Chater Junior School

Making lives better

Friday 9th October 2026

“It isn’t where you come from; it’s where you are going that counts .”

Ella Fitzgerald

Dear Parents and Carers,

I am delighted to be writing my first newsletter of the year to you. We celebrated some of the amazing **home learning** that has been taking place across the school in assembly this week. From Rock Museums in Year 3 to bomb shelters in Year 6. Well done to those pupils that are making so much effort to engage in learning at home.

On Monday, we were delighted to welcome Fraser from New Hope Trust who joined us to talk about the vital work supporting people experiencing homelessness in our area. As noted in the letter sent on Tuesday, we are currently collecting donations for New Hope Trust. If you would like to contribute, please bring your donations to school by **Wednesday 21st October**. Your generosity makes a real difference.

To kick-start fundraising for the academic year the PTA will be holding their first event- Crazy Hair/Crazy Hat Day on Wednesday 21st October.

Children are invited to come to school with a fun and creative hairstyle, or alternatively they can decorate a hat and wear it for the day. A donation of £1 or £2 per child is requested. Please send your child into school with the exact amount on the day of the event. We look forward to seeing lots of creative and colourful hairstyles and hats.

I would also like to remind you about our forthcoming parents' evening, which will take place on **Tuesday 13th October** and **Thursday 15th October.**

We look forward to welcoming you to school and sharing your child’s progress, achievements and learning journey so far this year.

Wishing you a wonderful weekend.

Ms Batliwala

Congratulations

Headteacher Award

Well done to the following children who received the Headteacher Award in our Celebration Assembly.

Amina
Class: Walter Tull

Delia
Class: Florence Nightingale

Neaksha
Class: Queen Elizabeth II

Michael
Class: Ernest Shackleton

Aizah
Class: Martin Luther King

Menaal
Class: Greta Thunberg

Nyl
Class: Malala Yousafzai

Hafsa
Class: Usain Bolt

Attendance Award- Walter Tull

Attend Today,
Achieve Tomorrow
Every School Day Counts!

National Target- 95%
Whole School Target - 96%
Whole School Attendance- 97.4%

Walter Tull	99.2%
Florence Nightingale	96.6%
Queen Elizabeth II	98.3%
Ernest Shackleton	98.3%
Martin Luther King	98.6%
Greta Thunberg	96.3%
Malala Yousafzai	97.7%
Usain Bolt	94.7%

Golden Table Award

Well done to the following children for showing excellent manners and behaviour at lunchtime.

Halima-Sadia
Class: Walter Tull

Dinsara
Class: Florence Nightingale

Azriel
Class: Queen Elizabeth II

Sumayyah
Class: Ernest Shackleton

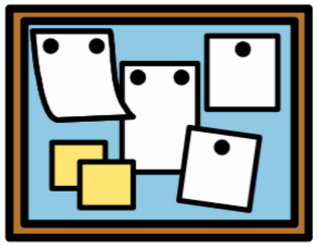
Atheeb
Class: Martin Luther King

Ifra
Class: Greta Thunberg

Zayna
Class: Malala Yousafzai

Eesa A
Class: Usain Bolt

Notices



Autumn Term Diary Dates

Tuesday 13th October	Individual/Sibling Photographs Parents Evening 4pm-7:10pm
Thursday 15th October	Parents Evening 3:40pm-5:00pm
Tuesday 20th October	Greta Thunberg Class Assembly – 9:30-9:45am Year 3 Trip to Chiltern Open Air Museum Year 6 Trip to Lincolnsfield
Wednesday 21st October	PTA Crazy Hair & Hat Day New Hope Harvest Donations Due
Thursday 22nd October	Year 5 Ancient Greek Workshop
Monday 26th October to Friday 30th October	Half-Term
Monday 2nd November	INSET DAY 2- School closed
Tuesday 3rd November	Pupils return to school Chater Celebrates Diwali
Wednesday 4th November to Friday 6th November	Year 6 at PGL
Monday 9th November to Friday 13th November	SEND Parent's Evening week Year 5 Bikeability
Monday 9th November	Year 6 Height & Weight Checks with school nurse
Wednesday 11th November	PTA Meeting - Christmas Fayre Preparation 9am-10am
Thursday 12th November	Year 4 Sports hall Athletics Festival Year 6 Sports hall Athletics Festival
Monday 16th November to Friday 20th November	Anti-Bullying week- Break the Silence
Thursday 19th November	Flu Vaccinations session 2
Friday 27th November	PTA Non Uniform Day to raise tombola donations for Christmas Fayre
Week beginning 30th November	Last week of School run Clubs
Tuesday 8th December	Tricia Bastable (Watford School's Trust) Christmas Assembly
Wednesday 9th December	PTA Christmas Fayre 3:30-5:00pm
Thursday 10th December	Christmas School Lunch
Tuesday 15th December	Christmas Performance 1 2:00-3:00pm
Wednesday 16th December	Christmas Performance 2 9:30- 10:30am Rocksteady Christmas Concert 2:00pm
Friday 18th December	End of Autumn Term- school finishes at 1:15pm.

