

IN TOUCH



MESSAGE FROM THE HEADTEACHER

This week's edition of In Touch reflects a busy and varied start to October. Our Harvest collection is now underway, providing an opportunity for students and families to support the Wandsworth Foodbank and to put our values of generosity and service into practice. We are grateful for any donations families are able to contribute.

There is also plenty to celebrate across the school. Congratulations to our Year 8 Girls' Basketball Team on their recent victory against Harris Battersea, and it has been encouraging to see our Sixth Form students continuing to benefit from the Bosco Discovery Talks, with recent speakers including Jeanne Rathbone and Joanna Bogle.

This edition also includes an important reminder about safe journeys to and from school. I would encourage parents and carers to take a few minutes to discuss routes, travel arrangements and what their child should do if they ever feel worried or unsafe while travelling.

Thank you to everyone who supported our recent Open Evening. We now look forward to our Open Mornings on 8 and 15 October, as well as our Sixth Form Open Evening on 22 October. Please continue to spread the word among families who may be considering St John Bosco College for their child.

Thank you, as always, for your continued support.

"It is more blessed to give than to receive."

Acts 20:35

As our Harvest collection continues, let us remember the difference that even a small act of generosity can make. By sharing what we have, we show care for those in need and put our faith into action.

Through **R**espect, **U**nderstanding, **A**ffection and **H**umour, may we give generously, look out for one another and help build a community where kindness and compassion can flourish.

2026		OCTOBER						
SUN	MON	TUE	WED	THU	FRI	SAT		
				1	2	3		
4	5	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24		
25	26	27	28	29	30	31		

KEY DATES

- **Thursday 8 October** - Open Morning (09:00-11:00)
- **Thursday 15 October** - Open Morning (09:00-11:00)
- **Thursday 22 October** - Sixth Form Open Evening (17:00-19:00) - early finish 13:50
- **Friday 23 October** - Break up for Half Term (15:30).

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ARCHDIOCESE OF SOUTHWARK OPENING MASS FOR NEW ACADEMIC YEAR

On Friday, 18, 2026, some pupils from our Chaplaincy team, together with Rev. Sixtus and Bro Solomon, proudly represented our school community at the Roman Catholic Archdiocese of Southwark's Opening School Mass for the new academic year, held at St George's Cathedral in Southwark. The Mass was graced by pupils from secondary and primary schools, as well as chaplains, teachers, members of the leadership team, chief executive officers of trusts, and staff from the Archdiocese's education service.



The Eucharistic Celebration was presided over by His Grace, the Most Reverend John Wilson, Archbishop of the Roman Catholic Archdiocese of Southwark. He warmly welcomed all attendees and expressed his gratitude for the profound work being done in the field of education across the Archdiocese. During the homily, he invited willing pupils from different schools to join him in the sanctuary to reflect on the gospel passage about what it means to know, love and serve Jesus. A good number of pupils, including three of ours, flooded the sanctuary, where Archbishop John delivered a participatory homily in a question-and-answer format, with the pupils answering the questions.

After the Homily, the chaplains, head of schools and CEOs renewed their commitment to serving the Archdiocese Education mission before the Archbishop, who prayed and blessed them. During his closing remarks, the Archbishop awarded the Archbishop medal of Honour to Mr and Mrs Barry and Margaret Mizen MBEs for their remarkable service in education through the Mizen Foundation and for their witness of forgiveness and peace, turning the tragic loss of their son Jimmy into an opportunity to educate young people about peace, forgiveness and the devastating impacts of violence.

YEAR 8 GIRLS CELEBRATE BASKETBALL VICTORY

Congratulations to our Year 8 Girls' Basketball Team, who secured a fantastic 25–19 victory against Harris Battersea this week.

The girls put in an excellent performance, showing great teamwork, determination and skill throughout the fixture. Their hard work and positive attitude were rewarded with a well-deserved win.

Well done to the whole team – a brilliant result and something to be very proud of!



SUPPORTING SAFE JOURNEYS TO AND FROM SCHOOL

We would be grateful if parents and carers could take a few minutes to review their child's journey to and from school with them.



KNOW THE ROUTE

Please ensure that your child knows their usual route, expected journey time and what to do if they feel worried or unsafe.



AGREE MOBILE PHONE USE

Where students travel with a mobile phone, we encourage families to agree how and when they should make contact, particularly if plans change or they are delayed.



STAY SAFE

Students should be reminded not to engage with strangers and, if they ever feel unsafe, to move to a busy public place such as a shop and ask a member of staff for help while contacting home.



