

HEADMASTER'S WELCOME

A hugely busy week before half term has included some fantastic drama, with the Sixth Form play 'Departures' staged in the Friarage Theatre. The production was a very funny, high paced, well delivered show about relationships, airport lounges and a fear of flying! Congratulations to all the cast, crew and staff involved.

In this week's newsletter we hear from the Community Action Group who, this term, have been working with Year 3 pupils in Prep as well as collecting for the Beauty Banks, about Sara's fascinating talk in EconBus Soc, of an illuminating Politics Society session with guest speaker Marilou, and of the penultimate Yarm Apprentice Boardroom. Our House Debate final, which I was privileged to judge alongside Mr Bridges and Mrs McLean, was well fought, with impressive and well-developed arguments made on both sides demonstrating thorough research and coherent team strategies. Well done to Oswald who won a very close contest, meaning that the House decided against introducing Military Service!

Reports can also be found within of success for former pupil, Alex Ravenhall, who sees his play performed professionally at two

regional venues, and a remarkable dancing achievement for First Year pupil Darcey, who was the top girl in a national competition.

We continue to excel in the sporting arena, sending congratulations to Will Ferguson on his England U18 debut, a 3-2 win against Ireland in which he scored, and to Sabie Anderson who has reached the National Finals of the English Schools Cross Country! Our sports teams and athletes saw further impressive success of late, with a range of results and fixtures reported on, often from the players themselves.

We have much to look forward to with opportunities to watch our musicians at two 'Concerts and Cake',

our choirs performing alongside the Black Dyke Band, and the St. Patrick's Day Celebration organised by our YSA just a few of the events happening next month. Note too the chance to register to attend our upcoming Career Cluster event on Finance, Accounting, Management and Economics; these are unique evenings with the chance for pupils and parents to hear insight and advice from professionals at different stages of their careers.

Wishing everyone a productive and happy half term!

Dr Huw Williams



The Sixth Form performances of 'Departures'

POLITICS SOCIETY - ENVIRONMENTAL JUSTICE



Friday lunchtime brought the third in the recent series of human rights defenders to speak with members of the Politics Society. Our guest this week was Marilou, a long established and much recognised figure within the Philippines for her work on environmental justice. Interestingly Marilou trained and continues to work as an accountant, and it was whilst on an earlier job assignment in Brunei that she was called in to assist a case of human exploitation of domestic workers. The case involving the royal family was subsequently brought to trial leading to a landmark victory.

These days Marilou focuses her attention on the impact of aggressive mining practices in a landscape otherwise known for its staggering natural beauty. In a series of maps we saw the scale of the mining endeavours, alongside photographs of the impact of huge open cast

mining. Marilou then demonstrated the disproportionately modest and limited impact that this was having on the Philippines economy in general, besides the fact that the mining was failing to ease the poverty of the areas in which it occurred. In fact through pollution, top soil removal and the contamination of water courses, it was having hugely negative impacts on those communities.

Marilou is unusual as a campaigner in that she works very much at a grassroots level, organising community projects and workshops, as well as doing awareness raising projects throughout the country, but she also focuses her time and attention on the decision-makers in government. She has met and negotiated with several former presidents and is currently spearheading the drafting and hopeful implementation of a new

mining bill that will be presented to congress upon her return. That return, and Marilou's eagerness to return to campaigning, following a spell of research, is naturally tempered by the risks she will continue to face in her country. She lives in a safe house, the sad reality of a country that is one of the world's most dangerous countries for environmental activists, who all too often pay the ultimate price for their efforts to build a better world. It was a hugely illuminating session, shining a light on an issue about which many of us had little previous knowledge.

Mr S Edwards

THE ECONOMICS OF CIRCULAR ECONOMY

Another week and another excellent and thought provoking presentation in EconBus Soc. Sara Banerjee explored "The economics of a Circular Economy", considering why we cannot continue to deplete and degrade scarce resources and examining how the behaviour of different economic agents can be altered. She debated whether younger generations are sufficiently educated and influential to change the behaviour of firms, and questions were raised as to how it is possible to intervene internationally to change

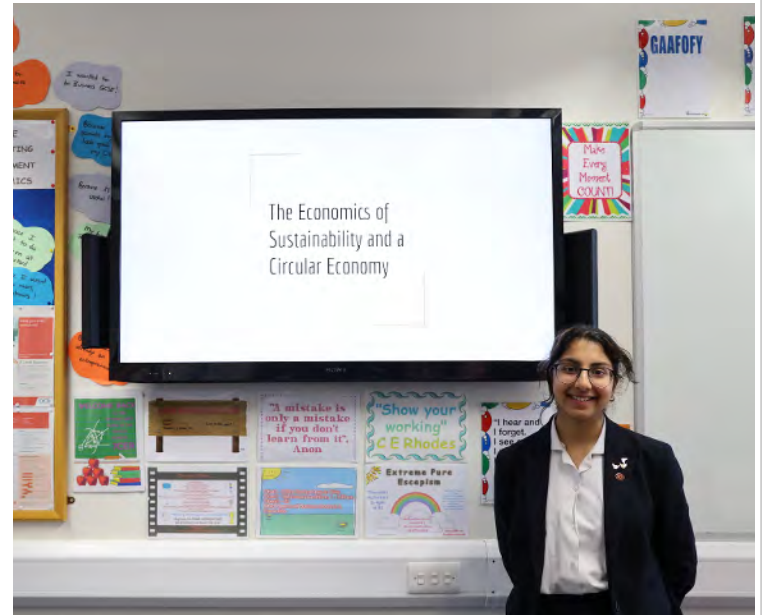
the decision making of firms who ultimately seek to secure profits.

Although no firm solutions were determined, the conclusion that change was needed was unanimous.

We are very grateful to Sara for her generosity in preparing and presenting at

such a busy time for the Upper Sixth.

Miss C E Rhodes



THE COMMUNITY ACTION GROUP

It has been another busy term for the Community Action Group. We have spent most of our sessions this term volunteering with Year 3 classes at the Prep School.

This involved assisting in a range of subjects including Art, English and

DT. In DT, we helped the pupils make monsters with moving parts, and also assisted as they started their new course of tackling and making mazes. In Art, we helped the children learn about different tones and shapes when painting.

In English, we heard pupils read and kept their reading logs updated with tips for improvements. It was a really rewarding and interesting

experience- and a number of us really enjoyed meeting up with our former teachers!

In the last two weeks, we have been collecting hygiene and sanitary products for our charity this half term, Beauty Banks, which aims to

end hygiene poverty in the UK. We have been delighted by the number of donations and thank you all for your contribution in helping everyone be clean and well.

The Community Action Group



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

FORMER PUPIL SUCCESS



Former Pupil, Alex Ravenhall, has been highlighted as one of the region's most exciting writers by having his play performed by a professional theatre company later this month.

Alex's play "53 Years" will be one of six short plays performed in Durham (Feb 24) and North Shields (Feb 29) as part of the Haddaway & Write Performances.

Haddaway & Write is the early talent development scheme from award winning Hooley Theatre.

Alex originally wrote and performed "53 Years" whilst at Yarm and performed it for the Duologues competition when he was in Upper Sixth. He entered a redrafted version of his play in the Haddaway & Write competition and was selected to showcase alongside 5 other talented writers that celebrate the theme of hope.

Tickets, £10, are available from www.hooleytheatre.com/book.

YSA CHRISTMAS MARKET THANK YOU!



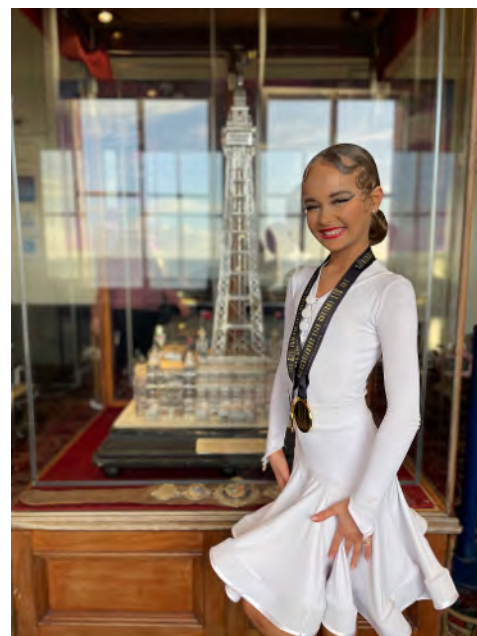
The YSA held a get-together with coffees and delicious bites to thank parents who helped at the YSA Christmas Market last year! We hope those of you who could make it enjoyed yourselves.

Thank you to everyone who generously gave their time to make the Christmas Indoor Market such a success.

DARCEY'S DANCING SUCCESS

Congratulations to Darcey Pallister, First Year, who danced at a National Competition at Blackpool Tower Ballroom last weekend.

There were over 95 competitors from all over the UK in her category and after dancing in 3 heats and 5 rounds in both the Ballroom and Latin competitions, we are proud to say Darcey made the final (6) and came 2nd place in both genres! She is the top girl in the UK!



SCHOOL VACCINATIONS

The School Aged Immunisation Service will be in school on Wednesday 13th March to deliver the Diphtheria, Tetanus, Polio and Meningitis ACWY vaccines to the third year. If you would like your child to receive this vaccine in school, please visit the link below to provide consent. Please note, the consent link will close on 7th March, any consent forms received after this date will not be included in the school session. Many thanks,

Mrs L Wheatley

<https://nhslmms.azurewebsites.net/session/1fda09f4>

CRAFTY CROWNS V ARTY ANIMALS?

Crafty Crowns v Arty Animals?

Kings v Flamingos?

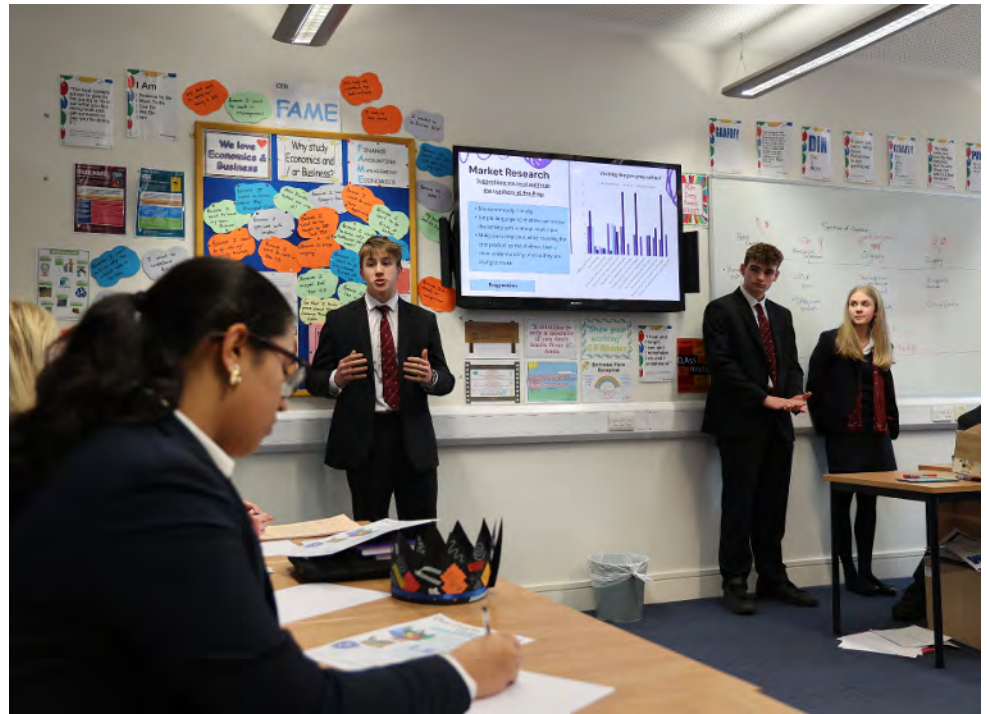
Woodlands v Painted Paws?

Have you guessed it? Yes, it was time for the penultimate Board Room, and time for the intrepid Apprentices to show their "5 Minute Make" style videos to Lord Sugar (in the form of Mrs Speight). Tasked with producing EYFS specification appropriate Craft Videos, it was fascinating to see what the teams had produced.

Evie had taken her team into the deep, dark woods to produce an entertaining video, where we met a King, who "disaster and disgrace" had lost his crown. But his dignity was restored when then the team taught us how a sustainable crown could be quickly produced as a replacement.

Meanwhile Lucy's team showed us how easy it was to create fabulous animal puppets through clever tweaks to hand prints. And we now all know how to create a Koala, elephants and flamingo!! (The walls of B1 may soon have some additional designs!)

The commitment of the teams and the management skills of the PMs were probed by Lord Sugar, and enquiries were made regarding the



sample size and quality of market research and the safety of designs.

After considerable consideration Crafty Crowns were declared the victors and Evie's team enjoyed cupcakes and milkshakes. Lucy was tasked with bringing teammates back to the Boardroom and chose Jitha and Henry to accompany her, with Henry quickly hearing the infamous words "You're Fired".

Bonus Winning PM points go to Evie, and team victory points of course go to her team. Peer commendation points were awarded to Oliver, Nila and Will, in recognition of outstanding contribution to tasks. Whilst the Karren, Tim and Claude points go to Will and Nila from the Winning Team and to Lucy and Luke from the Losing Team.

We are really grateful to Mrs Speight for her generosity in once again acting as Lord Sugar and for devising such an interesting, challenging and creative brief.

Just one task remains but the search for CER's 2024 Yarm Apprentice continues!! (See the updated Score Board outside B1 in the EconBus corridor)

Miss C E Rhodes



Career Cluster: FINANCE, ACCOUNTING, MANAGEMENT AND ECONOMICS

Tuesday 12th March, 6pm - 8pm

Join us in the PAA to find out more about working in Finance, Accounting, Management and Economics.

Discover the different pathways to your ideal career.

Suitable for 4th Year, 5th Year and Sixth Form students and parents.

Register to attend at:

<https://bit.ly/FAMECareerCluster>



Yarm School Music Department presents:



Tickets are available from www.thepaaonline.org or by calling the box office on (01642) 792587

Concert & Cake 2

Wednesday March 13th 2024 at 5pm

Tickets are £3 and are available from www.thepaaonline.org or by calling the box office on 01642 792587



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

HOUSE DEBATE FINAL

On Friday the 9th, Oswald and Aidan competed in the final of the annual House Debate competition In front of the Sixth Form audience. The motion was “This house would require compulsory military service” with Aidan arguing for the motion and Oswald arguing against it. The debate was opened by chair Erin Scott who introduced the two sides: Kayla Roberts, Sara Banerjee and Simone Sharma for Aidan, and Manisha Shyam, Miriam Akowuah and James Waine for Oswald.

The debate was opened by Kayla who established a clear definition of compulsory military service and talked about the benefits of this requirement to the individual, such as personal skills development and allowing everyone the opportunity to gain employment skills, regardless of background. Following this, Manisha opened for Oswald, countering Kayla’s arguments by exploring the negative impacts of compulsory military conscription on an individual, including mental health risks and an

infringement on one’s human rights. Sara delved into the potential impacts on society including greater social cohesion and improved national security. Next up for Oswald was Miriam who discussed the effects of compulsory military service on the army. This included lowering morale and quality within the army and leading to a less modernised defence sector. Simone gave Aidan’s closing argument while also accepting and rebutting a number of points of information from the opposition during her speech in a calm and collected manner. Finally James closed for Oswald, passionately arguing for the negative economic effects of compulsory military service and its political disadvantages.

Following this, both teams were posed a series of questions by the judging panel which consisted of Dr Williams, Mr Bridges and Mrs McLean. The judges complemented both teams on their answers to questions with developed responses

from all team members. This concluded the debate and the judges deliberated the results while both audience and debates waited anxiously. In the end, winning both the audience and judges vote, Oswald prevailed victorious - for the second year in a row! Congratulations to all who participated for what was described as a very close and entertaining debate, and a big thank you to the chair, Erin, and the judges.

Miriam Akowuah, Upper Sixth

UNIFORM SHOP

The Uniform Shop will be open at the following times throughout the half-term holiday:

Tuesday 10am - 2pm

Thursday 10am - 2pm

KEEP IN TOUCH



Facebook



LinkedIn



X



Instagram

Disney

Inspired

Recycled Garment Competition



Products will be worn
Tuesday 23th April
Fashion Show
Senior School PAF - 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



NETBALL: U12A V RGS

On Saturday 10th February we played RGS and successfully won the match 36-27. We played well as a team together from the first whistle. The first quarter of the match was a strong start as we took our time and didn't lose the ball. Both the attack and the defence were very strong. The 2nd quarter was also a very strong quarter as the defence stuck tight to their players and the attack worked well together, both in the circle and through out court. The

third quarter ended in a tighter score between us and RGS but we still managed to win after a competitive come back by the opposition. In the 4th quarter of the match we made a few mistakes, and fitness was starting to showed, which affected how we played but we luckily managed to win the quarter but with a closer score. Overall, as a team I think we played really well but i also think we need to work on resetting the ball and our fitness at training.



We played strong against RGS which made us have a successful win. In conclusion, a great result but still things to improve on in our next training session.

Imogen Barker, First Year

NETBALL: U12B V RGS



Today we travelled to Newcastle to play RGS Bs. This was a great game and we all played very well. With strong aspects of the game throughout all 40 minutes of the game. However in the end, we won 19-14 and the player of match was Harlowe Bell. Well done! And thank you to Miss Howell and Miss Cottrell for supporting us throughout.

Harlowe Bell and Amelie Kingsbury,
First Year

HOCKEY: U13C VS MACMILLAN

On Tuesday 31st January, our hockey team travelled to Macmillan to play a match against them. The game started off intensely, with Macmillan putting up a good attack. We struggled to counterattack, so we had to play defensively. The other team made the score 1-0, and we knew we had to change our tactics after half-time. After a team discussion, our second half was much better, with more passes outfield, allowing us to move further up the pitch. Later into the second half, we equalised, thanks to a good goal by Sofie Matlochova, assisted by me. The game ended with a result of 1-1. As a team, we think we could improve on playing the ball out wider, but overall, we did a good job. Well done girls!

POM: Jess Flannery

Arthana Pradeep, Second Year



NETBALL: U13B V RGS

On Saturday the 10th of February we travelled to Newcastle to play against RGS. We started the first quarter with great passes, accurate shooting and good interceptions. However, we knew we needed to improve on structure. The second quarter had great structure going straight from the centre pass to

going in the goal. Then in the third quarter the other team managed to get their score up. In the last quarter we upped our game and ended up winning 15-11.

Well done girls!

Hannah Dawson, Second Year



U14B V RGS



On Saturday 10th February the U14B team travelled to RGS Newcastle for a netball match comfortably winning 36-5. The girls played excellently, with good structure and communication across the court. There were many interceptions and hard drives throughout. Well done girls!

Thank you!

Olivia Wildridge, Third Year

U14C V RGS



On Saturday, the U14C went against RGS U14B in Newcastle. The team started off with no goals in the first quarter, however the girls made a comeback with 6 goals. In the third quarter, no goals were scored by Yarm again. Although we lost, several great interceptions were made by player of the match; Charlotte Dawson. Great effort everyone!

Olivia Fatah and Hira Rauf,
Third Year

CONGRATS SABIE!

Congratulations to Sabie Anderson who has reached the National Finals of the English Schools Cross Country for the 2nd consecutive year!

This is a great achievement after qualifying through our house competition, to represent the school, district, county and now the region at Pontefract Racecourse on Sat 16th March.

Good luck Sabie!



BOYS HOCKEY

INTERNATIONAL REPRESENTATION



Huge congratulations to our 1st XI Vice-Captain, Will Ferguson who has made his England U18 Debut in a 3-2 win against Ireland at the Lilleshall National Sports Centre in Shropshire this week. This a magnificent achievement and even sweeter that Will also managed to get on the scoresheet- we wish him well in other upcoming matches.

BARNARD CASTLE BLOCK FIXTURE

Saturday 10th February

U12A- Barnard Castle 0-6 Yarm

U12B- Barnard Castle 0-6 Yarm

U13A- Yarm 3-0 Barnard Castle

U13B- Yarm 6-0 Barnard Castle

UNDER 13 BOYS MAKE IT TO LAST 8



Calday Grange 1-3 Yarm

Our Under 13 team traveled to the Wirral to take on Calday Grange School in the last 16 of the ISHC National Competition. This was some journey as the boys left at 7am for an 11am start - unfortunately the early start impacted performance.

We started off well enough taking an early lead through Luke Palmer after some good work by Rorke Anderson and a well taken 'Argie' shot from Monty Proctor.

Unfortunately, the boys then

switched off and the game slowed down playing to the strengths of the opposition. We came in at half time 2-1 up and this could have been worse but for an outstanding save from keeper Jaydon Zhang. Whilst the performance was not great in the 2nd half, the boys dominated possession and played the majority of it in the Calday half- two more goals were eventually added, one being a great strike from Ollie Gray on a short corner. The boys know they will have to play better than this if they want to progress to national finals though!

YARM V BARNARD CASTLE U12A REPORT

U12A Report- On the 10th of February, one team of ten and one team of eleven were selected to represent our school. On the A team, the players that took part were: Mathew Robson, Wilf Sawyer, Henry Pugh, Fenwick Mitchell, Ben White, Rehan Krishnamoorthy, Thomas Ferguson, Seth Tailor, Charlie Millman, Eddie Shakesheff and myself (James Callaghan).

The conditions for the game were great, the sun was out and it wasn't too cold. The first half consisted of missed opportunities, not playing the right passes and swinging at the ball and missing it entirely when the better option was to pass. So overall in the first half we didn't play our very best. However, after a motivating and inspiring talk at half time, we turned the game around by attacking the line, playing the right passes, scoring well set up and easy goals and not being penalised for swinging at the ball. In the end, the final score was 7-0 to Yarm with goals from: Eddie (4), Henry (1), Fenwick (1) and Seth (1). There were also many great saves from our goalkeeper Mathew as he saved 7 shuffles and many opportunities from the opposing side.

James Callaghan, First Year

TEAM OF THE WEEK



UNDER 12 BOYS - COUNTY CHAMPIONS



On Monday the 12th of February the U12's boys hockey team played in the In2 county championship which was a round-robin tournament consisting of 4 teams: RGS, Egglecliffe, Teesside High and Yarm. Our first game was against Egglecliffe. The first result of the day was 3-0 to Yarm. The first goal was from myself from the top D. The second from Seth Tailor off a short corner which was a brilliant strike and the third from Eddie Shakesheff put past the keeper expertly. We were next faced with Teesside High- we scored eight goals with a result of 8-0. The goal scorers were as follows: Seth Tailor, Ben White with a brilliant finish bottom corner, myself, James Callaghan with

another great finish and Eddie Shakesheff with more than one. Our final game was expected to be very tough, and it was. We have played RGS with mixed results in the past with mixed teams. We started off well with a goal in the first 5 minutes from Eddie Shakesheff again put skillfully past the keeper. RGS came back with a disallowed short corner for a shot above the backboard but then RGS once again scored with a lucky bounce of the post and an unlucky goal for keeper Sid who came in last minute for injured Matthew Robson. Then in the second half Yarm scored another goal with Eddie again doing what he does best. Everyone was putting in a big shift to keep RGS out

with some skillful defending from Rehan Krishnamoorthy, great running from James Callaghan and brilliant tackles and contests from Fenwick Mitchell. I mentioned a few names there but everyone played outstanding with a team performance. Yarm then scored again in the same fashion with Eddie Shakesheff putting it through the keepers legs. Then a good save from Sid Suryadevra kept us in it for the last 5. Yarm battled to the end with a pleasing performance from everyone there. RGS and Yarm went through to the next round after half term for the North Finals.

Wilf Sawyer, First Year

A BIG WEEK FOR THE 1ST



Bradford Grammar 0-2 Yarm (England Hockey Cup)

This was banana skin in the making as Yarm were without influential midfielder Myles Brown and Will Ferguson sat out the majority of the

encounter with a shoulder injury.

Bradford were clearly very up for it and started well but having said that a series of missed chances and outstanding goalie saves meant Yarm should have put the game to

bed by half time- although we could easily have gone behind but for a last ditch intervention from Finn Davie.

Ferguson came on at the start of the second half but it was Timmy Foley who finished a superb Argie into the bottom right hand corner to break the deadlock before Ferguson converted a drag flick short corner to get control of the game. This team has ground out some tough wins recently and it is hoped they can progress through the next round against Manchester Grammar.

VAN MILDERT COLLEGE AT MAIDEN CASTLE

This week the senior hockey boys travelled to Maiden Castle- the home of Durham University Hockey club to play against two of their collegiate teams- Van Mildert College A & B Teams.

Van Mildert College A 2-3 Yarm 1st XI

After some intense fixtures in recent weeks, this was a fairly relaxed affair as the boys were able to enjoy zipping the ball around the top class water based pitch. Yarm took the lead early on as Oscar Thomas put a penalty flick into the top right hand corner after Jack Van Niekerk had been fouled in the act of shooting. This was quickly followed by what is becoming a

Timmy Foley trademark 'Argie' to make it 2-0 at half time. Yarm were looking very comfortable at this stage but completely stepped off the gas in the 2nd half and conceded early doors before captain Joe Roberts deflected a well worked short corner goal to make it 3-1. This should have been the trigger for more goals but the boys relaxed again to concede another sloppy goal before the end. Overall though, a really good work out!

Van Mildert College A 3-3 Yarm 2nd XI

A big squad travelled to Durham for this encounter and it was great to see so many players involved- some

relatively new to the sport. Joel Benjamin, Harry Rodwell and Oliver Gatenby all looked assured throughout the game at the back but to be fair Harry Jackson and Oscar Shaw proved the stand out players as they ran the centre of the park. Yarm took an early lead through Alex Bromiley before Van Mildert equalised. Ollie Best slotted in a well taken 'Argie' and Harry Jackson added another to make the half time score 3-1. Both teams had plenty of chances in the 2nd half but unfortunately the opposition managed to convert 2 in spite of some great work from goalkeeper James Muir to make the final score 3-3.

BANFF MOUNTAIN FILM FESTIVAL WORLD TOUR

The Banff Mountain Film Festival features a brand-new collection of short films filled with extreme journeys, untamed characters and captivating cinematography!

Join the world's top adventure filmmakers and thrill-seekers as they climb, ski, paddle and ride into the wildest corners of the planet!

Experience an unforgettable evening of thrilling adventure – up on the big screen!



Saturday 24th February, 7:30pm

[Book Online Here](#)

HAPPY PLACE

Get down to your nearest Happy Place and leave your worries at the door. With over seven thousand locations nationwide, we create personalised realities at affordable prices.'

Full of bombastic comedy, puppetry, physical theatre and live music, follow four strangers on an extraordinary journey as they find themselves locked inside their own Happy Place.



Saturday 9th March, 7:30pm

[Book Online Here](#)

BLACK DYKE BAND AND YARM SCHOOL - HANDEL'S MESSIAH

We are delighted to announce that Yarm School and Black Dyke Band are coming together for one night to bring you Handel's Messiah. Handel's Messiah: the world famous Black Dyke Band will be joining Yarm School Choral Society, community chorus and Yarm Senior and Prep School Choirs in an extraordinary performance of this iconic work.



Saturday 23rd March, 7pm

[Book Online Here](#)

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

As a society, we're increasingly using technology and tech services in the home. Digital assistants which can adjust the heating or turn lights on and off; streaming services for shows and movies on demand; games consoles; smart speakers; phones; laptops ... the list goes on. As we introduce each new gizmo to our homes, however, we increase the level of threat from cyber criminals. It's essential, therefore, that we learn to become more cyber resilient in relation to the devices and digital services that the people in our household use.

WHAT IS 'CYBER RESILIENCE'?

Cyber resilience focuses on three key areas: reducing the likelihood of a cyber attack gaining access to our accounts, devices or data; reducing the potential impact of a cyber incident; and making the recovery from a cyber attack easier, should we ever fall victim to one.

1. PASSWORDS: LONGER AND LESS PREDICTABLE

The longer, less common and predictable a password is, the more difficult it becomes for cyber criminals to crack. The National Cyber Security Centre's 'three random words' guidelines are ideal for creating a long password which is easy to remember but hard to guess.

2. AVOID RE-USING PASSWORDS

When you use the same password across different logins, your cyber resilience is only as strong as the security of the weakest site or service you've signed up for. If cyber criminals gain access your username and password for one site or service, they'll definitely try them on others.

3. USE A PASSWORD MANAGER

A good way to juggle different passwords for every site or service you use is to have a password manager. This software stores all your passwords for you, so you simply need to remember the master password. LastPass, Dashlane, 1Password and Keeper are all excellent password managers.

4. BACK UP YOUR DATA

Keep a copy of your data using OneDrive, Google Drive or another reputable cloud-based storage solution. If it's extremely important or sensitive information, you could even decide to keep more than one back-up version – by saving it to a removable USB drive or similar device, for example.

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

Multi-factor authentication is where you need access to your phone (to receive a code, for example) or another source to confirm your identity. This makes it far more difficult for cyber criminals to gain entry to your accounts and your data, even if they do manage to get your username and password.

6. CHOOSE RECOVERY QUESTIONS WISELY

Some services let you set 'recovery questions' – such as your birthplace or a pet's name – in case you forget your password. Take care not to use information you might have mentioned (or are likely to in future) on social media. More unpredictable answers make cyber criminals' task far harder.

7. SET UP SECONDARY ACCOUNTS

Some services provide the facility to add secondary accounts, phone numbers and so on to help with potentially recovering your account. Make sure you set these up: they will be vital if you're having trouble logging in or if you're trying to take back control of your account after a cyber attack.

12. STAY SCEPTICAL

Cyber criminals commonly use various methods, including emails, text messages and social media posts. Be cautious of any messages or posts that are out of the ordinary, offer something too good to be true or emphasise urgency – even if they appear to come from someone you know.

11. KEEP HOME DEVICES UPDATED

Download official software updates for your household's mobile phones, laptops, consoles and other internet-enabled devices regularly. Security improvements and fixes are a key feature of these updates – so by ensuring each device is running the latest version, you're making them more secure.

10. CHANGE DEFAULT IOT PASSWORDS

Devices from the 'Internet of Things' (IoT), such as 'smart' home appliances, are often supplied with default passwords. This makes them quicker to set up, but also less secure – criminals can identify these standard passwords more easily, so change them on your IoT devices as soon as possible.

9. CHECK FOR BREACHES

You can check if your personal information has been involved in any known data breaches by entering your email address at www.haveibeenpwned.com (yes, that spelling is correct!). It's useful if you're worried about a possible attack – or simply as motivation to review your account security.

8. KEEP HAVING FUN WITH TECH

Consider our tips in relation to the gadgets and online services your household uses. Protect yourself and your family, and don't let the bad guys win: devices are not only integral to modern life but also a lot of fun – so as long as you keep safety and security in mind, don't stop enjoying your tech.

Meet Our Expert

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 adults and children alike become more aware of the risks associated with technology, as well as the many benefits.

