

HEADMASTER'S WELCOME

I was inspired by the Languages Careers Cluster event we hosted on Tuesday, with a formidable line up of former pupils and other panellists who have explored careers with languages as a key component or, for some, whose exposure to languages provided a suite of skills and confidences that enable them to thrive. Being bilingual myself - and whilst Welsh is not the language of business or commerce anywhere beyond parts of Wales and, naturally, Patagonia(!) - I greatly value the perspectives that understanding a different language provides. This is something we will focus on in our celebrations of the European Day of Languages, next week. As Mr Bridges' report explains, the Careers Cluster will have reassured and excited pupils and parents who attended of the value and impact of studying languages.

Our Senior Prize Giving ceremony last Friday welcomed former Sixth Form student Ben Bradley back to speak to us about his experiences at GSK, giving advice to our leavers, and current students, on how to approach the challenges and opportunities of

university and the world of work. The Chairman of Governors urged our leavers to have pride in their School and to appreciate the support and commitment of their parents in sending them to Yarm. We also heard some outstanding musical contributions from our Sixth Form band 'Three Down'.

The newsletter contains an award winning poem from Dora, which I urge everyone to read, and some news from Esther following a summer of drama in Belfast - congratulations to her. We hear from former pupils Tegan on the application process for Oxbridge, and from the Med Den Soc and the CCF on their recent activities.

Sporting reports demonstrate the value of teamwork, commitment and ambition, with our teams making excellent progress early in the season. Looking ahead, House Drama rehearsals are in full swing, and tickets are now on sale for what promises to be a riotous night of entertainment. We also anticipate a lovely evening of music in the first of this term's Concert and Cake series, on Monday, 14th October. This weekend we will be at the Stokesley Show - do drop by and say hello if you're passing!

Dr Huw Williams



Kayla Roberts receiving the Chairman's Endeavour Shield at Prize Giving

PETER THOMPSON HELPS PREPARE POLITICS STUDENTS FOR THEIR ALBANIA STUDY TOUR



Peter Thompson in Tirana with the late giant of Albanian literature and fifteen times Nobel Prize nominee, Ismail Kadare

Thursday lunchtime witnessed the coming together of those U6 Politics students soon to head off to Albania for their study tour. An overseas trip is an annual offering to Politics students, allowing an opportunity for students to gain insight into the political and cultural life of a country, whilst making comparisons to their own systems and structures in the UK.

For a number of years former Yarm School pupil and School Captain, Peter Thompson, had been living in Tirana, working as the Principal of an English language IB school in the capital. He has been enormously helpful behind the scenes in his support of the forthcoming trip, with

suggestions of possible visits and meetings for the students.

Peter recently returned to the UK with his wife and two children to take up a new post at St. Benedict's, Ealing, a co-educational independent Roman Catholic day school in west London. In a remote call during an undoubtedly busy lunchtime for Peter, he shared with us his impression of Albania, ranging from his love of the culture, the hospitality, the food, family values and general warmth and friendliness of the country. Beyond this we also discussed the nature of political life in the country, the role and place of faith within the country, as well as external perceptions of Albania. There are challenges for the country with a brain-drain of their leading professionals heading mostly to Germany, and education overseas being an aspiration for those better positioned to realise this goal.

Peter enthused with a warmth and generosity of spirit of his own, that would explain his affinity to this country, and made sure we looked out for an opportunity to experience the national dancing! We would like to thank Peter for his support of the students and the October half-term trip, as well as wish him and his family all best wishes as they settled into life back in the UK.

Mr S Edwards

ECONBUS SOC: THE BUSINESS OF AI



EconBus Soc this week saw Finlay and Alex (the Bus Chairs of the Society) lead by example as they explored the current and pertinent topic of AI and how it impacts on Businesses. First looking at its history and current application before examining the opportunities and threats it may create, it was a fascinating presentation which sparked discussion and (of course) a plethora of questions. Attendance was high from both the Lower and Upper Sixth, with support coming from within and beyond the department.

The departmental Chairs have set really high standards thus far this term and we are delighted that next week we will start to hear from other students in the year, with James set to introduce the cohort to doughnuts....

Thanks to Alex and Finlay for entertaining and challenging their audience on a Thursday lunchtime!

