

The Phoenix Flier

The Yarm Preparatory School Newsletter

Issue 730—27th January 2023

INSIDE THIS WEEK... Year 6 making bread... Chinese New Year... Primary Schools Singing Day...

A message from Mr Sawyer

Welcome to this edition of the Phoenix Flier which brings you a flavour of school life from across the Prep School. We have been thinking about what it means to be *ambitious* in recent assemblies and form times. Through these sessions we have looked at a range of inspirational people Cpt Preet Chandi, the world record holding polar explorer and Yusra Mardini, a Syrian refugee who competed at the Rio Olympics in the swimming pool for the Refugee Olympic Team. Being ambitious, one of our key School Values, is about seizing opportunities, seeking out challenges, working hard and embracing failure. This is easy to say and type, but harder to achieve without the correct culture and atmosphere. Therefore the team here works hard to ensure that we are nurturing the confidence in our pupils to take risks with their learning. Our pupils begin to understand and embrace the philosophy that when they fail it is not finite, rather it is their first attempt in learning.

I am pleased to say that there are always countless examples of ambitious endeavours across the school every day and each week. In the last few days our Robotics Club ventured to the VEX IQ robotics competition hosted by Nissan. This is our first foray into the competition. The team all know that whatever the result, they'll grow their experience and understanding of robotics, coding and engineering. Our Year 3's went to St Peter's on Tuesday and many of the boys and girls played in their first mixed netball or mixed football school fixture. There were goals scored either way, wins and losses, but above all growth in terms of teamwork, skills and knowledge of each game. Please share your ambitious exploits with your children and encourage them to seek challenges, embrace failure, work hard and seize opportunities. These are key attributes for life.

Bill Sawyer

Head's Challenge:

Who said an army marches on its stomach? What does this mean?

Photo of the Week:

The netball season continues for all year groups, with a slew of matches and training sessions this week. More details and pictures can be found inside.



Tooled Up Education

This week, we've been focusing on the theme of kindness at Tooled Up! Did you know that kindness and empathy have far-reaching psychological and social consequences? There's fascinating evidence showing that practising kindness has a positive impact on our mental health, as well as educational and interpersonal benefits.

Our library already features a [whole section of resources](#) devoted to promoting kindness, including [interviews](#) with leading [researchers](#), family fundraising [ideas](#), a 100 Acts of Kindness [activity](#) and a [list](#) of books that can help to cultivate [kindness](#) and empathy at home.

While we're nudging our children towards embracing kindness and empathy, we still need to address the topic of hate and toxicity. We have upcoming webinars with a top criminologist that can help parents make sense of these tough topics:

[Misogyny and Sexism: A Guide for Parents and Educators: March 14, 7.30pm GMT](#)

Dr Lisa Sugiura will explain clearly what misogyny and sexism mean and what they 'look like' in real life. She will also give parents and educators tools for recognising and tackling them at home and school. [REGISTER NOW](#)

[Andrew Tate and Toxic Influencers: A Guide for Parents and Educators: April 25, 7.30pm BST](#)

Dr Sugiura returns for a webinar that takes a closer look at the toxic influencer, his methodologies, his appeal to some children and teens and what we can do to mitigate the risk that exposure to such material can bring. [REGISTER NOW](#)

Tate has built a prominent online presence with a vast fan base among tween and teen boys worldwide through misogynistic and sexist ideologies. Despite being banned from many platforms, his appeal continues to flourish, with many users sharing his hateful content online. This is due to the influence of the *algorithms* that the most successful social media platforms are built upon.

Do you really understand how these algorithms work? Do you feel equipped to help your children learn more about what has become an essential part of digital literacy? We've rounded up some of the best evidence-based resources designed to help young people navigate and understand online algorithms and you can find them [here](#).

And for those of you who missed our brilliant second webinar with allergy expert Professor Adam Fox, you can now find the [recording](#) in our library. Professor Fox returned to answer more of your questions and discussed a unique model of working with parents of children with allergies, which he is bringing forward in his practice.

