

HEADMASTER'S WELCOME

This has been a week of variety and fun, with our School Officers' initiative seeing our first ever Cultural Week being launched, which has captured the imagination of so many of our pupils. With an outstanding assembly on Monday to launch the week (who knew watching someone make a traditional South African salad live on stage would be so enjoyable?!), with a thrilling Bollywood dance, facts and figures about the rich cultural diversity here at School and a brilliantly delivered assembly by the School Officers and others. We have had music in the Dovecote during lunches, an exceptional cultural bake off competition, Bollywood dance workshop, photo competition and more. I imagine a full report is coming next week, so I will refrain from giving more away, but want to congratulate the School Officers and all pupils who have been involved for shining a light on the wonderful diversity of our school community.

The newsletter contains reports of success for some Former Pupils, with Emily Carter starting a career in Westminster, Amy Willis who is

studying to be a chartered surveyor, and Arif Ahmad explaining his stellar career with PwC. There are updates from Econ Bus Society and Yarm Apprentice, and a fascinating account of an exciting trip up Blencathra in the snow for some intrepid pupils last weekend.

Our pupils have been hard at work in a variety of sports, with success in cross country for a large group of Yarm pupils at the county championships. The boys' hockey round up tells a story of a dominant and impressive set of performances for Yarm, with big wins against schools including Scarborough College, Barnard Castle, RGS Newcastle and Pocklington, with our 2nd XI battling hard in the Tier 3 regional tournament and the U13s

becoming county champions - many congratulations.

In Netball, the girls have faced Durham School, Durham High School and RGS Newcastle in the U12 and U13s, with a notable and very tight victory for the U13As in Newcastle. There are some big matches and tournaments for our pupils coming up, and we wish them all the best as they represent the school.

With the Sixth Form Play this week, and a range of events coming up including Concert and Cake, the Eco Fashion Show and the Bede House charity show, I hope parents will find time to come and enjoy the creative talents of the pupils, who put hours of work into the preparation and practice for these events!

Dr Huw Williams

SIXTH FORM PLAYS: ANTIGONE & THE STORM

Don't miss the chance to see two fantastic one-act plays performed by our talented Sixth Form!

First up is the Lower Sixth performance with the tragedy Antigone, set in a war zone bunker. Then the Upper Sixth give us a comedy with The Storm, Or, the Howler (after Plautus).

Join us next week on Wednesday 5th Feb, Thursday 6th Feb, Friday 7th Feb at 7pm in the Studio Theatre.

Tickets are £6 adults, £1 children, Yarm Pupils free - [click here to get yours!](#)

FORMER ECONBUS STUDENT INTERVIEW



Another week and another interview with a former EconBus student - this week it is Amy Willis!

What year did you leave Yarm?

2023

How long were you a Yarmie for?

7 years

What were your A level Subjects?

Business, Textiles, and Theatre Studies

What other activities did you enjoy during your time at Yarm?

Rowing, dance, drama (House Drama, Duologues, Year Group plays), choir and the school musical.

Have you got a favourite memory of your time at Yarm?

I think a highlight for me at Yarm was Miss Saigon the musical, I loved how

it brought the cast together and loved the rehearsals even on the weekends.

What have you been doing since leaving Yarm?

Since leaving Yarm I am now studying towards a BSc Hons in Real Estate at Harper Adams University, with the intention of becoming a qualified Chartered surveyor. I have worked over the summer in several global real estate firms in the financial district in London as well as in Leeds. I have recently just accepted a job to work in the planning and development team at Savills as a junior consultant and surveyor in Edinburgh. I would definitely recommend Harper Adams University to anyone looking to study a property, land, business, food or agriculture degree. The sports are fantastic, the social element is brilliant and since it is such a small university the support given by both the university team and lecturers is incredible. They have a brilliant Academic support team who help those with learning difficulties as well as anyone struggling with understanding assignments or maths related problems.

Where do you see yourself in 10 years time?

In 10 years time I see myself as a MRICS accredited Chartered surveyor working in property and development abroad in countries such as Dubai.

Do you have any "words of wisdom" for your 16 year old self or our current students?

My words of advice would be, don't worry if you don't know what you want to do, that is completely normal and is what the years after Sixth Form are for. It is okay to not know where you want to be in five years time as you will figure it out at your own pace. And the other advice I would give is to relax and enjoy Sixth Form but also take every opportunity available because you won't realise how great the opportunities are until you leave Yarm!

