

## HEADMASTER'S WELCOME

It has been lovely to welcome parents of the Lower Sixth and First Year into school to try and give a flavour of the experiences to come for their sons and daughters, and also to reiterate the role of the YSA committee in supporting events and activities for parents to enjoy as part of our school community. The busy life we described to parents is well and truly underway with House Drama rehearsals, sports practices and fixtures, music rehearsals and instrumental lessons, societies and activities all up and running and a variety of trips planned - school is a hive of activity.

The newsletter offers a fascinating glimpse into some of the highlights, with two former pupils visiting the school to share their experiences, dinner in Yarm with our MP, work experience summaries, Yarm Apprentice news, student-led and organised societies launched, including a new initiative by Upper Sixth students for pupils in younger years interested in medicine and dentistry. We enjoy First Year Alex's artwork in the Artists' Corner, hear about cricket success and learn a new



Faye Rogers wins gold!

term (for me, at least) in neurographica - I recommend you read on to find out more!

Parents of pupils in fourth year and above are welcome to next Tuesday's Careers Cluster event on Languages - more detail within, but well worth exploring to hear about how languages can support and diversify a career.

We have celebrated the stunning success of former student Faye Rogers, pictured, who claimed Paralympic glory with a gold medal in

the 100m S10 Butterfly. This astonishing outcome after her heroic journey following a car accident has been inspirational. We are all very proud of her achievement and hope to see her back in school - with her medal, if we're lucky - at some point in the future. Faye joins Kat Copeland - rowing gold medallist in London 2012 - as former pupils who have reached the very pinnacle of their sports!

Dr Huw Williams

## WORKING LUNCH WITH LIBERTY

It is evident that the new school year is now truly underway as we welcomed our first FAME Working Lunch speaker of the 24/25 season. The appetite of the Sixth Form (Lower and Upper Sixth, from the department and beyond) for considering their options was apparent, as thirty students assembled to hear from former pupil Liberty Duncan (class of 23). Whilst completing her Sixth Form studies at Yarm (including Business A level) Liberty had become increasingly convinced of the merits of an apprenticeship route and, seeing and hearing from her today, it was clear that she had definitely made the right choice. After working from home for a period of time over the summer, Liberty is due back in Belfast next week to continue with her Flying Start Business Management Degree Apprenticeship, and she generously



gave her time to enlighten and advise our existing students. Liberty extolled the merits of earning a salary as part of a good employment package, whilst being in a supportive working environment, being encouraged to pursue professional qualifications and networking, all whilst studying for a degree through day release. Currently an Advalue Deals Analyst, she described her fascinating role in Financial Crime. She talked through the process of application and

explained how she had prepared for the competitive selection process. Liberty is clearly extremely happy in her role and we are grateful for her ongoing support of our students and department. We will follow her career path with interest and know that she will stay in contact, and indeed she has very kindly offered guidance to any of our current cohort wanting to follow in her footsteps.

Miss C Rhodes

## POLITICS STUDENTS ATTEND 'WILDING' DOCUMENTARY SCREENING

As part of the wider offerings for Sixth Form, student groups such as the Politics Society attend lectures and events throughout the course of the year. This week a group of L6 and U6 Politics students attended a screening of the [2023 documentary film 'Wilding'](#) at the Arc in Stockton. Based on the 2018 book of the same name by Isabella Tree, the film recounts the attempt by the author and Charlie Burrell to rewild an area of West Sussex. Their efforts and

their impact has been described as one of the most significant rewilding experiments in Europe. It is a beautiful piece of film-making, recreating aspects of the twenty year project. After the screening there was a Q&A with Isabella Tree explaining further details of the project, the story behind the making of the documentary and an update on the progress of the project.

Mr S Edwards



## SUMMER WORK EXPERIENCE

This week we are featuring some more work experience placements undertaken during the summer holidays. First there is Chloe Porter in the Lower Sixth detailing her time at Deloitte, and then Alice Ward describing her experience at the Mercedes F1 Team.

Mr S Edwards

### Deloitte

Over the summer holidays, I took part in a two-day virtual work experience programme with Deloitte. It was open to pupils in Year 10 and 11, and you had to go through some testing before being chosen to take part. Over the two days, there was a wide range of speakers discussing what it is like to work at a company like Deloitte, but also what skills would help you stand out in a competitive field. They also spoke to us about the career opportunities in Deloitte, such as their Bright Start Apprenticeship and summer internships. One of the most interesting talks was from an American entrepreneur, Nanxi Liu, who spoke about her experience moving to America and building her three tech companies before being named on the 'Forbes 30 Under 30' list. Her story was very inspiring and the advice she gave to us helped me to understand the hard work and sacrifice needed to be successful. The experience was very insightful and helped me to consider the

different career paths available and what I can do now to prepare myself for the future. I really enjoyed the programme and would recommend this experience.

Chloe Porter, Lower Sixth

### Mercedes F1

I completed Work Experience at Mercedes F1 Team for four days over the summer. I spent two days in the machine shop, learning all about how they design and manufacture the metal parts that go onto the car, as well as how they maintain and prepare the machines that make them. Throughout these 2 days, I designed a miniature pirelli tyre using their CAD system and then programmed how it would be made on the machines. They also taught me how to weld certain parts together. For the second two days I was based in electronics where I spent a couple of hours talking to each of the people based there about what they do and how they do it. I even got to see the main-body of the two cars in the race-bay, with all the electronics exposed, which was fascinating. I also got the chance to go to the kit shop, where I was allowed to hold Lewis Hamilton's helmet, see all his race kit, huge shoe collection, and even try his gloves on!. It was an amazing experience that I will never forget.

Alice Ward, Lower Sixth

## POLITICS STUDENTS DINE WITH MEMBER OF PARLIAMENT



To start off the new school year and the beginning of a new A Level L6 Politics students had dinner with Stockton West MP, Matt Vickers. Our guest was accompanied by a former parliamentary candidate for Chesterfield and current assistant to Robert Jenrick in his leadership bid. All of this and the results of the general election gave the students much to discuss over a lovely meal at Soul Curry in Yarm. Conversation topics included exploring the shift to being in opposition, Matt's role as an assistant to Rishi Sunak, local issues and challenges in the constituency, as well as pressures of life as an MP and the day-to-day challenges and opportunities of life working in Westminster. It was a great first exposure to the students of life in party politics and we are most grateful to Matt and his team for their time and effort.

Mr S Edwards

## SUN, SEA AND ECONOMICS



A new year, new Chairs of Society, new Sixth Formers, but what hasn't changed is the superb enthusiasm for EconBus Soc! Thursday lunchtime saw a full B1, and a fabulous mix of new and old faces keen to hear from

our EconBus Societal Chairs. Harvey and Sam (co Econ Chairs) opted to lead by example and chose to give the first presentation of the academic year themselves, and they have certainly set the bar high. In an

amusing, accessible yet educational and enlightening talk they made the audience from both within and beyond the department appreciate the initial Economic impact of the new Labour government, whilst also explaining the base rate change, considering the cost to the NHS and travel plans of the July IT outage and discussing key indicators of both the UK and USA economies. The pace was frenetic and the enthusiasm of the presenters palpable.

Next week is the turn of Alex and Finlay the other departmental Chairs, and we advise attendees to arrive early as demand for chairs may again far exceed supply.

Miss C Rhodes

## ARTISTS' CORNER

In addition to their Art lessons, lots of pupils enjoy a variety of creative activities outside of school such as Alex Prideaux in First Year. These drawings are a small selection from her lovely sketch book where she creates her own imaginary characters to illustrate the stories that she writes. Fantastic artwork and imagination Alex, well done!



