

The Phoenix Flier

Issue 681

Friday 24th September 2021

The Yarm Preparatory School Newsletter

A message from Mr Sawyer

Welcome to another round up of recent events and adventures across School in this week's edition of the Phoenix Flier! Daytime outings and residential trips have now kicked in for the term and it is lovely to see. Such opportunities bring so many benefits to our pupils in terms of personal growth and development. They mean a great deal to us here at Yarm and help us to honour and uphold the pioneering spirit on which the school was founded.

It was brilliant to witness the Year 5 pupils return from Robinwood walking tall and to listen to their tales of adventure, challenge, collaboration and friendship. Hearing from them first hand about their experiences clarified what a positive impact these trips have on our pupils. It was this very adventure that ex-Prep pupil, Abhinav, who is now a School Officer at the Senior School, reflected on as being one of his best memories from the Prep School in a recent assembly he delivered to Years 3-6 with other School Officers, alongside Dr Williams.

You will also see in this week's Flier photos of the Boggle Hole trip - a brilliant opportunity to tie together science and geography themes that are currently being studied in Year 6. What could be better than actually seeing how the sea erodes the cliffs and looking at the sea defences, or rock pooling to understand first hand the habitats and sea life at the beach?

I would like to thank all the staff for their work in making these wonderful experiences possible, for keeping our pupils safe and for inspiring them to go further and higher in every sense. The pupils really do embrace these opportunities and make taking them away such a pleasure. Long may they continue!

Bill Sawyer



Head's Challenge:

Dead on the field
lie ten soldiers
in white, felled
by three eyes,
black as night.
What happened?

Photo of the Week:

Year 5 loved
their residential
stay at
Robinwood last
week, their first
ever school stay-
away!

Tooled Up Education

Now that term is well underway, we wanted to update you on what's been happening at Toolled Up Towers over the summer. We've been busy! Since the beginning of the holidays, we've added 30 brand new resources to the library, on topics ranging from [starting a new school](#), [making friends](#), [supporting your child when a pet dies](#), [new siblings](#), [starting university](#), [degree apprenticeships](#), [dealing with challenging situations](#) and becoming an [effective and reflective learner](#). Phew! Inspired by the Olympics and Paralympics, one of our favourite new resources is a [list of 100 sports](#) for the whole family to try, along with details of where to find out more. Rate them out of 10 as you give them a go. If you're looking for something specific in the library and you can't find it, [let us know](#)! We'll happily research and create something for you.

We are also thrilled to announce Toolled Up's first ever Mental Health Education Week.

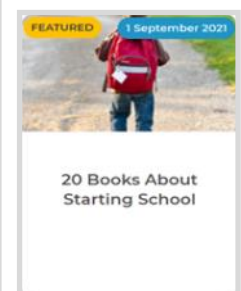
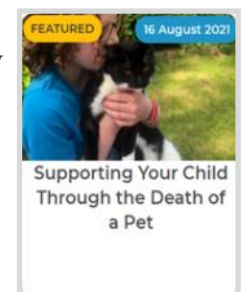
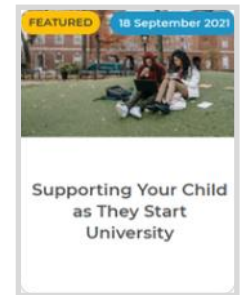
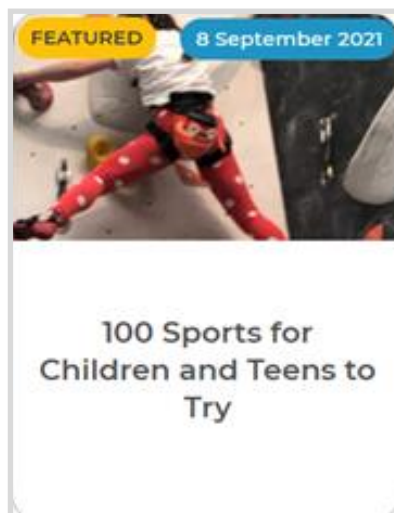
Starting on 15th November, we will be hosting a full week of evening, online talks with leading experts on all aspects of mental health and wellbeing, exclusively for Toolled Up schools. We'll discuss anger management strategies with [Dr Anna Colton](#), OCD and anxiety with psychiatrist [Dr Anna Conway Morris](#) and self-harm with national expert, [Professor Ellen Townsend](#). We'll also be holding a sleep clinic with Joanna Kippax of [Wye Sleep](#) and chatting to clinical psychologist, Dr Tamsyn Noble about why and how parents should seek clinical support for their child. Keep your eyes peeled for more information, coming soon.

