

Monday Memo



Monday 28th September

Autumn Term

Issue #4

Harvest Festival

Our Harvest Festival on Friday 2nd October will be presented by members of our Children's Chaplaincy and Worship Group. 🌾

As part of our celebrations, we are asking for donations of non-perishable food items to help support our local community.

We kindly ask that any donations be brought into school for pupils to take to church before Friday, where they will be distributed to local food banks and charities to support those in need.

Thank you so much for your generosity and support. Every donation, big or small, makes a difference. 🍂

Welcome to Reverend Hannah

We are delighted to welcome Reverend Hannah, the new Vicar of St. Paul's and St. James' Church, to our school community. We look forward to working with her and sharing many special moments together. ★

Parents and carers are warmly invited to join us for our weekly school worship every Wednesday from 2:55pm to 3:10pm.

We would love to see you there. 🏛️

Staffing Update

We would like to let you know that Mrs Bent will be leaving her role in our cleaning team.

We would like to thank Mrs Bent for all her hard work and dedication and wish her all the very best for the future.

We are pleased to share that Mrs Ford will be taking over the role. We look forward to welcoming her into this position officially. 🌸



Celebration Assembly



Congratulations to the recipients of last week's awards.

These children demonstrated exceptional effort and dedication, and their accomplishments reflect the positive culture we continue to build together enabling them to thrive and flourish.

	Star of the Week	Good Work	Thankful Thinker
Year 1	Cassion-James B	Jack-William H & Frankie D	Clover C-C
Year 2	Oliver R	Ruby-Rae T & Summer S	Isabelle S
Year 3	Amelie A	Darcy E & Oliver P	Jax C
Year 4	Aiden McA	Benjamin B & Eliza T	Wren C-C
Year 5	Harris W	Jodie W & Layla C	Alice D
Year 6	Charlie F	Isabella G & Noah G	Gregory K

Worship Value

Our worship value this half term is 'Thankfulness'.

In our Celebration Assembly, we will celebrate 1 pupil from each class who has shown the term's value.

This term we will celebrate our 'Thankful Thinker'.



Attendance w/b 21/09

Reception: 98%

Year 1: 100%

Year 2: 97%

Year 3: 99%

Year 4: 100%

Year 5: 97%

Year 6: 99%

Whole School Overall: 98%

Target: 97%

House Points w/b 21/09



Parlick: 190 points



Longridge: 110 points

Pendle: 133 points

Bowland: 140 points



St. Pauls' Parish News & Events

Tuesdays 09:00am—11:30am

Warm Space (coffee and bacon butties)

Sunday Service 11:15am - 12:00pm

https://www.facebook.com/stpaulfaringtonmoss/?locale=en_GB



Diary Dates

Monday 28 th September Year 4 Library Visit	Friday 2 nd October Harvest Festival 9:30am in Church	
Wednesday 21 st October Reception Reading Evening 5:15pm	Friday 23 rd October End of term awards 09:05am	Friday 23 rd October Finish for half term 3:20pm Collection from school



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), "fold" (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.

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.



The National College

See full reference list on our website



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