



The Phoenix Flier

Issue 704

Friday 29th April 2022

The Yarm Preparatory School Newsletter

A message from Mr Sawyer

Welcome to the first Phoenix Flier for the Summer Term. I trust that the holiday period allowed all members of the school community to rest, recharge and relax. It was great to see a number of pupils and staff embrace our Holiday School during the break and I have enjoyed hearing about the Year 6 rugby and hockey tour to Belfast. Grateful thanks go to the staff for making these memorable experiences possible for our pupils, many of which are reported on in this week's publication. It is exciting to think that this term will see many more memories made, with all year groups (Y3-Y6) engaging in a range of residential trips. They are lots of work in terms of planning and preparation, but huge amounts of fun and really character building for our pupils. It is always fantastic to see them return buoyed by their experiences and walking taller as a result.

Despite it being only the first week back, the children have launched into the new term with gusto. I was delighted to watch the Textiles fashion show and view the DT exhibition hosted at the Senior School on Tuesday, in which a number of our pupils performed, danced and showcased a range of eco-clothing. One of the many advantages of being a 3-18 school is the opportunity to collaborate in such ventures. To see our pupils perform at the PAA is always a pleasure and they certainly lit up the stage on Tuesday evening. We have also focused on Ramadan through our assemblies, form times and a non-uniform day on Friday this week. It has been great to discover more about this important religious event which focuses on spiritual reflection and growth, helping those in need and spending time with loved ones.

Bill Sawyer

Head's Challenge: What has a foot but no legs?

Photo of the Week:

A very busy start to the term has seen a number of our dancers participate in the Senior School Fashion Show. Well done to all who took part. Report and pictures can be found inside.



Tooled Up Education

We are focused on tests, assessments and exams this week at Tooled Up. Luckily, the Tooled Up library is packed with resources to help your child grow up to be a resilient learner and help them to feel calmer, more relaxed and well-prepared, whatever the outcome.

As parents, how can we minimise children's levels of stress and anxiety around exams? Check out our [webinar](#) on balancing academic achievement with good mental health. Read evidence-based advice on talking to [primary-aged children about assessments](#), discover 30 tips for parents of tweens in [years 7 and 8](#) (or watch our [video](#)), find optimal ways of preparing teens in their GCSE year (both as a [tip sheet](#) and [video](#) you can share with them) and help your 16-18 year old manage [A level](#) exam anxiety. We've also put together a great [list of questions to use with older teens](#) at various stages of the revision process, to help them feel exam-ready. You might also like to listen to our podcast with [Dr Duncan Astle](#), for some fantastic revision tips, straight from a brain and memory expert!

If your child does feel anxious about upcoming tests, it's a good idea to help them reflect on self-soothing strategies that work for them and share what works for you. Use our new [Coping Menu](#) to kick-start any discussion. Check out our list of [mindfulness apps](#), [30 drawing ideas](#), [breathing exercises](#) or list of [apps that help to connect children with nature](#) for further inspiration and ideas.

The Tooled Up library is already packed with almost 350 evidence-based resources, including interviews with over 80 leading experts from around the world. But, it's your library and we want to know how else we can help you? What new resources would you like to see? Which ones do you love? What could we do better? We always value your feedback and want to ensure that we are giving you the resources that you need. Email us at research@tooledupeducation.com to let us know how we are doing!

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 Tooled Up school, you have full unlimited access to the Tooled 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: YPSII03 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*



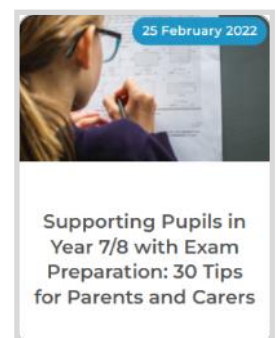
My Coping Menu



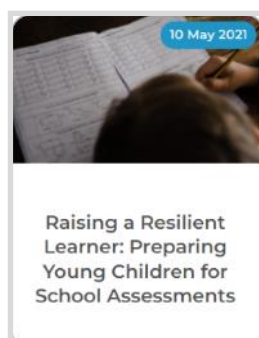
Managing A Level Test Anxiety: Tips for Parents



Your Best Year Yet: Tips for Students in Their GCSE Year



Supporting Pupils in Year 7/8 with Exam Preparation: 30 Tips for Parents and Carers



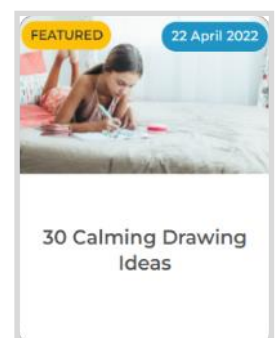
Raising a Resilient Learner: Preparing Young Children for School Assessments



