

W E E K L Y

NEWSLETTER

MAGDALEN
COURT SCHOOL



AUTUMN TERM 2 – WEEK 4

Christmas Fayre

We are really looking forward to the PAFOM Christmas Fayre on the 8th of December from 4pm - 7pm. This year, the event is open to friends and family, so please invite aunts, uncles, grandparents, etc! PAFOM would really appreciate any donations of alcohol or soft drinks and chocolate for the tombolas, cakes for the cake stall and raffle prizes. Thank you all very much for the donations we have already received! PAFOM are also hoping to have a few craft stalls attend the event, so if you know anyone who may be interested, please contact pafomgroup@gmail.com.

Reminder - Coffee Morning & Internet Safety workshop

If you are interested in attending our Parent & Carer Coffee Morning on 5th December, with a workshop on Internet Safety led by Jon Galling from Devon County Council, please email Mel in the office to let us know.

Headteacher's Award



This week's Headteacher's Award is given to Seth for his fantastic work on the displays this week, helping to make the school smart and presentable and showing great respect for our environment. What a brilliant role model!

Joke of the Week!

Have you heard of the butter joke?
Don't spread it!

School Uniform

Please continue to work with your learners to ensure they are wearing the correct uniform. If you have any concerns regarding this, then please speak to your class teacher.



Our Values Stars of the Week

Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

This week, we are focusing on **respect**. This might mean showing respect to staff and your fellow learners, or it could be referring to show respect to the building and the school in general. The following learners have all been awarded certificates in celebration of respectful behaviour.

Oak

Noah for telling adults his needs

Larch

Maisie, Isaac, Finley & Phoebe for showing respect to others

Beech

Charlotte, Sophie & Kellan for for respect and tolerance

Holly

Isabel, Arthur, Neve & Ella for always being in the right place, at the right time, doing the right thing

Elm

Kai, Rosie, Bonnie, Arran & Daylun for persistent respect in class

Hazel

Beth for respect shown to students and staff
Emma for always being in right place at right time
George for showing respect to students and staff

Ash

Phoenix, Jade, Mae for always being respectful

Lime

Louis for being respectful to the wider community
Isaac for being courteous in his communications

Maple

Josh & Theo for always being respectful
Jasmine for being an excellent role model

Getting

to

know

you!

Let's get to know Mark,
who is one of our
Governors!



What's your favourite movie? *asked by Izak*
Lord of the Rings - all 9 hours +

What is your favourite colour? *asked by Charlotte*
Blue

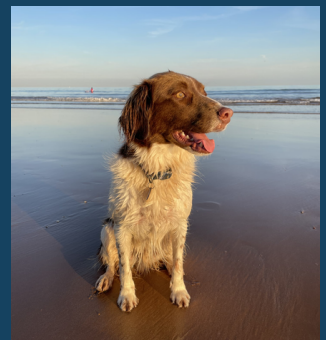
What's your favourite dinosaur? *asked by Isabel P*
A stegosaurus with its big plates on its back and spiky tail. It was a gentle plant eater.

What's your favourite TV show? *asked by George*
Match of the Day especially when my team, Nottingham Forest, wins. Unfortunately I don't
enjoying watching it every week!

When you were small, did you like watching Disney films? *asked by Rosie*
Yes, films like Love Bug and Herbie Rides Again

Rolo!

Where is your dream holiday spot? *asked by Theo*
A safari in Southern Africa



What's your middle name? *asked by Hannah*
Alexander

What is your favourite dog breed? *asked by Toby*
Collies and spaniels. Our dog is a combination of them both - a spollie. He is called Rolo
and you may have seen at the school gate at the end of the day. He is very friendly.

What's your favourite state of America? *asked by Joseph*
California. I have family in San Francisco and I have been lucky enough to visit several
times.

What made you want to be a Governor? *asked by Arthur*
Magdalen Court is a really important school and I want to help it be the best it can meeting
the needs of the pupils, the parents and carers and the staff. I am a parent governor as I
have 2 boys in the school so I can give a parent/carers view to support and challenge the
school in meeting its vision and values.

Thanks Mark!
Look out for more interviews in the future!

