

HEADMASTER'S WELCOME

It's been a big week of sport, with our boys 1st XI hockey team hosting Repton and King's Chester at School in the late stages of two national competitions, with one loss (Repton) and one win (King's) being a fair outcome in what are ultra competitive fixtures. Good luck to them in the next round. Our netballers have reached the last stages of national competitions with the U16s playing brilliantly last weekend, and the U14s away this weekend - well done and good luck to the girls this weekend. There are reports in the newsletter of Ella and Beatrix's individual brilliance in netball and running, respectively.

I mentioned the Fourth Year Play - Goodnight Mr Tom - in my introduction last week and there is a lovely report of the play in the

coming pages. Congratulations again to the whole cast for their hard work and for delivering such a polished and emotionally engaging performance. We eagerly await the publication of this year's Dovecote and parents who want to pre-order a copy (essential as only ordered copies will be printed) can follow the link within to do just that.

Saturday night saw an exhilarating evening of musical collaboration and entertainment as our pupils joined Infant Hercules and Mike McGrother's Wildcats of Kilkenny for a concert in a buzzing and sold-out PAA. Full of stories, laughter, tears and lots of fun, the sense of community generated by the evening was palpable, and it was a night to remember.

One group unable to be there was our Upper Sixth Mathematicians who have been on the annual maths camp, and there is information on maths success in the UKMT maths team competition. Other students' successes in the national reading champions quiz and in creative writing is also explored, and the Artists' corner and Ollie's Diorama showcase more creative output. It is lovely to see so many pupils getting involved and sharing their work. Mr Bridges reports on the terrific interest and quality in the recent phoenix writing challenge - congratulations to all those who took part, and especially those with an honourable mention, and the winners - read more to find out who has received these coveted titles!

Dr Huw Williams



Maths Camp enjoyed spectacular scenery and lovely weather!

GOODNIGHT MISTER TOM

Goodnight Mister Tom is a book that is often met with responses of “I loved that book” or “That book just makes me cry.” The 4th year cast captured both aspects with audiences expressing their enjoyment of the performance and being brought to tears with the highs and lows of its storyline. The adaptation from Michelle Magorian’s novel into a script by David Wood is beautifully written and in their first full length production this incredible cast took on the challenge into performances they should be rightly proud of.

A production on a thrust stage is never an easy challenge as it requires actors to acknowledge and involve an audience on three sides which can feel unnatural staging. There was a true ensemble feel to the action as players created the visual of different scenes and environments in the evacuation programme, village life, London stations and air raids and took on multiple roles at times to help build atmosphere and establish setting. Achieving this to the level they did was credit to the maturity, cooperation and teamwork of the cast as a whole.

Starting with the announcement of the evacuation programme in the build-up to the Second World War. Constance Deering as the Billeting Officer introduces us to the world of Goodnight Mister Tom as we arrive in Little Weirwold. The story follows young William Beech (Naren

Umashankar) as he is evacuated from London and a move away from the difficult and challenging childhood he has received as a result of his mothers (Sarah Abbas) strict, abusive and God fearing parenting.

William is evacuated to stay with the elderly recluse Tom Oakley (David Plowman). ‘Mister Tom’ as he becomes affectionately known by William is reluctant but accepts his role of duty and takes care of William in at first a practical and routine approach and then thawing into a more paternal version as the companionship and care shows that despite the background of war the opportunity for these characters to meet might be just what both of them needed to provide hope and purpose.

William blossoms in village life through the colourful and inspiring

friendships forged with Zach (Hatim Kahn), George (Surya Baskar), Ginnie (Jesse Bissett Brown) and Carrie (Charlotte Dawson). He learns to read and write with the guidance of Mister Tom and his teacher Mrs Hartridge (Tabitha Lewis). William’s confidence grows as part of the local amateur dramatic group under the shrewd eye of the local librarian Miss Thorne (Hira Rauf).

Little Weirwold truly becomes the ‘village’ that helps to care and support William and Zach as evacuees and takes them in as part of the community, from the Vicar (Sam Buxton), the watchful ARP Warden (Adam Paul), Mrs Fletcher (Bella Garratt), Dr Little (Mahanya Podalakur) and Mrs Miller’s Post Office (Minakshi Palat-Meethale). The additional physically demanding



GOODNIGHT MISTER TOM (CONTINUED)

operation of puppets was subtly and expressively employed by Emaan Rehman, Constance Deering and Christina Lin to bring Mister Tom's dog Sammy to life on stage.

The impact of war and evacuation are never far away as William is called back to his Mother. In concern for lack of communication, Mister Tom goes to London to find William. During an Air Raid he meets the warm hearted and welcoming Glad (Danai Mawoko) who recognises his care for the boy and helps him locate the Mother's home. There they find William tragically imprisoned in a cupboard with his baby sister and abandoned by their Mother. The authorities and medical staff (Sanjana Vasireddy, Emaan Rehman and Christina Lin) are keen to keep William sedated and to be taken to a children's home for orphans. Kidnapping William during a busy hospital dealing with an air raid collapse, he returns to Little Weirwold and physically and mentally thrives. Not without its complications following William's Mother's death and the tragic passing of Zach as he returns to London. Goodnight Mister Tom ends on the poignancy of the importance of grief being something to walk with not shut away from and hope for a brighter future. Thank you to all involved in the success of this production and I look forward to seeing what this talented cast will go on to in the future.

Mrs H Charlton



THE STUDENT MAGAZINE IS NEARLY HERE!

This week has been a thrilling one for the student magazine team, as the final edition has been completed—culminating in a vibrant front cover photoshoot in the crisp Spring sunshine on Tuesday afternoon. The photoshoot was a celebration of the creative talent that has poured into this year's issue, with all contributors (whether submitting written, audio, or visual content) invited to take part.

This year saw a record-breaking number of submissions, making the selection process incredibly tough. Every piece was considered with care by the Lead Editors (Sarah Abbas and Danai Mawoko) and their team, and

the result is a magazine that celebrates an extraordinary range of voices, ideas, and artistic expression. The magazine will be available [by order only](#) this year, so don't miss out! The deadline for orders has been extended to Wednesday 26th March, after Sarah and Danai made the decision to feature this exciting news in the weekly newsletter before closing orders.

The **official launch** of the student magazine will take place at **7pm in the Studio Theatre on Monday 28th April**. Guests must [reserve their spaces before Wednesday 26th March](#) using the same order form. Please note that attendance at the

launch is not required to receive a copy of the magazine.

With its fresh design, diverse content, and unwavering commitment to excellence, this magazine would not look out of place next to Vogue, Cosmopolitan, or Esquire. So, get ordering! And when your copy arrives, we hope you enjoy reading it as much as our students have enjoyed creating it!

Ms A Breslin



MATHS CAMP

On Friday morning, A Level Maths students set off to Carlton Adventure for the department's annual "Maths Camp". Arriving at 11:30, it was full steam ahead into lectures, both for maths and further maths, supported by ample coffee and tea breaks! Over the course of Friday, Saturday and Sunday, each group attended 8 2-hour lectures, revising almost the entire A Level and setting us up for independent revision as our exams approach.

At Saturday lunchtime, we also enjoyed a short - but steep - walk from Lordstones to a local peak, making use of the beautiful surrounding countryside. Particular highlights included watching the paragliders take off and land, and debating the extent to which Gabriel's perfectly white joggers would survive the muddy descent back to the minibuses. (To either great delight or disappointment, there was barely a mark on them.)

With Mr Brown as firestarter, the campfire was also a roaring success, toasting perhaps the largest marshmallows to ever grace the planet, and making s'mores. This was a delicious addition on the coldest night of the trip, but certainly not the only snacks enjoyed by students: there was considerable midnight snacking and I think that all further mathematicians owe thanks to Jude for the largest collection of sweets ever brought on a school trip. This year's mentors also were awarded chocolate eggs for their dedication to the maths department, which made for a great snack in our 9pm algebraic methods lecture!