Balancing Academic Achievement with Good Mental Health: Tips for Parents



Calming Mindfulness Apps for Children and Teens



30 Calming Drawing Ideas

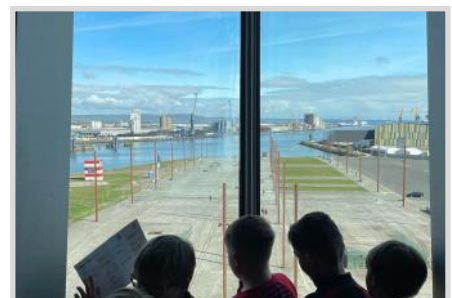
Year 6 Belfast Sports Tour

On the Friday before the Belfast trip I excitedly went to bed with all my bags packed, wondering how much sleep I was going to get. In a blink of an eye it was time for the Sports Tour I had eagerly been waiting for. There were 47 children and 8 staff going on the trip. When I got to school I saw the huge coach waiting to start the journey. Once I got out of my car I walked over to everyone and we were all put into groups. I was put into Mr Simpson's group. As soon as everyone got there we started our journey to Stranraer to get the ferry. It took five hours to get there! When we parked up we got off the coach and went to chill out. After two hours the ferry docked at Belfast. Then we drove off the boat and headed towards our hotel (The Crowne Plaza).

Over two days we played rugby against Cooke, Instonians and Belfast Harlequins. All three of these club teams played very well. Since we hadn't played rugby for a while we were quite rusty on our first game, but over the days I found that my team kept improving and the scores were getting closer and closer.

Over Sunday and Monday we went to the Titanic Museum and the Giant's Causeway, which were both interesting. At the Titanic Museum we went around a trail and we had to spot different fabric figures and tick them off on our sheet. We also had to answer questions on our sheet. At the Giant's Causeway the teachers told us about the geographical and the mythical sides of it.

Over the trip I felt like we were eating like royals because the food was so delicious. Over the days we had to pay for our lunch. We also had tea at Pizza Express, the hotel and Frankie and Benny's. The breakfasts were extraordinary. We had full English (or should I say full Irish) every morning which was awesome.





We had a very dramatic and eventful Monday morning! At 6:30 am a fire alarm went off! Theo and I ran out so fast, to meet at the reception, that we forgot to grab our keycard, but we weren't the only ones! So many other people did the same thing. After that we couldn't get back to sleep so we watched TV. When it got to 7am we got out of bed, got dressed and then went down to breakfast. We went back up to our rooms, grabbed our bags and loaded onto the coach. We drove straight to the ferry terminal, boarded the ferry and completed the 2 hour crossing back to Stranraer.

When we recognised the roads near Yarm the whole bus cheered.

Belfast gave me memories for life and strengthened friendships. It was a superb trip. I enjoyed every second of it.

George H.

I really enjoyed the journey on the ferry, especially the cinema.

Wilf D.

My highlight was going to the Titanic Museum and going on the ride. I really enjoyed the pool in the hotel too.

Tabi B.

My highlight of the tour was when we played Harlequins and drew!

Luke P.

I enjoyed Belfast because I had a great time with my friends, saw some cool landmarks and got to play netball!

Eleanor W.

My highlight was the Titanic Museum.

Archie A.



Year 4 visit Yorkshire Sculpture Park



On Wednesday 30th March, Year 4 went on a trip to Yorkshire Sculpture Park to learn about art. The bus journey was quite long but we were soon there and got into our groups.

We launched the day by looking at a lump of coal. It seemed normal but it was actually extraordinary because it was slowly decomposing into the ground. This piece of art was made by a local man called David Nash. David also planted trees next to stones so as the tree roots grow, the rocks tilt.

Thea S.

We then looked at a sculpture called 'Family of Man', as well as other interesting sculptures. We saw 'The Numbers of Life' by Robert Indiana and I thought it was interesting because if you see it, you can find out how much he liked numbers. He represented numbers in interesting ways.

Satoshi Y.

We then made our way through a field and caught a glimpse of something interesting which just looked like a deer shed. Inside was an incredible room with seats leaning back and a hole in the roof. It was remarkable. We had some snow after lunch and our groups were asked to build some statues before we headed home.

Harry H.



Year 3 Batik

We created some African inspired batik linking to our humanities topic!



Spring awards assembly

Hockey colours (PDU) – Kit Foster, Rorke Anderson, William Foster, Luke Palmer, Freddie Birkin, Jake Davidson, George Howlett, Theo Scott.

