

Newsletter



17th October 2025 Issue 07



Dear Parent/Carers,

Drum roll everyone....today we celebrated our newly appointed Deputy Head students. The caliber of everyone that applied for the roles was exceptional and all of them would have been worthy winners. Our thanks to all of them for embracing the process and being the best version of themselves. However, there can only be two winners, and they are ... announced on page 4 of the newsletter.

As always, our tours have been hugely popular for prospective year 6 parents and students, it is hard to believe that we have toured 230 people since the start of term! Because they have been so oversubscribed, we have added a new date for next Tuesday 21st October. With the deadline for applications drawing ever closer, if you, or someone you know, is still keen to come along just contact reception and we can get you booked in.

With our drive on improving the way our girls have been wearing their skirts, this has resulted in many moving to trousers. Just to confirm that we have allowed for these to be black, as getting grey trousers is difficult. Half term may be the perfect opportunity to go shopping if needs be, don't forget that we break up next Wednesday.

And finally, to our Hindu community, we wish you all a happy Diwali for next week.

Natalie Christie
Principal of Passmores Academy

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USEFUL LINKS

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www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS

Friday 10th to Thursday 16th October 2025

Luca, Daria	Year 7	89
Hurlock, Anthony-James	Year 7	88
Pashae, Arian	Year 7	83
Spence, Lyla	Year 7	81
Valasimaite, Dinara	Year 7	81
Wilsher, Caleb	Year 7	80
Costantinou, Vinny	Year 7	78
Gold, Flo	Year 7	78
Ward, Ryan	Year 7	78
Burgess, Cian	Year 7	77

Wang, Ivan	Year 8	99
Denkewicz, Maria	Year 8	87
Egemen, Zelal	Year 8	87
Bricknell, Oscar	Year 8	84
Last, Charlotte	Year 8	84
Mickevic, Nikas	Year 8	84
Payton, Summer	Year 8	80
Adesina, Daniel	Year 8	77
Owen, Amelie	Year 8	76
Powell, Jessie	Year 8	76

Surtees, Amelia	Year 9	84
Morgan, Dexter	Year 9	83
Aimes, Olly	Year 9	82
Gjoni, Leart	Year 9	82
Bozkurt, Saner	Year 9	78
Crutchlow, Sam	Year 9	77
Groves, Dexter	Year 9	76
Toku Appleton, Ethan	Year 9	75
Ricketts, Rachel	Year 9	71
Culling, Lexi	Year 9	69
Wright, Megan	Year 9	69

Benge, Maddie	Year 10	76
Abbott, Sofia	Year 10	69
Potgieter, Demar	Year 10	68
Allen, Mia	Year 10	66
Babb, James	Year 10	66
Andersons, Erik	Year 10	65
Butler, Patrick	Year 10	65
Silva Magri, Nicolas	Year 10	65
Youens, Ryan	Year 10	65
Redding, Jack	Year 10	64

Francis-Melvin, Sid	Year 11	74
Wejman, Dawid	Year 11	67
Zuy, Bogdan	Year 11	56
Egbo, Francis	Year 11	53
Hymas, Harvey	Year 11	52
Morris, Elissa	Year 11	50
Zalinski, Adrian	Year 11	50
Dinnell, Louis	Year 11	49
Farhan, Hassan	Year 11	49
Ball-Parrish, Maizie	Year 11	48

Year Group Attendance w/c 13th October 2025

Year 7	95.81%
Year 8	92.48%
Year 9	88.93%
Year 10	87.6%
Year 11	87.85%
All Students	90.55%

Thought for the Week...

This week marked Part 3 in our Black History Month celebrations. The focus was on celebrating contemporary Black role models — individuals who are making history today through their achievements, leadership, and positive influence.

Students explored how these modern-day figures inspire others and challenge stereotypes that still exist in society. The session encouraged everyone to reflect on the importance of equality and equal opportunities for all.



We also discussed how, while many Black people in the UK may share experiences such as racism or cultural similarities, everyone has a distinct identity shaped by their background, interests, and circumstances. This idea connects to intersectionality — the understanding that different forms of oppression and privilege intersect, creating unique lived experiences for each person.

The key message was clear: we must listen to all voices, value every story, and avoid making assumptions about others' identities or experiences.

