

HEADMASTER'S WELCOME

Our pupils have started treading the boards in the magical production of Rodgers and Hammerstein's Cinderella and audience feedback has been spectacular after two nights of the show sponsored by [Active Chartered Financial Planners](#) and [Cleveland Land Services](#). Bold, funny, compassionate, musically outstanding and utterly engaging, the cast have worked so hard to produce something really quite special, with support from the musicians in the pit, the lighting, sound, technical, costumes and backstage teams and, of course, the staff involved in Directing, Production and Musical Direction. Many, many congratulations to all involved and thank you for the work that's gone into entertaining us all so royally. If, in the highly unlikely circumstances that you have not yet



Commemorating the Holocaust at Durham Cathedral

got tickets (!) there are a few left for [tonight and tomorrow's shows](#) - you won't regret coming along to experience the pupils' performances. Last weekend we welcomed former pupils, parents, pupils, rowers, staff and former staff for the annual boat club dinner. This was a wonderful event that celebrated so much that is positive about the club, linking former pupils with current athletes, recognising the contribution of current and former staff and celebrating the success and the ethos of the club. We welcomed visiting speaker Richard Hull from Marlow Rowing Club, and were delighted to name a boat after our former coach, John Ward.

The newsletter contains some important updates which include the work of the Community Action Group and their efforts to raise awareness and elicit donations in their latest campaign, seeking to help tackle hygiene poverty. Our pupils' engagement with Holocaust Memorial Day is reported, and this has been discussed in Tutorials and marked by a group traveling to Durham Cathedral to remember and reflect. The details of our next

enrichment lecture, on the highly topical and swiftly evolving role of AI in changing so many aspects of our lives. This follows swiftly on from Safer Internet Day, which we heard about in Assembly this week and which is explored further in Tutorial next week. There are also reports of Yarm Apprentice news, Politics Society talks, CCF promotions, Working Lunch visitors.

This sits alongside some wonderful sports reports, reflecting the hard work and energetic enthusiasm of our pupils, and highlighting some exceptional successes along the way, with the U16 and U15 and U14 girls' hockey teams making outstanding progress to the final stages of various national competitions!

Congratulations to all concerned.

There is also information about the forthcoming YSA St Patrick's day event in the PAA Bar, and our musical adventure with the Black Dyke Band accompanying our singers in what promises to be an unforgettable performance of Handel's Messiah. Don't miss it.

Dr Huw Williams

GIVING IS ALWAYS A GOOD LOOK....

Imagine getting ready for a day at work or school and not washing your body, brushing your teeth, or applying deodorant because you can't afford soap, shampoo or toothpaste. This is hygiene poverty, and it affects over three million adults and children in the UK every day.

This half term, the Community Action group is hoping to support Beauty Banks, a grassroots charity that believes that being clean is inextricably linked to good health, confidence and dignity. As such, we are organising a collection of toiletries in school from Monday 5th- Friday 9th February 2024 and we'd really appreciate your support.

There will be collection points (or 'bins') in E3, the Tate building, the Atrium and near the Dining Hall. We would be very grateful if pupils could bring in any of the following items:

- Soap
- Shower Gel
- Toothpaste
- Toothbrushes
- Deodorant
- Disposable razors
- Shaving foam/ gel
- Shampoo
- Conditioner
- Sanitary pads

Thank you very much for your support!

The Community Action Group



ALL THE THINGS I COULD DO IF I HAD A LITTLE MONEY

In an engaging, well researched and confidently delivered presentation, our EconBus Chair Harry explored cryptocurrency. After giving an overview on its origins, he examined the factors limiting its greater usage, and considered whether it will become more mainstream in the future. This is a topic area he is particularly interested in, and it was evident that he was very knowledgeable as he enthusiastically answered a plethora of questions from the keen audience of staff and students.

We are very grateful to Harry for sharing his expertise and taking time at a very busy period of the year to lead by example. If other Sixth Formers would like to present on a topic they are passionate about, they should speak to the EconBus Chairs (Harry, Ollie, Arhana and Adhi) as contributors are always welcome additions to a superb programme.

