Newsletter





5th December 2025 Issue 11



Dear Parent/Carers,

What a difference a week makes! This truly is a bumper edition and so much to catch on after our mini-break last Friday.

Let's head back to Tuesday 25th November and the KS4 Options Evening where our year 9s began the process of choosing their option subjects for next year. It really was such a productive evening where staff spoke passionately about their subjects, ensuring that students and parents/carers gained all the information needed to make informed decisions. The turnout was fantastic, with just under 90% of students attending. Decisions are flowing in, don't forget that the deadline is 10th December.

As you can see from the photo above, the place is looking very festive, from the table arrangements in the Memorial Hall to our wonderful Christmas tree in the heart space and the decorations that are now adorning some offices (mine included!). There is much to look forward to, but as we communicated earlier this week, learning will remain our focus right through to the end of term and as such attendance remains important right up to 12.45pm on Friday 19th December.

Of course, tonight is our Christmas Market. Friends of Passmores raise invaluable money for us to use within school and are looking forward to welcoming many of you later. A chance to buy some goodies and hopefully be lucky winners in the prize draw. Don't miss out, it is going to be fantastic as always.

Natalie Christie
Principal of Passmores Academy

TOP PASSMORES POINTS ACHIEVERS

3 PASTORAL UPDATE

12 SUBJECT INFORMATION/UPDATES

18 SPORT/PE UPDATES

20 CAREERS NEWS

23 ANY OTHER INFORMATION

26 FORTHCOMING EVENTS

USEFUL LINKS

Parents/Carers Letters
Clubs and Activities
School Calendar
ParentPay











www.passmoresacademy.com

TOP PASSMORES POINTS ACHIEVERS

Monday 24th November to Thursday 4th December 2025

Holcroft, Sofia	Year 7	151
Wallace, Molly	Year 7	141
Gould, Reggie	Year 7	131
Jones, Bella	Year 7	129
Kozikowska, Ola	Year 7	129
Mair, Harry	Year 7	128
Sidorencu, Emma	Year 7	124
Lauderdale, Amelia	Year 7	123
Ranson, Molly	Year 7	123
Tutka, Alicia	Year 7	121
Chui, Kingsley	Year 8	161
Jablonski, Lucas	Year 8	149
Adams, Mia	Year 8	148
Rouse, Elijah	Year 8	140
Eve, Amy-Rose	Year 8	139
Karout, Nour	Year 8	139
Mimms, Joshua	Year 8	135
Nunn, Lois	Year 8	133
Owen, Amelie	Year 8	133
Wilson, Erin	Year 8	133

Year Group Attendance w/c 1 st December 2025	
Year 7	92.55%
Year 8	88.15%
Year 9	86.56%
Year 10	85.18%
Year 11	84.47%
All Students	87.39%

Year 9	184
Year 9	182
Year 9	178
Year 9	176
Year 9	174
Year 9	171
Year 9	171
Year 9	168
Year 9	165
Year 9	161
Year 10	156
Year 10	148
Year 10	145
Year 10	144
Year 10	141
Year 10	137
Year 10	137
Year 10	135
Year 10	134
Year 10	131
Year 10 Year 10	131 131
Year 10	131
Year 10 Year 10	131 131
Year 10 Year 10 Year 11	131 131 130
Year 10 Year 10 Year 11 Year 11	131 131 130 114
Year 10 Year 11 Year 11 Year 11	131 131 130 114 114
Year 10 Year 11 Year 11 Year 11 Year 11	131 131 130 114 114 113
Year 10 Year 11 Year 11 Year 11 Year 11 Year 11	131 131 130 114 114 113
Year 10 Year 11 Year 11 Year 11 Year 11 Year 11 Year 11	131 131 130 114 114 113 113
Year 10 Year 11	131 131 130 114 114 113 113 111 110
	Year 9 Year 9 Year 9 Year 9 Year 9 Year 9 Year 10

PASTORAL UPDATE

Thought for the Week...

This week, students explored the beginning of Advent, marking the start of the Christian liturgical year.

The session helped students:



- Understand cultural and religious traditions: Advent is observed by millions of Christians worldwide, and learning about it builds cultural and religious literacy.
- > Develop respect and empathy: By exploring beliefs and practices different from their own, students deepen their appreciation of diversity within our community.
- Reflect on themes of hope and preparation: Advent emphasises patience, optimism, and looking forward to positive change—ideas that resonate with everyone.
- Connect to wider cultural traditions: Many familiar Christmas customs, songs, and celebrations are rooted in Advent, giving students deeper insight into the season.
- Encourage gratitude and reflection: This period offers an opportunity for students to pause, reflect, and practise mindfulness.
- > Strengthen curriculum knowledge: The topic links naturally to RE, history, literature, art, and music.
- Explore symbolism and ritual: Students learned about the significance of Advent wreaths, candles, calendars, and colours.
- Discuss core values: Themes such as giving, kindness, peace, and community supported meaningful tutor-time conversations.

In the News

Tutor groups also recognised Disability History Month, which runs from 22nd November to 22nd December across the UK. Students learned:



- > The month celebrates the contributions of disabled people throughout history.
- > Despite progress, more work is needed to ensure everyone is treated fairly and has what they need to thrive.
- > The social model of disability helps us understand how society can remove barriers and support inclusion.
- > Many disabled people still face obstacles in everyday environments—and we all have a role to play in addressing them.
- > Challenging discrimination and prejudice is essential in creating a school and community where everyone can belong.