NewHope

PREVENTING **HOMELESSNESS.** TRANSFORMING **LIVES.**

Here are some things that we need please:

Groceries

Baked beans
BBQ sauce
Biscuits
Breakfast cereals/ porridge pots
Brown sauce
Cereal bars
Chocolate spread
Chutney/pickle
Cooking oil (not olive)
Cup a Soups
Dried herbs, (chilli, oregano, thyme, parsley, mint)
Individual bags of crisps
Individual chocolate bars/biscuits
Jam
Ketchup
Marmite
Mayonnaise
Mug shots
Pasta
Pasta sauces
Peanut butter (smooth)
Pot noodles/ super noodles/ pasta pots
Salad cream
Salt and pepper
Stock cubes
Sugar
Supermarket vouchers
Tinned tomatoes
Tinned tuna

Household

Air freshener
Antibacterial multi-purpose cleaner
Dishwasher tablets
Kitchen foil/cling film
Kitchen rolls
Scourers/cloths
Washing powder
Washing up liquid
Wooden disposable cutlery

Drinks

Cans of fizzy drinks
Coffee
Fruit juice: individual cartons and large cartons of long-life juice
Instant hot chocolate
Long-life milk
Small bottles of water
Squash
Tea

Toiletries

Brushes
Combs
Conditioner
Moisturiser
Paper towels
Pump soaps
Sanitary towels
Shampoo
Shaving gel/foam
Shower gel/body wash
Spray deodorant (male and female)
Sun cream (30+)
Toilet rolls
Toothbrushes
Toothpaste
Women's razors

For further details:

visit newhope.org.uk/harvest
contact Frazer at fansell@newhope.org.uk
or call 01923 227 132

You can also donate money online to our **Fresh Food Fund**
newhope.org.uk/freshfoodfund

New Hope (Watford New Hope Trust) is a registered charity (1080784) and a company limited by guarantee (03969063).

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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Get Creative!

CRAZY Hair & Hat Day

Big hair? Funny hat? Go for it!

♥ Have fun ♥ Be creative ♥ Support our PTA! ♥

Show off your wackiest hairstyle or your most amazing hat!

Examples:

Fun buns

Colourful hair

Creative hats

Hair accessories

Cool hats

Wild and wacky (wig)

Festive hats

Silly styles

Any style!

However you choose to take part, we can't wait to see your creations!

Date: Wednesday 21st October

Donation: £1-£2 per child

Staff and pupils are all welcome to participate!

Donations will be collected in the morning at drop off time

Halloween at church farm

24th - 31st October

Visit
Church Farm Ardeley
A real working farm!

- Spooky Farm Trail to see the farm animals & Halloween Décor
- Big Bale Play
- Tractors & Digger Ride-Ons
- Creepy Fairy Woodland Play
- Spooky Photo Opportunities
- Spot the Pumpkin & sweet treat prizes
- Scarecrow Trail
- Find the Spooky Fairy Doors
- Find your unique Witch and Halloween name
- Spooktacular Costume Stickers for the best dressed boys, girls & dogs
- Halloween Activity Pack, 'I've Been to Church Farm' Sticker
- Puzzles and Colouring-in fun
- Farm Sensory Trail

Additional Activities

Pumpkin Picking & Carving

Trick or Treating in our Spooky Wood (4-6pm)

Horrid Hay Tractor & Trailer Rides

Eerie Egg Collecting

Ghoulish Goat Walking

Book online **www.churchfarmardeley.co.uk**

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