



Eccleston St Mary's C of E Primary School

Newsletter 5 | 2nd October 2026

SCHOOL NEWS

Our Motto:
Believe & Achieve

Our Mission Statement:
Through Jesus we love, learn and grow

PRAYER

Navigators Class have written this week's prayer and read it in church during our Harvest Celebration.

Dear God

Thank you for the fruit and vegetables and all our food.

Thank you for our colourful world.

Thank you for sun, water and fresh air.

Thank you for the cows and animals.

Thank you for our friends and families who care for us.

Thank you for the farmers who help the seeds grow into crops.

Thank you for trees, flowers and the nature around us.

Thank you for the sky and for space.

Thank you for your wonderful world.

Please help us to take care of it. Amen



☆☆☆ SHINING STARS ☆☆☆

Explorers	Erin	
Adventurers	Roman	
Navigators	Margot	Coco
Voyagers	Aurora	
Inspiration	Henry H.	Hugo
Curiosity	Poppy	Myla
Discovery	Harry	

WINNING HOUSE THIS WEEK

LOSTOCK

Please click to find out
more about our school

[Facebook](#)
[Instagram](#)

**"I came to give life—life in
all its fullness."**

John 10:10

Inspiration Class

Inspiration Class visited Eccleston Methodist Church as part of their RE topic. They behaved brilliantly and respected the special surroundings.

Thank you to Mr and Mrs Ryding for the tour and information you gave us.



Inspiration class have loved investigating the effects of different drinks on our teeth. We used eggs to replicate teeth and were astounded at the damage caused by sugary drinks like Lucozade, cola and orange juice.



We concluded that water was the best drink, with Lucozade and orange cordial being the worst.

We also tested the effects of vinegar and were shocked that it caused the egg shell to completely dissolve!

Adventurers Class

Adventurers Class have been learning all about Harvest this week. We enjoyed finding out what this means and why it's an important time of year.

We loved learning a new song and printing with lots of different fruits and vegetables in our creative area!



Harvest Celebrations

What a beautiful morning it was to walk to church for our Harvest Service. Your generous food gifts will be donated to a local charity in Chorley who support the homeless. Little Explorers, Adventurers and Jellybeans enjoyed their own celebration in school.



New Entrance Foyer

We are absolutely delighted with our new entrance area, which was finally finished this week. Designed by parent, Dave Flanagan, it is inspired by our school Christian Values and our belief that all children should be given the opportunity to experience 'life in all its fullness.' None of this would have been possible without Dave's tireless dedication and hard work and we are immensely grateful.

We would also like to thank our amazing PTFA for generously paying for the mural. Your support is very much appreciated and has also helped make this wonderful project possible.

Please do pop in and take a look - we're sure you'll be impressed!



Little Explorers

Little Explorers have enjoyed colour mixing as part of their colour week. They chose which colours they wanted to paint their hands and then rubbed them together to see what colour they would turn into!



School Photographer

The school photographer will be in school on Monday 12th October to take individual and family photos. Pupils with siblings not in school are welcome to come in from 8.30am to have their family photos taken.

Children in Year 2 and Year 5, who have PE on Mondays, should come to school wearing their school uniform on this day and bring their PE kit with them to change into after the photo session.



Parents' Evening

Parents' Evening is on **Monday 19th October**.

Parents' Evening for Inspiration Class is on **Wednesday 21st October**

Appointments will go live to book on your Spider App, at **6.00pm on Monday 5th October**.



The poster is titled 'Jellybeans' in large, colorful letters. It features various cartoon jellybean characters. The text includes: 'fun activities' in a blue bubble, 'Jellybeans sessions for under 4s', '9am to 10am' in a green bubble, 'at Eccleston St. Marys CE Primary School', 'Every Thursday during term time' in a purple box, 'Stories' in red, 'songs' in an orange bubble, 'Sessions led by our Nursery and Reception teaching staff', '£2 per family' in a large orange circle, 'Refreshments will be served' in a green cup, and 'Please share this information with other families in the village.' at the bottom.

The Big Future-Survey

The Children's Commissioner for England, Dame Rachel de Souza, is carrying out a national survey for school-aged children called **The Big Future**.

The survey aims to gather children's views, experiences and aspirations to help shape decisions that affect young people across England.

With hundreds of thousands of children and young people already taking part across England, we would really like to make sure as many of our pupils as possible have the opportunity to add their voices.

