

Friday 25th September 2026

Happy, Healthy, Aiming High

Headteacher's Message

Dear Families,

What a lovely week it has been at Angel Road! The warm sunshine has certainly helped create a positive atmosphere across the school, and it was wonderful to see children enjoying their learning and playtime.

We have welcomed lots of visitors and guests into school this week. Every class has been calm, purposeful and focused on learning, making it a real joy to show our guests around. Time and time again, visitors comment on the excellent behaviour of our pupils. Children at Angel Road are always so polite, well-mannered and eager to say hello!

A huge thank you to everyone who has donated conkers. Miss Buck has been busy creating not one, but two fantastic Conker Pits for the children to enjoy. They have been a hit, bringing opportunities for imaginative play. If you happen to collect any more conkers during the weekend, we would be very grateful for any further donations.

Looking ahead to next week, Year 2 will be visiting Sheringham Park as part of their learning. We hope they have a fantastic day exploring and taking part in outdoor learning activities.

On Thursday, we are also very excited to welcome Norwich City's Community Sports Foundation for our Run Angel Road event. This is a very special event, and we know the children will have a great time taking part. The CSF events are only for schools in Evolution Academy Trust, so we feel very lucky to be involved!

Thank you for your continued support.

E J Savage
Headteacher

Celebration Assembly and The Golden Book

Every week we celebrate the children's achievements during Celebration Assembly, whether these achievements are in or out of school. If your child has a special achievement they would like to share with school, please email office@angelroadschools.org.uk and we will try and share as many of these as possible. Golden Certificates are given to children who go above and beyond, whether this is demonstrating resilience with a challenging piece of work, or showing kind and thoughtful behaviour towards their peers.

Golden Certificates were awarded to the following children this week:

Certificates for the last two weeks will be handed to pupils on Monday 5th October



Upcoming Events

Wednesday 7th October

Year 2 Trip to Sheringham Park

Please consent for your child to attend on the Arbor
Parent Portal

Thursday 8th October

EAT Runs at Angel Road

Details sent to families via email

Monday 19th October

Parent Teacher Meetings

Butterfly and Swallowtail Class Only

Booking available on Arbor

Tuesday 20th October

Parent Teacher Meetings

3.30pm – 6.30pm

Booking available on Arbor

Thursday 22nd October

Parent Teacher Meetings

3.30pm – 6.30pm

Booking available on Arbor

Thursday 22nd October

Last Day of Half Term

Friday 23rd October

Staff INSET Day

School closed for children

Half Term

Friday 23rd October – Friday 30th October

Monday 2nd November

First Day of Autumn Term 2

Wednesday 4th November

Flu vaccination Team in school

(Details sent to families from the NHS)

Friday 6th November

Individual and sibling

School Photographs with Vancols

(Sibling photographs will be taken from 8am in the school hall. Please queue outside the school office).

Attendance News

Every Day Counts



Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school or nursery when they're unwell.

There are government guidelines for schools and nurseries about health protection and managing specific infectious diseases at GOV.UK. These say when children should be kept off school and when they shouldn't.

If you do keep your child at home, it's important to phone the school or nursery on the first day. Let them know that your child won't be in and give them the reason.

If your child is well enough to go to school but has an infection that could be passed on, such as a cold sore or head lice, let their teacher know.

Please be assured that if we ever feel your child is too unwell to remain in school, we will contact you to discuss this further.

Whole School Attendance this week

Infant School: 91.5%

Junior School: 94.8%

R	Mouse	88.5%	Rabbit	94.4%
Y1	Hedgehog	92%	Squirrel	87.5%
Y2	Fox	89.5%	Owl	95.7%
Y3	Dragonfly	95%	Swallowtail	96%
Y4	Deer	99.1%	Hare	97.3%
Y5	Otter	91.9%	Seal Class	90.6%
Y6	Kestrel	96.2%	Kingfisher	91.9%

Please [click here](#) for more information about Working Together to Improve School Attendance

'Should I keep my child off school?'

A handy checklist for all those common illnesses.

Please click here!

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

TARGETING MALE INSECURITIES

Although usually aimed at men, lookmaxxing 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 "bonemashing" – 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.

Lookmaxxing 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.

BODY IMAGE ISSUES

This pursuit of physical perfection can become obsessive and contribute to serious body image issues. Exposure to lookmaxxing 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

Lookmaxxing 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 lookmaxxing 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, lookmaxxing 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.



See full reference list on our website

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Making Sense of **SEND**

**In person, free, friendly information
and support about SEND for
families and professionals.**



**Saturday 3 October 2026,
11.30am-1.30pm at
Hellesdon Community Centre, NR6 5SR**

**Are you looking for support for your child
/young person with SEND and your family?**

- Listen to an expert-led talk
- A chance to give feedback and be heard by the Education Health Care Plan (EHCP) team or SEND advisor. Bookable on the day.
- Speak directly with more than 20 services and get personalised, face-to-face advice all in one place.

**No need
to book - please
just come along.**

**Find out
more:**



www.norfolk.gov.uk/msos