

HEADMASTER'S WELCOME

I have had some wonderful experiences over the past week observing our pupils at their best, working together to great effect to deliver sporting success, creative entertainment and dramatic flair.

The Dance Showcase, trailed in last week's newsletter and reported in detail below, was an absolute triumph. A full house, 170 pupils, scores of dances and evidence throughout of the sense of joy and achievement being involved gave all of our dancers. Mrs Dunkley, and staff and Sixth Formers involved in supporting the event, deserve all the plaudits.

Our rowers produced a magnificent weekend of high intensity performances battling windy conditions at Durham and I thoroughly enjoyed my day on the riverbank cheering them on and watching the camaraderie and collective spirit of the boat club in action. Mr Kellett, Mr Bewick and other coaches, as well as the army of parents who helped run a magnificent hub for supporters, will be rightly proud of the pupils' efforts - a detailed report follows below.

The Junior Duologues event on Tuesday showed the creative talents of our younger pupils as they trod the

boards in a series of excellent drama performances. Humour and outstanding comic timing contrasted with dark portrayals of greed and malevolence, and there was some excellent dancing too. The winning performance of a scene from Blood Brothers was mature and sophisticated with excellent characterisation. All those who took part can be proud of their efforts.

Our prep pupils performed in their summer concert last night, with a great range of instruments, groups and talent on display, and it is clear to see the wonderful grounding they receive in the Prep School, gaining confidence to perform on stage and demonstrating excellent musicality.

Tonight sees the Intermediate and Senior Duologues, which promises to be another excellent evening's entertainment, and I look forward to seeing many parents at this weekend's Summer Ball. A reminder that the silent auction is available to all parents, with some outstanding items up for grabs, in aid of a wonderful charity. Details within.

Space prevents me from reviewing more of this busy newsletter, but do read on - there is plenty to enjoy. (Finally, for those who enjoyed the 'nature notes' in last week's introduction, the woodpecker chick has fledged...!)

Dr Huw Williams



Dance Showcase 2024 was a huge success. More photos inside.

DANCE SHOWCASE 2024 - ONCE UPON A DANCE

170 pupils from Year 3 to Upper Sixth took to the stage to perform in 'Once Upon a Dance' Dance Showcases 2024. It was an evening of entertainment as Yarm School dancers span their way through Fairytale stories. They performed with energy, confidence and flare celebrating a years worth of hard work! The evening was full of magic, adventure and feel good fun!

"Thank you so much for putting this together I enjoyed every single minute of it."

"A joyful and fun performance, with such an incredibly high standard of dancing, technical, lighting, video and production/logistics"

"It was such a positive vibe. Every one of those individuals was shining, brimming with confidence and thriving"

"Such an amazing show"

"Tonight was absolutely outstanding! The dancers, the music, the graphics, the lighting. I love it!"

"What an incredible show! The best yet!"

"I was blown away by what I saw tonight"

Mrs J K Dunkley



For more photos visit our website galleries - <https://www.yarmschool.org/galleries/>

NOTES FROM THE MOCK ELECTION CAMPAIGN

The first week of campaigning has passed by and the energy in the air is electric. You've no doubt noticed a colourful array of posters and flyers spread all across the school from the five parties involved in this year's mock election; the Conservatives and Lib Dems have gone the more traditional route for posters promoting their policies such as free school meals and elderly health care; the Greens have advertised their drop-in sessions 13:00 to 13:30 on Thursdays and Fridays to pique people's interests; yet most uniquely of all, Reform (which has surprising formed into the largest party in this mock election) has gone for a gambit with many of their posters referencing memes and pop culture and have garnered a reputation in the younger years. While we are yet to see Labour's posters, they surely have something big in store. This has been the first step to get the school population excited about the election, and I'm happy to report that there has been an enthusiastic uptake across the school. The goal of our regular Yarm School Mock Election is to get pupils of all ages interested with politics and debate their own and other ideas and values, however it bears repeating that this needs to be done in a fun, fair and engaging way as negative interactions only harm the election. The weekly hustings on Friday are a great opportunity for people to

