



Congratulations to this weeks winner –

Devon with 256 points

Running total for the term:

<u>Devon</u>	<u>Dorset</u>	<u>Somerset</u>	<u>Cornwall</u>
571	781	649	650

Keep up the great work everyone!

Parent Consultations

You will receive an email later today with the details of how to book for the parent consultations taking place on Thursday 15th October and Tuesday 20th October.

The booking system will be open from **7pm on Friday 2nd October**, which can be accessed by clicking on the following link <https://willandschool.schoolcloud.co.uk/>.

Harvest

Claire Nichols, our School Chaplain, will be holding our Harvest Festival assembly on Monday 5th October.

As part of our Harvest celebrations, we would like to support our local pantry by collecting donations of non-perishable food items. If you are able to help, we would be very grateful for donations such as tinned foods, pasta, rice, cereal, long-life milk, tea, coffee or other cupboard essentials. ***Donations can be brought into school from Thursday 1st October until Monday 5th October.***

Thank you for your kindness and generosity. By working together, we can help support families in our local community who may need a little extra help.



Book Band Reading

If your child is on a colour banded book (Y3 or Y4) then they will have a set page that they need to read to before their next group reading session. Please can you help your child by reading to these pages with them; it is tricky for them when they come to their session and they haven't read the same pages as everyone else.

Year 3 Farmwise Visit

Year 3 are really looking forward to their visit to Farmwise at Westpoint on Tuesday next week. If any adults are available to help, we would appreciate it as the venue is particularly busy.

Attendance

As part of Devon County Council's drive to improve school attendance, we will be sharing our attendance statistics with you for the week ending Friday, 25th September 2026

Year Group	%Attendance	Year Group	%Attendance
Reception	94.21	3	92.93
1	94.47	4	99.06
2	98.55	5	95.16
		6	95.48

The Current National figure for comparison is 96.27%

Individual and Family Photographs

Our photographer will be in school on Friday 9th October.

Please can children who normally have PE on Friday wear school uniform rather than PE kits.

If your child has a younger sibling (not attending Willand School) and you would like a family photo taken, then please arrive from 8am. Photos will be in the new studio and the route will be signposted from the school drive. These are family photos so are for babies and up to starting school age. Siblings currently in school will have both an individual and family photo taken during the school day.



Nasal Flu Vaccination – Thursday, 19th November

We would like to remind parents that this is an **opt-in programme** and you should sign up using the following link: [Flu Vaccination Consent Form](#)



Please keep an eye out ...

... we are currently advertising on Devon Jobs for a **SEND TA/MTA** in the infant years

*Thank you for your
continued support
Naomi Tottle
Headteacher*

Online Safety –

'Wake Up Wednesday'

At the end of this newsletter are the latest top tips from the National College. This week's theme is ...

'Looksmaxxing'

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..

As always, if you have any questions relating to online safety, please contact Mrs Maynard (Online safety Lead)



SEND Information

The Decider Life Skills programme for all Year 5

Many thanks to those parents who have already submitted consent for their Year 5 child(ren) to take part in the whole class Decider Life Skills programme. If you have overlooked this, please click on the following link:

[The Decider Life Skills – Fill in form](#)

If you would like further information, please do not hesitate the school office and ask for an MHST Decider Life skills leaflet.

DEVON FAMILY HUBS

FREE Family Advice & Guidance

For Parents/Carers of children aged 0-19 and Young People aged 13 –19 (25 with SEND or Care Leaver)

Single Session Appointments available in person, via phone or online

CALL:

Advice & Guidance Line
0800 5385458
Mon-Fri 10am – 4pm

SCAN

Request for Contact

Devon County Council

BEST START IN LIFE



HALLOWEEN DISCO TICKETS NOW ON SALE

Please use this link to purchase your tickets: <https://www.zeffy.com/en-GB/ticketing/ptfa-halloween-disco>

IMPORTANT INFORMATION - You will be required to input the below information before being able to purchase a ticket

- Emergency Contact Number
- Child's Name
- Child's Class

You will receive email confirmation of your purchase. On the night a register of all tickets purchased will be checked upon entry, therefore we regret to inform you that this event is advanced purchase only.

* Cash payments will be accepted via the school office alongside the required information

What will be at the disco:

- A DJ playing a variety of music and class song requests
- Quiet Room with various activities (Included in ticket price)
- Unlimited Squash (Included in ticket price)
- Tuck Shop - Children can purchase a snack on the night (List of items on sale will be released soon, our aim is to keep cost to a minimum at around 50p per item)

We are also looking for parent Volunteers to help at the Disco, if you are able to be there to support us please email us at willandschoolptfa@gmail.com.

Contact us: Telephone: 01884 820367 / 829463 Website: www.willand.devon.sch.uk Email: office@willand.devon.sch.uk
governors@willand.devon.sch.uk lunches@willand.devon.sch.uk absence@willand.devon.sch.uk
Online Payments: <https://login.schoolgateway.com> PTFA: willandschoolptfa@gmail.com

Willand School Lunch Menu for week commencing Monday, 5th October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Butchers oven baked Westcountry beef burger in a plain bap <i>GF/DF</i>	Chicken Fajitas <i>GF/DF</i>	Toad in the hole <i>GF/DF</i>	Homemade Chicken curry Naan bread and wholegrain rice <i>GF/DF</i>	Harry Ramsden's Fish <i>GF/DF</i>
Oven baked Vegetarian burger in a plain bap <i>DF</i>	Quorn Fajitas <i>DF</i>	Vegetarian Toad in the hole <i>DF</i>	Macaroni cheese in homemade sauce	Homemade Cheese Wheel
Potato wedges/ pasta Baked Beans/Peas Salad Bar	Rice/pasta Mixed vegetables Salad Bar	Roast/mashed Potatoes Yorkshire pudding Fresh Carrots Gravy Salad Bar	Green Beans Salad Bar Crisps	Chips / Pasta Seasonal vegetables Tomato Sauce Salad Bar
Ice cream and peaches Fresh Fruit Yoghurt	Carrot Cake Fresh Fruit Yoghurt	American Pancake and cream Fresh Fruit Yoghurt	Strawberry jelly and fruit cocktail Fresh Fruit Yoghurt	Iced sponge Fresh Fruit Yoghurt
PASTA POTS with Italian tomato sauce or cheese JACKET POTATO with cheese, beans or tuna WRAPSWITH FILLINGS: Ham, Chicken or Cheese Autumn 2026 Menu Allergen List				

Could You Spare Some Time to Help Our School Community?



We are always grateful for the support of our wonderful parent and local community volunteers.

If you have a little time to spare, we would love to hear from you.

Volunteers can make a real difference, helping children by listening to them read or by supporting staff on school trips and educational visits.

Whether you can help regularly or just occasionally, your time and enthusiasm are greatly appreciated and help enrich our pupils' experiences.

If you are interested in volunteering, please contact the school office for more information and details about the application process. We would be delighted to welcome you to our team of volunteers.

Diary

to remember...

Thursday 1 st October	Cullompton CC Open Evening for Yr5/6 parents – 4pm-7pm
Monday 5 th October	Harvest Celebrations
Tuesday 6 th October	Yr 3 Farmwise Visit
Thursday 8 th October	Uffculme School Open Evening for Yr5/6 parents – 6pm-8pm
Friday 9 th October	Family & Individual Photos
Tuesday 13 th October	Year 4 Orienteering
Thursday 15 th October	Parent Consultations
Friday 16th October	Class 2R Assembly
Tuesday 20 th October	Parent Consultations
Friday 23 rd October	Non-Pupil Day
Mon 26 th – Fri 30 th October	Half Term
Tuesday 3 rd November @ 9:30am & 1:30pm	Parent Tours for Reception 2027 – Please phone or email Willand School office to book a slot: Tel No 01884 820367 E: office@willand.devon.sch.uk
Thursday 5 th November @ 9:30am & 1:30pm	
Monday 9 th November @ 1:30pm	
Wednesday 11 th November @ 9:30am	
Monday 16 th November @ 9:30am	

For full calendar of events, please click below:

[Calendar of Events 2026-27](#)

[Term Dates 2026-27](#)

Contact us: Telephone: 01884 820367 / 829463 **Website:** www.willand.devon.sch.uk **Email:** office@willand.devon.sch.uk
governors@willand.devon.sch.uk lunches@willand.devon.sch.uk absence@willand.devon.sch.uk
Online Payments: <https://login.schoolgateway.com> **PTFA:** willandschoolptfa@gmail.com

Safeguarding - From time to time the school may need to make referrals to Children and Young People's Services

EVENTS

Please see the noticeboard outside the school office for the following events

#it'sallaboutUS

Uffculme School
Excitement is a habit

OPEN EVENING 2026

THURSDAY 8TH OCTOBER | 6.00 – 8.00PM

BLACKDOWN EDUCATION PARTNERSHIP

SPooky FUN FOR EVERYONE!

FOWP
Friends of Willand Preschool

HALLOWEEN PARTY

WILLAND VILLAGE HALL

31st OCTOBER | 1PM - 3PM

Let's make it a spooktacular time!

ACTIVITIES INCLUDE...

- Kids' arts & crafts
- Biscuit decorating
- Disco room
- Spooky stamp trail with a special UV dark room at the end!
- Refreshments for sale
- Spooky earring and gift stall
- Kids' raffle
- Find your prize in our spooky slimy boxes!

UP TO KEY STAGE 1 CHILDREN AGE ONLY

PRICING

- Under 1s - FREE
- Parents - £1.50
- Child - £5

Face painting
Early bird price available to be purchased with tickets
£3.50
£5 on the day

SCAN ME!

Games ♥ Treats ♥ Music
Prizes and much more!

Please note that we are unable to check on the validity of the companies or the people running the schemes, and if those working with children have the correct police checks.

Contact us: Telephone: 01884 820367 / 829463 Website: www.willand.devon.sch.uk Email: office@willand.devon.sch.uk
governors@willand.devon.sch.uk lunches@willand.devon.sch.uk absence@willand.devon.sch.uk
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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 'fitness' 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), "fem" (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.



See full reference list on our website



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



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