

HEADMASTER'S WELCOME

The privilege of working in such a beautiful school has been reinforced in a number of ways since half term, with verdant grounds on a riverside site with our own woods offering up a dazzling array of blossom and providing a home to a great number of species, notably birds, whose song we are surrounded by, from the predictable blackbirds, thrushes and tits who live here to the haunting calls of passing curlews and the evocative sound of circling buzzards. Right in the middle of school, we currently have a Great Spotted Woodpecker nest high on the trunk of the tree right next to the Dovecote, with the very vocal chicks a constant backdrop to this part of school for the last week or so. It's not just the predictable wild spaces that offer a home, with a family of blue tits emerging from the hole at the top of the traffic light pole at the pedestrian crossing over the Spital between Senior and Prep Schools! It's easy to take this for granted, but I try not to do so and hope that pupils appreciate the value and beauty of our surroundings. Certainly our Eco Schools group is making their mark, with 'no mow May' in certain locations as a result of their ideas.

Our rowers had a highly successful trip to Dorney Lake at Eton for the National Schools' Regatta, coming back with a medal and some outstanding results in various A, B and C finals. Well done to pupils and staff for the hard work that has enabled such conspicuous success which is reported in detail in the newsletter. We also read of Sophia's impressive performance for Durham in the North of England Regional Finals in golf - congratulations to her. This evening, more than 160 pupils from Prep and Senior School are on stage for the annual dance showcase, and I congratulate them in advance on the work they've done to reach such a high standard, evident when I saw some rehearsals during this week. I very much look forward to the show, which will be performed to a near sell-out audience, and thank Mrs Dunkley for her inspirational teaching. There are a range of exciting

concerts coming up later this term, with the Dovecote expanding into a Festival Weekend of events, and Former Pupils, Leavers and our Choral Society all performing in various shows; I recommend them all! Other opportunities include the forthcoming enrichment lecture, and an online auction with some superb items in aid of Cardiac Risk in the Young (CRY), and details of these can be found below.

Read on for a sophisticated book review from Sophie, an insight into Professional Learning at Yarm and some introductions and updates from Econ/Bus activities, as well as a taste of the activities to come in our mock general election.

Dr Huw Williams



All of our dances taking part in the Dance Showcase

WORKS AT GREEN LANE

ESH, a contractor working for Northumbrian Water, are installing a sewage pipe from Kirklevington Sewage Treatment Works to Conyers School which involves passing through our Green Lane playing fields. We are liaising closely with them and anticipate minimal disruption to our pitches at Green Lane.

BOOK REVIEW - HOW THEY BROKE BRITAIN BY JAMES O'BRIEN



James O'Brien's *How They Broke Britain* is easily the most meticulously researched book I've ever read - and the most dispiriting.

O'Brien's aim is to expose how politics, media and wealth perpetuate power being given to the right-wing and how the media has come to vilify centrist and left-wing ideas, becoming significantly more populist and enabling the growth of Euroscepticism within the Conservative party and general population. In each of the ten chapters, the book centres on a someone that O'Brien deems to be personally responsible for this deterioration: Rupert Murdoch, Paul Dacre, Andrew Neil and Matthew Elliot represent media and think tanks; the politicians are Nigel Farage, David Cameron, Jeremy Corbyn, Boris Johnson and Liz Truss. Dominic Cummings bridges these two categories, although Johnson's flagrant lies while working for both the *Times* and the *Daily Telegraph* are discussed in depth.

And that is certainly the point. O'Brien's categorisation of the collusion between the right-wing media and politicians, and their interwoven careers is consistent throughout the book. He chronicles

the alignment in the agendas of Murdoch and Dacre with Conservative policy and is particularly aghast at the appointment of Andrew Neil and Richard Sharpe to the BBC, although I question whether his criticism of Laura Kuennsberg on a minor point was warranted. Discussions of the "assassination attempt" on Farage and his own hypocrisy on immigration (given that his wife is a German immigrant and his children bilingual) was a particular highlight, along with the exploration of UKIP/Brexit party links to the BNP. The author's criticism of Cameron's creation of a climate in which euroscepticism in the Conservative party was allowed to grow was equally well-researched and nuanced: he didn't just attribute this to promising the Brexit referendum if re-elected, but also to earlier moves, where Cameron caved and the seating of Conservative MEPs moved from the centre-rights to sit with far more extreme parties. O'Brien saw this as a catalyst for eurosceptic Conservatives to begin openly speaking out against membership.

