

HEADMASTER'S WELCOME

What a week it's been! It was a thrilling occasion last Friday at the TES Schools Awards, which we attended having been shortlisted in the 'Independent Prep School of the Year' category - one of the 'big four' awards on the night. However, to have been announced as the winner in this category was a huge honour, and I am delighted to thank and congratulate the whole Prep School team for the work they are doing for our pupils in so many ways, including via a thriving partnership programme which provides opportunities for our pupils to work alongside pupils from all over our region. Thank you to parents for your generous comments since the award was announced, and for your ongoing support.

We have also been delighted to receive (yet another) Green Flag Award, this time with a Certificate of Distinction; it has been great to see pupils throw themselves into the activities of the Eco Schools Team and I congratulate them, and thank those teachers who support this activity, on achieving this acknowledgement and recognition. One of the activities in the report we sent to the committee was beach clean trips jointly with the Prep School who, incidentally, also received a Green Flag with distinction for their submission this year. The newsletter contains some further evidence of collaboration between

senior and prep pupils with FAME students from the Sixth Form mentoring younger pupils before their Summer Fair. Well done all.

Last weekend saw the most inspiring and amazing concert as our former pupils returned en masse to join together to celebrate Katie Staggs' contributions to music at Yarm. There are some lovely photos of the event within, and I am grateful to so many former and current pupils for joining together for this emotional and wonderful tribute. I hope to make a former pupil music event a regular thing - watch this space. We also had our remarkable Upper Sixth students back on Monday for their leavers

concert. Role models every one, and a sense of camaraderie, togetherness and musical adventure drew the audience into an intimate and hugely enjoyable concert.

We have the Dovecote weekend to look forward to, with a range of events for all to enjoy. Please do come and bring friends and family to enjoy the various concerts and activities; it promises to be a festival of fun. Our rowers are at Henley qualifiers this weekend - we wish them the very best of luck. I very much look forward to a smorgasbord of events and activities next week as the end of term looms!

Dr Huw Williams



Independent Prep School of the Year!

Collecting the award (l-r) Huw Williams, Alex Horne (Awards Host), Laura Cardwell (Nursery EYFS Coordinator), Jill Pawluk (Prep School Deputy Head, Academic), Joanne Speight (Head of Pre-Prep), Bill Sawyer (Head of Prep School), and Simon Larter-Evans (Lead Judge). Photo credit: Tes Schools Awards 2024

DRAKEN VISIT

On Friday 21st June 2024, 13 Lower Sixth students from Yarm visited the Draken facility located at nearby Teesside Airport. A Global Company with its headquarters in the USA, Draken UK provides a unique and essential service to the British Defence Services in order to better prepare them for combat. For many years now (and under several different guises), this company has provided Emulation services in order to provide a realistic challenge to our frontline aircraft, both from the Royal Navy and the Royal Air force; what this means in reality is that they pretend to be (potential) enemy weaponry and then provide very realistic opposition (or Red Forces!) to challenge British and NATO forces as part of a wide range of training scenarios. Many of the staff there are ex-military although our host for the day, Ben, was previously a car salesman who had funded himself through pilot training and had looked for a new challenge after his Airline flying was terminated due to Lockdown.

In order to achieve these aims they use heavily modified business jets (Dassault Falcons) and ex-Military training jets (L-159E Honey Badgers) equipped with a wide range of Electronic counter measures (ECM) and other electronic wizardry in order to jam and/or modify a huge variety of electromagnetic signals used in air combat – in other words they can



realistically pretend to be a wave of Russian fighters one day and then become a Squadron of Chinese bombers the next in order to put our pilots through their paces. These services are desperately needed by our military as, despite Tom Cruise's best efforts to convince us otherwise, most modern warfare is carried out Beyond Visual Range (BVR) and so Tom would be shot down over 100 miles before he even gets a glimpse of us!

Whilst the technology involved in this form of industry is cutting edge and very complicated, members of Draken UK took the time to explain in straight forward terms to our students how

they do what they do. The first and most important point that was made was that they can NEVER be late for anything that they do, as time is a great deal of money in their business and not being in the air at the right time and place is not an option for them – this was a lesson that many of the Sixth Form will hopefully pick up on and learn from!

