

W E E K L Y

NEWSLETTER



SUMMER 1 – WEEK 1

Welcome back to Summer Term at MCS! We hope you've had a lovely break and enjoyed the great weather we've had recently.

Our Outdoor Ed team have been making the most of the sunshine, getting out and about in the local area, including canoeing at the Quay!

We're looking forward to a busy term ahead, with plenty going on, so watch this space for more information!

Dates for the diary

Summer Fair: Friday 27th
June 4-6pm

Headteacher's Award



This week the Headteacher's Award goes to
Dainton

for huge improvements last term - being in the right place at the right time, doing the right thing much more often!

Please note

No school on Monday (5th May) due to the bank holiday



HIGHLIGHTING

UNIFORM

Last term's behaviour focus of 'right time, right place' saw a great improvement in learners attending lessons and engaging with their learning.

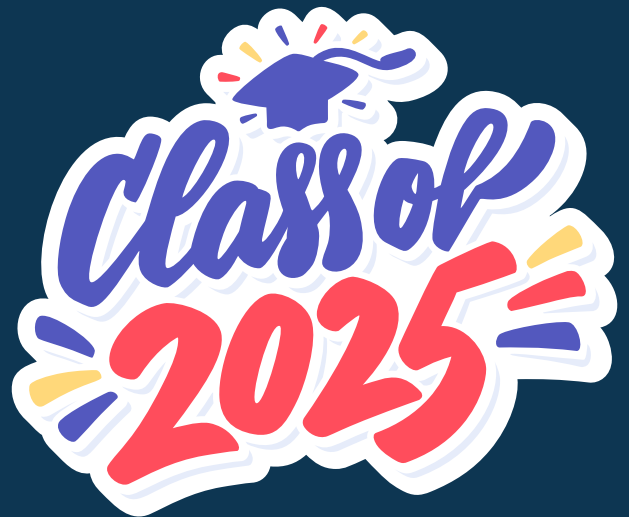
This term, we'd love to see our learners consistently adopting correct uniform clothing, creating a sense of community spirit and ensuring that school is an environment free from distractions or judgments based on what one is wearing.

Key features of our uniform policy:

- Plain black, navy or dark grey trousers/shorts/skirt - jogging bottoms or leggings are acceptable, but must be **UNBRANDED**
- Plain white t-shirt or shirt - **NO CROP/REVEALING TOPS PLEASE**
- Black, navy or dark grey jumper/cardigan - **NO HOODIES PLEASE**

Please ensure that your child's uniform follows these guidelines and is suitable- shorts and skirts should be an appropriate length (not too short please!).

LEAVERS INFORMATION



Parents and carers of all students leaving MCS this Summer should have received information regarding study leave and end of term arrangements. If you have not received this, please contact the school office.

Leavers who are taking exams in May/June may choose to attend school during the exam period or opt to take study leave from Monday 12th May - but parents/carers **must** complete the form to authorise this.

The last day for all leavers will be Friday 20th June.

THERAPY FOCUS

We practice interoception as part of our school curriculum. Paying attention to our senses helps us know about what's going on for us physically and emotionally. The ability to notice body signals increases our ability to identify and manage emotions.

It can be easiest to notice these signals when an activity provokes a strong sensation. These activities help us practice paying attention to those feelings.

Here are this week's interoception practice prompts for **SKIN**:

Hugging a loved one	Taking a shower/bath	After active play/exercise	Going outside in hot/ cold weather	Standing near a fire, heater or fan	Standing in sunshine	Playing in a sensory bin	In freezer section of store
During tickle time	Standing in front of a fan	During/ after Water play	After a cut, scrape, bruise	Putting on lotion	In a warm car	Reaching in refrigerator	Laying under lots of blankets

Idiom & word of the week for Summer Term 1, week 2:

Idiom of the week

Cut corners

To take shortcuts. To find an easier, cheaper or faster way to do something, usually less well!

Origin

Likely to have been used first in the building trade - instead of measuring carefully, a carpenter might 'cut corners' to save material.

How to use it?

To finish on time, we had to cut some corners.



Word of the Week

Genial

Adjective

Friendly and pleasant.

Example

Even though she was stressed, Ruth's manner was still **genial**.

Tim is always **genial** and welcoming.

Synonyms

Kind
Friendly



Our Values **MAGDALEN**
Stars of the Week COURT SCHOOL



Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

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

Larch

Lukas for showing kindness to all his friends.

Juniper

Nathan for supporting and encouraging others during Outdoor Ed.

Elm

Finley D for his positivity and engagement.

Oak

Rosie for having a positive attitude and being a great friend.

Beech

Jacob for noticing and congratulating his peers when they have tried hard at something they find difficult.

Oak

Evan for being friendly and kind, building good relationships with new classmates.

Hazel

Oscar for adapting well to changes.

Maple

Anna for her calm, friendly interactions with peers and staff.

Birch

Jack for being incredibly welcoming to our new student.

Ash

Emmerson-Lee for welcoming newcomers with kindness.

Aspen

Mala for showing kindness by always being ready to support others.