As O'Brien asserts multiple times, his exploration of the links between the media and politics is far from exhaustive, however I felt that if one thing that could've been improved on, it would be to include some analysis of Labour as well. The book's focus is mostly on the 14 years of

Conservative rule from 2010, and there should be no doubt that O'Brien chose these dates to focus on Tory corruption and sleaze, although Corbyn receives similar acrimony. However in so doing he makes his account seem a lot more exceptional than it truly is. While Murdoch and Dacre's media input is in support of the Conservatives, Tony Blair's courtship of the media mogul is far from a secret and this was barely discussed. O'Brien's anger at the Conservatives is unbridled, as is shown in his LBC show, and as such the introduction in particular felt like it bordered on a vociferous rant - perhaps exacerbated by my listening to it as an audiobook with O'Brien himself as the narrator, who made no efforts to hide his disdain, although again this was quite the objective of the book.

Overall however, O'Brien made not a single claim that wasn't backed by mountains of carefully analysed evidence and even transcripts of interviews he conducted on his show. The book could be described as a tirade against liars, lying and secrets, and upon reading seemed like a necessary dissection of the current political culture. One thing O'Brien didn't address was how to correct the course to a broken Britain, but that may be for the reader to decide.

Sophie Jewitt, Lower Sixth

PROFESSIONAL LEARNING

Teachers at Yarm School are committed to ensuring the best possible learning experiences and outcomes for all of our students and, unsurprisingly, research shows that a commitment to ongoing Professional Learning is crucial in helping pupils to succeed and teachers to thrive.

Professional Learning here at Yarm is built on ensuring that we take the very best evidence available from educational research and combine it with both our own disciplinary and subject knowledge and our deep knowledge of the pupils we teach.

On Monday 3rd June, we held our annual Professional Learning showcase event which is the culmination of our Professional Learning cycle. Colleagues from the Senior and Preparatory School came together to discuss educational

research on a range of diverse areas including: cognitive science, pupil motivation, enhancing the effectiveness of homework and helping students to develop greater independence. We heard presentations from a number of colleagues and each department showcased both the research that underpinned their work and the practical applications in their subject areas and individual classrooms.

It was an excellent opportunity for colleagues to share best practice and expertise and to talk about next steps as we continue to strive

to maximise the experiences of our pupils. As always, I am incredibly grateful to colleagues who so generously share their experiences and work tirelessly to ensure the very best outcomes for all of our pupils. Colleagues are already busy thinking about plans and ideas for the next Professional Learning cycle.

Mrs E Pinkham



WHICH ARE THE MOST FEROCIOUS, THE DRAGONS OR THE SIXTH FORM?

In our first post-exam Working Lunch we welcomed entrepreneur Gary Giles to discuss *"What does it take to impress Dragons?"* and *"How to turn an idea into a profitable business!"* Gary, the Founder of OGEL, secured investment from the North East's own manufacturing queen Sara Davies, who teamed up with Tej Lalvani, however Gary then opted to crowdfund. This enabled him to turn what he described as being the '3.45pm idea of an accountant' into a profitable venture, as OGEL is now

one of the UK's most premium and innovative garden room manufacturers.

We learnt that there really is a use for polystyrene packaging (it becomes building material), all about tessellations in construction and perhaps most importantly that dreams can turn into reality. And, if you are wondering, as we were, "What is the significance of the name "Ogel"? Well think about plastic blocks, think about building and if you are still stuck read the name



backwards!

We are really grateful to Mr Giles for his generosity in coming to speak and inspire our FAME Sixth Formers and for willingly answering a plethora of questions from both students and Miss Rhodes!!

Miss C E Rhodes

YSA ONLINE AUCTION IN AID OF CRY CHARITY

The Yarm School Association are raising money through an online auction for Cardiac Risk in the Young - a fantastic charity who prevent young sudden cardiac deaths through awareness, screening and research, and support affected families.

The auction will finish on the evening of our Summer Ball - but don't worry, if you are not attending the ball then you can still take part!



West End Show with Lunch and One Night Stay for Two

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

The live auction prizes are:

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

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

Good luck to all our bidders and thank you to bidders and prize donors for supporting CRY.



4 Ball of Golf at Moortown Golf Club



Champagne Afternoon Tea for Two



Hooting Owl Gin tour for 4 people

The YSA are supporting:



**Cardiac
Risk in the
Young**

Preventing young sudden cardiac deaths through awareness, screening and research, and supporting affected families.

Bid in our online auction to raise money for this fantastic charity!

YARM SCHOOL TO HOST MOCK GENERAL ELECTION



There is a longstanding tradition of hosting mock elections at Yarm School. They provide a fantastic educational and civic experience, as well as generating a good deal of enthusiasm and excitement across the school community. With the government's news announced just before half-term students wasted no time in plotting and planning over the half term holiday.

On Monday of this week a first meeting was held with all interested pupils, guidelines were explained, and then within moments the dividing lines were drawn as those gathered separated into their respective parties and their leaders 'emerged'.

The election itself will take place on **Monday 1st July** with the result being announced from the Dovecote on the following Tuesday morning. The country will vote a few days later, as they do not have to navigate the school Sports Day and last day of term!

All pupils at the Senior School will be entitled to vote, along with all teaching and non-teaching staff.

Conversations have already been had with the Prep School over their own vote, as well as a visit from the Senior School candidates to a Prep School assembly - always one of more challenging public events for party leaders!

The political parties and leaders standing in the Mock General Election will be as follows:

Conservative Party : Gabriel Swati

Green Party: Dan Townsend

Labour Party: Eva Speight

Liberal Democrats: Amy Lewis

Reform UK: Ben Dempsey

These parties will now be working with their supporters across the year groups in seeking to secure the votes from across the school community. A number of pupils will also be involved in a range of supportive activities including the organising of the polling station on the day of the vote. Before that time as well as assembly appearances and lots of campaigning through breaks and lunchtimes, there will be a number of dedicated hustings when the parties will face questions across specific areas of policy. Ava Carter in the L6 will be responsible for following all events and providing regular updates in the school newsletter.

Fri 7th June - Hustings #1 Global Security & Immigration

Fri 14th June - Hustings #2 Health,

Education & Welfare

Fri 21st June - Hustings #3 Economy, Taxation & Spending

Fri 28th June - Hustings #4

Environment, Transport & Culture

Just twenty four days until the vote!

Mr S Edwards

NO MOW MAY

Over the month of May, the Eco School coordinated 'No Mow May' by letting patches of grass on the patio outside the atrium grow. The Eco-Schools committee decided to partake in the 'No Mow May' movement with the aim to allow biodiversity to flourish, save wild plants and combat pollution. Pupils were encouraged to send in photos of their 'No Mow May' experience.

Ameen Khunda, Lower Sixth



MEET THE PURPLE SQUAD - THE NEW ECONBUS SUPPORT TEAM

Hi! My name is Apsara and my role for EconBus is a Peer Support Mentor for those who are in the Lower Sixth who take Economics A Level. At the moment, I study Physics, Economics, Maths and Further Maths. I'm looking forward to being a Peer Support Mentor because I enjoy helping people. After Yarm, I hope to study Economics at a top uni and pursue a career in corporate finance, hopefully investment banking, private equity or hedge funding. I intend to run a weekly Peer Support Clinic for the new Lower Sixth Economists on Mondays from September. I am also happy to answer any questions about what it is really like to study Economics as an A- Level from any younger pupils in the school.



Hello, my name is Ishita and I am going to be the Yarm Apprentice Student Coordinator for next year. I'm currently studying maths, further maths, chemistry and economics and this has led me to develop a keen interest in Economics! I loved my time competing in Yarm Apprentice, as it allowed me to use my leadership skills when put in charge of a team, but also my team working skills to ensure our team worked well together as a group. I also really enjoyed the competitive aspect of YA, watching the leaderboard after every task. Therefore I am so excited to come back next year as the coordinator rather than a competitor and help Miss Rhodes find the next Yarm Apprentice. I am excited to now be on the judging side of the tasks and to watch how the next set of competitors fare! After school I would like to further develop my interest in Economics and to study it at university and see where that leads me in the future!



There will be more introductions in future weeks.

Miss C E Rhodes

ENRICHMENT LECTURE COMING UP

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

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

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

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

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

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

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

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



CAREERS EVENTS CALENDAR - SUMMER TERM

Week Two

Tue 11th June

1245 - 1330 (FT)

Studying in Leeds

Victoria Pearce from Leeds Beckett will discuss the offerings of the university, its courses and student life living in Leeds

Thu 13th June

1245 - 1330 (FT)

Choosing a university and course

Elle Zientek from Lancaster University will discuss how to choose the right university and course, and how best to do your research

Week Three

Mon 17th June

1000 - 1430

Teesside University 'Creatives' Day

An opportunity for L6 'creatives' to explore the many opportunities (Teesside University) on offer at our neighbouring Teesside University

Mon 17th June

1615 - 1715 (FT)

Kas Hawes

Writer and GP will discuss her life in medicine as well as her book on the topic *The Heart of the Matter*

Tue 18th June

1245 - 1330 (FT)

Financing Business

Jonanathan Gold will discuss his work involving planning a business with ambition to grow

Fri 21st June (TBC)

Piloting & Aeronautical Engineering

An opportunity for L6 students to visit Draken at Teesside Airport

An Evening of Musical Memories

THURSDAY JUNE 20TH, 7.30pm

Yarm Parish Church

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

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

DOVECOTE FESTIVAL 2024

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

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

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

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

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

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

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

7.15pm Outside The Mockingbird Deli

7.30pm The Black Bull Garden

8.00pm The War Memorial

8.20pm The Union Arms Garden

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

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

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

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

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

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

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

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



DOVECOTE FESTIVAL 2024

NATIONAL SCHOOLS' REGATTA



The National Schools Regatta, a one-of-a-kind event held at the prestigious Dorney Lake, kicked off the first weekend of the half term. This championship, the pinnacle of junior rowing in the UK, brought together the finest schools and clubs for a grand national competition. Our Yarm School rowers, after 8 months of intense training, were all set to put their dedication and skills to the ultimate test in this momentous event, which was undoubtedly the highlight of the year.

Our junior crews (3rd & 4th year pupils) were kicking off the competition on Friday. Six crews travelled for the race with a coxed quad competing for the men's and women's J15 squad, and the four coxed quads went out from the J14 men's and women's squad. The J14 crews raced across 6 lanes over 1000 metres, testing athletes' power, technique, and determination. These short races are highly competitive

and attract over 45 crews in each event. All crews began racing in a time trial format, with the top 24 crews moving into respective A-D finals with 6 boats across.

Our girls' J14 crews made significant progress, advancing from time trials to the C finals. Yarm was one of only three programs that successfully qualified both its crews into the final rounds, a true testament to the depth of talent we have in the J14 girls' quad. In the C final, our girls finished 4th and 6th. Unfortunately, our 2nd J14 boys' crew missed out on the D final, finishing 30/48 in the time trial, only narrowly missing out on qualification by 3 seconds.

However, the J14 1st quad of Charlie Ashworth, Sam Buxton, Oscar Lane, Jonah Jenney, and Seb Jafri really stood out. Going into the regatta, we were confident in the strength of our crew after a 4th place finish at JIRR and 3rd and Junior Sculling Regatta a

few weeks prior. The boys learned valuable lessons from their early season races and continued their development in preparation for this national championship. In one of the most thrilling finishes of the day, the margin between 2nd and 4th place in the A final was a mere 0.58s. Our boys timed their sprint perfectly and managed to finish with their bowball ahead of the pack, bringing home the silver medal, just 3 seconds behind Henley Rowing Club.

The J15 crews, also racing on Friday, competed over a 2000-metre course, which tests the athlete's stamina, dedication, and athleticism. Sadly, a minor injury in the J15 girls' crew meant a last-minute replacement had to be added. Given the difficult circumstances of a crew change, the girls gave it their all and finished 28th, just missing out on making a final. The J15 boys' crews managed to build off last year's result. After missing out on making a final in 2023, the boys worked their way into the C final in the quad this year, finishing 6th.

On Saturday and Sunday, six senior crews took to the water. These boats raced over 2000 metres and across eight lanes. Our athletes were entered into a mix of boats ranging from the single to the quad, and all crews made it out of the time trials into finals. Archie Norton raced in the Championship single scull for the senior boys, finishing 2nd in the B

NATIONAL SCHOOLS' REGATTA



final on a windy Sunday evening. Our championship boys' quad committed and raced hard in all four of their races over the weekend to finish 5th in the C final. Finally, an exciting young crew of Patrick Tulloch and

Harry D'Ambrogio managed to peak at the right time of the year. After missing out on the A final at the Junior Sculling regatta a few weeks prior, these boys raced well, making the A final and finishing 6th.

The senior girls took to the water in two quads and a double. Our championship girls' quad, featuring two J16 athletes, outperformed all expectations, finishing an impressive 6th in the B final. J16 girls' double of Rishi Chawla and Sally Matthews had to battle all the weather on Sunday, from high gusting winds to thunder and lightning. These girls raced with passion, finishing 4th in the D Final. Finally, our second girls'

quad, also a very young crew featuring a J16 and J15 athlete, had an incredible day of racing on Saturday, finishing 4th in the A final of the 2nd quad events. All these women showed real courage come race day and show tons of potential for the future.

All in all, the National Schools' Regatta 2024 was a resounding success for Yarm, a testament to the athletes' hard work and dedication over the year. We are witnessing a wealth of potential and talent emerging, and we are thrilled about the future of the boat club. With a silver medal (our first since 2012), three A finals, and two B finals this year, the National Schools' Regatta was one of the most successful regattas in recent history.

Mr T Kellett

GOLF SUCCESS

Sophia represented Durham County in the North of England Regional Finals at Heysham Golf Club over half term. She qualified for the team after her superb result at the county finals in May. The regional final was a 36 hole competition, Sophia shot 82 and 79 - finishing 7th overall, helping Durham County win the competition against the other 6 Northern counties. She is now reserve to represent the North of England in the National Finals at the end of June. A massive well done to Sophia.



SPORT WEEK AHEAD

The weeks ahead are now available online.

You can [view them here](#).

Junior Duologues



Tuesday 11th June

6.30pm

Adults £5, Children £1 and Pupils FOC

www.thepaaonline.org

Intermediate and Senior Duologues



Friday 14th June

6.30pm

Adults £5, Children £1 and Pupils FOC

www.thepaaonline.org

MONEY FOR NOTHING

Money for Nothing was formed in 2000 as a tribute to one of the world's premier rock bands – Dire Straits.

The abundant energy and the excellence and musicality of their performance makes Money For Nothing a “must see” for any rock enthusiast or Dire Straits fan. The line-up features top-class and experienced musicians that make this band a worthy tribute to Dire Straits.

Tuesday 16th July, 7:30pm

[Book Online Here](#)



ANDRE RIEU'S 2024 MAASTRICHT: POWER OF LOVE

Live stream favourite returns: André Rieu is ready to blow you away with his brand new cinema concert 'Power of Love'.