debate and ask questions about specific issues in an organised and welcoming environment. This week's husting was on the issue of Immigration and Global Security and, to my surprise, was very well attended by pupils all across the school. The Lecture Theatre was bubbling with political talk and many were prepared with some interesting and hard-hitting questions for our panellists - Ben Dempsey (Reform), Sophie Jewitt (Labour), Gabriel Swati (Conservative), Ellen Willis (Liberal Democrats) and Dan Townsend (Green). We started with an opening statement from all of the parties around their main aims for global security. Labour was the first of the responses, stating that they support the current policy of Nuclear Deterrent but want to move closer to the EU, particularly when it comes to things like Foreign Affairs. Lib Dems agreed with working closer with the EU and supporting Human Rights in other countries and trade. The Conservatives believed that Nuclear Deterrent was the best for national security and the controversial National Service, which was clarified to not be purely military, would strengthen Britain as a whole. Reform bided against the Conservatives current 2.5% of GDP going towards defence by suggesting it should raise to 3% after a couple years and further committing to world powers like America. However,

the Green Party stands almost completely opposed to this, campaigning for a borderless world and disarmament. Following these initial statements, the Chair, Mr Edwards, posed the question of what each party pledges to do in regards to the ongoing conflict in Ukraine and Gaza. All parties supported Ukraine, particularly hoping for a diplomatic solution - with the Conservatives adding the point that we need to be cautious with our approach and that UK safety takes priority. Answers were more different in reference to Gaza, with the Lib Dems and Greens wanting a ceasefire and a two state system to end the conflict, the Conservatives and Labour supported humanitarian aid while Reform hoped to stay neutral on the whole situation. Next the audience was allowed their input, raising important concerns over how our current relationship with the USA would change in the context of a potential Trump presidency (both Reform and Labour agreed that we shouldn't forfeit our long running relationship with them over this), how much of a threat Cyber Security is (Dempsey argued that while it is a problem, China and Russia pose a larger, physical threat), and how the Green Party would actually achieve global disarmament as they promise. Townsend said that a uni-lateral approach is needed, and that we, being quite a prominent country in

ELECTION CAMPAIGN CONTINUED...

global politics, need to be the ones to take the first step and work with other world leaders to pave the way for others.

The second half of the hustings focused on immigration. Each party gave their opening position first again with two main positions emerging. Reform was the first to speak on the issue, illustrating the fact that around 1.25 million migrants enter the country every year and are causing a population explosion, which the Conservatives added is creating unfair consequences on the British public by limiting the NHS and adding significantly to inflation rates. By completing freezing unskilled migration and asylum seekers, and increasing the salary threshold, they propose to help solve this ever-growing problem. Labour stands more in the middle, wanting to counter illegal immigration and the exploitation in the system and weighing immigration more towards skilled economic migrants. Both the Greens and Lib Dems suggest that people shouldn't be turned away or punished for their circumstances, wanting to strengthen and improve the legal framework around it. The

Lib Dems, in fact, have put forward the argument of reforming the Home Office to be more efficient and effective, allowing people to get into work and communities almost immediately. The Chair's question of should skilled migrant workers be treated any different to asylum seekers reinforced many of the already discussed positions, but Labour highlighted the point that the Conservatives and Reform are willing to leave the European Court of Human Rights, an institution which upholds rule of law and democracy across all countries in Europe. By leaving, Jewitt argues, we would be on a similar level to Belarus and Russia, the only other two countries which have backed out, yet Swati counters by arguing that the European Court of Human Rights is unrealistic and a more effective change needs to occur sooner rather than later. A question from the audience tackles how the economy might be affected by Reform and Conservatives' policy as a majority of migrants take up 'unskilled' work thus leaving a crucial gap, which Reforms answers by suggesting that UK people will take up these new opportunities instead, helping alleviate the current unemployment

issue. Someone asked how the parties intend to help the public perception of migrants, which Willis answered by saying that cutting the backlog would help migrants get incorporated into society by speeding up the waiting time for getting into work and communities - which the Greens mostly echoed. The final question of this week's husting was directed towards the Green Party, questioning whether British nationality would be removed or impaired by their free migration policy to which Townsend replies that diversity and acceptance is what strengthens us as a country and that nationality needs to be redefined in a modern era.