Next week James W will be discussing the Economic of Railways.

Miss C E Rhodes



ENRICHMENT LECTURE SERIES - STARTS NEXT WEDNESDAY! AI WILL NOT TAKE YOUR JOB; SOMEONE USING AI WILL!

On Wednesday we welcome our first enrichment speaker of 2024, Chris Williams. Chris runs an AI consultancy (Len AI) that services clients all over the world. He's involved in projects with clients such as the National Police Wellbeing Service, and in sectors such as aerospace, health and wellbeing, as well as private sector investment projects.

In his talk, Chris unravels the complexities of AI, showcasing its remarkable presence in everyday life, from the mobile phones we rely on to the games we cherish. He uncovers how AI is transforming sectors such as

healthcare and education, enhancing personalised learning experiences, advancing patient care, and even supporting creative ventures in music and art.

This isn't just a talk; it's a dialogue. Chris invites us to participate actively, sharing your thoughts, inquiries, and insights, shaping the discourse together. Delve into the ethical dimensions of AI and envision the future possibilities of this astounding technology. Seize this chance to be both enlightened and be a source of inspiration, contributing to a future where AI and human ingenuity

collaborate to enrich our world. Join us to understand, imagine, and shape the future!

As always I look forward to seeing as many as can make this talk at 4:15 pm on Wednesday 7th February in the Friarage Theatre. If you are interested in attending, please email me at rcw@yarmschool.org to register your interest. Doors will open at 16:05, and please wait to be invited in by a member of staff.

I hope to see some of you at next week's lecture!

Mr Rob Williams

Yarm School Choral Society, Festival Chorus and Yarm Senior and Prep School Choirs
accompanied by the world famous Black Dyke Band present:

SATURDAY
23rd MARCH
2024
at 7pm

*The best brass band
in the world*
SIR ELTON JOHN

*Each new generation of
fleet-fingered cornet and
euphonium virtuosos add
another layer of
jaw-dropping achievement*
THE TIMES



SATURDAY
23rd MARCH
2024
at 7pm

*The best brass band
in the land*
SIR PAUL McCARTNEY

*...Virtuosity of this order
takes the breath away*
THE TORONTO STAR

*The set of the Festival
(Glastonbury 2017)*
THE GUARDIAN

George Frideric Handel's
MESSIAH



Tickets are £15/£10 and are available from www.thepaaonline.org
or by calling the box office on (01642) 792587



HOLOCAUST MEMORIAL DAY 2024 - DURHAM CATHEDRAL

On Friday the 26th of January, members of the Lower Sixth History and RPE courses travelled to Durham Cathedral for a sobering event in commemoration of the Holocaust. With speakers such as Judge Rob Rinder MBE and Psychologist Dr Bernie Graham, who both shared their own personal experiences of the Holocaust's effect on their families, a personal discussion that was permeated with clips from the award winning BBC programme 'My Family, the Holocaust and Me'. Along with this was performances from a wide array of youth performers in County Durham, the Lower Sixth, along with the vast array of other schools and members of the general public were able to join together in not only remembrance of the Holocaust, but also of other genocides that have taken place worldwide after the Holocaust, such as the Rwandan genocide against the Tutsi's from April 7th 1994 - July 15th 1994 and the genocides of the Dafuri people in Sudan. The particular focus of this year's Holocaust Memorial Event was the fragility of freedom, and the idea that genocides such as the Holocaust are born from a steady decline in a group's rights and freedoms, allowing hate and violence to happen. Particularly, with the day's memorial of the Holocaust there was a clear focus on issues such as the Nuremberg

laws of 1935, which heavily limited the Jewish freedoms in Germany, and how these influenced more violent events towards Jewish people in Germany such as Kristellnacht and eventually the Holocaust. As Dr Bernie Graham said "the monster was, and still is, hate".

Another focus of this year's Holocaust Memorial Service was what we can take from the stories and experiences of the people affected. As Holocaust survivors are reaching almost 90 now, with many of them having already passed away, there is some worry that these stories will become a blemish of the past rather than something to learn from for the future. While some of the families were able to rebuild their lives over time, many have not had the choice and countless others have had their lives destroyed with the genocides that followed and are still going on today. With the speakers exploring the very personal impact the Holocaust has had on their families and their exploration of that history, particularly as more and more people are willing to talk about what happened, mixed with the youth performers, another theme emerged; one of taking these stories that

have forever changed thousands of very real people forward, rather than focusing on the staggering numbers of death that can perhaps be easier for us, today, to separate from our everyday lives. We were reminded there, and this message bears repeating, that we, being the future of this world, must fight to stop discrimination, to stop staying quiet and looking away, and to never let the horrors of the Holocaust repeat again. On a final note we would like to thank Mrs Pinkham, Mrs Lodge and in particular Mr Taylor for making this trip happen and allowing us to investigate such a harrowing, yet necessary part of history.

Eva Speight and Ava Carter,
Lower Sixth



WORKING LUNCH WITH MATTY



"What is Wealth Management?" - This was the opening question from Matty Walker (class of 2016) when he returned for a FAME WL this week. And yes, someone did give the anticipated answer of "managing wealth"!! So we were very grateful to Matty for educating us and enlightening us further

After leaving Yarm with A Levels in Economics, Business Studies and Politics, and therefore having spent A LOT of time in the EconBus department, Matty studied Economics & Management at the University of Leeds. During his degree, he decided to extend his time at university by studying in Niagara, Canada for a year (having first visited Canada when rowing with school). Having graduated, he is now an Associate Investment Manager at Investec, and one exam away from

becoming a Chartered Wealth Manager.

Matty clearly described his role and enhanced our understanding of the difference between investment management and investment banking. He explained his career path to date and happily answered a plethora of questions.

It was lovely to catch up with Matty, and we really appreciate his continued support of the EconBus department (as this was his fourth WL, whilst he has also assisted with the Careers Convention amongst other initiatives).

We wish Matty all the best with his career and look forward to welcoming him back again in the future.

Miss C E Rhodes

MAKE OR BREAK - THE PENULTIMATE YARM APPRENTICE TASK

Tuesday Period 6 saw the teams on location. Whilst aware that they were not requiring suitcases and passports, thus not travelling too far afield, they knew little else, other than to sign out and be at the driveway exit promptly!

Their destination was soon to be realised however, as they were escorted to the Pre-Prep to meet Lord Sugar Number 5, aka Mrs Speight.

Tasked with creating a five minute craft video targeted at EYFS pupils, and focussing on a prime or specific area of the specification, the teams will have to work efficiently as they have just fourteen days until the Boardroom. Lucy and Evie stepped up to be PMs and the teams quickly started to brainstorm ideas.

We look forward to seeing their creative ideas in two weeks time!

Miss C E Rhodes

KEEP IN TOUCH



Facebook



X



LinkedIn



Instagram

KASHMIRI HUMAN RIGHTS DEFENDER VISITS THE POLITICS SOCIETY



On Friday the Politics Society was delighted and honoured to welcome Nadiya, a human rights campaigner from Kashmir, India. The region has been in dispute between the powers of India, Pakistan and China for generations and our guest documents the considerable fall out of the territory for the people of Kashmir.

Nadiya revealed the very traditional and conservative family that she came from; she is the first member of her family, as she described 'to work outside of the home'. This appetite for a career and the ensuing tensions and challenges that followed set her up for a life of contest, one that has become increasingly aggravated given the increased restrictions imposed on human rights campaigners in Kashmir by the Indian government.

Nadiya is trained and works as a video activist; rather than a smash-and-grab, anonymous photo

journalist, she spends time with her subjects, gaining their trust and confidence, and then documents their experiences. Primarily focusing on the violations of the rights of women

and children Nadiya has been recognised as an award winning journalist, campaigner and activist through her documentation.

The session opened many eyes to the challenges of the citizens of Kashmir, an issue that receives all too little media attention in this country.

Nadiya's personal plight is fraught; her safety and security are significantly compromised, she has had to significantly limit her visits to her own family due to fears of reprisals, and the space for such human rights work is becoming ever more marginalised and threats. It was a fascinating session, both in terms of learning of the issues and challenges facing Kashmir but in also understanding the courage and tenacity of someone who sets themselves on such a selfless course for the betterment of her community and homeland.

Mr S Edwards

CCF - PROMOTIONS AND 1 STAR BADGE

Congratulations this week to Cadet Shlok Arcot who was promoted to Lance Corporal and to Lance Corporal Spyke Marshall-Burnell who was promoted to Corporal. Further congratulations go to the following cadets for achieving the 1 STAR badge for progression through the new cadet syllabus.

LCpl Shlok Arcot
 LCpl Charlie Baines
 CSgt Jen Chan
 Cpl Rishi Chawla
 Cpl Noah Filer
 Sgt Grace Harbinson
 Spl Spyke Marshall-Burnell
 LCpl Elizabeth Neilson
 Cdt Aditya Paul
 LCpl Oscar Simmonds
 Cpl Patrick Tulloch
 LCpl Sophie Winnard
 Well done all.

Capt Taylor



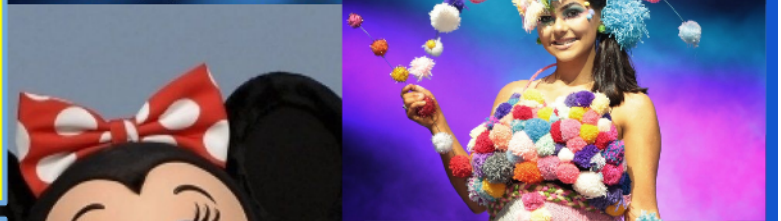
Disney

Inspired

Recycled Garment Competition



Products will be worn
Tuesday 23th April
Fashion Show
Senior School PFAA - 6:00pm
(tickets not required)
See Ms Jackson for details



Garments
constructed from
unwanted materials.

Judging Criteria:

- Use of the Disney theme
- Quality of the product
- Originality of the design



GIRLS' HOCKEY: NATIONAL FINALS HERE WE COME!



On Monday 22nd we travelled to Leeds to take part in the U16 T3 North East and Yorkshire Finals. There was a nervous but excited energy on the bus as we all knew that winning this tournament would secure us a place at the National Finals. Our first match was against Wakefield. We started strong and won the match 4-0 meaning all we needed was one more win. Our final match was against Ripon and after a

brilliant motivational speech from our captain, Sophie Hall, we were ready to give it our all. It was a tight match but we ended up securing the win due to an awesome goal from Mara Morrison. The excitement that we, as a team, shared when the final whistle blew when we knew that we had done it was an unforgettable moment. National Finals here we come!

Alice Ward, Fifth Year

TOP FOUR IN THE CUP!



On the 25th of January, the U15 team travelled to The Kings School, Chester to play in the quarter final of the Independent Schools Hockey Cup. After arriving at school at 8am, we headed off on our long journey to Chester. When we got there we went to the changing rooms before heading out to the pitch to warm up. We were all really positive going into the match

and knew we were capable of taking the win. Right from the beginning we switched on and played a really strong game. We pressured the other team and stayed positive, we had chances in the first half but unfortunately went into half time 0-0. We had our team talk and psyched ourselves up ready to go again and take the win. After around 10 minutes into the

second half we won a short corner. We switched it up and gave it to the left castle where Naila Krishnamoorthy stopped it, Ava Holmes slapped it and Tilly Pallent-Home deflected it, winning us the goal, 1-0. We then stayed strong in the last 15 minutes with a few close calls. However we kept it up and held onto the 1-0 win. Super proud of all the girls, making Yarm School history! This match has now taken us to top 4 in the country and we will play a tournament in Nottingham to fight for the Cup.