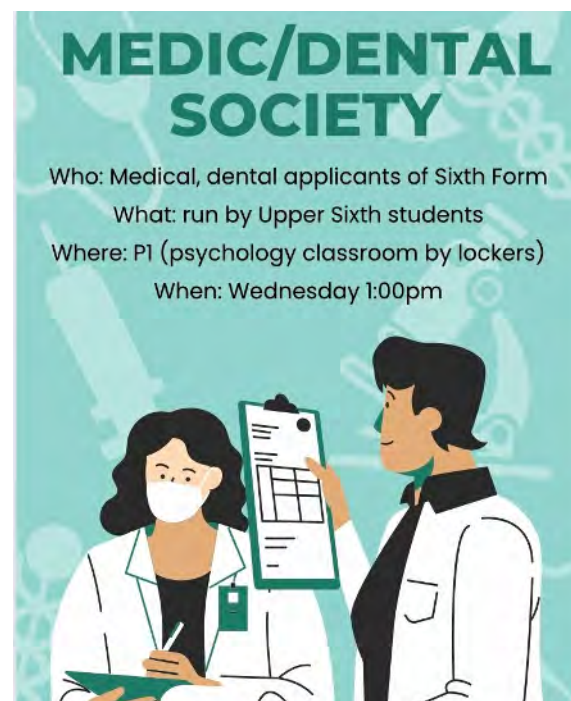
## MEDIC / DENTAL SOCIETY

Last week was the first meet up for our new Student-Led Medic/Dental Society. This is a group for any aspiring Medics or Dentists in the Sixth Form and will be run by the Upper Sixth. We will give advice on the application process, hold debates on medical hot topics and run individual/group presentations. Anyone who is interested in presenting anything healthcare-related, feel free to email Nila Baskar or Naeha Rajaram to organise a date.

This week we held a debate on the Bawa Garba case, the group split into two teams and delved into researching and planning their speeches before presenting their side of the argument to everyone.

These sessions run every Wednesday lunchtime at 1pm in P1 so pop along if you're interested or have any questions to ask us.

Nila Baskar, Upper Sixth



## LANGUAGES CAREER CLUSTER EVENING

Join us to find out more about studying and working with languages. More information about the evening, a link to register, and information on the delegates attending can be found [in the booklet here](#).

### Career Cluster Evening:

# LANGUAGES CAREERS

Tues 17th September, 6pm - 8pm

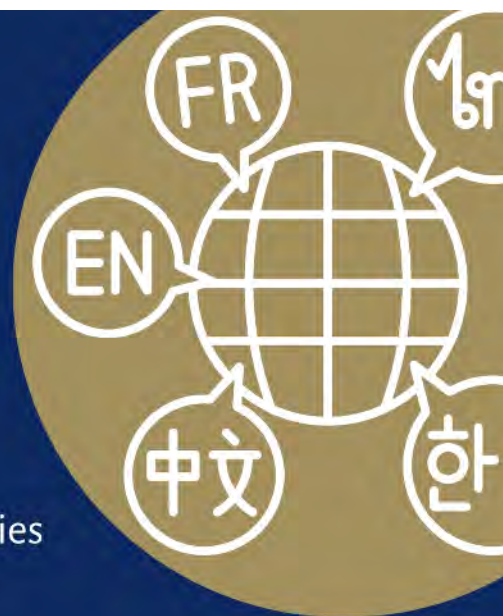
Join us in the Friarage Theatre to explore the opportunities provided by studying or working with languages.

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>



## SCHOOL CAPTAIN RETURNS TO SHARE LESSONS IN CHINA WITH POLITICS SOCIETY

We were delighted to welcome back to school on Friday Sam Hardy. Leaving us five years ago, Sam's gap year in China coincided with Covid at a time of heightened significance of that country. Spending time working at an international school whilst developing his nascent love of the language, Sam ended up spending two years in China before returning to the UK to start his undergraduate degree in Chinese at the School of Oriental and African Studies (SOAS) in London. He has just completed his third year spending the year studying in Beijing.

In addition to an academic interest in China Sam is also deeply interested and engaged in cultural aspects, extending to music and instrumentation. He heads up a number of university and non-university organisations committed to disseminating better understanding and appreciation of



China. On Friday Sam returned to deliver a lecture and field a discussion that spanned the vast historical reach of Chinese history, finding common threads from the ancient, imperial and revolutionary periods, as well as looking at the development of political thought as it has morphed over the centuries and decades.

It was a fascinating session that left all wanting more time and a longer

opportunity to discuss additional themes. Sam generously provided a considered reading, listening and watching list, and has generously agreed to respond to all additional questions that the students submit. We wish Sam all the very best as he enters his final year and thank you most sincerely for his time and effort in delivering such an invaluable insight into China.

Mr S Edwards

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## HOW TO CHOOSE A UNIVERSITY?

