



SUMMER 1 – WEEK 4

This half term seems to have gone by very quickly, but it has been a productive one with plenty going on!

We've seen lots of positive behaviour and engagement from our learners this half term, so thanks to them for that and we wish all of our young people an enjoyable half term break.

We look forward to seeing you all again on Monday 2nd June!

Headteacher's Award



This week the Headteacher's Award goes to
Kat
for fantastic attendance!

Dates for the diary

Summer Fair: Friday 27th June
4-6pm

THERAPY FOCUS

Do you have a favourite pen to write with or a favourite item of clothing? It's your interoceptive sense telling you that it's your favourite! It just feels right!

We practice interoception as part of our school curriculum. Paying attention to what we are feeling inside helps us to know ourselves better – physically and emotionally, and helps us to take action, for example.. I feel hot, I feel uncomfortable, I take off my jumper. Interoceptive skill also increases our ability to manage our emotions, for example.. I feel a sinking feeling in my tummy, I'm a bit scared, I can go and talk to someone.

You can practice interoception at home in lots of small ways. Modelling your own interoceptive skills in a real world, authentic way is great – e.g. 'I'm feeling really hot and uncomfortable– I'm going to take off my jumper!' or perhaps 'I'm feeling a bit tight in my body, I'm feeling stressed, I'm going to take a breath!'

Here are some prompts that you can use with your children and questions to go with them if its helpful...I wonder if that feels comfortable, uncomfortable or something else?

I wonder what you notice in your body when you do that?

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|---------------------|--------------------|-----------------------------|------------------------|-------------------|-----------------------|-----------------------|-------------------------------|
| Hugging a loved one | Driving in the car | After active play/ exercise | Watching a scary movie | During silly time | Playing on playground | Carrying a heavy load | Climbing steps |
| During tickle time | Getting a massage | Watching TV | At bedtime | Reading a book | When waking up | During bath time | Laying under lots of blankets |



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

James for being thoughtful to others.

Juniper

Eboni for being so kind to others whilst settling into a new school.

Elm

Sophie for doing well socially.

Oak

Lucas B for joining in class games.

Olive

Dainton for patiently and supportively helping out classmates with their work.

Beech

Charlotte for cheering on and encouraging her classmates at the Athletics Tournament!

Holly

Aaron for being polite and considerate to others.

Hazel

Evie for willingness to participate and engage positively with staff this week.

Maple

Jack P for showing respect for the needs of others.

Birch

Jack L for always being polite and considerate.

Ash

Ruby-Mae for showing kindness to peers.

Aspen

Riana for having great manners and helping with jobs.

Lime

Lidia for showing kindness and warmth to our younger learners.

FOOD TECH

What an excellent final week of practical Food Tech sessions. Learners in Larch produced some incredible cheesy leek sausages with a red onion relish. Birch class prepared a classic beef Bolognese, consolidated their skills preparing pasta, well done. Ash and Oak classes prepared vegan koftas with a wonderful balance of spices, served with warm pitta pockets and a homemade minty yogurt dressing. Learners in Aspen, Beech and Elm practiced preparing burger patties for their turkey burger recipe which was a wonderful opportunity to develop skills operating the grill. Learners in Juniper, Lime and Holly worked really hard on preparing their selected recipes and taking lots of photos of their work ready to make presentations next term. Many learners in Olive class have completed their final practical assessments at level 1 and have focused on completing assessment questions to complete their coursework, amazing effort everyone! Learners in Hazel and Maple produced burgers from scratch adapting a recipe and learning about economizing when preparing burger patties.

Next term, our over-arching theme across the key stages is Al Fresco dining. Larch class will be designing and preparing dips. Birch class will prepare different types of sandwiches, chutneys and biscuits. Ash and Oak will prepare vegetable galore; Soups, deli salad, ratatouille etc. Beech, Elm and Aspen will complete a design and make challenge where they plan a healthy main dish for a leisure venue. Level 1 learners completing assessments in Alley house, Juniper, Maple and Lime will gather evidence for their coursework and finish the term teaching their recipe to another peer or member of staff. Learners following the level 2 curriculum in Hazel, Maple, Lime and Holly will prepare salads and dressings.



ATHLETICS TOURNAMENT



On Thursday we took learners from Beech, Oak and Ash class to take part in an athletics event held at Exeter Arena.

