



9th October 2026

HIPPS Newsletter



The week started with a demonstration of the British Value of Democracy with our School Council and Eco-Council elections. No time was wasted before the Eco-Council were tasked with their first mission!

On Friday, they virtually joined with other schools across our trust to investigate how our planet is changing. They worked in small teams, across different year groups, supporting each other with different science experiments. Also, they did an audit of our school grounds, to see how environmentally friendly our school is. This will help us to see how we can play our part in protecting our planet. This is a piece of artwork they created using recyclable materials. It is a replica of Climate Stripes which is a piece of art by Ed Hawkins. What a great day!

Next week promises to be just as busy, with selected children from Years 3 to 6 taking part in the Wimpole Cross Country event and pupils in Years 4, 5 and 6 enjoying their Bikeability training. We are keeping our fingers crossed that the weather is kind to us!

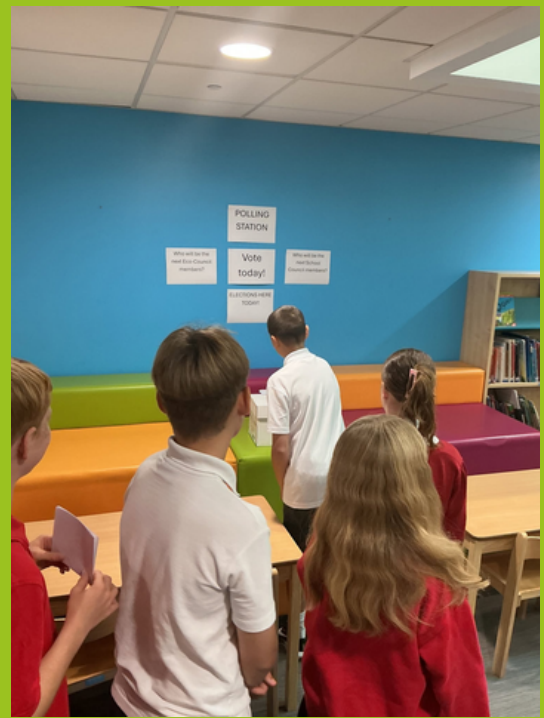
Election Day!

This week in school, we held our elections for our School Council and Eco-Council. The children had listened carefully to the manifestos of the candidates on Friday and then cast their votes on Monday.

The Polling Station was in the library and each child had the chance to pop their ballot paper in the ballot box.

The results were shared during our Tuesday assembly.

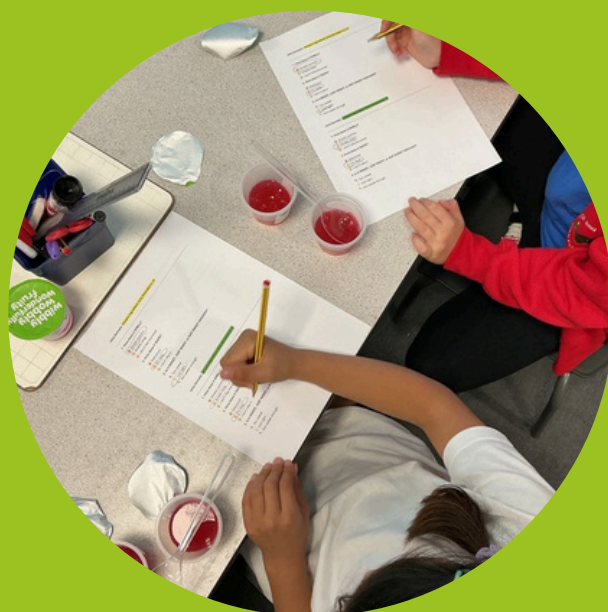
Reception elections will be later this year!



	School Council	Eco-Council
Year One	Yael, Arthur, Evie and Sully	Mila, Finley, Elara and Max
Year Two	Arthur, Margot, Bethany and Zac	Leo, Lily, Ottilie and George
Year Three	Benjamin, Anya, Isabella and Alex	Zac, Gwyneth, Alex and Leonie
Year Four	Eva, Aiyana, Elijah and James	Lenny, Olivia, Elise and Rohan
Year Five	Beth, Ben, Polly and Livia	Harrison, Bethan, Noah and Orla
Year Six	Angus, Iris, Tommy and Tilly	Bertie, Emily, Jess and Zorian

Taste Test!

On Thursday, Year 3 had a visit from Chivers who were taste testing some food and drink as part of their product development. The children had the opportunity to try some new flavours of jelly and a retro drink. It was a great opportunity to shape what eventually will end up on shop shelves! We look forward to future visits from Chivers!



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.



Key Dates (new dates added in black)

Monday 12th October–Thursday 15th October	All Day	Year 5/6 Bikeability for those children who booked last year
Friday 16th October	All Day	Year 4 Bikeability for those children who booked last year
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 2
Friday 23rd October		Staff Training Day
Monday 26th–Friday 30th October		Half Term Holiday
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 Classrooms
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



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 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 "bone-maxxing" – 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), "lola" (a misogynistic term for a woman), and "mogging" (looking more attractive than someone else). Other examples involve calling "maxxing" is another word, such as "jawnmaxxing" (using humour to attract women) and "staremaxxing" (extreme dieting).

CHECK THE SOCIAL MEDIA

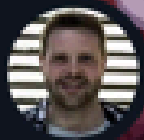
Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example,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

Adam Martin is a technology journalist who has written for publications including Wired, TechCrunch, the Telegraph, The Evening Standard, The Guardian and The New Statesman.



#WakeUpWednesday

The National College

AGM

We do need as many people as possible to attend our online AGM meeting on 14th October at 7.45pm – pop the date in your diary!

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

