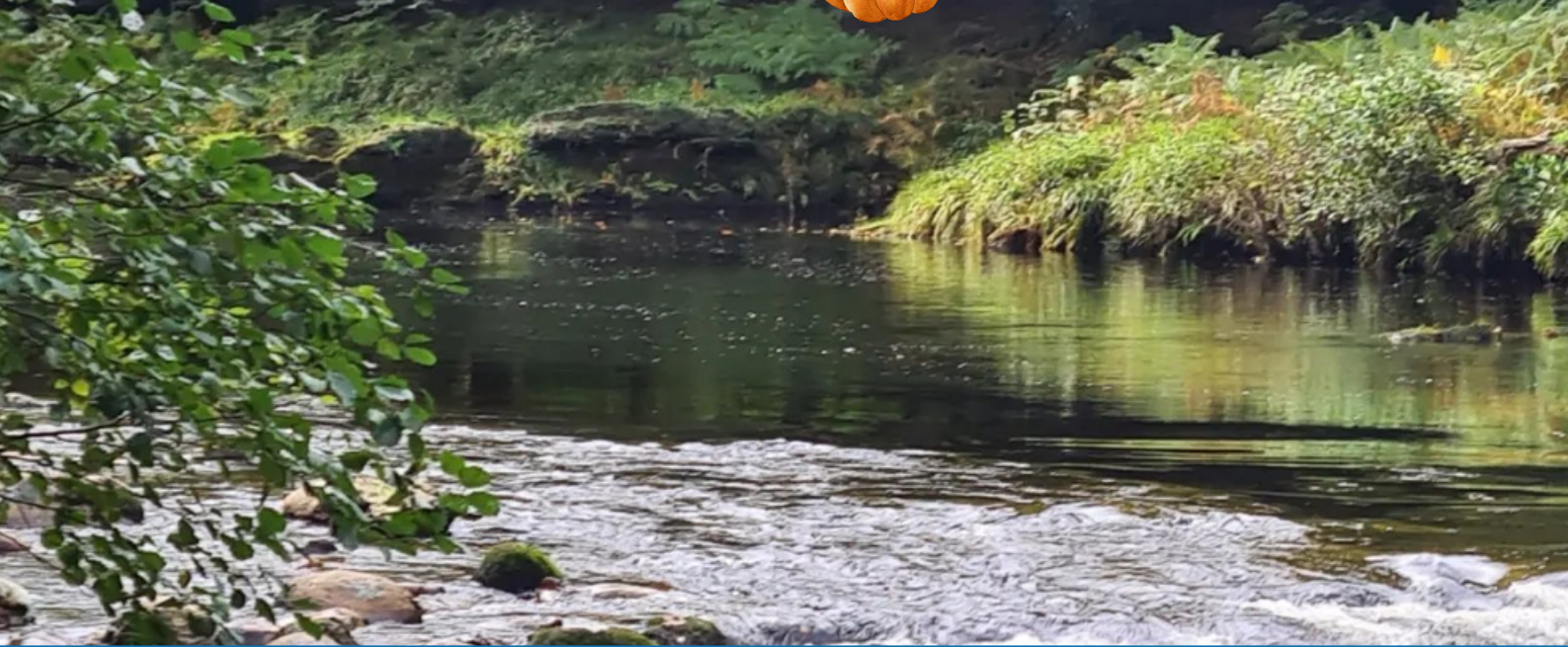


# WEEKLY NEWSLETTER

**MAGDALEN**  
COURT SCHOOL



## AUTUMN TERM 1 – WEEK 6

### Half Term!

Well done to all our learners for such a brilliant first half term of the year. It's been fantastic to see our new learners settle in and make new friends and we are looking forward to seeing everyone back in two weeks. School will resume on Monday 30th October.

Have a lovely break!

### Jokes!

This week, we have been treated to two jokes in assembly - one from George and one from Benji!

#### George's joke

Ever heard of the frog that parked illegally?  
It got toad!

#### Benji's joke

What type of cat likes water?  
An octopus!

### Parent's Evening

Parent's Evening will be taking place on Tuesday 31st October from 4-6pm. Class teachers have been in contact this week to book appointments, but please reach out if you need to make alternative arrangements.

## Headteacher's Award



This week's Headteacher's Award is given to Billy for his growth and maturity.

## Stars of the Week!



Oak - Ted  
Larch - Isaac  
Beech - Kellan  
Holly - Joe  
Elm - Kai  
Hazel - Junior  
Ash - Mae  
Maple - Theo  
Lime - Isaac

Getting

know

to

you!

**What's your favourite dinosaur?**

*asked by Isabel P*

T-rex!

**What's your favourite movie?**

*asked by Izak*

The Incredibles

**What made you want to work here?**

*asked by Arthur*

I wanted to help people learn

**What's your favourite state of America?**

*asked by Joseph*

Florida, I once went to Disneyland there!

