Histon & Impington
Park Primary School

16th October 2026

HIPPS Newsletter

It has been a very active week here at the Park, with children taking part in both the Wimpole Cross Country and Bikeability. Almost 50 children headed to Wimpole with Miss Peake to take part in the South Cambs Big Schools Cross Country. Our children competed in races alongside up to 120 other runners, and we were incredibly proud to hear such positive feedback from the adults supporting the event. They spoke particularly about how wonderfully our children encouraged one another and how fantastic it was to see all of our PARK values in action. More information on how we did can be found in Mr Newman's write up on the next page!

Back at school, children across Years 5 and 6 have been completing their Level 1 and Level 2 Bikeability, heading out onto the roads and developing the skills and confidence they need to cycle safely. Our Year 4 children completed Level 1, practising safe starting, stopping and navigation on the playground. The Bikeability instructors were extremely positive about the children's engagement, concentration and enthusiasm throughout the sessions. It is wonderful to see so many of our children developing the skills and confidence to embrace active travel!

Lisa Moule-Head of School

Meridian Trust

Cross Country News from Mr Newman

On Wednesday we took a team of 48 children, from Years 3 to 6, to take part in the South Cambridgeshire Schools Cross Country event at Wimpole.
Our children were competing against nearly 1500 children from 23 other schools with approximately 130 children in each race. Standing on the start line must have been just a little bit scary!

The children from our school performed outstandingly well with 7 top ten finishers and 18 top twenty finishers. More importantly the children gave their absolute upmost in terms of both effort and the encouragement and support they gave to each other and children from other schools. A great reflection of our PARK values.

Special mention to Sophie and Imi who finished 1st and 2nd respectively in the Year 4 girls race. A truly remarkable achievement.
Thank you to all those parents/carers who supported us by taking their children and helping at the event. The children all had a fantastic morning.

Amazingly out of the twenty four teams taking part we won.....
The year 3/4 trophy for the 4th successive year
The year 5/6 trophy for the 2nd year running
Both the Year 3/4 overall trophy and the year 5/6 overall trophy for the 2nd successive year!

A great reflection of the teamwork that the children at Histon and Impington Park always show and a win to which all those children who took part contributed!

Library Visits

This week, Year 3 visited Histon library! The had the chance to explore what our local library has to offer and, most importantly, had the chance to read some books!
We are so lucky to have this resource in our community so please so make use of it!

Housepoint Totals!

	EARTH	WATER	FIRE	AIR
Totals for this week	60	63	80	83
Total for the term	250	270	285	219

Showcase Assemblies and Performances

At HIPPS, each year group will have an opportunity to showcase their learning or perform in front of an audience of parents/carers.
Year 1 will do this in the form of their Nativity and Year 6 their end of year production. All other year groups will have a Showcase Assembly to share what they have been learning. These showcases will be followed by Open Classrooms where you can go and look at the children's books in classes. Dates for these events have been added to the key dates below.

Year 6 Dance Displays - October 2026

Our amazing Year 6 classes wowed us with their contemporary dance performance, Mercy. Throughout their lessons, pupils worked collaboratively in groups to develop and refine their motifs, incorporating a range of compositional devices including levels, direction and partner relationships.

Their creativity, commitment and teamwork shone through in every performance, demonstrating the high standards and positive attitudes that make them such fantastic role models for our school.

A huge well done to all of Year 6 for an inspiring and memorable performance!

Parking and the Turning Circle

Families who hold Blue Badges rely on access to the turning circle to ensure they can safely and easily collect and drop off their children. Unfortunately, over the past two weeks, we have received a number of reports of unauthorised vehicles parking in this area, resulting in some families with disabilities being unable to use the space when needed.

We would like to remind all parents and carers that the turning circle should only be used by those who have been given permission by the school. Please do not park in this area unless you have received prior authorisation.

Thank you for your understanding and support in helping us ensure that all members of our school community can access the site safely and respectfully.

Make sure you have ordered your child's Christmas Card design on the Class Fundraising website. Your child should have bought home their sample card which has all the information you need to place your order! We recieved 20% commission for the HI Park Primary PTFA from every order placed!