Thank you to Amy for sharing her thoughts (and also for already having been a point of contact for another Yarmie considering following in her footsteps).

Miss C Rhodes

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FRENCH STUDENTS RECREATE TRIAL

Last Friday, Upper Sixth French students reenacted Maréchal Pétain's trial from 1945, during which he chose to collaborate with the German Nazis in World War II. The script was carefully crafted to ensure that each of us portrayed our characters to the best of our ability. Alex played the judge, overseeing the order of the trial and playing a crucial role in determining the proceedings and outcomes. Dan took on the role of Maréchal Pétain, presenting strong evidence and arguments in defense of his character. Ellie was cast as Sarah Weissmann, the first witness, who opposed Pétain's claims of innocence as she recounted the horrific conditions endured by those in the Vel d'Hiv. Our second witness, Izzy, portrayed Pierre Laval, the French

Prime Minister during the Vichy regime in World War II, known for his collaboration with Nazi Germany and significant role in the government established after France's defeat in 1940. Given the nature of his character, Izzy's role focused on proving Pétain's innocence, arguing that he only wanted to protect France. I played the defense lawyer, tasked with defending Pétain against the allegations regarding his involvement in the Vichy regime. I highlighted how Pétain aimed to "reclaim France's freedom" and pointed out that "the chief police were to blame," though we all know the reality. Eleanor represented the prosecution, arguing against Pétain's actions by emphasizing the death toll and the



concentration camps that many endured. Our jury consisted of three members: Mr Bridges, Mr Ravenhall, and Miss Huynh-Seyvoz, who concluded that, based solely on our scripted arguments and follow-up questions, the defense won the case. Overall, it was a great opportunity for us all to improve our pronunciation and speaking as well as solidifying our knowledge on a key topic from our A Level course.

Mr A Bridges



YARM SCHOOL

CONCERT & CAKE FEBRUARY 2025

Monday 17th February, 5pm - Recital Room

Tickets £3.50 - Available from www.thepaaonline.org, or the box office.

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

YARM APPRENTICE

On a bitterly cold January lunchtime the two YA teams enthusiastically set up stall in the very open Dovecote.

Each team had been allocated a "Boyes Bag" of miscellany (with a blind auction for the favoured bag) and were tasked with adding value to their stock.

Both teams incorporated games into

their stalls, but only one team could be victorious and, whilst Chloe raised £31.05 profit, Ravina pipped her to the post with making £44.02 profit. The funds will be combined with the money from the blind bid auction (£3.50) enabling the teams to now progress to the second part of the challenge, namely identifying a valuable use for the Wellness

Centre to make of the £78.57 budget.

We look forward to seeing YA teams ideas and hearing their pitches later in the term in the Boardroom.

Thanks to the teams and the customers for freezing in the name of a good cause!!

Miss C Rhodes



ECONBUS SOC LEARN ABOUT SPORTSWASHING



This week's EconBus Soc saw James Muir return for his second presentation of the year, this time

joined by Harvey Qin, to explore the fascinating and controversial topic of sportswashing. Together, they delved into its impact on sports across the globe, with examples ranging from commonwealth games in Glasgow to golf in Saudi Arabia.

James provided a detailed analysis of LIV Golf and how its rise has reshaped the future of the sport as whether or not it has undermined traditional tours such as the PGA tour due to the drastically increased salaries on the LIV golf tours. Their

thought-provoking presentation sparked a lively discussion about whether sportswashing is a good thing for countries, helping to improve their international reputation, or if it's just a way to distract people from controversial or unethical issues.

We're grateful to James and Harvey for delivering such a well-researched and engaging session.

Sam Page, Upper Sixth

A WINTERY WALK UP BLENCATHRA

On the 26th January, a small group of Third Year pupils went on a very wintry walk up Blencathra. We began our ascent up Mousethwaite Comb, aiming to make it up quickly before the weather caught us. We got swiftly up the first section, and reconvened on a flat area for a break. At this point the sun appeared, but the winds began to pick up. We headed on up Scales Fell, but as we neared the top the gusts increased. The hail lashed at our faces so we paused and hurried to get our waterproofs on and ice axes out. These were carried as a safety precaution, in the event of anyone needing to catch themselves from falling down. We continued to edge our way up, being careful not to slip off the path.

As the hill became more exposed, it was still a steep climb. We took a zig-zagged route to the summit, but every time we turned, our angle to the wind changed and the weather beat at our faces. But still, we kept going. Eventually, we reached the summit. We celebrated for a short moment, but then set off to find shelter in a lower area.

The top was sheets of ice and slippery rock - very little for our shoes to grip. We aimed for the soft snow, making a slow and steady start to our descent, trying our hardest to keep the wind off our faces. As we persisted, the snow became much deeper. Every step we took, we didn't know how deep our feet would land. Our socks became a

little soggy as snow melted in our boots!

We took a picturesque walk around the edge of the mountain, crossing streams and gazing at the scenery around us. We walked back around the side of Scales Fell, underneath Sharp Edge and Scales Tarn, stopping occasionally for a snack as the weather had calmed down (aside from a little snow). We crossed the path that we walked near the beginning of our walk, and slid our way through a small but muddy field in the last section. We got back to the minibus, tired and damp from a brilliant day of walking.

The area where Blencathra stands is a beautifully scenic part of England, and the snow made it that extra bit special. We stopped at Rheged for a hot chocolate on our way back, and set off back home.

Emily Clarke, Third Year



FORMER STUDENTS STEPS INTO WESTMINSTER POLITICS



Emily Carter left Yarm School just two years ago and is currently a student at the University of Leeds reading Politics and Parliamentary Studies. The course has been a popular one with Politics students over the years and it is easy to see why. Starting with a degree in Politics, at the end of the first year students apply to join a small cohort of selected students who will extend their course by a year and spend this (third) year in Westminster at the office of a Member of Parliament. Over the years the likes of Mark Taylor, Eva Mason and Amy Booth have followed this path, one proving very useful for those wishing to develop a career in some area of politics after graduation.

The onus of responsibility for finding an MP to work with falls to the student, and there is some strategy in this. Too 'prominent' an MP and a student may find themselves one of many staffers in their office. A couple of years ago Amy Booth's placement led to her taking up a position as Parliamentary Assistant and then Senior Parliamentary Assistant to the Rt Hon Nigel Evans, Former MP to the Ribble Valley, Former Deputy Speaker of the House of Commons. Prior to this Eve Mason spent her year with a recently elected member of the Labour Party, Wes Streeting, now a senior member of the government team as Secretary of State for Health and Social Care.

Emily secured a place with Afzal Khan, CBE, a Labour Party politician and the Member of Parliament for Manchester Rusholme since 2017. He was formerly Lord Mayor of Manchester for 2005–2006, and served as a Member of the European Parliament for North West England from 2014 to 2017. Emily spoke at length to members of the Politics

Society about her experiences to date. It was fascinating to learn how much consultation she has been involved in, again a serendipitous aspect of the MP and their office. She has to date been involved in briefings, as well as writing questions that have been asked in the House of Commons. Based in Westminster means Emily's day to day is at the very heart of the nation's politics, with other staff members taking responsibility for constituency matters. Emily spoke of the atmosphere of Westminster in terms of hierarchies and behaviour, as well as admitting to a few moments of being star-struck holding open doors and dashing up and down stairs and corridors with all manner of household names. Emily gave a superbly insightful and articulate presentation, followed by a diverse range of answers to the discussion that followed. It was great to see these first steps in what promises to be an exciting career whatever future direction Emily takes.

Mr S Edwards

YARM SCHOOL CAREER CONVENTION 2025



DATE

01.05.2025



TIME

6:30pm



WELCOME BACK TO THE SCHOOL CAPTAIN OF 1993



For many years Arif Ahmad has supported his former school and current students by serving as an interviewer for the annual Upper Sixth Mock Interview programme. It was actually at this event last

November, when enthused by the positive descriptions of Working Lunches his interviewees had attended, that he volunteered his own services for a Friday lunchtime! Fast forward and a very well attended talk saw Arif detail his thirty-one years since Yarm. His Economics studies at Newcastle, saw him encounter the "Milkround" and he was recruited by PwC. And whilst he has spent twenty-eight years with PwC, he was keen to detail the variety of roles he has undertaken, as he has worked in London, the USA and Leeds. Arif has headed up the Leeds office as Senior Partner and he advocated changing

roles regularly within an organisation to gain experiences, and encounter variety and fresh challenges. Arif happily discussed work-life balance, Big 4 opportunities, perceptions of degrees and apprenticeships, as well as answering a plethora of questions, which even saw him asked for advice in targeting a school officer role.

We are extremely grateful to Arif for his generosity of time and his valuable guidance and advice, and it was fascinating to hear about how different the school was (and school lunches) when he was a Yarm pupil!

