



AUTUMN 1 – WEEK 3

Welcome to another week at Magdalen Court School!

Our learners have been getting stuck in to their lessons this week and have produced some fantastic work, which you can see on the following page. Well done everyone!

Joke of the Week!

Benji's joke:

What kind of vegetable does a plumber fix?

-A leek!

Headteacher's Award

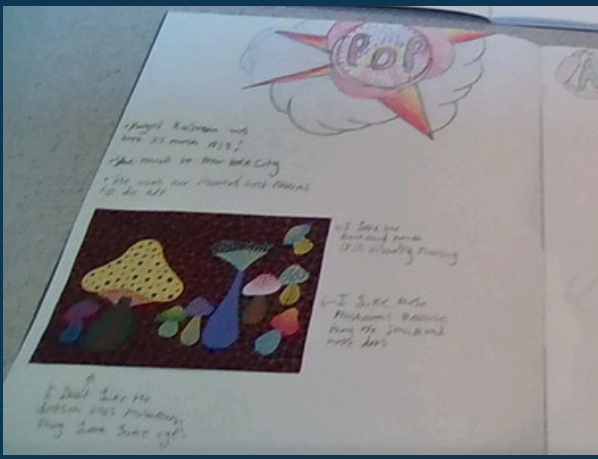


This week the Headteacher's Award goes to Ashley Radmore for excellent attendance

CHANGES TO TIMETABLE

Due to a change in staffing, please note that the Outdoor Ed timetable has changed for the following classes: Birch, Ash, Chestnut, Beech, Oak & Juniper





Here are some great examples of work from art lessons in Birch and Holly class. Birch have been looking at the pop artist Yayoi Kusama, and Aaron from Holly has demonstrated some excellent shading in his sketch.



Carbohydrates

Keep us warm and are used as stored energy.



Olive class have been learning about the 7 food groups and have worked together to produce a group display.

Water

Water is vital to our health. It plays a key role in many of our body's functions, including bringing nutrients to cells, getting rid of wastes, protecting joints and organs, and maintaining body temperature.



Here are some posters put together by Daylun, Arran and Cameron with information about how each food group contributes to keeping us healthy and working well.

Other learners also produced some great work on their food groups but sadly we don't have space to show you all of them - well done Olive class!

Vitamins




Vitamins

Needed for growth and repair of cells.

USEFUL INFO

Clubs

Did you know that our lovely HLTAs run some brilliant clubs for learners during lunchtimes? There is always something fun to join in with!



CLUBS

Monday	Tuesday
Minecraft with Jack 11:45 - 12:25 Art with Jack 12:35 - 1:20 Board Games with Abbie 12:30 - 1:20	Minecraft with Jack 11:45 - 12:25 Art with Jack 12:35 - 1:20 Board Games with Abbie 12:30 - 1:20
Wednesday	Thursday
Art with Jasmine 11:45 - 12:30 Chess with Cade/Abbie 12:35 - 1:20	Singing Lunch with Abbie 11:45 - 12:30 Dance with Gemma 12:35 - 1:20
Friday	
Dance with Gemma 11:45 - 12:30 Switch/Video Games with Jack 11:45 - 12:30 and 12:35 - 1:20	

Therapy team coffee mornings

Don't forget it's our first coffee morning next Thursday (26th), 10-11.30am for Aspen & Larch

Please fill out the form that has been emailed, 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. Let us know if you are coming so Olive class can prepare to serve you!

The next coffee morning will be on 10th October for parents/carers of children in Olive class.

Half term dates

Last day of this half term: Friday 18th October

First day back for learners: Wednesday 6th November

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!



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

Benji for respectfully apologising to others

Larch

Adam for respectful communication and patience

Chestnut

Mala-ann for listening to others with kindness and respect

Olive

Emma for showing respect for her learning in all lessons

Birch

Noah for showing respect this week when speaking to members of staff

Juniper

Emmerson-Lee for considering others' needs

Oak

Lucas for doing his best every day

Lime

Leah for respectful behaviour in and out of lessons

Hazel

All of Hazel class are stars this week for consistent attendance!

Ash

Dainton for making sensible choices

Maple

Jasmine for polite and respectful interactions with peers and staff

Beech

Charlotte for her efforts as stationery manager, keeping us organised and resourced!

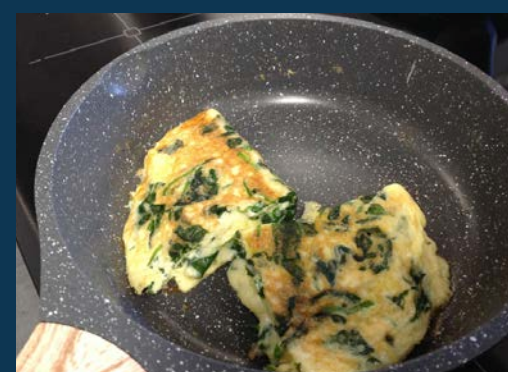
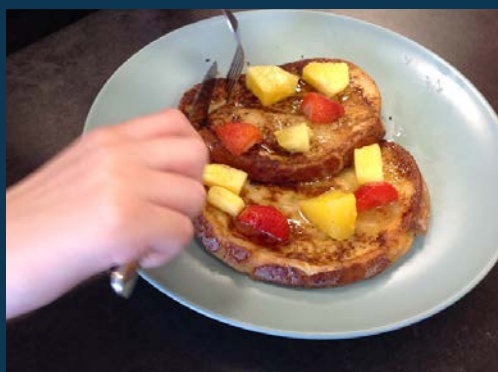
Holly

Beth for always being respectful, especially to her younger peers

Food Tech

We've had another fantastic week in the Food Tech department with learners really getting settled into their practical sessions. Learners in Larch class personalised their muesli breakfast bars, making a dough, rolling and cutting out evenly before baking in the oven. Aspen class made a wonderful fruit salad, practicing safe knife skills, peeling of fruit and juicing oranges. Learners in Juniper and Oak class updated their health and safety worksheets before reviewing breakfast muffins. The taste testing was fun and it was great to see learners engaging with evaluating products and recording their findings, well done. Beech and Birch Classes have made mini-vegetable frittata this week, a simple recipe for practicing cracking and beating eggs combined with a selection of vegetables and grated cheese, they were a hit. Year 9 learners in Ash made the winter spiced poached pears and plums recipe. A great breakfast served cold or warm, learners developed skills peeling pears and discarding stones from the plums. Chestnut class made scrambled eggs and updated their health & safety worksheets. Olive class made a superb breakfast omelette and started looking at the 'Eatwell guide' and placing food items into groups. Classes Hazel and Maple made French toast with fresh fruit, learners practiced cracking, battering eggs and soaking bread. It was great to see learners developing confidence with the frying method. Learners in Holly class made vegetarian lentil stew and practiced veg prep: peeling, knife skills, making a stock and simmering until done. Lime class enjoyed making a Shepherd's pie recipe with lots of yummy veg cooked with lamb mince, topped with mash potato, the outcome was stunning, great work everyone!

Next week, Larch class are making tropical granola bars. Aspen class are comparing and taste testing smoothies. Juniper and Oak class are making cheese and bacon savoury breakfast muffins. Birch and Beech classes are making eggy bread with raspberry compote. Ash class are making bacon and egg rolls. Chestnut class will be looking at the 'Eatwell guide' and making mini-vegetable frittata. Olive class will be making scrambled eggs and revisit the 'Eatwell guide'. Hazel and Maple are making a cherry and chocolate baked oats recipe. Learners in Holly class are making Shepherd's pie and Lime class are making a Lancashire hot pot.





DISCARDED TOWELS HELP WILDLIFE CHARITY

Is that owl in a towel not the cutest thing ever?! Hundreds of towels left behind by people camping at Reading Festival have been rescued from going to landfill and instead used as bedding for animals cared for by Oxfordshire Wildlife Rescue.

They rescue up to 4000 animals a year including hedgehogs and even deer. The towels are used for cleaning the animals and calming them down as well.

How nice to see things that would have been thrown away put them to good use!



SCHOOL CAT WINS AWARD

This is Cilla, who has won the Cat's Protection 'Connected Cat' award for her efforts as a school cat at a primary school in Warwickshire. Just like Milo, her job is to provide a calming presence at school, and is especially helpful when children are feeling stressed or anxious.

We think Milo does a great job at MCS and definitely deserves an award for his work too!

Next week

AUTUMN 1 - WEEK 4



MONDAY

Outdoor Education
Elm, Aspen & Larch

Food Tech
Birch
French toast & compote
Juniper
Breakfast muffins -
savoury
Chestnut
Spiced poached pears

TUESDAY

Outdoor Education
Beech, Oak & Juniper

Food Tech
Larch
Tropical granola bar
Olive
Scrambled egg on toast
Oak
Breakfast muffins -
savoury

WEDNESDAY

Outdoor Education
Birch, Ash & Chestnut

Food Tech
Aspen
Smoothie tasting
Holly
Shepherd's pie
Hazel
Cherry baked oats

THURSDAY

Outdoor Education
Hazel & Maple

Food Tech
Ash
Bacon & egg roll
Lime
Lancashire hot pot

FRIDAY

Outdoor Education
Lime, Holly & Olive

Food Tech
Beech
French toast & compote
Maple
Cherry baked oats

Safeguarding

Each week we focus on a different safeguarding topic. This week we're thinking about online bullying. On the next page you'll find a guide with helpful information and tips to support parents and carers.

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

What children need to know about

ONLINE BULLYING



Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.



What is online bullying?

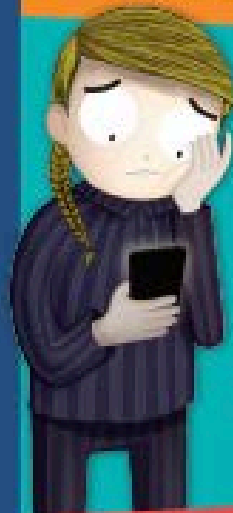
ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON



How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR. BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHLOLINE (WWW.CHLOLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National Online Safety

#WakeUpWednesday

How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.



How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