Miss C E Rhodes

CHERRY BLOSSOM TREE POEM PUBLISHED

Congratulations to Dora Bonner, Second Year, whose work has been chosen for publication in a young writers' work called *Through Their Eyes - Rhymes From The UK*. Dora dedicated her poem to her Yarm English teacher last year, Miss Agerbaek, and describes it as 'a poem to show the different stages of grief and how it can affect how we see things we once loved'.



We danced on London bridge,
Under the beautiful cherry blossom tree,
Happy as we were,
The sweet cherry blossoms swaying over us as the sun went down,
And in the distance

Over London bridge I see,
The beautiful cherry blossom tree,



But then all light in my life went out,
A birthday candle blown out in the wind,
Shadows surrounding me and pulling me in,
Yet I still see her everywhere
In disbelief that that candle will never be relit,

And over London bridge I see,
The dying, shrivelled cherry blossom tree,



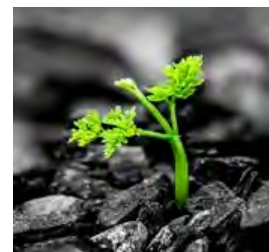
A storm is raging inside and out,
Thunder and lightning,
Snow and sleet,
And the lightning from this all great storm,
Lights a spark destroying everything in raging flame,

And over London Bridge I see,
The burning cherry blossom tree,



In the night,
I shiver not from cold,
I cry not from sadness,
I only long to be whole, to be born from the ashes,
If I only knew how it felt to be whole again,

And over London bridge I see,
The burnt, charred cherry blossom tree,



In the morning I wake,
After the storm,
And I realise,
After the flame, failed to be properly extinguished,
Life can grow from the ashes,



And over London Bridge I see,
The beautiful cherry blossom tree

Life can grow again from the ashes of the fire.

Dora Bonner, Second Year

Dedicated to Miss Agerbaek, inspiring English teacher- keep doing what you do. Thank you so much!

APPLYING TO OXBRIDGE: A CHAT WITH TEGAN ADDISON

As the deadline for Early Applicants is fast approaching, we spoke to Tegan Addison about her experiences at Oxford so far.

Tegan left Yarm last year, and is currently reading Music at St John's College, Oxford.

What were your first impressions when you arrived at college?

When I first arrived at college all of the students were really welcoming and the atmosphere was surprisingly relaxed and friendly. I was so nervous about finding friends and fitting in but the fresher's week socials were really helpful in getting to know lots of people, the layout of the college and Oxford itself. Freshers week was so organised I found my best friends within the first few days. I think a lot of the colleges look more intimidating from the outside than they actually are, or at least that was the case for me with John's. It definitely feels like a home.

How was your first tutorial?

For my first tutorial I was given a massive reading list and the 1,500 word essay question "What is Music?" with about 5 days to complete it. I was really anxious to discuss my work with my tutor in front of my tutorial partners because I was given tons of feedback, tearing apart my arguments and posing more and more difficult questions. I had to learn this is never a bad thing. Even if



it's a good essay the tutor will tear it to pieces— it's their job! The tutorial was super relaxed and although the subject matter was complicated (and at points deeply philosophical and existential...) it was really just an interesting discussion. I think as long as you actually do the reading and prepare something to say you can't go wrong!

What are your best memories of your time at university so far?

My best memories are things like exploring Oxford with friends, pub crawls, concerts, going on long walks to parks and gardens, punting in the

Summer, studying in beautiful libraries and even just hanging out in friends' rooms in college. I think at Oxford one of the biggest myths is that the students sit in the library all the time and the social life is dead. It's so important to have a work life balance here because the work is so intense — it's definitely possible but it just takes time to work it out.

Do you have any advice for pupils who are worried about 'imposter syndrome'?

My friends and I have talked about this at length and every single one of us has had a moment of doubt where

A CHAT WITH TEGAN CONT.

we've thought we don't belong here, or the work is too hard or we're never going to meet all our deadlines etc. It's only natural in such a pressured environment to feel like that sometimes and the more you talk to people the more you realise that you're not alone in it. Everyone who has achieved a place here has gone through the same rigorous process. You just have to trust that process and accept that you are good enough. Also try not to compare yourself to others!