Do you have any burning parenting questions? Did you know that Dr Weston will answer any parenting question that you ask? Have a peek at this week's parenting question on the front page of the [Tooled Up Education](#) site. If you have a question, why not submit it? All questions are treated anonymously and we promise we will answer.

A quick reminder As a parent at a Toolled Up school, you have full unlimited access to the Toolled Up library. If you have not created your account yet, click [here to register for an account](#). It takes less than 2 minutes to enter your details and unique school PIN: YPS1103 and if you need assistance, we are always happy to help at support@tooledupeducation.com. If you already

have an account and you have forgotten your password, then simply click on any of the resource links above, click "Lost your password" and follow the instructions.

Dr Kathy Weston



Year 5 at Robinwood

Dear Jonny and Tom,

I am writing because I've enjoyed my time in Robinwood so much, sometimes I thought I'd wake up and that it was all a dream.

My favourite activity was either Indoor Caving or Piranha Pool. The Piranha Pool was scary but exciting and Indoor Caving was claustrophobic at first, but soon was really fun to explore.

My second favourite activity would be the Giant Swing because although pulling Pooh was terrifying, when the swing got swinging you could relax.

Thank you for a great time at Robinwood, it was the best trip ever!

"The journey of a thousand miles begins with one step" - Lao Tzu.

Best Wishes,

Samuel E.



Year 5 at Robinwood



I would recommend going to Robinwood because it is a great place for adventure and trying new things that are scary and out of your comfort zone. It is also a great chance to spend time with your friends and away from home. The activities are amazing.

My favourite activity was the giant swing, although it was terrifying I still enjoyed it. It was very safe because we were

harnessed to a rope and me and my friend Willow managed to go at the highest level, level five.

There was another very fun but scary activity called the piranha pool but it's a secret so I can't tell you how it works.

In the Robinwood bedrooms you could have up to four, five or three in a bedroom. In my room we were a five. At night time to check that we were all asleep and safe there were Robinwood night ninjas. If you were upset, hurt or wet the bed there were ninja buttons that were an alarm only the night ninjas could hear.

Beatriz G.



The giant swing was my favourite part about Robinwood because you go back and forth very quickly.

Charlie M.

My favourite part was getting to know all of my friends more.

Joe W.

My favourite activity was the giant swing because at first I was nervous, but Mark encouraged me to go higher and it was so much fun!

Gabrielle B.

My favourite activity was caving because it felt like you were in a real life cave!

