



# Newsletter

No: 1397 | 17th January 2025

## HEADMASTER'S WELCOME

It was a great pleasure to welcome one of the first parents at the School back to Yarm this week. Mr Albert Dicken, whose two sons joined Yarm in the early days, was instrumental in supporting the Governors to acquire our fantastic school site and the Friarage. He is well known in the area as the former boss of Dickens DIY, a family firm that ultimately became part of the B+Q brand, and many staff reminisced with him about their memories of the stores. For me, making links with pupils, parents and staff who were involved in the School's early days is always fascinating, being reminded of the risks they took and the determination all involved needed to make a success of the school in its infancy. All of us involved with the School owe them a debt of gratitude for implementing their bold vision as we benefit from the outstanding school that has developed from those early days.

Our links with Former Pupils are very important and we follow their progress with pride. A group of last year's Econ/Bus students visited this week, to impart wisdom and advice to this year's students in a packed and popular session. Our careers events often draw on the expertise and experience of former pupils,

alongside parents and other friends of the school, and local businesses and educational institutions, and this year's Career Convention is no exception, with details provided below.

Mr Bridges launched the Phoenix Writing Challenge in assembly this week, open to all pupils from First to Fourth year, with a maximum word count of 1000 words, and on the theme of 'change'. Entries in any style of writing are encouraged - essays, short stories, poems, scientific analyses, personal reflections, historical commentaries, and more! The deadline for pupils is 5th February, and I highly encourage pupils to give it a go and to demonstrate their creative writing talents.

Our netballers' recent success is outlined by Miss Cottrell with a strong performance against Whitburn in the knockout rounds of a national competition. Well done to them. Well done too to Yarm's U14, U16 and U18 boys' hockey teams whose wins are detailed below. We also heard the amazing news that Harry Whitfield in the Fourth Year has been selected for the ESSA England swim team at the World School Games in Serbia later this year - congratulations to Harry!

The Dance Showcase, two Sixth Form Plays, another in our Concert and Cake series and the Eco Fashion Show are all on the near horizon - I hope to see many of you at one of these events this term.

Dr Huw Williams



Dr Williams with Albert Dicken MBE, one of the founding parents of Yarm School

## KEEPING CONNECTIONS - ECONBUS - WHERE ARE THEY NOW?

In the first of a series of mini interviews Miss Rhodes has reached out to EconBus students from the past. This week she has spoken to Emma Foster (Class of 24)

### When did you leave Yarm?

I left Yarm in June 2024.

### How long were you a student at Yarm?

Fifteen years - I was there from Nursery through to the Upper Sixth.

### What were your A Level subjects?

I studied Business, Textiles and Politics.

### What extracurricular activities did you enjoy at Yarm?

I mainly played hockey and netball and volunteered at Phab club.

### Do you have favourite memories from your time at Yarm?

Definitely - the hockey matches and training sessions were always fun.

### What have you done since leaving Yarm?

I am currently on my Gap year in Singapore. I've been in Cape Town volunteering for 2 months - being a Sports Coach in a primary school in a Township and I am on my way to Australia, Fiji and Bali. I would definitely recommend a Gap year as I have loved every second of it.

### Where do you see yourself in ten years time?

I see myself living in Cape Town - hopefully working in project management.

### Do you have any advice for current Yarm Sixth formers or for your 16/17 year old self?

I believe that everything happens for a reason and what's meant to be will be. So do your best and enjoy it!



We hope that Emma continues to enjoy her travels and we thank her for taking the time to update us and for sharing her excellent words of wisdom!

Miss C Rhodes

## CAREER CONVENTION 2025: SAVE THE DATE - 1ST MAY

### Save the date

**Thursday 1st May, 6:30pm**

Just after the Easter holidays we will be hosting our biennial Career Convention. As in previous years it promises to be a huge showcasing of all manner of careers. We will be joined by a diverse range of professionals representing and advising on a vast range of profession, with local, regional and national companies.

We will also have a very strong showing of university and training providers from around the country, as well as a number of special advice talks on topics such as applying to university, gap years and apprenticeships. The event will run from 18:30 to 20:30 and is open to all pupils from across the region, along with their families.

Mr S Edwards

## CAREER CONVENTION 2025

**DATE**  
01.05.2025

**TIME**  
6:30pm





## JANUARY RESOLUTIONS.... WITH HOBO

The Yarm Apprentices spent much time over Christmas working on their very applied Task 3, so this week - the first YA session of the term - was straight into the Board Room! We welcomed back our current Lord Sugar Lucy Bonnard-Spence (Owner of Hobo in Yarm), who had tasked the students with designing a healthy Smoothie and food menu item for the post festive period.

Both teams had embraced the challenge. Smooth Operators were first to pitch. Pippa as PM and Cameron M as subteamleader proposed a Cinnamon and Apple smoothie and dairy and gluten free Buddha Bowl. They had also devised social media and insta posts and proposed a 20% January discount for the new menu items.

Next up were Sip'n Salsa. With PM Freya poorly, Ria (subteam leader) stepped up as the team detailed a "Gut Power" nut free smoothie full of Phytonutrients (endorsed by the Biology department!), complemented by mini Tacos. Impressively Tom brought all the judges samples of the very green fruit filled drink to try, whilst Liv expounded on her planned collaboration with other local

business "Rise" and her intentions to produce a mutually supportive promotional video.

Lord Sugar probed the teams to assess the accuracy of research and plans and was impressed with the quality of their proposals. She stated it was very difficult to decide but when pushed opted for Sip'n Salsa to be the victors.

Whilst Ria and team received their rewards of Snack Shack vouchers, Pippa brought back teammates Henri and Fin into the Boardroom and after some deliberation Henri was the one to hear the ominous decree "you're fired".

We are incredibly grateful to Lucy Bonnard-Spence for having devised such a superb task and for being an amazing Lord Sugar. And she has already arranged follow up to ensure the new items and promos can be in place as soon as practical, so we hope you will all visit Hobo to try these later in the month!

Miss C E Rhodes.



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## FAME (AND MORE!) AFTER YARM: THE ULTIMATE WORKING LUNCH - THE RETURN OF THE CLASS OF 24

This time last year, straight after the Class of 23 Working Lunch, Miss Rhodes asked her then Economics and Business Upper Sixth students if they fancied coming back to do a similar session on the 10th Jan 2025. They said yes, and today they were true to their word!!

Ten fabulous EconBus students assembled for the biggest Working Lunch of the school year (8 in person and 2 joining over a Google Meet due to their Uni terms having already resumed), and we struggled to fit into B1, with it truly being standing room only and even corridor space being utilised by the end of the session (next year perhaps we should have live screens in the courtyard too!).

After introductions from all ten speakers, there was the opportunity for copious questions. We discovered how expensive student accommodation is (especially when Jacob has opted for catered accommodation), how many hours of study different courses require (Freddie and Jas have far much more contact time than Ella, Johnny and Simmi), how feasible living at home is (Simmi is finding commuting very practical and is not in anyway missing out on student life), what it is like to be doing an apprenticeship (Adhi with EY in Newcastle and Ollie with PwC in Belfast) and how much apprentices earn (a very decent wage



for an 18 year old, with health care, paid charity days and paid for Uni courses thus no student debt) and a whole lot more. We then heard advice on how to target the top grades in Economics and Business - suggestions for Economics included clustering (including Cluster Club), maximising marks for all concept tests to reinforce content, making use of EconplusDal and always always listening to Miss Rhodes (no scripts were given to former pupils I promise!), whilst for Business praise was given to lunchtime interventions, past paper practice (Harry really advocating this) and pre exam clinics.

