

The Phoenix Flier

The Yarm Preparatory School Newsletter

Issue 742—19th May 2023

INSIDE THIS WEEK... Year 4 Vindolanda review... Surgeons visit Year 6... Year 4 Drama Week...

A message from Mr Sawyer

Welcome to this edition of the Phoenix Flier which gives you a window into the recent escapades of our school community. On Friday last week, the Year 4 pupils returned from their residential trip to Northumberland walking tall after a fun-filled and rich learning experience. It has been a delight to hear from them about the joys of foraging, archaeological finds and staying away from home for a short period. Our Year 6 cohort are now eagerly awaiting their Lake District adventure which commences this coming Monday. There is much to look forward to: ghyll scrambling, climbing, sailing, orienteering, hill walking, canoeing and much more. Explorations of this nature are hard baked into the school's founding ethos and we place great store in the value of such trips in terms of the pupil's personal development.

It was a pleasure to see a number of prospective and current families at our Open Morning last weekend. There was a superb atmosphere and our pupils who came in to help, through guiding and taking part in activities, were excellent ambassadors for the school. This week another set of school ambassadors - this year's School Captains - launched our time capsule project. This gives all pupils the chance to submit a piece of work to be locked in time and buried beneath the new building. Our hope is that the capsule, when unearthed, will give future pupils a window into the school lives of our pupils today.

Bill Sawyer

Head's Challenge: What kind of running means walking?



Photo of the Week: A fantastic week for Year 4 last week visiting Vindolanda. Lots of reports and images can be found inside.

Tooled Up Education

In the wake of Mental Health Awareness Week, we would like to yet again shine a spotlight on the importance of mental wellbeing for children and parents alike. Discover all our [valuable resources](#) on the topic to support a positive mindset and foster resilience.

We've handpicked [fantastic books](#) on various aspects of mental health to help you find exactly what you need. We've also compiled a comprehensive [list](#) of mental health and wellbeing services, helplines, and charities that you might find relevant.

This year's theme of the Mental Health Awareness Week is **anxiety** and we have a [wealth of resources](#) to address the topic. Our [quick guide](#) is derived from current research, provides practical advice on helping children navigate anxiety and enables you to find just the resources you might be looking for.

Help younger children manage any anxieties by identifying worries, exploring support systems, and developing problem-solving strategies. Our [Junior Wobble Worksheet](#) provides a structured approach to steadying those wobbles and empowering children to navigate their fears with confidence.

As parents, it's vital to manage our worries and stress levels, especially during this critical period in our children's lives. Remember, parental mental health strongly influences children's wellbeing. Explore our list of potential worry points and evaluate how they affect your stress levels. This reflective [exercise](#) will help you identify areas where self-care is crucial.

Our [Family Anxiety Manifesto](#) offers inspiration for cultivating resilience and adopting a constructive, positive approach to anxiety. Use it as a springboard for family discussions and creating your very own manifesto.

Remember, prioritising mental wellbeing benefits us all. Stay tuned for more valuable resources and expert insights. Take care and be kind to yourself!

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!

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: YPS1103 and if you need assistance, we are always happy to help at support@tooledupeducation.com.

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

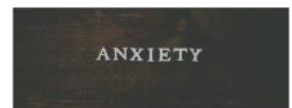
Dr Kathy Weston



Stress Less: Understanding and Addressing Your Anxiety Triggers



Junior Wobble Sheet for Managing Anxiety



A Quick Guide to Anxiety (and Relevant Tooled Up Resources)



Sources of Support for Mental Health and Wellbeing



Books to Support Children's Mental Health



Family Anxiety Manifesto

Year 4 Vindolanda residential

I was so excited to go to Walltown. I really liked making flat bread and lighting the wool to make a fire. I did not know you could eat so many different plants but you have to be careful what you eat. I loved the food at The Sill. The walk to the Sycamore Gap was amazing and the beds at the Sill were comfy.

Dax C.

I was intrigued on the bus to get to Walltown and do exciting activities. At Walltown we were split into house groups to rotate around four different activities. First, my house went and started foraging where we got to eat different kinds of plants and flowers and one plant even tasted of Tangfastics! Secondly, we learnt how to light fires with flint and steel, metal wire, cotton balls, and vaseline. After that, we did shelter building with tarp and sticks, and string. Lastly, we made bread with no yeast and it was a bit under cooked in the middle but it went well with the handmade butter we made! Once we got back to The Sill, we had tea and then went on a beautiful walk to Sycamore Gap and we even



watched the sunset while in the same field as the lambs and sheep!

Imogen C.

Once everyone had woken up, got ready for the day and had their breakfast we got on the coach and headed to The Roman Fort Museum. All the artefacts there were fascinating! After we had seen all of the amazing things in the museum we got on the bus and went to Vindolanda where Catherine told us about the life of the Romans and Marta told us about archaeologists.



Emily B.

My highlight of day one was foraging with Linus. I liked it because we got to eat leaves and we learnt which plants were safe to eat. My favourite leaf was the sour leaves. I have forgotten what they were called but I liked it.

Sophia B.

On day one we went to Walltown. I liked it when we got to make a fire with a cotton ball and learn different facts like cotton can last for a long time. I



LOVED walking to the Sycamore Gap because it was a beautiful view.

Olivia T.

My favourite part of day two at Vindolanda was the talk with Marta, who is an archaeologist. I liked this the most because we got to hold some of the artefacts the team had dug that day. It was so amazing to think that we were one of the first people to be touching that object for thousands of years. In the evening we also had a games night. We played beetle drive. It was SUPER FUN!

Rosa W.



On day 2, we went to the Roman Army Museum and listened to a man talk about Roman numbers and writing. Then we went to look around the museum and watched a movie called The Edge of Empire. After that, we went to Vindolanda Roman Fort and Museum. There we met somebody called Catherine who came and toured us around. We also met Marta the archaeologist who told us about what she had found there on that day. Then in the evening we went to the highest point of Hadrian's wall.

Jack M.



Surgeons visit Year 6

Many thanks to the doctors, Johnny Ferguson, Ian Paul, Zdenek Matloch and Stuart Grant, who came into school last week to share their expertise with our Year 6 children. The children got the chance to take part in four small group activities: cardiac anatomy, lung anatomy, anaesthesia for heart and lung surgery and a question and answer session looking at a variety of medical equipment. The workshop supported the learning we have been doing in our science lessons about the circulatory system and the heart. Here's what the children thought:

I really enjoyed the subject and was not afraid to get a bit messy. My group went to the lung dissecting first and saw the heart attached to the lungs, the inside of the lungs, the outside of the lungs and the windpipe. I got to put my hand in the wind pipe. Out of nowhere, Mr Paul pulled out the world's biggest heart I've ever seen. It was the size of my head. After we had an examination of that heart, we went over to dissecting a heart. I saw a brownish reddish blob and started pulling it out. It turns out it was a massive blood clot. After the heart dissection, we had a break and went to learning about the machines and tools that doctors use to fix a lung or heart or just to check the health.

Will M.

I loved the heart demonstration but my favourite bit was when we were shown all of the special medical tools. I got a bit squeamish when I saw the heart being cut into.

Griff W.



PE and Games News

Under 11 Boys' Cricket v Barnard Castle

Everyone who played at Barnard Castle last week played really well. Although we only managed to bowl a couple of overs in the second innings, we really made the most of our batting in the first innings. We managed to score over one hundred runs! Wilf and Arvind, who were the first pair, really set the tone scoring around 30 - 40 runs. In this game, you could really see that absolutely everybody put their heart and soul into the game and the effort really showed. After the first couple of overs of bowling though, the heavens opened and we had to hastily call the game off. As we drove back, we couldn't have been in higher spirits! All in all, It was a really good game and a great way to start this term off.

Seth T.

Under 10/11 Girls' Cricket v Durham High

The U10 and U11 girls travelled to Durham on Friday to play cricket v Durham School and Durham High School.



The U11's lost their first game v DH 228 runs to 218 with just 10 runs in it. Lou and Bea A top scored with 19 from their 2 overs. As a team they lost too many wickets which significantly reduced their score. In the second game v DS they won by 15 runs and were far better in this game. Willow, Akansha and Felicity took wickets and despite a low scoring game they did enough to win it.

