

Broxbourne CE Primary School Newsletter

Autumn Term Issue 5

2nd October 2026



HEADTEACHER UPDATE

It was a pleasure to fill St Augustine's Church with worship and song today as we celebrated our Harvest Festival. Thank you for your generous donations of food and money, and well done to all the children who contributed to our worship. Food donations will support local food banks, while the monetary collection will go to our Kingfisher Council's chosen charity, Stroke Association UK.

We received some exciting news this week. Following five consecutive years of Gold-level School Games Mark achievement, we have been awarded the Platinum School Games Mark. This is a considerable accomplishment and recognises the commitment of our children, staff and wider school community to sport and physical activity. Congratulations to everyone who has played a part in reaching this milestone.

Our House Football competition is now entering its final stages. The results remain closely contested, with everything still to play for. Year 3 and Year 4 girls completed their third-round matches this week, with three tournaments still to come. Well done to everyone who has represented their House with such enthusiasm.

On Thursday, we welcomed Mrs Maria Griffin from Herts for Learning to review our Early Years provision and the progress made during the opening weeks of term. It was particularly pleasing to see our children confidently following routines, navigating their new learning environment and understanding the systems in place. Most affirming was her comment that after such a short time in our setting she could see the warmth, care and sense of belonging in terms of our children and their relationships with our staff. This is especially impressive for our EY1 children, some of whom have only been with us for three weeks. Thank you and well done to our Early Years team for the care and consistency they have established.

Please check the school website for upcoming events, including the PTA Disco, Macmillan Coffee Morning and Parents' Evenings, and add these dates to your diaries.

As we celebrate Harvest, we are reminded of the wonder of God's creation:

How many are your works, Lord! In wisdom you made them all; the earth is full of your creatures.

Psalm 104:24

Thank you, as always, for your continued support and for trusting us with the care of your children. I hope you all have an enjoyable and restful weekend.

Best wishes Paul Miller

Dream, Believe and Achieve with God

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CELTIC HARMONY



Year 3 enjoyed a fabulous trip to Celtic Harmony this week. We learnt how to be gatherers, planning our meals from what we found in the woods, traded our goods from shells to goats' horns, built dens, learnt about weapons, and even had a go at hunting animals using spears. Year 3 could definitely survive in The Stone Age if we were to ever travel back in time!!



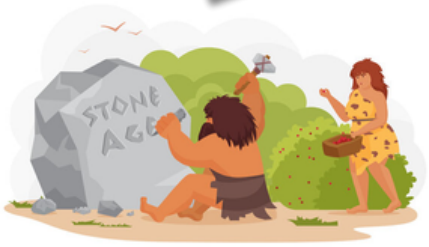




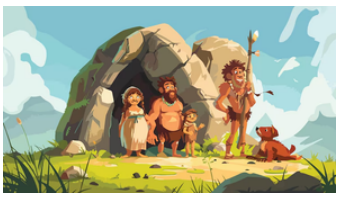














CHOIR AT ST ALBANS CATHEDRAL

Tuesday, 13th October at 2.00pm



PARENTS EVENING

Remember to book your slot for Parents' Evening! An email with instructions was sent out earlier in the week.

Thank you.

HOUSE POINT LEADERS

This week's winners are…..

Green Hedgehogs



REMINDER: The House that wins the House Cup for the greatest number of weeks each term will enjoy a non-uniform day in the final week of term. The children should wear an item of clothing in their house colour!

INDIVIDUAL AND SIBLING PHOTOGRAPHS

Order sheets were sent home with the children on Wednesday. Place your order online by Wednesday, 14th October to take advantage of FREE delivery directly to school!



SCHOOL CALENDAR

Please remember to regularly check the School Calendar on our website. You can also subscribe to this calendar to ensure you do not miss any key dates.

Thank you.

Broxbourne CofE Primary School - Calendar

SHIN PAD DONATIONS NEEDED!

We are on the lookout for spare or outgrown shin pads to add to our school sports loan equipment. With so many children taking part in football at school, demand is currently outstripping our stock! If your child has a pair gathering dust at home that they no longer use, we would be extremely grateful for any donations. All sizes are welcome and will be put to good use.



Please drop any donations into the school office.

Thank you, as always, for your support!