In the News

This week, students experienced one of our British Values — democracy — in action, as the school community voted for our new Deputy Head Students.

The standard of candidates was exceptional, and all those who took part did themselves and the school proud. Their speeches and campaigns reflected their passion for making a difference at Passmores.



We look forward to the announcement and celebrating our newly elected student leaders.

Other News

Our Year 11 students continued exploring post-16 opportunities with an assembly from Sir Frederick Gibberd College Sixth Form (SFG). This was another valuable opportunity to learn about the different pathways available after GCSEs.

There was also great excitement across the school as the Passmores Points Shop made its long-awaited return! Students were able to cash in their hard-earned Passmores Points for a range of sweet treats and prizes.

As always, we have learned a great deal from running the initiative and will make a few tweaks to ensure it's even better next half-term. It was fantastic to see so many students rewarded for their hard work and positive attitude.

Passmores
Points Shop



Looking Ahead to Next Week...

Next week brings another busy and exciting line-up across the school:

- Thought for the Week will explore the history of Halloween.
- In the News will conclude our Black History Month series, rounding off a month of meaningful reflection and learning.
- Years 7 and 8 will take part in a Halloween and Fire Safety Assembly, helping students stay safe during the festivities.
- Our Year 10 Rising Futures cohort will take part in their second coaching session, building on their personal and academic goals.
- And finally, there will be a Non-Uniform Day for the winning House in each year group — a well-deserved celebration of teamwork and house pride! 🐉 🦁 🐼 🐾



Weekly Winners

Amelia-Mae Bonwick
Kian Meadows
Violet Porter
Lucy Wright
Jamie Donovan
Megan Labalpiny
Ethan Armstrong
Sofia Holcroft
Reggie Gould

Deputy Head Student Success!

We are delighted to announce that our new Passmores Academy Deputy Head students are **Lacey Blackshaw and Othniel DeFor.**

Students in the final shortlist were involved in a rigorous process which included writing their application, data scrutiny, staff feedback, an interview by a member of the school leadership team, presenting their vision to a member of the academy governing body and creating their own promotional video.

The student body voted in pastoral curriculum time yesterday and voting papers were eagerly counted with the result announced this afternoon to the whole school.

Congratulations Lacey and Othniel in your new roles!



Drama

Well, it's been another week of live theatre for our drama students. Thursday evening's trip to the London Apollo to see *Punch* was informative, engaging and emotional. It's the true story of James Hodgkinson's death caused by a young lad called Jacob Dunne. Set in Nottingham it tells the story of Jacob's background and circumstances, leading up to the point where he punched James, who'd been to see a cricket test match with his dad and friends, in a brawl outside Yates back in 2011, causing his death 9 days later. The story is one of redemption, following his death, James's parents built a relationship with Jacob through the restorative justice system, and helped him turn his life around, making sure their own son's death built a positive legacy.



The cast of six actors worked incredibly hard to deliver a variety of characters involved in the story, covering Jacob's mother, peers from his housing estate and law professionals, all while the actor playing Jacob told his story alongside the perspective from James's parents. *Punch* is a piece of Story Theatre, it combines narration delivered directly to the audience by 'Jacob' and covers a period of about 10 years. The play was powerful and, no pun intended, punchy. The pace was fast as we moved from housing estate to homes, to college and courtroom. Pupils were riveted to their seats as the story raced along and we encountered the (real) people involved.

The purpose of the play was to continue to raise awareness of the 'one punch', reaching out to (mostly) young men about the gambles they take once they engage in physical altercations, with their own lives and the lives of their opponents. Sadly, Jacob's story is not unique, over 60 people have died from one punch incidents. More information can be found online if you are curious, simply search James Hodgkinson or Jacob Dunne; there are news stories and video interviews with Jacob and James's parents.

Once again, pupils represented Passmores beautifully whilst out in public, and there were some wonderful conversations had about the staging and direction during the interval and on the way home.

Our next trip will be to Hertford Regional College to see their performing arts students deliver some pieces inspired by different theatre practitioners, another valuable learning opportunity for our GCSE pupils. Year 7 and 8 will be receiving letters about this year's Panto trip in the coming week or so, where we head over to Harlow Playhouse for the afternoon to see *Sleeping Beauty*. Keep your eyes peeled on Arbor for the letter and be sure to secure your place early. It's always a wonderful afternoon and sets the tone for the run up to Christmas at school beautifully.

