



## AUTUMN 2 – WEEK 4

### We're not just hanging around!

Well done to everyone for making it to the midway point of this half term - we know it's a long one and the learners are really demonstrating this term's value of resilience by continuing to attend, work hard and treat others with respect in spite of the longer, darker, colder days!

We are looking forward to all the Christmas fun starting next week with the arrival of our Christmas Fair - more details on the next page.

### Joke of the week by Benji

What do you get if you mix a pig and a dinosaur?  
- Jurassic Pork!

### Dates for the diary

Coffee morning - Lime class - 12th December

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  
**Rosie & Henry**  
for being great role models at all times!

*Magdalen Court School*  
**CHRISTMAS**  
*Fair*

**Featuring:**  
 Elfic the Jester  
 Singing lunch choir  
 Brass band  
 Refreshments  
 Games & activities  
 Tombola, Raffle  
 and more!

★ Friday 6th  
December

★ 4-7pm

## DONATIONS NEEDED

We still need a few more items 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 FAIR - CHILDREN STAYING TO MEET PARENTS

Please could you let school know if you would like your child to stay in school until 4pm to meet with parents/ carers and go to the school fair. If possible could you do this by the end of the day on Wednesday via Class Dojo. If we haven't heard from you we will assume that they will travel home in the usual way. Thanks.

## CHRISTMAS TRAIL

If you're looking for something to do over the festive period, check out this Christmas trail running in Exeter until 27th December.

There are clues and puzzles to solve along the way, and prizes to be won, plus a great way to explore the City this Christmas!

**EXETER**  
COUNTDOWN TO CHRISTMAS TRAIL

**9 clues around the city!**  
Solve the Christmas word and receive an exclusive Exeter sticker sheet!

**WIN!**  
One of five £100 Exeter Independent Gift Cards up for grabs!

**Experience the Magic of Christmas in Exeter!**

This Christmas, enjoy a free, family-friendly trail across Exeter city centre until 27 December.

- Explore 9 clue locations across the city
- Unscramble the Christmas word
- Complete the trail to claim an exclusive sticker sheet and enter a competition to win one of five £100 Exeter Independent Gift Cards!

Grab a trail leaflet or follow along online—just make a note of the letters on your phone as you explore. Trail leaflets are available at Visit Exeter information points:

- RAMM Museum Garden Entrance
- Exeter Library Foyer
- Exeter Ticket Office
- John Lewis, 4th Floor

Don't miss out on the festive fun! For more details, visit [www.visitexeter.com/xmas-trail](http://www.visitexeter.com/xmas-trail).

visit exeter | Exeter City Council | Princesshay Exeter | visitexeter.com/Christmas

# MOCK EXAMS

We will be running mock exams for Year 11 learners next week:

Monday AM - English

Tuesday AM - Maths

Tuesday PM - Chemistry

Wednesday AM - Physics

Thursday AM - Biology

Mock exams for Year 10 learners will take place during week commencing 13th January.

# SPORTS REPORT



Football has very much been in focus this term with pupils taking part in skills session both in curriculum time and in external events and activities. Our football teams did particularly well in the last SEND football festival last half term.

This half term we have been really lucky to have Dan, Milo and James in from Exeter City Community Trust. They have been working with groups from across the school on Tuesdays and Fridays. All pupils involved have really enjoyed working on their skills and playing in small sided games activities.

Exeter City Community Trust is a charity designed to deliver inspiring physical activity, health and wellbeing programmes and courses across Devon & Somerset. They specialise in catering for all members of the community. Football is described as the 'beating heart' of what they do. They are keen to let everyone know you don't have to play football or even like football to benefit or participate in courses. The Trust delivers PAN disability football sessions at Wonford Sports Centre aiming to engage children from the ages of 6-16 years with conditions including autism, learning difficulties, physical or mobility issues and sight or hearing impairment. Sessions are free to attend and are currently on Wednesday evenings.

For more details about these sessions and other opportunities check out their website:  
<https://exetercct.org>

## BOCCIA TOURNAMENT

On Wednesday Olive class competed in a Boccia tournament.

They each played six games in two teams. Cameron, Aaron and Daylun made up one team and Rosie, Bonnie and Emma were another team.

Both teams did so well, a long morning of concentration. Both teams have qualified for the Devon county finals in January which is absolutely amazing!!!!

