



## SPRING 1 – WEEK 1

### welcome back!

We have had a chilly start to the new term, but have made the most of it with Outdoor Ed learners enjoying the snow on Dartmoor. Please ensure learners have coats and other items to keep them warm during break & lunchtime.

As we do occasionally need to contact parents when cold weather disrupts travel, please ensure we have up to date contact details for you - you can check these on the Arbor portal. Speak to the school office if you are unsure how to access this.

### Joke of the week by Benji

What is a cat's favourite movie?  
The Sound of Meowsic

### Dates for the diary

Coffee morning: Holly class,  
16th January

Y9-11 immunisations: 29th  
January

## Headteacher's Award



This week the Headteacher's Award  
goes to

**Devon M**

for completing his first full week at  
school and settling in well

# HIGHLIGHTING... CAREERS

To coincide with our school development of Careers and employability we intend to host a fortnight of careers presentations in March.

For many of our pupils, understanding their potential options into employment post-MCS can be daunting and confusing. We hope that these presentations and Q&As will provide insight and an opportunity for pupils to consider their pathway.

These will informally include areas such as: How they achieved their role? What the working week looks like? Are there opportunities to progress? What kind of tools/skills are required?

If you would like to support this programme and would be willing to talk about your job, it would be much appreciated, and we would do our best to work around your availability. The presentation will be approximately 20 minutes, with a Q&A with groups of 10-12 pupils.

If you could support the school in this way, please could you email Sophie on [shaney@magdalencourt.org](mailto:shaney@magdalencourt.org) for further details.

## Idiom & word of the week for Week 2:

### Idiom of the week

#### Cry over spilt milk

To 'cry over spilt milk' means to waste time feeling upset about something that has already happened and can't be changed.

#### Origin

This phrase is very old! In 1659, James Howell wrote 'no weeping for shed milk' in his book 'Proverbs'.

#### How to use it?

*I know you are sad that your toy broke, but there is no point crying over spilt milk. We'll get a new one when we can!*



### Word of the Week

#### Supercilious

#### Adjective

Behaving as if you are better than other people, and that their opinions, beliefs, or ideas are not important

#### Example

She spoke in a **supercilious** voice.

His mother looked at his clothes with a **supercilious** glare.

#### Synonyms

Arrogant  
Haughty  
Pompous

Reminder - Uniform  
Please can we ensure that everyone is wearing appropriate uniform as per the website guidelines: dark trousers/shorts/skirt; white t-shirt/shirt; black school shoes or trainers without logos

No jeans or hoodies please!

Please see the 'Parents' section of the school website for further info.



## Mel's memo

The immunisation team are visiting to vaccinate learners in years 9-11 on Weds 29th January.

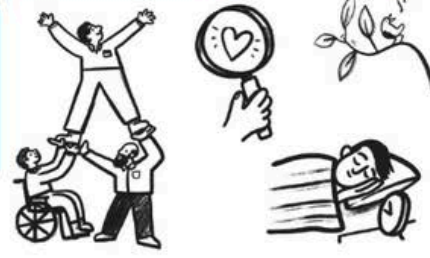
Please complete consent forms by 27th January. Contact the school office if you need help doing this.

## Happy January

Action for Happiness produce monthly calendars for daily tips and ideas for supporting positive mental health. Why not try some of these out this month?

Happier January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths
6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat
13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough
20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today
27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future		





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

Respect  
&  
Resilience

**Health**  
&  
Happiness

Kindness  
&  
Independence

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

**Larch**

Alfie H for suggesting great healthy alternatives during PSHE

**Olive**

Emma for fully engaging with PE & Outdoor Ed activities

**Elm**

Poppy for being clear about her needs

**Lime**

Camron-Jon & Lidia for excellent insights into achieving positive Mental Health

**Maple**

Jack P for his effort and enthusiasm in PE

**Beech**

Jacob for encouraging healthy habits among peers

**Holly**

Beth for looking after herself in the cold weather

**Ash**

Ruby-Mae for contributing good ideas for maintaining a healthy lifestyle in PSHE

**Birch**

Benji for improved lunch habits

**Juniper**

Chloe for recognising her need for space

**Aspen**

Amiee for becoming more active at school

**Oak**

Finlay V for putting 100% effort into PE and winning the plank competition in class!

We have had a great first week back in Food Tech. Learners in Larch class did brilliantly with shortbread biscuits - learners enjoyed making different shapes, crimping and personalizing their bakes. Birch class practiced safe knife skills, peeling and chopping apples for a quick fruit crumble. Learners in Ash and Oak class practiced baking skills when preparing ginger biscuits. Aspen, Beech and Elm classes prepared a fatless sponge cake for a swiss roll recipe with a jam filling. Learners did really well, organising their workspaces and preparing equipment for this task. Learners in Juniper and Alley house prepared a classic tomato pasta sauce which was adapted to include additional herbs and ingredients of their choice. Learners did so well preparing the sauce while cooking their pasta, presenting a perfect portion which they sat down to eat. Learners in Olive, Maple and Hazel practiced bread making skills when preparing a homemade pizza from scratch, what a brilliant effort, they looked amazing! Level 2 learners in Lime and Holly selected recipes for their assessment coursework and started planning their main course, ready for next week. 5

Next week, learners in Larch class will continue practicing their shortbread biscuits, this time with an orange twist. Birch class will make zucchini pudding. Oak and Ash class will be making Lemon polenta biscuits. Classes Elm, Beech and Aspen will make chocolate swiss roll with a whipped cream filling. Learners in Alley house and Juniper will prepare a homemade pesto sauce. Hazel, Maple and Olive will prepare beef lasagne. Holly and Lime class will prepare beef burgers with optional sides.





# SPRING 1 - WEEK 2



## MONDAY

**Outdoor Education**  
Birch & Larch

**Food Tech**  
Elm & Aspen  
Chocolate swiss roll  
Ash  
Lemon biscuits  
Alley House  
Pesto sauce

## TUESDAY

**Outdoor Education**  
Beech, Oak & Ash

**Food Tech**  
Larch  
Orange shortbread  
Olive  
Lasagne  
Birch  
Zucchini pudding

## WEDNESDAY

**Outdoor Education**  
Elm, Aspen & Juniper

**Food Tech**  
Oak  
Lemon biscuits  
Holly  
Beef burgers  
Hazel  
Lasagne

## THURSDAY

**Outdoor Education**  
Hazel & Maple

**Food Tech**  
Lime  
Beef burgers  
Juniper  
Pesto sauce

## FRIDAY

**Outdoor Ed**  
Lime, Holly & Olive

**Food Tech**  
Beech  
Chocolate swiss roll  
Maple  
Lasagne

## Safeguarding

This week's focus is on returning to school routine, which should be useful at this time of year! On the next page you'll find a guide with helpful information to support parents and carers.

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

# 10 Top Tips for Parents and Educators

## SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

### 1 START SMALL AND EARLY

Begin reintroducing elements of the school routine a week before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

### 2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

### 3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

### 4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

### 5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

### 6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

### 7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

### 8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

### 9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

### 10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education easier possible for them. Patience can go a long way to setting a positive tone for the new school year.

## Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



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Source: See full reference list on guide page at: