



Manor Park

CE (VC) First School

Love for God ~ Love for Each Other ~ Love for Learning

Weekly Newsletter

Friday 2nd October 2026

Dear Families,

Another wonderful week has been had at Manor Park, and it has been lovely to see the children so enthusiastic about their learning.

This week, all of our children have begun their new History topics, with lots of exciting learning already taking place:

Year 1 have been out and about, going for a walk to find our local old post box and beginning to explore how things have changed over time.

Year 2 have immersed themselves in the Great Fire of London, discovering what life was like in London in 1666.

Year 3 had a fabulous day on their trip to Cranborne Technology Centre, where they discovered how Neolithic people lived. It was a wonderful opportunity to bring their History learning to life.

Year 4 have begun their exciting study of the Romans and are already finding out about this fascinating period of history.

We also had our **SIAMS** inspection this week. I would like to say a huge thank you to our children and staff for being, quite simply, themselves and for demonstrating what makes Manor Park such a special school. We are now very much looking forward to receiving the report, which we will, of course, share with you when it arrives.

Parent Consultations

Bookings for our upcoming Parent Consultations are now live on Arbor. Please ensure that you book an appointment so that you have the opportunity to talk with your child's teacher about how they have settled into the new school year, their learning and their progress.

Collective Worship: Abraham's Call

This week in Collective Worship, we are learning about Abraham's call in Genesis 12 and exploring the importance of trust and faith.

We will be looking up and wondering:

Can we trust and believe in something that we cannot see?

Just as Abraham trusted God and followed His call, even though he did not know exactly where his journey would lead, we will encourage the children to think about what it means to have faith and hope.



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We will remind them that they can talk to God through prayer, particularly when things feel difficult or uncertain. Whether they are finding their learning challenging, having friendship difficulties or simply having a hard day, we want our children to know that they are never alone and to have hope that things can get better.

This connects beautifully with our Christian vision:

Love for God • Love for Each Other
• Love for Learning
and our Bible verse:

"Love is a safe place of shelter...
Love never stops believing the best
for others... Love never gives up.
Love never stops loving."

1 Corinthians 13:7-8a

We hope you all have a wonderful weekend, and we look forward to another exciting week of learning together at Manor Park.
Have a lovely weekend.

Save the Date

6 th October	Scholastic Book Fair
9 th October	Young Minds - Hello Yellow Day
13 th October	SEND meetings (book a slot at the office)
13 th October	Elm Class visit Shire Hall
14 th October	KS1 Literary Festival
15 th October	Ash Class visit SHire Hall
15 th October	KS2 Literary Festival
15 th October	SALT Drop-in sessions (10am-11am)
16 th October	Disco
19 th October	Parents' Evening and RSHE drop in
20 th October	Parents open afternoon at 2:45pm
20 th October	Parents' Evening and RSHE drop in
19 th and 20 th October	Whole school Eco Focus: Mini Beasts
21st October	INSET Day
22nd October	INSET Day
23rd October	INSET Day
26th-30th October	Half Term
9 th November	Dorset and Wiltshire Fire and Rescue assembly
11 th November	Remembrance Day Service
11 th November	SEND meetings (book a slot at the office)
13 th November	Children In Need Day
7 th December	SEND meetings (book a slot at the office)
14 th December	Y1 and Y2 Nativity 10:30am - 11:30am
15 th December	Y1 and Y2 Nativity 1:45pm - 2:45pm
17th December	End of Autumn Term
18th December	INSET Day

*Further details of relevant events will be sent out via Arbor closer to the time.



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Children in Aspen Class (Year 1) enjoyed visiting Signature House for their first Truth Be Told session where the theme was 'I am welcome'.



HIGHLIGHTS of the WEEK

Year 4 have been exploring aqueducts and Roman numerals in Outdoor learning, making a slow, sloping aqueduct is not as easy as it looks!



Year 1 have started their History topic where they are exploring how technology has changed our lives over the last 60 years. Aspen class (Year 1) have been looking at how technology has changed the way we talk to each other.

Chestnut Class in Year 3 spent outdoor learning experiencing how hard it may have been to live in the Stone Age. They made replica tools and everyone showed their resilience today.

We are incredibly proud of Mrs H-W for being awarded the Pip and Pap Practitioner of the year!! 🎉🎉



Some new InvestiGators books made their way into the library today and have already been very popular. Pop along tomorrow and pick one up!



**Hello
Yellow**
FRIDAY 9 OCT

M&S | **YOUNGMINDS**



**We're wearing
yellow**

We are having a non-school uniform day where children can come to school wearing yellow!

For example, this could be a yellow t-shirt, jumper, skirt, trousers, cap or hairband!

on 9th October and raising money so YoungMinds can be there when young people need them most.

You can donate to support our school's fundraising by heading to the link below or scanning the QR code!

<https://fundraise.youngminds.org.uk/s/310/6570>



Our Happiness Heroes (School Council) will be at the school gate to collect any cash donations too!



Open Day!

Visit us on
5th November at
10:30am
Or
12th November at
1:30pm

Are you looking for a school place for your child who is due to join Reception in September 2027?



We are delighted to invite you to our school on either **Thursday 5th November** at 10:30am or **Thursday 12th November** at 1:30pm, where you will have the opportunity to speak with the Head of School, enjoy a tour of our wonderful EYFS area, and ask any questions you may have.

*If you are unable to attend on the above dates, please call the school office to make an appointment at a time to suit you.

To book a tour, please contact the school office on 01305 268741 or email office@manorpark.wessex.ac



@manorparkfirst



ManorParkDorchester

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 "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

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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LET'S GLOW WILD
FOR MANOR PARK'S FIRST
NEON DISCO

FRIDAY 16TH OCTOBER

PRESCHOOL & RECEPTION* - 5.00-5.45PM

(*PARENTS REQUIRED TO STAY)

YEARS 1 & 2 - 6.00-6.45

YEARS 3 & 4 - 7.00-7.45

**WWW.PTA-EVENTS.CO.UK/BUDSMANORPARK/
£4 PER TICKET**



**HOSTED BY BUDS OF MANOR PARK
IN PARTNERSHIP WITH ENCORE ENTERTAINMENTS**



Book your
sessions
on Arbor



...our wraparound care!

Roots and Shoots provides wraparound care for children from Preschool to Year 4. It is run by Manor Park staff, so children are looked after by familiar faces every day.

We have a beautiful provision set up in The Bungalow.

Sessions

Before school- 7:30am - 8:45am (£7)

After school - 3:15pm - 4:15pm (£7)

4:15pm - 5:30pm (£7)





*Book your
sessions
on Arbor*

Preschool Wraparound Provision



Our Preschool staff, Miss C and Miss Wilmot, run our Preschool Wraparound provision. This ensures that our youngest #ManorParkSuperStars are cared for by adults who are familiar to them throughout the day.

We offer a range of breakfast options in our breakfast provision, and a variety of snacks and activities in our after school provision.

Preschool Wraparound Care sessions are 8am-9am for our morning sessions and either 3pm -4:15pm or 3pm-5pm for our after school sessions. Please book sessions via Arbor (the option to select is called 'extended preschool')





Eco Warriors' October Top Tips



Biodiversity

We can learn about nature around our school



Healthy Living

We can take breaks from screens



Global Citizenship

We can share and help one another



Energy

We can help monitor energy use



Water

We can save water at school and at home



Marine

We can understand where our rubbish goes.



Litter

We can recycle where possible



Waste

We can share toys and books.



Transport

We can park bikes safely.



Sleep tight workshop

Suitable for families with children 12 months or older who are struggling with sleep

5 x 2-hour online sessions

Wednesday 14th October 2026, 6pm - 8pm,
5 weeks excluding half term

At Chipmunks Day Nursery,
6 Herringston Rd, Dorchester DT1 2BS

Supporting Children, young people and their families to get a good night's sleep. To be added to the waitlist for these sessions or for more information please contact beststartinlife@dorsetcouncil.gov.uk stating which round you are interested in.



DESIGN A

Christmas Jumper



In honour of this years **'Save the Children's Christmas Jumper Day'** we need your child's help – by drawing or painting the design for a Christmas Jumper.

The only things we ask are: the image represents the theme of Christmas, it is A4 in size, please do not use a jumper template as we need the image to be printed onto a jumper and the work of art should be sent to us via email – other than that your child can be as creative as they want!

It's totally free to enter and your child could **win their design printed on a jumper ready for Christmas Jumper day.**

What to do:

- 1 Draw your Christmas design on an A4 piece of plain paper. Please **DO NOT** use or draw a jumper template.



2

Please include your child's name, age, class, year and school on your email.



3

Email your design to **comps@localfoodlinks.org.uk** by Monday 16th November.

We will accept the following file types: PDF or JPG.



LOCAL
FOOD
LINKS

Dorset Library Service news for schools

Reception class visits

For Reception class children, the Autumn term is a perfect way to introduce young children to libraries and the free resources that can be accessed with a Dorset library card.

This year's book is *Never Show A T-Rex A Book!* by Rashmi Sirdeshpande - is a fun-filled, laugh-out-loud adventure about a T-Rex whose love of books leads to all sorts of wonderful mischief. With its playful story and lively illustrations, children will delight in the chaos and enjoy joining in the fun from beginning to end. By having the opportunity to use the public library children:

- will develop their confidence and motivation, seeing themselves as readers outside school
- read more widely and independently develop good reading habits from a young age
- have free access to a range of resources and activities where all are welcome

Book a Reception class visit

Class visits

Our school programme is free and available throughout the school year. We offer 3 programmes for primary schools, each session lasts for 60 minutes. They are:

- **Discover your Library** - this session aims to introduce children to the exciting world of their local library. Children will explore the wide range of books, and free services available through library membership, helping them become confident, independent library users and lifelong readers
- **Reading for pleasure** - find your next favourite book - an opportunity to talk and learn about new books. Children will be encouraged to read for pleasure and discover a range of stock to suit all levels and interests
- **Information skills: Library detectives** - unlock the mysteries of the library by learning how books are organised using the Dewey Decimal Classification System. Pupils will develop key information-finding skills, enabling them to locate resources independently for study or leisure

Find out more about our offer to schools and book a class visit [Library services for schools and teachers](#)

Thank you for your support

The 2026 Summer Reading Challenge: Read to the Beat! has now finished. Over 4600 children took part, reading a book of their choice or attending library events. Certificates are now being printed for children who chose to collect theirs from school.

Look out for your certificate delivery in the next few weeks.

Exciting online event with children's author Ashley Thorpe, 19 October 1:30 pm



Ashley Thorpe is a children's author whose fantasy stories, including *The Boy to Beat the Gods* and *Spirit Warriors*, are inspired by West African and Caribbean mythology, manga and folklore. In this online event for children across Dorset, Ashley will share the inspiration behind his characters and stories and will encourage pupils to use their imaginations to create their own characters and heroes. Ashley introduces young readers to diverse cultures and inspires them to see themselves as storytellers with stories worth sharing.

The event offers links to the National Curriculum, and provides a great opportunity for schools to celebrate Black History Month in a meaningful way, helping children explore different cultures, perspectives and storytelling traditions. The event is aimed at KS2 years 4-6, and will include an opportunity to ask Ashley a question.

Booking form for KS2 online Black History month event with Ashley Thorpe



Book now for KS2 event with Ashley Thorpe

Proud to support The National Year of Reading 2026.

GO ALL IN.

Our Library Service mission is to **Inspire, Connect and Enable** our communities



TURTLEBACKS

OCTOBER HALF TERM

SWIM SCHOOL 2026



CONFIDENT
SAFER
HAPPIER

Turtleback Swim Lessons offer
water confidence, safety, and total
independence in the water.



BUILD
CONFIDENCE



LEARN
SAFETY



GAIN
INDEPENDENCE

*Small
Steps
Big
Adventures* ♥



DATES

Tuesday 27th,
Wednesday 28th
and Friday 30th
October 2026



TIMES

9.30am
10.00am
10.30am



VENUE

Wyvern Hydrotherapy
Pool, Dorchester Road,
Weymouth
DT3 5AL



PRICE

£27
per child
per week



ADVANCE BOOKING ESSENTIAL

Spaces are limited



CONTACT:

SARAH HEWITT



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hheewwiitt@aol.com

CONFIDENCE • WATER SAFETY • INDEPENDENCE

Events

IN THE COMMUNITY



Walk and Wonder

SATURDAY 10TH OCTOBER, 10AM
STARTING AT ST GEORGE'S CHURCH
60 MIN GENTLE WALK IN GOD'S CREATED WORLD

ST GEORGE'S
CHURCH

FREE trial music lesson!

If your child would like to try either Piano, Voice, Flute or Recorder lessons, they can have a free taster session with Wendy Southam, who visits Manor Park on a Friday. If any of the children are then interested in lessons, parents can apply via the Wessex schools music website in the usual way. Speak to the office if you are interested in a free session.

Love for God ~ Love for Each Other ~ Love for Learning



A big thank you to all our families who brought their children into school on time this week. Every minute truly counts, and as a community you truly show your **"Love for Learning."**

SALT Drop-in sessions 15th October
between 10am and 11am

Our community Speech and Language Therapist (SALT) is available for anyone whose child is currently on the SALT list or anyone who has concerns about their child's speech and language. Please phone the office to make an appointment.

Future drop-in dates:

28th January 2027

6th May 2027

*"Love is a safe place of shelter,
For it never stops believing the best for
others. Love never takes failure as defeat,
for it never gives up. Love never stops
Loving. 1 Corinthians 13: 7-8*

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ManorParkDorchester