Other News

It has been a wonderfully festive—yet very busy—week at Passmores!

Our Passmores Acts of Christmas Kindness continued, and it has been brilliant to see even more students taking part and spreading positivity across the school.

The festive season was in full swing with:

- The arrival of our Christmas tree
- Christmas dinner for all year groups
- A pantomime trip for Year 7 and 8
- Our much-loved Christmas Market on Friday



Looking Ahead to Next Week...

Next week promises to be just as vibrant and full of opportunity:

- Thought for the Week moves to session three of the Mind Matters and Time to Talk programme, focusing on windows of tolerance.
- > In the News continues our exploration of Disability History Month, with a focus on the importance of representation.
- > Year 11 will experience the exciting launch of a new revision platform called Adapt.
- > Students will have another chance to represent their House and earn valuable points in the upcoming House quiz.
- > It is also Golden Ticket Week and the Principal's Challenge trip—always highlights of the term!

Another busy, rewarding, and festive week awaits!









27/11/25 Weekly Winners

George Pavitt
Amelia Godfrey
Ava Dorrington
Catalina James
Tegan Leiper-Lyons
Trey Hussey
Daisy Loader
Eli Flintham
Esme Owen
Amy Augustine

02/12/25 Weekly Winners

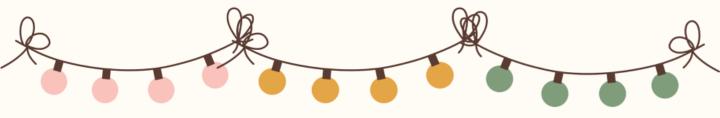
Oskar Zborowski
Jess Sayers
Loobie Wright
Layton Parlour
Leja Sestavickaite
Mia Shraka
Jazmyn Taylor
Caleb Wilsher
Lilly Johnson
Grayson Ford



ARE YOU

READY TO PLAY?





HOW TO PLAY.

For the next 15 days you will be set a daily challenge to promote kindness, responsibility and positive behaviour.

Complete them all and you will receive a prize at the end of the 15 days.







HOW TO PLAY.



1.Check the screens Each Day
Every school day, a new challenge will be revealed.
You can only do the challenge for that day — no
skipping ahead!

Complete the ChallengeDo your best to carry out the task during the day.

3. Let Your Teacher Know After completing the task, your teacher will: Stamp your challenge card

4. Be Honest
The calendar is about building good habits and
showing genuine positive behaviour.
Only tick off a challenge if you fully complete it.

5. Try Every Challenge Your goal is to complete all the challenges by the end of the 15 days..

6. Earn Your Prize! Students who complete every daily challenge will receive a special reward.

Day 1- Kick off with Kindness Value: Respect	Day 2- Secret Santa Smile Value: Kindness	Day 3- Tidy Tinsel Time Value- Pride	Day 4- Elf level Effort Value: Aspiration
Challenge: Give one genuine compliment to THREE different people.	Challenge: Do an act of kindness for someone. Open the door, carry books for a teacher, etc.	Challenge: Clean up after yourself or a friend today at lunchtime.	Challenge: Give your best effort in every lesson to receive an All-Star Champion ticket from your teachers.
Day 5- Holiday Homework Hero Value: Responsibility Challenge: Complete and hand in homework on time.	Day 6- Attendance tree Value- Responsibility Challenge: 100% attendance and punctuality this week.	Day 7- Reindeer Respect Day Value: Respect Challenge: Show exceptional respect to staff and students in lessons. (All Star Champion ticket).	Day 8- Winter Warmth Words Value- Kindness Challenge- Write a 'thank you' card to a staff member who has helped recently.
Day 9- Christmas Checklist Champions Value: Organisation Challenge: Arrive to every lesson with all required equipment.	Day 10- Snowy Safe Spaces Value- Safety Challenge: Walk safely, avoid pushing and keep your hands to yourself during social time .	Day 11- Frosty First impressions Value: Respect Challenge: Greet staff and students politely and walk calmly to lessons.	Day 12- Deck the Desks Value: Respect Challenge: Clean up around the area you were eating in.
Day 13- Festive Dinner Manners Value: Respect Challenge: Queue calmly for food and say please and thank you to the staff.	Day 14- Holiday Harmony Hour Value: Positivity Challenge: Keep Lunchtime calm and positive- no arguments, shouting and no drama.	Day 15- Candy Cane Conduct Day Value: Good behavior Challenge: Show excellent conduct all day to earn an All- Star Champion ticket	***
+	-5-3/13·		0+





THANK YOU!

HAPPY HOLIDAYS!



SUBJECT/INFORMATION UPDATES

Rainbow Services – Jack Petchey Winners

We are delighted to announce that two of our Year 10 students, Abigail Harrison and Mollie Mooney were awarded Jack Petchey awards last week by Rainbow Services.

Both girls were chosen by Rainbow Services to receive these prestigious awards for their continued efforts, personal achievements and general can do attitude whilst taking part within several Rainbow Services projects, such as the KS4 Qualification, Community Workshop and Firebreak projects and even a trip to Wales in their own time!

Through taking part in these courses, both girls have helped make several pieces of wooden learning equipment that is now enjoyed by our PCLC Trust Primary schools and uncovered newfound confidence in themselves to lead and represent their individual houses in house events.

Both Abigail and Mollie thought they were going along to the Rainbow Services AGM to talk to Trustees and Volunteers about how amazing the projects are, so both were very surprised to find out that they had been awarded these prestigious Jack Petchey awards for their individual dedication, commitment and personal achievements.

