

W E E K L Y

NEWSLETTER



AUTUMN 1 – WEEK 2

Welcome to the first full weekly newsletter of this school year!

We've enjoyed getting to know our new learners better this week and have seen some lovely examples of this half term's school value of Respect. Look out for the list of our 'stars of the week' later on in the newsletter.

Save the date!

Our first parents' evening of the year will be on Tuesday 8th October. Further details to follow but please note the date in your diary for now!



Joke of the Week!

Benji's joke:

How does Darth Vader like his toast?
-On the Dark Side!

Headteacher's Award



This week the Headteacher's Award goes to Louis Lee for being an exemplary role model!

Therapy team update

Don't forget it's our first coffee morning on 26th September, 10-11.30am for Aspen & Larch
Please sign up using the form that has been sent out, even if you can't make it, as our therapy team will be able to use the information you provide to shape their approach for your child.

Please contact the school office if you need help completing the form.

This is a website with lots of helpful articles around transitions and routines:
www.sensoryintegrationeducation.com/pages/news-and-publications

USEFUL INFO

Open Evenings

In addition to the dates for Bicton in last week's newsletter, there are other open evenings coming up for the diaries of parents & carers of our older students:

Petroc College (North Devon) Wednesday 18th September

Petroc College (North Devon) Wednesday 6th November

Exeter College Thursday 10th October

Exeter College Wednesday 20th November

For a full list of dates for all local colleges, please contact the school office



Our Values Stars of the Week

**Respect
&
Resilience**

**Health
&
Happiness**

**Kindness
&
Independence**

The value this term is **respect** and we've seen some great examples of this quality in school this week.

Aspen

Isaac C for settling in so well to Aspen Class and treating all his friends and staff with respect

Larch

Agatha for working really hard in all lessons and settling in very well

Chestnut

Riana for showing kindness and respect to others

Olive

Elliot for demonstrating respect towards others

Birch

Sophie for setting a great example of respect throughout the whole week

Juniper

Freddie for setting a wonderful example, consistently demonstrating respect to classmates, staff and the school environment

Oak

William for using kind words and respectful language

Hazel

Thomas E for treating others with respect

Ash

Bonnie for showing respect by following instructions well

Maple

Justin for his consistently respectful and polite interactions with peers and staff

Beech

Jacob Lyne-Ley for always being polite and respectful

Holly

Lidia for being very respectful and polite and making a great start to her time at MCS

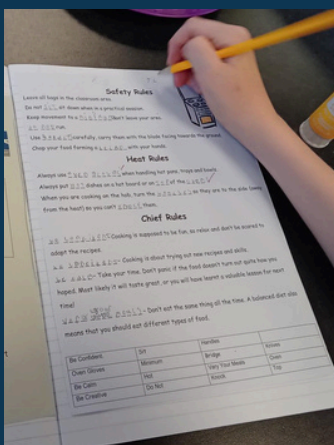
Food Tech

It's been a super productive start to the term in the Food Tech department. All of our KS2, KS3 and lower KS4 learners are following a breakfast and brunch curriculum this autumn term, with some really exciting recipes and skills to develop. In year 11 and post 16 learners are following the level 2 curriculum: slow cooking methods, soups, stews, hot pots, pies and learning about getting the best out of seasonal vegetables.

Larch class will be making breakfast, granola and oaty bars this term and started by making the breakfast energy bar this week. Aspen class have been fruit tasting and updating their H&S knowledge, they will continue to make smoothies and home made cereals this term. Juniper and Oak class started this week by making bacon rolls and learning our lesson routines. Birch class made some delicious breakfast omelettes this week with onions and peas. Beech class have updated their H&S knowledge and made bacon & egg rolls. Learners in Ash and Alley house following the BTEC Level 1 curriculum have started with making egg recipes, soft-boiled eggs and scrambled eggs. Learners in Chestnut class completed some fruit tasting and learning routine in Food Tech room. Olive class impressed me with their H&S knowledge when we updated our work books and then made soft-boiled eggs. Hazel and Maple class have been practicing how to make the perfect poached egg. Learners in Holly class have made a fabulous lamb stew this week. Lime class made a vegetarian lentil stew.

Next week, Larch class are making muesli breakfast bars. Aspen will practice safe knife skills preparing fruit salad. Learners in Oak and Juniper will be reviewing savoury and sweet breakfast muffins and updating their H&S knowledge. Learners in Beech and Birch will be making mini-frittata. Ash class will be making winter spiced poached pears. Chestnut will be completing some H&S and making scrambled eggs on toast. Olive class will be doing some work on the 'Eat well guide' and making a simple and delicious breakfast omelette. Learners in Hazel and Maple are now studying the BTEC Level 2 curriculum and will make French toast served with fresh fruit. Holly class will be making the vegetarian lentil stew and Lime class will be making a classic shepherds pie.

Please do support our learners with bringing in appropriate containers for them to transport work home to avoid food waste, thank you.



Here at Magdalen Court School we enjoy learning about the world around us and finding out about what is going on outside our school community as well as inside it - so each week we feature some news stories from across the globe.

Let us know if you spot something interesting that we could include in a future newsletter!

BREAKING NEWS



FIRST SPACEWALK BY AN AMATEUR ASTRONAUT

The Polaris Dawn SpaceX mission has made history, with one of its crew members - who isn't a professional astronaut - completing the first ever amateur spacewalk.