Other night activities included some highly competitive games of bluff and old maid, with three packs of cards on the go in the games room. The pool table, table tennis and tense giant Jenga also kept us highly entertained throughout the weekend, although prompted Mr Yates to say that there were many mechanics questions to be

created around these games, so we may yet live to regret this...

This was an amazing trip, which was greeted enthusiastically by all 46 students involved. Thanks so much to the 10 teachers who volunteered their time and effort to make this trip a reality, and also to special visitors Mrs Guest and Lilian Dufton, whose appearance was a fantastic surprise!

Sophie Jewitt, Upper Sixth



RESPONSES TO READING

In English, pupils in First and Second Year are encouraged to be really inventive in their response to the literature that they are reading independently.

We would like to congratulate Ollie who has built an amazing diorama in response to his reading of 'The Hunger Games' by Suzanne Collins.

Ollie's creation is a remarkably detailed imagining of the arena in which the games are played out, with helpful quotations from the text and some very realistic details! Well done, Ollie.

Ms Blakemore



VISIT FROM THE MAYOR OF MIDDLESBROUGH

It was a delight to welcome Chris Cooke, elected Mayor of Middlesbrough, to Yarm School last week. Speaking over lunchtime to the Politics Society Chris shared his experiences in the role of mayor since being elected in May of 2023. Very much a local boy, Chris was educated locally having grown up in care, an experience that was clearly formative to Chris in his palpable commitment to social justice and combating inequality in the region. But the Mayor felt very far from a textbook ideologue, but conveyed instead a steely determination to work through the challenges he found, looking for practical solutions within the wider Middlesbrough region. With a background in IT tech there was a

very no-nonsense, hard-headed and can do attitude to his current role.

Chris faced a diverse range of questions from the audience, including ones focused on the relationship between Chris and Ben Houchen, Mayor of the Tees Valley, his style of campaigning, his relationship to social media as well as his dismissal of personality politics

and popularity contests within politics. The Mayor shared with the students a range of current and emerging schools that he has embarked upon in the region, not least

those designed to secure a vital income stream for the region.

It was a fascinating session, in part due to Chris' manner and approach to politics, standing in marked contrast to so many of his contemporaries, but also for his grounded yet visionary approach and commitment to the region.

Mr S Edwards



CELEBRATING OUR STUDENTS' LITERARY SUCCESS

We are thrilled to share exciting news about our students' recent creative achievements. Several of our talented young writers participated in the prestigious Young Writers poetry competition on the theme Escape – A Celebration of Self, and we are delighted to announce that ten students, ranging from Second to Fifth Year, have been selected for publication.

The competition challenged students to explore the concept of 'escape' in a deeply personal and imaginative way. Their poems reflect a wide range of experiences and emotions, from the

confines of visa offices to the imprisonment of screens, as well as powerful personal journeys of loss and mourning. Each piece demonstrates remarkable creativity, dedication, and literary skill, making this achievement truly outstanding.

The selected poems will be featured in an anthology published on 5th May 2025. In addition, we eagerly await the announcement of the overall competition

winners next term.

Congratulations to all our young poets on this well-deserved accomplishment!

Ms A Breslin



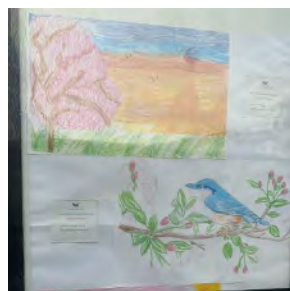
BUS STOP ART!

This half term, the Community Action group has continued to run the termly art competition in association with Stockton Borough Council. Given the prompt of 'Spring', pupils in Layfield Primary School, Levensdale Primary and Village Primary School produced artwork in a variety of different mediums.

We were really impressed by the incredible number of entries and the high quality of the artwork. These

beautiful pieces can now be found in bus stops on Yarm High Street and Worsall road where you can appreciate them.

Harry Kyle and Rishi Shenoy



UKMT MATHS TEAM COMPETITION

On Wednesday the 12th of March, 4 pupils from Years 2 and 3 (Diviyan Thayalan, Alex Wormald, Eric Ding and Shourjo Dasgupta) travelled to High Tunstall college of Science in Hartlepool for the intermediate UKMT Team Challenge.