What skills do you think you have gained so far from undergraduate life at Oxford?

Definitely time management and self motivation. At Oxford it is so important not to procrastinate too much and to really apply yourself. Unlike school, no one is going to force you to turn up to lectures and tutorials or to do your reading and write your essays. The work style is extremely self-led so just be prepared for that! Organised communication is an important skill I think I've developed too. It's good to ask questions or make tutors aware of deadline clashes far in advance if you can.

How do you think an Oxbridge education differs from what you might receive from another university?

I think the biggest difference is the tutorial/supervision system, which

gives you the opportunity to get one-on-one feedback on practice essay questions and presentations 3-4 times every week, as well as attending lectures. The pace of learning is fast (it has to be because the terms are only 8 weeks!), with a huge emphasis on original analysis and critical thinking. Also the collegiate system means that you spend far less time within your subject faculties and your college becomes a close-knit community providing additional layers of support and social activities.

What advice would you give to pupils considering making an Oxbridge application?

Make sure that you understand the commitment, love your subject and really prepare for your A levels while engaging with your subject independently in extracurricular activities. Remember to be yourself in your application and during interviews. Make sure you're making the right decision for you! I'd recommend researching the different colleges and the tutors working there to see if any of your interests align before applying. It really helps in interviews if you have common ground to begin with. Don't panic about this though because even if you don't get into your first choice college, they're generally very good at placing you where they think you'll fit.

Ms H Blakemore

MED DEN SOC

In this week's MedDen we debated whether the NHS should be privatised or not. We heard passionate and convincing arguments from both Team 1 and Team 2. With both teams getting heated towards the end of the session, we have decided to hold a second part to this debate see who will take home the winning title. This will take place next Wednesday at 1:00pm in P2. Looking forward to seeing you all there!

Nila Baskar, Upper Sixth

FINANCIAL ANALYST WORKING LUNCH

The EconBus department were delighted to welcome back (over Google Meet) former pupil Naman Garg (class of 2017) who, after studying Economics and Management at Oxford and completing a Graduate Training Scheme at Barclays, now works as a Financial Analyst in the Impairment Strategic Finance team.

Over two weeks of lunchtime sessions Naman is kindly assisting with both Economics & Management and Economics University preparation, by conducting a number of mock interviews and offering feedback and guidance. We are very grateful to Naman for giving his time so generously.

Miss C E Rhodes

A STELLAR SUMMER FOR ESTHER

Congratulations to Esther Lane who performed in the debut production of *All Grown Up* at the Lyric Theatre, Belfast in August. She was in a company of 35 youth performers who stayed on a residential rehearsal fortnight with British Youth Music Theatre, before the new musical was performed in five shows over a weekend.

The new musical tells part of the life story of Tony Macauley, an author, peacekeeper, and broadcaster from Belfast, and Tony attended rehearsals daily to give input into the direction.

Esther gained a Grade 8 with Distinction in Musical Theatre in Production from Trinity College London for the production. She also gained a Distinction in her Grade 8 LCME Musical Theatre for Actors examination in the summer term. Well done!



CONCERT & CAKE - MONDAY 14TH OCTOBER, 5PM

Please email Mr McIntyre, amc@yarmschool.org, or Mr Williams, rcw@yarmschool.org, for more information or if you would like to perform at the event.



PLEASE EMAIL MR MCINTYRE OR MR WILLIAMS IF YOU WOULD LIKE PERFORM AT THE EVENT FOR FURTHER INFORMATION

AMC@YARMSCHOOL.ORG OR RCW@YARMSCHOOL.ORG

CCF FIRST PARADE NIGHT OF THE YEAR

The Cadet Combined Force (CCF) made a return on Monday, welcoming 35 new third-year cadets. While the older cadets focused on weapon handling revision and testing, the junior cadets engaged in a rotational program that introduced them to essential skills such as drill, first aid, and a command task. The event marked an exciting start to the year for both new and returning members.

