Ava	Year 7	26
Lennard, Kiera	Year 7	26
Pugh, Kadie	Year 7	26
Purcarea, David	Year 7	26
Sirghe, Cristiana	Year 7	26
Wallace, Molly	Year 7	26

Rouse, Elijah	Year 8	41
McGinley, Lilia	Year 8	39
Denkewicz, Maria	Year 8	37
Charles, Kai	Year 8	36
Edwards, Joshua	Year 8	36
Unwin, Reece	Year 8	36
Aley, Dylan	Year 8	33
Karout, Nour	Year 8	33
Cooper, Ellie	Year 8	31
Moore, Poppy	Year 8	30

Toku Appleton, Ethan	Year 9	32
Lee, Isaac	Year 9	26
McGill, Harry	Year 9	25
Rogers, Mason	Year 9	25
Yusuf, Zahra	Year 9	25
Wright, Megan	Year 9	24
Aimes, Olly	Year 9	20
Green, Lewis	Year 9	20
Forde, Lawrence	Year 9	18
Goswami, Shubh	Year 9	18
McCormick, Rosie	Year 9	18

Potgieter, Demar	Year 10	26
Oprea, Maya	Year 10	25
Keen, Rein	Year 10	24
Hockley, Rhys	Year 10	21
Nicholls, Melissa	Year 10	21
Denkewicz, Jan	Year 10	20
Anfom, Chantel	Year 10	18
Benge, Maddie	Year 10	18
Da Mata, Melanie	Year 10	18
Defor, Othniel	Year 10	18
Hills, Ronnie	Year 10	18

Year Group Attendance w/c 29th June 2026

Year 7	91.29%
Year 8	87.14%
Year 9	86.79%
Year 10	83.38%
All Students	87.14%

Thought for the Week

This week's Thought for the Week saw students embrace their House identity and demonstrate outstanding House spirit ahead of Sports Day. Students reflected on the importance of teamwork, encouragement and representing their House with pride, recognising that Sports Day is about much more than simply winning events.



Sports Day plays a vital role in the holistic development of our students. It promotes physical health and wellbeing, develops resilience and character, and strengthens the sense of community that makes Passmores such a special place. Throughout the week, students were encouraged to support one another, celebrate individual and collective success, and contribute positively to their House as they prepare for one of the highlights of the school year.

In The News

In The News, students marked Drowning Prevention Week, learning valuable life-saving messages ahead of the summer holidays. Students explored why drowning remains one of the leading causes of accidental death in young people and how many incidents can be prevented through greater awareness and informed decision-making.

The sessions focused on essential water safety skills, including recognising potential hazards, understanding the importance of supervision, assessing risks around open water, and knowing how to respond safely in an emergency without putting themselves at risk. Students also learned that the aim is not to discourage participation in water-based activities, but to ensure they can enjoy them safely and responsibly. By delivering these important messages before the summer break, we hope to equip every student with knowledge that could one day save a life.

In Other News

This week, we were delighted to welcome our incoming Year 7 cohort and their families to Passmores for our Induction Evening. Students had the opportunity to meet key members of staff and, perhaps most importantly, their new tutor ahead of joining us in September.

The evening was filled with excitement as students began taking their first steps on their Passmores journey. It was wonderful to see so many smiling faces, and we very much look forward to getting to know each of them over the coming months as they become valued members of our school community.

Looking Ahead to Next Week

Next week's Thought for the Week will continue to focus on our preparations for the new academic year and the introduction of our new day structure in September.

As part of this preparation, Thursday will see the entire school operate using the new timetable and timings. This whole-school trial will provide another valuable opportunity for students and staff to experience the new structure ahead of September, allowing us to make any final refinements before implementation. A reminder of the new day structure from September 2026 can be found on the next page.

In The News, students will mark World Environment Day, exploring the importance of protecting our planet and considering the positive actions we can all take to care for the environment, both within our school community and beyond.

Timings of the school day

	Key Stage 3 Year 7, 8 & 9
Registration	08:45-08:55
Period 1	08:55-09:55
Period 2	09:55-10:55
Break	10:55-11:15
Period 3	11:15-12:15
Period 4	12:15-13:15
Lunch	13:15-13:45
PCT	13:45-14:15
Period 5	14:15-15:15
After school	Clubs (NOT MONDAYS)

	Key Stage 4 Year 10 & 11
Registration	08:45-08:55
Period 1	08:55-09:55
Period 2	09:55-10:55
Break	10:55-11:15
Period 3	11:15-12:15
Period 4	12:15-13:15
PCT	13:15-13:45
Lunch	13:45-14:15
Period 5	14:15-15:15
After school	Clubs (NOT MONDAYS)



Weekly Winners

Harry Mair
 Jaxson Henderson
 De-Maria Mensah
 George Euesden
 Harriet Butterfield
 Ellie Fleming
 David Purcarea
 Sofia Awda
 Molly Ranson
 Maisie Kerwood

Young Carers

Seventeen of our amazing Young Carers recently enjoyed a morning of gaming with the Computer Science Department as a reward for their dedication, resilience, and the important role they play in supporting their families.

The session was a fantastic opportunity for students to take some time out, relax, and enjoy a variety of games with their friends in a fun and welcoming environment. There was plenty of laughter, friendly competition, and teamwork throughout the morning, making it a memorable experience for everyone involved.

We are incredibly proud of our Young Carers and all they achieve both in and beyond school.



Tomorrow's Teachers – 29th June 2026

On Monday 29th June, our 25/26 Tomorrow's Teachers cohort completed the second half of their programme at Potter Street Primary School.

The students started the day observing and taking part in lessons at Potter Street Primary School Primary School from Year 1-6. The students took part in an array of classroom activities and got a real glimpse into the day in the life of a teacher in a Primary School and how it varies from KS1 to KS2. Students supported in an array of classroom activities as follows: phonics, reading, story writing, PE, spelling, maths and pie charts.

The cohort returned to Passmores in the afternoon to complete the final two sessions of the day, which included exploring and researching the varieties of routes into teaching - looking at school based placements to university degree routes. This session allowed students to begin to consider the route they wish to follow into teaching. Students also had the opportunity to explore and research how teacher salaries and pay scales work. The second session was focused on allowing students to consider and research how they can begin building their CVs to support their applications into teaching for their desired routes.

The cohort have been fantastic across both sessions - it has been a pleasure completing the Tomorrow's Teachers programme with them.

Miss Palmer and Mr Walsh

Jack Petchey Achievement Awards

On Tuesday 30th June, we celebrated our Jack Petchey Achievement Award winners at the annual awards ceremony.

The Jack Petchey Achievement Awards recognise young people who have shown outstanding effort, resilience, commitment, and a positive contribution to their school or community. We are incredibly proud of all of our winners and the achievements that earned them this well-deserved recognition.



A special congratulations also goes to our very own Alfie Owens, who received a Jack Petchey Leadership Award in recognition of his hard work, dedication, and commitment to running the Youth Club. Alfie has made a real difference to the lives of younger students through his enthusiasm, leadership, and willingness to give his time to others.

Congratulations to all of our award winners – we are incredibly proud of you!



Jack Petchey Awards Evening – Matilda Jr. Showcase

On Tuesday 30th June, 62 members of the cast of Matilda Jr took to The Harlow Playhouse stage to perform 'Miracle' and 'Revolting Children' at the Jack Petchey Awards Ceremony.

They wowed the audience with their energy and talent, showing exactly why we will be performing to 3 sold out audiences next week!

Here's a little sneak peak or our wonderful cast in action...



Year 7 & 8 Careers Day – What a Success!

A huge thank you to all of our fantastic visitors who gave up their time to deliver engaging and interactive workshops throughout the day. Your support helped inspire our students and gave them a valuable insight into a wide range of careers.

A special thank you to:

- ✦ Barclays
- ✦ Chas Berger
- ✦ Dave Mulvey (School Governor)
- ✦ David Lloyd
- ✦ DWP
- ✦ Essex Police
- ✦ The Hill Group
- ✦ Princeps
- ✦ Sea Cadets
- ✦ Stansted College
- ✦ Royal Holloway University
- ✦ Home from Home
- ✦ Talent Foundary

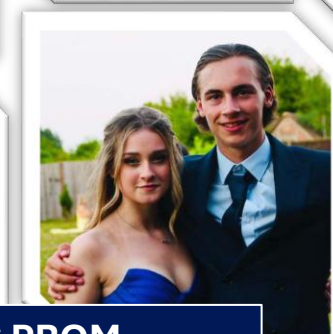
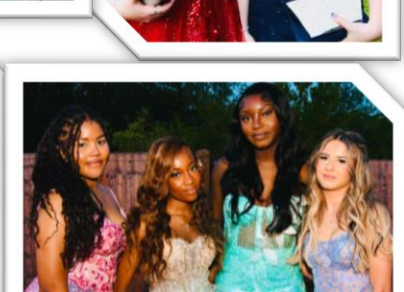


We would also like to thank our amazing staff and students, who worked incredibly hard to make the day such a success. From hospitality and journalism to drama and a fantastic carousel of science activities, there was something to inspire everyone.

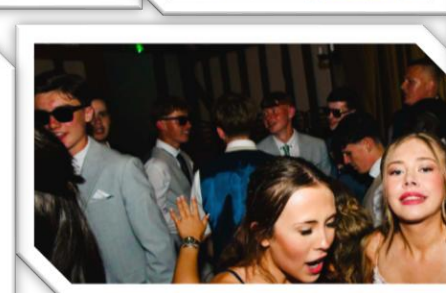
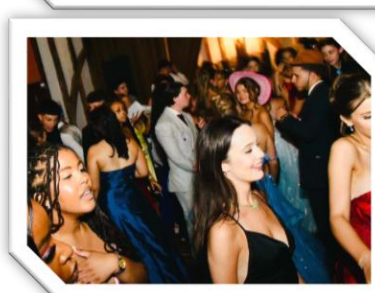
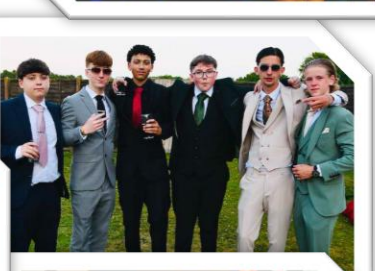
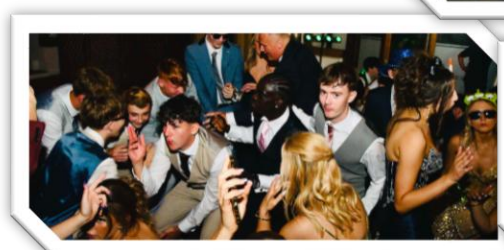
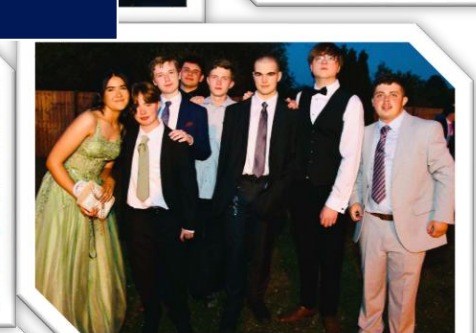
The day ended with a motivational talk from Dan Swords, Leader of Harlow Council, followed by a lively Q&A session. Our students had so many fantastic questions that we ran out of time! Topics ranged from Harlow's new skate park and building work on the new music venue to Marks & Spencer and even potholes!

Thank you to everyone who made the day such a memorable experience. We hope our students left feeling inspired and excited about their future pathways.

More photos along with testimonials from our staff, students and visitors will follow next week...



YEAR 11 LEAVERS PROM



Year 6, 7 & 8 SUMMER BBQ & ROUNDERS

WEDNESDAY
15 JULY

In order to secure
your child a place,
please sign up via
the QR code or
click the link [here](#)
no later than
Monday 6th July
2026.



BBQ

ALL YEAR 7 EVENTS



Passmores Academy

3.45PM

All of the family welcome
Please book via the QR code or
<https://www.ticketsource.co.uk/passmores-academy>



Year 6, 7 & 8 DISCO



In order to secure
your child a place,
please sign up via
the QR code or
click the link [here](#)
no later than
Monday 6th July
2026.

Let's
Celebrate!

JULY

15

6 PM - 8 PM



PASSMORES ACADEMY MAIN HALL

[WWW.TICKETSOURCE.CO.UK/PASSMORESACADEMY](https://www.ticketsource.co.uk/passmoresacademy)

Dear PCLC Family, Parents & Carers,

Graham & Charlie Dowers (Paringdon) are taking on two cycling challenges this year as part of their annual fundraising mission in memory of their Nephew/Cousin, Greg and to raise much needed funds for The Chocolate Run, a charity that I Chair and that hosts a Drop-In every Sunday evening (5-7pm) where Harlow's Street Homeless & Vulnerably Housed can get a hot meal/dessert and companionship. Greg was a very popular Chocolate Run guest until July 2022 when he sadly died.

The Poplar Kitten has offered their support by hosting alternating QUIZ and BINGO nights every Wednesday evening (from 7.15pm) every week throughout June, July & August.

The Chocolate Run Trustees are very grateful to all involved and are keen to invite as many staff, parents, and carers to take part, either alone or as part of a group - I promise you will have a great time whilst raising money to help others.

Jo Busson
CHAIR
The Chocolate Run

POPLAR KITTEN

CHARITY NIGHTS

EVERY WEDNESDAY EVENING

From now until September!

SUPPORTING CHARLIE & GRAHAM'S BIKE RIDES IN THE SUMMER

QUIZ ONE WEEK – BINGO THE NEXT – ALTERNATING EVERY WEEK!



QUIZ NIGHT

TEST YOUR KNOWLEDGE
GREAT PRIZES TO BE WON!



BINGO NIGHT

EYES DOWN FOR FUN
GREAT PRIZES TO BE WON!

ALTERNATING EVERY WEDNESDAY!

RAISING MONEY FOR CHARITY



CHOCOLATE RUN HARLOW

Supporting: Chocolate Run Harlow
helping homeless and vulnerably housed people in Harlow.

AIDING HOMELESS PEOPLE & THE VULNERABLY HOUSED IN HARLOW

BECAUSE EVERYONE DESERVES A CHANCE

OUR ANNUAL RIDE

HARLOW TO CLACTON

THE BIG CHALLENGE

LONDON TO PARIS 2026

At The **POPLAR KITTEN**
TAWNEYS ROAD, HARLOW, ESSEX, CM18 6PN

COME ALONG, HAVE FUN & HELP US MAKE A DIFFERENCE!

 **DONATE HERE:**

EAT ★ DRINK ★ PLAY ★ SUPPORT CHARITY *you!*
SUPPORT GRAHAM & CHARLIE'S CHARITY RIDE
www.justgiving.com/page/graham-dowers-3
Every donation helps us make a real difference.



Thank you for your support!



ATTENDANCE DROP IN

WHERE? Y103 ATTENDANCE OFFICE (OPPOSITE L101)

WHEN? EVERY WEDNESDAY BREAK TIME

WHO WITH? MRS LAWSON, MRS EKE & MRS SAVIDGE

**COME AND JOIN US TO FIND OUT MORE ABOUT YOUR
ATTENDANCE AND WHAT IT MEANS.**

**ARE YOU WONDERING HOW CLOSE YOU MIGHT BE FOR A
REWARD TRIP?**

DO YOU HAVE A PERSONAL GOAL?

DO YOU HAVE ANY WORRIES AROUND ATTENDANCE?

WE ARE HERE TO HELP



SPORT / PE UPDATES

With Sports Day drawing to a close as the end-of-day bell rang, it was a fantastic celebration of teamwork, determination and House spirit.

The sunshine provided the perfect backdrop as students gave their all, while the cheering, singing and encouragement from the sidelines created an incredible atmosphere throughout the day.

Photos will follow next week, but for now, it's a huge congratulations to everyone who took part, and a special well done to **Dragon House**, who were crowned this year's Sports Day champions!



Changing Lives This Summer – Get Moving Outdoors!

Join us from 6th July through to September for our exciting outdoor gym sessions at Harlow Town Park — designed to bring communities together, boost wellbeing, and make fitness fun for all ages!

Led by a Team GB athlete, these sessions are all about getting active in the fresh air while building confidence, strength, and connection.

Session Times:

Mondays at 4pm – Family sessions (perfect for parents & children to enjoy together!)

Tuesdays at 10am – Adult sessions

Whether you're looking to improve fitness, spend quality time with your family, or simply enjoy the outdoors, these sessions are for you.

Book your place now: www.clcs.org.uk

Let's move more, feel better, and change lives together this summer!

Changing Lives
Community Services

Active Essex

**OUTDOOR GYM
FREE SESSION**

Harlow Council
Working together for Harlow

FAMILIES

- Mondays 4pm to 5pm
- Team GB trainer
- Fun Get fit classes
- All Fitness Levels
- 10 structures sessions
- July to September

ADULTS

- Tuesdays 10:00 to 11:00
- Team GB trainer
- Fun Get fit classes
- All Fitness Levels
- 10 structures sessions
- July to September

Book Sessions online

07495 696 878 / 07876 352 025

www.CLCS.org.uk / B.doyle@clcs.org.uk

Harlow Town Park

Apprenticeship Hub Live Session:

Getting Ahead: Preparing for Next Academic Year - 8th July 6:15pm - 7pm

Want to feel more confident about the year ahead and start planning your future early?

Join us for **Getting Ahead: Preparing for Next Academic Year**, a free online event delivered in partnership with **Essex Apprenticeship Hub** and **Pathway CTM**. This session is designed to help students feel informed, prepared and motivated as they look ahead to the next academic year and begin thinking seriously about their future options.

Register [here](#)

ANY OTHER INFORMATION

KEY CONTACT INFORMATION

School Address

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

Main Telephone

01279 770800

passmores@passmoresacademy.com

Student Absence

Report via the  Arbor app

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](#)

Reporting An Absence

If you need to report your child absent from school, please ensure you are following the correct procedure on Arbor.



If notifying us via the app:

- Click on the 3 lines (at the bottom left of the dashboard).
- Log Absence (green bar at the top)
- Complete the information and click 'Log Absence'

If notifying us from a web browser:

- Click on the 'Quick Actions' button
- Click 'Attendance'

FORTHCOMING EVENTS

Tuesday 7 th , Wednesday 8 th , Thursday 9 th July	School Production of <i>Matilda Jr.</i>
Friday 10 th July	Principal's Challenge Trip
Monday 13 th July	DRAGON Celebration Assembly
Tuesday 14 th July	GRIFFIN Celebration Assembly
Wednesday 15 th July	LION Celebration Assembly
Wednesday 15 th July	Year 6-8 Rounders, BBQ & Disco
Thursday 16 th July	UNICORN Celebration Assembly
Friday 17 th July	End of Term Early Finish for Students

Your School Nursing Service

Someone you know and can trust...

Your School Nursing Service can work both in and out of School to help provide or find you support about:

Keeping Healthy

Immunisations

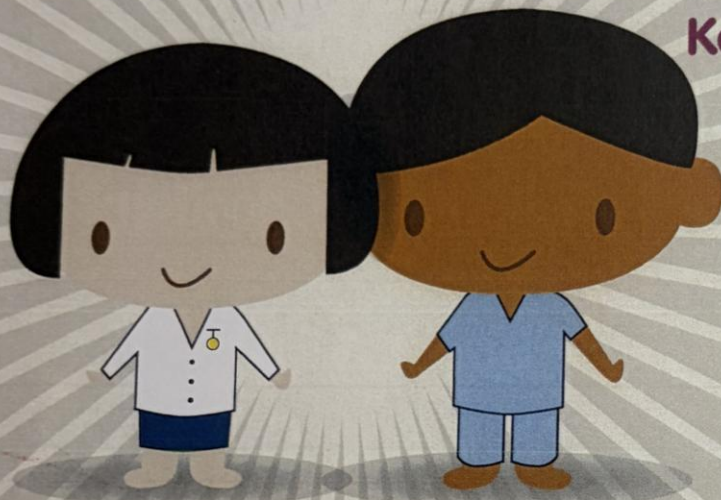
Emotional Health

Weight Management

Sexual Health

Drugs and Alcohol

Smoking



We can also help make sure that young people with disabilities, long term illness, or other needs can receive extra support when they need it. If we can't provide the help ourselves, we will connect you with someone who can.

Confidential

We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone else from serious harm. Whenever possible we would discuss this with you first.

Qualified

School Nurses or Specialist Community Public Health Nurses are qualified nurses or midwives with specific graduate level education, and work with a team to support you.

Non Judgemental

We are here to help, not to judge.

When and Where can I Access my School Nursing Service?

Every Tuesday

10.55 – 11.45 am

In the A/C.

Bereavement support for children



Helping 5- to 15-year-olds navigate grief through creativity, connection and understanding.

FREE SUMMER WORKSHOPS
29 July
12 August

Hastingwood,
CM17 9JX



Make a referral

stclarehospice.org.uk/bereaved-children
bereavement@stclarehospice.org.uk

Has your child experienced the loss of a family member, friend or someone significant in their life?

Led by St Clare Hospice's family therapist and specially trained bereavement volunteers, our gentle, creative bereavement workshops provide a safe and supportive space where children can:

- Explore and express their feelings
- Remember their special person
- Build confidence and resilience
- Meet other children with similar experiences so they know they are not alone



Wind Chimes of Remembrance

**Wednesday 29 July
2.30pm to 4.30pm
For ages 5 to 15**

Children will create their own personalised wind chime as a meaningful keepsake to remember someone special. Through creative activities and gentle conversation, we'll explore memories, emotions and ways to stay connected to those we miss.

Spaces are limited. A referral is required to be considered for a place.

The Colour Monster: Music, Art and Movement

**Tuesday 12 August
2.30pm to 4.30pm
For ages 5 to 11**

Inspired by the popular Colour Monster books, children will explore emotions linked to grief through music, art and movement. Together we'll discover that all feelings are welcome and learn healthy ways to express and manage emotions while having fun and connecting with others.



Make a referral

stclarehospice.org.uk/bereaved-children
bereavement@stclarehospice.org.uk

10 Top Tips for Parents and Educators

SAFETY ON THE ROAD

Traffic-related incidents are a significant risk for young pedestrians and cyclists, so understanding road safety is crucial for children's wellbeing. While all road users share responsibility for keeping one another safe, this guide offers strategies for empowering young people to navigate the roads confidently and responsibly.

1 TAKE PRACTICE JOURNEYS

Making 'practice' journeys with children is a great way to help them stay safe, thereby modelling responsible behaviours and having road safety conversations as they prepare to travel independently. Add hazard perception activities like spotting electric vehicles – which may have a green number plate – and point out how quiet they are. Children learn by watching others; remind them that their peers might not always be the best role models.

2 BE BRIGHT, BE SEEN

Visibility is lower during darker winter days, and drivers need to take extra care to look out for pedestrians. Wearing bright and reflective clothing can help make children more visible to drivers near roads. In poor daylight conditions, encourage children to wear light, bright or fluorescent clothing. When it's dark, wear reflective clothing or materials such as a reflective armband or jacket.

3 EYES UP

Encourage children to look up and keep their eyes on the road. Teach them to constantly watch for traffic and practise double-checking the road before crossing – looking right, left and then right again.

4 LIMIT DISTRACTIONS

Where possible, devices like phones should be kept away from children while out and about near roads. If they're carrying devices, these should be put away until they've reached their destination. Children must also avoid playing with toys or being distracted by friends. If a friend wants to show them something funny on their phone, there'll be time for that once they've safely arrived.

5 SLOW DOWN

Discuss the importance of waiting instead of crossing immediately. It can be tricky to judge the speed of traffic and spot obstacles that could cause a trip or a fall. For safety, children must stop and think before they get to the kerb and should always walk – not run – when crossing the road. They should avoid crossing until they're certain they have plenty of time. Even if traffic seems a long way off, it could still be approaching very quickly.

6 STOP BEFORE THE KERB

Teach children to stop before reaching the kerb – not right at the edge of it. Halting before they get to the kerb allows them to see if anything's coming, whereas getting too close to traffic is dangerous. If there's no pavement, children should stand back from the road's edge but ensure they can still see approaching traffic.

7 CROSS SAFELY

Children should always find a safe spot to cross the road, prioritising zebra crossings or pelican crossings, footbridges and subways. Find a place where they can see traffic coming from both directions. Avoid crossing near junctions, bends in the road, or obstacles that block their view. Instead moving to somewhere they can see and be seen. Remind them to use their eyes and ears together when checking the road, as sometimes they can hear traffic before they can see it. Looking and listening while crossing helps them quickly spot traffic, including cyclists and motorcyclists driving between other vehicles.

8 PARKED VEHICLES

Crossing between parked vehicles is very dangerous. Teach children to use extra caution if crossing in this way, and, ideally, avoid it altogether. They should use the outside edge of a vehicle as if it were the kerb, waiting and checking for traffic before moving. They should ensure vehicles aren't about to move, by looking for drivers in the vehicles and listening for engines running – but remember that electric vehicles may move off silently. They should always make sure there is a gap between any parked vehicles on the other side, so they can reach the pavement.

9 REVERSING VEHICLES

Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

10 WAIT FOR THE BUS TO LEAVE

When getting off a bus, children must wait for it to leave before crossing so they can have a clear view of the road in both directions. This also allows them to see and be seen by other road users. Crossing near large vehicles is particularly dangerous and should be avoided.

Meet Our Expert

THINK! is a year-round national campaign that aims to encourage safe road behaviours – whether we're driving, cycling, horse riding or walking – with the aim of reducing the number of people killed and injured on the UK's roads each year. Find out more at: <https://www.think.gov.uk/education-resources/>



#WakeUpWednesday®

The National College®



SA FOUNDATION

WOMEN'S WALKING FOOTBALL

FUN. FRIENDLY. FOR EVERYONE.

Join SA Foundation (SAF) for **FREE** women's walking football sessions and be part of something amazing!



Get active in a fun, relaxed and supportive environment



Improve your health, fitness and wellbeing



Meet new people and be part of a great community



STARTING MONDAY
15TH JUNE – 27TH JULY



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



EVERY MONDAY
Time: 5:00pm – 6:00pm



For women 18+
All abilities welcome!

FREE
TO TAKE PART!

**BOOK YOUR PLACE
TODAY!**

Spots are limited –
scan the QR code or
use the link below to book:



<https://book.EnglandFootball.com/Kickabout18/safoundation/Summary/ba64c5ea-50de-4537-a779-242a7f5a8ad3>



safoundation.co.uk



@safoundationuk

**STRONGER TOGETHER
THROUGH FOOTBALL**