We all then really valued the words of wisdom offered by our former pupils to their 16 year old selves, as the class of 24 advocated early completion of personal statements and EPQs, if doing a Gap Year still applying for Uni with your cohort (Harry) choosing an EPQ you enjoy

(Harry) especially if the grade might get you your dream course (Ella), researching the Uni town/city not just the course (Arhana and Jacob about Edinburgh and Durham respectively), deciding between campus or city universities carefully (eg. York or Newcastle), attending EconBus Soc and presenting at it (whether you do Econ or Bus A-Levels or not - Freddie having even presented his talk at the time in French!), not being afraid to ask questions, not being afraid to ask for help and being aware that you can change your mind about things - it is not a sign of weakness (Ollie).

Miss Rhodes really valued the opportunity to catch up with her former pupils and to hear how well they are all doing. Their generosity of time is really appreciated (Adhi even used a day of annual leave to come in!) and their insights are truly valued.

Miss C E Rhodes.



## THE WHO'S WHO OF THE CLASS OF 24 WORKING LUNCH

- Business Chair and Yarm Apprentice winner of 2023 Ollie, studied A Level Business and is currently working with PwC Operate in Belfast, completing a Business Management Degree Apprenticeship in the Compliance Testing team.
- Economics Peer Support Lead Johnny studied A Level Economics and is currently studying Accounting, Business, Finance and Management at the University of York (Miss Rhode's old Uni).
- Economics Chair Adhi left Yarm after studying Economics A-Level. Having first heard of degree apprenticeships when Miss Rhodes mentioned them he liked the appeal of working and studying as well as the specific degree he will get being a very prestigious one in the accounting field. He applied and got into the Business Apprenticeship at EY.
- Yarm Apprentice Facilitator and Economics Chair Arhana, enjoyed A Level Economics and is now studying Accounting and Finance with Economics at the University of Edinburgh.
- Head Boy Jacob Rutter, studied Economics at Yarm (doing the same subject combination as Miss Rhodes did in the olden days - Econ, Hist and Maths!) and is now studying Economics at Durham
- Keen Yarm Apprentice competitor Simmi, enjoyed success with Business A Level and is now at Durham, studying Psychology and behavioural science (focusing on the different psychological fields of research and designing her own studies!)
- Business Chair Harry Rodwell studied Business A Level and is now enjoying a Gap Year, currently working and saving to travel around Europe in a few months time, He is holding a place at the University of York to study Accounting, Business, Finance and Management in 2025
- Keen Yarm Apprentice competitor Jasmine, enjoyed Business A Level and even ran her own fabulous fudge business whilst studying. She is now studying Design at Loughborough University and plans to go into Interior Design.
- Yarm Apprentice competitor and student of Business Ella, opted to continue her studies at the University of York and she is now enjoying Business and Management (with a year in industry)
- EconBus adoptee Freddie is now doing a Psychology degree at Northumbria University in Newcastle whilst also being a senior Bartender at Tomahawk Steakhouse and a Cash Office assistant at Middlesbrough Football Club and he is planning to do a year abroad in Paris followed by a PHD in Mental Health and Learning Difficulties. Despite not being an Econ or Bus student he made the most of all EconBus opportunities throughout the Sixth Form! (hence his adoptee status!)

Miss C E Rhodes.



## "THE JURIES HAVE SPOKEN" AS THE EUROVISION COUNTRIES WOULD SAY!

For Task 3...

Freya gained the Winning Team PM points with Ria securing the Winning Team Sub-Team Manager points.

Issy and Ravina were peer voted as outstanding Apprentices on the Winning Team, whilst Pippa got the equivalent peer accolade on the Losing Team

The "Karren and Tim" points went to Olivia and Pippa, but special mention was also given to Ria for "stepping into the breach" so calmly when Freya was unavailable for the pitch.

Lord Sugar also singled out Olivia for specific praise for commitment in the pitch and during the task.

We await with excitement the announcement of Task 4 next Tuesday... Who will be Lord Sugar? What will the new challenge be? And who will put themselves forward to be PM? Watch this space....

Miss C E Rhodes

## WHAT IS INFLUENCER CULTURE AND IS IT REPLACING TRADITIONAL PROMOTIONS?

This week in EconBus Soc Indeya Hewison explored "Influencer Marketing?" - A form of social media marketing involving endorsements and product placement from 'influencers'

In a well researched and applied presentation she argued that influencers are the new breed of trusted voices in digital marketing. Stating that 50% of 'Gen z' prefer to do their searches on Tiktok and that the global affiliate marketing industry is set to reach \$40 billion

Suggesting that in the impersonal world of digital marketing, influencers are personal guides. Consumers are less tolerant to tactics used in interruptive marketing and advertising techniques like pop-up ads and

audiences are too smart for fake sales pitches. She thus proposed that going forward, brands need to create authentic partnerships with influencers that replicate their voice and mission.

This sparked much discussion about the risks of influencer bias, the question as to whether this is a short term Tiktok led fad, and whether firms need to consider that much depends on the target market they are aiming at.

An interesting, thought provoking and very pertinent session - Thank you to Indeya for making us think and debate on a Thursday lunchtime!

Miss C E Rhodes



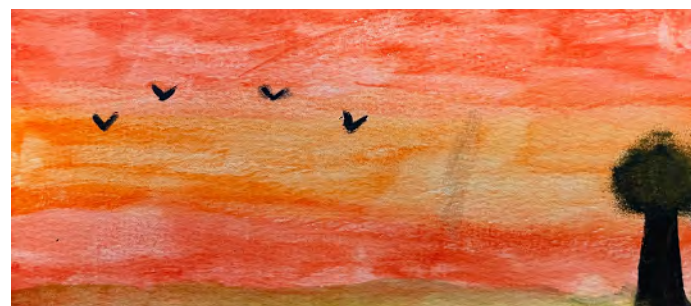


## ARTISTS' CORNER



"I saw a McLaren 7654 in real life and I wanted to try different drawings. What I used: 6B, 4B, 2B, HB pencils and a rubber".

- Misha Krishnan, Third Year.



"I got this inspiration from the movie The Lion King where they are in the desert".

- Layla Robinson, First Year.



Pieces from Jess's sketchbook.

- Jess Robson, First Year.

## GIRLS U19 CONFIDENCE BUILDING GAME!

The U19's Played Whitburn in the Sisters N Sport Knockout Plate competition on the 8th Jan. After a slow start the girls soon dominated the game and found their rhythm linking play well and turning over the ball repeatedly. This was a great first game of the year with a win of 38-13, giving us renewed confidence going forward this season. We are now through to the quarter finals of this competition and are waiting to see who we will face in the next round. POM Hannah Muzawazi and Lily Arvanitis .

Miss S Cottrell



## BOYS' HOCKEY

### Yarm's U14, U16 and U18 safely negotiate the opening round of the National Cup.

The weather has significantly hit the first boys' hockey fixtures of the year but thankfully we were able to play our first round matches in the England Hockey School Championships.

#### UNDER 18- RGS 2-5 YARM

It was a slight concern when 5 of our players were unavailable but we still managed to field a full team and travel up to RGS. The team produced a dominant first half display where Yarm came into the break 4-0 up. A short corner drag flick from Oscar Thomas opened the scoring after some good work from the likes of Finlay Carter and Alex Bromiley. Captain Timmy Foley produced a first half hat-trick the best of which was a sideline ball from the impressive Dhruv Wadehra which got deflected onto Foley who produced a first time crash into the top corner.

Some of the boys playing weren't 100% and this was telling in the second half as Yarm severely stepped off the gas. However, this didn't stop them creating a number of chances before Max Mowbray produced a bit of magic as he lobbed the keeper from a narrow angle! Luke Gaughan produced a Makelele type man of the match performance in his 1st XI debut and Marcus Walters was also a



stand out performer.

Overall a pleasing start to the season!

#### UNDER 14- YARM 9-0

##### HARROGATE GRAMMAR

Our Under 14 team produced a convincing win against a highly spirited Harrogate team. The U14s have invested a lot of time into the sport and this was evident as they moved the ball around the pitch at pace to produce chance after chance. Captain Monty Proctor opened the scoring with a well taken run and flick into the top corner. This opened the floodgates as Proctor added another two and Eddie Shakesheff also scored a hat-trick. Ollie Gray went on a swerving run and reversed the ball into the far corner to allow the alert James Callaghan to touch in from close range.

Half-time brought a 7-0 scoreline so

we moved many players around and practiced moving the ball more which resulted in a final 9-0 scoreline after goals were added from Ben Pumphrey and Ollie Gray.

#### UNDER 16 - YARM 4-0 ST PETER'S

St Peter's U16 boys visited Yarm this week for the first round of the Independent Schools Hockey Cup. Yarm pressed strongly from the off and Ben Bardgett was particularly quick to put pressure on the St Peter's centre backs, leading to several early mistakes from their defence. This gave Yarm lots of early possession and Will Gwynne-Jones was the first to get on the score sheet, with a composed finish after a great ball from the ever-energetic Oliver Mowbray. Yarm stayed composed throughout the early exchanges and this led to Aidan Robinson giving Yarm a 2-0 lead with his first touch of the game after an



## BOYS' HOCKEY CONTINUED

early substitution.

Yarm continued to have the momentum early in the second half, pressing the Peter's defence hard. The industrious "engine room" quartet of Oliver Mowbray, Jude Crack, Oliver Carr and Harry Brothwood kept control over the game from the middle with Jacob Hardy playing a key role sitting behind the midfield. After a disappointing attempt from a short corner, Mustafa El-Sherif converted a tough chance, giving Yarm a 3-0

lead. The 4th and final goal was the pick of the bunch where, after some great passes in the middle, Aidan picked it up around the penalty spot and clinically put the game to bed. St Peter's fought back after this and won several penalty corners but Jasman Sidhu's reactions in goal ensured a clean sheet was achieved. Yarm's 4-0 win against a side containing several Talent Academy players means that they now move on to the next round where they will take on Harrogate Grammar School.



## SPORT WEEK AHEAD

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



# ANTIGONE

by Sophocles, translated by Robert Fagles

The city of Thebes has survived the siege - but only just. As the citizens emerge from their underground security into a fragile peace, a new leader, Creon, looks to establish how he will govern.

Will Antigone submit to his authority?  
And if she defies him, what will be the consequences?

# THE STORM

Or, the Howler (after Plautus) by Peter Oswald  
An appalling mistranslation of a Roman Comedy by Plautus

An unscrupulous pimp flees a deadly rival, running out on a deal and taking his girls with him, but a storm casts them all straight back onto the shore.

A lovelorn young fool has been cheated out of his money as well as the slave-girl he has paid for.

An old man lives on the beach in near solitude, his long-lost daughter captured by pirates and sold into slavery years before.

Could all these plots possibly be somehow connected?

Yarm School Sixth Form Present Two:

# ONE ACT PLAYS

5th, 6th and 7th February 2025  
7pm, Studio Theatre

Tickets from [www.thepaaonline.org/sixth-form-play-2025](http://www.thepaaonline.org/sixth-form-play-2025)





**YARM SCHOOL**  
EDUCATING FOR LIFE

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2016 - 2025

**THURSDAY 23RD JANUARY 2025, 6PM**  
PRINCESS ALEXANDRA AUDITORIUM

# yarm school dance showcase

adult: €7

child: €3.50

yarm staff & pupils free

[click here for tickets](#)  
or visit [www.thepaaonline.org](http://www.thepaaonline.org)





YARM SCHOOL

# CONCERT & CAKE FEBRUARY 2025

Monday 17th February, 5pm  
Recital Room

Tickets £3.50 each

Available from [www.thepaaonline.org](http://www.thepaaonline.org), or by calling the box office