Some special mentions to the following pupils who also picked up some awards:

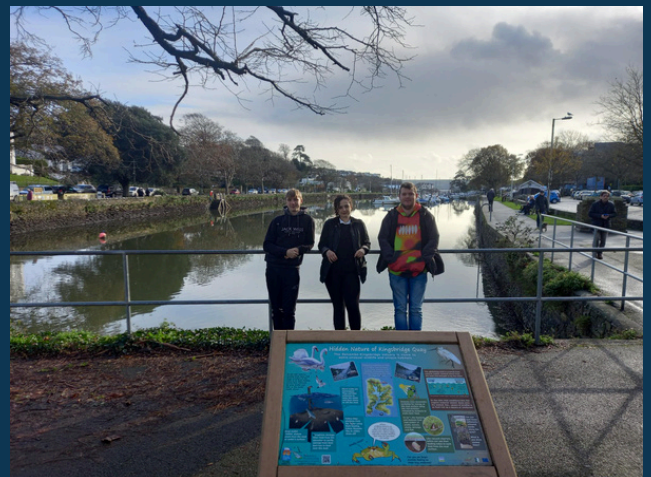
Respect – Cameron  
Teamwork – Daylun  
Passion – Rosie



## BTEC SCIENCE TRIP

Some pupils from Lime & Holly Classes attended a science field trip to Kingsbridge Estuary to observe the human impacts on biodiversity. The tour was provided by Nigel Mortimore, a Biologist from South Devon Estuaries Trust. We observed how the estuary ecosystem was changing in Kingsbridge, such as the introduction of invasive species of seaweed and the impact of tourism in the area.

Well done to all those who attended.



Dream-A-Way are a Devon charity who provide grants to assist people living with physical or other disabilities, including learning difficulties, to enjoy a family holiday.

Check out their work at <https://dream-a-way.org>



**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**

Mabel for working hard to remain regulated

**Larch**

Agatha for excellent articulation of her feelings and learning to work with them

**Olive**

Bonnie T for trying hard in lessons

**Elm**

Poppy G for consistent focus and attention

**Lime**

Callan for working hard despite challenging tasks

**Maple**

Jack P for making great progress in his efforts to improve focus

**Beech**

Charlotte for persevering with her artwork and producing a detailed 3D sculpture

**Holly**

Jaylee for showing resilience with a change of tutor and other changes generally

**Ash**

Ruby-Mae for continuing to try each day even when the work feels challenging

**Birch**

Theo for an outstanding week full of effort and overcoming challenges

## Food Tech

We have had another outstanding week in Food Tech. Larch class did brilliantly rolling out puff pastry for their cheese and bacon turnovers. Birch class consolidated their rubbing in method preparing a BLT tart where learners could personalise their toppings. Ash class produced some wonderful filo pastry sage, apple and sausage rolls. Oak class recapped their previous learning on how to use the food processor for preparing their shortcrust pastry and made a lovely chicken and vegetable filling for their take away pies. Classes Elm and Aspen blind baked flan tins and practiced separating eggs for their egg custard tart fillings. Beech class made empanadas this week with a cheese and corn filling, in addition to preparing the pastry by hand, learners practiced folding, filling and crimping the pastry for the pastry parcels. Learners in Aly house enjoyed prepared mini-quiches, practicing their pastry skills, rolling out and preparing egg, cheese and cream fillings. Juniper class practiced their bread making skills, bringing a dough together, kneading, proving and shaping the bread rolls with great focus, well done. Learners in Maple and Hazel class completed skills records, evaluating their progress on their pastry recipes. Following that, learners chose between preparing a leek and potato soup recipe or mincemeat for Christmas cooking. Holly class produced lemon drizzle cakes and Lime class made carrot cakes.

Next week, Larch class will continue practicing pastry with some jam tart turnovers. Birch class will make Bakewell tarts. Ash class will be making chicken pies. Oak class will be making an apple pie recipe. Elm and Aspen classes will make cheese and corn filled Empanadas. Ally house will practice breadmaking skills with a bread roll recipe. Juniper are going to continue with breadmaking and produce some lovely pizza scrolls. Olive class will make butternut squash soup with croutons. Hazel and Maple will make soda bread to complement a soup recipe of their choice: stilton and broccoli or butternut squash soup. Holly and Lime class will make mini Christmas cakes.





