



Friday Newsletter

02/10/2026

This week at school...

The autumn weather is continuing to be in our favour, and KS1 and Willow class enjoyed trips to Forest School this week, Thursday and Friday respectively. They had a fire and made warm drinks, worked together to build dens and some whittling of sticks to toast marshmallows.

This afternoon Willow Class have enjoyed a water workshop, learning about the importance of water, climates and their impacts on the availability of water throughout the world and lots & of other watery facts.

Monday is our Open morning, and if you know of any families looking for a school for their child in September, please let them know they can come and have a tour of our school on Monday morning.

Please do come along to the PTFA AGM on Friday, - everyone is welcome.

After School Activities

- Explorers adventure Computing(Monday)
- Go Green, Art & Craft (Tuesday)
- Football, Netball (Thursday)

Calendar | Stoke Prior Primary School

Value of the Month

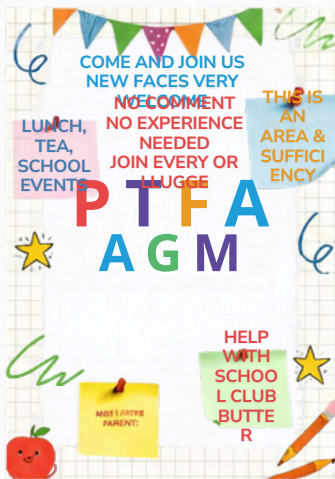
Cooperation

Stars of the Week

Angus, Millie, Mathew, Logan, Neo, Woody

Shield Winner

Maggie Brotherwood



Stoke Prior Primary School

Open Morning

5th Oct 9.30 - 11.30am

Current pupils will give you a tour of our lovely school and an insight into each class and student life here. There will be an opportunity to speak to the teachers and governors. Your child will have an opportunity to explore our Reception classroom, while you enjoy a cup of tea.

Come and see us on a normal school day, you will receive a very warm welcome!

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REMEMBER!
Put your child's name on their uniform!

Are you starting Reception in 2027. We are hosting an Open Morning - between 9.30 and 11.30am

**Monday 5th
October 2026**

Attendance

Evidence shows that good attendance is a key factor in enabling children to reach their potential. Parents are reminded that they should not book holidays in term time as this has a significant effect on a child's progress.

We have set our target this year at 97% again, but can we beat last year and get higher?

Year to date - 98.3%

Next Week...

Monday - Open Morning

Tuesday -

Wed -

Thurs - KS1 Forest School

Fri - Willow Class Forest School

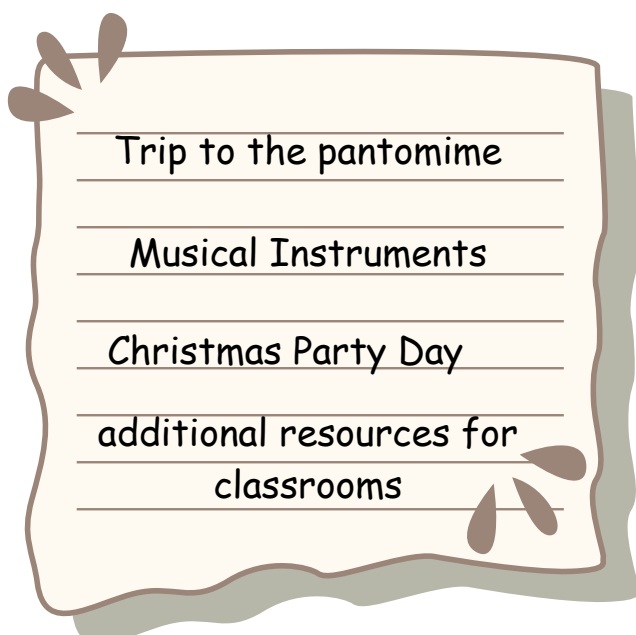
PTFA AGM - all welcome



Our school needs
you all!

Please consider
giving an hour of
your time
throughout the year
to help our PTFA run
the events that
contribute to the
children's enjoyment
of school!

Just some of the things
the PTFA do for school!



WHY JOIN OUR PTFA?

8 reasons to join our PTFA

YOUR CHILD BENEFITS

The PTFA is an important part of the school and helps to enrich your child's school experience. We support the school by helping to provide things like new books, playground equipment, sports equipment and much more.

FEEL INVOLVED

As a parent or carer in our school you are already a member of the PTFA. Every person is welcome to our meetings and we love to see new faces. Please consider coming along to our meetings or volunteer an hour or two of your time at an event.

BE BETTER CONNECTED

Create closer links with the head teacher, teachers and staff. If you are new to the school, the PTFA is an excellent way to become part of the community.

IT IS FUN

Be a part of the team which organises great events for everybody to enjoy. Suggest your wackiest ideas and watch as it catches on.

ITS NOT JUST FOR MUMS

Everybody is welcome. As a PTFA anybody can join. Grandparents, aunts, uncles its especially important to have dads and male carers as male role models are crucial.

ITS TOTALLY FLEXIBLE

Anybody can get involved. Its less commitment time than you think and you dont always have to attend meetings. Small jobs like putting up a poster, sharing a facebook post or running a tuck shop Friday keeps everything running smoothly.

KEEP THE PTFA GOING

As parents move on from the school, there is a real danger that there will no longer be a PTFA. Please do consider helping to keep the PTFA going year after year.

TO MAKE A DIFFERENCE

As well as fundraisers, the PTFA organises events which add so much to our children's school experiences. We organise school discos, tuck shops, pottery visits, duck races and quizzes along with many more events. This creates a real sense of community and benefits our children.

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 "moggling" (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

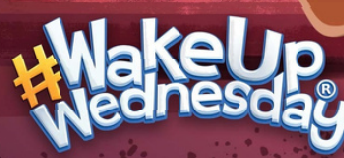
Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example, 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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Upcoming Events at School



OCT
05

MORNING

*Open Morning, for
families considering
school.*

OCT
08

MORNING

KS1 Forest School

OCT
09

MORNING

*Willow class Forest
School*

OCTOBER
14

ALL DAY

WW2 Day Oak Class

OCTOBER
16

3.30 PM

*Yr5 & Yr6 Football
match v LPS - Home*

OCTOBER
20

ALL DAY

*Willow Class trip to
Water Museum*

OCT
21&22

3-6.30

*Oak Class parents
evening*

OCT
22

1.30PM

*Harvest Festival - whole
school & parents*

OCT
23

*School Closed - Training
Day*

<https://www.stokeprior.hereford.sch.uk/calendar>