

WEEKLY  
**NEWSLETTER**



## **AUTUMN TERM 2 – WEEK 6**

### **Christmas Fayre Raffle Tickets**

A message from PAFOM - Raffle tickets have been sent home in bags. Please return the money and any unused tickets in the envelope back to school. Let us know if you'd like any more!

To help with catering, it would be brilliant if you could let the office know if you are intending to attend and with how many people. We look forward to seeing people on the 8th of December from 4pm!

### **Coffee Morning & Internet Safety workshop - Tuesday 5th December at 10am**

This Tuesday, we have our Parent & Carer Coffee Morning, with workshop on Internet Safety at 10am. If you are interested in attending, please email Mel in the office to let us know.

## **Headteacher's Award**



This week, we had two Headteacher Awards - well done to those learners!

### **Camron Jon**

For being in the right place, at the right time, doing the right thing, and working exceedingly hard this week

### **Henry**

For using the 5 point scale to talk about his feeling and emotions

### **Jokes of the Week!**

What do you call a sailor that enjoys pie?  
A Pirate!

I was going to tell you a pizza joke, but it was too cheesy!

Why did the scarecrow get an award?  
He was outstanding in his field!

**Thank you to George, Benji and Daylun for their jokes!**



## Our Values Stars of the Week

Respect  
&  
Resilience

Health  
&  
Happiness

Kindness  
&  
Independence

This week, we are focusing on **respect**, particularly respect for our school environment.

### **Oak**

Henry, Benji, Leo, Finley & Noah - for showing respect for their school environment

### **Larch**

Phoebe - for showing respect to the school and her peers

Maisie Br - for making an effort to keep her space tidy

Isaac - for showing respect to the school and school resources

Maisie B & Finley for respectfully using school resources

### **Beech**

Charlotte, Mala ann, Kellan, Sophie & Ethan - for always being respectful of the school environment

### **Holly**

Ella, Thomas, Arthur, Joe, Ozzy, Neve, Isabel, Lexie, Izak & Toby - for respecting for our learning environment

### **Elm**

Kai, Rosie & Daylun - for respecting their environment and their peers

Bonnie - always respecting the environment and helping to tidy up

### **Hazel**

Beth, Emma, George & Isabel - for always respecting our school environment

### **Ash**

Mae & Ruby - for respecting new members of staff

Camron Jon - for respecting others learning

Phoebe & Jade - for respecting both staff and peers

### **Lime**

James - for respecting the school environment and helping with displays

### **Maple**

Callan, Jasmine, Theo, Finnian, Beth & Josh - for respecting our school environment

Getting

to

know

you!

Let's get to know Katie,  
who is working as a TA  
in Holly class!

**What's your favourite movie?** *asked by Izak*

Blended because it's really funny and I like comedy!

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

Pink

**What's your favourite dinosaur?** *asked by Isabel P*

Ankylosaurus

**What's your favourite TV show?** *asked by George*

I'm really enjoying I'm a celebrity get me out of here - I think Sam is going to win!

**When you were small, did you like watching Disney films?** *asked by Rosie*

Yes, I still do - especially Cinderella!

**Where is your dream holiday spot?** *asked by Theo*

A safari in Africa

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

Louise

**What is your favourite dog breed?** *asked by Toby*

Sausage dogs

**What's your favourite state of America?** *asked by Joseph*

I've never been to America, but I have a friend who lives in North Caroline - so I'd like to visit there.

**What made you want to work at Magdalen Court?** *asked by Arthur*

I'm very interested in helping young people. When I was at school, I had a lot of help - so this is like giving back!



## Food Tech

In Food Tech this week, learners in Oak and Larch classes made some wonderful bread roll shapes and seeing learners develop their breadmaking skills and knuckling down with some kneading was a sight to behold. Ash class made Christmas cakes using the mince meat from last week. Hazel class continued with their practice recipes and written tasks. Learners in Elm, Holly and Beech prepared pizza scrolls - an opportunity to demonstrate everything they had learned, combining pastry and bread making skills together with this quick and tasty recipe. Learners in year 11 made mincemeat and Christmas cake. Level 2 learners in post 16 learned how to cook roast chicken with potatoes and simmered vegetables.

Next week, learners in KS2 & KS3 classes will be making Rudolph inspired chocolate muffins. Learners in Hazel, Maple and Lime will make Christmas cakes. Ash class will begin to decorate their Christmas cakes baked and fed with homemade orange syrup this week.



A gift from the PE department!

A big thank you to the PE department for this fun Christmas challenge! We look forward to hearing about how everyone gets on!

# Advent Christmas Fitness Fun

Here is our Christmas challenge to you from the PE department.  
For each day of advent (that we are in school) can you complete the exercises as a class.  
There will be a prize for the class that can tick off every day.

## FRIDAY 1ST 1 MINUTE PLANK



## MONDAY 4TH 10 BURPEES



## TUESDAY 5TH 20 LEG LIFTS



## WEDNESDAY 6TH 30 LUNGES



## THURSDAY 7TH 10 PRESS UPS



## FRIDAY 8TH 20 SQUATS



**MONDAY 11TH**  
**SIT UPS**



**TUESDAY 12TH**  
**30 MOUNTAIN CLIMBERS**



**WEDNESDAY 13TH**  
**20 JUMPING JACKS**



**THURSDAY 14TH**  
**1 MINUTE V SIT**



**FRIDAY 15TH**  
**30 HIGH KNEES**



**MONDAY 18TH**  
**1 MINUTE WALL SIT**



**TUESDAY 19TH**  
**10 CHAIR DIPS**



**THURSDAY 20TH**  
**20 TWISTS**



## 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 6



<b>MONDAY</b> <b>Outdoor Ed</b> Oak & Larch (Forest School Activities) <b>Food</b> Hazel (Christmas Cake)	<b>TUESDAY</b> Parent & Carer Coffee Morning <b>Outdoor Ed</b> Holly & Elm (Forest School Activities) <b>Food</b> Year 11/Post 16 (Christmas Cake) Larch (Rudolph muffins)	<b>WEDNESDAY</b> <b>Outdoor Ed</b> Beech (Forest School Activities) <b>Food:</b> Elm (Rudolph Muffins) Ash (Decorating Christmas cakes) Oak (Rudolph muffins)
<b>THURSDAY</b> <b>Outdoor Ed</b> Ash & Hazel (Forest School Activities) <b>Food</b> Holly (Rudolph muffins) Post 16 (Christmas Cake)	<b>FRIDAY</b> <b>Outdoor Ed</b> Year 11 & Post 16 (Forest School Activities) <b>Food</b> Beech (Rudolph muffins)	

## Safeguarding

This week, our safeguarding focus is how to set boundaries around gaming. We know how popular gaming is among our learners and, therefore, learning how to set boundaries and keep themselves safe is a really important lesson. We really like the suggestion of gaming together - why not give it a go this weekend?

If you would like any support with this, or with any of our safeguarding topics, please reach out to Jane or Grace.

# Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

## PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

## ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

## AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

## DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

## FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

## ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

## TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

## BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

## Meet Our Expert

Daniel Upson is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



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#WakeUpWednesday