SHARE CONCERNS

If your child raises any concerns about their journey, please discuss these with them and let their form tutor or pastoral team know where appropriate so that we can support.



Bosco Discovery Talks with Jeanne Rathbone



We were delighted to welcome local Battersea legend Jeanne Rathbone to speak to our Y12 students as part of our weekly Bosco talks.



Jeanne's talk focused on her recent book 'Inspiring Women of Battersea' which was published in 2022. Her research into local women spans well over 100 years, finishing with Fara Williams, England Lioness and former resident of the Winstanley estate. Jeanne herself grew up in the West of Ireland before moving to Battersea as a teenager in the 1960s.

Bosco Discovery Talks with Joanna Bogle



The Y12 students were delighted to hear from noted historian Joanna Bogle at their weekly Bosco Talk.



Joanna has written extensively about Catholic history in Britain and she took the students through an interesting range of famous English Catholics and their significance in British history. Her talk mainly focused on the Catholic revival during the Victorian era. Joanna is an academic at St Mary's Twickenham.

SJBC Harvest Collection

*On 29th September, we are starting
our annual Harvest Collection.*

*We will be collecting food items like:
tinned foods, rice, pasta, biscuits, tea, packet soup etc*

*The food we will collect, would be taken
to the Wandsworth food Bank,
supporting people in our community*



Tuesday 29th September - Monday 12th October 2026

*Which House will collect the most?
Donate food and help your House take the lead!
Points will go towards their end of year points.*



MOSES



RAFQA



TERESA



KOLBE



ROMERO



We're using Arbor's free Parent Portal and Arbor App

We've chosen Arbor to help us manage our school.

Arbor is a simple, smart and cloud-based MIS (Management Information System), which helps us work faster, smarter and more collaboratively as a school. The Arbor App and Parent Portal mean we can keep you informed about your child's life at school in a much more accessible way. Log into Arbor to see and update your child's information, get live updates and make payments or bookings on the go!

The Parent Portal works on Google Chrome (computer or laptop) and you can download the Arbor App from the App Store or Google Play Store on your phone (Android 5.0; iOS 10.0 and upwards).

How to get started

- 1.Wait for your welcome email from us telling you Arbor is ready - you won't be able to log in before
- 2.Click the link in your welcome email to set up your password
- 3.Go to the App or Google Play Store on your phone and search 'Arbor'
- 4.Click 'Install' on Android or 'Get' on iPhone then open the App
- 5.Enter your email, select the school, then enter your password
- 6.Accept the Terms & Conditions and enter your child's birthday

The Sunnyville School of Magic
W10 5BN, London, GBR

Enter your password

Log in

Forgotten password?

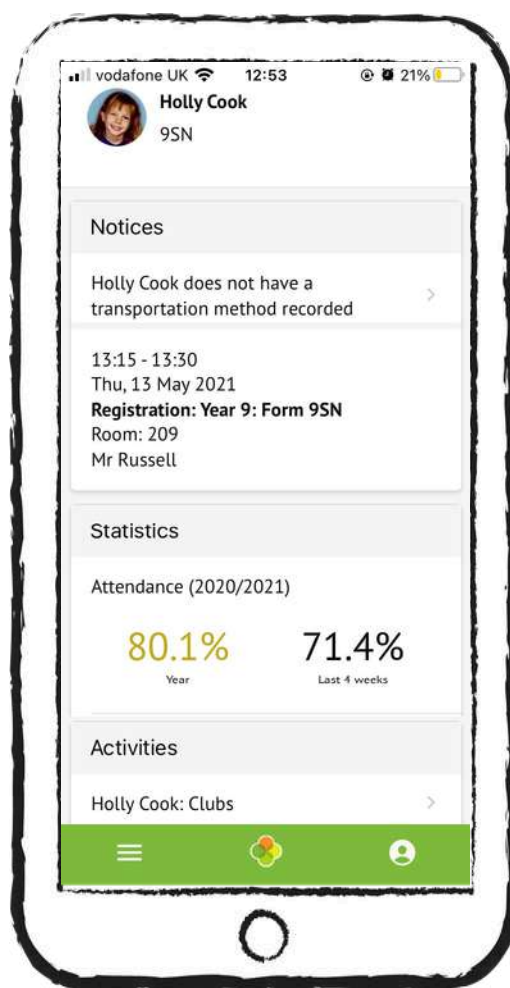
Need help using Arbor?

Contact the school office if you have questions about Arbor, the App or Parent Portal. Tell us the type and model of your phone, e.g. an iPhone SE, and include screenshots or screen recordings.

To safeguard student data in line with General Data Protection Regulations (GDPR), Arbor only works directly with schools.

Some tips to try:

- 1.Ensure your username is the email address you use for Arbor. Ask us to check the email address linked to your account.
- 2.Reset your password from the login page, or ask us to do this.
- 3.If the login email was sent to you more than 96 hours ago, the password link will have expired. Ask us to send it again.
- 4.Ask the school office to check that your email address has not been used twice - e.g. on another guardian or child's profile.
- 5.Enter the birthday of one of your children to log in.
- 6.Only relatives who are **Primary Guardians** of a child can access the Arbor App. Ask us to check you can access Arbor.





PARENTS/CARERS WORKSHOP

Session 2

Contextual Safeguarding & Exploitation

Learn how to recognise risks beyond the home and keep your children safe.

Who is it for?

- Parents & carers of young people aged 9+
- Wandsworth residents only

What you'll gain

Build safeguarding confidence

Understand exploitation
and risks beyond home

Practical tools to
spot risks early

Guest Speakers

1. George Turner from Carney's Community
2. Davis Williams from Manhood Academy
3. Young Person & Parent with Lived Experience

Thursday,
8 October 2026

6:00pm – 8:00pm

Arrival at 5:30pm

Caius House

2 Holman Rd

London SW11 3RL

Online: **Microsoft Teams**

 Free food provided at
the in-person session

 Only 25 in person
spaces available



Register Now

Scan the QR code to secure your place

More workshops coming soon on **Online Safety & Knife Crime Awareness**

Wandsworth Family Hubs

Online Workshops for Parents & Carers

Sep - Dec 2026

Grab yourself a cuppa and enjoy some helpful tips and support on a range of topics aimed at **under 5s** from Wandsworth colleagues and partners, **all online and interactive.**

Date & Time	Workshop	Delivered by:
Wednesday 7 Oct 1 to 2.15pm	Enjoying Time with Your Child Part 2: Strategies to Support Positive Behaviour	Amy Couprie & Phoebe Oliver Educational Psychologists
Monday 12 Oct 1 to 2.15pm	Supporting Your Child with Social Communication Differences	Joanna Hardman Highly Specialist Speech and Language Therapist
Wednesday 21 Oct 10 to 11.15am	Supporting Your Child's Health, Development and School Readiness for families with SEND children	SEND Health Visitor
Monday 9 Nov 1 to 2.15pm	Introduction to Solids	Health Visiting Team
Monday 23 Nov 1 to 2.15pm	Sleep Hygiene for children with SEND	SEND Allkind
Monday 7 Dec 1 to 2.15pm	Learning Through Play	Early Years Team

To book onto a workshop you can scan the QR code or click on the link below
<https://forms.office.com/e/qXdqNSEn20>



For more information contact
Hannah.skaife@richmondandwandsworth.gov.uk



FINAL REMINDER: FREE SCHOOL MEALS 2026

The way families apply for Free School Meals has changed. If your child is eligible, you now need to apply to make sure they can continue receiving free meals in school.

If you have not applied, the school will **not be able to continue providing Free School Meals from Monday 21 September.**



Please do not miss out – apply today using link below



We have written to families about this previously, and this is a **final reminder**. Free School Meal eligibility will not automatically renew each year, so even if your child has received Free School Meals before, you still need to make sure the application has been completed.

Please apply as soon as possible using the link below.

It is also important to apply because the school receives **additional funding linked to eligible pupils**. This funding helps us provide wider support, opportunities and resources for your child and other pupils across the school.

Please do not miss out – apply today using this link:

<https://fsm.lgfl.net/>

There is an FAQ section within the tracker to assist with any queries:

<https://lgfl.net/services/free-school-meals/faq>

Is my child eligible for free school meals?

From September 2026, free school meals in England have expanded to all children in households receiving Universal Credit, regardless of how much you earn.

It's one of the biggest changes to free school meals in years, with over half a million more children expected to qualify.

Run a free eligibility check now to find out straight away whether your child qualifies for free school meals.



<https://fsm.lgfl.net/app>

What Parents & Educators Need to Know about LOOKSMAXXING

WHAT ARE THE RISKS?

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.



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See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

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St John
Bosco
College

OPEN EVENTS

OPEN MORNINGS

THURS 8TH & THURS 15TH OCT | 9AM - 11AM



REGISTER INTEREST