Mara Morrison, Fourth Year (with input from Jemima Fleming, Sabie Anderson, Eva Leadbitter, Naila Krishnamoorthy, Izzy Mcglade and Tilly Pallent-Home)

NETBALL

Monday 29th Jan- U12C v Northfield U12B

The U12 C team played Northfield at home in their league games. This was a competitive game with the first quarter ending 3-1 to Yarm. After a team talk we focused on passing the ball into space and running towards a player. The girls went back on court with determination and discipline and displayed some fantastic movement and passing skills. With some exceptional shooting from the team they managed to secure another win for the team, with the final score ending 14-10 to Yarm.

POM; Emma Arnold.

**Tuesday 30th - U12C v Grangefield U12B**

Another great match for the Yarm U12C team in their league. They took on the Grangefield Academy B team winning 14-2. This was a great result and they worked very hard to achieve this. With great interceptions, defence and attack from all the players, reaching full potential in a range of positions. We got goals in

each quarter, however our second quarter was the strongest. Well done to all the team but a special well done to Player of the match-Harlowe and Coaches Player of the match- Dora. And thank you to Miss Howell for the support and kindness in the game.

**Wednesday 31st Jan- 3rd & 4th Netball Team v Ashville**

On Wednesday the Third and Fourth teams travelled to Harrogate for a great match against Ashville. Due to Ashville being low on numbers, the third team played the first half of the game and the fourths played the second half. The thirds started off strong with great shots on goal from Eve Hudson and Evie Boyle assisted by accurate passing from Lexie

Townsley and Miriam Akowuah. They finished the first quarter with a two goal lead which was maintained in the second quarter with some strong defensive interceptions led by Pearl Lightwood and Eve Pearson. The final score at the end of the first half was 9-5.

It was then time for the fourth team to take over who also posed at strong competition for Ashville. Isabella Brown and Sara Banerjee continued to put points on the board with more excellent shooting while Charlotte Sowerby and Brooke Young provided good defensive support. Although Ashville managed to regain a lead in the second half of the game it was still an excellent first performance of the season for both the third and fourth team and we are looking forward to more games to come. Well played girls and congratulations to Francesca Silverwood who was awarded player of the match by Ashville!

Miriam Akowuah, Upper Sixth
(3rd Team Captain)



GIRLS' HOCKEY: NATIONAL FINALS

The U14 team have qualified for the National Finals after beating St Peter's and Dame Allan's on Thursday!

The team dominated the two games but could only manage two goals. One against St Peter's which came from a beautiful ball in from Zoe Wild across the goal for Lucy Mitchell to deflect in at the back post to win 1-0 and one against Dame Allan's from a first time pass from Erin Jackson to Olivia Wildridge on the back post with a stunning deflection to win 1-0 again.

Well done to the whole team, bring on the National Finals on Monday!



BOYS' HOCKEY: REGIONAL FINALS

Monday saw the 2nd XI travel to Leeds to take part in the regional finals against teams from across Yorkshire and the North East. This marks the first time that the 2nd XI have been entered in qualifiers for national finals, and saw them go toe to toe with 1st teams from across the region. They finished second in their pool after beating Silcoates 1-0 and then losing to Ampleforth 0-1, which saw them progress to a quarter final against Hymers. This match saw them play their best hockey of the day, running out 2-0 winners setting up a semi-final, once again, against Ampleforth. An improved performance saw the team hang in and until the very final play of the game when their opposition scored a short corner consigning them to another 0-1 loss and the bronze

medal playoff. With qualification for national finals now out of the window, this allowed for some rotation of squad players, however, the team still managed to hold out for a 0-0 draw against Birkdale School. The bronze medal was however secured after a successful penalty shootout. The team should be delighted with finishing third in the region ahead of nine other school's first teams. They did not concede a goal from open play all day and were complimented on their resolute defending by the organisers. Goals came from Johnny Carr and Harry Jackson, whilst Harry Rodwell was nominated by his team mates as MVP.