Jared Isaacman, a billionaire who funded and led the mission, left the spacecraft to 'walk' in space.

What do you think about people being able to pay to go to space? Would you like to get the chance to do this one day, or would you rather explore closer to home?!

Next week

WEEK 3 TIMETABLE



MONDAY

Outdoor Education

Elm, Aspen & Larch

Food Tech

Birch

Mini frittata

Juniper

Review breakfast muffins

Chestnut

Scrambled eggs on toast

TUESDAY

Outdoor Education

Birch, Ash & Chestnut

Food Tech

Larch

Muesli breakfast bar

Olive

Breakfast omelette

Oak

Review breakfast muffins

WEDNESDAY

Outdoor Education

Beech, Oak & Juniper

Food Tech

Aspen

Fruit salad

Holly

Vegetable stew

Hazel

French toast with

blueberries

THURSDAY

Outdoor Education

Hazel & Maple

Food Tech

Ash

Winter spiced poached pears

Lime

Shepherd's pie

FRIDAY

Outdoor Education

Lime, Holly & Olive

Food Tech

Beech

Mini frittata

Maple

French toast with blueberries

Safeguarding

Each week we focus on a different safeguarding topic. The start of the new school year is a good opportunity to review parental controls. On the next page you'll find a guide with helpful information and tips to support parents and carers.

There is also a wealth of information to support parents on the NSPCC website at www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety

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

10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Phones and computers are essential parts of children's lives, but with unfettered internet access comes a multitude of risks. While not foolproof, parental controls can help with this; filtering out inappropriate content, limiting the ability to spend real money, capping screen time and generally making devices safer for young people.

1 KNOW THE TYPES

While parental control software can apply to an entire device, it also pays to know about options on individual apps and websites. TikTok, for example, has Restricted Mode for limiting unsuitable videos, while Snapchat lets you keep an eye on who a child has been talking to. Check the settings of any new app young users want and review your options.

2 COVER ALL DEVICES

Knowing what parental controls cover is crucial, as remaining unaware can run the risk of 'blind spots' in the device's safety measures. Controls on a phone will apply whenever a child's on that device, for instance – but you'll want to ensure that parental controls are set up across any laptops, tablets and potentially other phones, too. Remember, buying a new device may require you to set everything up again.

3 DON'T NEGLECT SHARED TECH

While children often have their own devices, if you have a shared family computer or tablet, for example, you'll need to make sure that's not a weak point in your safety measures. Parental controls for your router, that cover everything connected to your Wi-Fi, are one option – or you can just be thorough with each device and online account. Just ensure that unprotected laptops, phones and tablets are password locked.

4 CONSIDER TIME CONTROLS

Even safe internet content can be harmful if it's viewed in excess. Not only are certain apps addictive enough to distract from other duties, but late-night usage can badly disrupt sleep, which is vital for adolescent brain development. Most parental controls offer some kind of time limit – either blocking access at certain hours or capping the number of minutes it can be used per day – so be sure to consider these.

5 BLOCK APP SPENDING

Seemingly free apps can sometimes include microtransactions: purchases that can be made using real money. While plenty of developers implement these fairly, some companies attempt to manipulate children into paying for additional features or content, which can soon add up to hundreds of pounds if a child gets carried away. Thankfully, iOS and Android's settings allow you to block in-app purchases, preventing any huge bills.

6 NO CONTROLS ARE PERFECT

Parental controls can be very useful, but they're far from infallible. Some unpleasant content can and unfortunately will slip through the net, so remember that setting up these measures isn't a substitute for taking an active interest in young people's digital lives. Talk to them, and make sure they're aware of the risks of the internet as well as its benefits.

7 MIND THE GAPS

There'll undoubtedly be some gaps in parental controls, no matter how thorough you intend to be. For example, if you use router-level parental controls, bear in mind that these won't cover WiFi outside the home. For that reason, it's important to keep an open dialogue with children about the many unpalatable aspects of social media and the web.

8 KEEP THINGS SECURE

Some children can react poorly to parental controls and feel tempted to circumvent them. It's important to ensure that the passwords to these settings remain unknown to children, otherwise they can easily modify the restrictions without you knowing. Similarly, make sure your phone isn't left unlocked and unattended.

9 REVIEW CONTROLS REGULARLY

Parental controls shouldn't be a 'set and forget' deal. Not only can parental summaries provide you with a frequent overview of a child's digital life – to let you spot any warning signs – but companies often add new features, and some of these may be useful to enable (or disable). Regularly checking in ensures that if a child has found a way to wiggle out of the controls, you'll be the first to know.

10 KNOW WHEN TO LET UP

The parental controls you install on a computer for a seven-year-old probably wouldn't be appropriate for a child of 16 – and as young people approach adulthood, bubble wrapping the internet can do more harm than good. Consider relaxing parental controls as children get older, so they can learn to manage the risks of the internet themselves, without so many training wheels.

Meet Our Expert

Alan Martin is an experienced technology journalist and the former deputy editor of technology and internet culture website Alphr. Now freelance, he has contributed articles to publications including the New Statesman, CNET, the Evening Standard, Wired, Rock Paper Shotgun, Gizmodo, Pocket Gamer, Stuff, T3, PC Pro, Macworld, TechRadar and Trusted Reviews.



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