CONGRATULATIONS.....

to Aiden in our Year 6 class who will feature in a documentary about the murder of Damilola Taylor in 2000. Whilst the subject matter is not appropriate for our younger children, the documentary in being shown on BBC2 on Monday 5th October.





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.

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.

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 "jestermaxxing" (using humour to attract women) and "starvemaxxing" (extreme dieting).

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.

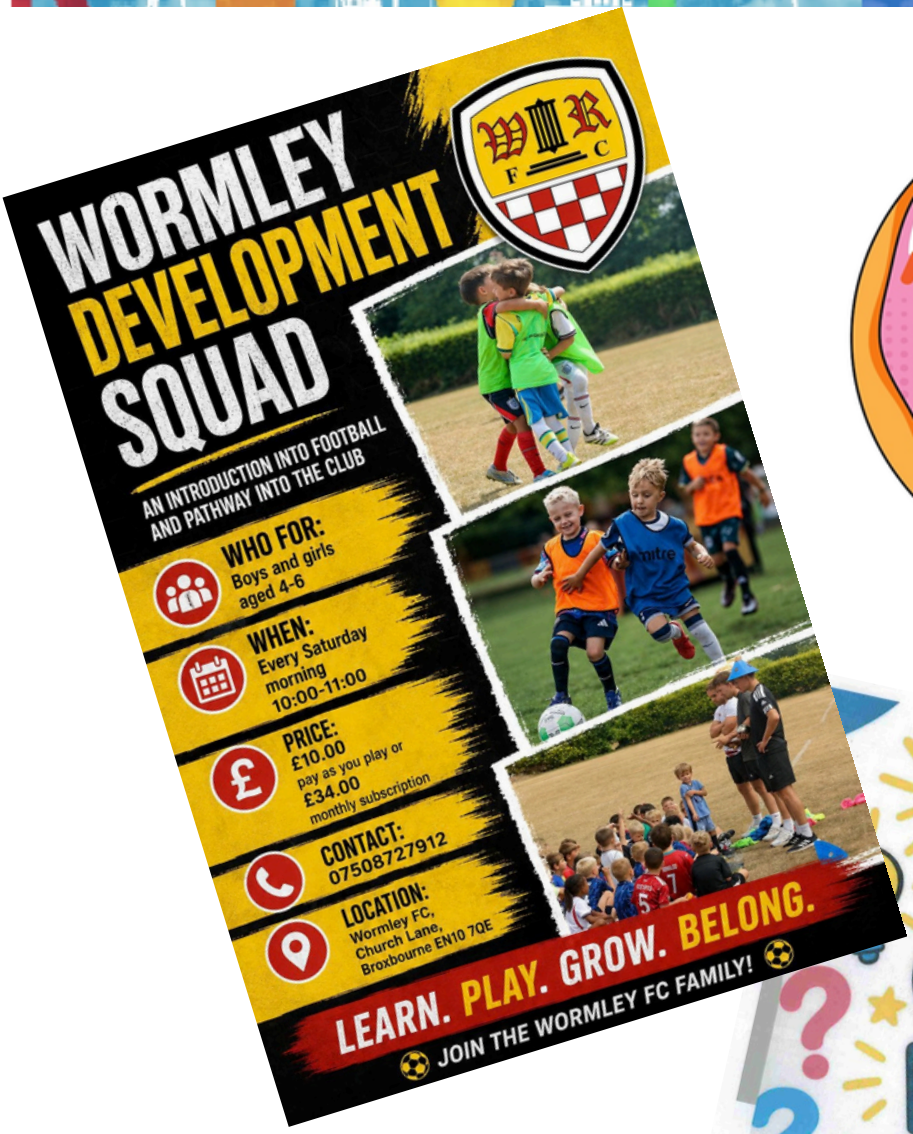
#WakeUpWednesday®

The National College®

See full reference list on our website

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Equality
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Perseverance
Excellence
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LEARN. PLAY. GROW. BELONG.
JOIN THE WORMLEY FC FAMILY!


PTA DONUT SALE
Friday, 9th October
at 3.00pm


Mill Lane Preschools
QUIZ NIGHT
Great questions • Good company
Support our preschool!
Friday 13th November
at 7.30pm
Raffle on the night!
£8 per ticket
Bring your own drink and nibbles
Teams of up to 8
Bring your friends and family along!
Registered Charity Number: [1023359]