



Allanson Street News

2nd October 2026

Our value this month is:

Aspiration



IS MY CHILD TOO ILL TO GO TO SCHOOL?

- | | |
|--------------------------|-----------------|
| ✓ Minor coughs & cold | ✓ Ear infection |
| ✓ Sore throat | ✓ Cold sores |
| ✓ Conjunctivitis | ✓ Tonsillitis |
| ✓ Respiratory infections | ✓ Head lice |

GO TO SCHOOL



- | | |
|------------------------|-----------------|
| ✗ Whooping cough | ✗ Covid |
| ✗ High temperature | ✗ Flu |
| ✗ Chickenpox | ✗ Scarlet fever |
| ✗ Diarrhoea & vomiting | ✗ Measles |

STAY AT HOME



Dates for your diary

Reminders

Please make sure your child is wearing the correct school uniform. Complete guidance can be found on the school website. If you have any questions regarding uniform, please speak to your child's class teacher.

Remember that we have plenty of pre-loved uniform in our Unicycle centre. If you'd like to access this service, please contact Mrs Browne or Mrs Tyrer via Pastoral ClassDojo.

"Life is 10% what happens to us and 90% how we react to it."

- Dennis P. Kimbro

What have we been doing this week?

Nursery- we have listened to the song "We're all amazing!" the children considered what makes them different to others, including hair colour, family, pets and what they like to do. We have been practising using number names in order when we have been singing a variety of counting songs.

Reception- This week we have loved exploring how we can mix the primary colours (red, yellow, blue) to make our own secondary colours and then used this skill to paint some Autumn leaves. In maths we have been practising our counting skills, making sure we count 1:1 and know the last number we say tells us how many there are.

Year 1- We have been using adjectives to describe Old Bear and his feelings in English. In maths we have been exploring the number 5, how it is made up of parts and using these to write number sentences. In Science we have been exploring the properties of materials and why we use them for specific jobs. We have been developing our balance in PE and learning what to do if we fall out with our friends in PSHE.

Year 2- We have been reading out new story all about the search for Carmella and have analysed the use of language and grammar to help us understand the writer's knowledge. In Maths, we have worked hard to estimate numbers on a number line using our understanding of place value to 100.

Year 3- This week we began to plan out our own narrative, in English. In Maths we have been working hard on finding 1 more, 10 more, 100 more, and 1 less, 10 less and 100 less than a given number. In history, we have looked at Stone Age and Iron Age houses, from caves to Round houses.

Year 4- We have been developing our art skills and learning how to draw birds. In Science, we have learned how to follow existing classification keys and create our own! In Maths we have been learning about rounding and in English we loved exploring the clues for our new English text, Nen and the Lonely Fisherman.

Year 5- We have been working on our mental addition strategies in maths this week. Remembering all the different ways in which we can solve a calculation efficiently. In our PE lessons, our netball skills are really improving, and we are enjoying playing matches against each other. We have also enjoyed beginning to learn about North America in our Geography lessons.

Year 6- We have been completing our emotive diary entries as Eugene from the book One Day by Michael Rossen, in English. In history, we have been looking at some causes to their related effects in relation to post WW2 Britain. In science, we have been analysing the advantages and disadvantages of specific adaptations, such as bipedalism (the ability to walk on two legs).

This Week's Value Stars!!



Nursery: Bertie, Zayanne	Reception: Elsie-Mae, Nathan, Airene, Druvika
Year 1: Isabella, Zayn	Year 4: Rubie, George,
Year 2: Theodor, Teddy	Year 5: Varali, Elaina
Year 3: Colin, Ayn	Year 6:

Weekly Winners

The top Reading Plus readers this year, so far, are:

1. Y3NO (26/27)
2. Y3MC (26/27)
3. Y4MM (26/27)
4. Y6EB (26/27)



Freya B

Mathswwhizz

Most used:



1st

Y6KK

2nd

Y6EB

3rd

Y1PT

4th

Y2NC



Ethan T

Attendance

School Target:
96%

Nursery 100%

RKL 100%

RLB 92.31%

Y1PT 90.4%

Y1LA 92.6%

Y2TE 94.8%

Y2NC 99.3%

KS1 –

LKS2 –

UKS2 –

Y3MC 91.1%

Y3NO 95.4%

Y4EH 92.3%

Y4MM 92.5%

Y5RG 93.8%

Y5GW 95%

Y6EB 90.7%

Y6KK 92.8%

(This week's winners are highlighted in yellow)



This Week's Learning at Home

Word of the Week:

Nursery – difference

Reception – canopy

Year 1 – property

Year 2 – evaluate

Year 3 – stone age

Year 4 – noble

Year 5 – terrain

Year 6 – bipedalism

Looksmaxxing encourages people – particularly young men – to 'improve their appearance' through everything from grooming, skincare and exercise to far more questionable techniques. As this trend becomes increasingly visible on social media, our #WakeUpWednesday guide explores how appearance-focused content can affect boys' confidence, self-worth and body image, while exposing them to misleading or potentially dangerous advice.

The guide also examines how looksmaxxing content can become increasingly extreme, with links to obsessive behaviours, mental health difficulties and harmful online communities. It offers practical advice for parents and educators on spotting changes in behaviour, recognising looksmaxxing terminology, understanding what young people may be seeing online and opening supportive conversations about appearance, influencers and unrealistic expectations.



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), "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).

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.



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