After the presentation our students were then lucky enough to be shown round all of the aircraft involved and, in the case of the Falcon, they were allowed to power-up and sit in the cockpit of the larger of their operational aircraft. These aircraft are almost 60 years old but the range of

DRAKEN VISIT (CONT.)

modifications and in particularly the addition of ultra-modern avionics means that these aircraft can still pose huge headaches to the pilots of the World's Air Forces when providing opposition.

Many thanks must go to Ben Cordwell and Heather Yarrow of Draken for

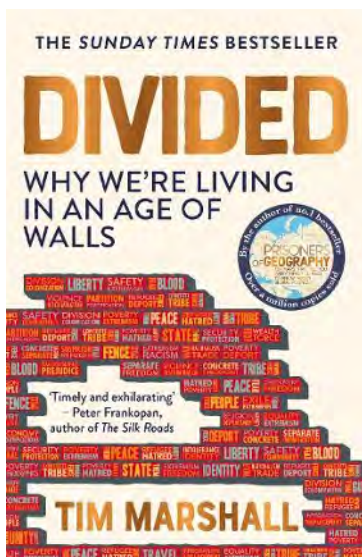
organising and delivering the visit and also to Mr Edwards of Yarm for arranging the whole event. For most of our students this was a first look into the professionalism and extremely high standards required to be part of such an organisation and, as such, was quite an eye-opener, particularly to those with aspirations

to work in this kind of industry in the future – as one of our students said, “it really opened my eyes to an extremely interesting section of aviation that I had not previously even been aware of”.

Mr D Skirving, Squadron Leader (Retd) and Maths teacher!

BOOK REVIEW

DIVIDED: WHY WE ARE LIVING IN AN AGE OF WALLS - TIM MARSHALL



Divided by Tim Marshall is a thought-provoking read. It delves into how geography shapes the politics and divisions in our modern world. The author goes on to explain the question of why we are living in an age of walls, and consequently the rise in nationalism and increasing support for reactionary parties. With the Great Wall of China as the starting point, the author goes on to describe and analyze the walls and divisions in the USA, the Middle East, Africa, Indian Subcontinent, Europe, and finally the UK. Marshall explores

why societies are split and what drives the divisions, whether it's walls, borders, or ideology. It truly makes you think about the world in a different way. The author doesn't just look at physical walls like the Berlin and Mexican ones, he also explores social and class divisions within countries, covering more obvious cases like Israel and Palestine, to the insidious culture within the US, where “one study in 1997 estimated that by then the USA had 20,000 gated communities housing 3 million residents.”

Though perhaps the most shocking and widespread division of all, is the one that dictates the ruling classes of the second largest populated country in the world. The Indian caste system dates back more than 3,000 years, and as Marshall explains, “tens of millions of people are denied basic human rights, not by law but by culture. This is not the image of India most people have; generations of tourists and student backpackers

return from India infused with the spirit of Hindusim, which promotes friendliness, non-violence, spiritualism and vegetarianism. Few see that alongside that it is one of the most degrading social systems on the planet.” Every page made me do a Google search to know more about a certain topic. In fact, I felt so ignorant at times; this book made me realize how much I still have to learn about what has already happened and what is currently happening in politics/society/culture worldwide. This is another short but highly informative book on geography/current political affairs by Marshall. I enjoy his style, it's simple without being simplistic and he wears his reading lightly. His humour has notably been toned right down this time round, but you can still see glimpses of it here and there, which helps lighten the tone now and then. It's definitely a book that can spark some interesting discussions!

Ellen Willis, Lower Sixth

DOVECOTE FESTIVAL THIS WEEKEND!

Click here www.yarmschool.org/dovecote2024 for more information about everything that's happening.



DOVECOTE FESTIVAL 2024

FRI 28th 'FOREVER YOUNG' - 6-7PM
'A SHANTY STROLL' - 7.15-8.45PM

SAT 29TH 'MEMENTO JUKE BOX' - 11-1PM

SUN 30TH 'JAZZ MASTERCLASS' - 10-12:30PM
'THE DOVECOTE CONCERT & BBQ' - 3.30-5PM

For details on all of these events go to www.yarmschool.org/dovecote24

SPROUTS COOKING FUN

On Thursday, I was joined by my Lower Sixth Community Action Group peers Yaseen Hegab and Sophia Kilkerrri in helping out in Sprouts' cooking project with our First and Second Years. Little Sprouts are a charity that promote wellbeing and healthy eating, and our First and Second Year pupils were given the opportunity to bake a Chocolate and Beetroot Cake, and a Vegetable and Lentil Curry. Unfortunately us sixth-formers left too early to taste the dishes, but I must say that they smelled delicious!

Ameen Khunda, Lower Sixth

On Thursday 20th June my friends and I went to the dining hall to cook with the Sprouts workers. We made some delicious food and got helpfully instructed on how to prepare the ingredients for the meal. We made: chocolate, beetroot cake, vegetable, lentil curry and a dip using cucumber, mint and Greek yoghurt. It was a great opportunity to cook with friends but also learn useful life skills. The food turned out wonderful and I would definitely recommend learning to make simple meals to enjoy as it is fun and useful!

Eleanor Wild, Second Year



ARTISTS' CORNER

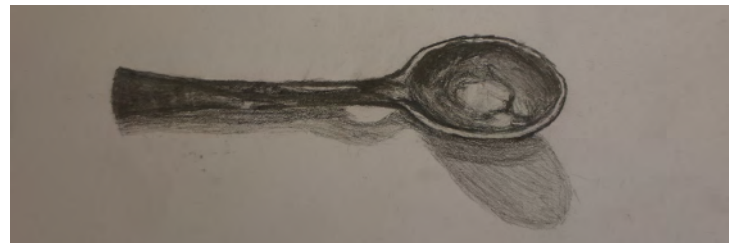
First Year pupils have produced some excellent artwork over the last few weeks. They have been learning about shading and proportions and how to make objects look 3D. Well done everyone!



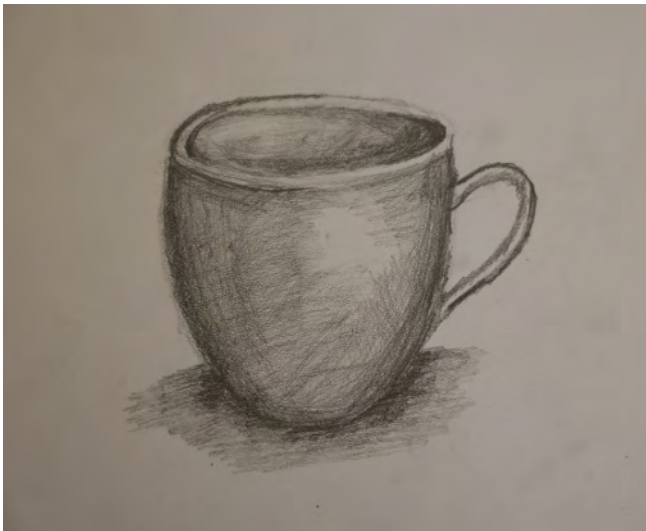
Alex Wormald



Harriet Batley



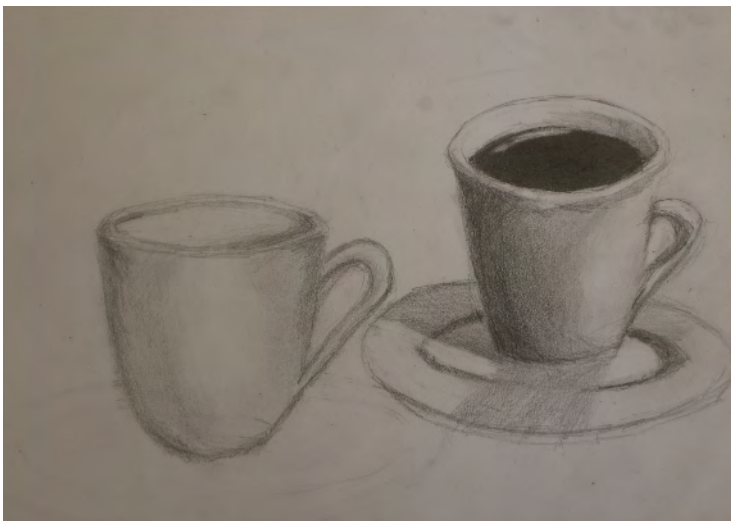
Arvind Kumar



Wilf Sawyer



Bea Maredia



Marawan Saad



Ciara Winters

LANGUAGES CAREER CLUSTER EVENT

Friarage Theatre - Live 'in person' Event

Tuesday 17th September
1800 - 2000

This week I wrote to parents of pupils from Fourth Year to Upper Sixth announcing the details of our next Career Cluster event. These popular events are ways of exploring in detail a career area in terms of education, training and the working practice of the field. On Tuesday 17th September we will be exploring the diversity of opportunities provided by studying and or working with languages. This should appeal to many current students and their

families keen to understand better the possibilities and benefits accrued by studying languages.