This husting was an amazing and insightful session, and I hope to see the general enthusiastic atmosphere to carry on into next week too.

Ava Carter, Lower Sixth

SCHOOL UNIFORM FOR THE NEXT ACADEMIC YEAR

It is recommended that you order your new uniform for the next academic year by Friday 28th June from Perry's to guarantee delivery for the start of the school year. Visit <https://www.perryuniform.co.uk> to order yours.

CAPITAL TIMES IN LONDON



At a time of much political chatter the Lower Sixth Politics students headed to London for their study tour. The visit allows them to explore politics in the widest sense, as well as visit the key political institutions of state.

Given the current election campaign parts of the landscape were uncharacteristically quiet, not least a deserted Palaces of Westminster, where students were able to swan through the House of Commons and the House of Lords, as well as other parts of the palace related to the annual visit of the monarch.

One certain highlight was visiting former Yarm School student, Rachel Duffy, currently working at The Telegraph. A graduate of History and

Politics from Warwick University, and having only graduated a couple of years ago, Rachel is now the Senior Social Editor at the paper. We enjoyed a wonderful Q&A at the offices of the paper and were taken to the newsroom, a vast open plan office in Victoria, with a daunting circle of editors at the heart, surrounded by all of the Telegraph journalists. Students enjoyed a visit to the Supreme Court where they were able to discuss the nature and work of the court, its place in the

constitution, as well as have a reflective moment sitting in the actual seats of the Supreme Court Justices. One aspect of the A Level syllabus focuses on the work of pressure groups, campaigning groups that seek to impact policy making. We visited the youth homelessness group, Centrepoin, and spent an hour at their head office in discussion with the policy team discussing their approach and strategy to influencing political decisions, be it through the government, Members of Parliament or work with civil

servants.

A late evening was also spent on a guided walking tour of the 'unknown East End', avoiding the hackneyed tales of Jack the Ripper, and instead looking at the building nicknamed 'The Kremlin' where Stalin and Orwell spent time, the 'university of the ghetto' namely the Whitechapel Library, sites associated with the Kray Twins, the East London Mosque and Synagogue, as well as exploring the warp and weft of east end gentrification combined with the imprint of now centuries of migrant peoples to the area.

Our thanks go out to all of those who shared so generously of their time to help the students better understand the fascinating and complex political opportunities of London.

Mr S Edwards



MEET THE PURPLE SQUAD - THE NEW ECONBUS SUPPORT TEAM

I am Kyra Hyndman and my new role is Business Peer Support for Lower Sixth students taking Business A-level. I study the subjects of Business, Physics and Psychology and I'm looking forward to my new role because I want to help Lower Sixth students improve with their Business work. After Yarm I hope to study for a year abroad in America and hopefully own my own business.



Hello, I am Alex Walton, and I would like to introduce myself as one of the new Chairs of Business, in the school's EconBus Society. I am currently studying Business, Geography and Design & Technology, all of which point towards an overall interest in entrepreneurship and product design. I was inspired to be Chair, through some of the previous talks held by last year's Chairs, which sparked enthusiasm for taking up a leadership role. As Chairman, I aim to provide students that attend the society with opportunities to explore real-world themes and scenarios, from a business perspective, allowing the students to ask questions and learn more about some interesting topics, which wouldn't usually be covered during a regular school curriculum. After Yarm, I plan to explore opportunities through either university or apprenticeships in a business related field, however, including some aspects of IT or Computer Science within the further education. In the far future, I see myself working in a leadership role in a tech-related firm, utilising the skills I will learn from this role in the process.



More introductions to follow next week.

Miss C E Rhodes

ENRICHMENT LECTURE COMING UP

Get the date in your diary for our next Enrichment Lecture!

We are delighted to be welcoming Kas Hawes, GP and author, who will be speaking in the **Friarage Theatre** on **Monday 17th June** at 4:10pm.

Pupils from all year groups are welcome to join us; come along if you are looking to health profession careers, but also if you have a general interest, and/or an interest in writing, publishing, etc.

Parents and visitors to the school are also welcome: please sign in at reception from 3:45pm.

Kas's book *The Heart of the Matter: A Day in the Life of a GP* was published last October. It's a unique story of a doctor and the many patients she sees every day. A tale of the diversity of life, the uniqueness of individuals and the impact of deprivation on the health of society.

Kas Hawes has been a GP in the North East of England for the last sixteen years. Before she moved here she lived a nomadic life, spending most of her childhood in Nepal and India where her parents worked as doctors. She returned to the UK for

her A Levels and completed her medical training at the University of Manchester.

We look forward to hearing more about Kas's life and work - both her career as a health professional and her experience writing and publishing a book.



THE WINNER TAKES IT ALL

12 teams, 11 mentors and only 10 days (at the time of writing) til the Summer Fair. Our committed Lower Sixth FAME students thoroughly enjoy working with the Year 6 pupils (every Tuesday afternoon in Activities) and can't wait to see which team(s) will be victorious based on the many criteria to consider!

Miss C E Rhodes



An Evening of Musical Memories

THURSDAY JUNE 20TH, 7.30pm

Yarm Parish Church

Tickets are £8.00 (aged 18 and under tickets are free)
and are available from thepaaonline.org
or alternatively from the Box office by calling in, or
calling on (01642) 792587

50% of the proceeds go towards the upkeep of the Church



WHERE DO WE GO FROM HERE?

This week Lower Sixth students had the opportunity to learn more about their options post Yarm as we welcomed Victoria Pearce (Schools and Colleges Outreach Officer) from Leeds Beckett University to talk about University life. Victoria gave a superb presentation covering the factors which might sway an individual when choosing to go to University and then determining which University, and indeed which course, to select. She suggested a range of points students might consider and look for when at open days, before focusing more upon Leeds Beckett specifically and detailing the offerings of the university and the benefits of student life in Leeds. A good number of Sixth Formers took up the opportunity to attend during their lunchtime and we are grateful to Ms Pearce for coming to widen their awareness and answer their questions.



SUPPORT OUR YSA AND BID FOR AN AUCTION OR RAFFLE PRIZE!

We are delighted to have two fundraising opportunities this week - both are connected with our Casino Royale Summer Ball but you can participate even if you are not attending the Ball!

Hamper Raffle

Pupils, parents and staff in First and Second Year have been working hard in their Tutor Groups to create some spectacular hampers!

Get in with a chance to win one by buying raffle tickets via the online form at: <https://bit.ly/YSARaffle24>.

Proceeds go to the YSA who support the school with a huge range of projects such as the new gym, kayaks, art boards, Geography Club equipment and much more!

Charity Auctions

We have a live auction with four fantastic prizes - you can bid for these from now until 7pm on Saturday 15th June [online](#) (click 'Live Auction') or

you can bid live if you are at the Ball. The live auction prizes are:

- West End show with Mediterranean Fine Dining Lunch and One Night Stay at The Langham for 2 people,
- One night stay at Manor House in the Cotswolds, Wiltshire for 2 people with breakfast,
- Two night stay for 2 in a stunning luxury shepherd hut on the edge of the North York Moors,
- Hooting Owl gin tour for 4 people, lasting one hour, with a double G&T to start, the history of Hooting Owl and a double G&T to finish.

We also have a silent online auction with a huge range of amazing lots, which you can bid on from **now** until the end of the live auction on the night of the Ball. Simply follow [the link](#) and click 'View the Lots'. Prizes include Champagne Afternoon Tea for Two, Signed Football Memorabilia, 4 Ball of Golf at Moortown Golf Club, a Porsche Experience at Silverstone

and much much more! Click and see for yourself!

Proceeds from the auctions go to Cardiac Risk in the Young who prevent young sudden cardiac deaths through awareness, screening and research, and support affected families.

Vitality Dental Care are kindly match-funding £1000 of what we raise at the auction - thank you so much to Vitality Dental Care for their support.

Good luck to all our bidders and raffle participants.



DOVECOTE FESTIVAL 2024

This year's Dovecote Festival promises to be an amazing one! We have three days – from Friday 28th June until Sunday 30th June – packed with musical delights for everyone.

Friday 28th June - 6pm – 7pm **'Forever Young'**

A chance for everyone to add their voice to Infant Hercules' recording of the iconic Bob Dylan song. The recording concludes the choir's recent Cleveland Way walking talking project which continues to raise awareness of men's cancer and available support.

All are welcome to join us (please register via email). Young voices are welcome to take part in the recording, but pupils under 18 must be collected from school at 7pm before the Shanty Stroll departs.

To register attendance or receive more details please email mike.mcgrother@yarmschool.org

7.15pm – 8.45pm **'A Shanty Stroll!'**

Friends, parents and staff of Yarm School join Mike McGrother and Infant Hercules on the cobbles to sing in Pub Gardens throughout the town in support of The Samaritans. Please assemble at the Dovecote in Yarm School to begin from 7pm (over 18s only).

7.15pm Outside The Mockingbird Deli

7.30pm The Black Bull Garden

8.00pm The War Memorial

8.20pm The Union Arms Garden

* All timings are as approximate as the harmonies. Feel free to join us en route!

Saturday 29th June - 11am – 1pm **'Memento Juke Box'** in The Black Bull Garden.

A family friendly afternoon in the covered section of The Black Bull garden. Accessible and dementia friendly, join our pupils as our Skiffle infused secret choir sing songs chosen by Yarm residents and we sing along and share the stories of our community. Free entrance. Wheelchair friendly. Drinks and food menu available. To receive more details please email mike.mcgrother@yarmschool.org.

Sunday 30th June - 10:00am - 12:30pm **'Jazz Masterclass in conjunction with Jazz North, TVMS and the Arts Council'** in the Recital Room at Yarm School

By invitation only. Musicians from Yarm School, Conyers and TVMS Jazz Collective join for a session with international jazz musician and composer, Mike Walker. Jazz North has commissioned a series of new big band pieces and Mike will lead the ensemble learning a selection of these works.

3.30pm – 5pm **'Dovecote Concert and BBQ'**

Our traditional Sunday Afternoon concert in the grounds of Yarm School, accompanied by a delicious BBQ. With fantastic Yarm School bands and performers to sing-along, dance-along and eat-along to. Bar open from 3pm.

Tickets £3.50 per person for concert only, £10.50 per person for the concert and BBQ – available from www.thepaaonline.org.



DOVECOTE FESTIVAL 2024

KEEPING IT REAL...

This week the Lower Sixth Business students have benefitted from a visit from Kelly Heward, the school's Finance Manager, who brought to life the accounting concepts they have been learning about in lessons. Mrs Heward related theory to the school accounts enabling Sixth Formers to appreciate the validity of such terms as materiality and going-concern, as well as giving them lots of applied examples relating to accounting in general. Mrs Heward happily answered a large volume of questions and we are really grateful to her for giving so generously of her time at such a busy time of the year.

Miss C E Rhodes



LITTLE SPROUTS COOKING WORKSHOP



During our Thursday activity in the community action group we were able to help out with the Sprouts Cookery Workshop attended by First and Second year pupils. They were really enthusiastic and were able to follow the instructions thoroughly as they went through the steps of making gnocchi and flat bread. It was a very good opportunity for the young members of the Senior School to take advantage of, and the end results turned out to be a success !

Emily Banks, Isobel Keetley,
Haadiya Shafiq, Lower Sixth.



On Thursday 6th June, myself and a group of First and Second years made our way to the dining hall after lesson five for a cooking workshop with Sprouts. Sprouts is a community food charity who are dedicated to improving the health and well being of our local community. First, we made some gnocchi and flatbreads (a sticky mess of dough on our hands!!!), which we cooked ourselves, with some assistance, until our gnocchi was lovely and crispy. Next, we chopped up some vegetables to add to our sauce. Everyone had great fun blending all of the vegetables together, which then went into the pan to be cooked. We all tidied up our pots and put the

rubbish in the bin (whilst Mrs Bridle washed up) and then we were ready to add some sauce and mozzarella to our gnocchi before going home to enjoy our home-cooked meal. We would like to say a big thank you to Sprouts for organising this workshop and to Mrs Gray, Mrs Bridle and Mrs Leary. This was an amazing afternoon and I would highly recommend trying something new and perhaps helping out at your local food bank or even just helping your parents with preparing meals.

Eliza Fellows, Second Year



DURHAM REGATTA



The rowing season for the 2023-24 school year is drawing to a close, and our Yarm School rowers have left an indelible mark at the 191st Durham Regatta. Battling the wind and sun, they showcased their skill and determination, securing an impressive 12 wins over the weekend. These victories are a testament to their hard work and dedication, as they raced over 700m in multiple rounds, making the most of the busy weekend of racing across 4 divisions.

Saturday morning saw wins from the senior boys in the eight and J14 boys in the coxed quad. Rowing in the eight for the first time this year, the senior boys had to get through two crews before reaching the final. Racing in the Intermediate Eights event, the boys were the only junior crew in a field of universities and Durham Colleges. In their first race, Yarm rowed through Grey College to win by two lengths; in the semi-final,

the boys won by one length over University College to reach the final against Sunderland City Rowing Club. Lining up alongside former pupil Deacon Laverick in the Sunderland crew, the boys went on to win the race by $\frac{1}{2}$ length. Congratulations to the crew of Archie Norton, Sai Sidaginamale, Patrick Tulloch, Will Lewis, Will Jeavons, Harry Wildridge, Noah Vincent, Harry D'Ambrogio and cox Dani Devlin.

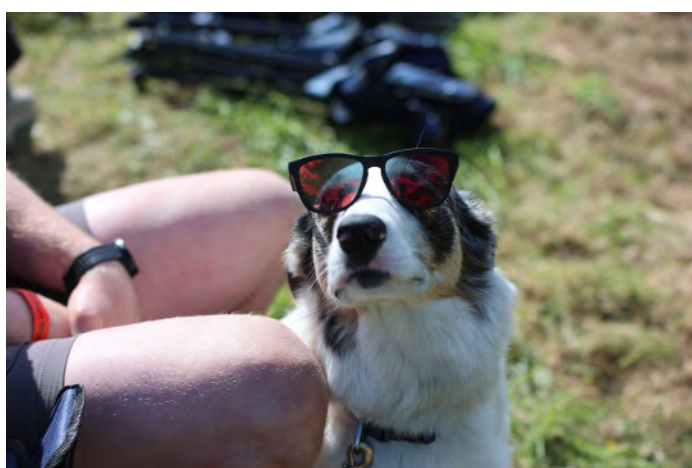
Heading into Saturday afternoon, the winds picked up, and racing became very challenging. As all crews in the regatta struggled to have clean racing, 4 Yarm School crews managed to perform under the difficult conditions and bring home several wins. Rebecca White had to take on the conditions in the

single scull for her first-ever side-by-side singles race. In a straight final Rebecca held her composure and won by $1\frac{1}{2}$ lengths over Tees RC. Our senior boys raced again in two quads with the addition of J15 Issac Akowuah. Winning both the J18 and J17 events, the boys overturned the last couple of losses against Tees RC and won easily against St Peter's School. However, the highlight of the afternoon had to be the success of the J14 boys' octuple. They moved from the quads to octuple for this event. The boys were able to get through the first round against Berwick & Lampton quickly before racing Infinity Boat Club in the final. Having lost to Infinity at Tees Regatta, the rowers were keen to turn this around. They managed just that in an exciting race against the wind, winning by one length.

After securing six wins on Saturday, the team was eager to repeat the performance on Sunday. With the winds calming down a little, Sunday was set for a great day of racing. In the morning division, a different



DURHAM REGATTA



crew took on the challenge in the J14 octuple. The boys won the semi-final against Durham School and then beat Lampton & Tyne ARC in the final by four lengths. The J17 boys quad of Will Lewis, Will Jeavons, Patrick Tulloch, and Sai Sidaginamale secured the 4th win of the weekend for the senior boys against St Leonards School while our J17 girls looked for some redemption in the double. After being forced into the river bank in Saturday's quad race, the girls were fired up for success in the double scull. Racing against Tyne ARC, our double of Lucy Bardgett and Cecily Deering took an early lead and won the event easily. These girls then took that success into the women's J17 4x with Darcey Allcock

and Sally Matthews to win the event by four lengths over St Leonards School. The senior boys finished out the wins for the weekend after breaking down to double sculls. Harry D'Ambrogio and Patrick Tulloch beat Durham School by two lengths to win the J16 double, while Will Lewis and Sai Sidaginamale sculled well to win the J17 double against Tees RC. This made for an impressive six wins for the senior boys' team at the weekend.

The Yarm School hospitality tent was filled with great energy and excitement from parents, pupils, and teachers over the weekend. The Yarm School rowers' achievements were spectacular, with 12 wins. They emerged as the most successful

junior team at the regatta, securing more wins than any other school or junior club. As the year winds down, the senior crews prepare for the final and most difficult challenge of the year in their pursuit to qualify for Henley Royal Regatta in the men's and women's quad sculls event in a few weeks.

Mr T Kellett

SPORT WEEK AHEAD

The weeks ahead are now available online.

You can [view them here](#).

RIVERDANCE 25TH ANNIVERSARY - LIVE STREAM

Having originated as an interval performance during the 1994 Eurovision Song Contest. Riverdance has gone on to become a worldwide phenomenon. This 25th Anniversary production is a powerful and stirring reinvention of the show, celebrated the world over for its Grammy Award-winning music and the thrilling energy and passion of its Irish and international dance.



Sunday 30th June, 2pm and Tuesday 2nd July, 7pm

[Book Online Here](#)

SCIENCE MUSEUM LIVE ON TOUR

Brand New for 2024.

This year join London's world-renowned Science Museum as they bring you this brand-new stage production aimed at igniting your curiosity, fuelling your imagination, and inspiring you in new and exciting ways.



Sunday 28th July, 12pm and 3:30pm

[Book Online Here](#)

BACK TO BACHARACH - THE VERY BEST OF BURT BACHARACH

Back To Bacharach is an exciting production, touring throughout the UK featuring some of the finest West End vocalists, accompanied by the amazing "Magic Moments Orchestra", recreating Burt Bacharach's timeless masterpieces.

A perfect evening of nostalgia, great songs and stunning performance.



Sunday 22nd September, 7:30pm

[Book Online Here](#)

Newsletter, 12.06.2024

Sport is in the air at the moment! Cricket fans might be glued to the T20 World Cup, Euro 2024 kicks off soon in Germany, and the Paris Olympics are just a few weeks away.

Sport is important in our children's lives, too, which is why at Tooled Up, sport is central to our thinking about physical health and emotional wellbeing. So we want to make sure that as many of our children are staying physically active as possible, and that they're preparing to succeed by learning about caring for their bodies.

A great place to start is this [overview](#) of the importance of physical activity for young people, and the benefits for academic performance, mental health and body image. Then think about the food children need to give their sporting performance a boost: our [article](#) on Sports Day Nutrition and our more detailed [webinar](#): Optimising Nutrition For Young Athletes.

Research tells us too many adolescent girls are dropping out of sports during their early teen years, mainly due to body image concerns. Two informative presentations on girls and sport are with Dr Emma Ross on [Talking More Openly About Female Bodies](#), and Dr Kat Schneider who addresses body talk and [Body Confidence](#).

Another event this week for many Tooled Up families in the UK is **Fathers' Day**! It's a great time to think about the role that fathers play in their families and how fathers can be supported.

In this [podcast](#), Dr Kathy Weston talks to CEO Paul Pomroy about how he balances roles as a busy executive and loving, engaged Dad!. You can also listen to Dr Weston's [talk](#) with Adrienne Burgess of the Fatherhood Institute on how paternal mental and physical health might affect children, and how Dads can most effectively influence children's engagement with learning. In this [podcast](#), Dr Hope Christie talks with three expert panellists on fathers' mental health, and how we can support fathers to have the best possible relationship with their children.

And don't forget this week's [Wednesday Wisdom](#), featuring Andrew Smith of the charity Little People, on his experiences of fatherhood and dwarfism.

Plenty of resources for the whole family!

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).





Importance of Physical Education for Children



Sports Day Nutrition



Optimising Nutrition for Young Athletes



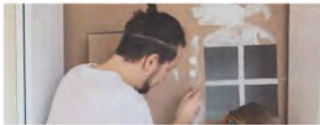
Talking More Openly About Female Bodies



Body Confidence



Being A Dad with Paul Pomroy



The Impact of Fathers



Fathers' Mental Health



Wednesday Wisdom: The Value of Belonging

Don't forget to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).



10 Top Tips for Parents and Educators

FAIR PLAY AND FRIENDLY COMPETITION

In school sports, fair play and friendly competition are important for character development. Fair play embodies respect and integrity while good-natured competition balances rivalry with camaraderie. This guide addresses potential challenges – like the pressure to win – and offers practical tips on instilling values of fair play and cultivating a positive sporting environment for young athletes.

1 LEAD BY EXAMPLE

Parents, carers and teachers should try to exemplify fair play: demonstrating respect for opponents, coaches and officials. Children frequently learn by observing adult behaviour, so displaying a sense of fair play sets a powerful precedent for them to follow in their own actions on and off the field.

2 EFFORT OVER OUTCOME

Encourage children to focus on giving it their all, rather than basing their entire performance on whether they win or not. This fosters a growth mindset, where the journey and the process of improvement are valued just as much as the end result. It also reduces the pressure to "win at all costs", which can be a harmful outlook in some situations.

3 SET CLEAR EXPECTATIONS

Establish clear guidelines and expectations for behaviour before, during and after sporting events. Ensuring that children understand what is considered acceptable conduct helps prevent misunderstandings and promotes a positive, respectful atmosphere.

4 HIGHLIGHT COOPERATION

Underline the value of teamwork and cooperation in achieving success. Success isn't just about individual achievements, but about how well the team communicates, encourages each other and works together towards a common goal. A strong focus on cooperation fosters camaraderie and mutual support among players.

5 DISCUSS ACCEPTING DEFEAT

Help children to understand that they can't win every contest – that losing occasionally is a natural part of both sport and life in general. Teaching them to accept defeat gracefully and learn from their mistakes promotes resilience, humility and the ability to bounce back stronger from setbacks. Taking a loss in one's stride is also an admirable trait and can help children and young people garner respect in their future life.

6 ENCOURAGE INCLUSIVE PARTICIPATION

Promote an environment where all children feel welcome and valued, regardless of their skill level. Prioritise the importance of participation and enjoyment over winning, creating a supportive atmosphere where every child can thrive and develop their abilities without unnecessary pressure.

7 FOSTER CONFLICT RESOLUTION SKILLS

Teach children how to resolve conflicts peacefully and respectfully, both on and off the field. Providing them with strategies for effective communication and problem-solving helps build stronger relationships and enhances their ability to navigate challenges, which can be a huge boon to them throughout their adult lives.

8 TEACH RESPECT

Emphasise to children the importance of respecting everyone involved in the game, regardless of the outcome. Respect for your teammates, opponents, coaches and officials helps to create a positive, inclusive sports environment where everyone can feel valued and appreciated.

9 GIVE CONSTRUCTIVE FEEDBACK

Offer feedback that focuses on areas for improvement rather than unfiltered criticism. Praise what a child has done well and advise on how to improve, rather than simply pointing out shortcomings. Encouraging a growth mindset and highlighting progress helps children to develop confidence, resilience and a desire to continue striving for excellence.

10 CELEBRATE GOOD SPORTSMANSHIP

Try to avoid solely drawing attention to children's physical performance on the field. Recognise and celebrate acts of sportsmanship, fair play and kindness, too. By spotlighting positive behaviour, you reinforce the importance of such conduct and inspire children to practise this in the future, creating a culture of respect and camaraderie within the sports community that does wonders for morale.

Meet Our Expert

Caroline Holder is a PE consultant based in Staffordshire. Having worked across all age ranges delivering PE in schools, she now trains teachers and works with schools to develop their provision and ensure it achieves maximum impact for pupils. She passionately believes in the impact that PE, sport, and activity can have on children.



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