

Townhill Junior School

Weekly Update 5: 02.10.26

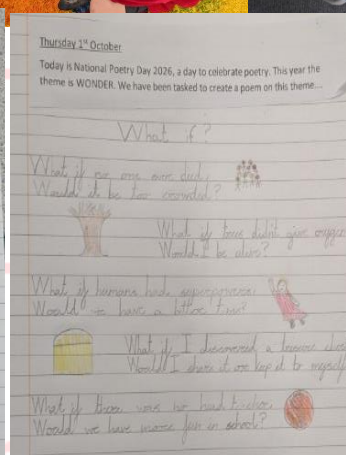
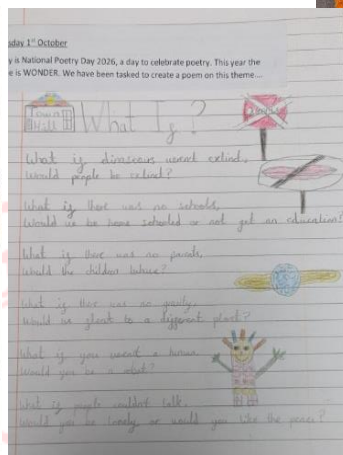


Year 3 Hilliers Trip

On Friday, Year 3 had an enjoyable and informative trip to Sir Harold Hillier Gardens, in Romsey. The children had the opportunity to explore the fantastic grounds to help them with their science work on plants. They also got to do pond dipping and use nature to create art work whilst getting a close up look at plants in their natural environment. The staff at Hilliers were impressed with how engaged and polite the children were in their learning.



On Thursday, we celebrated National Poetry Day with a series of poetry based activities. This included reading our favourite poems, writing themed poems and joining in with the live online poetry workshop hosted by author Michael Rosen.



The deadline to order your child's school photos is Sunday 11th October 2026. Orders will be delivered to school and handed out to children to bring home. Any orders made after this date will incur a delivery fee.



Star of the Week

Class	Name
3F	Noah G
3T	Bleu
4C	Jack
4T	Cici
5B	Oscar
5G	Marley
6I	Charis
6P	Ilina



Times Tables Rocks Leaderboard

Rank	First Name	Class	Correct Answers
1	Jesaiah	6P	43389
2	Divino	6I	4485
3	Valencia	6I	4177
4	Chloe	4C	2751
5	Connor	6P	2563
6	Kaci-Jai	6P	2463
7	Bowie	3T	1711
8	Kaya	5B	1670
9	Janelle	5B	1344
10	Maggie	4C	931



Weekly Class Battle

CREATED BY: Mr Humphries

6P

1,828

4C

377

6I

314

5G

167

3T

165

5B

143



Boom Reader

Class	Most Reads
3F	x
3T	Bowie
4C	Chloe & Maggie
4T	x
5B	Aoife
5G	Oscar OR
6I	Fleur
6P	Bella
Class	5G



Learning is the key to success

Current Learning



	WB	Subject	What the children will be learning	Ideas to support with the learning at home
Y3	5/10	English	Narrative	To read a story with an adult or sibling and log it on Boomreader.
		Maths	Bridging 100	Watch the video and complete the activities Number bonds to 100 - KS2 Maths - Year 3 - BBC Bitesize
		Spanish	Aprendo Espanol	Teach someone else how to say hello, how are you? and goodbye in Spanish.
Y4	5/10	English	Narrative	Read a chapter of a story to see if dialogue is being used to show character or to move the action on.
		Maths	Addition and subtraction	Complete the work assigned to you on: www.maths.co.uk
		Computing	Making content	Play around with the chrome music lab and see what you can create: https://musiclab.chromeexperiments.com/Kadinsky/
Y5	5/10	English	Narrative	Figurative Language: Practise describing things using similes and metaphors.
		Maths	Addition and subtraction	Complete the work assigned to you on: www.maths.co.uk
		Art	Drawing	Create your own geometric drawing.
Y6	5/10	English	Narrative	Recap the different skills you might include in a narrative to build a picture for the reader- can you spot any of these in the book you are reading?
		Maths	Four operations	Multiplication practice on TT Rockstar.
		Art	Drawing (self-portrait)	Draw a portrait of someone at home using the skills you have learned in class.

Home Learning

A reminder that all of our home learning is online through two main platforms and the expectation is that every child should be logging their reading, and completing challenges on TT Rocks every week. The children should also be learning their spelling lists.