FOOD TECH

We've had a brilliant week back in the Food Tech department. Learners in Larch class have made considerable progress developing vegetable preparation skills for a sizzling stir fry recipe. It was great to see learners trying new foods and tasting bits of raw broccoli etc. Birch class prepared a Neapolitan pasta dish with onion, carrot, garlic and chopped tomatoes, learners developed awareness for H&S using the cooker hobs and draining hot water safely. Oak and Ash class produced a fantastic chicken and vegetable stir fry with noodles. Elm, Aspen and Beech classes made pasta bake using the roux method for a white sauce. It was wonderful to see learners developing independent cooking skills this week. BTEC Level 1 Learners in Elm, Alley House and Maple class have started their Level 1 assessment coursework; selecting a recipe, writing a shopping list, a method then finally hygiene and food safety. Learners in Olive class have been completing Level 1 and Level 2 practical assessments and coursework. An amazing effort using their communication skills to share their knowledge and teach their recipe to a class mate. Learners in Hazel and Maple prepared chicken skewers with hasselback spuds, practicing deboning the thighs and skewered these with a personalised marinade. Level 2 learners in Holly and Lime have continued to finish assessment coursework, really good effort, well done!

Next week learners in Larch class will prepare a winter vegetable pie, where they will continue to develop safe knife skills and using the hobs. Birch class will prepare a lemon and courgette linguine. Oak will prepare a vegetable curry with spinach potato and chickpeas. Beech class will prepare chilli con carne. Level 1 learners in learners in Alley House, Juniper, Maple and Lime will practice their selected recipe. Learners in Olive class will either be practicing their recipe or sharing and teaching their recipe with a classmate. Level 2 learners in Maple and Hazel will prepare BBQ spare ribs with homemade BBQ sauce and celeriac slaw. Holly and Lime class will work towards completing any outstanding coursework.





SUMMER 1 - WEEK 2



MONDAY

No learners in school -
Bank Holiday

TUESDAY

Outdoor Education
Beech, Oak & Ash

Food Tech

Larch
Winter veg pie
Olive
Chilli con carne
Birch
Lemon linguini

WEDNESDAY

Outdoor Education
Elm, Aspen & Juniper

Food Tech

Oak
Veg curry
Holly
Selected recipe
Hazel
BBQ spare ribs

THURSDAY

Outdoor Education
Hazel & Maple

Food Tech

Lime
Assessments
Juniper
Selected recipe

FRIDAY

Outdoor Ed
Lime, Holly & Olive

Food Tech

Beech
Chilli con carne
Maple
BBQ spare ribs

Safeguarding

As we get closer to exams starting, this week's focus is on supporting children to do the best they can in their exams. On the next page you'll find a guide with helpful information to support parents and carers with this.

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

10 Top Tips for Parents and Educators

EXAM-DAY READINESS

The lead-up to exams can be an emotionally challenging time. As the date approaches, nerves can become harder to manage. From nutrition to emotional support, this guide offers 10 practical strategies to reduce stress and enhance performance. Whether at home or in school, these tips encourage focus, resilience, and wellbeing – giving every student the best opportunity to approach exam day with clarity and self-belief.

1 FUEL THE BRAIN



Encourage students to eat a balanced breakfast and hydrate before exams. The brain is around 80% water, so even mild dehydration can reduce memory and concentration. Provide water, cereal bars, or fruit on exam day – especially helpful if anxiety affects appetite. A little fuel can go a long way towards better performance.

2 PROMOTE POSITIVE SELF-TALK



Support young people to challenge negative thoughts. Help them replace "I'm going to fail" with "I've worked hard; I can do this". Positive affirmations boost confidence and reduce anxiety. Practise these together at home or in school settings.

3 PRACTISE RELAXATION TECHNIQUES



Encourage daily use of calming techniques, such as diaphragmatic breathing, guided muscle relaxation, or mindfulness. These techniques help regulate stress responses. Consider running short morning sessions before exams, or practising together at home to promote calm focus.

4 CREATE FAMILIAR COMFORT



Ensure a supportive adult is visible and available before exams. The calm presence of a parent or teacher can offer a sense of safety. Schools can provide 'calm zones'; parents can support with consistent routines and reassuring conversation.

5 ENCOURAGE VERBAL EXPRESSION



Invite students to talk about their exam worries. Whether it's a quick check-in with a teacher or chat with a parent, open conversations reduce emotional pressure. Active listening is often more powerful than immediate problem solving.



6 ORGANISE EXAM-DAY LOGISTICS

Prepare exam-day essentials in advance. Schools can coordinate staff to greet students and manage pre-exam spaces. Parents can prepare clothes, equipment and transport the night before to prevent stress.

got this!

7 BUILD A COPING TOOLKIT



Teach students simple 'in-the-moment' coping strategies. These include calm breathing, focusing on what they can control, and using grounding techniques. Practise these together so they become easy to recall under pressure.

8 EMBRACE A BALANCED ROUTINE



Reinforce healthy routines: regular sleep, nutritious meals, movement and time to unwind. Families and schools can support students by encouraging outdoor time, screen breaks and restful evenings before exams.

9 NORMALISE EXAM NERVES



Let students know that feeling anxious is normal and doesn't mean they're unprepared. Reassure them that a certain level of stress is natural – and can actually improve focus and performance when managed well. A calm, understanding tone – at home and at school – helps build confidence and resilience.

10 KEEP SPACES CALM



Reduce pressure in exam-day environments. Whether in the school common room or family kitchen, avoid last-minute cramming. Instead, use soft lighting, gentle music, and quiet time to support a composed mindset.

Meet Our Expert

Stefan Fusenich is a teacher educator and DfE subject learning coach (advanced practitioner). Stefan has extensive management and teaching experience across various posts in education, and is a qualified lecturer with Qualified Teacher Learning and Skills status.