The event will be held in the Friarage Theatre and will take the format of three panel discussions with questions from parents and pupils in the audience, followed by a more informal session of meeting and mixing with the guest speakers and staff.

Amongst our guests will be former pupils now studying languages, guests who have used languages en route to their professions, as well as those using languages directly in their working lives.

It promises to be a popular event so I am asking that families register in advance so we have advance notice of the numbers involved. To do so please [register your details to this link](#). The event is also very much open to parents and pupils from other schools, so please do share details with friends and family members beyond the immediate Yarm School community. A booklet of details about the guest speakers will be emailed out in advance of the event.

Mr S Edwards

Career Cluster Evening: LANGUAGES CAREERS

Tues 17th September, 6pm - 8pm

Join us in the Friarage Theatre to explore the opportunities provided by studying or working with languages.

Discover the different pathways to your ideal career.

Suitable for 4th Year, 5th Year and Sixth Form students and parents.

Register to attend at:
<https://bit.ly/LanguagesCareerCluster>



CARNEGIE LITERARY TEA

On Thursday 20th June, Macmillan Academy and Conyers School joined forces with Yarm School Book Club for a relaxed afternoon of tea, scones and book talk.

We meet annually to discuss the shortlisted novels for the prestigious Carnegie YA fiction prize. Our discussions began with musings about the running theme of this year's shortlist. We considered the various presentations of 'communication', which was the spark for a host of conversations.

Questions were raised about - the

many stories that our history books overlook, whether poetry allows greater freedom as a mode of writing, and the power of teenage friendships.

As the afternoon drew to a close, having discussed all of the books nominated for this year's prize, we collectively decided upon a vote that 'Crossing the Line' by Tia Fisher was a worthy winner. It was deeply interesting to talk about a range of novels, from books about war (Safiyyah's War) to books about music (Steady for This).

Thank you to Mrs Dugdale, Mrs Mason, our guest schools and catering team!

Hira Rauf, Third Year



ECO SCHOOLS GREEN FLAG AWARD WINNERS!

We are delighted that both Prep School and Senior School have been awarded the prestigious Eco Schools Green Flag Award with distinction!

Well done to everyone who has worked hard on the Eco-Committees and supported the school's commitment to the eco cause.

Full report next week!



COMMUNITY ACTION GROUP BOOK COLLECTION

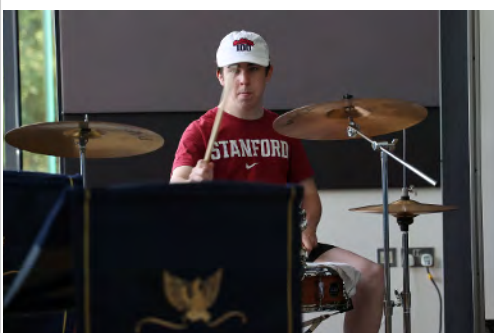
If you are having a clear out over the summer holiday, do please put any children's books to the one side until we return to school. In September, the Community Action Group is organising a book collection for 'Just Be a Child', a charity that sends second hand books to schools in Kenya in order to establish community libraries.

ALUMNI CONCERT: UNITED THROUGH MUSIC



2024 LEAVERS' CONCERT

Congratulations to our amazing class of 2024 who celebrated their time at school with a fabulous leavers' concert on Monday evening. Thank you for a wonderful evening and many years of musical contributions to Yarm School. You will be much missed!



MOCK GENERAL ELECTION WEEKLY REPORT

The third week of campaigning has passed, leaving only one week left for the candidates to get their points across before the vote on Monday 1st July. Many of the parties have spent this week working and talking to the younger years, exploring their policy and beliefs to gather some more voters. However, the key part of each week is the Friday hustling, this week focused on taxation and economy, a very prominent issue at the moment, taking place in the dance studio. Each party started by giving an overview of their policy: the Greens, represented by Dan Townsend, argued for higher taxation to fund higher public spending, but emphasised that this taxation would be focused at the richer end of society - quite a unique stance in comparison to the other parties. The Conservatives, represented by Oscar Studholme, promised to lower taxation and scrap national insurance; the Liberal Democrats, represented by Megan Kewley and Laura Burns, wanted a strong, fair economy that brings people back into work and benefits smaller businesses; Labour, represented by Isaac Akowuah, echoed similar sentiments of wanting to kick-start the economy with their structured spending plan. Reform, represented by Marcus Walters, also wanted to reduce taxation, particularly on income and inheritance tax, and boost the

economy back to a stable position.