There were 4 rounds, the group round, shuttle round, crossnumber and relay round. The first of these, the group round, involved students being given 10 challenging questions to work together on in our groups. The shuttle round followed, where each member was given a question, and then had to pass on their answer to the person completing the next question for them to complete it. There were 4 sets of 4 questions, with each round lasting 8 minutes. There were bonus points for completing it in under 6 minutes.

After a lunch break, the crossnumber ensued. This involved completing a

crossword, but with maths problems. The teams were separated in two for this round, one half working on the across and the other on the down. The relay round involved two halves of our team working on different questions, where one half completes one, and passes their new answers to the other half.

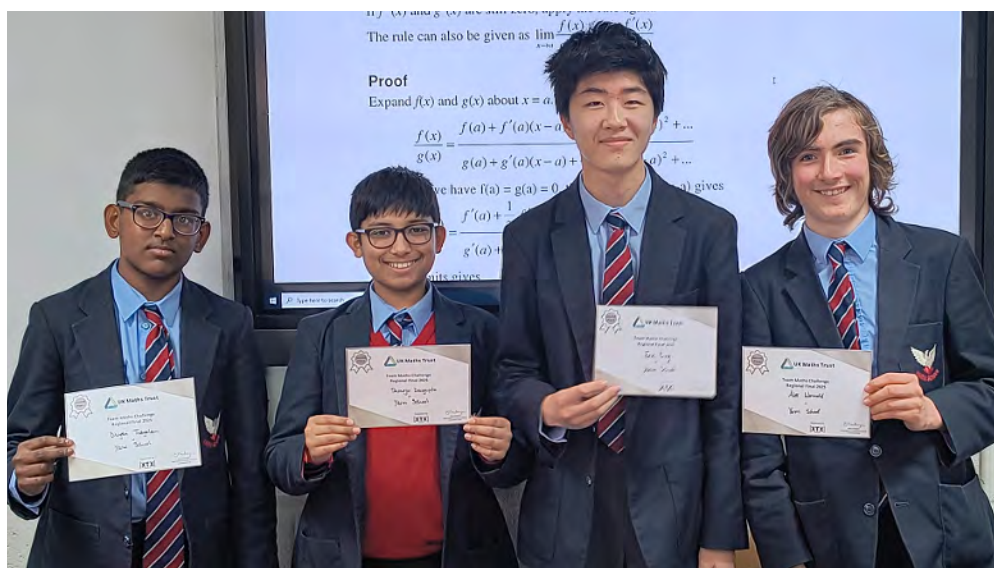
Finally, the results were revealed as Yarm came in second out of ten schools, above the hosts, High

Tunstall, and just losing out to Red House School by approximately 10 points.

Out of the available 240 points, Yarm managed to accrue 224 points. It was an enjoyable experience for the team, and we thoroughly enjoyed the experience. We hope to be in this competition again next year, and the years to come.

Shourjo Dasgupta and Alex Wormald,

Second Year



WORKING LUNCH

"So, what do financial advisors actually do?" This was the main question our FAME students were keen to ask during a fascinating Working Lunch last Friday when former pupil Joshua Littler (class of 23) returned to share his experiences of life after Yarm.

After securing an illustrious degree apprenticeship with one of the Big Four, and initially working in Indirect Tax in Leeds, Josh actually decided to change direction and was convinced to instead pursue the path of personal finance. He joined Schroders Personal Wealth (a Joint venture between Schroders Asset Management and Lloyds Banking Group) and is now well on his way to realising his new goal of becoming a Financial Advisor. Whilst not technically now an apprentice he is nevertheless being supported and funded through his professional qualifications by the organisation.

Josh opted to split his talk into two sections. He first shared advice on gaining a degree apprenticeship, before he discussed his understanding of the opportunities for young people within the realms of financial advice, the avenues into the industry and how it may be of interest to our students as it is arguably a heavily dominated senior field at present.

