

NEWSLETTER

Term 1, Issue 4

02 OCTOBER 2026

Key term dates

20 October 2026 - End of Term 1
02 November 2026 - Start of Term 2

Stay Up to Date

For a full breakdown of daily activities and club timings, please visit our website.

TWS School Calendar

For our new school meals menu, please visit our website: [School Meals](#)

[Term dates 2026-2027](#)
[Extracurricular Clubs Term 1](#)



CONTACT US

Email: tw_s_admin@swale.at

Telephone: 01227 931300

Option 1 - Attendance

Option 2 - Pupil Admissions

Option 4 - Main Reception

To report an absence or other attendance enquiries:

Email: tw_s_attendance@swale.at

Stay informed, follow us for weekly updates, school news and student highlights.



[@TheWhitstableSchool](#)



[@tw_s thewhitstableschool](#)

NEXT WEEK - B TIMETABLE

Post-16 Open Evening

We warmly welcome prospective students to explore our courses, meet our team, and discover life at our Sixth Form. Join us and take the next step in your education!

Sixth Form Updates



**The
Whitstable
School**

Swale
ACADEMIES
TRUST



SIXTH FORM POST-16 OPEN EVENING 25 NOVEMBER 2026 5PM - 7PM PRESENTATION AT 6PM

**WE LOOK FORWARD TO WELCOMING YOU TO MEET OUR STAFF,
EXPLORE OUR SIXTH FORM COURSES AND HEAR FIRSTHAND FROM
CURRENT STUDENTS ABOUT LIFE AT OUR SCHOOL.**

Address:
The Whitstable School
Bellevue Road, Whitstable, Kent CT5 1PX

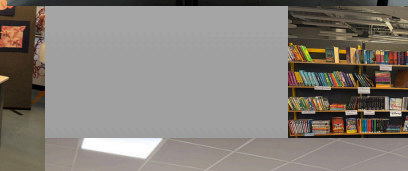
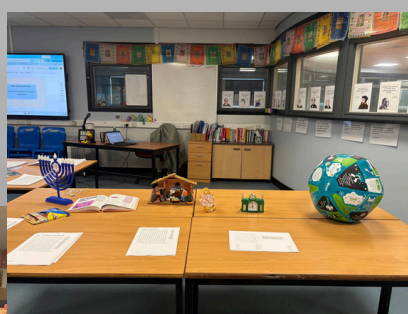
CONTACT US:
TELEPHONE: 01227 931300
EMAIL: TWS_SIXTHFORM@SWALE.AT
FACEBOOK: THEWHITSTABLESCHOOL
INSTAGRAM: TWS_THEWHITSTABLESCHOOL

WWW.THEWHITSTABLESCHOOL.ORG.UK



THIS WEEK

Thank you to all the families who attended our Open Evening and Morning tours last week! It was fantastic to welcome you to our school and share what makes our community so special. A big thank you as well to our dedicated staff and student ambassadors for their hard work.



Poetry Success at The Canterbury Festival

On October 1st, Aila from Year 10 showcased her compelling poem 'My Monster's Sorrow's' at The Canterbury Festival's poetry showcase, held at the Gulbekian. Alia's poem, along with the poems of other shortlisted submissions, will be published in this year's Canterbury Festival Schools poetry anthology.

Congratulations Aila on your success!



Sixth Form Film Club: Black History Month Showcase

Sixth Form Film Club began this week with a well received showing of Spike Lee's BlackKKlansman (Lee, 2019). Our autumn programme recognises the talent of black filmmakers as part of the celebrations for Black History Month. Sixth Form Film Club is a chance for students to watch quality movies with no essays or analysis required.

Next week: Selma (duVerney, 2024)

Film Club is open to all sixth formers and runs on Thursday after school in GZ28.

Have your say: Your Child's Future

Please take 10 minutes to complete the Your Child's Future questionnaire and help us shape our school's careers education.

Why take part?

Support your child's future success, share your valuable perspective as a parent or carer

and help improve careers support across our school.

If you have multiple children at our school, please answer with your oldest child in mind (you are welcome to submit an additional response for another child).

All responses are completely confidential, processed under UK data law by the Careers & Enterprise Company and used solely to improve careers guidance.

Complete the survey [here](#)

Have questions? Contact our Careers Team at twc_careers@swale.at

Thank you for your support!



Football Academy Updates & Upcoming Trials

Whitstable Town FC Academy Trials
(Year 11 / Ages 16–18)

Interested in joining our Football Academy? We are hosting trials for current Year 11 students:

Date: Friday 30th October (Half Term)

| Time: 17:30 – 19:00

Venue: Whitstable Town FC Stadium,
Grimshill Road (3G Pitch)

FOOTBALL FUTURES

WHITSTABLE TOWN

SCHOLARSHIP RECRUITMENT TRIALS

PLAY • TRAIN • STUDY

AGES 15-18 • 30/10/26

BOYS | 17:30 - 19:00PM • WHITSTABLE TOWN FC • CT5 4LN

FOOTBALL FUTURES

WHITSTABLE TOWN

UNLOCK YOUR POTENTIAL AT WHITSTABLE TOWN FC ACADEMY

A 2 YEAR FULL-TIME EDUCATION & FOOTBALL PROGRAMME

TRIAL DATES AVAILABLE FOR 16 - 18 YEAR OLDS

APPLY ONLINE

REGISTER NOW

@ WWW.FOOTBALL-FUTURES.COM

- FOOTBALL COACHING DELIVERED BY UEFA QUALIFIED COACHES
- FULL TIME FOOTBALL & EDUCATION
- 25 DIFFERENT COURSES AT THE WHITSTABLE SCHOOL
- NCFE LEVEL 3 EXTENDED DIPLOMA IN SPORT THROUGH OUR EDUCATION PARTNERS SPORTS CONNECT
- COMPETE IN THE NATIONAL YOUTH ALLIANCE LEAGUE (HIGHEST LEVEL OF U19 FOOTBALL OUTSIDE OF PROFESSIONAL STATUS)

TWS FANTASY FOOTBALL SUPER LEAGUE

"FANTASY PREMIER LEAGUE"

OUR LEAGUE CODE FOR SIGNING UP IS: ct8jqqa

Free School Meals & Allergy Safety Notice

Free School Meals & Extra Support

Families receiving Universal Credit may qualify for Targeted (income of £7,400 or less) or Expanded Free School Meals (income above £7,400, starting September 2026). Registering also unlocks discounted bus passes and holiday activity programmes.

Apply online for immediate processing at apply.cloudforedu.org.uk/ofsm/kent.

Benedict's Law & Allergy Safety

Under statutory Benedict's Law guidelines, we must maintain up-to-date allergy records for all students. If your child has

a medical allergy, please notify us at:

tw5_admin@swale.at.

As we aim to be a nut-free school, please ensure all packed lunches are free of nut products.



School Menus & Catering Information

Please find our current school menu on our website at thewhitstableschool.org.uk/information/school-meals.



Kent School Health Service Support

The Kent School Health Service offers confidential health and wellbeing resources for pupils aged 11 to 19. Students can connect directly with a qualified healthcare professional via ChatHealth, a confidential texting service available Monday to Friday, 9am–5pm (Text: 07520 618850). Additionally, young people can explore age-appropriate advice on physical and emotional health, stress, and relationships at healthforteens.co.uk. For parents seeking expert resources to support their child's ongoing development, please visit family.kentcht.nhs.uk.

Supporting Young Lives Across Kent The Warnborough Foundation is a Canterbury-based charity dedicated to empowering young people facing hardship across Kent through accessible education, learning opportunities, and community support initiatives. You can discover more about their vital work by visiting warnborough.foundation.



At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips, please visit nationalcollege.com.

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 extreme, 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 visually aimed at men, looksmaxxing can also reach boys by promising to improve their appearance and eating 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 "meatling", a tongue exercise claimed to create a more masculine jawline. The American Association of Orthodontists says evidence for its effectiveness is limited and some 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 "bone-maxxing", 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. Unsettled 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 fix their appearance to their self 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, over-exercising, 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 "niche" communities but has since become more mainstream on platforms such as TikTok. Algorithm-driven feeds may show users more content 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 interested in their phone or a shift in how they interact with friends and family. If a young person suddenly becomes distressed by their appearance or exhibits rigid or extreme routines, try to understand where they may be behind the change.

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 manage or filter certain types of content.

LISTEN FOR THE LINGO

Like many internet communities, looksmaxxing groups and influencers use distinctive language. As well as "meatling" mentioned above, you might hear terms such as "choir" (an attractive male), "tast" (a misogynistic term for a woman), and "meatmaxxing" (seeking more attractiveness from someone else). Other examples involve adding "maxxing" to another word, such as "genomaxxing" (using humour to attract women) and "star-maxxing" (extreme dating).

TALK TO YOUR CHILDREN

Open communication can help children and young people recognise misleading influencers and harmful online communities. Discuss respectful ideas about appearance and explain that some creators benefit from controversial or extreme content. Talk about the risks of unproven 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, Technology The Telegraph, The Evening Standard, The Guardian and The New Statesman.

#WakeUpWednesday

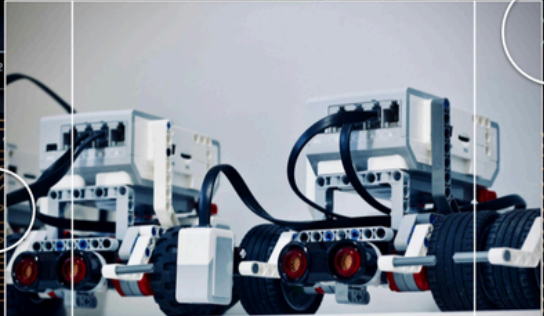
The National College

See full reference list on our website

[@wake_up_weds](https://twitter.com/wake_up_weds) www.thenationalcollege.com [@wake_up_weds](https://www.instagram.com/wake_up_weds) [@wake_up.weds](https://www.tiktok.com/@wake_up.weds)

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TRUST EVENT FOR SECONDARY: SWALEBOT



NOVEMBER 2026

Coders. Constructors. Creatives.
Get ready to push your skill to the limit!

Hosted at:
The Whitstable School

Swale ACADEMIES TRUST

STAGE COACH

PERFORMING ARTS
WHITSTABLE & FAVERSHAM

COME & JOIN US!

START THE TERM WITH **STAGECOACH**

SING • DANCE • ACT

WHITSTABLE & FAVERSHAM
NEW TERM STARTING NOW

Kent School of Performing Arts

Whitstable
Since 2013

Dance, drama & singing for ages 3 to 19

Every Saturday at The Whitstable School, Bellevue Road.

Autumn term starts Saturday 19 September.

FREE TASTER — ANY SATURDAY
No experience needed · start any week
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BRIT KIDS

SATURDAY COURSES IN CREATIVE, MEDIA & PERFORMING ARTS FOR 7-18 YEAR OLDS AT CANTERBURY, KINGS CROSS AND CROYDON

WHAT DO WE DO? MORE THAN YOU CAN IMAGINE

TO FIND OUT MORE, GO TO BRITKIDS.ORG

FOLLOW US ON: [f](https://www.facebook.com/britkids) [i](https://www.instagram.com/britkids)



 Important School Updates & Reminders

- **Parking & Student Safety**

To ensure the safety of our students and staff, please adhere to our site parking and driving guidelines. We ask that parents avoid using the staff car park and ensure all entrances remain clear of vehicles at all times. Please reserve disabled bays strictly for Blue Badge holders and maintain a slow, vigilant speed while driving on school grounds. Thank you for your cooperation in keeping our community safe.

- **Community Respect & Litter**

We have received reports of littering and disrespectful behavior toward local residents. The School takes these reports very seriously; any students identified behaving disrespectfully or dropping litter, inside or outside of school grounds, will face appropriate sanctions and negative behavior points. We expect all students to represent our school with pride and respect for our neighbours.

- **Allergen Awareness**

The safety of our students is our top priority. While it is impossible to guarantee a 100% allergen-free environment in a busy school, we strive to be as allergen-aware as possible. We kindly ask for your support by ensuring packed lunches and snacks do not contain:

- Packaged nuts (peanuts, tree nuts, etc.)
- Nut-based bars (cereal, granola or chocolate bars)
- Spreads (Peanut butter or chocolate-hazelnut spreads like Nutella)
- Sauces (Peanut-based sauces like satay)
- Sesame (Seeds, hummus or sesame crackers)

- **Investing in Excellence: Support TWS**

We are launching a community initiative to modernise our facilities in Technology, Sports and Literacy. Every donation directly impacts our pupils' daily experience.

If you would like to support our students, please complete and submit our donation form. We sincerely appreciate your generosity!

[TWS Donations Form](#)



*Thank
You*