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

Chinese New Year



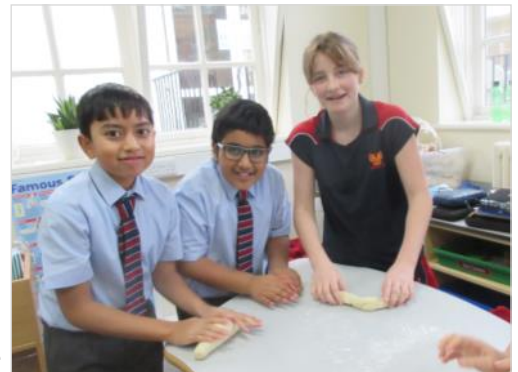
Happy Chinese New Year!

Prep School celebrated Chinese New Year on Friday with pupils wearing either traditional Chinese dress or something red. We also enjoyed a wonderful Chinese-themed lunch, while some children delivered a brilliant assembly detailing the traditions of the celebration. Here they are enjoying their break time.

Mr Stone



Year 6 Making Bread



How does yeast make bread light and fluffy

To make bread we used the fungi called yeast. We also added some extra ingredients to turn it into dough including oil, water and salt. When one leaves the dough to rise, the yeast will eat the sugar and gluten. Yeast gives off carbon dioxide and ethanol (alcohol) as a waste product. When you bake the bread the heat will kill the yeast! It may look like a lovely honeycomb pattern on the inside due to the trapped bubbles or pockets of carbon dioxide. The alcohol evaporates in the hot oven before one eats the bread.

Maisy V.

To make bread light and fluffy you need yeast. Yeast needs food, water and warmth to survive. We needed to knead the dough to make the gluten fibres stretch and to make them separate from each other. Yeast is a fungi, one of the most common plants around the world. Yeast multiplies a lot when it has warmth, water and food but as a result of multiplying the yeast produces carbon dioxide(CO₂) and alcohol as a waste product. The alcohol usually evaporates but the carbon dioxide keeps inside the bread and squeezes itself making air pockets. If we bake the yeast over 40 degrees Celsius it dies off leaving the carbon dioxide in the air pockets giving the inside of the bread a lovely honeycomb structure.

Seb D.



PE and Games News

The U8's had a fantastic afternoon at Queen Mary's last week. They practised their shooting, passing, footwork and even enjoyed some game time! It is great to see them making friends and learning alongside these new found friends in a beautiful setting.

The U11's continued their efforts in lessons as they look forward to another block netball fixture again away to QM this week.

The department post reels, stories and photos everyday of the children in action during the day. It is great to see them enjoying their sport and allows parents to take a sneak peek at what goes on in lessons. Why not give us a follow on 'yarmprepgames'.

Under 11 County Hockey report

Our U11's played well in their county hockey final v Red House School. At full time the score was 4-0 which means the team progress to the NE finals in Thur 2nd March. The venue is still be decided after the draw, but will be Leeds University or Maiden Castle in Durham. Second half we played a friendly and were able to include some additional players from Year 6. This game finished 1-1. I was really pleased with the team's efforts and congratulations to Daisy N who was voted POM by the opposition.

Mrs Redhead-Sweeney

On Friday we played netball against Queen Marys it was a great match and the score was 7-1 to Yarm. The whole team played brilliantly and I think there is a lot more we can learn to use in our future matches but overall we all did a great job.