The U10's played 2 innings v Durham School. The first game was comfortable with Heidi taking 2 wickets, and Mimi another in the 5th over. Ella also bowled a tight over as did Thea and Lolwa bowled a maiden over meaning the opposition did not score from her over. Zara and Zara batted well scoring 16 runs in their 2 overs. The second game was much closer and DS learnt a lot in the first match. We played well and Zara was voted POM. She batted well as did Georgie and Ellie. I was really pleased with the progress our U10's have made in the last couple of matches. They are beginning to understand tactics of the game and working as a team in the field.

Mrs Redhead-Sweeney

Under 10 Boys' Cricket v St Peter's

The U10 cricket season finally got underway, albeit on the Prep Astro against St Peters, York. The boys bowled and fielded well, however our batting let us down a little bit. The power hitters from St Peters got them over the line in the end! There were lots of positives to take forward from this game.

Mr Simpson



YPSSC
PreLoved Uniform



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

Boys & Girls Blazers
Coats & Cagoules
Hats
Summer uniform
Winter Uniform
Games Kit Items
PE kit Items

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 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 at Prep reception.



Thank you!

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](#).

Contact Details

Please don't forget to inform the school office of any changes to your contact details, namely mobile number, address or email address so that we can contact you in the event of an emergency.

Mrs White

Whole School Photograph

Parents are now able to order a copy of our whole school photograph!

Tempest Photography are pleased to report your whole school group photograph taken at Yarm Preparatory School is available to view and order via the following weblink:

<https://http.st/160361-370WSG>

There will be a two-week free delivery to school option starting from the day you receive this weblink. Alternatively, select direct delivery to an address of your choice (P&P applies).

For assistance, please call 01736 752411 – Select option 3 to place an order (P&P applies) or option 5 for customer services. PLEASE NOTE: School are unable to deal with any queries.

By the time of writing, Mrs White will have sent emails regarding the purchasing of the class, HMC sports and Orchestra photographs. Please check your inboxes for details of how to purchase there.

Mr Stone

Arkwright Charity Day

Arkwright Year 6 members will be raising money for the [Tees Rivers Trust](#) by organising a selection of stalls and sporty challenges for the children in the Prep School to take part in during Wednesday 7th June.

Could the children please bring in a £1 donation if they wish to wear something green/floral/motifs of British animals/fish on their clothing and some coins of no more than £5 to spend on

the stalls and challenges during the day.

Mr Grundmann

Year 4 Drama Week

Prior to the Easter holidays, Year 4 had a fantastic Drama Week with Mr Brookes and his team. [You can see what they got up to by clicking here](#).

Summer Fair

Friday 23rd June - 2-5pm

We are delighted to announce the full return of our annual Summer Fair, taking place this year on Friday 23rd June (2-5pm) with the theme this year being 'Colours'. The Social Committee and the Year 6 pupils are already planning on making it a fantastic event for all, with a range of stalls and games for all ages aimed at raising money for YPSSC projects.

Holding the event on a Friday has proven to be very popular with the children. As such we want to make the fair open to all children in the school community as well as their parents, many of whom would usually have other commitments over the course of a weekend. While this takes place during a school day, the impact on your child's education will be minimal.

We would like to draw your attention to a few logistical matters regarding the fair.

- It will be a non-uniform day.
- Lunch will take place as normal.
- School will finish at the usual times - 3.30pm for Pre-Prep and 3.45pm for Prep.
- Pre-Prep children can be collected from 2.30pm to come to the fair. Although the school day finishes at the usual time, parents of Pre-Prep children are welcome to collect early and bring their children to the fair. Pre-Prep will also be given priority to go on the rides between 2.30-3pm.
- Years 3-6 will need to bring some money. £15 max in change/coins (no notes please) should be plenty to have a go at the variety of games and activities taking place! This will be collected by form teachers for safekeeping during morning registration and handed out prior to the fair. All proceeds go to the YPSSC and the many projects they support the school with.
- Parents can buy a rides wristband prior to the event. There will be a wide range of fairground rides for the children to go on, with a wristband being available to purchase before the fair for £5. The YPSSC will be providing further details in

due course.

