

HOPTON NEWSLETTER

UPDATE FROM THE HEAD OF SCHOOL

It has been a busy few weeks here at Hopton. There have been some brilliant things going on such as the Harvest Festival, our Roman Britain workshop and our Spring Dance workshop. It is great to be able to have so much enrichment for the children and we look forward to further events this term.

We have also had our new school video published. You can see our full version on the school website and a shorter version which will be used for advertising the school. Please do sign up to be a member of our school facebook page as well for more updates!

I am also pleased to announce that we are were a Gold accredited school. This is a huge achievement for the school and recognises all of the work we have done on outdoor play!



CLASS UPDATES

Willow class have been busy learning their phonics in class and learning new sounds for their reading. Their fluency is increasing and it is really pleasing to see. We have been learning about space and the children have enjoyed practicing what they have learnt in provision. We have also enjoyed our forest school sessions, building stick towers and having a competition to build the tallest. We made bow and arrows, made dens and pictures from natural items we found in the area.

Oak Class had a fantastic opportunity to enhance their learning about The Romans during our recent Roman Workshop. A Roman Centurion visited the school to provide first hand opportunities to feel what it would be like to wear Roman armour and to eat Roman food. It did not taste good! We also learned how to carry a shield and work together in formation as we marched towards the enemy. The entire day was a great success and Oak Class particularly enjoyed handling the real Roman artefacts and thinking about the people who made them. We have also enjoyed creating mosaics using clay tiles and coloured tiles. They created their own designs after studying Roman designs and will be using these to create a mosaic tile of their own.

It's been another busy and enjoyable week in Ash Class! In English, we've been getting right into the minds of the characters in *Other Words for Home*, using their thoughts, feelings and experiences to inspire our own diary entries. In Maths, we've been putting our data skills to work by drawing graphs from information we already know. There has been lots of hands-on investigating in Science too, as we tested materials and explored reversible and irreversible changes. Our creativity has been shining in Art, where we've started designing beautiful geometric tiles inspired by Arabic calligraphy. We've also had lots of fun in PE playing dodgeball, learning how to use space effectively, move into good positions and work together as a team. A fantastic week of learning in Ash Class!



There are still spaces available for all clubs. Please do email the office if you would like to book!

AFTER SCHOOL

CLUBS - AUTUMN 1



TUESDAY



Gymnastics 3:30-4:30



WEDNESDAY



3:30-4:15 SPLAT

4:20-5:20 Nerf Combat



THURSDAY



Tri Golf - 3:30-4:30



UPCOMING EVENTS AND REMINDERS

WEDNESDAY 7TH OCTOBER	1:30 RECEPTION OPEN DAY FOR NEW PROSPECTIVE PARENTS
MONDAY 12TH OCTOBER	BLACK HISTORY MONTH - ACTIVITIES IN CLASS THIS WEEK
THURSDAY 22ND OCTOBER	PARENT SHARE - ART - PARENTS INVITED IN FROM 1:30
THURSDAY 22ND OCTOBER	LAST DAY FOR CHILDREN
FRIDAY 23RD OCTOBER	INSET DAY - NO CHILDREN IN SCHOOL
MONDAY 26TH OCTOBER - FRIDAY 30TH OCTOBER	HALF TERM

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Y**

FRIDAY 6TH NOVEMBER	MINI FIRST AID TRAINING FOR ALL CHILDREN
FRIDAY 6TH NOVEMBER	NON UNIFORM - CHOCOLATE TOMBOLA FOR CHRISTMAS FAYRE
MONDAY 9TH NOVEMBER	PARENT'S EVENING 3:30-5:30
TUESDAY 10TH NOVEMBER	PARENT'S EVENING 3:30-4:30 1:30 RECEPTION OPEN DAY FOR NEW PROSPECTIVE PARENTS
WEDNESDAY 11TH NOVEMBER	REMEMBRANCE SERVICE AT THE CHURCH 10:45
TUESDAY 24TH NOVEMBER	CHRISTINGLE AT THE CHURCH 9:00
WEDNESDAY 25TH NOVEMBER	ART DAY
FRIDAY 20TH NOVEMBER	CHILDREN IN NEED - THEME TBC
WEDNESDAY 2ND DECEMBER	WHOLE SCHOOL TRIP TO THE PANTOMIME - 10AM START
THURSDAY 3RD DECEMBER	9:30 RECEPTION OPEN DAY FOR NEW PROSPECTIVE PARENTS
WEDNESDAY 9TH DECEMBER	SECRET SANTA
THURSDAY 10TH DECEMBER	CHRISTMAS JUMPER DAY AND CHRISTMAS DINNER
MONDAY 14TH DECEMBER	GOVERNORS AWARDS 8:45 - INVITATION ONLY.
TUESDAY 15TH DECEMBER	CHRISTMAS NATIVITY SERVICE IN THE CHURCH - 9:00
FRIDAY 18TH DECEMBER	LAST DAY OF TERM
MONDAY 21ST DECEMBER TO FRIDAY 1ST JANUARY	XMAS HOLIDAYS
MONDAY 4TH JANUARY	INSET DAY - NO CHILDREN IN SCHOOL

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

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

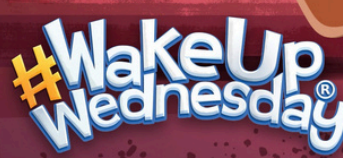
Social media algorithms are tailored to each user, meaning what appears on your feeds may be dramatically different from what children see on theirs. Try to get an idea of the content children and young people are consuming online, and use available parental controls where appropriate. TikTok, for example,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