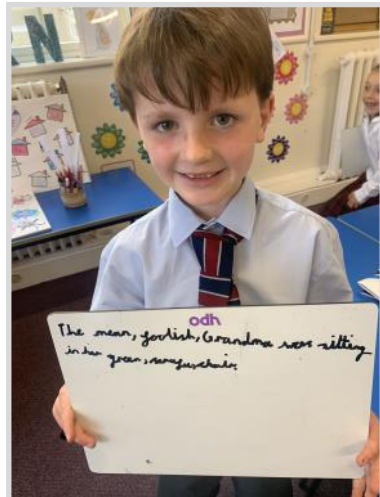
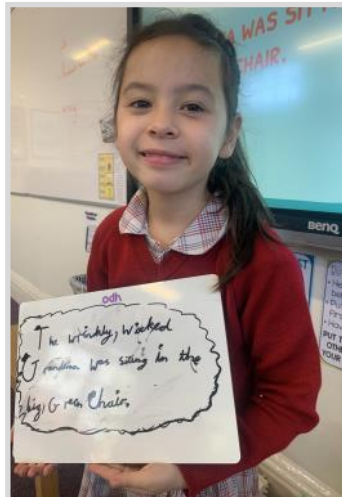
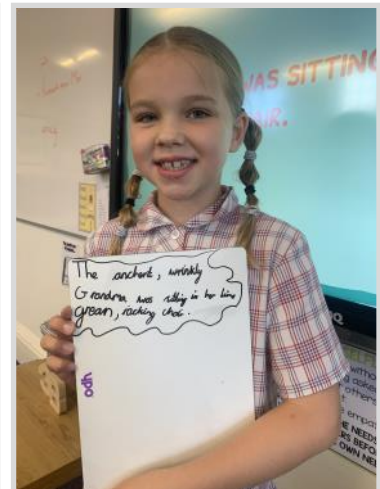
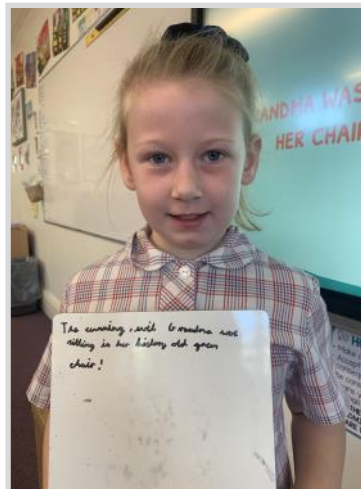
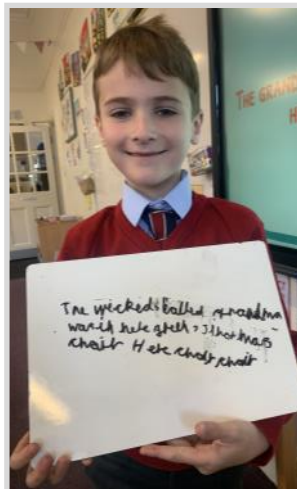
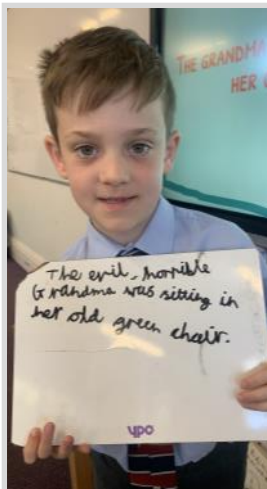
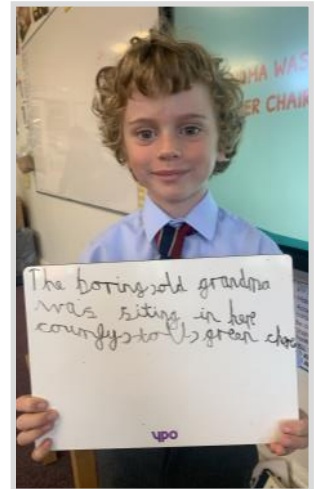
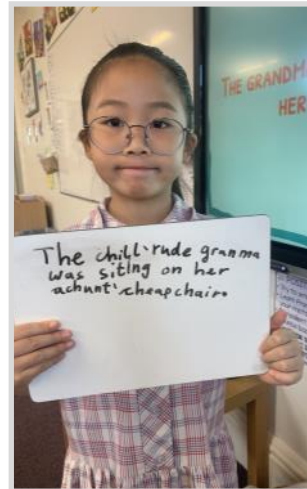
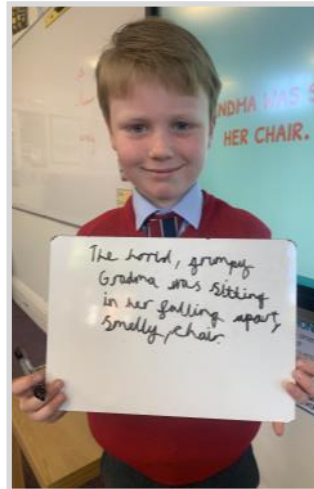
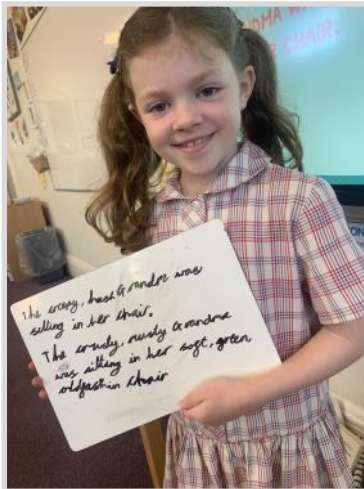
Anjali R.