The day involved lots of events such as team relay, javelin, 400m run and jumping challenges. All of our learners were amazing and challenged not only themselves, but encouraged everyone else in their team to take part in each event, which they should be extremely proud of!

Well done team!



Ruby made sure the medals were genuine for us!

Safeguarding

This week's safeguarding focus is on road safety. On the next page you'll find a guide with helpful information and advice to support parents and carers with this, which should be especially useful over the half term break.

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

10 Top Tips for Parents and Educators

SAFETY ON THE ROAD

Traffic-related incidents are a significant risk for young pedestrians and cyclists, so understanding road safety is crucial for children's wellbeing. While all road users share responsibility for keeping one another safe, this guide offers strategies for empowering young people to navigate the roads confidently and responsibly.

1 TAKE PRACTICE JOURNEYS

Making 'practice' journeys with children is a great way to help them stay safe, thereby modelling responsible behaviours and having road safety conversations as they prepare to travel independently. Add hazard perception activities like spotting electric vehicles – which may have a green number plate – and point out how quiet they are. Children learn by watching others; remind them that their peers might not always be the best role models.

2 BE BRIGHT, BE SEEN

Visibility is lower during darker winter days, and drivers need to take extra care to look out for pedestrians. Wearing bright and reflective clothing can help make children more visible to drivers near roads. In poor daylight conditions, encourage children to wear light, bright or fluorescent clothing. When it's dark, wear reflective clothing or materials such as a reflective armband or jacket.

3 EYES UP

Encourage children to look up and keep their eyes on the road. Teach them to constantly watch for traffic and practise double-checking the road before crossing – looking right, left and then right again.

4 LIMIT DISTRACTIONS

Where possible, devices like phones should be kept away from children while out and about near roads. If they're carrying devices, these should be put away until they've reached their destination. Children must also avoid playing with toys or being distracted by friends. If a friend wants to show them something funny on their phone, there'll be time for that once they've safely arrived.

5 SLOW DOWN

Discuss the importance of waiting instead of crossing immediately. It can be tricky to judge the speed of traffic and spot obstacles that could cause a trip or a fall. For safety, children must stop and think before they get to the kerb and should always walk – not run – when crossing the road. They should avoid crossing until they're certain they have plenty of time. Even if traffic seems a long way off, it could still be approaching very quickly.

6 STOP BEFORE THE KERB

Teach children to stop before reaching the kerb – not right at the edge of it. Halting before they get to the kerb allows them to see if anything's coming, whereas getting too close to traffic is dangerous. If there's no pavement, children should stand back from the road. Ensure they can still see approaching traffic.

7 CROSS SAFELY

Children should always find a safe place to cross the road, prioritising zebra crossings, footbridges and subways. Find a place where they can see traffic coming from both directions. Avoid crossing near junctions, bends in the road, or obstacles that block their view. Instead moving to somewhere they can see and be seen. Remind them to use their eyes and ears together when checking the road, as sometimes they can hear traffic before they can see it. Looking and listening while crossing helps them quickly spot traffic, including cyclists and motorcyclists driving between other vehicles.

8 PARKED VEHICLES

Crossing between parked vehicles is very dangerous. Teach children to use extra caution if crossing in this way, and, ideally, avoid it altogether. They should use the outside edge of a vehicle as if it were the kerb, waiting and checking for traffic before moving. They should ensure vehicles aren't about to move, by looking for drivers in the vehicles and listening for engines running – but remember that electric vehicles may move off silently. They should always make sure there is a gap between any parked vehicles on the other side, so they can reach the pavement.

9 REVERSING VEHICLES

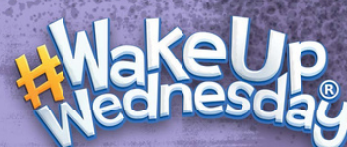
Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

10 WAIT FOR THE BUS TO LEAVE

When getting off a bus, children must wait for it to leave before crossing so they can have a clear view of the road in both directions. This also allows them to see and be seen by other road users. Crossing near large vehicles is particularly dangerous and should be avoided.

Meet Our Expert

THINK! is a year-round national campaign that aims to encourage safe road behaviours – whether we're driving, cycling, horse riding or walking – with the aim of reducing the number of people killed and injured on the UK's roads each year. Find out more at: <https://www.think.gov.uk/education-resources/>



The National College