Well done girls, we are very proud of you both.

Jo Busson Alternative Education Lead





Hospitality & Catering – Restaurant Evening

On the 20th November, the Hospitality and Catering department hosted their second, annual Restaurant Evening. Year 10 students had to apply for the position of either chef or waiting staff. The successful candidates were then allowed to invite 2 members of their family along to enjoy a 3-course meal cooked and served by them.

We also had some very special teacher guests; Mr Fish, Ms Wilhite, Ms Danaher, and Ms Brooking as well as newlyweds Mr and Mrs Maloney, and Mr Latham with his partner who all enjoyed the opportunity of a double date! Parents sat in the social setting enjoying the evening and chatting amongst themselves, the atmosphere was amazing. The student's professionalism shone through, and they really were the stars of the night.

Special thanks to Ms Lamb, Mrs Howard, and our technician Mrs Wollington.

Ms Jameson Head of Hospitality and Catering

Reviews

The food was exquisite. The sharpness of the cranberry sauce complimented the croquettes with the balsamic glaze compliment perfectly. My particular favourite was the salted chocolate tart. Rich and delicious.

It was a great night all round from service at the table and the atmosphere all evening. The food was brilliant, I'd be happy coming out of any restaurant that served food at that quality. Left the table full and impressed. I even ate the vegetables!



Music - Christmas Concert 2025

The Passmores Academy Christmas Concert will be held on Tuesday 16th December 2025 in the Alan Simpson Memorial School at Passmores Academy. This is a festive celebration and showcase of students' work in the music department, including both curriculum and extra-curricular clubs. The evening will include a variety of solo and ensemble pieces.

We would very much like to see you at the Christmas Concert to celebrate and support our students' endeavours in the performing arts. Tickets are selling fast and are available via Ticket Source at a cost of £3.00 for adults and £1.00 for students/OAPs/primary school children. The doors open at 6.30pm and the concert will commence at 7.00pm. Refreshments will be available at the interval in the heart space.

Here is the link to purchase tickets:

Passmores Academy Christmas Concert at Passmores Academy Memorial Hall event tickets from TicketSource



Christmas Jumper Day – 11/12/25

We will be holding our annual Christmas Jumper Day on **Thursday 11th December**. This will help us to raise funds for our 'No Child Without' charity. Students can wear a wacky Christmas jumper along with the remainder of their school uniform, replacing their blazer with a Christmas Jumper.

We are asking for a voluntary donation or any other spare change from all participating members of the school community and would be grateful if you would like to get involved.





We would like to take this opportunity to thank you in advance for your anticipated support.



Drama - Year 7 & 8 Pantomime Trip

Well, we are truly feeling festive as we approach the end of this week, following our BIG trip to Harlow Playhouse on Tuesday to watch Sleeping Beauty, this year's pantomime. As you can imagine, attempting to transport approximately 350 children across the town on a Tuesday afternoon is not an easy task to undertake! However, our wonderful staff team rose to the challenge and delivered a fabulous day to our Year 7 & 8 students. The weather held out for the most part, apart from a brief downpour as we waited to enter the theatre and the sun even came out to join us for a while, which was lovely.

Once we were all in the (exclusively booked) auditorium, pupils settled in and enjoyed the show. There were plenty of boos, hisses and 'he's behind you' shout outs and it was lovely to be able to sit and watch an entire theatre of children have a fabulous afternoon. Year 8 students in particular, were able to identify traditional pantomime features as this trip dovetails with their classroom learning in drama at the moment.

Huge thanks go to Harlow Playhouse staff for their excellent support in managing the afternoon alongside us and helping everyone get in and out unscathed! The cast delivered an excellent show and from this teacher's point of view, the moment that our school audience gasped in wonder at the show was absolutely worth the logistical nightmare of getting them there!

We hope you enjoy the remainder of the festive countdown and the naughty elves aren't annoying you too much!

Have a fabulous Christmas, we'll be back with more news and events in the new year.

The Drama Department

Spanish and art trip to Barcelona - 6th-8th March 2026

iHola!

We hope you are all as excited as we are to be going to Barcelona next year! If your young person is going on this trip, could you please forward a copy of their passport details to the following addresses:

a.farmery@passmoresacademy.com g.harris@passmoresacademy.com



Also, if you haven't done so already, please apply for free healthcare cover abroad (GHIC) on the link below:

https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/

Not going on the trip but would like some further information? No problem! If your young person is in years 9-11 and interested in Spanish and/or art or currently studying one of these subjects at GCSE level, we have a few spaces available. Please email Mr Farmery or Miss Harris on the addresses above for more details.

Mr A Farmery Head of Spanish

Year 7 Residential Trip to East Mersea – 21st - 24th June 2026



SPORT/PE UPDATES

U14's Boys Football

Our U14's football team travelled to Hall Mead School in Romford last week to compete in the third round of the English Schools Cup Competition.

Passmores started well mounting lots of good pressure early on, but Hall Mead managed to break the deadlock with a neat lobbed finish beyond the goal keeper. This rattled Passmores who continued to mount the pressure and with goals from M. Crouch, J. Kennedy and S. Dzingel this compact and dominant Passmores team went in at half time 3-1 up.

