

Queen Victoria

Primary School



NEWSLETTER

16th October 2026



Key Dates

19th Oct – IT Library visit

21st Oct – Wear Red Day

21st Oct – Parents' Evening

21st Oct – Reflexions
Workshop for Parents

23rd Oct – Kidz Fit Day (Y1-Y6)

**Half Term: Monday 26th –
Friday 30th October**

12th Nov – Reception
Phonics workshop

16th Nov – Odd Socks Day
(Anti-Bullying Week)

20th Nov – Children in Need

20th Nov – Year 4 SPARKs
visit

26th Nov – Year 1 Phonics
Workshop Recap

27th Nov – Flu vaccine
catch-up session

2nd Dec – Year 3 children's
Iron Age workshop

3rd Dec – Year 1 Black
Country Museum

4th Dec – INSET Day

10th Dec – Christmas Disco



This Week's News

We've had another busy and exciting week at Queen Victoria, with lots of opportunities for our children to develop new skills, learn important life lessons and take on new responsibilities.

Monday – Year 1 Visit to Sedgley Library

On Monday, children from 1J enjoyed a visit to Sedgley Library. It was a lovely opportunity for the children to explore the library, discover new books and develop their love of reading. We hope the visit has inspired even more of our children to enjoy books and reading for pleasure!



Tuesday – Our New Playground Leaders

On Tuesday, our new Year 5 Playground Leaders received their training from Dudley School Sport Partnership. The children learnt how to organise and lead fun, active games for younger pupils during playtimes and lunchtimes. Our new leaders are really excited to get started! We're looking forward to seeing them put their training into practice, helping to make our playground an even more active, inclusive and enjoyable place for everyone. It's also a fantastic opportunity for our Year 5 children to develop their confidence, leadership and teamwork skills.



More News



Tuesday – Year 2 Explore Our Local Area

On Tuesday, our Year 2 children headed out on a walk around the local area as part of their geography learning. The children had the opportunity to explore their surroundings, identify different human and physical features and develop their geographical observation skills. It was a great opportunity to bring their classroom learning to life and help them become more familiar with the local community!



Wednesday – Healthy Habits in Early Years

On Wednesday, our school nurse visited our Early Years children to talk about the importance of good hygiene and handwashing. The children learnt about how germs can spread and why washing our hands properly helps to keep ourselves and others healthy. These are such important habits to develop from an early age!



Friday – Bully Busters in Year 3

On Friday, we welcomed Loudmouth Education and Training into school to work with our Year 3 children through their Bully Busters programme. The session helped children to explore what bullying is, understand the importance of kindness and respect, and learn what they can do if they experience or witness bullying. This was a valuable opportunity to reinforce our school values and the importance of looking after one another.



▶▶ Looking Ahead to Next Week

Wednesday – Wear Red Day

On Wednesday, we will be supporting Show Racism the Red Card's Wear Red Day. We invite all children and staff to wear something red to school as we join together to show our commitment to challenging racism and celebrating equality, diversity and respect.

Wednesday – Parents' Evening

We look forward to welcoming parents and carers into school on Wednesday afternoon and evening for our parents' evening appointments. This is an important opportunity to hear about how your child has settled into their new year group, celebrate their achievements so far and discuss their next steps in learning.

Friday – Kidz Fit

We're looking forward to welcoming Kidz Fit into school on Friday for an exciting day of physical activity and fitness sessions for children across all year groups. Please ensure that all children come to school wearing their PE kit on Friday, regardless of their usual PE day, so that everyone is ready to take part!



Let's Celebrate!

Celebrating effort, achievement and success



Positive Notes & Behaviour Recognition

We love letting our families know when their children have been caught doing something great in school! All staff give out **Positive Notes** regularly for children who are going out of their way in role modelling our school CARE values. We also love recognising children who follow our school rules: Ready, Respectful & Safe, and conduct themselves well in school by adding them to class recognition boards. Children who demonstrate exemplary behaviour are awarded a **Behaviour Recognition Note** to bring home to let their grown-ups know they have been golden.

CARE Awards

Each week, teachers award one child in their class who has had a remarkable week in demonstrating our school values or going above and beyond to follow our school

Golden Rules: Ready, Respectful and Safe.

Children are awarded these certificates during our Friday Celebration Assemblies and are invited to have squash and biscuits with a senior leader as a special treat.

A huge well done to this week's super stars!



Care Award Winners This Week

Nursery

Charvi

Year One

Aanayaa
Jaxon

Year Three

Tyler
Mila

Year Five

Thomas
Scarlett

Reception

Connal
Hollie

Year Two

Lily
Finley

Year Four

Destiny
Leo

Year Six

Heidi
Oakley
Olesia



Attendance

Every day counts. Every lesson matters



It has been another fabulous week for attendance, with eight classes achieving over 96%! Well done to everyone, and a special to **5BR**, who achieved a fantastic **98%**!

Our **Strictly Come Attendancing** competition continues, with just **one more week to go** until the winning classes receive their **glitter ball keyrings!** ✨

Let's keep up the momentum and finish the half term strong by being in school, on time, every day. Everyday counts, and there is still plenty to enjoy and learn before the break.

Don't forget—**Kidzfit will be here on Friday**, giving us another exciting reason to be in school! Thank you, as always, for your continued support. 💚💛

Class Attendance

Class	Attendance %
RD	95.2
RP	92.1
1J	90
1T	96.8
2H	97.5
2M	97.5
3B	91.8
3C	97.1
4P	92.6
4S	89.7
5BR	98
5S	92.8
6C	96.2
6H	92.4
6M	95.2



School Attendance
This Week

94.31%



Year 1 Library Visit

Year 1 visited Sedgley library. We listened to the funny story 'I hate everything' by Sophy Henn. We found out how a library works, how we check out books and found out about different events at the library too. We even learned how to use the machine to check out books!



Year 2 Local Walk



Year 3 Bully Busters



TIMES TABLES ROCKSTARS

Ready

Respectful

Safe

How to use Times Tables Rockstars A guide for parents

Times Tables Rockstars (TTRS) is a fun, online platform that helps children learn and practise their times tables. It builds confidence, speed and accuracy – skills that support maths across the curriculum.

1 Log in

Go to www.ttrockstars.com and log in with your child's school username and password.



2 Choose a mode

Your child can practise in different ways, including:



Garage

Learn the tables at your own pace.



Studio

Quick fire practise with a focus on speed.



Soundcheck

Answer questions in a set time.



Jamming

Play against other children and earn coins.

3 Track progress

You can check your child's progress on the parent page. See how many coins they earn, which tables they're practising and celebrate their achievements!



4 Make it part of your routine



Aim for short, regular sessions

Just 5–10 minutes a day can make a big difference.



Choose a good time

e.g. after school, at the weekend or before bed.



Encourage and praise

Celebrate effort and progress, not just scores.

Top tips for success

- ★ Let your child choose their own times tables to practise.
- ★ Try the different game modes to keep it fun and fresh.
- ★ Look for their coins and certificates – they love them!
- ★ Encourage them to challenge friends and classmates.
- ★ Remind them that 10 minutes a day really does make a difference!

Aspiration, Excellence
and Responsibility!



for children and families in Dudley

 **ChatHealth**  **Shropshire Community Health NHS Trust**

Do you have a baby / child / young person aged 0 - 19 who lives in the Dudley borough or attends a Dudley school?

If so, we are pleased to introduce to you, ParentLine messaging service, which is managed by Dudley Health Visitors and School Nurses, able to offer advice and support on topics including:

- Sleep
- Behaviour
- Smoking/vaping
- Breastfeeding and bottle feeding
- Emotional health and wellbeing
- Physical health
- Parenting advice
- Common childhood illnesses
- Healthy lifestyles
- Sexual health advice
- Toileting/bedwetting/continence
- Child development
- Bullying including online
- Drugs and alcohol

and much more

Text us today for confidential advice and support on:
07312 263806
Available Monday to Friday, between 9.00am – 4.30pm, excluding Bank Holidays.



This website and services are for informational purposes only. We are not responsible for any advice given. We are not a substitute for professional advice. If you need help, please contact your GP or a mental health professional. We are not responsible for any advice given. We are not a substitute for professional advice. If you need help, please contact your GP or a mental health professional.

Back to school means back to lunchboxes!

The Dudley Healthy Lunchboxes website is packed with practical ideas for children from toddler age through to teenagers, with options to suit a range of dietary requirements.

Scan the QR code or visit Dudley Healthy Lunchbox Resource




SCAN ME

Kooth is becoming Soluna by Kooth! 

Kooth is evolving. The online mental wellbeing service has moved to an enhanced platform called Soluna by Kooth, which is available via a new mobile app and on the web.

Everything young people rely on will stay the same. Soluna by Kooth is an evolving digital mental health platform. It will provide free, safe, and confidential mental wellbeing support, professional coaching, and moderated community spaces for young people.

For more information scan the QR code or visit www.kooth.com



SCAN ME

Helping Children Get the Best Start in Life

Free Programmes & Workshops

HENRY supports families to build healthier habits and routines that support children's physical and emotional wellbeing, right from the start and as they grow.

A range of free, friendly and practical sessions are available to parents and carers in Dudley with children aged 0-12, as well as those expecting a baby.




WANT MORE INFORMATION?

Please follow the link to see the newsletter in full:

<https://healthydudley.co.uk/wp-content/uploads/2026/10/FINAL-VERSION-Dudley-healthy-schools-newsletter-Autumn-2026.pdf>





Notices

Year 6 Thinking about Secondary School?



Applications now open

for September 2027
Year 7 intake.



Visit open evenings

Look out for advertised
open evenings at local
secondary schools.



Up to six preferences

You can name up to six
schools. Dudley Council
advises including more
than one preference.



Closing date

31 October 2026

Make sure your application
is submitted by this date.



Find out more at:

www.dudley.gov.uk/secondary-admissions



Polite Notice

Children should not bring personal hand sanitiser into school unless this has been agreed in advance with the school office to meet an individual need. Handwashing facilities are available in school.

Sanitiser bottles must not be clipped to clothing or worn as accessories. Any unapproved bottles brought into school will be held safely by staff and returned to parents or carers.

Where an exception is agreed, suitable arrangements for storage and supervised use will be put in place.



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

@wake_up_weds

/www.thenationalcollege

@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

Summer Holidays - Planning Ahead!

With the summer holidays fast approaching, we know many families are beginning to think about next year's holidays.

We understand that family time is incredibly important, but taking holidays during term time can have a significant impact on your child's learning, friendships and confidence.

If you're looking to make your holiday budget go further, here are a few ideas that could help without your child missing valuable time in school.



Great holidays can be affordable!

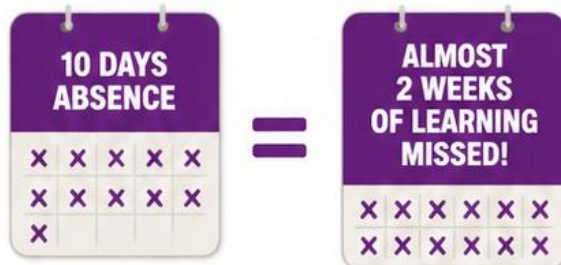
TOP 10 MONEY SAVING TIPS FOR CHEAPER HOLIDAYS



- BE FLEXIBLE WITH YOUR DATES**
Prices are often much cheaper at the very beginning or end of the school holidays rather than during the peak weeks.
- TRAVEL MID-WEEK**
Flights on Tuesdays, Wednesdays and Thursdays are often cheaper than weekend departures.
- COMPARE PRICES**
Use comparison websites such as Skyscanner, Google Flights or Kayak to compare prices and set up price alerts.
- CONSIDER DIFFERENT AIRPORTS OR DESTINATIONS**
Flying from a nearby airport or choosing a less popular destination can sometimes save hundreds of pounds.
- THINK ABOUT SELF-CATERING**
Apartments and holiday parks can often be more affordable than hotels, especially for families.
- USE LOYALTY POINTS AND CASHBACK**
Supermarket reward schemes, cashback websites and credit card rewards can all help reduce the overall cost.
- COMPARE ALL-INCLUSIVE WITH SELF-CATERING**
Depending on your family's needs, either option could offer the best value.
- BOOK EARLY (BUT NOT TOO EARLY!)**
For popular destinations, booking 8-12 months in advance can lock in better prices. For last-minute deals, 4-6 weeks before travel can sometimes be cheaper if operators are trying to fill seats.
- TRAVEL WITH FRIENDS OR FAMILY**
Renting a villa together or splitting costs (car hire, food, pool) can work out much cheaper than booking individually.
- WATCH OUT FOR HIDDEN COSTS**
Check baggage charges, transfers, resort fees and airport parking before booking so there are no surprises.

EVERY DAY COUNTS!

Just 10 days of absence across the school year is almost two weeks of learning missed.



Good attendance helps children build confidence, maintain friendships and achieve their very best.

WHEN YOUR CHILD ATTENDS SCHOOL EVERY DAY, THEY BENEFIT FROM:



CONSISTENT LEARNING AND PROGRESS

They don't miss out on important teaching and build on their knowledge every day.



STRONG FRIENDSHIPS AND ROUTINES

Being in school helps children feel included, supported and part of the team.



IMPROVED CONFIDENCE AND WELLBEING

Good attendance builds self-esteem and helps children feel happy and secure.



THE BEST CHANCE OF ACHIEVING THEIR POTENTIAL

Every day in school is another step towards success and a bright future.

We're here to help!

If you need any support with attendance or have any questions, please speak to your child's class teacher or contact the school office.



MISS SCHOOL, MISS OUT!

Thank you for working with us to make attendance a priority. Together, we can give every child the best possible start.