# HOLLYWOOD

*Inspired*

## *Recycled Garment Competition*

**minions**



**WONDER WOMAN**



**Cruella**



**SPIDER-MAN**  
*No Way Home*



Products will be worn on  
Tuesday 11<sup>th</sup> February  
**Eco Fashion Show**  
Senior School PAA - 6:00pm  
(tickets not required)  
See Nancy Hartley-Blake or  
Mrs Jackson for details

**Barbie**



*Breakfast at*  
**TIFFANY'S**



**NO TIME TO DIE**  
ONLY IN THEATERS  
OCTOBER



**A NIGHT**

Garments constructed from unwanted materials.  
*Judging Criteria:*

- Use of the Movie theme
- Quality of the product
- Originality of the design

# AT THE MOVIES



## THE CRAZIEST SHOWMAN

In the latest high energy adventure, “The superstars of slapstick”, CBBC’s favourite and brightest comedy.

Stars Danny & Mick bring their particular brand of lunacy to the show, causing chaos on stage and bringing screams of laughter from the whole family.



**Saturday 22nd February at 2pm**

[Book Online Here](#)

## AN AUDIENCE WITH A CRICKETING LEGEND SIR ALASTAIR COOK

Hosted by Ex England cricketer and England cricket selector Geoff Miller. England's second highest test run scorer of all time.

Alastair played in 161 test matches scoring 12,472 runs. Alastair scored a century on his test debut, made 175 catches and captained England in one of their most successful periods of English cricket becoming the number one ranked test cricket team in the world.



**Monday 24th February at 7.45pm**

[Book Online Here](#)

## BANFF MOUNTAIN FILM FESTIVAL

Get ready for an unforgettable evening of thrilling adventure on the big screen!

The Banff Mountain Film Festival is back with a brand-new line-up of captivating short films packed with extreme journeys, intriguing characters and stunning cinematography. Join the world's top outdoor filmmakers and adventurers as they climb, ski, paddle, run and ride through the wildest corners of the planet!



**Thursday 27th February at 7.30pm**

[Book Online Here](#)



# What Parents & Educators Need to Know about TIKTOK



## WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

## AGE-INAPPROPRIATE CONTENT



While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

## BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

## IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

## CONTACT WITH STRANGERS



With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

## MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

## ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING



Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### DISCUSS THE DANGERS



If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.





## Newsletter, 15.01.2025

Happy New Year! At Tooled Up we're thrilled to be beginning 2025 with you, and to share in the excitement and determination of getting energised, setting goals, and helping children succeed.

These Tooled Up resources can help make 2025 a fruitful year!

The [2025 Goal Setting Planner](#) is a fun **way to help children set achievable goals**. These goals could be anything from new things they'd like to try, to saving pocket money for that special something.

**For teens preparing for exams in the summer**, it's never too early to get organised and the [2025 Exam Planner](#) can help.

Procrastination is something that can affect children and adults alike - we can often need to get lots done but somehow never quite do it! **Find ideas to stay on-task and productive** with these [Simple Strategies to Beat Procrastination](#).

Lots of us think about **health and nutrition** at the start of a new year. It's **important for children to have a healthy attitude towards food and their bodies** and we have several resources to support this. Dietitian Paola Falcoski's expert tips on [Helping Children Develop a Healthy Relationship with Food](#) will show you how to help children feel more involved in their own food choices.

For **older children and teens** [Dr Idz on Debunking Health and Fitness Myths](#) is great to share or watch together. We know that many young people's ideas about diet and their bodies come from social media, and this webinar explores the truth behind those narratives.

Remember to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).







2025 Goal-Setting Planner



Exam Planner 2025



Strategies to Beat Procrastination



Children's Relationship with Food



Debunking Health and Fitness Myths

Remember to follow us on social media to stay up-to-date with all of our latest updates and resources. Find us on [Facebook](#), [Instagram](#), [Twitter](#), and [LinkedIn](#).