The piranha pool was the best activity because I love escape rooms!

Will M.

3B English

Here are some of our 2A sentences about Grandma from George's Marvellous Medicine.



Harvest collection—Friday 8th October

This harvest at Prep School, will be collecting donations to support Little Sprouts Foodbank. Sprouts Community Food Charity is dedicated to improving the health and wellbeing of our community and we're keen to help! We will be welcoming donations of non-perishable food items during harvest week beginning Monday 4th October. Please bring your donations to the Y3/4 entrance. Thank you in advance for your help and support!



Year 4 STEAM Club



Year 3 Art

3R and 3B created buildings and people inspired by Lowry's 'Going to Work' using charcoal and paint on to fabric. This produced their display.



Year 6 Arkwright Dance Carousel

Arkwright working hard in their dance activity on Monday carousel!



PE and Games

Year 3's had a fab time in their first hockey workshop with St Peters! Great to see them make friends and practise their skills. There has also been plenty of action from games lessons, Year 3 Fitness Fun and the Grangetown Netball Hub this week.



Childhood Immunisation Team

The Childhood Immunisation Team are responsible for delivering all school-aged vaccinations, including yearly flu, HPV, school-

aged boosters and more. For more information on vaccinations, preparing for vaccines, completing their online form and more, or to contact the Childhood Immunisation Team directly, [please follow their Facebook page.](#)



First session is free

Junior Training
U10-U15s

Tuesday
5:30-6:30pm
@ Yarm School

Wednesday
5:30-6:30pm
@ Yarm School

Thursday
5:30-6:30pm
@ Macmillan Academy

STOKESLEY LADIES HC

Year 6 Work

This week we have a lovely poem about the school values from Charlotte F., and Lily and Rosie C. showing off their cooking skills.



Wednesday 15th September
 A.O. To write a poem inspired by the School Values
 What does compassion look like?
 Compassion means we care
 Others feel our kindness
 Moments we help those who need
 Passion is our determination to be helpful and kind
 Always be the rainbow in someone else's cloud
 See through people's anger and see the problems there
 Sometimes it doesn't need to be words, even a smile or a hug
 Include everyone in everything, put yourself in their shoes
 On the rainy days see the sun shining
 Never let someone's voice not be heard. ✓

Year 6 at Robin Hood's Bay

Mr Grundmann's favourite school trip this week saw each of the Year 6 classes go to Robin Hood's Bay!





Year 4 work this week

Year 4 building hedgehog hibernacula in the woods.



At National Online Safety we believe in empowering parents, carers and educators with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

Part of our Gaming & Gambling Series



Brought to you by



What you need to know about...

GAMING DISORDER

What is it?

'Gaming Disorder'

In 2018, the World Health Organisation included gaming disorder as part of its International Classification of Diseases. Those with the disorder are categorised as having impaired control over gaming, increased priority given to gaming over other activities, and continuing to game despite the occurrences of negative consequences. Naturally, a gaming disorder can affect a person of any age, with children as much at risk as anybody of developing symptoms if left unchecked. While some or all of the symptoms may appear, they must be consistently prevalent for a period of at least 12 months to be considered an Internet Gaming Disease or IGD, but that time may be decreased if symptoms are severe.

Know the Risks

Impact mental health

Becoming addicted to video games at a young age can have a serious impact on social and mental wellbeing. Video games use a lot of techniques to make them more appealing to the subconscious: bright lights, pleasing sounds and rewarding, repetitive gameplay trigger feel good chemicals that can be hard to walk away from.

Lead to injuries

Excessive gaming (especially using a mouse and keyboard at a desk) can cause problematic physical injuries. Back pain, eye strain and carpal tunnel syndrome can all manifest during lengthy gaming sessions.

Increase isolation

Playing video games can be quite an isolating experience. The need to play them can often outweigh the need to do other daily tasks like exercising, socialising with friends or even eating, to the point where little or no enjoyment is gained from doing anything but gaming.

Induce stress

Stress can be extremely damaging to adults and children. It is a known contributing factor to heart disease, high blood pressure, diabetes, and mental health conditions. Too much time playing high-octane video games can leave untold stresses on the body as well as still developing young minds.

Spot the Signs

Excessive play

Children might be dedicating an excessive amount of free time to playing games or disrupting sleep patterns or social interactions in order to get on extra game hours and there. A few extra hours a week is normal, but if it becomes a regular, daily pursuit, it could be a problem.

Social disinterest

Spending time with family and friends or engaging in other activities and hobbies will fall by the wayside with gaming disorder. Life and fulfillment begins to orbit around playing video games, where the same enjoyment just can't be found in other pursuits or social activities.

Mood changes

Getting angry or defensive when asked to stop gaming or becoming irritable when not playing are both warning signs of a gaming disorder. There's a difference between being upset when losing (which is quite normal) and being angry to the point of physical aggression.

Gambling problems

Online gambling may become a problem with young ones or teenagers who might have access to their own money. Many games contain features called loot boxes or microtransaction that have been likened to gambling. Because they can be so addictive, children could be pouring huge amounts of money into games without even realising, or they may be too ashamed to admit it.

Action and Support

Talk to other parents

It can be difficult to gauge just how much gaming time is too much. To understand what is normal, talk to other parents about their children's gaming habits. This should give a more robust idea of what is healthy and what might be a cause for concern.

Encourage other activities

It is important for you to encourage other activities. Engaging in real life sports or social activities and clubs, are excellent ways for kids to spend time with their friends and peers away from video games. Learning instruments or new languages are also a great long-term project.

Establish routines

An established routine can encourage regularity and moderation if you think a child might be gaming too much. Allow an hour or two in the evening when their friends are online and once everything else like meals, homework and housework have already been done. Try to set consoles up in family rooms and keep mobile phones and tablets out of bedrooms at night.

Seek support

If you need to get help for your child, there may be specialist organisations or clinics who can help to treat gaming disorder and provide the necessary advice and support. However, this should only be considered as a last resort in cases of long term and persistent problems.

Our Expert Mark Foster



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

Individual Music Lessons

It's not too late to apply for individual instrumental or singing lessons in Prep. In fact, you can apply at any time of the year.

Instrumental lessons are an optional extra. They are one-to-one sessions with an instrumental or vocal specialist and take place mainly in curriculum time. Children therefore come out of a curriculum subject for half an hour each week. The lesson times are rotated, so that children do not keep missing the same curriculum subject.

The cost of tuition is £167.50 per suite of ten lessons, payable in advance, directly to the specialist teacher. There is a notice period for withdrawal from lessons, outlined in an agreement sent out by the teacher at the commencement of tuition.

Should you wish your child to begin learning an instrument, please follow this link <http://bit.ly/yarmprepmusiclessons> and complete the online form. Your child will then automatically be put on a list and you will be contacted when a vacancy occurs.

In the meantime, should you have any queries, please do not hesitate to get in touch with Mr Gooding, Prep Music Coordinator, at rg@yarmschool.org.

Mr Gooding

Parent Handbook

You can find out Prep School Parent Handbook by clicking [on the link here](#). It is also accessible via the 'Parent' section of our school website.

The handbook is a live, working document. As things change in school, these will be reflected in the handbook. We will endeavour to share these updates through the pages of the Flier every week, but always check the handbook first if you have any immediate queries.

Second-hand Uniform

As part of our ongoing initiatives to encourage sustainability, we offer a second hand uniform service; good quality, second hand uniform items are available to purchase from the Uniform Showroom which is located on the Senior School site. If you wish to sell/donate good quality uniform you no longer require, please drop items at the Uniform Showroom or phone Lesley Porter, Showroom Manager, for more information on 01642 792588. Second hand Nursery, Pre-Prep and Prep School uniform can also be donated to the YPSSC and sold to

raise funds for the Prep School. Please contact the Prep School Committee for more information: ypssc@hotmail.com.