**Where is your dream holiday spot?**

*asked by Theo*

Skiing somewhere - maybe the Alps!

**What's your middle name?**

*asked by Hannah*

Lucy

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

*asked by Rosie*

Yes, I did! My favourite was the Lion King!

**What is your favourite dog breed?**

*asked by Toby*

Pointers - that's my dog Jasper!

**What's your favourite TV show?**

Friends



Let's get to know  
Charlotte, who is a TA  
in Elm class!

## Football Tournament!

It was a beautiful day for a football tournament. We were invited to the Devon School Games Football Festival at the Devon FA Centre in Newton Abbott. It was such a fun inclusive festival with 5 different schools attending. We took 6 players from Year 7, 8 and 9 and coach Tommy from year 11 who was a fantastic role model for our pupils.

The day started with some skills and drills lead by Orchard Manors Sports Leaders. Freddie showed off his skills in goal and didn't even let Emma or Grace score!

After lunch it was into matches. We played Ellen Tinkham School first - a tough first opposition. They had a strong goalkeeper who stopped the first few shots but then Billy broke through with 2 quick goals. Ella and Ethan were our solid defenders in front of Freddie, and they managed to keep a clean sheet. Daylun and Dainton were chasing every ball down to score goals. We then went on to play Kingston, Exmouth Community College and Orchard Manor. Overall we won 3 games and drew one. Grace, Graham and Emma were so so proud of all the players. The work rate from them on a hot day was brilliant but how they developed as a team was just epic!

We cannot wait until the next sporting adventure!



## Useful links for Parents & Carers

Action for Children's Devon Children's Centres are offering a selection of free webinars and online events, starting with a session on Emotional Wellbeing. Webinars and bite sized events will be added to this [site](#) on an ongoing basis. Alternatively, please visit [www.eventbrite.com/e/help-me-im-a-parent-emotions-feelings-tickets-725943385207?aff=odcleoeventsincollection&keep\\_tld=1](http://www.eventbrite.com/e/help-me-im-a-parent-emotions-feelings-tickets-725943385207?aff=odcleoeventsincollection&keep_tld=1).

Action for Children have also shared with us information regarding their monthly male carer drop ins, called Digi Dads connect!

*This is a safe and supportive digital session for males with child caring responsibilities to meet and share. These sessions are run once a month for 20 participants at each session. To book, please visit the link [here](#).*

## Preparing for Adulthood

Preparing for Adulthood team The Preparing for Adulthood team is run by Devon County Council to support young people to make the most out of the opportunities of adulthood and become as independent, self-reliant and confident as possible. A referral form is available online [here](#) for you to complete. A worker from the DCC team will then contact you and may complete a Care Act assessment of your needs. This will tell you if you are likely to receive services from adult social care in the future. They will also be able to advise about additional services in your area which may be helpful.

Please contact Adele if you would like to discuss this any further.

For more information, please visit - [www.devon.gov.uk/education-and-families/send-local-offer/preparing-for-adult-life-ages-14-25-years/the-preparing-for-adulthood-team/#:~:text=The%20Preparing%20for%20Adulthood%20and%20Transitions%20Team%2C%20part,becoming%20as%20independent%2C%20self-reliant%20and%20confident%20as%20possible.](http://www.devon.gov.uk/education-and-families/send-local-offer/preparing-for-adult-life-ages-14-25-years/the-preparing-for-adulthood-team/#:~:text=The%20Preparing%20for%20Adulthood%20and%20Transitions%20Team%2C%20part,becoming%20as%20independent%2C%20self-reliant%20and%20confident%20as%20possible.)

## Safeguarding

This week, our safeguarding focus is Supporting Children to Deal with Upsetting Content. Many of our learners are incredibly proficient with technology. However, this can mean that they may occasionally view inappropriate and upsetting content.

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

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



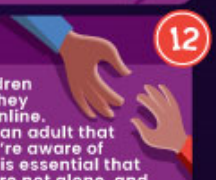
### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



## Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



National Online Safety®

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Sources: <https://www.bbc.com/news/health-57906> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



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## Careers

We are really excited to be developing our Careers Programme at Magdalen Court and, as such, we are looking for some parent volunteers who may be able to help! We would like to hear from any parents who would give a small talk about their jobs and especially those who may work for the emergency services. Additionally, if you have contacts who have interesting jobs and would be keen to speak to our learners then please let us know!

For more information or to let us know you are interested, please email Adele [athomas@magdalencourt.org](mailto:athomas@magdalencourt.org)

## Next Week

The schedule for the first week back after half term will be published upon the return to school. The Outdoor Education days and the Food Tech sessions will remain on the same schedule.

*On behalf of all the staff,  
have a lovely half term holiday!*

