

# The Phoenix Flier

## The Yarm Preparatory School Newsletter

Issue 738—31st March 2023

INSIDE THIS WEEK... Year 5 London trip... Year 6 Tour de Yarm... Games termly review...

### A message from Mr Sawyer

**W**elcome to another edition of the Phoenix Flier; the final one for the Spring Term! As you will see from this edition, life at the Prep School has continued to be exciting and fulfilling in the last week. It has certainly seemed quieter with Year 5 away in London, but the other year groups have made up for it. Year 6 have been enjoying the *Tour de Yarm* as part of an immersive languages week and we are looking forward to the Dance assembly on Friday. There has also been much action in terms of the build project which is standing tall with the steel superstructure now largely in place. We look forward to seeing the progress after Easter!

As the term draws to a close, I would like to pay tribute to the boys and girls who have embraced the many opportunities put before them this term. The School is energised by an atmosphere of enthusiasm and development, a culture that seeks growth and demonstrates a collective desire to succeed. We share high hopes for our pupils and through close collaboration, as teachers and parents in our school community, we help them achieve a great deal. The resultant motivation in every pupil sees them bound through the school gates, dive into lessons, skip across the dancefloor, perform on the stage, collaborate, experiment and give so much to school life. I would like to thank all of the staff for their efforts to support, inspire and challenge our pupils to achieve so much this term. I would also like to thank my wife and family for their support and love, without it I would be lost. I hope everyone enjoys a safe and relaxing Easter break.

### Head's Challenge:



**Photo of the Week:** An exciting end of term for Year 5, who have been in London all week enjoying the sites and sounds of our capital!

## Tooled Up Education

As parents of young children, we know how difficult dealing with our (sometimes unpredictable) child's meltdown can be and how they can leave us adults feeling helpless, unsettled, confused or de-skilled. This is why we asked neurodiversity and early childhood specialist Kerry Murphy to [explain everything we need to know](#) about the potential causes of these meltdowns and how best to respond to them.

If you'd like to learn more about emotional outbursts and how to best support your child, why not take a look at our [mood thermometer](#) resource? Our activity on [describing anger](#) can also be very helpful or check out our list of [books to support children's mental health](#) to find the ideal book for your situation.

On a different note - April is just around the corner, so here's a reminder of the live webinars and events that we have coming up over the next month:

### [17th April, 7.30pm BST: How Breathing Techniques can Help Children to Master a Stammer or Stutter](#)

This webinar aims to share fun and simple techniques to help your child bring awareness to their breathing and equip you with simple strategies to help your child achieve smoother speech. We will talk about various types of stutters, how breathing is linked to sound production and tips on how to support your child's stutter through positive reinforcement.

### [21st April, 9am - 4.15pm BST: Online Autism Conference](#)

The event is aimed at anyone across our Tooled Up community who is interested in learning about ways to support children and young people with autism. We'll be chatting to experts about optimal learning environments, autism and mental health, partnerships with parents and ambition, aspiration and employability, and include some 'lived experiences' throughout the day.

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

In this webinar, we take a closer look at Andrew Tate, 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.

### [27th April, 7.30pm BST: Eco-Anxiety, Sustainable Fashion and Wonderful Ways Forward](#)

This webinar will discuss the tension that exists between young people's desire to embrace fashion and purchase clothing amid real concern about climate change and planetary damage. We will learn about eco-anxiety and address some of the real concerns about clothing production and the fashion industry in general.

And as always, don't forget to follow us on social media for more updates! You will find us on [Facebook](#), [Instagram](#), [Twitter](#) and even [LinkedIn](#).

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**T**he 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](mailto:research@tooledupeducation.com) to let us know how we are doing!

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](mailto: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 London Residential





## Year 4 Drama Week

Year 4 enjoyed their first ever Drama Week last week. Here are some of their highlights.

I liked it when we were spinning the plates and juggling clubs. *Max J.*

I enjoyed trying to ride the tricycle. It was fun. *Rory B.*

I loved juggling because I have never had the chance to learn how to do it until now. *Kaiden G.*

I liked it when we read from the scripts and made the frozen pictures in the drama workshop. *Holly B.*

I really enjoyed all of the drama games, but I particularly enjoyed playing Wink Murder. *Dan B.*

I liked 'Splat' because it was fun and it got me thinking. *Ciny Z.*

One of the things I liked about the circus skills workshop with Tom was juggling because I learned how to juggle two things. I also liked balancing the clubs on your hand. *Emily Q.*

I enjoyed playing games in drama like splat, what happens next, and zip zap bong. I also enjoyed doing the scripts with Martha. It was very funny doing the frozen pictures. *Jack M.*

Acting was great fun because it encouraged us to improvise and answer without thinking. We played lots of games and finished of with a script. *Rosa W.*

I LOVED the drama. I especially loved the games. My favourite game was probably the one where you could pretend your partner was clay and then put them in a pose. *Emily B.*

I liked the drama because I really like playing the games and doing acting. *Thomas M.*





## PE and Games News

### Yarm Under 9 Netball Festival

It's the taking part that counts. I don't think about winning or losing, I think it's about having fun. It was a great, fun festival with lots of challenges we overcame. It was brilliant and competitive but very enjoyable.

Overall, we all loved it and had great fun and we are all looking forward to it next year. We all tried our best and had a brilliant time. We would like to say a big thank you to Dame Allan's, Queen Mary's, Red House, Barnard Castle and Durham Choristers for all coming to Yarm for the festival.

*Marianne D.*

I really enjoyed the Year 4 tournament. It was amazing. I had lots of fun and it was amazing to watch and cheer all of our team mates on and other schools. Thank you for arranging this.

*Daisy C.*

### Under 8 Football v Durham

The U8 boys enjoyed a lovely afternoon of football against Durham. Each game was hard fought and it was a pleasure to see the resilience and collaboration of our boys. They worked hard and thoroughly enjoyed themselves. Well done!

*Mr Underwood*



## PE & Games—Termly Review

It has been a busy term with lots of highlights along the way. With fixtures coming thick and fast it is great to give the children as many opportunities as possible.

Our U8's enjoyed netball workshops with St Peter's, Cundall and Queen Mary's, making friends along the way. They also threw themselves into their swimming lessons and it was great to see them grow in water confidence and establish some fantastic distances using a variety of strokes.

The U9's played Queen Mary's Durham and hosted 5 schools in our very own festival last week. There are some highlights from girls in this flier from that festival. Thanks to Daisy and Marianne for collating these.

The U10's and U11's played netball against Queen Mary's, Cundall, Barnard Castle, Pocklington, St Peter's, Ashville, Gateways and Durham School in what was a very busy Friday fixture card. We took two teams to the HMC at Hymers finishing 3rd out of 30 teams and the B's won the shield on the day! As County hockey champions back in January the U11 hockey team went all the way to the Regional finals last week down in Leeds.





### Regional tournament review

The team played Tranby High (Humberside Champions) in their first game and after the first few minutes where we looked a little rusty we began to play some decent hockey. It was end to end during the 40 minute game with both schools creating chances and scoring them. This game had a draw written all over it but Tranby found an extra burst of energy in the last 2 minutes to snatch the game 3-2. The girls had given everything in this game and played some fantastic hockey. They all contributed and showed they belonged on this regional stage.

This meant the girls couldn't progress to the final so played Wakefield Girls in the 3rd/4th play off game. Again this was 40 minutes so I was pleased we could enrich the squad with fresh legs. At 2-0 up going into half time we were cruising and should have scored a few more, but as the whistle went on the stroke of half time WGS were awarded a short corner. Even as the half time whistle went the penalty had to be taken and sadly we were not able to stop the ball going into the back of the net. This meant just a slender lead going into the second half just 2-1 up. Tranby once again grew from this goal and we began to get nervous, unable to take any more chances we created. With only 5 minutes left they speculatively hit the ball forward bypassing the midfield and managed to hit the post and follow up this rebound and score against the run of the play it has to be said. At 2-2 the girls were absolutely shattered and at the end of the game the teams agreed to share 3rd place. It really was a super day of hockey and hard going at times but to get to the Yorkshire, Humberside and North East finals in the first place was a fantastic achievement. The team showed real quality throughout and are going to grow into fine hockey players. I look forward to following their successes as they move to the Senior School. Well done to Nona, Ellie, Willow, Maisy, Daisy, Bea A, Gabby, Amelie, Lou (c) Anjali and Bea G who I could not have asked anymore from that day. I was immensely proud of their efforts and they should be also.

Next term our attention turns to cricket for the girls and all fixtures are on the school website. Finally, I want to express my gratitude to the staff who support the Games department, driving school sports forward and being such positive role models for our girls.

*Mrs Redhead-Sweeney*

This term can be described in so many ways. It has been jam packed with sport, fixtures and activities. It has been wonderful to see so many boys take part in numerous fixtures across so many sports across Years 3-6. What has been a pleasure to witness is that through the mass participation, success has followed. Fixtures and workshops with GSAL, Dame Allan's, Ashville and St Peter's have all provided many learning points and sparked future friendships enabling our boys to develop their resilience. While coming second in the HMC Football was a disappointment for the U11s, the U10s who attended can learn from this experience and look to go one step further next year. The success enjoyed by the footballers was replicated and exceeded by the U11 boys hockey team. Following the disappointment of being knocked out of the North-East round of the In2hockey tournament the boys visited Pocklington School for the HMC Hockey tournament the day after. To pick themselves up from the previous day's disappointment should be applauded. They did not lose a single match all day, beating teams from the previous day. As the afternoon wore on, tired legs started to make a show and we found ourselves facing another set of penalties to progress. This time however, we overcame the obstacle and went through on sudden death. The final proved to be a much more controlled affair with Yarm taking an early lead. As the game progressed their opponents pressed forward but never created any real threat. It was a fitting way to round off a wonderful term. Well done to all involved.

*Mr Underwood*





## Year 6 Tour de Yarm (French Week)

You've heard of the Tour de France ? Year 6 has ended the term on a high by participating in the "Tour de Yarm". The children have planned their own routes for a local cycle race, they have designed their own cycling jerseys and mascots and have pitched their designs to their class.

Mr Jennings, a cycling expert, spoke to the children about his passion for cycling and passed on his expert knowledge about the Tour de France. Sadhbh O'Shea, a journalist for Velonews, talked about her career as a sports journalist reporting on famous cycle races. Her stories were both fascinating and thought provoking.

We couldn't have a Tour de Yarm without some practical biking sessions. These sessions saw the children having fun cycling while completing their level 1 Bikeability qualification.

Under Pippa's guidance the children have even enjoyed making and eating their own croissants! Lunch, of course, has been inspired by French cuisine and a celebratory picnic is planned for Friday to showcase the children's work.

Merci

*Madame Arrol*





## 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](#).

## Curiosity Emporium



In the Curiosity Emporium we talked about if sports and politics mix, and if they do, why? First, we talked about how protests can take place during huge sports events like the Olympics or the World Cup.

Some examples were the 1936 Olympics where Hitler claimed that full blooded Germans were the superior race. Jesse Owens (who was an African-American) beat his German rival and proved that Hitler was wrong. Another example was in 1986 where Tommie Smith and John Carlos raised their fist wearing a black glove during the national anthem. The most tragic one was one involving Black September in 1972. In the Olympic sports camp, a terrorist group killed 2 Israelis and took 9 hostages all because Palestine and Israel were not on good terms. After some attempted rescues, the hostages were killed.

*Miguel R. & Oliver X.*

## Red Nose Day

Well done to everybody who took part in our fundraiser for Comic Relief a fortnight ago. Combining the non-uniform day and the disco raised an incredible £638.35 for their charitable causes!

*Mrs White*

## Beatrix tumbles to success!

Well done to Beatriz G (6L) who achieved some remarkable success in the North of England Tumbling competition, finishing 1st in her category and qualifying for the national finals, taking place in Telford in June.

We wish Beatriz the best of luck!

*Mrs Lofthouse-Hill*

## Drawing from the Heart

As the term comes to an end, Year 6 children have completed their beautiful drawings of things that they love in our Drawing from the Heart activity. Their passion for their subject shines through in the children's finished pieces. Some children also had time to complete some relaxing pattern-making using intricate designs. Here are some examples of their work.

*Mrs Donoghue*





## Crumble Club

Jack and Thomas did really well in Crumble Club and managed to complete the very challenging challenge of making a digital countdown clock. [Click here to watch a video!](#)

Miss Ward

## STEAM Person of the Week

Olivia Waugh, an apprentice scientist from CPI, came into school on Friday for our STEM Person of the Week assembly. She told us all about what an apprentice scientist is and about her work with cells to produce vaccines. Here she is with some of our science ambassadors.

Miss Ward



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**PreLoved Uniform**



We have a huge and varied stock of preloved uniform available.

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From Nursery through to Year 6.

Prices start from £1!

If you are looking to add to your uniform wardrobe or simply want a few spares, visit our website [www.ypssc.co.uk](http://www.ypssc.co.uk) or scan the QR code below to complete a stock check/order form.

All clean and reusable donations of outgrown uniform are welcome too- just bag them up and either pass them on to a committee member or drop them in at Prep reception.

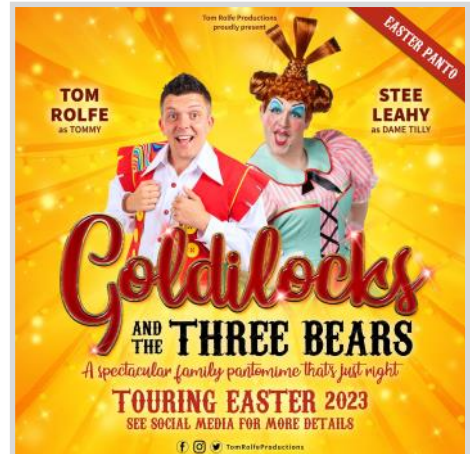


Thank you!

