



SPRING TERM 1 – WEEK 5

Half Term

What a busy half term! This week alone we've had school trips to the National Apprenticeship Show, the RAMM in Exeter and Uffculme Mill! Well done everyone for lots of hard work! Term will restart on Monday 19th February.

Changes to term dates

A Staff INSET has had to be moved to the 10th July. Therefore, the last day of the Summer Term has changed.

Pupils will now finish at 1.00pm on 9th July.

Headteacher's Award



This week, we are delighted to award our Headteacher's Award to Louis! Louis was a fantastic representative of the school at the Apprenticeship Show and a really good role model. Louis also completed his mock exams and supported his peers to do so.

Jokes of the Week!

We were spoilt for choice this morning in assembly with four jokes! We hope you enjoy them!

Benji's joke

How do you make an octopus laugh?
Ten tickles!

Daylun's joke

Why was 6 afraid of 7?
Because 7, 8, 9!

Arran's joke

What films do animals love to watch?
Star Paws!

George's joke

Two fonts walked into a bar.
The bartender shouted 'Get out!'
The fonts asked why?
The bartender said - we don't want your type around here!



Our Values Stars of the Week

MAGDALEN
COURT SCHOOL



Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

For this half of the spring term, **kindness** is our focus. This week, we have chosen just one learner from each class to be our kindness champions! Well done to these learners for all their kind actions this week.

Aspen

Benji for offering to show us around the museum on our trip

Oak

Leo for continuing to be kind to peers and keeping Oak a happy place

Larch

Maisie Br. for looking out for her friends and being kind to herself

Beech

Billy for seeing things from another person's point of view

Holly

Ella for going above and beyond to help tidy the therapy room

Elm

Kai for always being kind and polite to staff and peers

Chestnut

Daylun for always making an effort to be kind and caring to those around him

Hazel

Beth for kindly repairing a friend's school bag

Ash

Luke for using kind words

Lime

Mae for supporting her peers at the Apprenticeship Fair

Maple

Josh for always being so kind and helpful to everyone and bringing a smile to everyone's face

Food Tech

It's been a really productive and positive term in the Food Tech department. We've seen year 10 learners demonstrate their home cooking skills when completing final BTEC Level 1 practical assessments. Learners in Aspen and Larch made delightful sweet scones with dried fruit, developing their rubbing in technique and cutting a dough. Oak class developed skills using the hob to fry their brilliant breakfast frittatas. Learners in Holly and Elm class have developed their pasta making skills further this week with hand shaping tortellini filled with a simple ricotta and parmigiana filling. Year 9 learners in Chestnut made a classic spaghetti Bolognese whilst year 10 learners completed practical assessment recipes. Well done to learners in Ash class, who have worked really hard this week completing final pieces of evidence towards their assignment and cooking final practical assessment recipes. Learners in year 11 have continued to make excellent progress with their BTEC Level 1 assignments and have been busy writing presentations and recipe cards. Post 16 learners enjoyed making bread and butter pudding this week.

Next term Larch and Aspen will be making sweet and savoury bakes. Oak class will be cooking family favourites. Beech class will be making sweet treats. Level 1 learners in year 9 & 10 will be learning how to prepare and cook chicken and quick meat. Ash and Hazel will complete their BTEC assignments before starting the Level 2 curriculum which will be learning how to cook different rice dishes.



Lost Property

Two water bottles have been handed in to the office. Please check the picture included to see if either of them belong to your learner.

All lost property advertised in previous editions of the newsletter will be removed over half term. Please ensure that any clothing or belongings that your learner brings to school are clearly named.



BBC Radio Devon!

A big well done to James in Lime class, who will be featured on BBC Radio Devon and Cornwall on Monday. James is part of the BBC Youth Panel for Devon and Cornwall and the show on Monday will feature a discussion about multiple topics that affect young people, including the ban on vapes and international security - as well as the young people sharing their best eco tips! James spoke to Grace P about the experience and said 'it was fun because I enjoyed talking about the topics and being with the group. I'm actually the youngest member of the group - everyone else is at university!'

Well done James for a great job and representing yourself and the school so well. What a brilliant experience!

Save the Date - Careers Fair!

We are very excited to announce that Magdalen Court will be holding it's first ever Careers Fair on the **19th March at 4:15pm**. Learners and their families from all year groups are invited, as it's never too early to start thinking about next steps!

More information will follow soon, but we already have a number of colleges and organisations booked to attend - so mark the date in your calendars now!



Mock Exams

A big well done to our Year 11 and Post 16 learners who undertook mock exams this week! This was a nerve wracking experience for many of our learners, but they approached it with great maturity. It was also really helpful to hear feedback from learners about how they would like to approach their exams in the future and what works best for them!

Recommendations from the Therapies Team

Lucy and Abbie would like to share the following link, to a company who are making some amazing clothes, specifically designed to be comfortable for those with sensory needs. The website also shows weighted items like blankets - we hope it's useful!

www.rarebirds.co/collections

Friendly February Calendar

In keeping with our value for this term, we are sharing this fantastic resource from www.actionforhappiness.org/calendar. With different activities for each day of the month, the calendar is encouraging users to have a 'Friendly February' - an idea that we love!

The calendars have been displayed at school and we would love to hear about any of the daily activities that our learners have ticked off!

The friendly act for today (February 9th) is to thank someone and tell them how they made a difference for you. Therefore, we would like to thank Mel and Lily for all their hard work in the office - you always greet everyone with a smile and keep the whole school running smoothly!

9 **Thank
someone and
tell them how
they made a
difference
for you**

Friendly February 2024

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



5 Make time to have a friendly chat with a neighbour



6 Get back in touch with an old friend you've not seen for a while



7 Show an active interest by asking questions when talking to others

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today

29 Acknowledge someone's problem or pain rather than trying to fix it



ACTION FOR HAPPINESS

Happier · Kinder · Together

MAGDALEN COURT SCHOOL



Next Week

Following the half term break, we will be back with a week full of cooking and outdoor ed!

SPRING 2 - WEEK 1				
MONDAY		TUESDAY		WEDNESDAY
Outdoor Education Oak & Larch (First Aid & Safety)		Outdoor Education Holly, Elm & Y9 Chestnut (First Aid & Safety)		Outdoor Education Beech & Aspen (First Aid & Safety)
Food Hazel (Chicken Fajitas) Aspen (Cheese Scones)		Food Year 11/Post 16 (BTEC/Wild Rice Salad) Larch (Cheese Scones)		Food Chestnut (Chicken Fajitas) Ash (Chicken Fajitas) Oak (Apple Crumble)
THURSDAY			FRIDAY	
Outdoor Education Ash, Hazel & Y10 Chestnut (First Aid & Safety)			Outdoor Education Maple & Lime (First Aid & Safety)	
Food Holly (Chicken Fajitas) Post 16 (BTEC/Wild Rice Salad)			Food Beech (Crepes with fruit jam) Elm (Chicken Fajitas)	

Safeguarding

This week, we are looking at persuasive designs online. With websites and apps designed to persuade users to spend as much time online as possible, there are real physical and mental impacts. We think the advice for parents & carers is really useful - so we hope it's helpful!

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

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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