Football colours (PDU) – Alfie McBain, Wilf White, George Forshaw, Ben Pumphrey, Jaydon Zhang, Archie Axtell, James Reeves, Wilf Dugdale, Harry Gwynne-Jones, Benjamin Simpson, Ewan Green.

Netball Colours (NERS) – Rosie Cook, Charlotte Fenwick, Charlotte Ferreira, Ella Fitzgerald, Isobelle Gardner, Immie Mulgrew, Edie Redhead-Sweeney, Libby Scott, Anushri Wadehra.

Chess Colours (JG) - Alfie McBain, Daniel Howell, Waleed Ahsan, Edie Redhead-Sweeney, Luke Palmer and Nethuki Muddawa.

Art Stars (RS) – Emma Scott, Yuhe Tian.

Music Colours (RG) - Anushri Wadehra, Emily Eveson, Thomas Pritchard, Nethuki Mudduwa, Claudia Patrick, Yuhe Tian, Effie Peacock, Tabi Brown.

OVERALL House Chess (JG): 1st - Arkwright; 2nd - Stephenson; 3rd - Brunel; 4th - Telford.

OVERALL House Hockey (PDU) – 1st – Stephenson; 2nd – Telford; 3rd – Brunel; 4th – Arkwright.

OVERALL House Netball (NERS) – 1st – (equal) Arkwright and Telford; 3rd – (equal) Stephenson and Brunel.

House Points - 1st – Telford 4618; 2nd – Arkwright 4093; 3rd – Stephenson 3730; 4th – Brunel 3691.

House competition winners this year:

Arkwright - Chess, Pancake Races, joint Netball, Rugby.

Brunel - joint Girls' Hockey.

Stephenson - GK Quiz, Coding, Boys' Hockey. Autumn house points.

Telford - House points, joint Netball, joint Girls' Hockey.

OVERALL HOUSE LEADERBOARD:

4 th	Brunel	1320
3 rd	Telford	1475
2 nd	Stephenson	1807.5
1 st	Arkwright	1837.5

Form and House Captains—Summer Term 2022		
3B	Jack Askew	Imogen Clark
3R	Alice Whaite	Emily Booth
3W	Marianne Davidson	Jack Morgan
4J	Eric Pinedo Fuentes	Haashir Imran
4N	Ronav Gowda	Anwita Dara
4W	Amelia Cheesman	Joey Pritchard
5H	Violet Mitchell	Udham Chahal
5K	Thomas Ferguson	Amelie Kingsbury
5W	Josh Burns	Sid Suryadevara
6G	Claudia Patrick	Tobias Hatfield
6L	Khushee Assudani	Theo Scott
6P	Daniel Howell	Immie Mulgrew
Arkwright	Alfie McBain	Libby Scott
Brunel	Tabby Brown	Kit Foster
Stephenson	Katie Cheesman	Freddie Birkin
Telford	Sofie Matlochova	Eleanor Wild

Senior School Fashion Show



34 Prep School dancers took to the stage for the first time in over two years at this year's DT Fashion Show. The excitement and nerves were evident in the changing room beforehand as they got ready for some of their first ever dance performances on stage. The pupils went out and danced with flare and energy as they performed a snowflake dance based on the theme weather and

seasons. They performed a dance to a medley of music including 'Let It Go' and 'Somewhere Only We Know'. The pupils designed their own eco snowflake costumes and they were amazing! Marianne Davidson was the overall winner with her unbelievable costume! They showed off their costumes and they strutted down the catwalk with confidence.



Dance News

Prep School Dancers were runners up this year's KS2 Northern School Dance Competition with their piece 'Let's Dance'. Huge well done to all Year 5 and 6 dancers who took part.

Quotes from the judges:

'Vibrant use of colours.'

'An energetic routine with smart arm lines and good timing.'

'The patterns were clear and the circle worked particularly well.'

'Great team effort.'

Mrs Dunkley



News this week

Children's Book Project



You may remember, back in March, that we asked each child to bring in a nearly-new book to donate to the Children's Book Project. The scheme sees children in local primary schools receive these books and, as you can see below, Mr Pengilly donated these to schools in Middlesbrough and Darlington. Thank you all for your donations, which were warmly received.

Brunel House Charity Day

Wednesday 4th May

This year Brunel are welcoming former Prep School pupil and Brunel House Captain Sam Shawcross and his mum Fiona to school. Before lockdown, Sam and his Year 6 peers arranged the Brunel House Charity event to raise awareness and money for the Guide Dogs for the Blind Association. Sadly, the event did not happen.

