

HEADMASTER'S WELCOME

I write this after the wonderful Dance Showcase which saw about 200 pupils perform a fantastic range of routines put together by Mrs Dunkley and, for the Cheer Squad, by Miss Gamble. The quality of choreography, timing, teamwork, agility, and the high degree of complexity was only matched by the sense of joy, happiness and exuberance of the dancers. We were treated to some lovely moments of reflection in video interludes, with current and former dancers at Yarm recalling their favourite routine, or the things they value most about being part of dance at Yarm. For me, as well as being a remarkable spectacle and a great night out, the Dance Showcase is another example of the value of a broad and rich extracurricular programme which tries to ensure that every pupil can find their niche.

In assembly this week we presented students with ABRSM music certificates, and celebrated Abdelrahman's outstanding result in the UKMT Maths Challenge -

details below - as well as thinking about changes in language over time, with Mr Fellows, not letting age be a barrier to success and ambition with Mrs Gratton, and a pupil presentation on the recent wildfires in California.

Pupils have heard from a member of the House of Lords, a Lt Colonel from the Army, and Mr Menzies (on the history of Stockton) in some fascinating sessions this week, and we have former pupil Arif Ahmed back today for another fascinating working lunch. Taking advantage of these opportunities widens horizons and broadens minds, and it's lovely to

see so many pupils making time to enrich their days by joining these talks.

Our sports teams continue to battle hard in various competitions and fixtures, and we congratulate Sophie on her success in recent County Badminton tournaments, as well as hearing detail of Harry's selection for the ISF World School Games this April in Serbia. Next week sees the Sixth Form Play double header - a tragedy and a comedy double bill - which I recommend to all.

Dr Huw Williams



Some photos of the Dance Showcase - more inside

CAREERS UPDATES...



There is no quiet time of the year for careers, when we think of the topic in terms of planning, researching and making our decisions that shape the future. Parents should be reminded that particularly for those in the more senior years, there are often regular postings on the pupils' Year Group Google Classrooms linking them to news, events and advice regarding careers.

Some recent postings and other updates have included the following:

[Thinking about Creative Careers](#)

This report by Tooled Up contains a good deal of advice and encouragement for parents and pupils exploring creative pathways. There are also a good number of links within the article itself.

[How much will I get paid? InvestIn](#)

offers a diverse range of paid for work-experience type experiences but in the title link they are advertising their free events for parents and pupils centred around salaries in a range of career areas.

[Careers in Law: Freshfields virtual event](#)

This Magic Circle law firm offers advice and guidance on getting in law, including information on solicitor apprenticeships.

[Journalism: Finding a mentoring network](#)

Former Yarm School student, Rachel Duffy, now at The Daily Telegraph, has just launched a new network for young/aspiring journalists. Further details can be found on [LinkedIn](#) and/or [Instagram](#)

[Tees Valley CA](#) This week I was in touch with a former student, now a finalist Politics undergraduate conducting research on the Mayoral Office of the TVCA. It led to conversations about the profile of the regional authority and the number of students from the school

and surrounding area seeking meaningful work experiences at the authority. Certainly worth keeping in mind.

[Sixth Form Guide to Degree Apprenticeships](#)

A recently published 100 page guide on the alternative approach to a traditional university degree

[Careers in Conservation](#) Operation Wallacea is offering a free webinar in Conservation careers. Operation Wallacea is a 'a network of academics from European and North American universities, who design and implement biodiversity and conservation management research expeditions'.

[World Economic Forum: Future of Jobs Report 2025](#)

And no less interesting if a heavier read - this year's report looks at evolving technological, societal and economic trends with respect to careers and employment

Mr S Edwards

GEOGRAPHY SOCIETY



Mr Menzies gave a fascinating lecture to our Senior Geography Society on how Stockton has changed over the years and it's geographical importance in shaping the area.

Mr R Ivey

POLITICS SOCIETY IN CONVERSATION WITH LORD KNIGHT OF WEYMOUTH



Friday afternoon saw the A Level Politics students gather together for a session with Lord Knight of Weymouth. With current responsibility in the House of Lords on the Communications and Digital Committee, Lord Knight has a vast reach of political experience, thus making for an intriguing guest for our 45 minutes of Q&A. Previously a Labour MP in the government of Blair and Brown, Lord Knight was able to speak to and draw from his considerable career within Parliament.

The conversation began in the territory of the reform of the House of Lords, now back on the agenda

with the new government, following what was always considered to be unfinished business from the previous Labour administration. Lord Knight suggested that despite efforts to frustrate the process, hereditary peers look set to go. He did not question the skill and competence of such members but rather the defensibility of such within a modern democratic constitutional framework. It was also suggested that the monopoly of bishops from the Church of England seemed increasingly anachronistic within the UK. Lord Knight also outlines some of his own thoughts for further reform, mindful nevertheless of the need to protect the primacy of the House of Commons given their democratic legitimacy. The questioning shifted to other constitutional matters, including elected mayor, an English parliament and Scottish independence. On these issues Lord Knight responded at length with deeply considered, articulate and lengthy necessarily

responses. We also heard of the different atmospheres and attitudes that operate between the two Houses, amusingly suggesting that the 'job for life' nature of Life Peer perhaps encouraged a more sensible approach to getting along with one another in the Lords compared to the Commons. Further discussions followed on from questions on the personal security of members of the Lords, developments and challenges that remain the context of gender equality, as well as some generous advice to one of the students who has already set their sights on a career in the Lords. And they would not be the first former pupil to do so! Indeed Lord Wharton spoke to members of the Prep School just recently about his experiences in his career to date. Our sincere thanks and best wishes to Lord Knight for his time, engagement and thoughts over a fascinating range of topical questions.

Mr S Edwards

YARM SCHOOL CAREER CONVENTION 2025



DATE

01.05.2025



TIME

6:30pm



KEEPING CONNECTIONS - ECONBUS - WHERE ARE THEY NOW?

Miss Rhodes has heard from Lauren Richardson (Class of 24), another EconBus student from the past.

When did you leave Yarm?

I left Yarm in 2024.

How long were you a Yarmie for?

I was a Yarmie for 7 years

What A Levels did you study at Yarm?

I studied Business, Biology and Textiles

What activities, sports, clubs etc did you enjoy during your time at Yarm?

I really enjoyed Yarm Apprentice as it was fun to come up with business ideas with friends, I also really enjoyed taking part in dance.

Do you have any key memories of your time at Yarm that stand out?

A key memory that I had at Yarm was making and testing the mocktails on an Open Morning for our Yarm

Apprentice task- our main feedback was that it tasted like mouthwash!

What have you done since leaving Yarm?

Since leaving Yarm I have started University at Lancaster studying architecture.

Would you recommend your Uni? Course? Apprenticeship? Career path? to our current Sixth Formers?

I would highly recommend Lancaster University to students as it is in a lovely area with good facilities and I have made many great friends. I am also enjoying my course lots and would encourage others to take it, however it is very time consuming so be prepared for all nighters!

Where do you see yourself in 10 years time?

In ten years I hope to finally have my degree and be working in practice.



Finally, are there any words of wisdom you would like to offer to our existing students?

My advice would be not to worry too much! During A Levels I found that often I would be stressed about grades and it would often affect my academic performance. I also underestimated how common it is to find course availability through clearing; most people that I have met at Lancaster have been accepted through clearing. If you are worried about not getting into your firm choice, there will be many universities out there that will want you!

FANTASTIC ACHIEVEMENTS IN THE UKMT MATHS COMPETITIONS



After getting full marks in the Senior Maths Challenge last term, Abdelrahman Ellidir in the Lower Sixth has been achieving great things in the UKMT Maths Challenges again! He got the best score in the whole North East region in the British Mathematical Olympiad Round 1. He also achieved a place in Round 2 of the competition which is

only open to the top 100 scorers in the country from Round 1. This is an incredible achievement, particularly for someone who isn't even in the last year of their schooling. Round 2 took place this Wednesday and we await the results with excitement.

Dr K Barnett

LT COL BOBBY BRYAN RIFLES: GEOPOLITICS AND MILITARY INSIGHTS



The CCF recently welcomed Lt Col Bobby Bryan RIFLES for an interesting parade night discussing his 26-year military career and the challenges of geopolitics. Lt Col Bryan shared lessons from his deployments in Northern Ireland, Iraq, Afghanistan and Kosovo as well

as shorter missions across Europe, Africa, and Central America.

Alongside his operational experience, Lt Col Bryan holds an MPhil in Politics and International Relations and has worked in London on security policy. This background gave him a deep understanding of global issues, which he explained in an engaging and relatable way.

He discussed how geopolitics shapes global decisions and cultures, highlighting challenges like misinformation, censorship, and hybrid threats. Lt Col Bryan also spoke about the importance of thinking critically about maps and shifting perspectives – for instance, how Greenland's strategic

significance is changing due to melting ice and its proximity to Russia and Alaska.

The evening ended with a lively question-and-answer session, where he shared advice for those considering the armed forces. He emphasised the wide range of roles available and the skills needed to thrive in such a varied career.

The cadets thoroughly enjoyed his visit, learning about the complexities of geopolitics and the real-world experiences of a military officer at the heart of international events. The CCF thanks Lt Col Bryan for a memorable and thought-provoking evening.

Mr T Taylor

PODCASTERS INTERVIEW LT COL BOBBY BRYAN



Following on from the afternoon session, the next step on our guest's itinerary was a session with the Politics podcast team, The House of Comments. Podcasters Adam Elliott

and Sophie Jewitt, alongside editor Ava Carter. The recording will form part of the next episode of the House of Comments following on from previous episodes focusing on the UK party political conferences of the autumn and the US Presidential Election.

Lt. Col Bryan responded to a range of questions from the podcast team, with much of the attention focusing

on the current geopolitical challenges around the globe, in particular the issue of mounting tension and aggressions in the Baltic region on the border with Russia. There was also more analysis of the impact of global warming on the melting ice of the north of Russia, creating new possibilities alongside many new challenges. For more on this look out for the next episode of The House of Comments

Mr S Edwards

POLITICS SOCIETY MEET WITH SENIOR MILITARY STRATEGIST

Monday of last week saw a whistle stop tour of a number of groups and societies for Lt Col Bryan. We hosted a fascinating session in the Friarage Theatre with around twenty students with an interest in International Relations, Global Politics and Security and International Development. Our guest was quite brilliantly positioned to explore so many of these issues in the contemporary world given his practical experience working as a

military strategist, but also his interest in the academic considerations of these challenges. Oscillating between theory and practice, drawing on considerable examples of his own, Bobby Bryan was able to make assessments on current global security risks, as well as show the fault lines and tensions that exist both in terms of democratic and non-democratic countries working together and facing each other in conflict, but also

the difficulties of developing and delivering of strategy in a democracy when both civilian and military actors and attitudes need to be considered and then harmonised. Bobby was so very generous in his time and thoughts, and left the gathered students with a heightened sense of interest in and recognition of the significance of various global security challenges.

Mr S Edwards

THE DOVECOTE MAGAZINE SITS DOWN WITH A DEFENCE EXPERT

Making the very most of the opportunity of the visit of Lt Col Bryan members of the Dovecote Magazine carved out some time during lunch to interview our guest. Members of the Fourth Year, Oscar Lane and Charlie Ashworth posed a

range of questions to Bobby Bryan, exploring his motivations for joining the military, how his career had developed, but then moving into areas linked to global security. They will utilise the contents of the interview for a piece they will write

in the next edition of the award-winning magazine. Something else to look out for in the months ahead.

Mr S Edwards

ECONBUS SOC - ARE ETHICS AND BUSINESS TRULY COMPATIBLE?



The idea to talk about ethics in an EconBus Soc session had its roots in a Lower Sixth Business lesson a few weeks ago when, what was perhaps initially a throwaway comment by a student, sparked an elongated conversation / heated debate

peppered with multiple real world examples, and it was clear that there were strong opinions from many students. So when the EconBus chairs asked if anyone was willing to "do an EconBus", Cameron Covell and Gabe Dohring volunteered. Fast forward six weeks and it was standing room only for the lunchtime session!

There was no doubt that Business Ethics is a controversial topic, and what is morally right and wrong

applied to business contexts was the basis of Cameron and Gabe's presentation. The Sixth Form audience (and Miss Rhodes) had much to say, viewpoints were challenged and it was evident that all who participated and all who listened left with a lot to ponder.

Thank you to the speakers and to the attendees, and I am sure that this a pertinent topic area which will be revisited again in the future.

Miss C Rhodes

FIRST AND SECOND YEAR WINTER WALK



On the 19th of January, a group of eleven First and Second Years went on an Outdoor Ed trip to Blencathra, standing at 868m in the Lake District. We began at 8, and after a 1 1/2 hour drive from school, we arrived in Scales and began our ascent up the mountain. No rain in sight, but thick blankets of cloud lay across the area. We began the ascent up Mousethwaite Comb and carried on from there upwards.

The beginning was fairly steep, slowly ascending upwards. The fog became thicker and the ground softer, as we slid through the mud

and rocks. We eventually reached areas of flat, firmer land which was much easier to walk on. Feeling warm, many of us began to take off layers of jumpers, jackets and coats. However, as we ascended, the temperature dropped further. We stopped briefly for a snack before the hardest portion of the hike. For the last stretch, the climb reached its steepest; as visibility was poor and it seemed as if the final push would never end. Sweat had collected on our heads, and the cold had frozen on the hair of some. We finally came to the top, and the sun slowly came out

and the clouds lifted slightly.

Unexpectedly, we could see the views around us and soak in the beauty. We came down a level, and finished our lunch above the beauty of Scales Tarn. From there, it was a pleasant downhill walk, mixed with a few muddy, slippery slopes, causing a few minor slips. We arrived at the minibus and made our way home by 5:30.

Overall, the Winter Walk was an amazing experience, with beautiful views, patches of snow, mountains, tarns and I would recommend it to anyone else.

Shourjo Dasgupta, Second Year



FORTHCOMING SCHOOLS CONFERENCE ON POLITICS AND THE US ELECTION

This week Politics students hosted a remote meeting with fellow A Level students at Eggescliffe School to launch and begin the planning for a schools conference. Taking the shape of an academic conference, three students each from a number of schools will present short research papers on the topic of the US Presidential Election. Launching this in the week of President Trump's Inauguration certainly added an extra frisson to the occasion. Students will research and write up their papers exploring a diverse range of topics, ahead of the event set to be held in the middle of March.

As a warm up to this launch a number of Politics students gathered in the Friarage Theatre late on Monday afternoon to watch the live relay of the Presidential Inauguration. Opinions may be sharply divided on the election outcome but perhaps we might think of that popular adage certainly traceable to Bobby Kennedy's 'Ripple of Hope' speech in 1966:

"There is a Chinese curse which says, 'May he live in interesting times.' Like it or not, we live in interesting times. They are times of danger and uncertainty; but they are also the most creative of any time in the history of mankind."

Archivists amongst you need not write in and inform me that the suspected source for this can be best traced to a 1627 short-story collection *Stories to Awaken the World*. The message was distinctly anti-war and read 寧為太平犬, 不做亂世人, which might be better translated as 'it's better to be a dog in a peaceful time than be a man in a chaotic period.' Let's stick with Bobby Kennedy's gentle ambiguity and look forward to much insightful commentary and analysis when the schools meet to explore the election and its impact.

Mr S Edwards

YARM APPRENTICE

We were joined by Lady Sugar, Cheryl Scollay, from Yarm Wellness Centre, to launch the most time pressured of the YA Tasks to date. The teams have just 2 days to prepare for their selling challenge. Lady Sugar explained the task is all about the local community, specifically the Yarm Wellness Centre.

This is a 2 part task, with points to be scored from each part.

Part 1 - both teams must compete to each sell a bag of equal value

miscellany provided by Miss Rhodes. You will have one lunchtime only to sell this stock, i.e. Thursday 23rd January. The winning team for this part of the task will be the team who have generated the most profit. (But do note Miss Rhodes reserves the right to impose financial penalties for any rule breaking, and teams will be monitored closely.)

Part 2 - Teams must plan to pitch a proposal for how the combined raised funds could be used for good by the Wellness Centre. Proposals must be costed out and

consideration given to what is already offered. Detailed persuasive pitches lasting 5 minutes each are required!

The 5 minute pitches will be delivered to Lady Sugar in the Boardroom on Tuesday 11th February, when a winning proposal will be chosen and someone (or ones) will be fired.

Chloe and Ravina put themselves forward to be Project Managers. Let's see who wins Part 1!

Miss C Rhodes

THE SILK ROADS: FROM TOKYO TO TYNESIDE



Last week a group of Politics and History students pressed pause on their evening to head to Newcastle for a lecture. Hosted at that distinctive bastion of Newcastle cultural life, the Lit & Phil, described by itself as a 'literary hideout in the heart of the city', the talk was given by one of the curatorial team from the British Museum. The museum has a current and ground-breaking exhibition 'Silk Roads' that has been

garnering much press and public attention.

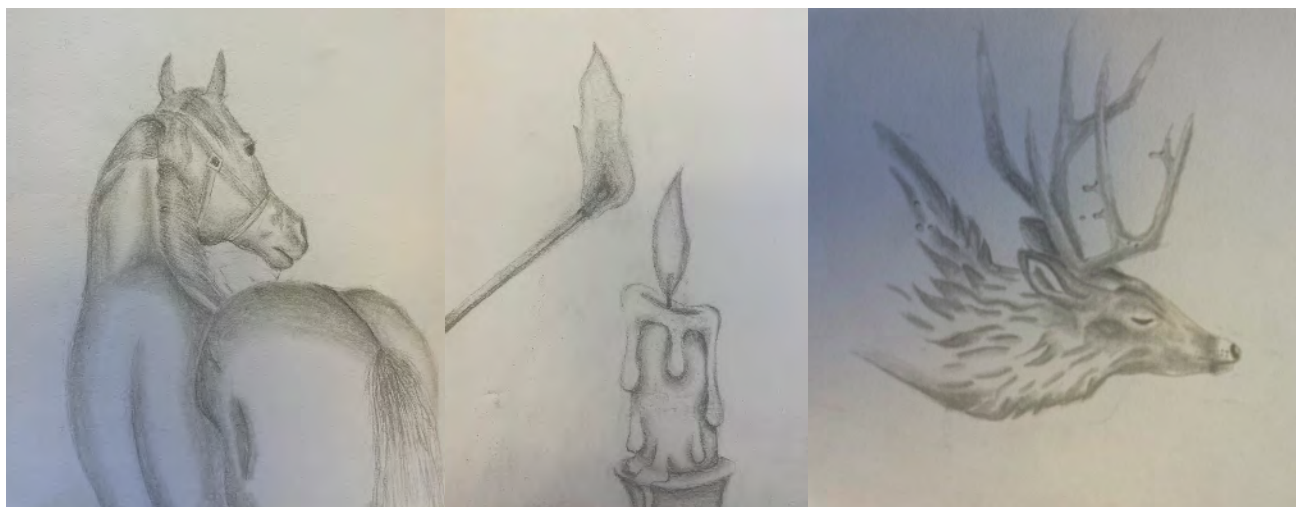
Many will be familiar with the concept of The Silk Road, not least from the writings of Marco Polo and his account of travels in the 13th century, evoking images of camels, spices and caravanserais. But this exhibition and its accompanying book takes us well beyond that limited view. Instead we come to understand the Silk Road as Silk Roads, and not only roads but rivers and seas, and not only silk and other objects of commerce, but also art, literature, ideas and practices. The talk focused on the periods from 500 to 1000 AD, and also extended the geographical reach of old understanding, starting with the movement of goods and ideas in the

islands around Japan and the Korean peninsula, and finishing with objects translated to and from the monastery at Monkwearmouth. But then throw into that vast arc the lands of the Arctic, territories of the African continent and the island of Madagascar.

The exhibition curator and author Dr Sue Brunning was captivating in the Q&A session, showing a vastness of knowledge and understanding as ranging as the Silk Roads themselves. The students enjoyed a lovely meal at a local Venezuelan restaurant, and though one of the few locations untouched by the Silk Roads, nevertheless very much in the spirit of global cultural transmission.

Mr S Edwards

ARTISTS' CORNER



These excellent drawings are a small selection from Second Year pupil Bea Maredia's sketchbook. She has been busy honing her drawing and shading skills at home and should be very proud of her artwork. Well done!

Mrs G Thompson

DANCE SHOWCASE

Some photos of the fabulous Dance Showcase 2025: Mix Tape this week!



SWIMMING SELECTION FOR HARRY

Fourth Year Pupil Harry Whitfield has been selected by English Schools' Swimming Association, to swim on the England School Swimming team and compete at the ISF World School Games this April in Serbia.

Harry, who has enjoyed swimming for years, and is now heading to his first international competition, going to compete against 20 different countries.

Best of luck Harry!



BADMINTON SUCCESS FOR SOPHIE



Huge Congratulations to Sophie Thompson, First Year, who has played in County Badminton tournaments these last 2 weekends in an Anglo Scottish event.

Two weekends ago she played for Yorkshire County against Northumbria and this past weekend she played for Durham Tees Valley in a tournament competing against Anglo Scottish teams: Borders and Lothian but also Northumbria, Yorkshire and Cumbria.

Well done Sophie!

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SPORT WEEK AHEAD

The weeks ahead are now available online. You can [view them here](#).

ANTIGONE

by Sophocles, translated by Robert Fagles

The city of Thebes has survived the siege - but only just. As the citizens emerge from their underground security into a fragile peace, a new leader, Creon, looks to establish how he will govern.

Will Antigone submit to his authority?
And if she defies him, what will be the consequences?

THE STORM

Or, the Howler (after Plautus) by Peter Oswald
An appalling mistranslation of a Roman Comedy by Plautus

An unscrupulous pimp flees a deadly rival, running out on a deal and taking his girls with him, but a storm casts them all straight back onto the shore.

A lovelorn young fool has been cheated out of his money as well as the slave-girl he has paid for.

An old man lives on the beach in near solitude, his long-lost daughter captured by pirates and sold into slavery years before.

Could all these plots possibly be somehow connected?

Yarm School Sixth Form Present Two:

ONE ACT PLAYS

**5th, 6th and 7th February 2025
7pm, Studio Theatre**

Tickets from www.thepaaonline.org/sixth-form-play-2025

BEDE HOUSE PRESENTS...



THE GREATEST CHARITY SHOW



Tuesday 18th February 2025,
6:30pm
Princess Alexandra Auditorium



All proceeds donated to Diabetes UK

£5 per ticket or £15 per family
(2 Adults, 2 Children).

In aid of Diabetes UK



CONCERT & CAKE FEBRUARY 2025

Monday 17th February, 5pm
Recital Room

Tickets £3.50 each

Available from www.thepaaonline.org, or by calling the box office

HOLLYWOOD

Inspired

Recycled Garment Competition

minions



WONDER
WOMAN



Cruella



SPIDER-MAN

No Way Home



Barbie



Breakfast at
TIFFANY'S



NO
TIME
TO
DIE



WICKED

A NIGHT



Garments constructed from unwanted materials.
Judging Criteria:

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

AT THE MOVIES

IMPORTANCE OF BEING EARNEST

While assuming the role of a dutiful guardian in the country, Jack lets loose in town under a false identity. Meanwhile, his friend Algy adopts a similar facade. Hoping to impress two eligible ladies, the gentlemen find themselves caught in a web of lies they must carefully navigate. Max Webster (Life of Pi) directs this hilarious story of identity, impersonation and romance, filmed live from the National theatre in London.



Thursday 20th February, 7pm

[Book Online Here](#)

JESUS CHRIST SUPERSTAR (LIVE ARENA TOUR)

Tim Rice and Andrew Lloyd Webber's rock classic Jesus Christ Superstar returns to its roots with this sensational performance filmed in the UK during the Live Arena Tour. An incredible cast including Tim Minchin as Judas Iscariot, Melanie Chisholm as Mary Magdalene, Chris Moyles as King Herod and Ben Forster as Jesus Christ, perform hit songs including "I Don't Know How to Love Him," "Gethsemane," "Heaven on Their Minds," "Everything's Alright," "King Herod's Song" and "Superstar".



Friday 14th March, 7pm and Saturday 15th March, 2pm

[Book Online Here](#)

BILLY ELLIOT THE MUSICAL LIVE

Based on the Academy Award® nominated film, Billy Elliot the Musical has won the hearts of millions since it opened in London's West End in 2005.

Set in a northern mining town, against the background of the 1984/85 miners' strike, Billy's journey takes him out of the boxing ring and into a ballet class where he discovers a passion for dance that inspires his family and whole community and changes his life forever.



Sunday 30th March, 2pm and Wednesday 2nd April, 7pm

[Book Online Here](#)

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

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Newsletter, 15.01.2025

Happy New Year! At Tooled Up we're thrilled to be beginning 2025 with you, and to share in the excitement and determination of getting energised, setting goals, and helping children succeed.

These Tooled Up resources can help make 2025 a fruitful year!

The [2025 Goal Setting Planner](#) is a fun **way to help children set achievable goals**. These goals could be anything from new things they'd like to try, to saving pocket money for that special something.

For teens preparing for exams in the summer, it's never too early to get organised and the [2025 Exam Planner](#) can help.

Procrastination is something that can affect children and adults alike - we can often need to get lots done but somehow never quite do it! **Find ideas to stay on-task and productive** with these [Simple Strategies to Beat Procrastination](#).

Lots of us think about **health and nutrition** at the start of a new year. It's **important for children to have a healthy attitude towards food and their bodies** and we have several resources to support this. Dietitian Paola Falcoski's expert tips on [Helping Children Develop a Healthy Relationship with Food](#) will show you how to help children feel more involved in their own food choices.

For **older children and teens** [Dr Idz on Debunking Health and Fitness Myths](#) is great to share or watch together. We know that many young people's ideas about diet and their bodies come from social media, and this webinar explores the truth behind those narratives.

Remember 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](#).





2025 Goal-Setting Planner



Exam Planner 2025



Strategies to Beat
Procrastination



Children's Relationship with
Food



Debunking Health and Fitness
Myths

Remember 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](#).