Karen Warncken
Head of Drama



Year 8

During P1 today all our year 8 students watched a performance by Upfront Theatre Company called "In Harm's Way".

The production started with an introduction to clarify some of the facts, figures and myths surrounding mental health.



The play follows the friendship of three year 9 students over a two-year period. It explores mental health, coping mechanisms and emotional well-being. Through separate struggles with self-harm and risky behaviour in various forms including drugs, alcohol and online relationships, they explore the dangers, consequences and help available for some of these problems.

Following the play, the actors facilitated a 30-minute post-show lecture. They went through the main issues and identified any questions prompted by the story. They replayed key scenes from the play and invited students to impart advice to a character putting herself in risky situations by experimenting with drugs, alcohol and online relationships.

They explored in further detail a scene between two friends - one is struggling with his emotional wellness and feeling sad, but his friend feels uncomfortable and unsure how to help. Students had the opportunity to suggest actions to help each character and explore the role and level of responsibility of the friend as well as the person struggling."

Mrs Bassett

HOD i-Future



Rainbow Services

Year 10 students, Valerie Busia, Mayliyah Campbell, Abigail Harrison, Mollie Mooney and Poppy Wiley took part in a Firebreak Course this past week at Harlow Fire Station, organised and part funded by Rainbow Services.

All week, the girls were clothed as fire fighters and learnt many of the skills required by fire fighters to fulfil their role within the Fire Service. These skills included:

- How to communicate within a team with whistles only
- How to contain a fire
- How to rescue a casualty from a dark space with breathing apparatus
- How to apply First Aid and make the area safe.

All 5 girls performed amazingly all week, and we are extremely proud of what they have achieved and how they represented themselves and the school.

Here are our girls at their final day Passing Out Parade where they demonstrated all the above skills in front of their families and school staff members before collecting their Records of Achievement from Assistant Chief, James Taylor.



Parent & Carer Chit, Chat, Coffee & Cake

One Tuesday, we held our first parent/carers coffee & cake session of the year. The event was hosted by myself and supported by members of staff from all areas within school.

I am always so pleased to see how well-received these events are – it's also lovely for us to get the opportunity to see some familiar faces as well as lots of new ones. These informal gatherings are so useful in allowing us to get a view of things from your perspective and help us with our plans and goals moving forward.

Thank you so much to everyone that attended, it really was lovely to see so many of you there, and if you weren't able to attend this time, don't worry there will be another chance next term to come along and sample more delicious cake!

Natalie Christie
Principal



SPORT/PE UPDATES

Girls U14s George Cash Cup vs Epping St. John's

Monday 13th October saw the girls travel to Epping St. John's for a long awaited 11-a-side fixture.

The girls worked hard against a predominantly year 9 team which saw ESJ go ahead 3-1 before the girls then pulled it back to 3-3. Ava scored an amazing goal from inside the halfway line, which the opposition impressed by!



Unfortunately, the pressure and strength of the opposition meant the girls couldn't quite hold onto the draw and narrowly lost 5-3. Player of the match with two goals and one assist was Ava Rollinson. An excellent effort from a team that had last minute replacements.

Well done girls!

Free Careers Webinars:

The Army will deliver a webinar on the 21st October 6pm-7pm.

<https://www.amazingapprenticeships.com/events/exploring-british-army-apprenticeships-for-parents-and-carers/>



Apprenticeships at the BBC Webinar, 7th October 4pm-5pm

[Discover apprenticeships at the BBC Webinar - Amazing Apprenticeships](#)

Apprenticeship Opportunities in Finance

Are you interested in a career in finance? Find out how an apprenticeship could help you take your first step into the industry!

Join the Essex Apprenticeship Hub and Pathway CTM for a free online event:

Date: Wednesday 29th October

Time: 6:15pm – 7:00pm

Where: Online (free to attend)

During this session, you'll:

- Learn about current finance apprenticeship opportunities
- Hear from employers and apprentices about their experiences
- Get top tips for applying and standing out



Book your place now:

<https://pathwayctm.com/event/apprenticeship-opportunities-in-finance/>

Flu Vaccinations – 17/10/25



Today saw the successful roll out of the flu vaccinations to all those students in years 7, 9, 10 & 11 that had provided parental consent. All students in year 8, along with any that missed today, will have the opportunity to receive their vaccination after the half-term break.

