



AUTUMN 1 – WEEK 3

We are excited about the return of our coffee mornings for parents this term. Each Thursday our Therapy team invite the parents of one of our classes to join them to talk about how they can support you and best work together for our learners.

These will run on Thursday mornings 10-11.30am. Please let the school office know if you will be attending.

The first coffee morning will be for Aspen class on 9th October.

Aspen 9th October
Larch 16th October

Headteacher's Award



This week the Headteacher's
Award goes to

Ethan R-J

for his super barista skills
&

Anna

for giving 100% every time

CAREERS FAIR

Discover your future at our exciting
Careers Fair, where opportunities await!



Magdalen Court
School



Tuesday 14th
October
3pm - 5pm

CAREERS FAIR

We are looking forward to our upcoming Careers Fair, which will also be an opportunity to meet with your child's teacher.

We would love to have some of our parents and carers speak to the learners about their careers. If this is something you are able to do, please contact Sophie: shaney@magdalencourt.org. Thank you!



Annual reviews for learners in Y11/12/13 start next week - if you are unsure of the date of your appointment, please email gwestle@magdalencourt.org for details.

POLICE SEAT BELTS



Devon & Cornwall Police are offering free seatbelt covers to drivers and passengers with additional needs, to help make communication easier after incidents involving vehicles.

The seatbelt cover can attach to a seatbelt using velcro, and contains the user's details including any medical conditions or communication barriers.

For more information, visit the Devon & Cornwall Police website or your nearest police station!

It's been a brilliant and busy week in the Food Tech department. Our new Food Tech teacher Victoria who is working alongside Harry is settling in well and is enjoying teaching practical Food Tech sessions where learners are developing skills and trying new foods. Hawthorn and Sycamore have produced a delightfully presented fruit kebabs with eggy bread. Learners did some excellent safe chopping of fruit and threaded them onto skewers before frying their eggy bread. Laurel class prepared American style fluffy pancakes, where learners developed skills flipping and controlling the heat outputs of the cookers. These were simply gorgeous served with runny honey, well done guys. Larch and Aspen made bacon and cheese breakfast muffins, what a great way to develop baking skills, both groups worked extremely hard and planned an adapted personalized savoury muffin recipe for next week. Oak and Juniper class completed retrieval tasks on the 'protein' group on the Eatwell plate preparing French toast with lots of delicious fresh fruit. Beech, Ash, Elm, Rosewood and Palm prepared winter spiced poached pears and plums. We discussed what fruits are in season right now in the UK and how to access free (foraged) fruit from our community orchards and gardens of friends and families. Hazel and Mapel prepared a cherry baked oats recipe with chocolate, this was quite a new texture and idea for lots of our learners, well done for everyone giving it a try. Finally, learners in Holly, Lime and Birch produced some excellent Shepherd's pies with all the vegetable prep done by hand and in a timely fashion, really well done.

Next week, Hawthorn and Sycamore will be making cheese and onion waffles served with grilled sausages. Laurel class will prepare scotch pancakes. Aspen and Larch will prepare their personalized savoury breakfast muffins. Oak and Juniper are making cheese and ham toasted sandwiches. Beech, Elm, Ash, Rosewood and Palm will prepare bacon and egg rolls with a cup of tea. Maple and Hazel are preparing a kedgerree. Lime, Holly and Birch class are making Lancashire hotpot.





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.

Sycamore

Arsenii for being respectful towards everyone and working hard in learning time.

Laurel

Theo for doing all that is asked of him with a smile on his face!

Elm

Ethan R-J for choosing to support his own wellbeing (and that of staff) through coffee deliveries!

Aspen

Noah B for being consistently respectful to others.

Ash

Tommy for always showing kindness and consideration towards others.

Beech

Noah O for showing respect to all staff and students throughout the week.



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



Palm

Olivia for settling into the school values really well!

Maple

Otto for his positive and friendly attitude towards peers and staff.

Oak

Ruby-Mae for managing supplies and resources so well as part of her class job.

Hazel

Eboni for always being polite and respectful to staff and students.

OLIO APP

We would like to introduce our parents and carers to this brilliant app, which helps you find groceries that are 'expiring today' and other items for free - great on a budget, and for reducing food waste!

Download the Olio app

Join 8 million Olio-ers worldwide in the fight against waste



Share more, waste less

Beat waste with Olio: the app for finding what you need and sharing what you don't with local people.

Get the app

NEXT WEEK



MONDAY

Outdoor Ed
Hawthorn, Laurel &
Sycamore
-wild swimming

Food Tech
Aspen
Ash

TUESDAY

Outdoor Ed
Larch, Aspen, Oak, Juniper
-wild swimming

Food Tech
Beech
Sycamore
Elm

WEDNESDAY

Outdoor Ed
Elm, Beech, Ash
-wild swimming

Food Tech
Lime
Alley House
Juniper

THURSDAY

Outdoor Ed
Hazel & Maple
Rosewood & Palm
-wild swimming

Food Tech
Laurel
Larch
Oak

FRIDAY

Outdoor Ed
Lime, Holly & Birch
-wild swimming

Food Tech
Laurel
Larch
Oak

Safeguarding

This week's safeguarding focus is on kindness. On the next page you'll find a guide with some information about why 'doing good does you good'!

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

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A MOP OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA XTIVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>