



## AUTUMN 2 – WEEK 3

### The end of a chilly week!

We've been out and about enjoying the snow this week, as well as many of us unfortunately being a little disrupted by it on Thursday too - but the learners have made the best of it and created this wonderful snowman while out on Outdoor Ed!

It has made us all start to feel a bit more Christmassy - we're looking forward to the upcoming Christmas Fair, please consider if you have any items you can donate for the Teddy Tombola or Raffle - more info below!

### Dates for the diary

Coffee morning - Juniper class - 28th November

Christmas Fair 4-7pm Friday 6th December

Visit to Pantomime - Cinderella at Exeter Northcott Theatre - 10th & 13th December (more info to follow!)

## Headteacher's Award

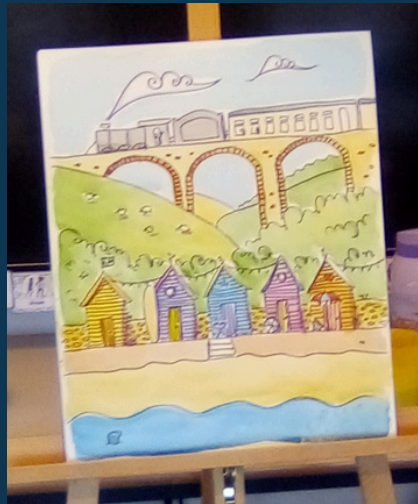
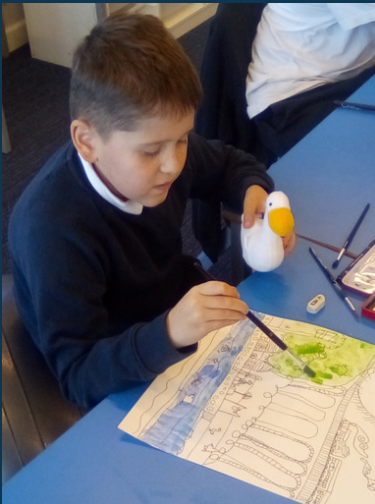


This week the Headteacher's Award goes to **Daylun** for being a great role model at all times!

## ARTIST VISIT: LAURA WALL

Oak and Ash classes had a fantastic day on Tuesday working with the wonderful artist Laura Wall. She talked us through step by step how to draw this incredible scene. The class were really able to make it their own by adding in their own characters. Laura demonstrated how to break the elements of the pictures down into basic shapes to create the train and the beach huts. We looked at how to correctly mix the paint and the best way to apply it to create shadows and detail with bright colours that really pop!!

We are hoping to display these in our very own art gallery before they make their way home!



### Mel's memo

Please keep an eye out for a letter coming home about the upcoming Panto - please could you return this as soon as possible so that we can get everything in place for this great trip for our learners!

### ANNUAL REVIEWS

If your child is in Year 11 or post-16, please check that you have an annual review scheduled for before the end of this term. All Year 11 reviews have to be submitted before Christmas. If you need to reschedule or check when your child's annual review is, please email Lily: [lfell@magdalencourt.org](mailto:lfell@magdalencourt.org). Alternatively, you can phone the main office and ask to speak to Lily.

# Christmas is coming!



## DONATIONS NEEDED

We are looking ahead to our Christmas Fair in a few weeks' time and would love parents & carers to consider donating items for our Teddy Tombola and Raffle - pre-loved soft toys and any small prizes e.g. jars of sweets, unopened toiletries or bric-a-brac items in good condition would be much appreciated. No alcohol please!

## CHRISTMAS GIFTS

Thank you to everyone who placed orders from the online Christmas shop, the gifts and cards have arrived today and will be sent home with learners next week.

Here are some lovely examples of the designs produced by learners, and the resulting gifts featuring them!



# Introducing...

**MAGDALEN**  
COURT SCHOOL



## Abbie



Hi, I'm Abbie! I am an HLTA therapy assistant, working within the therapy team alongside our OT Lucy to provide a therapeutic approach to our learners' wellbeing.

I have helped Lucy to set up our therapies curriculum within school including gross motor, fine motor and interoception within the classes.

I am trained as an ELSA - Emotional Literacy Support Assistant – which means that I can support our learners to explore and understand their feelings and emotions. I work with them to develop skills in expressing themselves and learning to regulate, whether that is co-regulation (with someone else) or self-regulation (by themselves).

Over time learners begin to understand themselves more and are better equipped to deal with emotions that come their way, as well as challenging situations that life brings us all! In the long term this can help them with their social skills and mental health, as well as working with others.