A big thank you to all staff & students involved in helping today run so smoothly.

OPEN EVENTS 2025-2026

Colleges & Sixth Forms	Contact No.	Open Date
Birchwood High School www.birchwoodhighschool.co.uk	01279 655936	Thurs 13 th Nov 5.30-8pm
The Bishop's Stortford High School www.tbshs.org	01279 868686	Weds 5 th Nov 5.30pm-8.45pm
Bishops Stortford Football Academy	academy@bsfc.co.uk	Mon 13 th Oct Intro 7.30-8.30pm (BSFC) Mon 27 th Oct Talent ID 10am-12pm Grange Paddocks
BMAT STEM Academy www.bmatstemacademy.org	01279 621570	Awaiting date
The College at Braintree (Now part of Colchester Institute) www.colchester.ac.uk	01206 814000	Sat 8 th Nov 10am-12.30pm
Cambridge Regional College www.camre.ac.uk	01223 418200	Weds 22 nd Oct 4.30pm-7pm Sat 15 th Nov 9.30am-12.30pm Sat 24 th Jan 10am-12.30pm Thurs 23 rd April 4.30pm-7pm
Capel Manor College, Enfield www.capel.ac.uk	08456 122122	Thurs 27 th Nov 5.30-7pm Thurs 15 th Jan 5.30-7pm
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Weds 12 th Nov 6pm-8.30pm Weds 4 th Feb 6pm-8.30pm
CRE8	apply@learntocre8.com	Bishops Stortford: Mon 13 th Oct 6.30-7.30pm Ware: Mon 27 th Oct 1.30-2.30pm
Epping St Johns 6 th Form www.eppingstjohnsschool.org/	01992 573028	Thurs 13 th Nov 6pm-8.30pm
F2 Academy www.vluk.org/course-location/f2academy/	07525 495818	Mon 27 th Oct 12.30-3pm Book at: wormleyacademy@gmail.com
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 3072345	Sat 18 th Oct Sat 29 th Nov Sat 17 th Jan
Harlow College www.harlow-college.ac.uk	01279 868000	Thurs 16 th Oct 5pm-8pm Tues 10 th Feb 5pm-8pm Weds 29 th 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 nd Dec 5.30pm-8pm Tues 3 rd Feb 5.30-8pm
Herts & Essex High School, Bishop's Stortford www.hertsandessex.herts.sch.uk	01279 654127	Tues 11 th Nov

OPEN EVENTS 2025-2026

Colleges & Sixth Forms	Contact No.	Open Date
Hockerill Anglo-European School, Bishop's Stortford www.hockerill.herts.sch.uk	01279 658451	Sat 22 nd Nov
Long Road Sixth Form College, Cambridge www.longroad.ac.uk	01223 631100	Open date in the summer term for year 10 students
Leventhorpe School, Sawbridgeworth www.leventhorpe.net	01279 836633	Tues 4 th Nov 5pm-8pm
New City College (Epping Forest), www.ncclondon.ac.uk	0208 508 8311	Sat 22 nd Nov 10am-2pm Sat 31 st Jan 10am-2pm
Presdales Sixth Form www.presdales.herts.sch.uk	01920 462210	Thurs 13 th Nov 6pm-8pm
Sir Frederick Gibberd www.sirfrederickgibberdcollege.org	01279 307235 (c/o Burnt Mill Academy)	Weds 15 th Oct 5.30pm-8pm
St Marks School, Harlow www.st-marks.essex.sch.uk	01279 421267	Weds 12 th Nov 7pm-9pm
St Mary's Catholic School, Bishop's Stortford www.stmarys.net	01279 654901	Awaiting date
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Thurs 22 nd Jan 5pm-8pm
Writtle College www.writtle.ac.uk	01245 424200	Sat 29 th 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.

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

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



LOST PROPERTY

Lost property will be left out on the tables on **Wednesday 22nd October**. Anything unclaimed will be going to charity.

POLITE REMINDER...

We have had reports that some of our students are using the astro turf pitches out of school hours without permission, which has unfortunately meant that paying customers have lost the use of their pre-booked pitches.

Please can we remind you that the astro turf is for authorised use only. If anyone would like to use it, please click on the [link](#) to make a booking.

Many thanks for your cooperation.

FORTHCOMING EVENTS

Friday 17 th October	Friends of Passmores Quiz Night 7pm – 9pm
Thursday 23rd October	INSET DAY (2)
Friday 24th October – Friday 31st October	HALF-TERM
Monday 3 rd November	School Opens for Autumn Term 2
Thursday 6 th November	Year 7 & 8 Social Evening 5pm – 7pm
Tuesday 25 th November	Year 9 Options Evening
Friday 28th November	INSET DAY (3)
Friday 5 th December	Friends of Passmores Event 7pm – 9pm
Thursday 11 th December	Christmas Concert
Monday 22nd December – Friday 2nd January	CHRISTMAS HOLIDAYS
Monday 5th January	INSET DAY (4)
Tuesday 6 th January	School Opens for Spring Term 1

TEACHarlow

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

Please note the change of venue... now STEWARDS ACADEMY

FRIENDS OF PASSMORES AND
STEWARDS PRESENTS



DOORS OPEN AT 6:30PM
7PM START

HELD AT STEWARDS ACADEMY

FRIDAY 17TH OCTOBER 2025

£3 per person,
up to 8 in a team
all ages welcome (under 16's must be accompanied by
an adult)

GET YOUR TICKETS HERE

<https://www.ticketsource.co.uk/friends-of-passmores>



HOSTED BY *Ruby Violet*



MUSIC FROM *Chappell Red*
AKA MADDIE COLE

Harlow

PRIDE

2025

**PASSMORES ACADEMY, HARLOW
18TH OCTOBER 12-6PM**



**SATURDAY
18TH OCTOBER
2025**

**PASSMORES ACADEMY,
TRACYES RD, HARLOW
CM18 6JH**

FUN FOR ALL THE FAMILY

**Bring everyone along for a day full of love,
laughter, and celebration:**

- Family Pride Area
- Wellbeing Zone
- Local Drag Artists & Live Performances
- Acoustic Stage
- Market Stalls
- Food Court & Bar

***WHY
PRIDE
MATTERS***

Pride is more than just a celebration – it's about visibility, inclusion, and community. It's a chance for Harlow to come together to:

- Celebrate love in all its forms
- Support and uplift LGBTQ+ voices
- Show that diversity makes our town stronger
- Create a supportive, welcoming space for everyone

12 PM – 6 PM | FREE ENTRY | FREE PARKING

Pride in Harlow – Pride in Ourselves



The Safer Harlow Partnership

Working together for a safer community

Harlow Council
Civic Centre
The Water Gardens
Harlow
Essex_CM20_1WG
www.harlow.gov.uk

Date: 17/10/2025

Operation Pumpkin

Dear Parent or Guardian,

We are writing to you as a parent or guardian of a young person who attends a school within Harlow. We are seeking your support over the Halloween and Fireworks period. Typically, this time of year is the busiest for anti-social behaviour (ASB) and crime linked to young people both nationally and locally. Many children enjoy this time of year but, unfortunately, we have seen some being drawn in to taking some initial fun too far.

We have previously had incidents where young people have aimed lit fireworks at each other, members of the public and moving traffic. Others have thrown lit fireworks towards crowds of people, causing injury or damage to both them and others. We have also seen fireworks used inappropriately and sometimes dangerously, day and night, causing unnecessary worry and upset to both people and animals.

This year we will be running Operation Pumpkin where we will have increased patrols in hot spot areas of both uniformed and non-uniformed officers. These patrols will be to support those enjoying the half term and Halloween but also to prevent offences being committed and keep communities safe.

We will be taking a robust approach to those involved in ASB and will work together with the Safer Harlow Partnership to ensure everyone is kept safe.

Please ensure you know where your child / children are, and who they are with, during the days that lead up to and after Halloween and firework nights.

Please highlight to them the dangers of being drawn into this behaviour, that could lead to injury to themselves or others as well as possible criminal proceedings. We also ask that if you hear of any planned activity that you report it to Essex Police at www.essex.police.uk. There are also posters that you can print to put in your window to either welcome or deter trick or treaters which can be found on the Essex Police website when you search Halloween.

We would like to thank you in advance for your support in keeping Harlow a safe place to live, visit and work, and not allowing the behaviour of the minority to negatively impact upon communities.

Yours Sincerely,

A handwritten signature in black ink, appearing to read 'Leanne Archer'.

Inspector Leanne Archer
Harlow Community Policing Team

10 Top Tips for Parents and Educators

DEALING WITH TRAUMATIC & CHALLENGING EVENTS

Children and young people may face a wide range of traumatic or challenging events – from bereavement and illness to bullying, family breakdowns, or witnessing violence. These experiences can affect their mental health, behaviour, relationships, and academic progress. With the right support from trusted adults, children can begin to feel safe, rebuild resilience, and develop healthy coping strategies. This guide offers practical and empathetic ways to provide support and promote positive outcomes.

1 A PREDICTABLE ENVIRONMENT

Children who have experienced trauma often feel unsafe or uncertain. Creating routines, setting clear expectations, and maintaining consistency can help restore a sense of security. This structure offers reassurance and helps children feel more in control of their surroundings.

2 USE LANGUAGE THAT MATCHES THEIR AGE

Speak clearly and sensitively, choosing words that are appropriate for the child's age. Avoid overwhelming them with too much information at once. Offer gentle, honest explanations and focus on reassurance, especially when talking about difficult or sensitive subjects.

3 TRAUMA AND THE BODY

Mention briefly that trauma can show up in physical ways, such as changes in sleep, appetite, concentration, or as physical aches and pains. Consider this before labelling behaviour as 'difficult' or 'lazy'. Some children may become withdrawn, while others may be more outwardly challenging. Highlight that there's no 'one way' children respond.

4 AVOID RETELLING OR RELIVING TRAUMA

Children sometimes get asked to explain or repeat their experience multiple times. Striking a balance of when to listen and when to gently redirect can help to avoid unnecessary re-traumatisation. Acknowledge, but don't probe for detail unless safeguarding procedures require it.

5 AVOID DISMISSING OR MINIMISING FEELINGS

Seemingly well-meaning comments like "It's not that bad" or "You're okay" may shut down children's emotional expression and are often not helpful. Instead, acknowledge what they're feeling, even if it seems small. Validating a child's emotions helps them feel seen and encourages open communication in future.

6 UNDERSTAND HOW THEY'RE FEELING

Many children don't have the words to express their emotions, especially during distress. Supporting them to name what they're feeling – such as angry, scared or sad – builds emotional literacy. Tools like emotion charts, drawing, or storytelling can help externalise feelings in a safe, manageable way.

7 BE AWARE OF YOUR OWN RESPONSES

Children pick up on adult emotions and reactions, often mirroring them. Staying calm, even in challenging situations, helps children feel more secure. Practising your own self-regulation is an important way to model healthy stress management and encourages children to do the same.

8 SEEK PROFESSIONAL SUPPORT

While many children benefit from everyday emotional support, some will need more specialised help. If symptoms persist, worsen, or disrupt their daily life, consult with school safeguarding leads, a GP, or a mental health professional. Early intervention can prevent long-term difficulties and support healthy recovery.

9 MAINTAIN CONNECTION

Isolation can worsen the impact of trauma. Encourage involvement in group activities, praise their efforts, and ensure they feel like a valued part of the school or family community. Meaningful connection with trusted adults and peers builds resilience and a sense of belonging.

10 BE PATIENT – HEALING TAKES TIME

There's no quick fix for emotional recovery. Children may have good days and setbacks, and progress may not always be visible or linear. Your ongoing support, patience, and presence can help them move forward at their own pace, knowing they are not alone.

Meet Our Expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school by integrating mental wellbeing within the curriculum, school culture, and systems. She has been a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®

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.

**When and Where can I Access my
School Nursing Service?**

**Every Tuesday during
break time 10:55-11:45**

Confidential

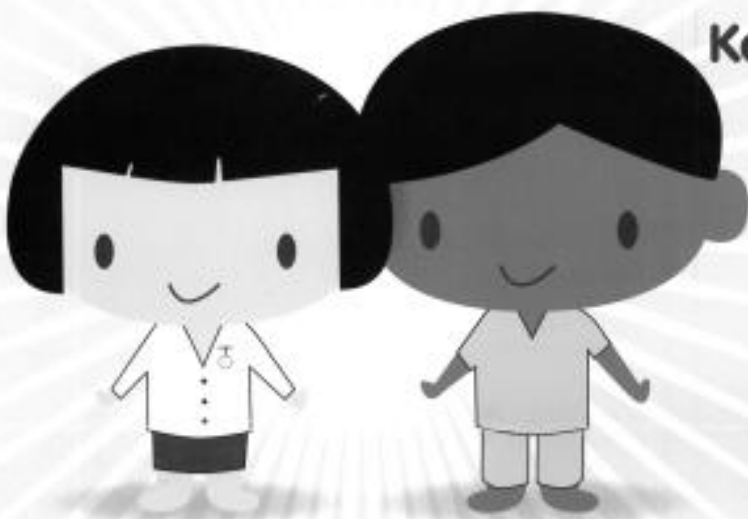
We provide a confidential service. This means that you can discuss personal information in confidence. We will not discuss your personal information with anyone else without your permission. This includes parents and teachers. We would only pass on your information in order to protect you or someone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





ACL

FREE!

Understand Teens Anxieties Online Course

This course equips parents and carers with a clear understanding of anxiety in children and young people and how it affects their thoughts, feelings and behaviour. It also teaches practical strategies for recognising anxiety and supporting a young person through anxious moments.

Date: 16/10/2025 & 23/10/2025

Time: 19:00 - 21:00

Scan the QR code, or
Visit our website
aclessex.com
and type "TEENS" in the
'Find a course...' box



aclessex.com
0345 603 7635



**ACL**

Family First Aid Online Course

Come along and learn some lifesaving techniques to keep your family safe. This Family First Aid session is for families. Learn how to perform CPR, how to deal with choking, burns and poisoning and common childhood medical concerns.

Date: 20/10/2025

Time: 09:30 - 11:30

Scan the QR code, or
Visit our website
acessex.com and type
'FIRST AID' or "HO1A06OL25"
in the 'Find a course...' box



acessex.com

0345 603 7635



Essex County Council



ACL

FREE!

Routines Rule

Online Course

Routines Rule. Discover some simple methods to introduce routines to your family. Find why routines are important in family life. Discover a routine that will work for your family and how to implement them.

Date: 22/10/2025 Time: 19:00 - 21:00

Scan the QR code, or
Visit our website
aclessex.com and type
"ROUTINES RULE"
in the 'Find a course...' box



aclessex.com
0345 603 7635



ACL

FREE



Understanding ADHD In Children Online Course

Are you a parent/carer or grandparent seeking clarity about ADHD? This session is designed to provide practical, easy-to-understand insights into ADHD and how to support your child effectively.

Date: 24/10/2025 (for 2 weeks)

Time: 09:00 - 11:30

Scan the QR code, or
Visit our website aclessex.com
and type "ADHD" or "HO5A08OL25"
in the 'Find a course...' box



aclessex.com

0345 603 7635



Essex County Council



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Setting Boundaries Online Course

Empower your parenting journey with our 'Setting Boundaries' courses. Learn the importance of clear, consistent limits and how they contribute to a child's sense of security and well-being.

Date: 23/10/2025 (for 2 weeks) **Time:** 10:00 - 12:00

Scan the QR code, or
Visit our website aclessex.com
and type "BOUNDARIES"
or "HO4A70OL25" in the
'Find a course...' box



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Understanding Children's Anxiety Online workshop

Unlock parenting skills to help your anxious child thrive. Join our Understanding Children's Anxiety session to gain essential tips and tools to support and empower your child through anxiety. Discover practical strategies and compassionate approaches that make a real difference



Date: 31/10/2025 **Time:** 12:00 - 14:30 **Fee:** Free



For Further Information, and to sign up ...
Visit our website aclessex.com and type
'**understanding anxiety**' in the 'Find a
course...' box
or enrol VIA THE QR CODE

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0345 603 7635



Essex Fire Museum Halloween Open Day

2025



26th and 28th Of October

10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays
RM17 5QS



Book Now
Free Entry



Museum@essex-fire.gov.uk