

W E E K L Y

NEWSLETTER

MAGDALEN
COURT SCHOOL



SUMMER TERM 1 – WEEK 1

Welcome back!

Welcome back to the first summer term at Magdalen Court! We hope everyone enjoyed a lovely Easter break and a big thank you to PAFOM who provided Easter eggs for all our learners!

Summer Term dates

Bank Holiday Monday - 6th May
Half Term 27th May - 31st May
Pupils return Monday 3rd June
End of Term - Tuesday 9th July (1pm)

Good Luck!

We would like to wish our OT Lucy lots of luck as she takes part in the London Marathon this weekend, raising money for the South West Multiple Sclerosis Centre. This is Lucy's first marathon and she has been training incredibly hard! If you would like to donate, please visit - <https://msttherapycentresw.enthuse.com/pf/lucy-gillett-34898>

Jokes of the Week!

George's joke

What do you call a nose that has no body?
Nobody knows!

Benji's joke

Why isn't the sky happy when it's clear?
Because it has the blues!

Arran's joke

Why did the Queen go to the dentist?
To get her teeth crowned!

Headteacher's Award



This week, we are delighted to award our Headteacher's Award to Oliver M. Oliver has had a brilliant week, which has been noted by the whole staff team. He has made good choices and acted as a great role model for fellow learners.

St George's Day Parade

Good luck to Jasmine who is walking in the St George's Day Parade this weekend, carrying the flag for Rangers. Starting in Rougemont Gardens, Jasmine will walk in the parade to Exeter Cathedral. Good luck!

Wedding Bells!

A big congratulations to HLTA Jack, who got married over the Easter holidays! Jack and his wife Sasha were married in a beautiful ceremony overlooking the sea in Torquay, and some staff members were there to support. Congratulations Jack and Sasha!

BREAKING NEWS

We've got a new section for our weekly newsletter! Each week, we will now feature a positive or interesting global news item. We hope that this will help our learners build their awareness of the world around them as well as connecting to the school values including respect and kindness.

This week, the Olympic Flame Lighting Ceremony took place on the ancient site of Olympia, in Greece. The flame will stay lit for the entirety of the Olympic Games period! Around 500 torchbearers will now carry the Olympic flame on a 2,000 kilometre journey around Greece, before reaching the Panathenaic Stadium in Athens, the site of the first modern Olympics, on 26 April. It will then be passed to the organisers of this year's Paris Olympics and begin its journey to France.





Our Values Stars of the Week

MAGDALEN
COURT SCHOOL



Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

The value this term is **kindness** and we've seen some lovely acts of kindness in our first week back at school. Well done everyone!

Aspen

Benji for making sure other children get to choose

Oak

Noah for designing and building a tadpole island

Larch

Maisie Bo. for always being kind and welcoming

Beech

Poppy for reaching out and making new friends

Holly

Oliver for being positive and engaging with every lesson

Elm

Seth for having very good ideas about solving disputes

Chestnut

Arran for showing care and kindness to others

Hazel

George for always being polite and using manners in class

Maple

Jasmine for always offering to help staff with tasks and supporting friends during difficult times

Lime

Mae for supporting her friends with kind words and actions

Food Tech

We have had a very productive first week back in the Food Tech department. Learners in Aspen and Larch class practiced knife skills whilst preparing onion, garlic and carrot for their Neapolitan pasta sauce recipe. This was a great opportunity to develop skills and confidence using the hob to simmer the sauce and boil pasta. Oak class loved their sizzling stir fry recipe, where they prepared all of the fresh ingredients themselves; peeling and match sticking ginger, crushing garlic, slicing onion, pepper, onion, pak choi etc. Level 1 learners in Elm, Holly, Ash & Chestnut have chosen their assessment recipes and completed their shopping lists and H&S worksheets. Level 2 learners in Ash, Hazel and post 16 made broccoli and potato croquettes, this recipe was all about time management as the croquettes needed to be chilled in the freezer before being rolled in flour, egg and coated in sesame seed before being fried. This dish was accompanied with a cream cheese/yogurt and chive dip, a perfect combination! Our leavers in year 11 and post 16 selected their two course recipes for their practical assessment, wrote shopping lists and wrote down their method in preparation for practical sessions.

Next week, Aspen and Larch are continuing with Italian cuisine whilst making lemon linguini. Oak class are developing their flavour and spice combinations whilst making vegetable curry. Beech class will be making Chilli Con Carne. Level 1 learners in Elm, Holly, Ash & Chestnut will start practicing their chosen recipe next week which will be either chocolate brownies, classic tomato spaghetti or chicken fajita. Level 2 learners in Ash, Hazel, year 11 & post 16 will be making skewered chicken thighs with roasted spuds. Level 2 learners who've started the assessment process will be making their selected starter or dessert recipes.



Getting
to
know
you!



This week, we are getting to know Laura, who has joined the admin team!

What's your favourite dinosaur? *asked by Isabel P*
Ankylosaurus

What's your favourite TV show? *asked by George*
Bake Off the Professionals – though it makes me hungry when I watch it!

What's your favourite food? *asked by Jasmine*
Tiramisu

What is your favourite dog breed? *asked by Toby*
Cockapoo – I often look after my neighbour's dogs who are cockapoo

What is your favourite colour? *asked by Charlotte*
Electric blue – just like our lanyards!

What's your favourite movie? *asked by Izak*
Pride & Prejudice (the old one)

When you were small, did you like watching Disney films? *asked by Rosie*
Yes. The Little Mermaid was my favourite!

Do you put the milk or cereal first in the bowl? *asked by Thomas*
Cereal

Where is your dream holiday spot? *asked by Theo*
Barcelona – I love all the buildings and parks designed by Gaudi, and the sunshine is nice too.

What's your favourite state of America? *asked by Joseph*
I've never been to America but maybe Washington State as I'd like to visit Seattle.

What made you want to work at Magdalen Court? *asked by Arthur*
It seemed like a friendly school and a nice place to work.

What are your top interests? *asked by Mae*
I like anything creative, I do embroidery and other crafty things in my spare time. I also like board games!

What's your favourite Spongebob character? *asked by Phoenix*
I've never watched Spongebob, sorry! Sandy Cheeks looks fun.

SUMMER 1 - WEEK 2



MONDAY

Outdoor Education

Oak & Larch

Food

Hazel
(Chicken skewers/chosen recipes)
Aspen
(Lemon linguine)

TUESDAY

Outdoor Education

Holly, Elm & Y9 Chestnut

Food

Year 11/Post 16
(Chicken skewers/Chosen recipes)
Larch
(Lemon linguine)

WEDNESDAY

Outdoor Education

Beech & Aspen

Food

Chestnut
(Chosen recipes)
Ash
(Chosen recipes/Chicken skewers)
Oak
(Vegetable curry)

THURSDAY

Outdoor Education

Ash, Hazel & Y10 Chestnut

Food

Holly
(Chosen recipes)
Post 16
(Chicken skewers/chosen recipes)

FRIDAY

Outdoor Education

Maple & Lime

Food

Beech
(Chilli con carne)
Elm
(Chosen recipes)

Safeguarding

This week, our safeguarding focus is all about developing healthy sleep patterns. As our learners return to school after the holiday and readjust to the school routine, we think that developing healthy sleep habits are really important. Sleeping well has a huge impact on wellbeing and your ability to concentrate and the 10 top tips on the next page includes some really useful information. We think this information is beneficial for everyone - learners, parents & carers and even staff!

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

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The National College