- The fair will be fully supervised. Teachers will be present supervising those children at the fair from 2pm. From pick-up onwards we would love parents to come along and join the fun too!
- Pick up, after school care and buses will run as normal. Pick up from after school care from 4pm will be from the Pre-Prep.
- Year 6 will be expected to stay until 5.30pm. A letter has gone out to Year 6 parents with full details.
- There will be no after school clubs on this date. Gymnastics, football and drama will not be taking place.

Mr Stone

Coming up at the PAA

The Elo Show - Friday 2nd June 7.30pm

The ELO Tribute Show – The World's greatest tribute to the Genius and Music of Jeff Lynne and E.L.O. The ELO SHOW has a stunning lightshow and 3D video screens very similar to Jeff's



current backdrop.

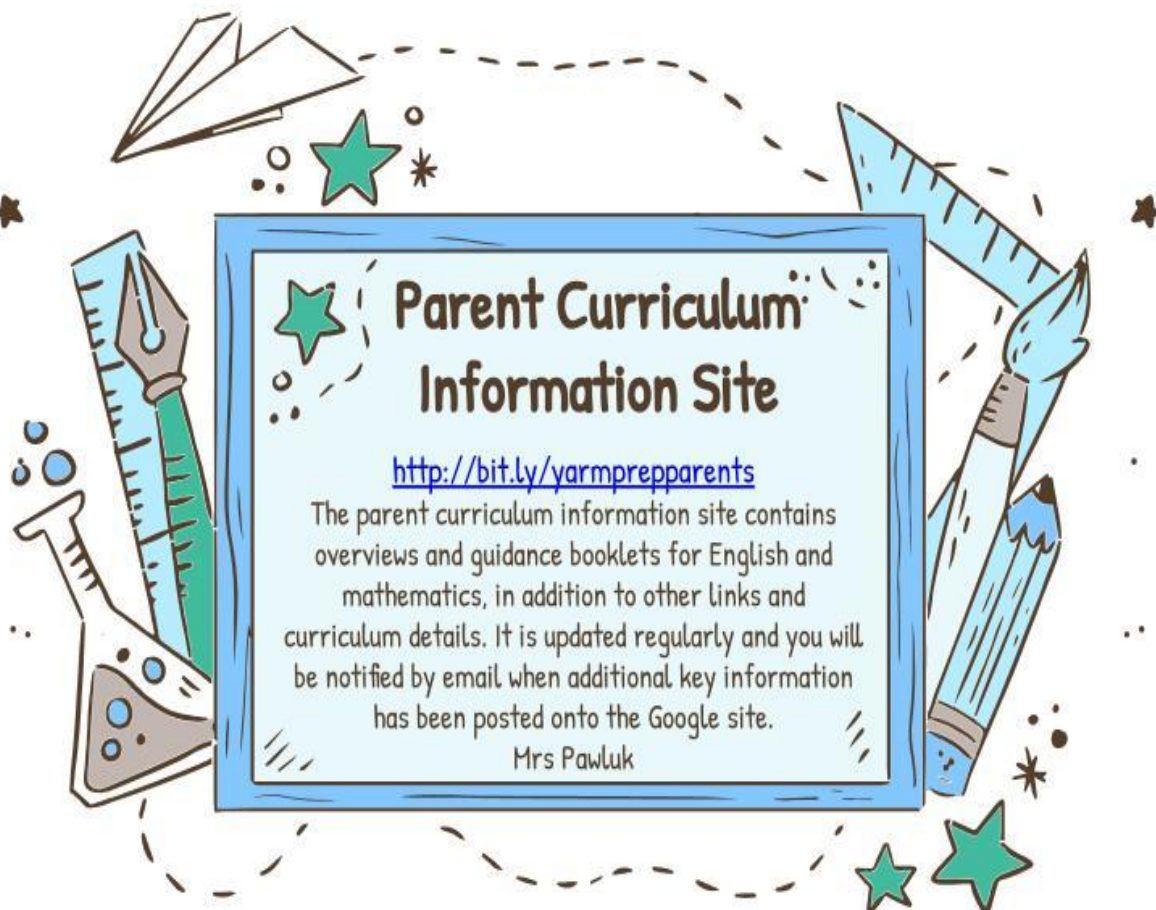
Expect songs like, 'Evil Woman', 'Don't bring me down', 'Telephone Line', 'Sweet Talkin Woman', 'Turn to stone', 'Wild west Hero', 'The Diary of Horace Wimp' and of course the legendary 'Mr. Blue Sky' plus many more with a surprise or two. Don't miss out on this fantastic night of nostalgia and classic tunes.