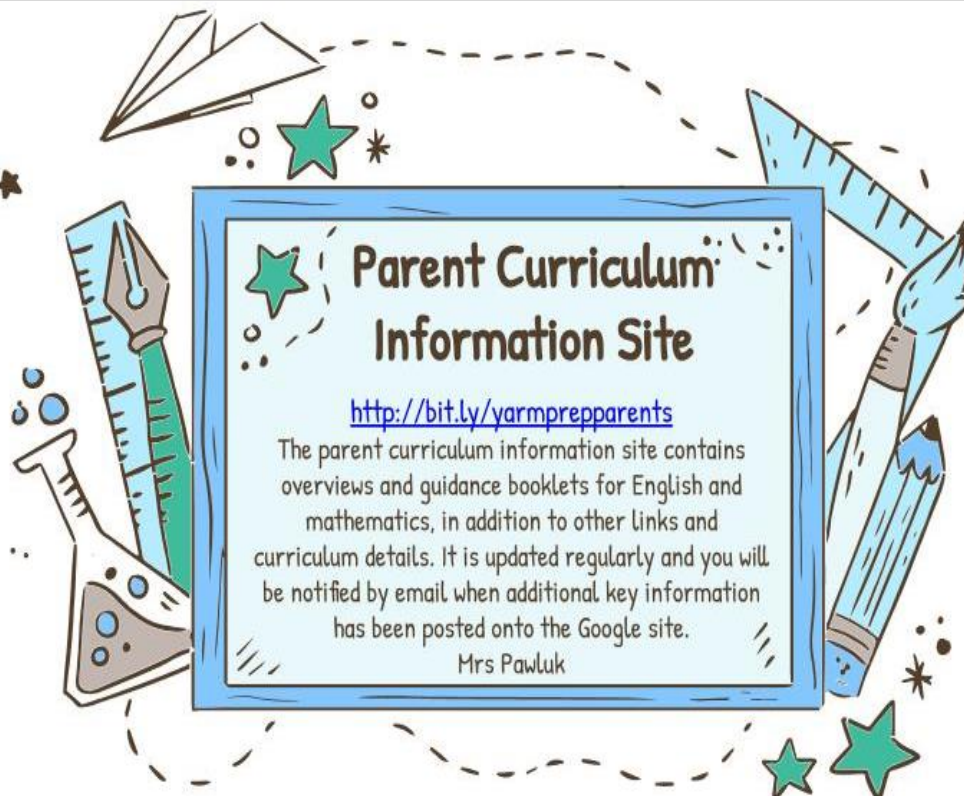
Amelia O'C.



Primary Schools Singing Day

It was a pleasure to see children from four different schools come together earlier this week for our Primary Schools Singing Day. Yarm Primary, Carlton and Bilsdale Primaries and The Glebe Primary joined Mr Gooding for a day of learning new songs and singing, while their teachers enjoyed some professional development with Mrs Staggs from the Senior School. It was a delight to see the children come together in the afternoon to perform to over 100 parents. Well done everyone!

Mr Stone



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.

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](#).

Term Dates 2022/23

Spring 2023—Thursday 5th January—Friday 31st March 2023
(Half-term: Friday 17th—Sunday 26th February inclusive).

Summer 2023—Thursday 20th April— Friday 7th July 2023
(Half-term: Saturday 27th May—Sunday 4th June inclusive).

Running Club

Running club have turned up every week so far full of enthusiasm and determination! Whatever the weather, they run with a smile on their face and full of energy and chat!

Miss Whitehouse and Mr Frank



Climbing Mount Everest

As a young boy, I would sit on the sill of my window in the orphanage, gazing dreamily at the top of Mount Everest, considered the highest peak in the world. I would mutter to myself, "I am going to go there one day. I know I will,". Nobody believed in me. That was then I thought I had the most ingenious plan in the world. Now I regret it...

I shoved some clothes in my diminutive backpack, endlessly looking left and right to check nobody was looking. This had to be a secret. With a heavy heart, I felt like I was having second thoughts. Did I really need to run away just to prove to everybody I am more than they think?

"I know it's wrong, but I know it will show them I am more, more than they will ever think." I muttered. With supplies in my backpack and a sneaky grin on my face, I set off on my trek.

I was almost certain that base camp wouldn't be far away, just a few miles. Boy was I wrong! At one point I nearly collapsed! I knew I had to achieve my goal. I would climb Mount Everest. I saw lots of prying travellers staring at me, some pointing and laughing at me, but I didn't care. I just carried on, my fatigued little legs ploughing on with the endless punishment. I felt my heart pumping vigorously with every step. My drooping eyes suddenly caught sight of a sign. I was there. I was finally at North Base Camp.

I steered myself through the large groups of people, hoping nobody would catch sight of me. I studied the mountain. How would I ever get up there? Nonsense, I thought, I am just extremely tired and I am just being negative. I need to adopt a growth mindset, I know I can do it. I know I want to do it. However, my words of reassurance weren't very helpful.

The next morning - after sleeping in an empty tent that was somewhat abandoned I sneaked through the hordes of people to the climbing equipment supplier, the last place people see before they start the climb. I swiftly took:

a small oxygen tank and mask so I could breathe if the altitude affected my lungs; a tent and a thick sleeping bag to keep warm; some climbing boots and warm clothes; Once I had all the supplies, I was ready. It was time to reach my dreams.