The current Upper Sixth students are in the process of selecting their university choices for this year's application. Whilst some specialist courses have a limited number of institutions offering their course making 'choosing' that much easier, most students can find themselves facing a dizzying array of choices. There is a good deal of advice and expertise within the school that will assist them, but it is important that students conduct their own research when trying to tailor their wishes and needs to the options that exist.

Last week saw the publication of the [2025 Guardian University Guide](#). There are several such guides, with differing results as they will be varying the aspects they measure. All are a useful source of insight into the suitability of a course and institution for a student. The Guardian builds its

outcomes around eight 'measures of performance', culminating in a survey of almost seventy subjects. The areas being examined are: entry standards, student-staff ratios, expenditure per student, continuation, student satisfaction, value added and career prospects.

It is important that students explore with an open mind and not just look to confirm established prejudices. The report contains some surprises worth noting; Surrey is now into the top 20 with the Education graduates

'amongst the most employable'. Lancaster continues with its consistent performance, as others rise and fall, having been in the top 15 for more than a decade, this year reaching 11th, assisted by low dropout rates and high student satisfaction levels.

In an age when universities are increasingly been put under the spotlight, not least for their 'value', a tool such as this report should be welcome and valuable reading for all.

Mr S Edwards

### Highest entry tariff

1. St Andrews
2. Glasgow
3. Strathclyde
4. Cambridge
5. Imperial

### Civil Engineering

1. Bristol
2. Imperial
3. Strathclyde
4. Southampton
5. Sheffield

### Teaching Satisfaction

1. Oxford
2. St. Andrews
3. Buckinghamshire New University
4. Suffolk
5. Glyndwr

### Fashion and Textiles

1. Loughborough
2. Trinity Saint Davids
3. Edinburgh
4. Kingston
5. Staffordshire

### Biomedical Science

1. Oxford
2. Teesside
3. Lancaster
4. Edinburgh
5. Ulster

### International Relations

1. St Andrews
2. Glasgow
3. LSE
4. Loughborough
5. King's College London

## 'NEUROGRAPHIC' ART ACTIVITY SESSION



This week, our 'Neurographic' art activity session got underway. Neurographica is a unique drawing method that combines art and psychology. It involves drawing free-flowing lines and shapes that resemble the brain's neural connections, helping the artist to express their thoughts and emotions in a fun, non-verbal way. The process is simple and engaging, yet it promotes mindfulness and emotional well-being by encouraging children to reflect on their feelings while creating beautiful, abstract art. Neurographica also enhances concentration skills, reduces stress and boosts creativity, making it a great tool for personal growth and emotional resilience. Best of all, it's an activity that any child can enjoy, no matter their artistic skill level! All attendees created stunning pieces of art and hopefully felt calm and relaxed by the end of Period 6 on Tuesday!

Mrs E Bridle

## YARM APPRENTICE

Where? - The EconBus Dep

When? - Every Tuesday

Who? - 24 wannabe Apprentices

What? - Yarm Apprentice

Yes, Yarm Apprentice is back... and our keen Lower Sixth confidently think that they are ready to solve problems, face real life challenges, pitch solutions, encounter a range of Lord Sugars, justify their Boardroom survival and have their every move scrutinised by our own Karrens and Tims!

For those curious to hear why the 24/25 cohort think they have what it takes to win, please see the board outside B1 and to see the teams in action come to the EconBus Dep on Open Day!

Who will be our 2025 Yarm Apprentice? Truly nobody knows, but it is going to be fun to see the teams in action and to see the competition heat up....

Miss C Rhodes



## WILL THE TEAMS BE UPSTANDING...

Will the teams be upstanding....

Yes, this command heralded the arrival of our Lord Sugar No.1 - in the form of Ms Parker (Yarm School Marketing) - ready to set Task No.1

She reminded the twenty-four excited competitors that the school is fast approaching its 50th Anniversary, and we now have an established alumni base. Former pupils are invited back to offer careers guidance, mock interviews and working lunches but also for sports events, seasonal meet ups and we even have alumni events off site, for example the London and Newcastle meets. At many of these events drinks are consumed and recent data shows that 19% of adults in the UK do not consume alcohol, hence...

Thus the scene was set for the first task of YA 2025 - Namely to design a Yarm School mocktail, which importantly needs to clearly reflect the school, and students were advised that credit will be given for effective research and costing.

Each team was instructed to select a PM and to also decide on a subteam manager. And advised that expectations are high for quality and creativity, but also affordability!

Teams will be required to pitch in the Boardroom on Tuesday 1st October, when one or more participants will be fired!!

With Noah Barron

and Megan Hull being selected as Project Manager, and Olivia Mitchell and George Craggs serving as their subteam managers - teams must remember that Miss Rhodes, Mr Menzies and Ishita (our experienced student facilitator) will be the eyes and ears of Lord Sugar and nothing will escape them...

Good Luck to our teams Fizzy Phoenix and Phoenix!!

Miss CE Rhodes





## PARALYMPIC GOLD!

Congratulations to former pupil Faye Rogers for winning Paralympics GOLD medalist in the S10 Women's 100m Butterfly.

Faye competed in the GB Olympic trials as a Sixth Former at Yarm, and responded with incredible fortitude since the car accident that left her with injuries that changed the course of her swimming career. She was incredible as our Guest of Honour at last term's Prep School Prizegiving

recalling her journey to being a Paralympic athlete and providing inspiration to our pupils and staff, with a lesson in the importance of grit, resilience, hope and unfailing determination.

Faye competed in 3 finals at the Paris Paralympics: Women's 100m Butterfly S10 (1st), Women's 200m Medley SM10 (5th) and Women's 400m Freestyle S10 (5th).

## SPORT WEEK AHEAD

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

## CHARLIE OFF TO PLAY CRICKET IN AUSTRALIA

Well done to talented cricketer Charlie Scorer who has secured a contract with Colts Phelans Cricket Club, Australia. He heads down under later this month to spend his some of his gap year lending his cricketing excellence to the Victoria-based team. Charlie will be supported by the club throughout his time there, with his accommodation already organised with the help of his new coach. After 7 years of

education and exams, Charlie is keen to travel and to take in three consecutive summers where he will build on his experiences cricketing for Durham and with Castle Eden Cricket Club. Having studied Psychology, History and Politics at Yarm, Charlie has secured a place to read Philosophy and Politics at Leeds University and deferred it until September 2025. We wish you all the best in your gap year adventure!



## TOM VISITS LORD'S FOR ACHIEVEMENT DAY

In further cricket news, we were proud to see Tom Howard, former pupil, recognised for his 5 for 24 for Yarm school against MCC in June 2023. Tom was delighted to accept the invite to visit Lord's for an Achievement Day during the Test Match between England and Sri

Lanka at the end of summer 2024. Tom is pictured at Lords with Mark Nicholas, a commentator with a lot of experience in the sport having played for Hampshire and best known for his broadcasting on cricket. Well done Tom!

Photo credit © MCC/Jed Leicester



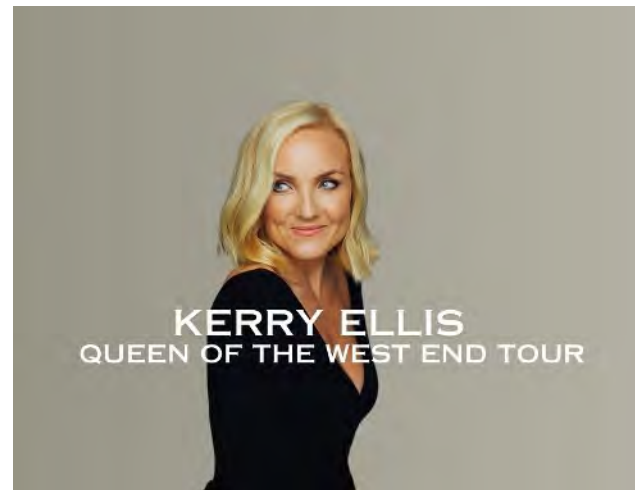
## KERRY ELLIS - QUEEN OF THE WEST END TOUR

From My Fair Lady to We Will Rock You, from Les Miserables to Wicked, in both the West End and on Broadway, she has starred in musical theatre's biggest roles, making shows her own and earning her numerous awards. Her list of credits is remarkable and also include Oliver!, Cats, Miss Saigon, Chess, The War Of The Worlds, and Anything Goes, among many others.

A unique opportunity to see and hear the West End's biggest hits in a very intimate setting on a tour of the UK. Don't miss it!