Miss C Rhodes

SPORT

COUNTY CROSS COUNTRY CHAMPIONSHIP SUCCESS!

Congratulations to all our runners who competed at the County Cross Country Championships at Stewart Park last week- the course at Stewart Park is a tough one and the 18 runners from Yarm School contributed to a clean sweep of victories in every age group for the Stockton District.

The top 8 (1st Year) and the top 16 in every other age group gained selection for the county and will compete at the inter-district competition which will also take place at Stewart Park on Saturday 8th February- the following gained selection Rebecca Nicholson (7th), Rosie Cook (16th), Lily Cook (12th), Phoebe Arvanitis (6th), Emma White (13th), Charlotte Banks (14th), Thomas O'Hare (10th), Tom Booth (22nd), Abdul Alao (20th) and Nikhil Shouri (8th). Special mention to the top % finishers Beatrix Allcock (4th) and Rohan Brown who finished 2nd- Well done to all concerned and good luck for the inter-counties.



A BUSY WEEK FOR YARM BOYS' HOCKEY

Under 15s: Barnard Castle 0-7 Yarm



After the 45 minute journey past Darlington we arrived in Barnard Castle looking forward to a friendly against them. With the starting XI set up we got off to a flying start with Harry Brothwood weaving past Barney defenders to open the scoring, our advantage was doubled though after a neat penalty flick from Sam Matthews, 2 became 3 after a clever fake from Freddie Gilraine set me one on one and I pushed it into the corner to make it 3, our clean sheet was sustained after a vital goal line clearance from Oscar Lowes. After half-time, some great goals from Jake Wheatley, Marshall Page and Alfie Arnold, we were 6-0 up and Sam was at it again to seal off a great night out to make the final score 7-0. With the game also including some amazing tackles from Seb Marsay and our keeper Oliver Mansfield not touching the ball once, our season started with a bang.

Noah Coulman, Fourth Year

Under 13 County Cup: COUNTY CHAMPIONS!



It was pleasing to see 23 boys representing Yarm on Monday evening as we played in the opening round of the National Schools' Championships by hosting the County Cup. Our B team is able to match and give a great performance against many other schools A teams- eventually finishing 3rd in this tournament. The A team were in dominant form as they conceded no goals whilst scoring 20 goals throughout the tournament. The most pleasing result was a 4-0 win against rivals RGS in their final game, this demonstrates the massive progress made by this dedicated bunch of players over the past 12 months, there are many tough tests to come but this was a great performance!

Mr G Ferguson

QEGS (U12/13 Block): Saturday 25th January

Under 12A- Won 6-2

Under 12B- Won 1-0

Under 13A- Won 6-0

Under 13B- Won 6-2

SPORT WEEK AHEAD

The weeks ahead are now available online.

You can [view them here](#).

A BUSY WEEK FOR YARM BOYS' HOCKEY

Scarborough Senior Block

2nd XI- Scarborough 0-2 Yarm

1st XI- Yarm 3-2 Scarborough

The Scarborough block is always challenging because of the number of scholarship additions from places such as Germany and Holland - However we are very pleased that both the 1st and 2nd XI came out eventual winners.

1st XI Match

What a game! This involved two outstanding teams both going hard at each other throughout- the first half saw few chances in the form of short corners and half shots in what was a tight affair. The pace of the Yarm game was below par and the thought process was slow. A well taken short corner and some bad defensive errors meant Yarm were two down with 15 minutes to go. However, cometh the hour, cometh the team!

Our 1st XI displayed great character as they kept their cool and discipline to produce some outstanding hockey. Jack Van Niekerk latched on to a through ball and delivered a delicious reverse stick pass to the far post which was to be converted by the diving Jake Leader. This was quickly followed up by captain Timmy Foley linking up with Max Mowbray who dived to deflect the ball- the keeper made a great save only for Mowbray to bounce on the rebound and smash home an Argie. A few minutes later, Will Ferguson produced a piece of magic as he skinned five players before slotting a pass to Foley who smashed in a brilliant winner. Man of the Match, Marcus Walters, and the super hard working Matthew White deserve real praise for their outstanding contributions. A great win and the team look forward to Friday and their ISHL game v Sedbergh.



Under 18 Tier 3: Regional Tournament

It is a mark of the progress made by Yarm School's hockey programme that we can put such a competitive 2nd team together to compete against every other schools 1st XI.

