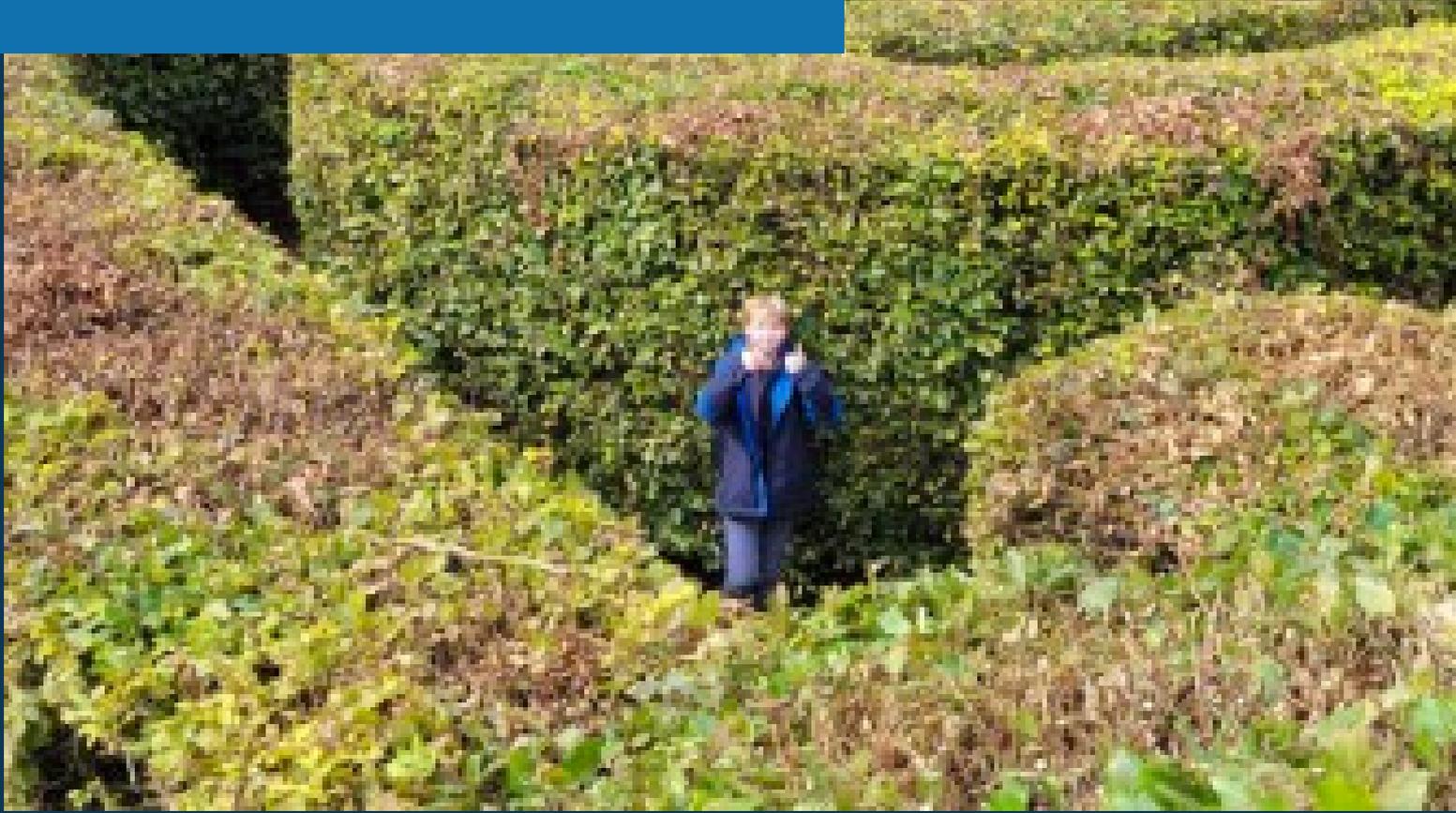


W E E K L Y

NEWSLETTER



AUTUMN 1 – WEEK 2

This week our learners have been out and about at Escot, thankfully they all made it out the maze and back to school!