Key Dates (new dates added in black)

Monday 19th/ Wednesday 21st October	**After School**	Parents' Consultations
Wednesday 21st October	**All Day**	Roman Soldier Visit to Year 3
Thursday 22nd October	**All Day**	Roman Soldier Visit to Year 4
Friday 23rd October		**Deadline for Christmas Card Orders**
Friday 23rd October		Staff Training Day
Monday 26th-Friday 30th October		Half Term Holiday
Saturday 31st October		**Deadline for Year 6 Applications to Secondary School**
Monday 2nd November		Staff Training Day
Tuesday 3rd November	**All Day**	Flu Vaccinations In School
Friday 13th November		Children In Need
Thursday 26th November	**All Day**	**Year 5/6 Trip to Bletchley Park**
Friday 27th November		Staff Training Day

Key Dates

Monday 7th December	**2.45pm**	Year 5 Showcase Assembly and Open Classroom
Monday 7th December	**3.25pm**	Year 6 Open Classroom
Friday 11th December		Christmas Jumper Day, Christmas Dinner Day, Santa Dash and Christmas Fair
Tuesday 15th December	**9.30am**	Year One Nativity Play
Friday 18th December		Last Day of Autumn Term
Monday 4th January 2027		Start of Spring Term
Monday 25th January	**2.45pm**	Year Four Showcase Assembly and Open Classrooms
Monday 8th February	**2.45pm**	Year Two Showcase Assembly and Open Classrooms
Monday 8th February	**3.25pm**	Year One Open Classrooms
Thursday 23rd March	**9.15am**	Reception Showcase Assembly
Tuesday 4th May	**All Day**	Class Photos
Monday 10th May-Thursday 13th May		SATS Week for Year 6
Tuesday 25th May	**am**	EYFS/KS1 Sports Day

Key Dates

Tuesday 25th May	**pm**	Key Stage Two Sports Day
Monday 7th June-Friday 18th June		Multiplication Check for Year 4 Pupils
Friday 11th June	**3.40**	PTFA Summer Fair
Monday 14th June-Friday 18th June		Year 1 Phonics Screening Check
Monday 21st June	**2.45pm**	Year 3 Showcase Assembly and Open Classroms
Tuesday 22nd June		Reserve Sports Day date
Friday 25th June		Staff Training Day
Thursday 8th July	**9.30-11.30am and 5.30-7.30pm**	Year 6 Production
Wednesday 14th July-Friday 16th July		Year 6 Residential
Tuesday 20th July	**5-7pm**	Year 6 Leavers' Party
Wednesday 21st July		Last Day of School Year

Histon and Impington Park Primary School

OPEN DAYS

FOR PROSPECTIVE PARENTS/CARERS OF CHILDREN STARTING RECEPTION IN SEPTEMBER 2027.

MONDAY 5TH OCTOBER 2026 9.30-10.30AM-FULL
TUESDAY 13TH OCTOBER 2026 9.30-10.30AM-FULL
WEDNESDAY 4TH NOVEMBER 2026 9.30-10.30AM-FULL
THURSDAY 5TH NOVEMBER 2026 6.00-7.00PM-FULL
TUESDAY 10TH NOVEMBER 2026 9.30-10.30AM-FULL
TUESDAY 17TH NOVEMBER 2026 9.30-10.30AM
MONDAY 23RD NOVEMBER 2026 9.30-10.30AM

TO BOOK A PLACE, PLEASE EMAIL:
OFFICE@PARKPRIMARY.CO.UK
OR PHONE: 01223 568826 TO BOOK A PLACE!

Meridian Trust

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 often '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), "Hoid" (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

PTFA News

AGM

Massive thanks to the 20 parents who joined us online on Wednesday for our AGM. Huge thanks to Jenny for agreeing to be our chair for another year, to Zoe for continuing as treasurer and to our new joint secretaries!

Don't forget to follow the PTFA Facebook Page!

Meridian Trust News

Visit our Trust Website to read about what has been happening at Meridian!

Read more here

Work with us

Are you or your family looking for a new role?

Meridian Trust aims to be the employer of choice for the communities we serve, and since 2010 we have nurtured and developed the careers of many people.

See a list of our current opportunities on our website and at the link below:

Find out more

Connect with us at Histon & Impington Park Primary School