

The Cramlington Courier!

2nd October 2026



In this week's issue:

- Message from Mrs Whitehead (Principal)
- Attendance challenge
- Values in Practice (VIPs) awards
- Dates for your diary and information
- Safeguarding - Looksmaxxing
- Special Educational Needs and Disabilities (SEND) - SEND Learning Hub

A message from Mrs Whitehead (Principal)

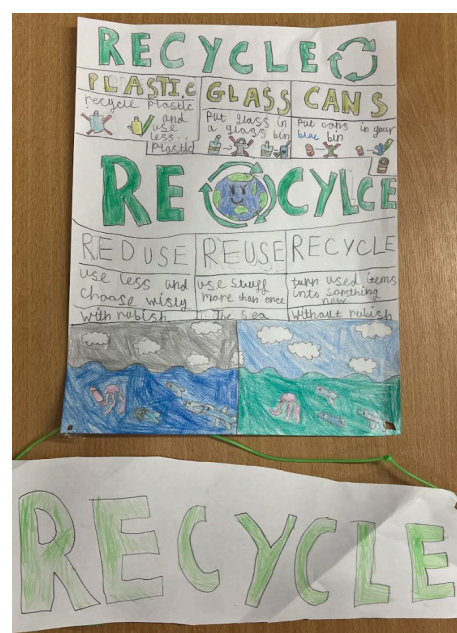


Thank you to all the parents and carers who joined us to celebrate **National Poetry Day!** It was wonderful to see such a fantastic turnout, and your support meant the world to the children. We could not be prouder of how amazingly the children performed - a wonderful celebration of literacy across the school.

In October we are celebrating **Black History Month**. In the classrooms, every year group took deep dives into the lives of remarkable historical and contemporary figures—from pioneering scientists and inspiring artists to courageous activists and athletic icons, sharing their legacy and lessons with one another. Each class then shared their learning in an inspiring whole-school assembly. Why not ask your child/ren to tell you about who they have been learning about? This has been a wonderful opportunity for our pupils to celebrate diversity and feel inspired by these extraordinary stories.



A big thank you and well done to everyone who took part in our **Recycling Week poster competition!** We were blown away by the creativity, vibrant designs, and powerful eco-messages submitted across all year groups. Your posters will soon be displayed all around the school to help inspire and remind us all to recycle smarter and protect our planet. A special congratulations to our overall winners:

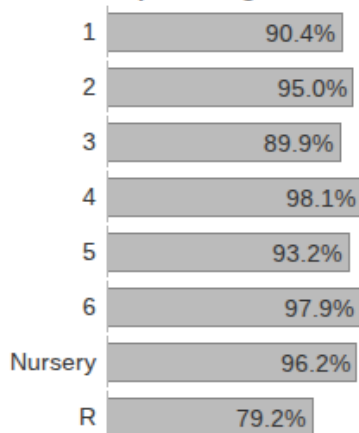


Best wishes,
Mrs Whitehead (Principal)

Attendance -



Attendance percentage



Values in Practice (VIPS)

Nursery	Ayden for taking care and consideration for his own learning.
Reception	Louie for amazing subitising skills in Maths. You are building your Mathematical knowledge to tackle challenging Maths problems.
Year 1	Erica for showing kindness towards her friends in Year 1.
Year 2	Mary-Margaret for outstanding reasoning skills in Maths.
Year 3	Josh for showing resilience during Maths problems.
Year 4	Layla for showing fantastic resilience and working incredibly hard on your writing this week.

Year 5	Ian for showing fantastic resilience when writing your story in English, persevering with challenges and always trying your best to improve your writing.
Year 6	Jake C for showing determination to succeed in every lesson.

Dates for your diary and information

Please note - the new **key dates** document - [PDF calendar 2026-27.pdf](#)

Monday 5th October	Year 1 and 2 Mental Health and wellbeing workshops at 2:45pm - join your child's class to take part in a wellbeing activity and find out about how we can work together to promote positive mental health for our children.
Tuesday 6th October	Year 3 and 4 Mental Health and wellbeing workshops at 2:45pm - join your child's class to take part in a wellbeing activity and find out about how we can work together to promote positive mental health for our children.
Wednesday 7th October	Year 5 and 6 Mental Health and wellbeing workshops at 2:45pm - join your child's class to take part in a wellbeing activity and find out about how we can work together to promote positive mental health for our children.
Wednesday 7th October	Walk and roll to school day - why not park your car a little further from school and walk, cycle or scoot the rest of the way, encouraging physical activity, whilst enjoying the fresh air and being environmentally friendly.
Thursday 8th October	Nursery and Reception Mental Health and wellbeing workshops at 2:45pm - join your child's class to take part in a wellbeing activity and find out about how we can work together to promote positive mental health for our children.
Friday 9th October	World Mental Health Day - watch out in the newsletter to find out how your child celebrated the day through "Our Wellbeing" personal development day.
Wednesday 14th October	Parents and carers are invited to school at 2pm to celebrate our Harvest Festival. Enjoy our farmers market, songs and readings. Please bring change to support Year 4 and 5's enterprise project. They will be selling delicious soups and apple crumbles, using produce from our school allotment.
Wednesday 14th October	Early Years, Year 1 and 2 Halloween disco 3:30-4:30pm - children can come to school dressed in their Halloween costume.
Thursday 15th October	Year 3, 4, 5 and 6 Halloween disco 3:30-4:30pm - children can come to school dressed in their Halloween costume.
Friday 16th October	Wear red for Show Racism the Red Card day
Friday 16th October	School breaks up at 2pm for half-term holiday
Monday 2nd November	School reopens for Autumn 2 term

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

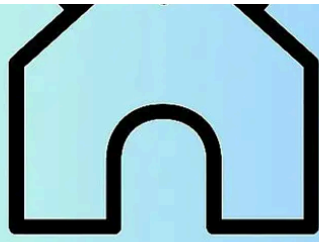
Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "mewing", mentioned above, you might hear terms such as "Chad" (an attractive male), "told" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples 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.



The SEND Learning Hub

EMPOWERING SEND LEARNERS...
AND THEIR FAMILY

Regulation and the Sensory System Overview

Join us for a morning to discover how the 8 senses impact on regulation, and how you can support your child to regulate.

Regulation and the Sensory System

Join us for an insightful session exploring how the 8 sensory systems impact regulation in children with SEND. This event promises to shed light on the fascinating ways sensory input influences behaviour and emotional control.

Date & Time: 8th October at 10:00am

Venue: Blyth Central Family Hub

Come ready to gain valuable understanding—because when it comes to sensory systems, it's all about keeping those little superheroes regulated and ready to conquer the day!