

Week 5 Autumn 2026

Friday 2nd October



Actions speak louder than words

Dear Parents and Carers,

Year 6 have truly shone again this week as they began their leadership roles across the school in our first every St. Cuthbert Mayne pupil parliament meetings.

Every child (from Reception to Year 6) in the school is in a school team that focuses on a different area of school life. This gives every child a voice in what's going well within our school and what could be even better! Year 6 did an amazing job supporting the younger children within the teams and helping to facilitate the meetings.

The aim is for Year 6 to lead the meetings with the support of the adults in the teams. Our teams are: Faith Council, Wellbeing, Belonging, Reading, STEM (Science, Technology, Engineering and Maths), Art, Healthy Schools, Digital Champions, Eco Warriors, Sports Committee and Outdoor Environment.

I sat in on the Eco Warriors meeting this time and the children had great ideas that included educating everyone about the difference types of bins in the classrooms, giving out house points for ensuring classroom lights are turned off, litter picking in our local environment and having a collection point for recyclable materials that can be used for a recycle art competition! It was amazing to hear the youngest children in the school confidently sharing their ideas!

Staff are joining with our wider Xavier family today to focus on Belonging in our schools for our INSET day tomorrow.

Have a lovely weekend.
God Bless,
Mrs O'Donovan

This week's Gospel

In the Parable of the Two Sons, Jesus reminds us that what we do matters more than what we say.

God calls us to listen, change our hearts and put our faith into action.

How readily do we do this? How can we do this more?

Family Reflection: Actions Speak Louder Than Words

In this Sunday's Gospel (Matthew 21:28–32), Jesus tells the story of two sons. One son says he will not help his father, but later changes his mind and does what his father asks. The other says he will help, but does not.

Jesus reminds us that what we do matters. God wants us not just to say kind and loving things, but to show our love through our actions. We can always change our minds, make better choices and try again.

Talk Together

- *Why do you think the first son changed his mind?*
- *Have you ever said you would do something but then forgotten or chosen not to?*
- *How can our actions show others that we love and care for them?*
-

Family Challenge

Choose one way to put your faith into action as a family this week:

- *Help with a job at home without being asked.*
- *Keep a promise you have made to someone.*
- *Say sorry and put something right if you have made a mistake.*
- *Do something kind for someone who needs help.*
- *Make an effort to include someone who might be feeling left out.*
-

Prayer

Loving God,

help us to show our love for you through what we say and what we do.

Give us the courage to make good choices,

to put things right when we make mistakes,

and to show kindness to others through our actions.

Help us to follow Jesus each day.

Amen.

Harvest Festival

Thank you for your amazing generosity with donations for the Harvest Festival. We have been blown away by how much we have to give to people in need in our wider community.



World Mental Health Day

Wear yellow and say hello as Young Minds celebrate 10 years of standing out, starting conversations and raising funds – so no young person feels alone with their mental health.

There are days when all of us struggle with how we are feeling.

Things can get tough, and it can be difficult knowing how to cope. For so many young people, when this happens, they don't always get the help they need, when they need it. They don't know where to turn, who to talk to, or even if anyone else feels the same.

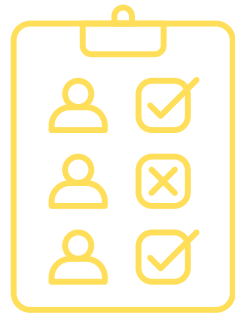
But we can change this. By taking part in Hello Yellow we are starting a conversation about mental health.

Stand out, wear yellow on 9 October and donate what you can.

Together we can support young people's mental health, when they need it – no matter what.



Attendance



Regular school attendance plays a vital role in every child's learning, wellbeing and success. The Department for Education's latest attendance guidance highlights that attending school every day helps children build strong friendships, develop positive routines and make the most of the opportunities available to them.

When children miss school, they can quickly fall behind with learning and miss important experiences that support their personal development. Schools and families work best in partnership, and we are committed to supporting any family experiencing difficulties that may affect attendance – [link to website page](#).

If you have concerns about your child's attendance, please contact Mrs Hua as early as possible so that we can work together to help you.

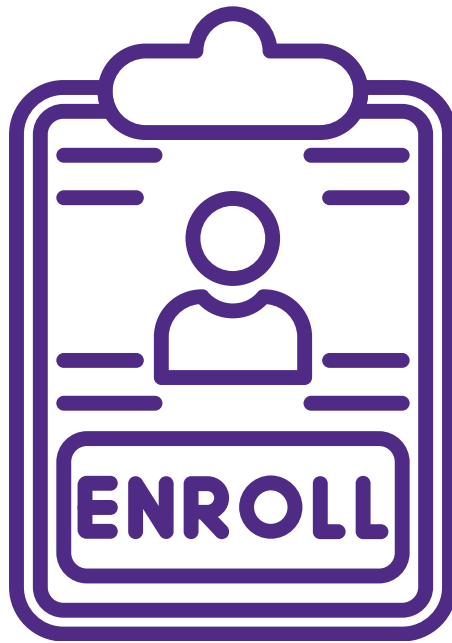
Thank you for your continued support in ensuring that every child attends school regularly and is ready to learn each day.