From his picturesque hometown of Maastricht The King of the Waltz presents a must-see big screen spectacular. Accompanied by his world famous Johann Strauss Orchestra and a cast of hundreds this promises to be the music event of the summer by one of the world's most prolific artists.

Saturday 31st August, 7pm and Sunday 1st September, 3pm

[Book Online Here](#)



BANFF MOUNTAIN FILM FESTIVAL WORLD TOUR

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

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



Saturday 14th September, 7:30pm

[Book Online Here](#)

Newsletter, 05.06.2024

This week at Tooled Up we're talking about talking! The *quality* of conversations we have with our children can play a huge role in their development and wellbeing. Family talk offers children the chance to open up their thinking, to help navigate emotional or social challenges, and can enhance their oracy and academic abilities. We have a number of interesting resources to support family chat.

Our recent [webinar](#) with the philosophy charity SAPERE is now available. Led by trainer Emma Leeson, this webinar explains what it's like to philosophise and is aimed at any parent who is curious about the power of philosophical conversations with their children.

Developing children's intellectual curiosity is key to unlocking their learning potential. We have questions galore for you to mull over within family life: [20 Scientific Questions](#) to ask children and teens or activities like [Learning Through Intrigue](#) that encourage an interest in the world around us.

One of the optimal times to chat to our children is around the dinner table. In this short [video](#) entitled 'Dinnertime Debriefs', Dr Weston explains the role that dinnertime conversations can play in boosting children's resilience, wellbeing and academic attainment. Researcher Mishika Mehrotra produced this [podcast](#) for Tooled Up on her work exploring the links between conversation and children's development: benefits that go well beyond literacy and oracy and into mental function and "school-readiness". If you get stuck for conversation ideas, here are [65 Topics](#) to work your way through!

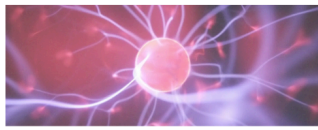
Of course, we also need to be aware that some talk can be harmful. As well as the way we talk to our own children, we need to think about the ways they communicate with one other. These tips from psychologist, Dr Elly Hanson will help you tackle [Harmful Talk](#) in children's peer groups. Use these [activities](#) about being a positive bystander, or "upstander"; we need our children to be able to comfortably challenge poor behaviour in peers when they see or hear it.

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





Philosophy For Children



20 Scientific Questions



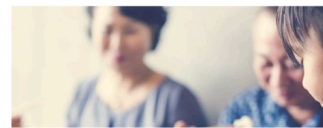
Learning Through Intrigue



Dinnertime Debriefs



Importance Of Dinnertime Conversations



65 Topics For Dinnertime Chat



Supporting Your Child To Step Away From Harmful Talk



Being A Positive Bystander

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



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Evidence-based,
up to date parenting
support for you

Yarm Senior School has teamed up with Tooled Up to deliver support to you and your family.



Scan the QR code or visit members.tooledupeducation.com to set up your free account now

PIN: YSS1405



YARM SCHOOL
EDUCATING FOR LIFE



TOOLED UP
BECAUSE EVIDENCE MATTERS

12 Top Tips for BUILDING CYBER RESILIENCE AT HOME

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

WHAT IS 'CYBER RESILIENCE'?

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

1. PASSWORDS: LONGER AND LESS PREDICTABLE

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

2. AVOID RE-USING PASSWORDS

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

3. USE A PASSWORD MANAGER

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

4. BACK UP YOUR DATA

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

5. ENABLE MULTI-FACTOR AUTHENTICATION (MFA)

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

6. CHOOSE RECOVERY QUESTIONS WISELY

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

7. SET UP SECONDARY ACCOUNTS

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

12. STAY SCEPTICAL

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

11. KEEP HOME DEVICES UPDATED

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

10. CHANGE DEFAULT IOT PASSWORDS

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

9. CHECK FOR BREACHES

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

8. KEEP HAVING FUN WITH TECH

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

Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



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