Following the excellent success for the contingent on summer camp we were also very pleased to make the following well deserved promotions:

- Charlie Ashworth, Oscar Lane, Shayan Raja and Banming Yang to Lance Corporal.
- Shlok Arcot and Elizabeth Neilson to Corporal.
- Rishi Chawla, Charlotte Maund, Dan Townsend, Patrick Tulloch, Oscar Simmonds, Noah Filer and Charlie Baines to Sergeant
- Grace Harbinson to Colour Sergeant

Mr Tim Taylor



LANGUAGES CAREER CLUSTER EVENING

*'Die Grenzen meiner Sprache
bedeuten die Grenzen meiner Welt'*

*'The limits of my language are the
limits of my world'*

-Ludwig Wittgenstein

Take seven former pupils, four external speakers and one member of our Senior Management Team. Four of them are beaming in from London, Berlin, Aarhus (Denmark) and somewhere in Australia. Among them is a managing director of a translation company, a CEO of another languages company, a strategy/management consultant, a PhD candidate in Archaeology, a Professor at Durham University, an Associate Professor at Aarhus University, a Deputy Headteacher, and five linguists who are undertaking higher study at various different levels. What have we got?

No, not the world's most convoluted opening to a joke! Instead, this is the impressive group of panelists who spoke on Tuesday night to a packed room of parents and pupils, all about the value of languages across the widest range of possible futures.

Ably chaired by Mr Edwards and assisted by Mr Bridges, the panelists fielded a range of audience questions which soon delved into the worth of language learning. Our first panel explored "Working with and in languages", and was an opportunity for audience members to engage



with professional linguists who have made a career of using their languages skills directly. We discussed the range of opportunities available for language graduates, as well as the many transferable skills which come from language study - perseverance, confidence, strong communication, empathy, a sophisticated cultural awareness and understanding - and many more.

This was a theme of the evening, and was further explored by our second group of panelists, all of whom had studied a language on their way to

their careers. The title of this group was "Languages as a stepping stone", so though this panel were not directly using languages in their day to day work, the audience learned how the skills they had acquired during their linguistic studies had set them apart from the crowd and opened the doors they had needed to succeed in their chosen routes. The range of choice available to linguists was made apparent by this panel, three of whom were joining us remotely from the impressive range of locations I outlined above. It

LANGUAGES CAREER CLUSTER EVENING

became clear that learning a language can be an asset for any possible career path.

The aptly named final panel, "Recent Leavers", was made up exclusively of recent Yarm leavers, all of whom had gone to study languages. We had a leaver for each of the last four years, ranging from last year's Upper Sixth through to a 2024 graduate. This group provided practical advice for students keen to take the next steps in their language-learning journey, and struck an optimistic tone for the future of language careers in the 21st century. They were excellent ambassadors for those transferable skills we already explored earlier, demonstrating their confidence and ease in front of a crowd and thinking on their feet in response to the questions which came their way. What better proof could there be of the life-enhancing value of language learning than that?

The purpose of this evening was to arm prospective linguists with confidence in their interest in languages, and to provoke new avenues of thought about their possible futures. If you attended the evening and this applies to you, or you have read this article and wish to explore further the many possible futures in and benefits of language learning, please talk to Mr Bridges, Mr Fellows, Mrs Addison or Mr Edwards.

I also include here some suggestions for our keen linguists to engage with their languages outside of the classroom:

- Read a novel you have enjoyed in English in translation! This isn't a test, so you can have both versions open at the same time, and enjoy seeing how the story feels both familiar and yet new at the same time! (My first ever literature experience in French was Harry Potter à l'école des sorciers!)
- Put together a playlist of music entirely in your chosen language or languages, and challenge yourself to learn the lyrics so you can sing along!
- Sign up to the languages trips on offer to you!
- Watch foreign language films or TV shows! There are so many available on streaming platforms. Again, it is not a test - so put the subtitles on and enjoy! And if you want an additional challenge - put the subtitles on, but in your chosen language!
- Follow foreign language news! When a major world event happens which catches your attention, head to the website of a foreign language newspaper to read an article, or watch a clip.
- Find links with your other subjects! If you are a keen historian, find a French, German or Spanish perspective on a topic of

study. If you are a scientist, explore the theories of key scientists in their original language (think Marie Curie, Albert Einstein, Manuel Patarroyo, among many others). There are countless links to other subjects with languages - and joint degrees are an excellent opportunity for linguists to explore.

- Visit university websites to learn more about their languages courses.
- Go to Open Days.
- Attend future languages events - we organise guest speakers etc. several times a year.
- Get involved in languages competitions (coming up this year we will advertise translation, writing and debating competitions - get stuck in!)
- Oxford produces a "Language Aptitude Test" for prospective students of new languages. They invent a language, give you some of the rules, and then you have to figure out what some sentences mean. If this sounds like fun to you, give one a go here!

Finally, my thanks go to all of our panelists, to everyone who gave up an evening to attend, and a special mention must go to Mr Edwards, whose energy and vision from our first conversation to the event were inspirational as ever.

Mr A Bridges

MORE THOUGHTS ON UNIVERSITY RANKINGS

Last week we featured details from the Guardian Best University Guide for 2024. This week also saw the publication of [The Mail University Guide 2025](#).

It lives behind a paywall/accept ads site, but here are some of the highlights from that guide. As with all such data it is essential to look at the assessment criteria and methodology.

University of the Year

Leicester

Modern University of the Year (Overall)

Glasgow Caledonian

Modern University of the Year (Teaching)

Open University

Student Experience

St Andrews

Scottish University of the Year

Dundee

Welsh University of the Year

Cardiff Metropolitan

Sports University of the Year

Loughborough

Student Support

Sunderland

LSE - 4th

High Skilled Jobs - 2nd
Graduate Salaries - 2nd
First and 2:1 degree - 2nd
Teaching Excellence - 67th
Student Support - 107th
First Gen Students - 109th

Leeds - 25th

First and 2:1 degree - 13th
Research income - 18th
Research quality - 20th
First gen students - 104th
Teaching excellence - 122nd
Student support 124th

Oxford - 2nd

Research income - 1st
First and 2:1 degrees - 1st
First year completion - 3rd
Student support - 91st
Student experience - 125th
First gen students - 129th

University of York - 35th

Research quality - 9th
First year completion - 18th
Career on track - 21st
Teaching excellence - 86th
Student support 115th
First gen students - 115th

In 1st Place

First generation students - Wolverhampton
UCAS tariff points - Univ. of St Andrews
Graduate salaries - Imperial
First year completion - Cambridge
Teaching excellence - Bishop Grosseteste
Student support - Bishop Grosseteste

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SUPER START FOR GIRLS HOCKEY

Our Yarm teams are off to a flying start with wins against Dame Allan's School, Scarborough College, Barnard Castle and Wakefield (it's been a busy start to the term)!

All teams have stuck to their task in defense, learning or refining the press and have been creative and ruthless in attack. There is still plenty to learn and work on as we progress through the season and into the high competitions but a very pleasing start. Well done everyone.

Miss N Hodgson



NETBALL U14C

On Monday the 16th of September the under 14 C team played a netball league fixture against St Patrick's. The first 3 quarters were even though we had a slight edge yet in the last quarter all the girls worked even harder to pull through and we finished with a 16-5 win with a few impressive goals.

Overall it was a great way to start the season and gave the team a chance to work really well together!

Miss S Cottrell



NETBALL U16

On the 16th of September 2024, the Under 16 girls netball team played RGS in the first round of the Sisters n Sport Cup. In the first quarter, Yarm were struggling slightly, as RGS got off to a good start, with the score 6-9 to RGS. However, in the second quarter, we were able to pull it back and take a 14-12 lead. RGS came back strong in the third quarter, but we were able to maintain our lead 19-18. Finally, the last quarter was tense and looked like it could go either way, but Yarm was able to get a win and go through to the next round of the cup with a tight score of 26-25. Well done girls!!!

OPOM: Poppy De-Roché

Poppy De-Roché, Fifth Year



SPORT WEEK AHEAD

The weeks ahead are now available online.

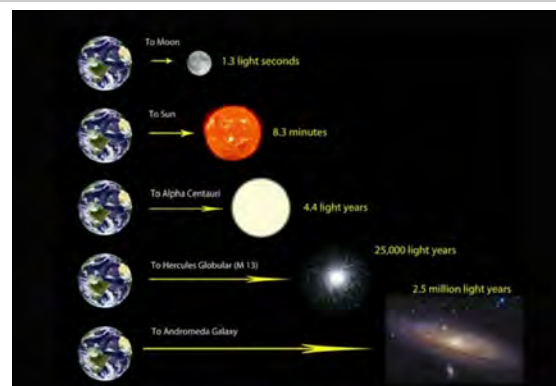
You can [view them here](#).

ASTRO TALK - THE SCALE OF THE UNIVERSE

The Scale of the Universe – how big is the universe and how far can we see with our most powerful telescopes.

We will discuss how far away objects are that we see in the night sky – from the moon, to the most distant galaxies.

We will also explain how these distances were deduced. No previous knowledge of astronomy or science is required.



Tuesday 15th October 2024 7:00pm (in-person in the Friarage Theatre)

[Book Online Here](#)

BAY CITY ROLLERMANIA

The remaining band members of Les McKeowns Bay City Rollers reunite to play the songs, tell the tales and re-live life on the road.

Remaining band members Phil Hendriks, Darren Lee, Scott McGowan, Nick Gornall and Alex Southgate re-group to play all the hits and more from their years of touring with Les.

Remembering the hits such as Shang-A-Lang Give A Little Love, I Only Want To Be With You, Summer Love Sensation and of course Bye Bye Baby will be extra poignant.

Sunday 20th October 2024, 7:30pm

[Book Online Here](#)



HOW TO BE BRAVE

In 1943 Colin Armitage's ship was torpedoed in the South Atlantic. He and 13 others scrambled aboard a life raft. 50 days later HMS Rapid rescued him, only he and one other still alive.

Colin was the grandfather of Louise Beech, the playwright. 64 years after his ordeal Louise's daughter, Katy, was diagnosed with diabetes.

In order to distract her during insulin injections Louise began to tell the story of Colin's bravery and determination to survive.

Katy has said that Grandpa Colin's story inspired her to carry on when she wanted to give up and die: "If Grandpa Colin can survive an ordeal like that, I can do anything. I can do these injections".

The scenes alternate between the life raft and Katy's house in Hull.



Wednesday 23rd October 2024, 7:30pm (in-person in the Friarage Theatre)

[Book Online Here](#)

What Parents & Educators Need to Know about FINAL FANTASY XIV

AGE RESTRICTION
PEGI
16

WHAT ARE THE RISKS?

The video game Final Fantasy XIV launched in 2010, and, despite being critically panned, it saw an overhaul that has made it one of the biggest success stories in gaming. Its huge world, epic story and versatile combat system have continued to draw in new players, but there's a lot that trusted adults need to be aware of – not least the cost of paying monthly to play.

ALWAYS ONLINE

Final Fantasy XIV is an MMORPG, which stands for Massively Multiplayer Online Role-Playing Game. Much like World of Warcraft, players create a character in a chosen class and level up by completing quests to gain power and items. The game requires a constant internet connection, whether you're playing on PC, Mac, PlayStation or Xbox, and there's no option to play offline.

REGULAR EXPANSIONS

As with similar titles in the genre, players can purchase expansions to unlock additional content for the game. Those without the expansions will be locked out of certain new quests and activities, meaning that young people who play regularly will potentially have the next release earmarked on their calendar, ready to buy it as soon as possible.

IN-GAME PURCHASES & SUBSCRIPTION FEE

Users need to pay £8.99 per month to play Final Fantasy XIV, but there is a free trial. If someone stops paying, they'll lose access to their character (although they'll be able to pick up the payments again and resume where they left off). If a player forgets to cancel their payments, however, those subscription fees will continue rolling on automatically.

VOICE & TEXT CHAT

Final Fantasy XIV lets players send chat messages in-game or speak to each other over voice chat. On the one hand, that provides plenty of choice for how those enjoying the game can interact with their fellow fans. On the other hand, however, it's easier than in many games to receive unprompted messages from a stranger, with whom you constantly share your play space.

VIOLENCE

While Final Fantasy XIV has a fairly light tone throughout some of its quests, many involve killing enemies and sometimes even wild animals. The violence isn't especially strong – more comparable to a cartoon or anime style – but the act alone may make some children feel uncomfortable, if they're not yet able to separate fictional harm from the real kind.

POTENTIAL FOR ADDICTION

As with World of Warcraft, there's an element of addiction to Final Fantasy XIV. The gameplay loop can be quite engrossing, as minutes turn into hours and hours into days while playing alone or with friends. This can potentially lead to missing real-life events, a lack of interest in any activities not related to the game and procrastination around responsibilities like schoolwork.

FREE TRIAL

Advice for Parents & Educators

MANAGE PLAYTIME

Playtime limits are a great way to counter the addictive qualities of games like Final Fantasy XIV. They allow you to discuss why it's still important to enjoy things outside of gaming while still letting a child enjoy playing online with their friends when it makes sense to do so. It's all well and good to have fun with a game, so long as they're able to step away and reconnect with the real world.

MAKE USE OF THE FREE TRIAL

The Final Fantasy XIV free trial is a generous one, with no limits on how long someone can play until their character hits level 70. That's easily dozens of hours for a child to go through the game, complete quests, and see if they enjoy it before purchasing expansions or subscribing to a membership. They may well move on to something else before you need to spend so much as a penny.

PLAY TOGETHER

The free trial makes it extremely easy to jump into Final Fantasy XIV and play alongside a child, provided they're old enough. Not only does that help you ensure that settings are adjusted for their privacy and safety, but it may also end up becoming a bonding experience for you both and any other family members that want to try it out.

REMEMBER, IT'S A PEGI 16

Despite its often-relaxing nature, Final Fantasy XIV carries a PEGI 16 rating for violence and drugs (although the latter is due to a character smoking a pipe on occasion). There's minimal blood, but characters can attack enemies (and other players) with weapons and spells. Take a look at some gameplay videos to see if the content is appropriate for a younger player.

Meet Our Expert

Lloyd Coombes is the Editor-in-Chief of GGRecon, and has been working in the gaming and tech industry for five years. A longtime fan of online games, he's also a parent, and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has previously been published at sites including IGN, TechRadar and plenty more.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/final-fantasy-14>

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@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.09.2024

Newsletter, 18.09.2024

To mark **National Fitness Day**, we want to help our children celebrate what their bodies can do, get them active, and boost their confidence! A huge body of research shows the benefits that regular exercise and a good level of physical fitness can have in terms of health, wellbeing and academic performance. We also know as parents that sometimes it's hard to get young people moving!

Physical activity for young people often begins by putting down their devices! This fun and varied [list](#) of activities to try instead of looking at a smartphone covers ideas from high jumps to handstands. If your child can't quite find the right activity to capture their interest, take a look at these [100 Sports](#) for children and teens to try.

Fitness and wellbeing are also built on the foundation of a healthy and nutritious diet, and an understanding of why the fuel we put into our bodies matters. Show younger children this [video](#) on "charging up" their bodies and brains. Sporty teens will benefit from this webinar with nutritionist Dan Richardson on [Optimising Nutrition for Young Athletes](#). And don't forget the importance of sleep: watch this expert [webinar](#) on understanding children's and young people's sleep and "what works" if you have any sleep issues.

Another important aspect in getting young people active is confidence. We know that too many children and young people put off exercise because of body attitudes. We collected this [list of resources](#) to help boost young people's body image. Try our downloadable activity promoting [body gratitude](#) for teens and tweens. Parents of girls will find our video on [increasing girls' participation in sport](#) useful, and this expert [podcast](#) on encouraging girls to be physically active.

The flip side of confidence is resilience, and once children become competitive in their sport then they'll need some coping strategies for those difficult games and dips in performance. Here is a [webinar](#) with former professional hockey player Holly Cram on boost young athlete's emotional and physical resilience, along with our tips on developing [resilience to losing](#).

Finally, we'd love to invite all Tooled Up parents to our upcoming [Reaching Boys Early](#) conference on November 8th. Our expert panel will cover boys' wellbeing, confidence, body image and much more. It promises to be a day filled with useful insights and practical advice.

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](#).





50 Activities To Try Instead Of A Smartphone



100 Sports For Children And Teens To Try



Charging Up My Body And Brain



Optimising Nutrition For Young Athletes



Sleep: Understanding What Works



Body Image Resources



Body Gratitude



Increasing Girls' Participation In Sport



Encouraging Teenage Girls To Be Physically Active



Boosting Young Athlete's Emotional And Physical Resilience



Developing Resilience To Losing



Reaching Boys Early Conference

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