Playing against the wind and uphill, Passmores played with a lot of discipline, forcing Hall Mead into playing long balls and a resolute defence dealt with these advances cooly and sent us back on the counter, where another fantastic solo effort from S. Dzingel saw Passmores move to a 4-1 lead. But Hall Mead had something more to say on the matter, with a fantastic passage of play saw a through ball from Hall Mead's impressive number 8, sliced through the heart of Passmores defence and a well taken finish from their winger off the underside of the bar meant it was a cagey last 8 minutes with Passmores 4-2 up.

Seeing out this game was vital with no more mistakes, and Passmores did just that with fantastic defensive efforts all round. This has set up our toughest test yet with an away fixture scheduled against Shenfield in the 4th round.



Mr J King Head of Boys PE

U14's Boys Basketball

On Thursday 20th, our U14's Basketball team went across to Mark Hall and played in the Harlow District Basketball Competition.

The team banded together, worked hard under the expert guidance of our very own Mr Burgess and fought to a 2nd place finish overall with 2 wins, 2 draws and only 1 loss coming against Steward's who won the tournament overall.

Mr J King Head of Boys PE



Year 10 Boys Football

There was a goal-fest this week as our year 10 boys produced a dramatic 5-3 victory against Saffron Walden - complete with plot twists, comebacks, and the occasional heart-in-mouth moment.

The match began with a setback when we conceded a penalty, gifting the opposition a 1-0 lead, but the early wobble didn't last long. The team regrouped brilliantly, found their rhythm, and struck twice before halftime, heading into the break 2-1 up and looking confident.

The second half, however, clearly had ambitions of being a full-length drama series. Two quick goals from the opposition flipped the score to 3-2, leaving Mr Goddard wondering if he had been too nice with his team talk at halftime.

However, we bounced back, they dug deep, rediscovered their spark, and launched a superb comeback - scoring three unanswered goals to take the lead again, this time for good. The game finished 5-3.

A brilliant performance full of resilience, teamwork, and just enough chaos to keep everyone entertained. Well done to all involved!

Mr M Goddard PE Teacher

Year 7 Girls Football

What a fantastic performance from our year 7 girls on Thursday evening winning 13 points out of a possible 15 to become the Harlow District Champions!

During the whole tournament, the girls have worked so hard for each other conceding only one goal. We're very proud of all the girls for putting in a monumental effort since the start of the year.

Well done!

Mr R Twiner PE Teacher

CAREERS NEWS

OPEN EVENTS 2025-2026		
Cambridge Regional College www.camre.ac.uk	01223 418200	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 15 th Jan 5.30-7pm
Chelmsford College www.chelmsford-college.ac.uk	01245 265611	Weds 4 th Feb 6pm-8.30pm
Fashion Retail Academy www.fashionretailacademy.ac.uk	0207 3072345	Sat 17 th Jan
Harlow College www.harlow-college.ac.uk	01279 868000	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 3 rd Feb 5.30-8pm
New City College (Epping Forest), www.ncclondon.ac.uk	0208 508 8311	Sat 31 st Jan 10am-2pm
Stansted Airport College www.harlow-college.ac.uk	01799 513030	Thurs 22 nd Jan 5pm-8pm

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.

CRE8 East Herts Introduction Evenings

Who is CRE8?

CRE8 is a specialist creative industry college for 16–19-year-olds, offering a hands-on programme that covers media, design, photography, film, music, sport and digital content creation. Their programmes are built around real-world projects, industry partnerships, and professional skills - helping students develop their creativity, build their portfolios, and progress into the creative industry or higher education. They have campuses in Ware and Bishops Stortford.

Upcoming Introduction Evenings:

Bishop's Stortford Campus, Monday 15th December, 6:00pm Woodside Stadium, Dunmow Road, CM23 5RG

During the evening, you'll:

- Learn about our Creative Media programme (equivalent to 3 A-Levels)
- > Explore subjects including Photography, Videography, Design, Film, Journalism, Marketing, Sport, and Social Media
- > Hear from our industry-experienced tutors about career pathways and real-world projects
- Discover how students can develop professional portfolios and progress into creative careers or university

This event is open to all students in **Year 10–12** who are considering a creative education or career. Parents, and carers, are warmly encouraged to attend too.

To confirm your attendance, please complete the quick registration form below:

https://forms.gle/uJ2dbDDzu22pbq1J8

L3 Engineering Mechatronics Apprenticeship

Amazon UK, Harlow

Requires GCSE maths, English, science grades 4-9

Includes electrical and mechanical engineering

Closing date: 28th Feb 26 (although this may change depending on number of applicants). Start date: Sept 2026

More information on: Engineering Mechatronics Apprentice – Find an apprenticeship – GOV.UK

Careers News for Parents...

If you are starting to have conversations with your young person about what they want to do in the future, qualifications, options, etc. the following website gives lots of help and ideas for starting conversations.

They have a variety of resources including online cards that go through a range of questions to help young people establish career ideas and know how to plan.

The website is: Parents Advice for Career Conversations - Talking Futures

Are you interested in Accounting?

ACCA have a free webinar for students in years 10-13 on routes into accountancy. The event will be on the 2^{nd} December at 6.30pm and you can register at:

Microsoft Virtual Events Powered by Teams

Year 10/11's
Applications for CRE8 are now open for Sept 2026. Their Post-16 Level 3 qualification (equivalent to 3 A-Levels) opens up progression routes into university, apprenticeships, or direct industry employment. Learners can specialise in:
 □ Photography & Videography □ Graphic/3D Design & Digital Art □ Film & Content Production □ Social Media & Marketing □ Journalism & Creative Communication □ Real Estate & Project Management
Upcoming Introduction Evenings for Year 10 and 11:
Ware Campus (Online Presentation) Monday 1st December – 7:30pm
Bishop's Stortford Campus – CM23 5RG Monday 15th December – 6:00pm
To register your interest or find out more complete the interest form: https://forms.gle/1dq9WaTpWrDTxnHs9

Careers News for Parents...