Rob Lamberti - Presents Perfectly George - Thursday 20th July, 7.30pm (rescheduled show)

No other tribute artist captures George's musical talent, charisma and passion as closely as Rob Lamberti. With some of George Michael's personal musicians proudly joining Rob's band, his performances are guaranteed to hypnotise your senses and do justice to one of the greatest singer-songwriters of our time.



FIXTURES PRO [To find out how to access the Fixtures Pro website and see where the children are playing and when, click here.](#)



YARM SCHOOL DANCE PRESENTS

HOLLYWOOD WALK OF FAME

DANCE SHOWCASE

2023

FRIDAY 9TH JUNE

6.30PM IN THE PAA

£7 Adult, £3.50 Concessions, Free for Yarm Pupils

Purchase Tickets Online www.thepaaonline.org

Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the Internet.



Key Dates

MAY 2023

- Mon 22** Arkwright House Duty
Year 6 Lakes residential departs
- Tue 23** Primary Schools Quiz (10am; Prep Hall)
U8 Cricket Workshop with Dame Allan's
(home; 2.15pm start)
- Thu 25th** Year 6 return from the Lakes (7pm)
Half-term begins (after school)
After School Care as usual
Reception visit Hullabaloo Theatre
Year 4 Sports Afternoon

JUNE 2023

- Mon 5** **Pupils return**
Brunel House Duty
Dance Showcase rehearsals (P6 until 5pm)
- Tue 6** U8 Cricket Workshop with St Peter's
(home; 2.15pm start)
- Wed 7** Arkwright Charity Day
Dance Showcase rehearsals (P6 until 5pm)
- Thu 8** Y2/3 Transition Morning for pupils
Dance Showcase rehearsals (2-6pm)
School Council (1pm; Lab)
U9 Girls' Cricket v Queen Mary's
(away; 2.15pm start, 4.45pm return)
U9 Boys' Cricket v Durham
(home; 2pm start)
- Fri 9** Dance Showcase (PAA; 6.30pm start)
HMC Athletics
(Venue TBC; 11m start, 4pm return)
- Sat 10** Teesside Individual Chess Championship
(Prep Hall; 9.30am-2.30pm)
- Mon 12** Healthy Eating Week
- Tue 13** Year 4 trip to Washington Wetland Centre
HMC Tennis
(at Dame Allan's; 10am start, 4pm return)

- Wed 14** Induction Day
- Thu 15** Welcome to Reception Evening
(7pm; Studio Hall)
Prep Summer Concert (Prep Hall; 4pm)
U9 Boys' & Girls' Cricket v Dame Allan's
(home; 2pm start)
- Fri 16** **Bring Your Dads to School Day** (Pre-Prep)
HMC Boys' Cricket
(at Woodhouse Grove; 8am depart, 11am start, 5pm return)
U10/11 Boys' Cricket v Durham
(away; 2.15pm start, 4.30pm return)
U11 Girls' Cricket v Red House & Queen Mary's
(home; 2pm start)
- Mon 19** Diversity Week

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

Solution to previous Head's Challenge:

A remark

Celebration Assembly

	Values	Endeavour
3B	Harriet A.	Monty B.
3H	Wilbur M-S.	Edith G.
4G	<i>Away on trip</i>	<i>Away on trip</i>
4J	<i>Away on trip</i>	<i>Away on trip</i>
4N	<i>Away on trip</i>	<i>Away on trip</i>
5F	Ettie A.	Benjamin F.
5H	Erin G.	Hugo M.
5K	Harry H.	Sylvia D.
6G	Lucy W.	Oliver A.
6H	Max A.	Eleanor B.
6L	Ben W.	Darcey R.
6W	Ellie G.	Akansha M.