

# Newsletter – WC 28th September 2026

*Inspiring success through learning, community and faith.*

**I can do all things through Christ who strengthens me**

– Philippians 4:13



**A massive St John's well done to all our Silverdale Stars this week.**

**Robyn (Curlews)**

For super story writing and using her phonics and the tricky word mat really carefully.

**Patrick**

For a super attitude in class, he is a hard-worker and a great learner!

**Joe**

For excellent progress in spelling, including your high frequency words. Well done Joe!

## Absence and Holidays

Good attendance is vital for your child to make good progress.

### Reporting Absences

If your child is absent, call the School Office on the first day

No reason given = unauthorised absence

### Medical Appointments

Provide appointment evidence to the School Office

Only for unavoidable appointments during school hours

### Term-Time Leave

**Family holidays will NOT be authorised**

Complete an 'Application for Leave of Absence' form (on our website) for exceptional circumstances only

### IMPORTANT:

The Local Authority now tracks unauthorised absences over 3 years. 5 days (10 sessions) unauthorised absence in a 3 week period puts you at risk of a penalty notice.

### What this means:

**1st unauthorised absence:** Penalty notice (£160 per parent, per child)

**2nd unauthorised absence:** Another penalty notice (£160 per parent, per child)

**3rd unauthorised absence:** Possible prosecution

## Open Day 2026

There will be an open day for existing and prospective parents on **Wednesday 21<sup>st</sup> October**. There will be three 'tours' throughout the day. **09:30, 10:45 and 13:30**. Our School Council will be helping show case our wonderful school. Please spread the word about open day to anyone you think might be interested.

## Young Minds Yellow Day

**Friday 9<sup>th</sup> October** is 'Hello Yellow' day.

We are inviting children to wear yellow, as we raise awareness of young people and their mental health. There are days when all of us struggle with how we are feeling. Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same.

The children can wear yellow clothes and accessories and [donate](#) what they can.

## Homework (consolidation of learning)

Please let us know if you cannot access Google classrooms or any of our online learning platforms

Mathletics, TTRS, Spelling Shed, Purple Mash. There are always glitches at the beginning of the academic year. They are usually easily sortable. Please email Miss Sanderson with any troubleshooting questions.

## Friday Thought

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

—Matthew 5:11-12



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The words of Jesus: Our Christian Value this week is Thankfulness

## Workshop Week

These are being held in school WC 09.11.26. There will be a **phonics workshop** on Monday 9th at 17:00 with Mrs Hodkinson and Miss Sanderson. There will be a **SATS workshop** for year 6 parents on Tuesday 10th at 17:00 with Mrs Tetchner. There will be a **maths workshop** on Thursday 12th, with Miss Jackson. Please email these teachers, if you would like to join these workshops.

## Music Lessons

For KS2 pupils interested in taking music lessons from September 2026 please visit this [link](#) below for further information.

## Open Day

Do you know anyone who is turning 4 this year and will be starting school in September 2027? If so, please let them know that our open day is on **Wednesday 21 October from 9:30am – 11:30am**; spread the word! You must apply by 15<sup>th</sup> January 2027 (see poster below)

## Poetry Day

A popular Silverdale St John's school event. This will be held in school on **Thursday 8<sup>th</sup> October**. Get practising children! Please let Miss Sanderson know if your child is entering the competition by **Tuesday 6<sup>th</sup> October**, so we can provide a schedule

## FLU VACCINATIONS

The School Nurse Team will visit us on Thursday 26<sup>th</sup> November 2026 to administer Flu Vaccinations.



## Lunches

**Week 1 WC 05.10.26**

## Next Week...

05.10.26 - Staff CPI Training  
06.10.26 - Staff CPOMS Training  
08.10.26 - Poetry Day  
09.10.26 - Mental Health Day – Wear yellow  
PLEASE CHECK SCHOOL [WEBSITE CALENDER](#) FOR FUTURE DIARY DATES

## Attendance

A Massive well done to Curlews this week  
Curlews 100%  
Bitterns 98.0%  
Harriers 92.9%  
AVERAGE SCHOOL 96.2%

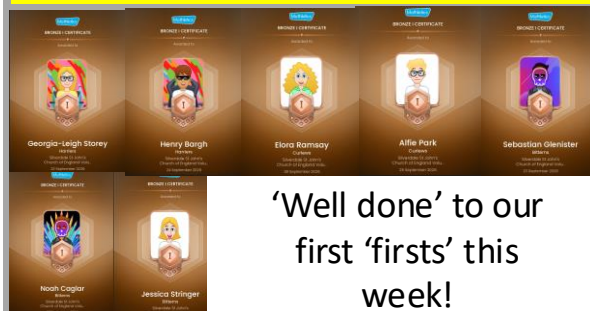
## Tower Wood

Creative teddies. Room inspections. Hill climbing. Sloth mimicking. Paddle boarding & ghyll scrambling. Wet, wet, wet. Fun, fun, fun! We then had wet suit wrestling. Jetty jumping, rock scrambling & trust falling.

What a team. What a few days!  
The staff and the activities at Tower Wood were awesome.

Stickle ghyll in particular, was THE best fun. Cold, clear water, huge boulders. Scrambling traverses & VERY brave children! The children were so well behaved and a LOT of fun

## Mathletics



'Well done' to our first 'firsts' this week!

**SCHOOL  
ADMISSIONS  
PRIMARY**

**APPLY NOW!**  
at [lancashire.gov.uk/schools](https://lancashire.gov.uk/schools)

## School and Academy places September 2027

You must apply if your child has a 4th birthday between 1 September 2026 and 31 August 2027.

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

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**  
**15 January 2027**

[lancashire.gov.uk](https://lancashire.gov.uk)



### School transport



If travel cost is an important factor in your school preference, search 'school transport' at [lancashire.gov.uk](https://lancashire.gov.uk) or scan the QR code.



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**Silverdale St John's**  
**CofE Primary School & Nursery**  
*Learning, Community and Faith*



# Stay and Play at school



**Friday**

**09:00 – 10:30**

**We would love to see you.**

Parents, grandparents,  
aunties, uncles –  
all children great and small.



**Snacks  
provided**

**and a LOT  
of fun.**

# 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), "fold" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve adding "maxxing" to another word, such as "jestermaxxing" (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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See full reference list on our website

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