Alternatively you can contact them:

If you are starting to have conversations with your young person about what they want to do in the future, qualifications, options, etc. the following website gives lots of help and ideas for starting conversations.

They have a variety of resources including online cards that go through a range of questions to help young people establish career ideas and know how to plan.

The website is: Parents Advice for Career Conversations - Talking Futures

Email: Apply@LearnToCRE8.com, Website: www.LearnToCRE8.com

Careers in Theatre

With Christmas approaching, My Path have produced a short video highlighting the hidden careers behind the scenes to run a successful pantomime:

TheatreCraft: Who Is Involved In A Pantomime?



ANY OTHER INFORMATION

KEY CONTACT INFORMATION	V
-------------------------	---

School Address

Passmores Academy, Tracyes 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

For a full list of staff contact details, click here



gold medal!

This result will be recorded by the British Judo Association and Luke has now qualified to represent Passmores Academy at the National Schools Championships held in Sheffield on the weekend of the 7th and 8th of March 2026.

We are all incredibly proud of this achievement; it's both wonderful news for Luke and for the school.

Well done Luke, we can't wait to see what next year brings!



PASSMORES PASSMORES

We're celebrating our former students and their achievements!

Whether it's your career, studies, hobbies, or something you're proud of- we'd love to hear from you.

Follow the link in to fill in a quick form..

Click Here

FORTHCOMING EVENTS

Friday 5 th December	Friends of Passmores Christmas Market 6pm – 8pm
Tuesday 16 th December	Christmas Concert
Friday 19 th December	Early Finish for Students – 12:45pm
Monday 22 nd December – Friday 2 nd January	CHRISTMAS HOLIDAYS
Monday 5 th January	INSET DAY (4)
Tuesday 6 th January	School Opens for Spring Term 1



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





Fitness

Hamper

David Lloyd Voucher

Johnson Estate Agent

To purchase tickets please email

fop@passmoresacademy.com

£50 Amazon Voucher from Reyland

Sunglasses from Rose Opticians





What Parents & Carers Need to Know about

THE DANGERS OF VAPING

Data collected for ASH (Action on Smoking and Health) shows an increase in 11 to 17-year-olds experimenting with vaping: from 7.7% in 2022 to 11.6% in 2023. It's concerning that these age-restricted products are getting into the hands of under 18s as most contain nicotine, which can be detrimental to brain development and cause long-term addiction. Some schools have reported students having their focus in lessons affected by nicotine cravings; vaping in school toilets; and even trying vapes found in their local park. Raising awareness of the risks among young people could help to prevent these problems from escalating and reduce the number of young vapers.

WHAT ARE THE RISKS?

NICOTINE ADDICTION

Since they were initially developed to help people stop smoking, the vast majority of vape liquids contain nicotine. Not only is this a highly addictive stimulant, but it can also have detrimental effects on brain development in the under -25s. Nicotine can decrease the ability to pay attention, weaken impulse control, affect mood and increase the likelihood of substance addiction as an adult.

WHAT IS VAPING?

Vapes contain a liquid (vape juice/e-liquid) that is heated by a battery and evaporates, creating a chemical vapour which the user inhales. They can be disposable (once the liquid or battery runs out, the vape is thrown away) or rechargeable (the user replaces the liquid and recharges the battery on demand). Most vape liquids contain nicotine and other chemicals.

LACK OF AWARENESS

A proportion of young people tend to view vapes as harmless, mainly because of the products' appearance and the perception (often strengthened on social media) that "vaping is cool" and on trend. In many instances, young people don't fully appreciate the concept of addiction: that is, they aren't adequately aware of the risk of becoming hooked on nicotine before trying a vape.

POTENTIAL TOXICITY

Many vape liquids have been found to contain 'heavy' metals such as lead, tin, nickel and (in some cases) mercury – all of which are toxic. These metals often take the form of tiny shards inside a device's liquid tank, which are then inhaled into the body. Some media reports have suggested these metals are particularly prevalent in illegally imported vapes which don't comply with UK regulations.

UNCLEAR LONG-TERM CONSEQUENCES

The liquids in vapes also contain solvents, which can create carcinogens at the point of evaporation. Vapes were only introduced into the UK in 2005 – and, because of the relatively short timeframe involved, there is insufficient medical evidence to assess the long-term harms that regular inhalation of these chemical fluids might have on the human body.

ATTRACTIVE PACKAGING

The packaging of many disposable vapes is very appealing to young people, frequently echoing the colours and flavours of the sweets or fizzy drinks they're used to buying. There's a relative lack of regulation around vape marketing, and vaping is often depicted positively on social media — which can lead young people to develop favourable views of vaping and overlook the possible harms.

ENVIRONMENTAL EFFECTS

In the UK alone, around 5 million disposable vapes go to landfill every week. Due to such significant numbers of these products not being recycled, their components – a lithium battery and a chemical liquid – pose a toxic risk to the environment, the ecosystem and wildlife. Vapes are also predominantly made of plastic and metal; materials that, of course, do not naturally decompose.