Reminder: Attendance of **96% or above** is considered good attendance and gives children the best chance of achieving their full potential both academically and socially.

Reception 2027

We have just settled our Reception intake, but it is already time to think about 2027's new intake! If your child is due to start school in September 2027 and you would like to find out more about St. Cuthbert Mayne Catholic Primary School, we will be running tours of the school so that you can see us in action and have the opportunity to meet with Mrs. O'Donovan, Headteacher on the following Wednesdays at 9.30am:

October: 7th, 14th and 21st
November: 4th, 11th, 18th and 25th



Secondary School Admissions

Admissions for secondary schools opened on 1 September.

If you're a parent or carer with a child reaching age 11 between 1 September 2026 and 31 August 2027, you have until 31 October 2026 to apply for their 2027 school place.

Learn more about the admissions process on the Surrey Admissions webpages: <https://orlo.uk/BQA2S>

Online Safety

This online safety guide explores looksmaxxing, its impact on boys' body image, and the risks of extreme appearance advice and online communities.

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), "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

X @wake_up_weds

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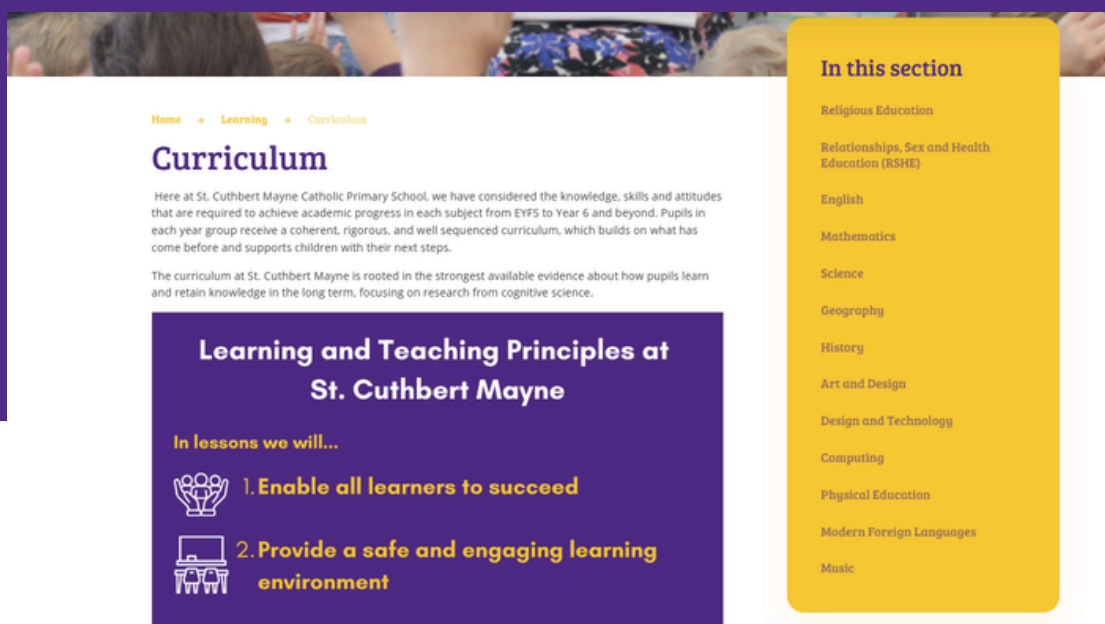
@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.09.2026

Supporting your children's learning at home

Please look at our updated curriculum and year group pages for resources for helping your children's learning at home and to know more about what we are teaching in school! These are still being added to - so do visit them regularly.



Home → Learning → Curriculum

Curriculum

Here at St. Cuthbert Mayne Catholic Primary School, we have considered the knowledge, skills and attitudes that are required to achieve academic progress in each subject from EYFS to Year 6 and beyond. Pupils in each year group receive a coherent, rigorous, and well sequenced curriculum, which builds on what has come before and supports children with their next steps.

The curriculum at St. Cuthbert Mayne is rooted in the strongest available evidence about how pupils learn and retain knowledge in the long term, focusing on research from cognitive science.