So this year, Brunel is once again supporting the charity. Sam, his mum and two guide dogs called Tess and Franklin joined us in assembly to talk to the children about the Guide Dogs for the Blind Association.

On Wednesday 4th May Brunel are inviting all children to wear an item of blue clothing (£1.00) and to bring £5.00 in change to join in with the stalls the Year 6 Brunel children are running. Mrs Shawcross will also be running a stall where you can purchase keyrings, rubbers and pencils. All of the money will go to support this very worthy cause.

Mrs Jennings

After School Care

After School Care is supervised by Miss Emma Jeffries and Mrs Sylvia Taylor. 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.

Mr Stone

Parent Curriculum Information Site

<http://bit.ly/yarmprepparents>

Just to highlight this site again, please check for some recent additions including maths overviews, reading event slides, etc. If there is anything else you deem useful that you would like us to include, please let us know.

Mrs Pawluk

Year 5 Sustainable Crafts

Arkwright have begun their Sustainable Craft activity this term with a display of bright and cheerful sunflowers in the library.

Mrs Hart



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



VR - or Virtual Reality to you and me - is the practice of creating computer generated images or sometimes even entire worlds for a user to experience as if they were there. Whereas traditionally we'd use a television screen to view these images and games, technology now allows us to simply put on a headset with much smaller screens inside and become fully immersed in these new worlds. While virtual reality is perfectly safe on the whole (although sometimes you might feel like you're in real, physical danger) there are some things to look out for if you plan on giving it a try.



What parents need to know about

VIRTUAL REALITY



IS VR SAFE FOR CHILDREN?

Broadly speaking, VR is safe. The technology being used is so young however, that we don't fully understand the long term repercussions of using it just yet, if indeed there are any. Because of this, it can be hard to know how much screen time is too much and what games and experiences are going to be okay for children. Thankfully, there are a whole host of interesting and educational applications that we can be pretty confident using. Things like 3D art games and sports/activity apps can be a unique way to experience endeavours that might be otherwise difficult to pursue.



IS MY HOME VR READY?



The first big question to ask is 'do I have enough space?' Most modern VR headsets will require an area of clear floor space to work so you can walk around a little, move your arms and generally explore. How much space you need is a matter of which headset you have and what you're using it for, but generally speaking the absolute minimum you'll want is about 5 or 6 feet cubed which will allow you to turn and move your arms without venturing too far. Naturally you'll want to also make sure there are no pieces of furniture or precious ornaments within swinging distance as stubbed toes and broken vases are no joke!

THE EQUIPMENT YOU NEED

Many VR kits come with a dizzying selection of bells and whistles which can seem quite daunting at first, but all you strictly need is a headset with a screen and a headband. While the minimalists will be able to enjoy a virtual tour of an aquarium or a safari, many games will need you to incorporate controllers or headphones to really get the most out of it. Thankfully, the majority of VR kits include a headset, any wires you'll need to connect it to your home entertainment device, some basic headphones and special controllers. Some may also come with sensors which you'll be required to place at the corners of play area so it knows how much room you have.

OPTIONS AVAILABLE

The headset you buy will depend on what you're looking to use VR for and your price range. Many headsets are age restricted. For example the Oculus Rift and Samsung VR carry an age gate of 13+, the PlayStation VR is for 12 and over, while HTC Vive specifies that it is not for young children at all. Nintendo LABO is for 6 and up, while the low-tech Google Cardboard doesn't carry an age warning at all. Each of them offer their own unique perks and pitfalls so if you're unsure, a cheap headset that can be used with your phone and some downloaded apps is a good place to start.

ONLINE FEATURES

As with normal consoles, some VR games will have a multiplayer portion. Anybody with a headset and the game will be able to play with each other online, and not all games will carry a robust safety system. If you know your child is using a game that can be played online, be sure to check on its safety features.



IS VIRTUAL REALITY THE SAME AS AUGMENTED REALITY?

Not to be confused with virtual reality, augmented reality - or AR - superimposes a computer generated image into the real world and doesn't require a headset. Games and apps like Pokemon GO or the upcoming Minecraft Earth use this technology to make it seem like something fictional is on the screen in front of you. This is usually achieved on a mobile phone screen, but the technology already exists to use things like tables, mirrors and other household objects.



Top Tips For Parents



VR CHAT GAMES

Some games involve a sort of online, VR chat room where you can talk to other people all around the world, with the most popular among these being VRChat. VRChat uses a fairly good Trust and Safety System, that goes some way to protecting against nuisance users or profilers. Do make sure you read up on how these systems work before letting a child use them, especially if it's another chat game you're not familiar with.