The team started well with a dominant 4-0 victory against Pocklington. Diego Garcia Alvarez, Harry Jackson, Finlay Carter, Luke Gaughan and captain Alex Bromiley were brilliant in midfield and were backed up by some great defending in the form of Joel Benjamin, Sam Arnold, Ayan Thomas and Shola Afolabi not to mention the keeping of Ben Dempsey. Other notable performances came from Mark Elsaify, Teddy Fleming, Henry Wall and Mo Ibrahim.

Our 2nd game brought us up against eventual winners and it looked for long periods that we might snatch a draw when Bromiley forced an equaliser. However, Hall Cross managed a winner near the end which meant we could make the semi's if we could draw against Birkdale School from Sheffield.

This was a game that could have gone either way- unfortunately the opposition were awarded a very generous penalty flick and even though the Yarm boys battled hard to get back into the game- it was to no avail. The boys can be very proud of such an amazing effort against 1st XIs from other schools.

NETBALL

On the past two Wednesdays the senior netball team have played Durham School and Durham High School. All Yarm teams have celebrated wins over the 2 afternoons and it has been great to compete again despite the chilly conditions!

On Saturday the U12 A&B and U13 A&B teams had netball matches versus RGS away. The girls played some competitive matches and enjoyed the morning's netball.

Miss S Cottrell

On Saturday the 25th January the U13A team travelled to RGS school to play a netball friendly match. We came out strong in the first quarter but RGS came out stronger with an ending first quarter at 11-8 to RGS.

We then carried on playing stronger with each quarter at least 2 goals ahead of the opposition. The final score was 36-34 to Yarm. Our GS for the match (Harlowe Bell) won our player of the match. Overall it was a very good match with a good outcome.

Violet Mitchell, Second Year



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

HOLLYWOOD

Inspired

Recycled Garment Competition

minions



WONDER WOMAN



Cruella



SPIDER-MAN

No Way Home



Barbie



Breakfast at TIFFANY'S



NO TIME TO DIE



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

NEW ON SALE THIS WEEK: AN AUDIENCE WITH RICKY TOMLINSON

From Brookside to the Royle Family and his iconic role as Mike Bassett, Ricky Tomlinson has been everpresent in scouse living rooms for more than 40 years.

Join us as Ricky Tomlinson, alongside special guest host Asa Murphy, delivers an unmissable audience with style event, filled with stories from his glittering career in show business, plenty of laughs and an audience Q&A.



Monday 14th April, 7.30pm

[Book Online Here](#)

LET'S HEAR IT FOR THE GIRLS

Dig out your sparkles and dancing shoes, and indulge yourself for over two hours of music with the girls, as we celebrate the music of ABBA, Chaka Khan, Beyoncé, LaBelle, Whitney Houston, Aretha Franklin, Shania Twain, Sister Sledge, The Bangles, Alanis Morissette, Lady Gaga and so much more!



Saturday 10th May, 7.30pm

[Book Online Here](#)

MOVIE MUSICALS

Get ready for a dazzling celebration of the most iconic movie musicals ever brought to the big screen! This spectacular live performance will take you on a journey through beloved cult classics and modern favourites, featuring show-stopping numbers from Wicked, Dirty Dancing, Moulin Rouge, Mamma Mia, Little Shop of Horrors, Rocky Horror, Hairspray, Chicago, and many more.



Wednesday 18th April, 7.30pm

[Book Online Here](#)

A GUIDE ON HOW NOT TO BE A 'SCREEN ZOMBIE'

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Bath is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



National
Online
Safety®

#WakeUpWednesday

With new schools and families joining Tooled Up all the time, and our online library expanding every week, we always **work to ensure** that our **articles, webinars, tips** and **activities are** as **easy to navigate** as possible.

The **links below show** where to find **the most useful** and popular **resources**, assembled by topic, to help you get the most out of being a Tooled Up member.

[20 Resources for Parents Raising Boys](#) covers online safety, gaming, body confidence, resilience, sleep and more.

[20 Resources for Parents of Girls](#) includes expert resources on digital life, body changes, self-esteem and wellbeing.

Our **Quick Guides** provide fast, easy to use information on some of our most popular topics, from **anxiety** to **alcohol** use, and **exam** preparation. There are **over 25 guides** to choose from signposting and including links to other, relevant resources within the Tooled Up library.

You can browse the full range of Quick Guides **[here](#)**.



Resources for Raising Boys



Resources for Parents of Girls



Tooled Up Quick Guides

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](#).