It was fascinating to gain an appreciation as to what Indirect Tax involves on a daily basis, whilst understanding what Josh's current role involves on a daily basis, the importance of good communication skills and the value of trust and integrity. It was obvious how much Josh enjoys his role and how many opportunities there are for him now and in the future. We are grateful to him for taking time out of his busy working day to share his words of wisdom and we look forward to welcoming him back again in the future.

Miss C Rhodes



POLITICS PODCAST LAUNCHES ON SPOTIFY

I hope a number of you have already had the chance to listen to Yarm School's first podcast, the politics based The House of Comments. So far the team of presenters Sophie Jewitt and Adam Elliott and editor Ava Carter are three episodes into their series, and have this week launched on the Spotify platform. The format is chatty and relaxed, yet serious and well informed. Episodes to date have focused on the UK political landscape in the aftermath of the general election, the US Presidential election, as well as an episode on global security featuring a special guest. If you haven't already done so, take a listen, share with friends and family, and listen out for their next episode.

Click the link or scan with Spotify App:

[The House of Comments](#)



ARTISTS' CORNER

These drawings are inspired by video games that I play with my friends.

These drawings are tutorials from YouTube with extra details. I used Sharpie felt tips, coloured pencils and an HB pencil.

Kavan Sidhu, First Year



NATIONAL READING CHAMPIONS QUIZ

On Tuesday 11th March, the annual National Reading Champions Quiz was held in the school library where Yarm School competed (online) against 23 teams from other schools in the North East of England. We had two teams - one team of 2nd years (Team A), the other of three 3rd years and one 2nd year (Team B). At stake was a place in the National Final in London.

The quiz consisted of 8 rounds of wide-ranging literary questions. In preparation for the quiz, the had pupils attended a number of meetings in the school library at lunch breaks to practise. They have all done a lot of reading too! They did very well representing the school on the day and in giving up their time so enthusiastically to

come along to the practises.

Team A (Dora Bonner, Janaki Madhavan, Trisha Mallya, and Dorothy Wray) worked really well together and came 5th with a score of 41 – this was only 6 points less than the winning team!

Team B (Izzy Barrass, Eliza Fellows, Claudia Patrick, and Miguel Ramos Moreno) worked brilliantly together and came 3rd with a score of 43 – this was only 4 points less than the winning team, so it was very close! A great result.

A mention must also go to our reserve Navina Muthukrishnan who answered the questions all by herself on the side and got a great score of 38.

Mrs D Mason



PHOENIX WRITING CHALLENGE: THE RESULTS!

We are delighted to announce the winners of this year's Phoenix Writing Challenge, a competition that encouraged pupils to explore the theme of "Change" through their writing. With an open-ended brief and a word limit of 1,000, students had the freedom to interpret the theme in any way they wished.

The response was outstanding. We received over 35 entries from pupils across First to Third Year, spanning a diverse range of forms—including poetry, essays, articles, personal reflections, and short stories. The quality of the submissions was nothing short of exceptional, making the judging process both inspiring and incredibly difficult. In fact, selecting the winners required careful deliberation, with input from several teachers.

Honourable Mentions

These pupils demonstrated excellent creativity, depth of thought and technical skill. They are absolutely worthy of these Honourable Mentions:

- Arthana Pradeep (Third Year): An insightful reflection on how our perception of history evolves over time.
- Brian Franks (First Year): A strikingly vivid description of his first day at Yarm School, rich in metaphor and ending with a powerful flourish.
- Edward Taylor-Petch (Second Year): A technically brilliant poem, Co-Extinction, showcasing an impressive command of metre and rhyme.
- Eliza Fellows (Third Year): A short but deeply meaningful poem, proving that just a few carefully chosen words can carry immense weight.

A huge congratulations to all of them. Their work, alongside that of our winners, will be featured in a special Phoenix Writing Challenge Pamphlet.

Our Winners

We are thrilled to celebrate the following students as this year's Phoenix Writing Challenge Winners:

- Yuhe Tian (Third Year) – Quiet Remnant, a deeply moving poem about grief, praised for its sincerity and ability to express the inexpressible.
- Dora Bonner (Second Year) – Do not fear change, fear not being ready for it, an insightful and thought-provoking article urging readers to embrace change as a challenge to be tackled.
- Dorothy Wray (Second Year) – The Day Socrates Went to Aldi, a hilarious and brilliantly crafted short story in which the famous philosopher disrupts a routine shopping trip with relentless questioning.