MEDICAL CONDITIONS

VR can be a rather disorienting experience at first and some people may begin to feel nauseous or uncomfortable after an extended period of play as their brain struggles to understand its new digital surroundings. This is known as 'Virtual Reality Sickness'. Although quite common, it's important to stop once these feelings arise. If you, a family member or friend have any underlying health issues too, it may be wise to consider if VR is the right option as it could put unknown stresses and strains on the body.

ENFORCE BREAKS

As mentioned, VR can be a disorienting experience that does take some getting used to. Committing to regular breaks (every 15-30 minutes or so) will hopefully stop VR sickness from setting in.



DON'T BE AFRAID TO TRY IT YOURSELF

The beautiful thing about virtual reality is that it's not just used for gaming. You can discover untold treasures from across the world or try your hand at painting a masterpiece, all from the comfort of your own home. Having a good understanding of how everything works will enable you to enjoy it alongside your child and while new technology can be daunting, it can also be incredible to experience. By and large, it's much easier to get to grips with VR games than regular ones because you're the controller!



ALWAYS SUPERVISE INTERACTION TIMES

VR is not like a normal games console as essentially you're running around blindfold from the real, physical world. Tripping, breaking and falling into things can all occur if you're not careful. Make sure you're keeping a watchful eye on what's happening without getting in the way yourself. Nothing says 'I got too close to somebody playing VR' like an unintentional bump on the head.



Meet our expert

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.



<https://home.bt.com/tech-gadgets/computing/gaming/virtual-reality-gaming-virtual-reality-how-much-does-it-cost-and-is-it-safe-11364193115313>, <https://www.scientificamerican.com/article/are-virtual-reality-headsets-safe-for-children/>, <https://www.techradar.com/uk/how-to/when-is-it-safe-to-buy-kids-a-vr-headset>

www.nationalonlinesafety.com

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YSA PRESENTS

BOLLYWOOD SUMMER BALL

SATURDAY, 18TH JUNE 2022
7PM

CARRIAGES AT MIDNIGHT

THE PRINCESS ALEXANDRA AUDITORIUM

TICKETS £60
AVAILABLE ONLINE FROM 9AM
SATURDAY 30TH APRIL

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BOLLYWOOD DANCERS FROM DESI NACH

THREE COURSE MEAL
BLACK TIE OR PARTY WEAR

yarmschoolassociation.org

Key Dates

MAY

Sun 1	Ramadan UK Chess Challenge Megafinal (PAA)
Mon 2	School closed; Bank Holiday
Tue 3	Brunel House Duty Class and ensemble photographs by Tempest All before, during and after school clubs begin Curiosity Emporium (1pm; Library) Knockout Chess begins House Table Tennis begins
Wed 4	Brunel Charity Day Y5 London trip—meeting for parents (via Zoom; 4.15pm start)
Fri 6	LAMDA examinations U10/11 Boys' Cricket v Pocklington (away; 2pm start, 5.15pm return) U10/11 Girls' Cricket v Pocklington (home; 1.45pm start)



Sat 7	Open Morning (9am-12noon)
Mon 9	Stephenson House Duty
Tue 10	School Captains Day U8 Cricket workshop with St Peter's (Green Lane; 2.15pm start)
Wed 11	Year 4 Vindolanda residential departs
Thu 12	Year 1 trip to Centre for Life
Fri 13	Year 4 return from Vindolanda

The answer to the Head's Challenge from last time was: FOUR eggs left because you broke, cooked, and ate the same two eggs.

Weekly certificates

	Values	Endeavour
3B	Emily Q.	Holly B.
3R	Jenson C.	Max J.
3W	Dax C.	Henry S.
4J	Miles P.	Lolwa S.
4N	Alex P.	Ollie B.
4W	Ettie A.	Hannah C.
5H	Jack S.	Maisy V.
5K	Olivia J.	Daisy N.
5W	Annabelle A.	Will M.
6G	Emily E.	Daisy A.
6L	Monica PH.	Zara W.
6P	Luke P.	Neev S.

Head Teacher awards

Year 3: Annalise D., Thomas M.

Year 4: Harry H., Trisha K., Erin G., Yasmeen S., Alex P., Vedh A.

Year 5: Lucy W., Marawan S., Miguel RM., Anjali R., Harriet B., Joe W., Ellie G., Edward TP., Jessica F., Emma A., Ciara W., Arvind K.

Year 6: Yingying L. (2), George H., Luke P., Emma S., Jingjing L., Charlotte Fer., Kit F., Felicia J., Lucia C., Freddie B., James R., Ben S., Effie P., Will F.