## Coming Up at the PAA

### Goldilocks

Don't miss this unique retelling of the much loved fairytale 'Goldilocks and the Three Bears' crammed with amazing circus acts, hilarious comedy and the most adorable three bears in the whole of storybook land!



Tickets are still available for the East panto.

### Rob Lamberti - Perfectly Presents George



Picture the jukebox centre stage, that iconic BSA leather jacket and unmistakable sound of Mr George Michael as his foot began to tap and the audience came alive. It was 1987. Rob was just 14 years old but watching that inspirational performance of 'Faith' on Top of the Pops' was life changing. He thought to himself "I can do that!". And he did.

An idol was born and a tribute artist was in the making.

## Community Art

We are excited to announce that the Art Department are decorating the High Street once again!



Pop along over Easter to count needle-felt ladybirds and peruse the amazing artwork created by our super pupils. Visit Cafe Nero, Waterstones, Dream Doors, The Black Bull, Finzi and Rude Grooming to see your masterpieces

Mrs Shepherd and Miss Jenyns





**YARM SCHOOL ASSOCIATION PRESENTS**

**GLASTYARMBURY**

**SATURDAY 17TH JUNE 2023**

**BUY TICKETS ONLINE £75**  
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**SUMMER BALL MEETS FESTIVAL  
LIVE MUSIC FESTIVAL FEEL DELICIOUS FOOD  
IN THE PAA, ATRIUM, AND TERRACE**

**FESTIVAL BALL 1970-2020**



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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

## BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

## AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

## NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

## LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

## CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

## 'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

## DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

## TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

## GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ('FourBlueShoes', for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

## STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

## Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

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# Key Dates

## APRIL 2023

<b>Sat 1</b>	Year 6 Edinburgh Sports Tour departs
<b>Mon 3</b>	Easter Holiday School commences Edinburgh Sports Tour returns
<b>Thu 6</b>	Easter Holiday School finishes
<b>Thu 20</b>	Pupils return Summer Term begins <b>Nursery finishes at 3pm this week</b> <b>Reception/Y1 finishes at 3.15pm this week</b> <b>Y2 finishes at 3.25pm this week</b>
<b>Fri 21</b>	Ramadan celebrations
<b>Mon 24</b>	<b>Prep clubs and activities begin</b> Activities Carousel 4 begins (Y4-6) Year 4 planting hedges
<b>Tue 25</b>	Whole School photograph (9am) Mustard Seed Project assembly Senior School Fashion Show (6-7pm; PAA)
<b>Wed 26</b>	Y4 Vindolanda residential—Zoom for parents (4pm)
<b>Thu 27</b>	Sustrans assembly
<b>Fri 28</b>	U11 Boys & Girls Cricket v Pocklington (away; 2pm start, 5.30pm return)
<b>Sun 30</b>	UK Chess Challenge Mega Final (PAA; 10am-5pm)

## MAY 2023

<b>Mon 1</b>	School closed; Bank Holiday
<b>Tue 2</b>	Knockout Chess begins <b>Class photographs</b>
<b>Wed 3</b>	Informal Concert (Prep Hall; 4pm)
<b>Fri 5</b>	LAMDA examinations U10 Boys' Cricket v Cundall Manor (home; 2pm start) U10/11 Girls' Cricket v Barnard Castle (home; 2pm start)
<b>Mon 8</b>	<b>School closed; Bank Holiday</b>

<b>Tue 9</b>	Curiosity Emporium (1pm) House Table Tennis begins Stephenson House Duty Brunel Charity Day
<b>Wed 10</b>	<b>Year 4 residential to Vindolanda departs</b>
<b>Fri 12</b>	Year 4 return from Vindolanda U11 Girls' Cricket v Durham School (away; 2.15pm start, 4.45pm return) U11 Boys' Cricket v Cundall Manor (away; 2pm start, 4.30pm return) U10 Boys' Cricket v St Peters (home; 2pm start)
<b>Sat 13</b>	<b>Open Morning (9am-12noon)</b>

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

## Solution to previous Head's Challenge:

### Celebration Assembly

	Values	Endeavour
<b>3B</b>	Andr�s O.	Lizzie R.
<b>3H</b>	Freddie W.	Shanvi P.
<b>4G</b>	Bella M.	Rory F.
<b>4J</b>	Fathe C.	Zara M.
<b>4N</b>	Amaya S.	Olivia C.
<b>5F</b>	Miles P.	Ellie A.
<b>5H</b>	Harrison C.	Will B.
<b>5K</b>	Alex P.	Charlie D-B.
<b>6G</b>	Arvind K.	Nona D.
<b>6H</b>	Udham C.	Gabrielle B.
<b>6L</b>	Josh B.	Harlowe B.
<b>6W</b>	Jake M.	Ellie G.