

WEEKLY NEWSLETTER



AUTUMN TERM 1 – WEEK 5

New gym equipment

This week, we've been really excited to use our new gym equipment! With two new rowing machines, as well as an exercise bike, our learners have been trying out the equipment in their PE lessons and having a great time!

Lost Property

We have a black jumper in Willow, that seems to have no owner! It is a BT21 jumper, with colourful characters like the one below. If you recognise this, then please let the office know!



PAFOM

Please find an informative flyer regarding our excellent PAFOM group on page three!

Headteacher's Award



This week's Headteacher's Award is given to Phoebe for her excellent writing skills!

Stars of the Week!



Oak - Leo
Larch - Adam
Beech - Sophie
Holly - Ella
Elm - Arran
Hazel - Isabel
Ash - Camron Jon

Getting to know you!

Let's get to know Emily,
who is a TA working
with our older learners!

What's your favourite dinosaur?

asked by Isabel P

Brachiosaurus

What's your favourite movie?

asked by Izak

Shrek 2!

What made you want to work here?

asked by Arthur

I really enjoy working with children!

What's your favourite state of America?

asked by Joseph

New York!

Where is your dream holiday spot?

asked by Theo

I really want to go to Africa to go on safari.

What's your middle name?

asked by Hannah

Jayne

When you were small, did you like watching Disney films?

asked by Rosie

I did, I thought I was Snow White and I would tell people it was my name!

What is your favourite dog breed?

asked by Toby

I like St Bernards!

What's your favourite TV show?

Blue Planet



Parents & Friends of Magdalen Court School (PTA)

Parentkind
Member Association

Who we are and how you can get involved



Fundraising Ideas?

Why not let us know what we could be fundraising for.

Or do you have any ideas on how we could fundraise.

Don't be put off if you feel you can't give much of your time or are unsure what's involved.

- We have parents who work part-time & full-time. Any time you can give is welcome.
- Having a child at this school means you can join us. We can use any skills you have and you might learn new ones.
- Being involved is a great way to get to know the school and other parents.

Our PTA known as PAFOM, short for Parents & Friends of Magdalen Court School, has been established in February 2022.

During the time we have organised many events including our two big fundraisers – the Jubilee Celebration and the Christmas Fayre. All events were well received by school staff, parents and children and they are a great opportunity to meet people and support the school.

We would love more people to join our PTA either as a committee member and/or to provide support at events.

HOW YOU CAN CONTACT US

Email us at: pafomgroup@gmail.com

Why not join us at our next meeting – 2nd of November at 2pm in school. Please email us to confirm your attendance.

Join our Facebook page:
Parents And Friends Of
Magdalen Court School –
PAFOM



Food Tech

It's been another busy week in Food Tech, as learners develop skills in the kitchen making breakfast and brunch meals. In year 10, Hazel and Ash made cooked breakfasts and our skill focus in these lessons was using the grill safely as we cooked sausages in short 5 minute intervals. Groups Larch & Oak made sausage baps, again focusing on how to operate the grill setting safely. Year 9 classes Holly & Elm made winter spiced poached pears and plums, which was a great way to practice peeling, coring and safe knife handling techniques. Some learners were pleasantly surprised by the final outcome and enjoyed eating this dish, served up with yogurt. KS4 learners made blueberry cobbler and cooked breakfast and our Year 8 class Beech made cinnamon and apple pancakes!

Next week, Larch & Oak will be making smoothie bowls. Beech class will be making sausage baps. Elm & Holly will be making scrambled eggs with smoked salmon. Hazel & Ash will be making spiced poached pears and plums. The Tuesday Year 11/Post 16 learners will make blueberry cobbler and the Thursday Year 11 group shall be making sausage baps.





Looking Ahead

Year 10/11 & Post 16 Learners

The time of year is now upon us where you should be thinking about your next steps after Magdalen Court. This means starting to visit colleges and looking at courses, as well as considering the qualifications that you will need to get a place on those courses and reach your future aspirations.

College visits are a brilliant opportunity to ask questions about the course, find out about college life, and what you would be doing on the course, as well picking up some good freebies!

Some of you might be feeling confused or unsure about what you would like to do next, which is absolutely fine! Start by thinking about what you enjoy doing and what you are good at, and go from there! Don't forget, you can always speak to your class teachers, to Jane, Grace or Adele if you would like some support.

We've included some links for local college open days below:

Exeter College:

Please check the website for specific dates and campus information

Bicton College:

20th January 2024, 10:00am - 12:00pm

20th April 2024, 10:00am - 12:00pm

Learners will need to pre-book for the Bicton open events and it may be worth Parents/Carers calling in advance to have a chat about your learner.

South Devon College:

20th November, 2019 4:00 pm - 7:00 pm

Open Events - Petroc College

Please check the website for specific dates and campus information

Useful links for Parents & Carers

Let's talk teens is a program of sessions available to parents, who may be struggling with their teen's behaviour at home. The current course has just finished but parents can follow on social media for future dates.

If you would like to keep up to date with any future Let's Talk Teens or Let's Talk Pre-Teens sessions please follow on social media at www.facebook.com/SouthDevonDartmoorCSP.

The Let's Talk Teenagers toolkit is available at www.saferdevon.co.uk/lets-talk-teenagers and the links to support services show at the end of the webinar are as follows:

- [How to parent a teen from a teen's perspective | Lucy Androski | TEDxYouth@Okoboji - YouTube](#)
- [#NoHarmDone Things Can Change | Self-Harm | YoungMinds - YouTube](#)
- [parents role model - YouTube](#)
- [What parents think about...self-care - YouTube](#)

Safeguarding

This week, our safeguarding focus is the impact of social media on our mental health. The majority of our learners use social media on a daily basis and it's important to recognise the impact that social media can have. Open conversations at home are the best way to ensure that your learner is staying safe and feels comfortable with what they are seeing online.

If you would like to discuss this topic further then please feel free to contact our Safeguarding Officer Jane, or Pastoral Practitioner Grace.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.co.uk/news/technology-53049905>
<https://ipr.usatoday.com/insights/social-media-algorithms/>

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Next Week

Please find the schedule for Week 6, including some exciting Outdoor Education trips! This schedule is also available on the website and on the school social media. Please note, the Outdoor Education plans are subject to change due to the weather - we will endeavour to inform Parents/Carers as soon as possible, but this decision may need to be made on the day.

AUTUMN 1 - WEEK 6



MONDAY

Outdoor Ed
Oak & Larch
(Swimming & SUP skills)

Food
Hazel
(spiced poached pears
and plums)

TUESDAY

Outdoor Ed
Holly & Elm
(Swimming & SUP skills)

Food
Year 11/Post 16
(Blueberry Cobbler)
Larch
(Smoothie Bowls)

WEDNESDAY

Outdoor Ed
Beech
(Swimming & SUP skills)

Food:
Elm
(scrambled eggs with
smoked salmon)
Ash
(spiced poached pears and
plums)
Oak
(Smoothie Bowls)

THURSDAY

Outdoor Ed
Ash & Hazel
(Swimming & SUP skills)

Food
Holly (scrambled eggs with
smoked salmon)
Post 16 (Sausage Baps)

FRIDAY

Outdoor Ed
Year 11 & Post 16
(Swimming & SUP skills)

Food
Beech
(Sausage Baps)