Food Tech

It's been another busy week in the Food Tech department, with some learners consolidating skills with pastry and others moving onto breadmaking skills. Oak and Larch classes have made some brilliant ginger nut biscuits. Beech, Elm and Holly have been making bread rolls, by kneading and working the dough and allowing it to rest (prove) before shaping and glazing the rolls with milk. Year 10 classes Ash & Hazel have been developing their recipe cards and making some mincemeat ready for some Christmas cooking recipes which are coming up over the next few weeks. On Tuesday, Year 11 and post 16 learners made choux buns - these were a real hit and very enjoyable to make. Year 11 & post 16 on Thursday afternoon got to choose between mincemeat and pizza (bread making).

Next week, Oak and Larch class will begin practicing their bread making skills and produce some bread roll shapes. Beech, Elm & Holly class will be making pizza scrolls. Learners in Ash & Hazel will continue developing their skills by practicing their chosen recipes and completing the assessment based written tasks. Learners in year 11 & post 16 will switch and make choux buns and mincemeat.



This week Beech Class have been reviewing and putting the finishing touches to the final drafts of their Quest Stories, based on the visual story, The Journey. They have been exploring the use of fronted adverbials to begin sentences in different ways, and using descriptive language for setting and to show how a character is feeling. We've included two fantastic examples below!

The Journey - Ethan

Silently, I sat on the step hunched over with my arms wrapped around my knees and hoped for someone to play with me. The scooter sat unused at my feet. Looking for someone to snap me out of my depression, I wandered inside with my loneliness, but everyone seemed too busy to even acknowledge my very existence; Mum was too busy in the kitchen to take me outside, Dad was so involved with his computer he didn't even notice me with my kite, my sister was invested in her game and refused play netball with me. Feeling defeated, I retreated to my room and crashed out on the bed. Just as I was drifting off in a daydream, my cat, Garfield, stood up and wandered out of the room and I saw something red in the corner of my eye. I looked closer and to my surprise I saw a red crayon that I'd never noticed before.

Silently, I rapidly picked up the red crayon that I never noticed. In a second, I drew a door. Suddenly, the door become real in a split second. Nervously, I stepped into the door. I suddenly got teleported into the magic forest. I could see my reflection in the crystal-clear lake. Happily, I drew a boat and started to flow down the stream.

I was dragged into the humongous castle by the current. Suddenly, I sailed through all the channels of the castle. the citizens of the castle waved at me. Before long, I had started to sail down the aqueduct. Frantically, I drew a rope on a hot air balloon for a fortunate escape.

Up in the clouds I encounters some unusual flying machines. On the biggest ship the leader with a gold crown told the people to catch the purple bird. In a blink of an eye, they had the bird in a big gold cage.

As I ran from the guards, my crayon fell out of my pocket. While I did not realise it until I got to the cage it was too late. The leader took my magic red crayon. Just then, he dropped my crayon of the ship. Before time, they had me looked in the cage instead of the bird.

In a flash, the bird came up to the cage with my red crayon in its purple beak. Instantly, I knew I had to draw a magic carpet to escape. I was taken to a little space in the sky to draw a door. Quickly the bird, went through the door. I was now back in my world. The purple bird flew in front of a boy with the purple crayon as in to great the boy. We both drew a bike and cycled freely together.

The Journey - Sophie

Silently, I sat on the step hunched over with my arms wrapped around my knees and hoped for someone to play with me. The scooter sat unused at my feet. Looking for someone to snap me out of my depression, I wandered inside with my loneliness, but everyone seemed too busy to even acknowledge my very existence; Mum was too busy in the kitchen to take me outside, Dad was so involved with his computer he didn't even notice me with my kite, my sister was invested in her game and refused play netball with me. Feeling defeated, I retreated to my room and crashed out on the bed. Just as I was drifting off in a daydream, my cat, Garfield, stood up and wandered out of the room and I saw something red in the corner of my eye. I looked closer and to my surprise I saw a red crayon that I'd never noticed before.

I reached for the red crayon; I was bored and I wanted an adventure, something exciting. Carefully, I drew a door with the red crayon and crawled through the door into a beautiful, enchanted forest. I was excited for something new! I walked a few steps before I came to a bubbling river. Once again, I used my red crayon to draw a small rowboat. Below the swaying trees, I slowly stepped into the rowboat and sailed down the river.