I was thirty steps into my climb and I was already wanting to go back down. I was still exhausted from the previous day and I did not feel safe. How many times did I tell myself it was easy, because I was definitely wrong. It was torture.

Several miles on, I could see some frozen dead bodies in the thickset snow.

"That could be me if I'm not careful!" I told myself. I really wanted to finish my climb. I felt part of the snow move. I must have been at Khumbu Icefall. I saw the colossal wall of ice and thick snow in my way. However, nothing would stop me. After about three hours of failing to climb up the wall, I managed to overcome my fear of falling and climb it. The next five and a half hours were spent climbing up substantial parts of the mountain. I was exhausted. However, there was no time to rest. I had reached the last, yet formidable part of Everest: The Death Zone.

I decided it would be time to settle down and set up camp. Trying to take the Death Zone off my mind, I sat in my snow - proof sleeping bag, eating some ice-cold Skittles I found in my bag. However, I wasn't in the mood to eat or drink anything: I just wanted to finish the climb. The fact that I was at the most dangerous part of Mount Everest made me feel timid. I then

thought of the orphanage. They would've realised I was gone by now. They could be extremely worried. Well, my friends would have been worried, so at least two people would've cared. I then nodded off, realising that tomorrow was a new day.

It was the crack of dawn, the day that I would finish the climb of Mount Everest. While I was getting dressed, I imagined what the headlines on the newspaper would say: 9 ½ year old boy climbs Mount Everest on his own without anyone noticing! That would have to wait, as I was all ready. I took my first step. This was real. This was no dream. I was climbing the tallest mountain. About an hour of climbing in, I was already losing my breath. I turned on my oxygen tank and carried on to ascend.

Five excruciating hours later, I reached the top!

"Yeah! Woo - hoo!" I screamed. I then looked up and saw a helicopter. It landed and the surgeons helped me on board. I did feel a little bit disappointed that I didn't get to climb back down. However, my oxygen tank had nearly run out so I suppose I was lucky. They checked I wasn't hurt and led me back to the orphanage. News reporters were outside the gates and lots of vans too. Once the helicopter had landed, I went inside and said hello to everybody. It was a challenge, but it was worth it. I was now the youngest person to climb Mount Everest...

Ben W. (6L)

Performing Arts

Yarm School pupils Esther Lane, Laura Burns, Rose Tompkins, and Erin Goh are members of a Youth Theatre, and will be taking part in their forthcoming production of West Side Story. Participation requires a great deal of commitment and attention to detail: Crash Bang Wallop has won several NODA awards for their productions and individual performances, and the standards of acting, singing, and dancing are very high.



Esther, Laura, Rose and Erin took part in auditions in September 2022, and following the casting process have attended 3-hour rehearsals, three times a week, at the studios in Stokesley. The pupils have also worked to build their skills and experience in Performing Arts through speech and drama, singing, and dance lessons and activities at Yarm.

If anyone would like to support them by coming to watch, the production is 8th-11th February at the Forum Theatre, Northallerton. Laura is starring as Anybodys, Esther and Rose as Jets gang members Snowboy and Tiger, and Erin as Shark member Nibbles.

Coming Up at the PAA

Goldilocks

[https://](https://www.thepaaonline.org/whats-on/goldilocks/)

www.thepaaonline.org/whats-on/goldilocks/

Don't miss this unique retelling of the much loved fairytale

'Goldilocks and the

Three Bears' cram packed with amazing circus acts, hilarious comedy and the most adorable three bears in the whole of story book land!

Join Goldilocks as she sets out on a hilarious adventure to find a brand-new star attraction to save her family circus when she comes across a quaint little cottage in the middle of the forest.

Will she manage to convince the three bears to save the day with their awesome circus tricks? Will everyone live happily ever after? Find out by booking your tickets today for the perfect family treat this Easter.

April 5th at 6.30pm or April 6th at 1pm or 4pm



Wizard of Oz

<https://www.thepaaonline.org/whats-on/the-wizard-of-oz-2/>

Dorothy Gale and her little dog Toto are forever getting into trouble on the farm in Kansas. Alongside her Aunt Em, Uncle Henry and her three hapless farmhand friends, she dreams of traveling to a place where troubles melt like lemon drops over the rainbow. Her wish is granted courtesy of a terrible twister which takes her far away to the magical land of Oz where the beautiful Glinda the Good sends her off down the yellow brick road to the Emerald City.

But hot on her ruby heels is the Wicked Witch of the West who is bent on taking over the colourful kingdom. With the help of a scarecrow, a tin man and a cowardly lion, will Dorothy have the brains, heart and courage to save all of Oz and find her way home?

April 16th at 3pm, April 17th at 1pm or 6.30pm, April 18th at 1pm or 6.30pm

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 game of many 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 OF WORLD WARCRAFT

AGE RESTRICTION
12+

WHAT ARE THE RISKS?

World of Warcraft originally launched way back in 2004, and since then the game has blossomed into a major entertainment property. It's spawned spin-off novels, merchandise and even a Hollywood movie adaptation ... but why are we still talking about it in 2023? World of Warcraft's most recent iteration, Dragonflight, launched last November and marks the game's ninth major expansion. This latest addition has attracted a whole host of lapsed players back to the game – as well as newcomers jumping into the realm of Azeroth for the first time.

ALWAYS ONLINE

World of Warcraft is an MMORPG, which stands for Massively Multiplayer Online Role-Playing Game. Players create a character and head off on mythical quests to earn rewards and become more powerful. The game's environment is absolutely vast, and it can only be played online on PC or Mac – so there's a high probability of young Warcraft fans wanting to monopolise the family computer.

REGULAR EXPANSIONS

As is common with many MMORPGs, World of Warcraft's developers, Blizzard, release regular expansions for the game (usually every 18 months to two years). So although there's still plenty of content for young players to experience right now, there will almost inevitably be a requirement to continue buying future expansion packs, which tend to cost around £50.

IN-GAME PURCHASES AND SUBSCRIPTIONS

Just like its genre contemporary Final Fantasy XIV, World of Warcraft requires a monthly subscription fee to play. It's currently £9.99 per month (although you can get it cheaper by signing up to a longer subscription). There are also many items which can be purchased from the in-game store that don't affect gameplay, but instead offer cosmetic alterations to a player's character.

VOICE AND TEXT CHAT

Because World of Warcraft is played exclusively on PCs and Macs, it's easy for users to type out text messages if they aren't comfortable using voice chat. If you'll forgive the pun, that's a double-edged sword because – although there's less chance of them being harassed verbally – it puts young players at increased risk of being trolled or receiving spam through the in-game messaging function.

SIMULATED VIOLENCE

The fact that World of Warcraft is almost 20 years old means that even its most violent battles look slightly cartoonish compared with the level of authenticity in many more modern games. The exception tends to be Warcraft's in-game cutscenes: animated sections which move the plot onto the next stage. These offer more realistic visuals, but they still aren't overly gory or scary.

POTENTIAL FOR ADDICTION

World of Warcraft can trigger a powerful "just one more quest" mentality in players (especially young ones) as they rush to secure the next dopamine hit from levelling their character up or earning a new item or weapon. It's also a game that doesn't have a definite "end" – because as soon as a player finishes levelling up one character, they can start afresh with another one.

Advice for Parents & Carers

MANAGE PLAYTIME

World of Warcraft can be an extremely enjoyable game to play with friends, but it's important that your child doesn't let their adventures crowd out school work, socialising or anything else they also enjoy. You could, for example, consider imposing playtime limits – such as a set number of hours to play Warcraft per week, or restricting it to particular days or just weekends.

MAKE IT A REWARD

If your child is excited about getting the next World of Warcraft expansion, you could consider using it as a reward for completing their weekly tasks (you could even call them "quests"! like tidying their room or doing their homework. This will demonstrate that you're happy for them to play the game but will also help them to build good, productive habits, reinforcing that hard work earns rewards.

SIGN UP FOR THE FREE TRIAL

Warcraft's monthly subscription effectively "pays" for the regular new content, but there's also a sizeable free trial that lets new players explore the world of Azeroth without paying a penny. Players can play up until Level 20 for free, which is easily several hours' worth of gameplay. If your child does take this option, we'd suggest minimising in-game spending by not linking a bank card to their account.

