

St Martin's Newsletter



Autumn TERM 2026/2027

Friday 9th October

Attendance

This week's whole school attendance is 91.3%. Remember anyone arriving at school after 8:50 am will be marked late. Let's be an attendance HERO!

			
	Attendance	Lateness	Purple Points
Nursery	98.47%	0	Not started
Reception	99.49%	2	5.0
Year 1	81.04%	6	15.1
Year 2	94.4%	4	11.8
Year 3	88.57%	0	27.7
Year 4	94.07%	7	11.5
Year 5	84.04%	7	13.5
Year 6	95.45%	3	7.2

Year 1 and Year 3 win the bonus break this week.

St Martin's Stars

Well done to all our certificate winners this week!

			
	Shining Star	Purple Tie	Our Values
Nursery	Maisie M	Grace O	Lottie P
Reception	Bonnie-Faye C	Matilda A	Sienna-Mai S
Year 1	Julieanna M	Lucas Q-C	William R
Year 2	Bobby C	Amira A	Isla B
Year 3	Carolyn J	Fraser H	Frankie K
Year 4	WHOLE CLASS	Teddy S	Teddy S
Year 5	Christopher N	Maisie F	Vanessa K
Year 6	Sapphire R	Amelia F	Isaac T

Safety Advice

This online safety guide explores [looksmaxxing](#), its impact on boys' body image, and the risks of extreme appearance advice and online communities.

Message from Mrs Ming

We will have a very fun and busy week next week. Our book fair has arrived and will be available after school each day until Wednesday. We are also entering a few sports competitions next week so good luck to our teams!

On Friday we will be supporting 'Show Racism the Red Card', and all children can come in wearing own clothes and something red. We are asking for a donation of £1 to support [Wear Red Day - Show Racism the Red Card](#)

The week will end with our Autumn Discos. A message with details has gone out and tickets are £3 and available on Arbor. There are limited tickets.

There will be a parent meeting for the Y6 PGL trip at 9am Monday 19th October. Information will be sent out if you are unable to attend.

Finally, can I please ask that, parents do not stand directly outside the gates in the morning especially if they are smoking or vaping. It becomes very congested and some children have medical conditions and asthma.

Thank you for supporting this.
Have a lovely weekend everyone.

Parent Notice Board

Friday 16th October - Show racism the red card

Thursday 15th October - First Holy communion meeting 3pm

Monday 19th October - Parents meeting for PGL 9am

Monday 2nd November - RockKidz Whole school

Wednesday 4th November - Whole school Mass 10am

Wednesday 4th November - Parent's evening 1.40-6pm

EARLY CLOSE

Friday 6th November - **INSET DAY**

Clubs

Monday Choir with Mr Scott for Year 3-6

Thursday Film Club with Mrs Parker for Year 3 & 4

Thursday Sports Club with Mr Cullen for Year 5 & 6

Friday Lego Club with Mrs Williams for reception Y1 & Y2

School Lottery

CONGRATULATIONS to last week's winner

03/10/2026 Mr D who won £3.25

You can buy [tickets here](#)

This month you can win

the brand-new iPhone 18 Pro Max 512GB!

and recently a school and parent won 10k to share.

The **more tickets bought the bigger the prize**



Catholic Life and Reflection

The Wednesday Word is a resource for parents to use when discussing the [weekly Gospel](#) with their families.

All parents and families are welcome to join our whole school for Mass to celebrate St Martin's Feast day on

WEDNESDAY 4th November at 10am.

The friends of St Martin's are hoping to put on a few fun fundraising events for the children. All the money raised goes towards things like paying for visitors to come into the school and subsidizing school trips, so parents pay less. If you are interested in helping, let the office know and we will pass on your details.

Future events include

Fancy dress disco – Friday 16th October

Christmas Film night – Thursday 17th December

Christmas Fayre – Monday 21st December

If you would like to Buy a stall for the fayre also let us know.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

Looksmaxxing is an online trend focused on improving one's physical appearance, particularly among boys and young men. At the milder end, it can involve grooming, skincare, diet and exercise advice, sometimes called "softmaxxing". At its extremes, or "hardmaxxing", it can promote unproven or dangerous practices and contribute to body image concerns, low self-worth, and mental health difficulties.

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'objective', and sometimes brutal, views on attractiveness, while influencers may make appearance seem all-important. Advice ranges from useful tips on hygiene, skincare, and fashion to more concerning guidance.

DUBIOUS ADVICE

Some advice moves into dubious territory. One example is "mewing", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and warns that following such guidance could contribute to tooth alignment problems, bite issues, and speech difficulties.

EXTREME REMEDIES

Some DIY remedies are even more extreme and potentially dangerous. While fears of "bonesmashing" – which involves trying to alter the cheekbones using blunt objects for a more 'masculine' appearance – may sometimes be overstated in the media, other guidance can also cause harm. Untrained use of microneedling and derma rollers, taking substances or medication without appropriate medical guidance, and overusing skincare products can all have potentially harmful consequences.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to looksmaxxing content can encourage teenagers to tie their appearance to their value and self-worth, as well as making boys and young men feel they need to change perfectly normal aspects of their appearance. This can be associated with disordered eating, overexercising, or other obsessive behaviours that interfere with everyday life.

MENTAL HEALTH PROBLEMS

As well as the physical consequences, body image concerns can be associated with mental health difficulties, such as depression, anxiety, low self-esteem, body dysmorphic disorder, and psychological distress. They can cause problems both at school and at home, with children and young people potentially avoiding social situations because they fear their appearance will be negatively judged by others.

A PATHWAY TO EXTREMES

Looksmaxxing has its roots in online 'incel' communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more extreme material as they interact with similar content. Some looksmaxxing spaces have also been linked with misogynistic, incel, and white supremacist ideologies.

Advice for Parents & Educators

WATCH FOR CHANGES

Keep an eye out for concerning behavioural changes in children and young people. This could include an obsession with diet and exercise, spending more time on social media apps, becoming secretive with their phone, or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or adopts rigid or extreme routines, try to understand what may be behind the change.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "foid" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jostermmaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, provides tools that can help families manage or filter certain types of content.

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss unrealistic ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unqualified health advice and how people's insecurities can be exploited online, while making it clear that it's okay to speak openly about any concerns.

Meet Our Expert

Alan Martin is a technology journalist who has written for publications including Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



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