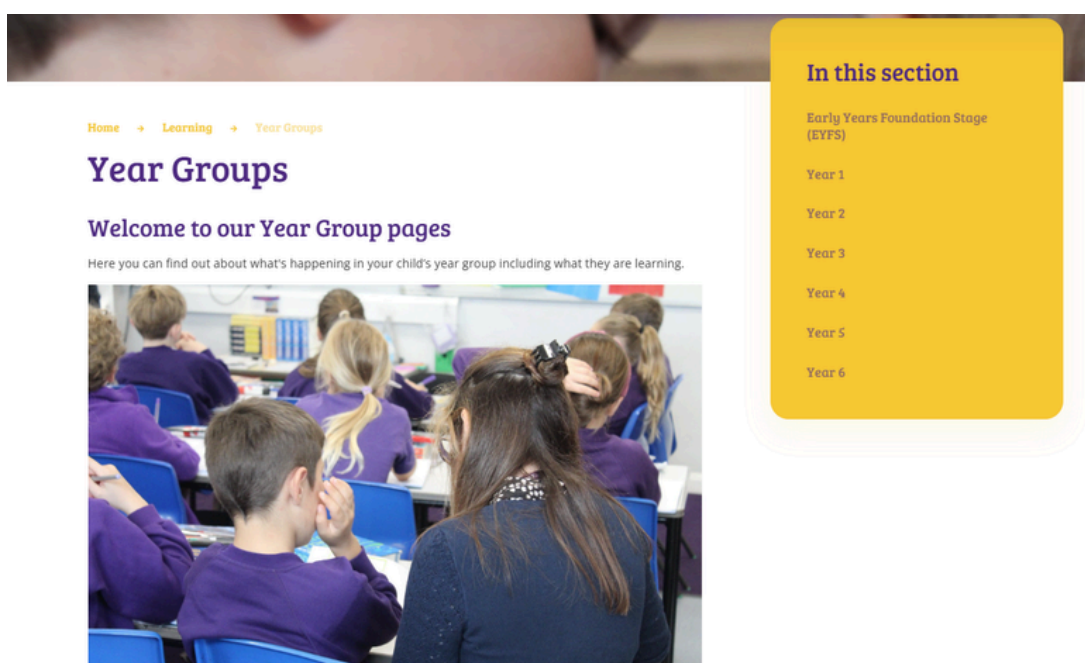
Learning and Teaching Principles at St. Cuthbert Mayne

In lessons we will...

-  **1. Enable all learners to succeed**
-  **2. Provide a safe and engaging learning environment**

In this section

- Religious Education
- Relationships, Sex and Health Education (RSHE)
- English
- Mathematics
- Science
- Geography
- History
- Art and Design
- Design and Technology
- Computing
- Physical Education
- Modern Foreign Languages
- Music



Home → Learning → Year Groups

Year Groups

Welcome to our Year Group pages

Here you can find out about what's happening in your child's year group including what they are learning.



In this section

- Early Years Foundation Stage (EYFS)
- Year 1
- Year 2
- Year 3
- Year 4
- Year 5
- Year 6

The week ahead

Monday	5th	Winter uniform.
Tuesday	6th	
Wednesday	7th	9.30am Open Morning
Thursday	8th	
Friday	9th	World Mental Health Day – children are invited to wear 1 yellow item to raise awareness of Young Minds.

4th October



Art Club at Cranleigh Arts Centre

The Art Hub at Cranleigh Arts Centre currently has 5 places available at Art Hub Mini after half term. If your child has an enthusiasm and interest in Art you can find out more information here:

<https://www.thearthub.uk/course/002-mini/>



Garden



Explorers

A nature based holiday club



**Inspiring curiosity, creativity,
and a love of nature**

October Half Term Holiday Club

Ages: 6-11 years

Monday 19th, Friday 23rd & Friday 30th October

Time: 9am - 3.15pm

Venue: The Therapy Garden, Normandy near Guildford

Price: £40 per day

Run by qualified, DBS checked nature lovers



Join us in our secure garden for exploring,
crafting, bug hunting, planting, den building..
and so much more



*"I loved being outside, getting
dirty and finding all the bugs
hidden in the gardens"*

*"The best bit was making and
taking home our bird feeders"*



Book now

www.thetherapygarden.org

admin@thetherapygarden.org

01483 813846

ADVENTURE

on **WITLEY COMMON**
THIS AUTUMN

WILD PLAY HOLIDAY CLUB

10.00-4.00 School Years 1-6 £50/day

Witley Common

Webb Road, Godalming GU8 5QJ

Activities can include:

- Den building
- Track & trail
- Survival skills
- Ninja frisbee
- Wide games
- Rope courses
- Craft skills
- Storytelling

We take
childcare
vouchers

www.wild-learning.net

OCTOBER HALF TERM AT CRANLEIGH ARTS



**WILD ABOUT BRITAIN
TUESDAY 20 OCTOBER**



**BUBBLE SHOW
WEDNESDAY 21 OCTOBER**



**COMIC MASTERCLASS
THURSDAY 22 OCTOBER**



**DRUM CIRCLE
SATURDAY 24 OCTOBER**

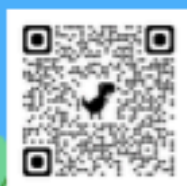


**POTTERY PAINTING CAFÉ
TUESDAY 27 OCTOBER**



**GAMERS LOUNGE
WEDNESDAY 28 OCTOBER**

Empowering children through activities for sharper thinking and happier living



cranleigh
arts



What is JEF?

Junior Elysian Farmers

A countryside membership programme for ages 6-12.

 **Elysian, Shamley Green, Surrey,
GU5 0TL**

Weekly Sessions include:

- Hands-on farm experiences
- Animal care
- Nature exploration
- Outdoor adventures
- Friendship building
- and more!

elysianukevents.org

**Sign Up
Today!**