Just a reminder that we use the Arbor Parent Portal here at MCS to send whole-school notifications as well as individual messages. You can also use this to send messages to us about absences or other queries you may have.

If you need help logging onto and using the Arbor Parent Portal, please contact the school office on 01392 494919 or office@magdalencourt.org.



On Tuesday 14th October we'll be holding a Careers and Parents' evening event from 3-5pm.

Further info to follow!

We've had a wonderful 2nd week back in the Food Tech department with learners across the key stages settling into practical sessions and producing great work. Learners in Sycamore and Hawthorn developed skills and confidence using the grill safely when preparing croque monsieur. Laurel class produced mouth watering simple pancakes served with lemon and sprinkles of sugar. Year 7 Aspen and Larch class discovered the world of taste testing as they analysed shop bought products and compared them against some homemade savoury and sweet breakfast muffins. Oak and Juniper prepared mini-vegetable frittatas, learners personalized their fillings from a selection of tasty vegetables, herbs and cheese, they turned out lovely. Beech, Ash, Elm, Rosewood and Palm prepared scrambled eggs this week, they discussed how to source fresh eggs from happy hens and the different standards of farmed eggs. Hazel and Maple prepared French toast with blueberries and caramelised bananas, what a joy to see learners preparing work with care and focus on presentation, well done. Lime and Holly made a super vegetarian lentil stew, practicing knife skills and developing knowledge of seasonal vegetables.

Next week Hawthorn and Sycamore will prepare fruit kebabs with eggy bread. Laurel will make American pancakes. Larch and Aspen will prepare savoury breakfast muffins. Oak and Juniper will also prepare French toast with some fresh fruit. Beech, Ash, Elm, Rosewood and Palm will make winter spiced poached pears and plums. Hazel and Maple will make cherry baked oats. Holly and Lime class will prepare a classic Shepherds Pie.





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



**Respect
&
Resilience**

**Health
&
Happiness**

**Kindness
&
Independence**

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

Hawthorn

Bobby for showing respect to all members of the school, holding doors, helping tidy our environment and building friendships.

Sycamore

Adam for showing respect for boundaries.

Laurel

Jenson for lovely manners in class.

Birch

Bonnie for being so kind and caring.

Juniper

Lucas B for respectful interactions, using his manners.

Elm

Poppy G for advocating for herself and identifying her needs clearly.

Aspen

Jack For being a safe and respectful learner.



Holly

Justin for helping in tutor group and always being respectful.

Maple

Otto for improved attitude when talking with staff.

Lime

Ella for being respectful and supportive to her peers throughout the week.

Palm

Rosie for welcoming new members into class this week.

BIRCH CLASS ART



Emma Petrova produced this beautiful drawing for us around our class reading - Impossible Creatures by Katherine Rundell. Well done Emma!

NEXT WEEK



MONDAY

Outdoor Ed
Hawthorn, Laurel &
Sycamore
-nature trails

Food Tech
Aspen
Ash

TUESDAY

Outdoor Ed
Larch, Aspen, Oak, Juniper
-nature trails

Food Tech
Beech
Sycamore
Elm

WEDNESDAY

Outdoor Ed
Elm, Beech, Ash
-mountain biking

Food Tech
Lime
Alley House
Juniper

THURSDAY

Outdoor Ed
Hazel & Maple
Rosewood & Palm
-mountain biking

Food Tech
Laurel
Larch
Oak

FRIDAY

Outdoor Ed
Lime, Holly & Birch
-mountain biking

Food Tech
Laurel
Larch
Oak

Safeguarding

This week's safeguarding focus is on upsetting content. On the next page you'll find a guide with helpful information and advice to support parents and carers with this.

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

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



National Online Safety®

#WakeUpWednesday