WIDER HEALTH CONCERNS

Studies are already showing a link between vaping and oral health problems such as tooth decay and gum disease. This is because vaping reduces the amount of saliva in the mouth, while increasing bacteria – resulting in bad breath and a build-up of plaque. There are also concerns that, in some users, vaping could lead to the development of asthma, a persistent cough and breathing difficulties.

UNREGULATED VAPING PRODUCTS

The number of retailers willing to sell vapes to under-18s is a worry, as the chance of these products being unregulated (and therefore containing illegal chemicals and higher levels of nicotine) is high. A related concern is that the mechanisms inside unregulated products are unlikely to have been tested and safety checked – presenting a possible fire risk if the liquid and battery come into contact.

SCARCE INFORMATION

The lack of information about the ingredients and potentially harmful chemicals in a vape is troubling. Some vape fluids (unregulated in the UK) contain traces of nuts, which can cause an allergic reaction or anaphylactic shock. To date, medical warnings aren't required on vape packaging – with only medical disclaimers being found on the websites of the various brands.

VAGUE INGREDIENTS LISTS

Early research has suggested that the chemicals used to produce some strawberry and banana flavour e-liquids can kill cells in the blood vessels and heart. These ingredients aren't identified on the packaging, instead falling under the umbrella term 'natural and artificial flavourings'. Such vague listings mean that consumers aren't aware of the liquid's content so can't identify potential risks.

Meet Our Expert

Run by the Cambridgeshire and Peterborough Healthy Schools Service (commissioned by Cambridgeshire County Council and Peterborough City Council), Catch Your Breath is a school-based project aimed at young people. Its goal is to embed a proactive, coordinated approach among both primary and secondary schools in discouraging smoking and vaping behaviours.



THE CONTRACTION



The National College

Initial teacher training with Essex Schools ITT



School-based teacher training with a flexible, online learning programme through Tes Institute. Obtain QTS with optional PGCE.

95%

Completion rate*

*(2024-25 cohort)
(far higher than most providers or institutions)
100% pass rate for PGCE

TRAIN AT THIS SCHOOL

OR ANOTHER ONE LOCAL TO YOU

40+

Secondary & primary schools in our partnership... and growing!



Employment rate in the last 10 years

Every year, at least 65% of trainees secure posts at their main placement school, or nearby partnership school. Many of these before the end of the course

BURSARIES UP TO £29 K* PLUS
FULLY- FUNDED SUBJECT KNOWLEDGE
ENHANCEMENT COURSES FOR MANY SUBJECTS
(PAYING £175 PW)

(*DURING PREVIOUS YEAR. NEW FIGURES FOR SEPT 2026 AWAITED)



TEACHING
OFFERS
GENEROUS
STARTING
PAY AND
EXCELLENT
PROSPECTS
FOR
PROMOTION



PART TIME OPTION
AVAILABLE FOR
STRONG APPLICANTS WE WELCOME CAREER
CHANGERS AND
THOSE RETURNING TO
WORK AFTER RAISING
FAMILIES





PGCE WITH QTS



IS AN INTERNATIONALLY RECOGNIZED

QUALIFICATION

"YOU HAVE PROVIDED ME WITH THE TOOLS I NEED TO BE
A GREAT TEACHER!"

OYETOLA, PE TRAINEE

"I FEEL SO COMFORTABLE IN THE CLASSROOM NOW AND COMPLETELY PREPARED TO START MY TEACHING CAREER. THE SUPPORT I'VE RECEIVED HAS BEEN SECOND TO NONE."

LOTTIE - GEOGRAPHY TRAINEE



teach@essexschoolsitt.com 020 8498 6718 www.essexschoolsitt.com





Got a degree you're not really using? Looking for a challenging



new career? Time to think about becoming a teacher...?



Graduates 2024-25

Train to teach at our school, or another one local to you! Gain qualified teacher status (QTS), and an optional post-graduate certificate in education (PGCE) through the Essex Schools ITT initial teacher-training programme.

Join our next online information event:

Tuesday 25th November, from 7.30pm

Scan the QR code to view our events page and register via Eventbrite:



https://www.essexschoolsitt.com/events/

Our school is part of the Essex Schools ITT programme, which allows you to train with us or in a nearby partnership school. You'll work as a member of the school team and learn your skills from experienced professionals, supplemented by high quality, online learning sessions through Tes Institute.

Get tailored, one-to-one advice today:

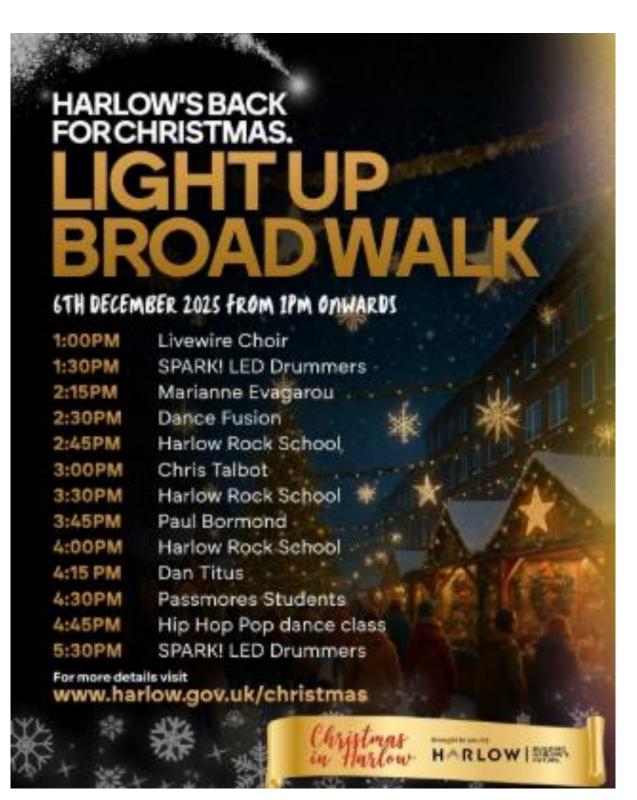
Call: 020 8498 6718

Email: teach@essexschoolsitt.com

Visit: https://www.essexschoolsitt.com

Essex Schools ITT in partnership with





The Barringtons Jingle Bell Sleigh

HARLOW & OLD HARLOW ROUTE 2025

Saturday 13th December 2025 - From 4.30pm

SANTA'S SLEIGH ARRIVES AT OLD HARLOW

4.30pm Green Man, Mulberry Green, Old Harlow, towards Old Road

4.45pm Turn left onto Priory Avenue

4.50pm Turn left onto Manor Road, then right onto The Hill

4.55pm Turn right at Wayre Street (passing High St Car Park), then left at Station Road

5.05pm Continue past Fawbert and Barnard School

5.10pm Turn right at roundabout, go past Mark Hall School

Go straight over next roundabout along First Avenue

MARK HALL MOORS

Turn right onto Muskham Road (go past Harlow Museum)

Turn left onto Mark Hall Moor, and then left onto Mowbray Road

5.15pm Tanys Dell School, continue along Mowbray Road

TOWARDS HARLOW TOWN CENTRE / THE STOW

Continue along Mowbray Road

5.25pm Turn left onto Howard Way, Our Lady of Fatima Church

Turn right at roundabout towards St Albans School

Turn left onto Hailing Hill,

5.40pm Head towards Heart and Club, past Jack & Jill's Nursery

Turn left onto Maddox Road and then right onto Howard Way

5.50pm Harlow Rugby Club, then straight over roundabout towards the Phoenix

BUSH FAIR / POTTER STREET

5.55pm Turn left at the Phoenix onto Great Brays

6.00pm Follow the road past the Manor Hatch Co-op

6.05pm Turn left onto Traceys Road towards Passmores & Holy Cross School

6.15pm Turn left and head past the Park Inn Hotel

6.20pm Straight over at the traffic lights towards Potter Street Shops

Turn left at shops along Potter Street

CHURCH LANGLEY LOOP/ NEWHALL

6.35pm At Clock Tower Roundabout turn right towards Church Langley

Turn right at roundabout towards Tesco

6.40pm At Tesco roundabout go straight over along Church Langley Way

6.55pm Turn right at mini roundabout onto Lane End

7.05pm Turn right onto Kiln Lane, past Kiddi Caru

Head back to Church Langley roundabout

7.15pm Turn left at Church Langley roundabout

At next roundabout take 4th exit and come back on yourself

Turn left onto London Road

7.25pm Turn right onto The Chase, Newhall

7.30pm ARRIVE AT NEW GROUND CAFE, NEWHALL TO JOIN THE CHRISTMAS FUN

FREE EVENT

At New Ground Cafe in Newhall, Santa will be staying for a free photo opportunity in his 'Grotto' before heading back to The North Pole

FESTIVE FOOD & DRINKS AVAILABLE TO PURCHASE AT NEW GROUND CAFE 5.00pm - 10PM | PLEASE WRAP UP WARM AND ENJOY

Full updates can be found on Facebook @barringtonsfuneraldirectors

Email: info@barringtonsfuneraldirectors.co.uk | Telephone: 01279 860055



Do not approach
Santa's horse
& carriage
(reindeers)

COLLECTING ONATIONS FOR

St Clare Hospice
Please have £££ ready for
Santa's helpers or
<u>click QR Code below</u>

NEW

GROUND CAFE

Lots of fun to be had from 5pm ahead of Santa's arrival!



from Nikki, Lisa & all at Barringtons Funeral Directors, Bishop's Stortford













Keeping Myself Safe

non-emergency support



Specialist community-based service for victims & survivors of all forms of sexual violence and abuse, sexual domestic violence, sexual harassment and child sexual abuse.



For parent carers & young people with SEND aged 0-25yrs & live in Essex www.familiesinfocusessex.org.uk









Gender identity theouthouse.org.uk 01206 871394



Text crisis messenger 24/7 -text YM85258 Parents helpline M-F 9.30-4 0808 8025544



www.themix.org.uk

SET CAHMS - Mon to Fri - telephone: 0800 953 0222

Essex County Council Children & Families Hub - telephone 0345 603 7627

Vita Health (16+) telephone - 0300 0152 966. Self referrals accepted

Family Lives Helpline - 0808 800 2222 askus@familylives.org.uk

IN AN EMERGENCY:

Call 999 or attend A&E Samaritans telephone: 116 123





MORE-THAN-MUSIC



19TH DECEMBER & 22ND DECEMBER 6-8.30PM

1.30-4PM

SELE FARM COMMUNITY CENTRE, 25 PERRETT GARDENS, HERTFORD, SG14 2LW

CONTACT :

07950115507 (LIZZIE) OR INFO@EVERYBODYLOVESMUSIC.CO.UK



SESSIONS ARE FREE FOR YOUNG PEOPLE AGED 11-18 (UP TO 25 WITH SEND) AND FREE SNACKS PROVIDED!