If your child would like to take part, please visit the link below for more information and to access the survey:

[https://
www.childrenscommissioner.gov.uk/
thebigfuture](https://www.childrenscommissioner.gov.uk/thebigfuture)



Upcoming Dates

Sunday 4th October	10.45-11.45am	Harvest at St Mary's Church
Monday 5th October	1.00-3.20am	Adventurer Class Bear Workshop
Friday 9th October	8.45-9.15am	Discovery Class SODA
Monday 12th October	8.45am	School Photographs
Tuesday 13th October	3.30-4.30pm	PTFA AGM (Everyone Welcome)
Wednesday 14th October	9.00-10.30am	Inspiration Class Worship at Church
Friday 16th October	8.45-9.15am	Curiosity Class SODA
Friday 16th October	3.30-6.30pm	Disco Friday (separate letter sent)
Monday 19th October	1.10-3.10pm	Child Safe Y2/3 & Y6
Monday 19th October	2.00-7.20pm	Parents' Evening
Tuesday 20th October	9.00-9.30am	Open the Book
Wednesday 21st October	9.00-10.00am	Inspiration Class Worship (Please join Us)
Wednesday 21st October	2.00-7.20pm	Inspiration Class Parents' Evening
Thursday 22nd October	1.00pm	Library Book Bus Visit
Friday 23rd October	8.45-9.15am	Inspiration Class SODA
Friday 23rd October	3.20pm	School Closes for Half Term

School re-opens at 8.45am on Monday 2nd November.

Letters Home

Reception Class Health Questionnaire—Letter

Preschool/Infant Disco—Letter

Junior Disco—Letter

Sports and Social Clubs

Tuesday	Multi Sports YR, KS1 & KS2	3.20-4.10pm
Wednesday pm	Woodwind lessons	1– 2.30 pm
Wednesday pm	Rock Steady Bands	1—3.15pm
Thursday	Guitar Lessons KS2	12.30-1.30pm
Thursday	Girls Football YR, KS1 & KS2	3.20-4.10pm
Thursday	Spanish Club	8.00-8.45am
Friday	Brass Club	3.20-4.15pm



SCHOOL ADMISSIONS PRIMARY SOUTH

Do you have a child starting primary school in September 2027 and living in Lancashire?

Closing date: 15 January 2027

You must apply even if a brother or sister is already at the school, or the school is linked to your child's nursery.

Apply for a school place now by scanning the QR code or visit lancashire.gov.uk/schools

If travel cost is an important factor in your school preference, please check the guidance on our website, or call 01772 532109.

Between 1 October and 31 January schools are consulting with you to make sure admission arrangements meet future needs. To find out more please visit www.lancashire.gov.uk/schoolplaces and click 'school admission policies'.

lancashire.gov.uk

Lancashire County Council

Primary School Admissions – Reception Intake September 2027

If your child is in their final year of pre-school or nursery, you can now apply for their primary school place for September 2027 at: www.lancashire.gov.uk/schools

The application process is quick and easy, and you'll receive an email confirmation once submitted.

You must apply even if your child already has siblings attending the school.

If you live in Lancashire, you can include out-of-area preferences on your online application.

The closing date for applications is **23:59 on 15 January 2027**.



SCHOOL ADMISSIONS SECONDARY

APPLY NOW!

[at lancashire.gov.uk/schools](http://lancashire.gov.uk/schools)

School and Academy places September 2027

You must apply if your child is in their last year of primary school (year 6) from September 2026.

You must apply even if an older brother or sister is already at the school.

If you're a non-Lancashire resident apply through your own local authority.

Please read the admission criteria for your chosen schools on the website or get a copy from them.

CLOSING DATE 31 October 2026

lancashire.gov.uk

School transport

If travel cost is an important factor in your school preference, search 'school transport' at lancashire.gov.uk or scan the QR code.

Lancashire County Council

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.co.uk.

What Parents & Educators Need to Know about LOOKSMAXXING

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.

WHAT ARE THE RISKS?

TARGETING MALE INSECURITIES

Although usually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and dating success. Forums offer 'selective' 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 "renewing", a tongue exercise claimed to create a more masculine profile. 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 "looksmaxxing" – 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. Unfounded use of microdosing 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 fixate 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 and sometimes downplayed terms, such as "Chad" (an attractive male), "face" (a misogynistic term for a woman), and "maxxing" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "looksmaxxing" (using humor to attract women) and "staremaxxing" (extreme staring).

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 and set limits on social media appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unproven 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.

See full reference list on our website

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#WakeUpWednesday

The National College

You are invited to our
PRIMARY SCHOOL AND NURSERY



OPEN DAY



at
Eccleston St Mary's CE Primary School
and
Little Explorers Nursery

Thursday 1st October

4.30-6.00pm

Friday 13th November

9.30-11.00am

Meet our
Headteacher,
Mrs Birchall

Visit our
classrooms

See lessons
in action

Chat with our
friendly staff
and pupils

Enjoy
refreshments
in the school
hall

Our school is a very special
place where children are happy
in their learning with endless
exciting opportunities.



For more information please email
bursar@st-marys-eccleston.lancs.sch.uk
or phone 01257 451317

At the heart of the community for 150 years