

WEEKLY

# NEWSLETTER

**MAGDALEN**  
COURT SCHOOL



## SUMMER TERM 2 – WEEK 4

End of term

### Transitions

A big well done to all our learners this week! Moving classes and changing teachers are big changes and they have all coped very well!

You should now be able to see your learner's new class on Class Dojo. Please contact Alex Ford if you are having any difficulties with this - [aford@magdalencourt.org](mailto:aford@magdalencourt.org).

### PAFOM

A huge thank you to PAFOM for arranging such a brilliant End of Term Celebration this afternoon! It was a lovely opportunity to celebrate the learners who are leaving and to share some memories of their time at Magdalen Court. It was also a brilliant treat to have the cakes and ice lollies, as well as a lucky dip! Thank you again to Graham and the PAFOM team - it was a wonderful afternoon and we'll include lots of photos in next week's final newsletter of the year!

Next week, term will end on **Friday 7th July** at **1pm**.

## Headteacher's Award



This week's Headteacher's Award is given to Beth for a mature and responsible attitude towards all the changes becoming a year 10 means.

## Stars of the Week!



Beech - Ethan  
Holly - Neve, Oliver & Thomas  
Elm - Daylun  
Hazel - Isabel  
Larch - Jasmine  
Lime (Post 16 & Y11) - Freddie

## Work Experience

On Wednesday, Theo and Reuben were accompanied by Grace P and Robert to spend a day doing work experience at the Exeter Northcott Theatre. The learners were given a tour of the theatre, including the lighting and sound departments and shown fascinating documents detailing the history of the theatre. They were particularly interested in newspaper articles criticising the theatre from the 70's!

Theo and Reuben were then able to attend the steward's briefing to understanding the responsibilities involved with being a volunteer steward, before having a lovely lunch outside on the University campus. To finish the day, the group attended a performance of The Snail and The Whale - giving the learners great insight into children's theatre and musical performers.

This was a brilliant experience for the learners, who behaved very maturely, despite the pressure of an unpredictable environment! A big thank you to the Participation team at the Northcott for offering the learners the opportunity, and to Grace and Robert for accompanying. We hope to be back again next year, so if any learners are interested in a career in the Arts, please let Grace know!

## Food Tech

This week in Food Tech, learners in Oak class made chocolate chip muffins. Hazel and Ash made a homemade hummus with pan fried halloumi served with warm pitta breads. Year 11 produced a wonderful smoked salmon plate with quick pickled cucumber, cottage cheese, avocado and extra dill, simply delicious! Elm and Holly class made amazing dressed beets with slices of clementine, a home made dressing and topped with walnuts and crumbled feta. Beech class made a mouth-watering asparagus, eggs and a French dressing. Next week, Oak class will be making a broad bead salad. Hazel and Ash will be completing some BTEC evidence and making Eton mess. Year 11 are going to make some BBQ kebabs, Elm and Holly classes will make a crispy breaded chicken. Beech class will be making oat, nut & fruit cookies.





## Plague Cures

Last week, we read a diary entry of a plague victim - which sounded horrible! Luckily, before moving up to their new classes, Beech class had been researching the cures and Izak has helpfully listed them below in a letter to His Highness, The Earl of Upton Snodsbury!

### *To His Highness The Earl Of Upton Snodsbury,*

*It has come to my attention that the dreadful plague sweeping the known world has come and struck itself upon your township. But you needn't worry, the king has gathered the finest medicine men in all of England to ensure that the dreadful ailment is cured. And I do believe we have cracked it. So, here are 5 treatments that are sure to prevent the spread of the disease and save valuable lives.*

#### **VICARY METHOD -**

*This treatment, proposed by the esteemed Thomas Vicary, is simple yet ingenious. Simply take a healthy chicken, pluck its back clean, and slap it to the infected area of the patient. As the chicken appears to be growing sicker, it is actually absorbing the plague from the patient, thus saving their life. I am sure you will find this quite excellent in your endeavours.*

#### **FOUR THIEVES VINEGAR -**

*This splendid concoction not only cures you of the plague, it also makes you immune to it! It consists of sage, rosemary, clove and wormwood ground into a powder and mixed with alcohol. This method is so effective that once you have drunk the medicine, you will be able to stay in the same room as a dead body and experience no ill effects. And I am sure this will be a valuable aid in your battle against the disease.*

#### **GOOD SMELLS -**

*As we all know, the plague is caused by bad air getting into your body and making you ill. So logically, a good smell is a reliable way of warding off the deadly ailment. Some recommended smells include.*

- *Flowers to purify the bad air of the plague*
- *Incense to do the same*
- *Sewers to draw out the bad air in one's body*
- *Burning thatch to overpower the plague air*

*These all ultimately result in complete and total protection from the plague and therefore a healthier populace! (or at the very least one with false hope)*

#### **KILLING THE SATANIC WITCHES WHO CAUSED THE PLAGUE -**

*This works exactly how you think it does.*

#### **HEALING PASTE -**

*Last but not least is the variety of healing pastes created to cure the plague. These can be made of many ingredients such as parsley, wormwood, clean urine, bluebells, and other such plants. These are then applied to the buboes and left for several days, curing the plague. Thanks to the combined healing properties of the ingredients. I am confident this will be your ace in the hole in your battle against the plague.*

*So, in conclusion, these cures should serve to cure the plague, stop its spread, and allow further control over your populace. I wish you well and pray to god that this crisis ends soon.*

*Sincerely, Lord Bartholomew Shollinghamshyre.*



# Summer Sensory

## Survival Kit

This week, our Summer Sensory Survival Tips are focusing on summer wardrobes, as the changing temperatures can be challenging for those with sensory sensitivities. For the full pack, please visit - [www.sensoryintegrationeducation.co.uk/summer-sensory-survival-kit](http://www.sensoryintegrationeducation.co.uk/summer-sensory-survival-kit)

### Top Tips for Summer Wardrobes


- If shopping for your child, involve them in choosing the items and respect their views.
- If clothes are specifically for a holiday destination with a different climate, encourage your child to try wearing these clothes at home to ensure they are comfortable and to familiarise themselves with how they feel and how to put them on.
- Choose fabrics that feel good on your skin. Some people may find cotton or linen to be more comfortable than synthetic fabrics like polyester or nylon. Look for breathable fabrics that won't trap heat against your skin.
- If you find tight-fitting clothing uncomfortable, try looser styles like flowy dresses or shorts with a drawstring waist. If you don't like the feeling of bare skin, try wearing a lightweight long-sleeve shirt or leggings under your clothes.
- Consider layering. Layering can provide a sense of comfort and security for some people. Try wearing a lightweight jacket or cardigan over a tank top or dress, or a lightweight scarf around your neck.
- Remember that it's okay to prioritise your own comfort over fashion trends. Focus on finding what feels good to you and wear it with confidence.
- Look for retailers that offer seamless or tag-less clothes or easy-fasten items, such as The Sensory Smart Store.




## Next Week

Please find the schedule for Week 5, our final week of school! This schedule is also available on the website and on the school social media.

# SUMMER 2 WEEK 5



<b>MONDAY</b>  <b>Food</b> Oak (Broad Bean Salad)  Hazel (BTEC Evidence & Eton Mess)	<b>TUESDAY</b>  <b>Outdoor Ed</b> Holly & Elm (Hope's Nose)  <b>Food</b> Year 11/Post 16 (BBQ Kebabs)	<b>WEDNESDAY</b>  <b>Outdoor Ed</b> Oak & Beech (Hope's Nose)  <b>Food:</b> Elm (Crispy breaded chicken) Ash (BTEC evidence & Eton Mess)
<b>THURSDAY</b>  <b>Outdoor Ed</b> Ash & Hazel (Hope's Nose)  <b>Food</b> Holly (Crispy Breaded Chicken) Year 11/Post 16 (BBQ Kebabs)	<b>FRIDAY</b>  <b>Outdoor Ed</b> Year 11 & Post 16 (Hope's Nose)  <b>Food</b> Beech (Oaty, fruit and nut cookies) <b>TERM ENDS - 1PM</b>	

**NOTE**  
Please remember dry clothes for Outdoor Ed!

## Safeguarding

This week, our safeguarding focus is on creating strong, secure passwords! Passwords help us prove who we are online, as well as protecting our online information and accounts. Often people choose passwords that are very easy to remember - but this also makes them easy to guess! Use our top tips below to see if you can help your learner protect their online identity.



# Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

## BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

## AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

## NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

## LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

## CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

**CCTV  
IN OPERATION**

## 'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

## DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

## TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

## GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ('FourBlueShoes', for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

## STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.

## Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



**NOS** National Online Safety®  
#WakeUpWednesday

Source: <https://www.nos.gov.uk/>