At the moment in our sessions we are learning about how the nervous system works and working on identifying how they are feeling currently – is their brain in tiger (fight or flight), turtle (freeze) or owl (wise, thinking, connected, calm) mode – and then looking at strategies to get back to 'owl brain' mode.

I've been working here at MCS for over 5 years now and I enjoy helping our learners develop skills like this that will support them both now and in their futures.

Outside of work I love bees, board games and Game of Thrones. I am always up for a snack, any time there's free food available I'm there. I have two lovely cats called Silas and Mara who enjoy annoying me in the evenings.



**Our Values**  
**Stars of the Week**

Respect  
&  
**Resilience**

Health  
&  
Happiness

Kindness  
&  
Independence

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

**Aspen**

Amiee for working effectively in most lessons

**Larch**

James for showing resilience in all areas of school life

**Olive**

Rosie for being resilient when facing challenges in her learning

**Elm**

Henry for consistently working hard and making good choices

**Juniper**

Otto

**Oak**

Jackson

**Lime**

Leah

**Maple**

Jasmine

**Beech**

Phoebe for showing resilience when working with others in class despite finding this challenging

**Holly**

Beth for being resilient and coming to school even though she had been feeling sad

**Ash**

Emmerson

**Birch**

Louie

## Food Tech

It's been a great week in Food Tech. Learners in Larch class loved making garlic flatbreads, we kneaded crushed garlic and herbs into the dough, before rolling out and pan frying. Learners in Birch class practiced pastry skills preparing a short crust jam tart recipe, the results were fantastic. Learners in Ash prepared vegetarian sausage rolls with a short crust pastry, learners did brilliantly with preparing fillings and rolling out their dough, well done. Learners in Oak class made some delicious filo pastry sausage rolls with sage and apple. Elm and Aspen class practiced bread making skills when preparing iced finger buns, it was great to see learners kneading with confidence and taking care with ensuring an even batch when dividing the dough. Learners in Beech class made a fabulous egg custard tart, requiring a blind bake and separating egg yolks and whisking them with sugar and cream before baking a second time. Olive class produced some outstanding flaky pastry sausage rolls this week with personalised fillings. Year 10 learners in Maple and Hazel class enjoyed preparing sweet short crust pastry using the food processor for their French apple tarts. Holly class practiced baking skills, creaming, sifting and folding and produced some wonderful mini carrot cakes.

Next week Larch class will make cheese and bacon turnovers. Birch class will be making a BLT Tart. Juniper will prepare filo pastry sage, apple and sausage rolls. Oak class will prepare chicken pies practicing their short crust pastry skills. Aspen and Elm class will make egg custard tarts. Beech class will prepare cheese and corn filled empanadas. Juniper class will now move onto bread recipes and start with a bread roll recipe next week. Hazel, Holly and Maple classes will be completing skills records for their pastry recipes completed this term and then prepare some mincemeat, which will then be jarred ready for Xmas cooking. Lime class will prepare the carrot cake recipe which they missed due to the snow day this week.





# AUTUMN 2 - WEEK 4



## MONDAY

**Outdoor Education**  
Birch & Larch

**Food Tech**  
Elm & Aspen  
Custard tart  
Ash  
Apple & sage filo  
sausage roll  
Alley House  
Mini quiche

## TUESDAY

**Outdoor Education**  
Beech, Oak & Ash

**Food Tech**  
Larch  
Bacon turnover  
Olive  
Mince meat  
Birch  
BLT tart

## WEDNESDAY

**Outdoor Education**  
Elm, Aspen & Juniper

**Food Tech**  
Oak  
Chicken pie  
Holly  
Lemon drizzle  
Hazel  
Squash soup with croutons

## THURSDAY

**Outdoor Education**  
Hazel & Maple

**Food Tech**  
Lime  
Carrot cake  
Juniper  
Bread roll shapes

## FRIDAY

**Outdoor Education**  
Lime, Holly & Olive

**Food Tech**  
Beech  
Empanadas  
Maple  
Squash soup with croutons

## Safeguarding

This week's focus is on rules around devices. On the next page you'll find a guide with helpful information and tips for parents and carers to help support you with this - especially difficult during busy times of the year!

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

# 10 Top Tips for Parents and Educators

## CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

### 1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

### 2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online, if they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

### 3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

### 4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

### 5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family, discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

### 6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

### 7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

### 8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are doing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

### 9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important to balance their screen time, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

### 10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at 8CyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and posting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See All the links on this page start with [nationalcollege.com](https://nationalcollege.com) for creating family rules for using devices