Year 3 Crazy Crafts this week



Morrisons vouchers

As a school, we are collecting the 'It's Good to Grow' vouchers at Morrisons to use towards collecting free gardening equipment for the school allotment (currently being looked after by Year 2!) If you receive any vouchers, please send them in!

Mr Pengilley



After School Care

We offer late supervision for pupils between 4.30pm and 6.00pm for those children who are not able to be collected by 4.30pm. After School Care is supervised by Miss Emma Jeffries and Prep School staff. A register is taken and a modest charge is made for this facility. A drink and snack are provided for pupils who attend. The care costs are as follows: 4.30-5.00pm - £2; 5.00-5.30pm - £3 (in addition to previous charge); 5.30-6.00pm - £3 (in addition to previous charge). Children involved in clubs until 5pm, children involved in fixtures and children whose siblings are involved in Prep School clubs and activities are not charged until these activities have finished.

Please note the phone number for after school care: 01642 792584. It would help us enormously, if you are running late after 5pm, that you could contact this number to let us know your estimated time of arrival.

Parent Curriculum Information Site

<http://bit.ly/yarmprepparents>

The new parent curriculum information site will contain overviews and guidance booklets for English and mathematics, in addition to other links and curriculum details. It will be updated regularly so do keep checking back!

Key Dates for the Autumn Term

Key dates and updated calendar information appears here each week. Please also check the calendar page of our school website.

SEPTEMBER

Sat 25	OPEN MORNING (9am-12noon)
Mon 27	1S trip to Foxglove Covert
Tue 28	U8 Hockey workshop with Queen Mary's (away; 4.30pm return)
Wed 29	School Council (1pm) House assemblies

OCTOBER

Fri 1	U10 Rugby/Hockey v Dame Allan's (home; 2pm start, 3.45pm finish) U11 Rugby v Pocklington (home; 2pm start, 3.45pm finish)
Mon 4	1N trip to Foxglove Covert
Wed 6	Reception trip to Ormesby Hall
Thu 7	YPSSC (4pm; Learning Skills room)
Fri 8	Prep and Pre-Prep Harvest assemblies Newcastle Eagles basketball trip (5.30-10.30pm)
Sat 9	Teesside Team Chess Championships (10am-2.30pm; Prep School)
Tue 12	Year 4 trip to Yorkshire Sculpture Park

POSTPONED

PLEASE NOTE: There will be no gymnastics club after school on Friday 15th October.

Peer Mentor of the Week

Name: Lucia

Friends: I try to be friendly with everyone.

My best mentor: My brother because he helps me with new skills (like with cricket).

Favourite TV show: I don't really watch TV.

Favourite fruit: Grapes.

Favourite subject: Art.

When I am older... I want to be a dentist because I want to be like my mum.

Lucia has been nominated by one of her peers for her "excellent support of the younger children."



The answer to the Head's Challenge from last time was: The barn is already built!

Weekly certificates

	Values	Endeavour
3B	Thomas M.	Imogen C.
3R	Max J.	Meadow E.
3W	Henry S.	Rosa W.
4J	James A.	Thea S.
4N	Ollie B.	Yasmeen S.
4W	Jacob B.	Joey P.
5H	At Robinwood	At Robinwood
5K	At Robinwood	At Robinwood
5W	At Robinwood	At Robinwood
6G	Waleed A.	Ewan P.
6L	Zara W.	Effie P.
6P	Immie M.	Emma S.

Term Dates

Autumn Term 2021—Thursday 2nd September—Friday 17th December (after school)

Half-Term—Friday 15th October (after school) - Sunday 31st October

Spring Term 2022—Wednesday 5th January—Friday 1st April (after school)

Half-Term—Thursday 17th February (after school) - Sunday 27th February

Summer Term 2022—Monday 25th April—Thursday 7th July (after school)

Half-Term—Thursday 26th May (after school) - Sunday 5th June