With these introductions out of the way, the candidates were faced with a long list of audience questions.

First, the Green Party was asked if they considered their financial plan feasible and realistic, to which they responded that by increasing national insurance and fixing tax lodging, around 70 billion can be raised and that it is a general consensus that people should pay their equal share. Later, when asked if their policies are harming the general population more with higher taxation and such, they pointed to the fact that this additional money raised by taxation will be put back into building more homes, reducing CO2 emissions, and dispersing more power to a local level. This sparked a discussion across all parties about if their proposed plans are achievable: the Conservatives suggested that our economy is actually more robust than it looks as it has survived through significant global challenges in the last twenty years and that their plan looks to give people more spending power and grow the economy through that spending ability and lowered inflation.

Akowuah disputed that, suggesting that the Conservatives have been irresponsible in their almost fifteen years in government and that their plan offers long-term solutions through realistic and dynamic solutions, getting the growth to come

first and then act on the side of the worker. The Liberal Democrats argued to reverse some of the Conservatives tax cuts to prevent taxpayers from losing out on their money and shifting investment to new, greener businesses, with Reform wanting to encourage small businesses that have been held back to become a major part of our economy and to take money out of unnecessary areas like foreign aid and EU regulations to spend in Britain.

Walters was then asked by Townsend what exactly is holding businesses back, to which he responded that these changes are necessary to give companies their power, their rights, back over workers with more ability to hire and fire. Britain is already under significant pressure and so the focus needs to be on the British citizen first by adapting and changing the laws. The economy and immigration are closely linked, and each party was asked to give their view on that connection; Studholme assured us to the long-term effectiveness of the Rwanda plan, Labour argued that Rwanda is an inhumane procedure and that immigrant workers play a substantial role in the functioning of the economy but their needs to be a reasonable limit and the Lib Dems suggested that a change in administration is necessary for people to come through legal routes

MOCK GENERAL ELECTION WEEKLY REPORT (CONTINUED)

and be processed quickly to enter into and contribute to the economy faster. Finally, each party gave a closing statement as to why you should vote for them. The Greens said that it is a misconception that they are only about the environment, but that they are on the side of the few rather than the many and are fighting for more economic equality with infrastructure and salaries. The Conservatives said that they will increase the national living wage and

the minimum wage, and that they have already offered stability in global crises with the UK economy growing faster than many other countries like Germany, France and the USA. Reform has promised change now as they are the best option moving forwards. Labour emphasises their realism and that the economic growth will benefit everyone, as they are the party for everyone. Kewley and Burns from the Liberal Democrats ended by

saying that they are for the voters who have been wronged over the years, and that they will fix those wrongs.

As we move into the final week of campaigning, remember to be respectful and engaged with everything that is going on. The final hustings on the environment, transport and culture takes place Friday 28th June, so come prepared with some exciting questions.

Ava Carter, Lower Sixth

FAME STUDENTS MENTOR PREP PUPILS



Last Friday our Sixth Form FAME students, in their guise as Business Mentors to the Year 6 pupils, saw the fruits of their combined labour come

to fruition, as they helped the Prep pupils put the finishing touches to their stalls and stress tested for any problems.

The Sixth Form have gained so much from being able to support and guide and share their knowledge and experience, and we are extremely grateful to the pupils for being so receptive, enthusiastic and friendly, and to the Prep staff and Mr Stone for being so welcoming and giving our

students this opportunity.

The Sixth Form have enjoyed their weekly sessions "across the road" so much and look forward to reacquainting when we receive the pupils into our First Year in August. Miss Rhodes and Mr Stone were both really impressed with all the mentors but the winning ones. who helped steer their respective teams to overall success, were Harvey, Indeya and Kyra who were invited back to

the Prep for a celebratory meal with their mentees.

Miss C Rhodes



INDEPENDENT LEARNING PROJECT: ART AND DRAMA

This year saw the Art and Drama part of Second Year's Independent Learning Project take part in Newcastle.

Cuthbert and Oswald travelled North on Monday and Aidan and Bede had their trip on Thursday. The groups spent half the day taking part in an

Art workshop at the Laing Art Gallery and then swapped to do a workshop with an Actor/Director at Newcastle Theatre Royal on characterisation and starting devising through character development. The aim was to give the students a gallery and theatre

experience on site working with staff at both venues and to encourage their creativity and understanding of the possibilities and opportunities of both subjects further.

Huge thanks to the YSA whose generous funding supported this trip.



UNIFORM SHOP SUMMER OPENING HOURS

The Uniform Shop will be open over the Summer Holiday period on:
Tuesdays and Wednesdays 10am-3pm.

They will also be open for pre-booked appointments at alternative times - these can be arranged by emailing uniformshop@yarmschool.org.

THE RETURN OF "THE FOUNDING FATHER OF YARM ILP"



We were absolutely delighted to welcome back Dr Paul Chapman - former Director of Studies and current School Governor - but, dare I say most importantly of all, the man who first formally gave our pupils the chance to show their independence within the school day - to see the fruits of his creation and the legacy from those initial brave attempts to "ditch the timetable for a day" nearly twenty years ago!

Tasked with researching, devising, producing a prototype for and pitching a board game, in the space of a single day, our Second Years of 2024 were not thwarted and, supported by our fabulous team of Sixth Form facilitators, worked tirelessly! Bolstered by cookies and juice and challenged to self manage and allocate their tasks, staff co-ordinators were so impressed by pupil progress through the day, and so was Dr Chapman, who enjoyed

the opportunity to chat to the teams whilst they worked.

We are really grateful to Dr Chapman for his initial belief in the ILP idea, and his ongoing support of the learning model.

At the time of writing this we have had the first of the two days, so Miss Rhodes and Mrs Jackson would like to thank the fabulous Sixth Form helpers (Jack, Ishita, Olivia, Oliver, Jitha, Sam and Annabel) and our judges Mrs Robson, Miss Dodds, Ishita and Mrs Bridle for giving so generously of their time.

We also want to commend the two students who were named as Outstanding Students namely Ben Simpson and Monty Proctor - Well Done to them, but also well done to the pupils and staff who have worked so hard!

Miss C Rhodes

The ILP day began with Miss Rhodes and Mrs Jackson providing a brief overview of the day's objective: to create a board game. After the introduction, the second-year students broke into their teams, each guided by a sixth-form mentor to help develop their ideas.

All groups decided to base their board games on the theme of travel. Once they brainstormed their initial concepts, they eagerly began the production phase, fully immersing themselves in the creative process. After an hour of hard work, they took a short break for juice and biscuits. As mentors, we were especially pleased to witness the high level of engagement among the second-year students throughout the day and It was a pleasure to be a part of.

As lunch approached, the groups worked diligently to accomplish as much as possible in preparation for the afternoon's practice pitch session. Following lunch, they added the final touches to their games and honed their presentations as the judging time drew near.

Then going into the afternoon with a final practice of pitches on the hardcourt, the judging began. The groups all had to present the board games in front of judges where they

THE RETURN OF "THE FOUNDING FATHER OF YARM ILP" CONTINUED

were meticulously questioned about how they would market their game, what strategy they used to come up with their price, where they would sell and what made their game unique. Overall it was clear that everyone had given their all in the day and it was a great success.

Sam Page, Lower Sixth

As Sixth Form facilitators, it was our

role to help advise and guide the Second Years about their board games and to aid them throughout the day. We watched them as they created their games and pitches and reported back to Miss Rhodes and Mrs Jackson our thoughts on who was outstanding in their contribution. Overall the day was incredibly fun, gaining and teaching entrepreneurial skills and putting our pitch training from Yarm Apprentice

to good use, passing it down to the younger pupils so they could produce the best products they could! My experience judging was also very interesting as I was able to see how they pulled everything together and to see the product of their hard work.

Ishita Pathare, Lower Sixth



SWIMMING

Congratulations to all our swimmers who have qualified to swim in national competitions this summer.

At the the British Swimming Championships, Hannah Bettinson (Lower Sixth) will be competing in the 50m, 100m and 200m breaststroke, Ryan Mills (Fifth Year) has qualified for

the 50m, 100m and 200m breaststroke as well as the 4 x 100m IM relay, and Harry Whitfield (3rd Year) will swim in the 400m, 800m and 1500m freestyle.

Harry Whitfield and Lucy Oliver (3rd Year) have also qualified to swim at the Swim England Summer Nationals

championships which take place immediately after the British Swimming Championships. Harry will be competing in the 100m Butterfly and Lucy in the 200m Butterfly.

