

The Phoenix Flier

Issue 715

Friday 9th September 2022

The Yarm Preparatory School Newsletter

A message from Mr Sawyer

As a school community we mourn the loss of HRH Queen Elizabeth II. She was a monarch who meant so much to our nation; she was a truly extraordinary person. Her life was one that was unparalleled in terms of the commitment she showed to serving others and the constant guiding light she provided during a reign in which the world changed in so many ways. We have spent the day reflecting on her brilliant contribution to our lives. Our thoughts and prayers are with the Royal Family as they come to terms with the loss of a mother, grandmother and great-grandmother.

We have reached the end of the first full week of the academic year! Despite the early mornings, full school days and heaps of information to take in, our pupils are smiling and dare I say it, ready for more! I have genuinely been so impressed with how well they have taken to their new routines, classes, clubs and activities. I must make special mention of our new pupils across the school, they are settling in well and embracing the opportunities as they come along. It has been excellent to welcome so many parents to our information evenings this week too. Whether you were able to attend or not, you should have access to the presentations that were shared via email. If you have any follow up questions please do get in touch with your child's Form Teacher.

Bill Sawyer

Head's Challenge: What is the length and name of the shortest river in the world?

Photo of the Week: A busy start for our boys and girls on the sports pitch this week, with games lessons and after school clubs starting. The boys are about to embark on a busy rugby season, while the girls are starting to prepare for a packed hockey campaign. More pictures inside.



Tooled Up Education

With schools restarting, the holidays already seem like a distant memory. Many of us are shifting back into work mode and our children are no exception. If they need a little nudge to get back into the swing of things, why not print out our [Back to School Checklist](#) - the perfect way to encourage a little independence.

We've taken a break from our evening Tooled Up events over the summer, but our Autumn programme of webinars is now available to book on the Tooled Up website. We look forward to seeing lots of you at some of our upcoming sessions:

Nice to Meet You: How Tooled Up 'works' and 10 Ways in Which We Support Families Optimally (September 14, 2022 7.30pm BST) - Want to know how Tooled Up can help your child/children and support your whole family? Come along to this talk by our founder, Dr Kathy Weston and learn more about our philosophy, values and beliefs. Take a tour of the site, see a selection of our resources and listen as Dr Weston shares her very best evidence-based tips for parents and carers.

How to Make a Confident Return to Work After Maternity and Other Work Breaks (October 10, 2022 7.30pm BST) - How do I do a good job, progress my career and still have time for family life? How do I show I'm still committed? How do I raise my visibility? These are three of the challenges Jessica Chivers and her team regularly hear from coachees coming back from maternity and other types of extended leave. Join us to learn some practical tips for making a confident comeback.

All about Allergies: Your Questions Answered (October 11, 2022 8.00pm BST) - Dr Weston will host a live Q&A with Professor Adam Fox (Allergy London), one of the world's leading paediatric allergists (allergy experts). This is a great opportunity to finally get all those questions answered.

Making Sense of the Menopause (October 18, 2022 7.30pm BST) - Join us for a live Q&A session with Dr Fionnuala Barton of the Menopause Clinic. Fionnuala will guide attendees through how the menopause can affect not just women, but one's wider family. This talk will separate fact from fiction, answer frequently asked questions and helpfully talk attendees through available treatment options.

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 re-search@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.



Back to
School
Checklist

NICE TO MEET YOU: HOW TOOLED UP 'WORKS' AND 10 WAYS IN WHICH WE SUPPORT FAMILIES OPTIMALLY

DR KATHY WESTON

14TH SEPTEMBER 2022
7:30 PM BST



HOW TO MAKE A CONFIDENT RETURN TO WORK AFTER MATERNITY AND OTHER WORK BREAKS

DR KATHY WESTON AND JESSICA CHIVERS
(CEO OF TALENT KEEPER)

10TH OCTOBER 2022
7:30 PM BST



ALL ABOUT ALLERGIES: YOUR QUESTIONS ANSWERED

PROFESSOR ADAM FOX (ALLERGY LONDON)

11TH OCTOBER 2022
8:00 PM BST



MAKING SENSE OF THE MENOPAUSE

RHONDA ZIMAN AND DR FIONNUALA BARTON
(THE MENOPAUSE MEDIC)

18TH OCTOBER 2022
7:30 PM BST



Dr Kathy Weston

Summer Holiday School



Full details of the October half-term holiday school, taking place from Monday 17th—Friday 21st October, will be shared with parents in due course.