# AUTUMN 2 - WEEK 5



## MONDAY

### Outdoor Education

Birch & Larch

### Food Tech

Elm & Aspen  
Empanadas  
Ash  
Chicken pie  
Alley House  
Bread roll shapes

## TUESDAY

### Outdoor Education

Beech, Oak & Ash

### Food Tech

Larch  
Jam turnover  
Olive  
Squash soup with  
croustons  
Birch  
Bakewell tart

## WEDNESDAY

### Outdoor Education

Elm, Aspen & Juniper

### Food Tech

Oak  
Apple pies  
Holly  
Mince meat  
Hazel  
Mince meat

## THURSDAY

### Outdoor Education

Hazel & Maple

### Food Tech

Lime  
Mince meat  
Juniper  
Pizza scrolls

## FRIDAY

### Outdoor Education

Lime, Holly & Olive

### Food Tech

Beech  
Treacle tart  
Maple  
Mince meat

## Safeguarding

This week's focus is on online trolling. On the next page you'll find a guide with helpful information for parents and carers to help you understand the risks and impacts associated with online trolling, and advice to support you in this area.

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

# What Parents & Educators Need to Know about

# ONLINE TROLLING

The term "trolling" refers to sending hurtful or provocative comments – often done anonymously online – to provoke a reaction or cause emotional distress. Anonymity can embolden people into saying things they wouldn't dare say in person. Euro 2024 and other tournaments tend to put an emphasis on this, with the abuse of both players and fans often increasing during such events.

## WHAT ARE THE RISKS?

### ESCALATION

Many trolls begin with silly, banal comments before moving on to a broader pattern of offensive messages and posts. They can also turn their attention very quickly to a new target if they grow bored with an existing one, which makes engaging with one fruitless at best – and potentially dangerous at worst.

### HIDING BEHIND A SCREEN

Because trolls tend to use anonymous profiles, they enjoy a lack of accountability. This also means they'll often have multiple profiles, potentially switching between them regularly or posting across several of them at the same time, making a target feel as though there's no escape. After all, once you block one account, what's to stop them reappearing elsewhere?

### 24/7 CONTACT

The internet has given us the ability to remain in contact at any time, from almost anywhere in the world. A troll having the ability to reach you whenever they want can leave you feeling like their abuse is unavoidable. While they don't see you in real life, they can message you at any time, reach out to your peers online and even try to discover your personal information to scare you.

### HATE SPEECH

Sadly, many trolls resort to spewing racial slurs, homophobic attacks and awful stereotypes, as these often stand the best chance of causing emotional harm. This can add a hefty degree of weight to their attacks, moving from what might charitably be described as "teasing" into a genuine hate crime. After Euro 2020, three England footballers were racially abused, resulting in several prison sentences.

### IMPACT ON VICTIMS

It's not uncommon for the victims of trolls to shut down their accounts, disappear from public life, and try to stay out of the headlines for a time – with some even leaving social media forever. This can have a severe impact on children and young people's connections to friends and the world at large, and may not even actually stop the troll. The victims' families, for example, may have online profiles that trolls can still access.

### NORMALISATION OF TROLLING

It is, regrettably, inevitable that some people will go too far in their criticisms or comments, both online and in the real world. This can lead to many people seeing trolls and their abuse as part and parcel of social media – an inherent risk of interacting with others online. This doesn't mean, however, that it should be considered "normal" or even tolerated.

## Advice for Parents & Educators

### USE PARENTAL CONTROLS

While social media platforms (where most trolling tends to happen) aren't always helpful when responding to abusive behaviour, parents can set up screen time limits, so children only get to use certain apps at certain times. There's always the potential for trolling to occur anyway – such as friends showing screenshots to one another – but this would minimise the likelihood of children seeing it.

### DON'T ENGAGE WITH ABUSE

A well-known adage on social media is "don't feed the trolls". Fundamentally, if a child identifies a potential troll online, it's best not to engage with that individual directly. Instead, consider setting up a log to gather evidence for reporting them later on, including screenshots and quotes where possible.

### ENCOURAGE EMPATHY

While every professional athlete aspires to maintain high standards, it's important to separate the player from the person. A player's performance doesn't make them worthy of abuse, and that can often be forgotten by younger children who simply see the colour of the shirt without considering the person wearing it. For all the rivalries between teams, it's essential children understand that players are still human beings, with families and lives outside of sport.

### BLOCK AND REPORT

While anonymous accounts make it difficult to block trolls permanently – or even for very long – it's still good practice to help children learn to control who can engage with them online. It's not worth "feeding the trolls", and it's more helpful to block them, report them, and try to move on. Blocking and reporting is an anonymous process, too, so there'll be no indication of who specifically blew the whistle.

### Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the gaming and tech industry for five years. A long-time fan of Arsenal, he's a parent who understands the importance of online safety. He's also a tech and fitness writer whose work has been published on sites including IGN, TechRadar and many more.



The National College