Congratulations to all who took part in the competition. Every entry was a pleasure to read, and the standard of writing was truly impressive. If you would like individual feedback, please feel free to reach out.

We look forward to seeing even more creativity and literary talent in future competitions.

Mr A Bridges

THE ECONOMICS OF REALITY TV

When watching Love Island, Big Brother or TOWIE very few people instantly think of Economics, but Ria and Chloe launched their EconBus Soc session by explaining their rational for discussing "The Economics of Reality TV". They chose the topic of reality TV as it is a

multi-billion-dollar / pound industry, with a low cost and high revenue model. and they explained how they had found themselves able to apply concepts such as the objectives of firms, and economies of scale as well as basic demand and supply to a market which they, and their peers,

could very much relate to.

They described how reality TV shows tend to require minimal scripted content and rely on spontaneous interactions between contestants, keeping costs low. Simple inexpensive sets and outdoor locations are common, with many

THE ECONOMICS OF REALITY TV (CONTINUED)

shows reusing their sets if they release another season. Also episodes may be filmed using fewer crew members compared to scripted shows and instead they have cameras placed around the set to catch anything that goes on. In comparison to a scripted show, there are no costs for hiring writers (if programmes are unscripted?!), no professional actors, hair and makeup, special effects and there is minimal post-production editing. This allows the producers of reality TV shows to have a large profit margin, increasing their own utility!

They continued by describing how many contestants don't receive the large salaries that actors do in scripted shows, with contestants often instead receiving appearance fees as compensation for their time and there is usually a chance to win a large cash prize if you win the show. The motivation to participate can be the chance to increase visibility on social media and establish brand deals and media appearances to boost income after the show. Also worth noting was that due to the high viewership of reality TV shows, brands choose to advertise their products during advertisement breaks and also during designated product placements which generate a large amount of revenue for brands. For example, Love Island have a partnership with Boots, where the contestants use their products and create advertising content for them,

and eBay, advertising their preloved products. These brand partnerships not only bring in revenue for the TV show, but also bring in large amounts of revenue through the advertisement for the other brands. Furthermore many such TV programmes involve voting, which creates an additional revenue stream through voting mechanisms.

Reality show also generate a lot of excitement on social media, creating fan engagement and increased visibility for sponsors and advertisers. Fans also generate their own content on platforms such as TikTok which indirectly advertise the show and for shows such as the traitors, they create their own theories which then advertise the show further and reach a wider audience, increasing the amount of people they reach and the viewership numbers. Streaming service platforms such as Netflix and Amazon Prime have also adopted reality TV into their content library,

such as Love is Blind, which have gained a large followings and created a new revenue stream for both production companies and streaming platforms.

Questions were raised by the audience as to whether reality TV is now a saturated market and consideration was given to the negative impacts of its viewership (with reference to distorted body image, behavioural expectations etc and Miss Rhodes highlighted the greater professionalism of the Yarm Apprentices in comparison to their publicity hungry TV counterparts) and links were drawn by the audience between this topic area and a previous EconBus Soc session on Influencer Marketing.

We are very grateful to Ria and Chloe for showing yet more applications of Economics and Business - subjects which really do affect every aspect of our lives!

Miss C Rhodes



GEOGRAPHY SOCIETY

Many thanks to Eleanor and Josie for an informative Geog Soc talk on Oceanography and the Conservation of land, perfect timing for this presentation during eco week.

Geog Soc meet every fortnight (on a Monday lunch) to discuss Geographical topics and issues.

The talks are led by pupils and the society is just one way the department extends pupils understanding beyond classroom learning.

Mrs K Baines



ELLA REPRESENTS IRELAND

Congratulations to Ella Fitzgerald who represented Ireland in the U17 European Netball Championships. Well done Ella, we are very proud of you.

Mrs K Gratton



SPORT WEEK AHEAD

The weeks ahead are now available online.

You can [view them here](#).

BEATRIX TAKES ON THE ENGLISH SCHOOLS CROSS COUNTRY CHAMPS

Congratulations to Beatrix who travelled down to West Sussex for the English Schools Cross Country Championships last weekend.

It was a fantastic opportunity to participate in such a big national event and she achieved a great time for the race! Well done!

Miss N Hodgson



It's Only the 70s



Spring Music Concert

Sunday 30th March

The Princess Alexandra Auditorium

Tickets £6

Tickets from www.thepaaonline.org
or the Box Office



YARM CAREER CONVENTION 2025



Thurs, 1st May



6:30pm



Yarm School



All welcome!

Find out more at:

yarmschool.org/career-convention-2025

YARM SCHOOL ASSOCIATION
GLASTYARMBURY
ANNUAL SUMMER BALL

LIVE *Music*

FOOD-DRINKS-DANCING

*PRINCESS ALEXANDRA AUDITORIUM,
ATRIUM & TERRACE, YARM SCHOOL*

ROCK FESTIVAL

14 JUNE
2025

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THE SOUNDS OF SPRINGSTEEN

Experience the pure rock 'n' roll euphoria of Bruce Springsteen as this outstanding show brings his iconic sound to life, taking you on a musical journey through the incredible catalogue, from Greetings from Asbury Park to 2020's Ghosts via the legendary hits Born in the USA and Born to Run.



Thursday 10th April, 7.30pm

[Book Online Here](#)

MERSEY BEATLES

The Mersey Beatles have been rocking sold-out shows around the globe since 1999 with their truly authentic and widely acclaimed celebration of John, Paul, George and Ringo.

The band – who clocked up more than 600 appearances in a 10-year residency at Liverpool's legendary Cavern Club – brilliantly exude the inner and outer spirit of the original Fab Four.



Saturday 24th May, 7.30pm

[Book Online Here](#)

ADELE THE CANDLELIGHT CONCERT

Join us for an unforgettable evening in a stunning and illuminated setting by candlelight that beautifully enhances the timeless music of Adele. Talented tribute artist Natalie Black will perform Adele's greatest hits, delivering the emotion, soul and captivating presence of her iconic sound.



Thursday 24th July, 8pm

[Book Online Here](#)

Yarm School Online Safety Hub

Navigating the Need for Parental Controls

#1

In the digital age, children have easy access to technology, and it's essential for parents to ensure their online experiences are safe.

#2

Parents may find it challenging to monitor their child's tech use, especially if the child is more tech-savvy. Using parental control tools can be an effective way to protect and support children's online activities and reduce parental stress.

[Click here to read the full article by Product Safety Expert, Taryn Wren](#)



This week on 20th March, we celebrate **UN International Day of Happiness**. The day recognises the importance and relevance of happiness as a goal and it also seeks to encourage equitable economic growth that promotes the wellbeing of all peoples.

So much of what we do as adults in the lives of children is aimed at promoting their happiness, but we also know it isn't always easy to achieve or sustain.

Happiness is linked to cognitive flexibility, which is a learned skill. Tooled Up has a number of resources to help you to support your child's wellbeing and emotional literacy so that they can reflect and work on their own happiness.

A great place to start **for children of all ages** is for them to consider the different aspects of their wellbeing. Our [Happiness Checklist](#) activity will help them **identify the positives and any gaps** where things could be better.

For teenagers, [My Wellbeing Journal](#) provides a tool to encourage reflection on experiences and achievements in order to build resilience. Completed over a two-week period, **the activity helps** children to **develop** and **maintain a positive mindset** and improve wellbeing.

The [A-Z of Tooled Up Tips for Supporting Children's Mental Health and Wellbeing](#) showcases **26 evidence based key tips**. The resource includes **links to** a host of **webinars, podcasts** and **activities** available **on the Tooled Up platform to help in everyday family life**.



[Happiness Overview](#)



[My Wellbeing Journal](#)



[A-Z of Wellbeing Tips](#)

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](#).