Mr Simpson

Year 5 in the Library

Year 5 have been finding the time to relax and unwind with a book this week!



Parent Curriculum Information Site

<http://bit.ly/yarmprepparents>

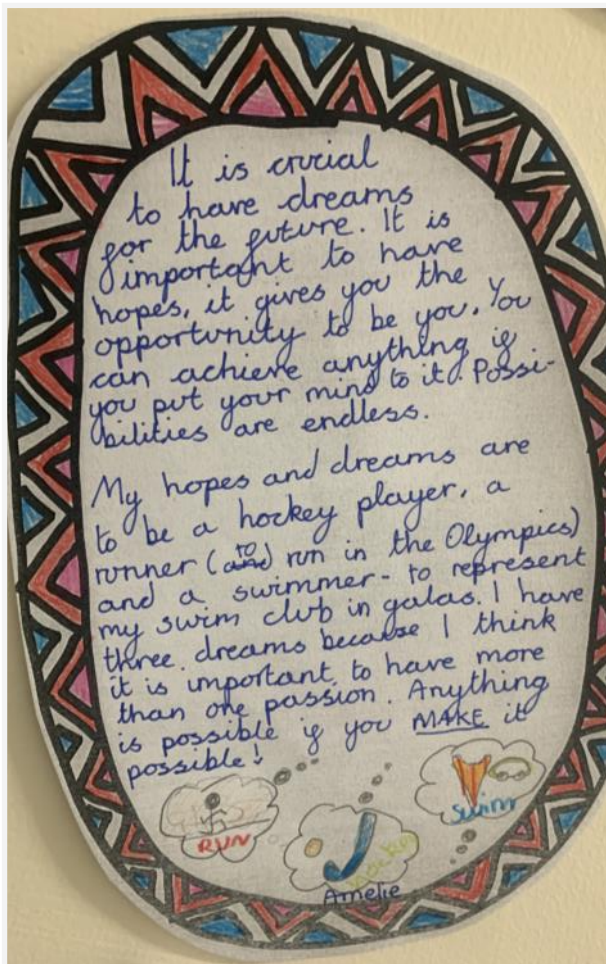
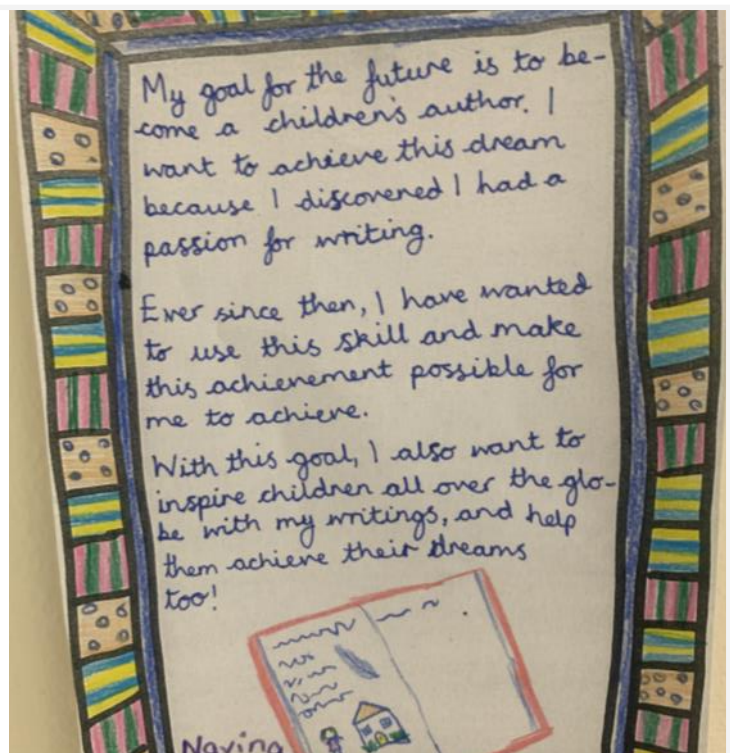
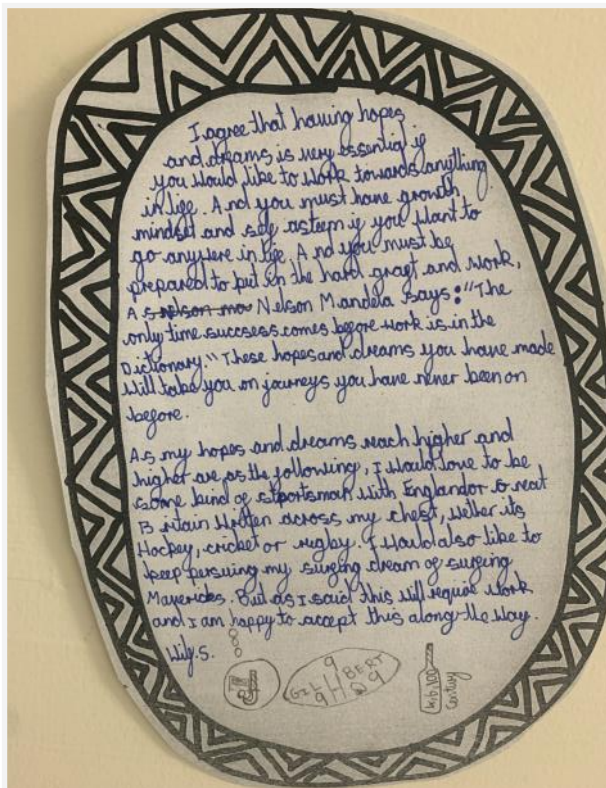
The parent curriculum information site contains overviews and guidance booklets for English and mathematics, in addition to other links and curriculum details. It is updated regularly and you will be notified by email when additional key information has been posted onto the Google site.

Mrs Pawluk

6W English

In English, Year 6 have been looking at the book 'Maybe' and have been thinking about their hopes and dreams for the future.

Miss Whitehouse



Welcome to Year 3

We are so proud of how well the children have settled into Year 3. They have been busy working on their writing skills, understanding of place value and learning about our local area. It is clear that they are eager to experience all that the Prep School has to offer!

Mrs Harandon and Miss Bradley



PE and Games News

It has been great to hit the ground running with both lessons and clubs this week. The numbers at clubs has been very pleasing and the children have settled very well into their respective year groups. A special mention to our Year 3s, who began their Tuesday games afternoon with torrential rain but threw themselves into their hockey and rugby session with real gusto once the rain subsided a little. In PE this half term all children are working on their fitness levels so we look forward to challenging them in the coming weeks.

Our hockey fixtures being next week for our U11 girls with all involved v St Peters from York. **Please can all pupils have mouthguards and shin pads sorted for lessons and fixtures from next week for safety reasons.**

Mrs Redhead-Sweeney



News

Come in wearing PE/Games kit

A reminder to all pupils in Years 3-6 to come in wearing PE/Games kit on the days they have PE, Games or a sporting club.

It is also strongly recommended that, on the days children come to school in PE/Games kit, that they have additional dry kit in their school bag (e.g. tracksuit), as well as a school coat. This ensures that they will have dry clothes in school when it is wet weather.

Parent Handbooks

You can access the parent handbooks on the school website [by clicking here](#). At various points over the coming weeks, we will post some reminders and key pieces of information from the handbook.

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.

If you need to book a place for your child in after school care but have missed the form deadline, please contact Mr Stone (gns@yarmschool.org).

Music lessons

If your child is in Years 3-6 and is interested in taking part in individual peripatetic music lessons, [please fill in this form and Mr Gooding will get back to you](#).

Holiday School

Our Holiday School dates have been set for the forthcoming year. Booking forms will be released closer to the time.

October Half-Term Holiday School—Monday 17th—Friday 21st October 2022.

Christmas Holiday School—Monday 19th—Wednesday 21st December 2022.

Easter Holiday School—Monday 3rd—Thursday 6th April 2023.

Summer Holiday School—Monday 17th July—Friday 4th

August 2023.

Holiday schools runs from 8am-5pm each day.

Mr Simpson

Clubs and Activities

All clubs and activities for the term are up and running from this coming Monday (12th).

To ensure your child comes with any kit or equipment, and you know about picking up or any other arrangements, please keep referring to the Clubs and Activities booklet, [which can be found by clicking here](#).

If you have any questions or queries regarding clubs and activities, please contact Mr Stone.

Form Captains

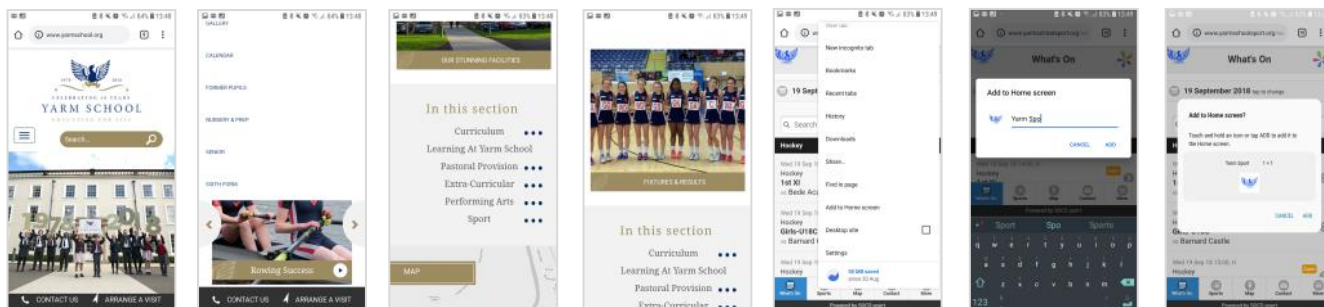
	Captain	Vice-Captain
3B	Freddie B.	Amani R.
3H	Emma W.	Gonzalo V.
4G	Annalise D.	Meadow E.
4J	Manha A.	Leo S.
4N	Henry S.	Ciny Z.
5F	Harrison W.	Ettie A.
5H	Hugo M.	Harrison C.
5K	Can S.	Sylvia D.
6G	Ciara W.	Henry P.
6H	Will M.	Jessica M.
6L	Ben W.	Nikita S.
6W	Navina M.	Ellie G.
Arkwright	Daisy N.	Max A.
Brunel	Udham C.	Lucy W.
Stephenson	Olivia J.	Griff W.
Telford	Fenwick M.	Amelie K.

The answer to the Head's Challenge from last time was: 204

How to set up Fixtures Pro on your Smartphone

It's how to find details of sports fixtures and team line-ups for the Prep School. It is also very easy to set up on your Apple or Android device. Please follow these instructions.

FOR ANDROID DEVICES:



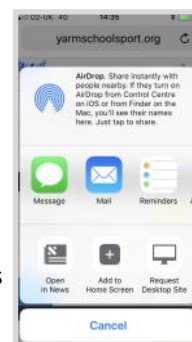
1. Access the Yarm School website via the browser on your device.
2. Click on 'Senior School' at the top of the page.
3. Click on 'Sport' which appears down the left-hand side.
4. Click on 'Fixtures and Results'.
5. In the top-right corner of the browser, click on the three dots, then click on 'Add to Home screen'.
6. Give the link a name.
7. Add to your phone home screen.

FOR APPLE DEVICES:

Follow steps 1-4 above, then:

5) At the bottom of your phones screen drag your finger up and you have a square and arrow icon (photo left) and if you click this you can then see the icon that says 'Add to home screen'. Click this.

6) Congratulations! You are all set and on your phone screen you should see the Yarm School logo which is now your very own shortcut to team sheets etc.



Years 3 - 6 - Collection arrangements - Autumn 2022

**After School Care
Collection Gate
(Until 5pm)**

End of School (3.45pm) - supervised Year Group pick up zones

**After School Clubs
Collection on
Playground
(4.45pm)**



Coming up at the PAA

Charity Concert for Young Minds

My name is Amy Willis and I am an Upper Sixth student currently studying my A levels which are Theatre Studies, Business and Textiles. In addition to three A levels, similarly to many Sixth Form students, I am also undertaking an EPQ. This is an Extended Project Qualification which can range from an essay to an artefact. For my EPQ I have chosen to host a Charity Concert in support of Young Minds UK, a charity which aims to make sure every child and teenager across the world receives the best possible mental health support and has the resilience to overcome life's difficulties. For me this is an extremely personal choice due to seeing so many people close to me struggle with effects of mental health especially during Covid. Mental health is much more widely talked about these days which is fantastic, but as someone who has seen what this charity can do to help with people's lives close up I felt motivated to raise awareness of the charity and also help by raising funds to make sure they can continue to do the fantastic work they already do for so many. I have supported Young Minds UK for many years now and hopefully this concert will raise many more funds for them as well as introducing new people to the charity who could potentially help. The Concert will take place on **Tuesday the 13th of September at 6:30pm** and will involve a range of incredible performances from a range of students in First Year upwards and all the way to past pupils coming back to support the Charity. Please see the poster below for further details. I hope you will all come and watch and if you are not available please consider buying raffle tickets, for the chance to win some incredible prizes donated from local stores and companies or donate to our donation fund. Thank you very much! Amy Willis, Upper Sixth



Tickets: <https://www.thepaaonline.org/whats-on/charity-concert-in-aid-of-young-minds/>

Halloween - Half Term

A spooktacular pantomime is coming to The Princess Alexandra Auditorium this half term. Oh yes it is!

