9th October 2026

Weekly Update



Headteacher update

Dear Parents, Carers and Families,

There has been lots going on in school this week, and we are really pleased with the efforts that children are continuing to make with their learning.

On Monday, children engaged really positively in an assembly which focused on the start of Black History Month. Discussing the story of Rosa Parks, children were able to engage maturely in discussions about the issues raised. Assemblies will focus on the stories of other notable individuals across the course of the month ahead.

Maturity is a quality displayed by so many of our children on so many occasions throughout the school day. All week, scores of children have been asking to complete litter picking at lunchtime, giving up their time to make the school environment cleaner and safer. We are really proud of those children who go out of their way to make the school a better place.

One of our Year 6 children, Aisha, has also shown great maturity by asking to complete a cake sale to raise money for the school. Aisha is planning the baking of cakes and goodies for an after school sale on Monday 19th October. We are really grateful to Aisha going out of her way to support the school.

As you know from a newsletter earlier in the term, attendance is once again a big focus this year. It has been really positive to see a good start to attendance over the first half term, but this is still something we need to work on as a whole school community. Please see a link below to a really helpful DfE video which explains when it is right to send your child to school, and when it is right to keep them at home

DfE Illness Advice

Next week, some of our Year 6 children embark on their residential trip to Hilltop! They are really looking forward to the adventures ahead of them, and we have our fingers crossed for bright and sunny weather so they can make the most of the outdoors.

Have a lovely weekend. See you bright and early on Monday morning!

Jonathan Clarke and the SPS Team

Meridian Trust

Key Dates - updates in blue

Wednesday 14th - Friday 16th October	Year 6 Hilltop visit
Tuesday 20th and Wednesday 21st October 15:30 - 18:30	Parent/Carer Consultation Meetings
Thursday 22nd October 17:00 - 20:00	Cromwell Community College Open Evening
Friday 23rd October - Monday 3rd November	Half Term
Wednesday 11th November	Flu Vaccinations
Friday 13th November	Children in Need
Friday 13th November	PFA Glow Disco
Week beginning Monday 16th November	Anti-Bullying Week
Tuesday 17th November	Individual photos
Monday 23rd November	EYFS and Y6 Measures Programme
Friday 4th December	PFA Christmas Fayre
Tuesday 8th (09:20), Wednesday 9th (14:00) and Thursday 10th (09:20) December	Key Stage One Christmas Production
Thursday 10th December	Christmas Lunch and Christmas Jumper Day
Monday 14th December	Reception and KS1 Walk to Church
Thursday 17th December	KS2 Walk to Church

Eco Council Update

The Eco Council has made a great start to their work this week, meeting on Monday to share their concerns about the environment and why they wanted to be part of the Eco Council.

Today, they took part in a Meridian Trust Climate Day. They participated in a range of engaging activities, including a sustainable site audit, an art project and two practical workshops. We can't wait to see what they achieve in the year ahead!



Secondary School Applications

We are now midway through the application period for children transferring to secondary school in September 2027.

Applications need to be made by parents and carers by 31st October 2026, using the online portal.

If you have any questions, please don't hesitate to contact a member of school staff. The poster on the page below includes a QR code for support.

Parent/Carer Consultations

You will have received a letter this week inviting you to book Parent/Carer Consultation meetings for the last week of the half term. If you haven't already done so, do please sign up to this so that you can meet your child's teacher and find out more about how they have settled this academic year.

These meetings focus more on how children have started the new school year as opposed to academic progress, and are an important opportunity to start early communication. We look forward to seeing you there!



Reception	Memory	Memory is your brain's special superpower that helps you remember things you have seen, done and learned before. This week, we have been thinking about the memories we make at school, from learning new things and playing with our friends to taking part in special experiences. We use our Year Wheel and photographs to help us remember these moments and look back on them throughout the year. To extend this learning at home, you could talk together about a special memory you have made as a family. What can your child remember about it?
Year 1/2	Water soluble	This week, we used water soluble pens in art. Can your child remember what 'water soluble' means? What effect did they create?
Year 3/4	Rhyme	In English, we have been exploring rhyming words and listening carefully to words that have the same ending sounds. We have used these to help us create and write our own poems. Why not continue the learning at home? See how many pairs of rhyming words you can find together, such as cat/hat, light/night or chair/bear. You could even have a go at making up a silly rhyming poem!
Year 5/6	Responsibility	Over the past half term, Year 5 and 6 have been learning about rights and responsibilities in their PSHE. We have learnt these differ and the importance of them both.
	French	Years 3&4: Watch Monster Christophe in the kitchen counting the 10 insects needed to make a 10th birthday cake: 1-10 in French Years 5&6: Practise the school subjects with this game: Four in a row

Apply now
for a Secondary school place for September 2027

If your child will be aged 11 by
31st August 2027

SCAN ME



Apply by 31st October 2026

For further information please visit
or contact your local School

Contact the Admissions Team by:
Telephone 0345 045 1370
or
Email admissions@cambridgeshire.gov.uk

Christmas Fayre POSTER Competition

We need a special poster to advertise our Christmas Fayre and it could be YOUR design!

Your poster should include:

- ☑ The words 'Christmas Fayre'
- ☑ The date & time (4th December 5pm-7pm)
- ☑ A fun, eye-catching design
- ☑ Bright colours and a festive theme!

Open to all children of Somersham Primary School



Great prizes to be won

Hand in your design by:

Thursday 22nd October

Give it to:

Your class teacher

£1 per entry

The Christmas Fayre Poster Competition entry form shall be distributed from school. Prizes available for winner, 2nd & 3rd place designs.


SOMERSHAM PRIMARY SCHOOL
PFA
SAVE
the
DATE
GLOW DISCO
Friday 13th November
MORE DETAILS TO FOLLOW

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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