Maths: Times Tables Rockstars
Reading: Boom Reader



School Attendance News



Attendance Statistics

Whole School Attendance this week	96.3%
Whole School Attendance this year to date	95.9%
Number of children with over 97% attendance this week	174
Number of children with over 97% attendance this year	133



Class Attendance for this week:

Weekly Attendance	3F	3T	4C	4T	5B	5G	6I	6P
Attendance Percentage	95.6%	94.4%	98.3%	92.1%	99.3%	95.2%	99.2%	94.2%
Progress	+3.9%	-0.6%	-1.1%	-0.5%	+2.3%	+2.6%	+1.9%	-1%

Getting Your Child to School Really Matters

Did You Know... ?

In a School Year, If Your Child is Late Every Day By...

5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

or They Would Have Missed Approximately...

Please Encourage Punctuality to Maintain Attendance

Parent Governor Vacancy

Closing Date: 2nd October

Parent Governor Vacancy

We have a vacancy for a parent governor at TJS. If you're interested, please do let us know.

What do the governors do?

We're often described as the "critical friends" of the school - think of us as the friends you go to when you need an honest opinion, rather than someone who will just tell you what they think you want to hear. We provide support and challenge at the strategic level - monitoring progress, checking policies are fit for purpose and asking the tough questions if things are not quite going as they should.

The benefits

You'll learn new skills, which is great for your CV, and you'll help shape the future of local children. You can feel proud knowing you're supporting your community in a meaningful way. It's a very rewarding role, which is why some of us have continued volunteering as governors long after our children have moved on from TJS!

The detail

You don't need any governance experience, but you need a willingness to learn and an interest in education. We meet on Mondays, a couple of times per half-term and you'll be required to have a DBS check.

Questions?

Feel free to contact existing governors via our clerk, Karen, on:

clerk@townhilljuniorschool.co.uk



Nothing is the key to success

Donations for our **Harvest Festival** at Townhill Junior School

We are collecting donations of
the following items:



**Tinned
foods**



**Packaged
foods**



Cereals



**Long life
milk and
juices**

Monday 5th October 2026

Thank you for your kindness
and support!



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 "starvermaxxing" (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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Southampton City Council



2d · ⚙️

 Secondary School applications deadline closes in October! 

If you are applying for a Year 7 school place for September 2027, the application deadline is almost here!

📌 If you need help completing the application form, please contact your child's current school or pop into your nearest Best Start Family Hub.

👉 Applications close on Saturday 31 October at 23:59 👉



School admissions

Make sure your kids aren't left behind this September

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MEMBERSHIP REQUIRED AFTER FIRST CLASS £27.50 PER YEAR

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FOR MORE INFORMATION AND TO BOOK YOUR PLACE

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- ★ BUILD CONFIDENCE
- ★ MAKE FRIENDS
- ★ GET FIT & STRONG
- ★ LEARN NEW SKILLS
- ★ PERFORM ON STAGE
- ★ HAVE FUN! ♥

OUR SHOWS

Next Show
BLACKPOOL

APRIL 2027
 BLACKPOOL

TRAINING STARTS
NOVEMBER 2026

Our Annual Show
SOUTHAMPTON

NOVEMBER 2027
 SOUTHAMPTON

TRAINING STARTS
JANUARY 2027

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5:30PM - 7:30PM

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Townhill Junior School

Open Evening & Tours

We would like to invite Year 2 families to visit our school on the following dates:

Open Evening: Wednesday 11th November 2026 @ 5PM

Parents, carers & children are all welcome.

**Tours: Wednesday 21st October & Tuesday 10th November
@ 9.15am (no school children)**

You will have the opportunity to tour the school and learn about our school day and the exciting opportunities we offer.

To book onto our open evening or tour, please email sbudden@townhilljuniorschool.co.uk with date required and number attending.

We look forward to seeing you.

Next Week at Re:Minds



5th – 9th October

Book ahead

5pm · Monday 5th October

CAMHS Evening Advice Clinic

A private 10-minute virtual appointment with a CAMHS clinician about any issue covered by the service. Open to all Re:Minds members seeking general advice.

Book your slot: info@reminds.org.uk

Book ahead

5pm · Monday 5th October

Eating Disorders Advice Clinic

A private 15-minute virtual appointment to speak with a clinician about concerns you may have about your child's eating or relationship with food.

Book your slot: info@reminds.org.uk

Drop in

10am–12pm · Monday 5th October

Sholing Support Group

A safe, welcoming space to connect with other parents and carers who share similar experiences. Held at Salvation Army, 93 North East Road, Sholing, SO19 8AF

No booking needed – just drop in

Drop in

6pm · Wednesday 7th October

Virtual Support Group

For parents and carers of children who are neurodivergent and/or have mental health needs. Meet others who understand, from the comfort of home.

Zoom link shared in our Facebook group

Please check our Facebook events page for any changes, or visit our website to find out more information about our advice clinics and support groups.

 reminds.org.uk

 [/groups/reminds](https://www.facebook.com/groups/reminds)

 info@reminds.org.uk

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We know the difference it makes to every one of our pupils.

*We invite you to come
and see for yourself.*



Open Evening

Thursday 8th October
4.30pm-7pm

Open Morning

Tuesday 24th November
9.30am-11.30am



Book now!
thegreggschool.org



~ is the key ~

Dates for the Year



AUTUMN TERM 2026

Friday, 2 nd October	:	Y3 Hilliers Garden Trip
5 th – 8 th October	:	Y6 Mock SATs Week
Monday, 5 th October	:	Harvest Festival
Tuesday, 6 th October	:	Y6 Stubbington Parents Meeting (5:30pm)
(New) Friday, 9 th October	:	Shakespeare's Globe Theatre visiting Y6
12 th – 16 th October	:	Y5 Bike Week
(New) Friday 16 th October	:	Y4 Ancient Greek Workshop
Monday, 19 th October	:	Y3 Stone Age Day
Thursday, 22 nd October	:	'Break the Rules' Non Uniform Day
Friday, 23 rd October	:	INSET Day
26 th – 30 th October	:	Half Term
2 nd – 6 th November	:	Y6 Stubbington Residential Trip
Wednesday, 11 th November	:	Y4 Mayflower Trip to Welsh National Opera
(New) Saturday 14 th November	:	Table Top Sale on the playground
16 th – 20 th November	:	Assessment Week
Friday, 20 th November	:	Disco (5:30pm - 7pm)
Tuesday, 1 st December	:	Parents Evening (3:30pm – 6:30pm)
Friday, 4 th December	:	Parents Evening (3:30pm – 5:30pm)
(New) Friday 11 th December	:	SFC Film Evening
Tuesday, 15 th December	:	Carols by Candlelight (5pm)
Wednesday, 16 th December	:	Christmas Lunch
Friday, 18 th December	:	End of Term (3.15pm)

SPRING TERM 2027

Monday, 4 th January	:	Spring Term begins
18 th – 21 st January	:	Y6 Mock SATs Week
Friday, 12 th February	:	'Break the Rules' Non Uniform Day
15 th – 19 th February	:	Half Term
Tuesday, 23 rd February	:	Language and Culture Day
Friday, 26 th February	:	Disco (5:30pm - 7pm)
Monday, 22 nd February	:	INSET Day
1 st – 5 th March	:	Assessment Week
Thursday, 4 th March	:	World Book Day & Dress Up Day
Tuesday, 16 th March	:	Parents Evening (3:30pm – 6:30pm)
Friday, 19 th March	:	Parents Evening (3:30pm – 5:30pm)
Thursday, 25 th March	:	'Break the Rules' Non Uniform Day
	:	End of Term: (3.15pm)



SUMMER TERM 2027

Monday, 12th April	:	Summer Term begins
Wednesday, 21st April	:	Y6 SATS Parents Evening Event (6:00pm)
Monday, 3rd May	:	Bank Holiday
10th – 13th May	:	SATs Week (Y6)
Monday, 24th May	:	Class Photos
Friday, 28th May	:	Y6 Careers Fair (pm)
		'Break the Rules' Non Uniform Day
		Disco (5:30pm – 7pm)
31st May – 4th June	:	Half Term
TBC: Friday, 11th June	:	Y6 Paultons Trip
Friday, 18th June	:	INSET Day
14th – 18th June	:	Assessment Week (Y3 –5)
Monday, 5th July	:	Year 2 Parents Evening (5:30pm)
Wednesday, 7th July	:	Transfer Day
Thursday, 8th July	:	Y3 & Y4 (9am – 11:30am) Sports Day
Friday, 9th July	:	Y5 & Y6 (9am – 11:30am) Sports Day (Reserve Sports Day: Mon 12 th July)
Friday, 16th July	:	Year 6 Leavers Prom (6.30pm – 8:30pm)
Tuesday, 20th July	:	Y6 Leavers Celebration Event (6:00pm)
Wednesday, 21st July	:	End of Term: (3.15pm)

NB: All dates are subject to change, but you will be notified in advance if this happens.

INSET Days for 2026/27

Friday 23rd October 2026

Monday 22nd February 2026

Friday 18th June 2027

Wishing you all an enjoyable weekend,

Mr H

Headteacher