Youth Vaping: Parent and Carer Survey

Essex County Council are developing a campaign for parents and carers of children 9 to 14 year olds. The campaign will enable parents and carers to have a non-judgemental conversation about the risks of vaping for young people. We want to understand how to develop the right messages and tailor the digital product we build to the needs of Essex parents, building on previous research undertaken.

Survey

This survey is for parents/carers of 9-14 year olds in Essex. The survey should take no longer than 10 minutes to complete. Responses will be anonymous as we will not ask for any personal information. It is live now until **Sunday 14 December**. The survey can be completed <u>here</u>.

What can you do?

Partner support is important as you know your local residents and can help reach them.

- Please promote this research to the target audiences on **your channels and e-newsletters**. Tag us if you post on your social channels.
 - Facebook: @essexcountycouncil
 - X (Twitter): @Essex_CC
 - o **Instagram**: @essexcountycouncil
 - o LinkedIn: Essex County Council
- Please share with your networks and ask them to promote the survey.

Key messages

- Essex County Council is doing research into vaping among young people and would like to hear from parents and carers of 9-14 year olds.
- We would like as many people as possible to complete this survey, whether they or their children vape or not.
- The feedback will help us shape our future work around vaping in Essex.

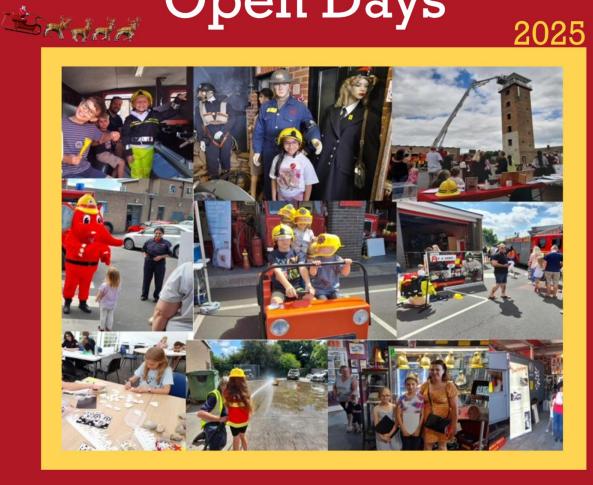
Suggested copy

Essex County Council would like to hear from parents and carers about youth vaping to help develop a supporting campaign. This survey is for parents/carers of 9-14 year olds in Essex. The survey should take no longer than 10 minutes to complete. Your responses will be anonymous as we will not ask any personal information.

Complete the survey by 14 December.

https://research.potentiainsight.co.uk/survey/selfserve/53b/251117

Essex Fire Museum Open Days



Sunday 14th Of December 10:30AM To 4:00PM

Fire Station, Hogg Lane, Grays RM175QS









CONGRATULATIONS!

Passing your test is a huge achievement and a big step towards independence, but the first year is also when you are most likely to lose that independence because of a crash. Risks are highest for you when carrying friends, driving late at night, or dealing with distractions.

The big risk factors:

- Inexperience in anticipating and responding to hazards.
- Distraction from phones, music, and conversations.
- Peer pressure to take risks or impress your friends.
- Night-time driving even if you don't feel it, you have an increased risk of tiredness, and there are more factors out of your control, such as headlight dazzle and reduced visibility.



That's what My Car, My Rules is for. It's your licence, your car, your responsibility. Set your own boundaries and let your friends know what's okay and what isn't when you're driving.

My Car, My Rules is not about losing your freedom, it's about protecting it.

You can use these ideas, or write some of your own:

- Do not pressure me to break speed limits.
- All phones stay off while I'm driving.
- No lifts for anyone who pressures me to break rules.
- I choose the music and the volume.
- Everyone wears a seatbelt.

Download the My Car, My Rules template: saferessexroads.org/ my-car-my-rules



To learn more about Safe Start, visit saferessexroads.org/ safestart Write your rules, share them with friends and family, and stick to them.

My Car, My Rules gives you control as the driver, but Safe Start has your back, too. It's a family agreement that helps take the pressure off the first few months of driving. Things like limiting late-night driving and making sure you get practice in different conditions. It's not about your parents taking away your freedom, it's about giving you time to build your skills safely.







Safe Start:Information for Parents and Carers

Passing their driving test is a big step towards independence for your young driver, but it is also the riskiest time on the road for them.





Essex Family Forum Family Impact Survey 2025





Family Impact Survey -2025 is now OPEN!

We are pleased to announce that the 'new look' Essex Family Forum 'Family Impact Survey 2025' is now live.

We are conducting this survey to measure the current levels of parental satisfaction with local services for SEND families and to compare with the data collected within our previous surveys. We took on board feedback from our previous surveys and have reduced the number of questions so completing the survey should take approximately only 10 minutes.

Your voice really does make a difference, so please take the time to complete this survey by scanning the QR code on the right or by visiting the 'have your say' section on our website (www.essexfamilyforum.org/have-your-say/familyimpact-survey).

About Essex Family Forum

Essex Family Forum (EFF) is the parent carer forum in Essex for families whose children and young people have special educational needs or disabilities (SEND). We need to hear your views and experiences to represent your voice. Visit our website at www.essexfamilyforum.org or via the QR code to find out more about what we do, to access our 'Supporting your Neurodivergent Child' resource pack, to sign up to our mailing list and to share your experiences and feedback via our virtual graffiti wall.



Family Impact Survey 2025





LEE Welbeite