REMEMBER THE AGE RATING

Due to mild violence and the occasional use of offensive language, World of Warcraft has been rated as appropriate for players aged 12 and over by PEGI (the Pan-European Game Information system, which gives games their age certificate). It isn't really suitable for anyone below that age, so you may potentially have to explain this reasoning to your younger children if they want to play it.

ADVENTURE TOGETHER

Warcraft can certainly be addictive, but playing it together is also a great way to spend time with your child. The game's focus on cooperative questing and battling enemies can make it feel like you've accomplished something as a team, and you'll also be in a prime position to spot any early signs of addiction. Just remember to apply gaming time limits to yourself as well as your young ones!

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website *Deserto* and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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Source: <https://www.theguardian.com/technology/2011/aug/29/world-of-warcraft-video-game-addict> | <https://worldofwarcraft.com/en-us/start>

www.nationalonlinesafety.com

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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: 11.01.2023

Key Dates

JANUARY 2023

- Mon 30** Year 6 Drama Week
Activities Carousel 3 beings (Y4-6)
- Tue 31** Curiosity Emporium (Library; 1pm)

FEBRUARY 2023

- Wed 1** Food Council (Hall; 1pm)
- Fri 3** Year 6 Drama Week performance to parents
(Prep Hall; 4.15pm)
AF Steadman author visit for Year 5
(PAA; 9.30-11am)
U11 Netball & Hockey v Pocklington
(Home; 2.15pm start)
U10 Netball & Hockey v Pocklington
(away; 2pm start, 5pm return)
- Mon 6** Internet Safety Workshop for Digital Leaders
Y3 Activities Carousel 4 begins
(S/T still swimming)
- Tue 7** Safer Internet Day
6W in Children Challenging Industry workshop
U8 Netball v Cundall Manor
(away; 2pm start, 3.45pm return)
VMT Parents' Evening
(Senior School; 4-7pm)
- Wed 8** Internet Safety Talk for Parents
(Prep Hall; with PCSO Barrett; 4pm)
- Thu 9** Year 3 Trip to Centre for Life, Newcastle
- Fri 10** U10 Netball v St Peter's
(away; 2pm start, 4.45pm return)
U10 Hockey Triangular fixture with Ashville
(away; 2pm start, 4.45pm return)
U11 Hockey v Teesside High
(home; 2pm start)
U11 Netball v St Peter's
(home; 2pm start)
- Sun 12** Y6 Group to Twickenham for 6 Nations Match

- Mon 13** **STEAM WEEK**
Sofia Windfarm workshop for Year 5
- Wed 15** Royal Institute Science talk (Y3-6)
Prep Duologues launched
In2Hockey Boys' County Round
(Home; 3pm)
U10/11 Girls; Rugby v Dame Allan's
(Green Lane; 3pm)
- Thu 16** **Half-term begins (after school)**
After School Care as usual

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

Solution to previous Head's Challenge:

your name

Celebration Assembly

	Values	Endeavour
3B	Jana A.	Zac S.
3H	Scarlett Y.	Atticus WT.
4G	Rory F.	Aashirya S.
4J	Fathe C.	Zara M.
4N	Rory B.	Henry S.
5F	Ben F.	Hannah C.
5H	Yasmeen S.	Jacob B.
5K	Florence A.	Rebecca N.
6G	All of 6G	
6H	All of 6H	
6L	All of 6L	
6W	All of 6W	

Head Teacher Awards:

Year 3: Atticus WT., Paari M., Annabelle A., Takashi Y., Amelie T., Ziad S., Henry F., Francesca S., Harriet A., Felix M., Emily W., Harriet B., Andrés O. (2), Sajjan G., Elizabeth H., Aditi K., Jude C., Wilbur M-S., Sia S.

Year 6: Ben W., Auden A., Wilf S., Navina M., Janaki M.

Librarians: Beatrix A., Annabelle A., Harriet B., Dora B., Amélie K., Sumi K., Janaki M., Bea M., Akansha M., Violet M., Navina M., Amelia O'C., Louisa P., Imogen P., Miguel RM., Dorothy W., Wilf S., Sid S., Nikita S., Joe W.

Book Buddies: Daisy N., Matthew R., Jack S., Darcey-Rue R., Sonny F., Matthew S.