Good luck to all of you!

SPORTS WEEK AHEAD

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

EMMA KENNY - KILLER CULTS

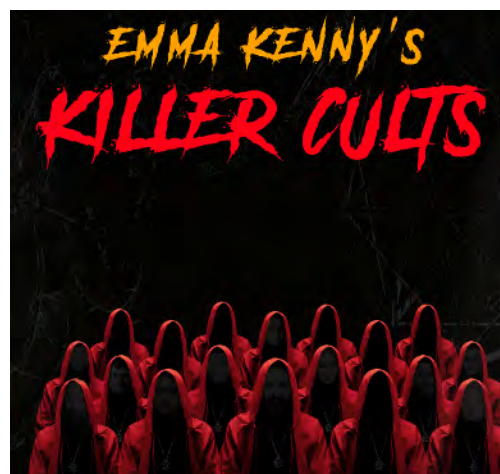
Following on from the success of her 'Serial Killer Next Door' tour, psychology expert EMMA KENNY continues her journey into true crime and explores the mysterious and manipulative world of cults.

How can ordinary people, living normal lives, choose to leave their families, friends and everything they have ever known to join a cult?

What is it about the power and allure of cult leaders that makes them able to control the minds of their members? And why do these so-called spiritual leaders turn into malevolent murderers?

Sunday 1st September, 7:30pm

[Book Online Here](#)



THE MANFREDS - HITS AND MORE IN '24

Following the huge success of their 60th anniversary tour in 2023, The Manfreds will be returning to Yarm.

They are considered one of the finest and most respected bands from the 1960's era. Their numerous hits were not just 'pop' songs, many were R&B based with an undercurrent of jazz – a very unusual but winning combination of playing style and substance.

Friday 20th September, 7:30pm

[Book Online Here](#)



THE ROCKETMAN - A TRIBUTE TO SIR ELTON JOHN

Pack your bags, strap yourself in, zero hour 7.30pm, for a night like no other as we celebrate Sir Elton John!

The Rocket Man is the world's favourite celebration to a musical icon, playing to audiences all around the world and we are delighted to announce our UK tour for 2024.

So, catch a star if you can, and wish for something special as we ask you, are you ready for love?

No one else recreates the flamboyant megastar with as much vigour and brilliance.

Saturday 28th September, 7:30pm

[Book Online Here](#)



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, iPassword 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.



NOS
National Online Safety®
#WakeUpWednesday

Source: www.ncsc.gov.uk/collection/top-tips-for-staying-secure-online/three-random-word | <https://haveibeenpwned.com>

Newsletter, 26.06.2024

This week is World Wellbeing Week 2024, a great opportunity to consider the stresses and pressures that can affect our wellbeing, as well as the sources of support and help that we can draw on.

We love Wellbeing Week's five interlocking steps to wellbeing, and we've suggested some Tooled Up resources to support each one!

Connect: Introduce children to our friendship-initiating [questions](#) and our [strategies](#) for making friends in any environment! And for parents, here's our [webinar](#) on staying connected with children when you have a busy, high-stress lifestyle.

Be Active: There's always something new to try! The benefits of sport and physical activity extend well beyond fitness and into our emotional health and academic success. Here's our [list](#) of 100 sporting activities children can attempt, along with [50 fun ideas](#) for staying active at home.

Take Notice: These [apps](#) can help children engage with nature, these [meditations](#) for young children encourage mindfulness, and our [body gratitude](#) activity helps children pay more attention to the thing they spend most time with: themselves!

Keep Learning: Life is a learning journey! We've recently produced three informative and practical webinars on helping children prepare for the new stage in their education. Watch Dr Kathy Weston on getting children [nursery school-ready](#), [primary school-ready](#) and [senior school-ready](#)!

Give To Others: At Tooled Up we love promoting kindness amongst young people. Explore our [100 Acts of Kindness](#) with your child, and our [Fundraising Ideas for Families](#) here!

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](#).





Making Friends



Staying Connected With Our Children



100 Sports for Children to Try



Meditations for Younger Children



Body Gratitude



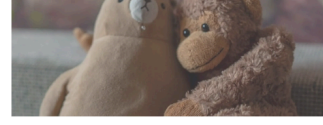
Getting Children Nursery School-Ready



Getting Children Primary School-Ready



Getting Children Senior School-Ready



Getting Children Senior School-Ready

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