At once, I arrived at a humongous, magnificent castle. My boat flowed onto a network of channels of water. I was blown away by how beautiful everything was and how friendly everyone was! I smiled and waved back at everyone who lived here as I slowly floated through the channels of water. It was very calming to just flow through the water in a boat. Almost unbelievably, I started to notice the drop at the end of the aqueduct I was on! Quickly but clumsily, I grabbed my red crayon and drew a rope and hot air balloon. I quickly held onto the bottom of the hot air balloon and pulled myself up. The boat was swiftly thrown off the aqueduct by the strong water. I had adrenaline rushing through my body, from my toes to my fingers.

As I floated up into the air, I saw multiple unusual looking flying machines. I felt my hands start to shake; they didn't look as nice as the people in the castle below. An unusual but majestic looking purple bird that had long tail feathers, flew past me in my hot air balloon. There was a man with a crown on one of the huge ships who ordered his men to capture the purple bird. They used sheets to wrap around the bird to then put it in a cage. The bird was taken to be kept in a tall tower in the castle, protected by four guards. As sneakily as I could be, I snuck up into the tower and, dodging guards, I unhooked the cage and ran!

The guards ran after me. I put my crayon on the floor and freed the purple bird. Guards held my shoulders and pulled me up from the ground. They turned me around to face their leader as he picked up my magic red crayon. Quickly and carefully, they put me into a cage, and he walked to the edge of the tower and dropped my red crayon as I watched from my cage.

As quick as a flash, the bird returned with my red crayon in its beak. The bird dropped the crayon and opened my cage, I grabbed my crayon and drew a magic flying carpet flew off to safety with the bird flying at my side. We landed back in the forest, and I drew a door with my red crayon and crawled through the door with the bird. The bird flew up ahead to greet a young boy who held a magic purple crayon. I waved to him, and he waved back. We both drew hoops that we used for wheels on a bike with our magic crayons and we cycled on them with the bird by our side. I'd never been so happy in my life just to have a friend!

Loop Earplugs - A message from the Therapies Team

Many of our learners find loud or unexpected noises unsettling. Some of our learners have recently tried 'Loop Earplugs' (as seen in the picture to the right) and have found them to be very helpful. They are much smaller and therefore more discreet than typical ear defenders and the website has a useful quiz to identify which type is right for you.

They are available online, with more information at www.loopearplugs.com.



Careers Corner

This week, we are excited to share information with you about the National Citizen Service, known as NCS. NCS is a great opportunity for young people to meet new people, expand their horizons, learn new talents, and build their confidence.

They currently run 3 experiences to help young people grow their strengths: **away from home, local community, and online.**

- The five-day away from home experiences are focused on one of three themes: employability ('Boss It'), life skills ('Live It'), or social action ('Change It').
- The community experiences are taking place all over the country, giving young people the opportunity to take part in regular activities in their local area.
- Online experiences can be done from home — on a laptop or smartphone. There are a range of different formats available, from content which can be consumed at your own pace, to live sessions with other young people and experts.

For those learners who are starting to think about college applications, being involved with NCS sounds fantastic in a CV or an interview! It shows that you have a wide range of skills and experience, as well as the confidence to try something new!


For more information, please visit www.wearencs.com

If you are interested in NCS, but not sure if it's the right thing for you or your learner, then email Adele who will be able to talk it through.

Next Week

Please find the schedule for next week below, as well as on the website and social media. Please continue to ensure learners bring sufficient layers and appropriate footwear on their Outdoor Education days.

AUTUMN 2 - WEEK 5



MONDAY Outdoor Ed Oak & Larch (Forest School Activities) Food Hazel (Chosen recipes)	TUESDAY Outdoor Ed Holly & Elm (Forest School Activities) Food Year 11/Post 16 (Choux buns & mincemeat) Larch (Bread rolls)	WEDNESDAY Outdoor Ed Beech (Forest School Activities) Food: Elm (Pizza scrolls) Ash (Chosen recipes) Oak (Bread rolls)
THURSDAY Outdoor Ed Ash & Hazel (Forest School Activities) Food Holly (Pizza scrolls) Post 16 (Choux buns & mincemeat)	FRIDAY Outdoor Ed Year 11 & Post 16 (Forest School Activities) Food Beech (Pizza scrolls)	

Safeguarding

This week, our safeguarding focus works alongside our value of the week - Respect. Having respect online can make the internet a much kinder, friendlier place to be and the tips below are great advice for our learners to follow!

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

10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

1 SEE THE OTHER SIDE

Usually when we're online, we can't use the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.gov.uk/government/statistics/online-bullying-in-the-uk>
https://www.researchgate.net/publication/345643_The_online_stablation_effect