**Sunday 6th October, 7.30pm**

[Book Online Here](#)



## GERARDO RODRIGUES - PIANO SOLO TOUR '24

His Piano Solo Concert, is 90 minutes of pure emotions, just how all his music was composed – Only at the piano.

Gerardo Rodrigues is, without a doubt, a name that has established

himself in music, and leaves no one, who has attended one of his concerts, indifferent.

Don't miss his return to the Princess Alexandra Auditorium.

**Monday 7th October, 7pm**

[Book Online Here](#)



## ALED JONES - FULL CIRCLE TOUR

Prepare to hear Aled Jones as you've never heard him before.

He was the boy treble who captivated the world with his angelic voice.

Selling over seven million albums, Aled was the original, classical crossover star. His recording of Walking in the Air, from the animated film The Snowman, firmly established him as a household name and he has become an integral part of the nation's festivities. Now, after 40 years in the business, he's looking back on a remarkable career with a one-man show, that will feature never-before-heard music, tales from the decades and for the first time, his story told in his own words. It's time to come Full Circle.



**Friday 11th October, 7.30pm**

[Book Online Here](#)

# What Parents & Educators Need to Know about

# WHATSAPP

AGE RESTRICTION  
**13+**

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients; not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

## WHAT ARE THE RISKS?

### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' – plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends, for example) containing other people that they don't know.

### CHAT LOCK

In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID authentication. They subsequently developed an additional feature – 'Secret Code' – where users set a unique password for their locked chats. Unfortunately, this function creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of (such as age-inappropriate material).

### COMMUNITIES AND GROUPS

A community is a collection of related groups on WhatsApp. They can consist of thousands of users. Communities can often be used by scammers to target large groups, hoping someone clicks on their link or responds to their requests. In communities and groups, there are multiple ongoing conversations, which results in pressure to respond. Members – even if they are not each other's contacts – will be able to see any messages sent into the group.

### 'VIEW ONCE' CONTENT

The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content – but a recently added WhatsApp feature now blocks this, citing protection of privacy.

### FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out, for example. However, anyone in a user's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Educators

VPING...

### EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution: get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

### ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to 'My Contacts' or 'My Contacts Except ...'. Additionally, if a child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

### DISCUSS GROUP CHATS

Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or for any reason, in fact.

### THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

### CHAT ABOUT PRIVACY

Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a 'Locked Chats' folder, you might want to talk about the sort of content they've stored in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any 'view once' content, it could be helpful to ask them why.

### Meet Our Expert

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



...HEY  
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## Newsletter, 11.09.2024

After the initial back-to-school rush when we're getting used to new stages, new environments and new routines, it's normal for some nerves and anxiety to creep in for children and parents alike. This is a great time to consider the ways that we support each other at home and within the family.

**Family "audits"** are periodic conversations where you evaluate what is working well in family life, and perhaps some things that need improving. When we 'check in' with our children, we are showing them we care about their feelings and are committed to taking proactive steps to improve family life. Try this [template](#) to spark a family chat or use these [tips](#) to navigate through more difficult family conversations. If co-parenting, consider areas of consensus or disagreement with our [Parenting Behaviours Audit](#).

If **wobbles** (feelings of anxiety and uncertainty) – are affecting your family at the start of the new academic year, Tooled Up has resources to help your children and adults. Our popular [wobble ladder](#), and the slightly more detailed [wobble worksheet](#) for older children, offers an easy and visual way to plan for dealing with moments of anxiety. For more information on childhood anxiety listen to this [podcast](#) with Professor Cathy Creswell of Oxford University.

**Staying connected** is vital to family relationships but can be tricky once the routine of work and school kicks in. This [webinar](#) with Dr Gauri Seth explores how we can stay emotionally connected with our children while juggling our stressful lives. Dr Seth also joined Tooled Up for this [webinar](#) on navigating the teen brain and staying connected with your child as they get older. Parents of boarders can use these [strategies](#) over the period of separation.

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](#).





Family Audit Template



Difficult Family Conversations



Parenting Behaviours Audit



Wobble Ladder: Overcoming Anxiety



Wobble Worksheet



Childhood Anxiety



Connecting with our Children



Navigating the Teen Brain



Parenting a Child at Boarding School

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