Brought to you by the same team behind last year's production 'Pirates of the Spooky Lagoon' Tom Rolfe Productions can't wait to present their latest spooktacular TREAT full of plenty of TRICKS this Halloween.

All is calm at Creaky Towers until the wicked Belladonna reeks havoc on the Halloween party because she doesn't receive an invitation! Will Tommy the Ghostbuster manage to save the day? Will everyone live happily ever after? Find out by booking your tickets today!

This is a very family friendly show with plenty of fun for everyone with nothing anymore scary than any other pantomime.

TICKETS - <https://www.thepaaonline.org/whats-on/halloween-spooktacular/>



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

What Parents & Carers Need to Know about INSTAGRAM

AGE RATING
13+

follow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

Buy Milk

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/en-US/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/blog/announcements/introducing-reels-and-shop-tabs>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.08.2022

Key Dates

SEPTEMBER

Mon 12	Activities commence Prep Safety Week Y3 swimming begins (Arkwright/Brunel only)
Tue 13	Year 4 trip to Yorkshire Sculpture Park (5pm return)
Wed 14	Year 2 trip to Harlow Carr Farm
Thu 15	YPSSC (4pm, Learning Skills room) Y6 NSPCC Stay Safe Workshops
Fri 16	Early finishes today for EYFS and Pre-Prep (3pm and 3.15pm respectively) U11 Hockey v St Peters (2pm, Prep Astro) U10 Hockey v St Peters (2pm, Prep Astro)
Wed 21	Y5 Robinwood residential departs
Fri 23	Y5 return from Robinwood (5pm) U11 Hockey v Red House (away; 2pm start) U10 Hockey v Durham (home; 2pm start) YPSSC Wine Tasting (7pm, PAA)
Sat 24	Open Morning (9am-12noon) U10 Clegg Cup Rugby (9am-2pm; Barnard Castle)
Mon 26	6W trip to Boggle Hole (5pm return)
Tue 27	6L trip to Boggle Hole (5pm return) U8 Hockey/Rugby workshop with Dame Allan's (away, 2.15pm start, 4.15pm return)
Wed 28	TBC Maths Information Event for Y3 parents 6H trip to Boggle Hole (5pm return) School Council (1pm)
Thu 29	6G trip to Boggle Hole (5pm return) U9 Rugby & Hockey v Dame Allan's (away; 2pm start, 4.20pm return)
Fri 30	U10 Hockey v Dame Allan's (home; 2pm start) U10 Rugby v Dame Allan's (home; 2pm start) U11 Rugby v Durham (home; 2pm start)

OCTOBER

Mon 3	Year 3 walk to Yarm,
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Year 1 trip to Hartlepool Art Gallery

Wed 5 HMC Rugby (venue tbc)

Thu 6 YPSSC (4pm; Learning Skills room)

Y3/4 Poetry Competition

U9 Girls' Hockey v Queen Mary's

(away; 2pm start)

Nursery visit to Yarm Library

Fri 7 Y5/6 Poetry Competition

Harvest assemblies

Nursery visit to Yarm Library

U10/11 Rugby v Cundall Manor

(away; 2pm start, 4.30pm return)

Newcastle Eagles Basketball trip

(5.30pm depart, 10.30pm return)

Sat 8 Teesside Team Chess Championships

(Prep Hall; 9.30am-2.30pm)

Mon 10 Parents' Evening (4-6pm)

Tue 11 Parents' Evening (4-6pm)

Wed 12 Prep Informal Concert

(Prep Hall; 4pm)

U10/11 Girls' Tag Rugby v Dame Allan's

(away; 2.45pm start, 5.15pm return)

Reception trip to Ormesby Hall

Bring it on! Engineering Fair (TBC)

Thu 13 Pre-Prep Halloween Discos

Nursery visit to Yarm Library

U9 Yarm Invitation Rugby and Hockey Festivals

(11.30am-3pm)

Fri 14 **Half-term begins (after school)**

School Diwali celebrations

Mon 17 October Holiday School begins

Fri 21 October Holiday School finishes

Mon 31 Pupils return

After School Care as normal

Y3 Activities Carousel 2 beings

(Arkwright/Brunel Y3 still swimming)

[You can find the Yarm School calendar by clicking here.](#)