Mr J J Alexander

BOYS' HOCKEY: MATCH REPORTS

U19- Independent Schools Cup- Round 2 - Yarm 1-0 Scarborough

WOW- what a game! It was with some frustration that two high quality teams have come up against each other in the opening rounds of both National competitions this year- after a 3-1 win at Scarborough 2 weeks ago in the EH Cup, Scarborough were here for vengeance and the intensity of the game from start to finish was a clear reflection of that.

Yarm without 4 key players were left with one sub on the bench and this was to show as the game wore on but to be fair they gained control of the game very early. Will Ferguson, fresh from scoring for England the day before at Lilleshall, had a clear cut

BOYS HOCKEY: MATCH REPORTS CONT.

chance against the keeper in the opening exchanges and uncharacteristically miss- hit his effort. Yarm won several short corners but Scarborough had clearly done their homework and rushed down the flicker with some brave defending.

However, these opening encounters were to take their toll and a long aerial from Oscar Thomas landed in the path of Timmy Foley who deflected it into Ferguson's path- this time he made no mistake and slotted a trademark argie into the bottom corner. This was to be the decisive moment as the boys ground out a magnificent win through some high quality defending of the likes of Joe Roberts and Eddie Carter who produced his best game for Yarm so far.

Jake Rutter, Finn Davie, Matthew White and Tom Graham also deserve special mentions as their endless running and intelligent game management contributed to this win. Next stop, a home draw against Manchester Grammar School.

Mr G Ferguson

Under 14 Friendly- Barnard Castle 1 v 6 Yarm

On Thursday 1st February the under 14 Hockey Team traveled to Barnard Castle School to play them in a friendly game. The team had a positive early start with the score coming to 3-0 at half time and goals from Harry Brothwood, Freddie

Gilraine and Noah Coulman. The team then continued on strong with Sam Matthews, Saatvik Garg and Freddie Gilraine scoring more goals. The game finished with Yarm winning the match 6-1. It was a great performance all round by all the players. Well done everyone!

Saatvik Garg, Third Year



SPORT WEEK AHEAD

The weeks ahead are now available online.

You can [view them here](#).

LIVE MUSIC FROM THE COUNTERFEIT CELTS

YSA PRESENTS

ST. PATRICK'S DAY



TICKETS ON
SALE NOW!

CLICK
HERE

CELEBRATION

FRIDAY 15TH MARCH, 7-11PM

LIVE MUSIC - FOOD - DRINK

TICKETS £25 FROM CLASSLIST

THE BASEMENT BAR, THE PAA

LITTLE PRINCE

The Little Prince is here to remind us in Lyngo's new collaboration with Norwich Puppet Theatre. Through mesmerising puppetry and beautiful songs the boy who fell to earth teaches his friend the Aviator about love, life and real happiness in this adaptation of one of the best-selling children's books of all time.



Sunday 18th February, 2.30pm

[Book Online Here](#)

HUMPTY DUMPTY

Once upon a time in Storybrooke all was going well until the evil Queen of Hearts caused misery and corrupted all the nursery rhymes in the land.

Just when the village thought the Queen couldn't cause anymore damage she manages to sabotage the village talent show and cast a spell to trap Humpty Dumpty to the confines of a magic egg. Still not content with Humpty's continuous happiness she decides to push him from the wall in order to crack his egg into smithereens and disperses the pieces throughout the land.

Luckily Fairy Mary manages to summon King Coles army to try and put Humpty together again.



Wednesday 3rd April, 6.30pm and Thursday 4th April, 11am and 2pm

[Book Online Here](#)

MAGIC OF SCIENCE

This is your opportunity to surround yourself with the mystery of magic, cleverly fused with wondrous and miraculous feats of science.

Hold on to your seats as the venue is transformed into a real-life science laboratory and lots of unbelievable "how did they do that!" moments. Experience non-stop action-packed interactive magical science experiments that will capture the imagination, a fast-moving and colourful magical science show, packed with mystery, suspense, and heaps of mess!



Sunday 21st April, 11am and 3pm

[Book Online Here](#)

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from; some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesday