



AUTUMN TERM 2 – WEEK 1

Welcome back!

Welcome back to the whole Magdalen Court community after half term! We hope you all enjoyed a restful break and are ready for the second half of the Autumn term!

School Contact

Many thanks to our Parents & Carers for their cooperation this week with our closure on Thursday. Unfortunately, due to the weather and the high number of school closures across the county, we were unable to open. This message was communicated to Parents & Carers via email, class dojo, social media and the school website. Please ensure you are signed up to your learner's class dojo and, if able, have followed the school on social media - in order to receive important updates in the future.

Football Festival

Today, we sent two teams to another local football festival - where they represented the school fantastically! Check out next week's newsletter for a full match report!

Parent's Evening

Thank you to those who attended Parent's Evening on Tuesday. For those unable to make the evening, an alternative date should have been arranged by the class teacher. If you have any difficulties with this, please contact your class teacher.

Headteacher's Award



This week's Headteacher's Award is given to Ozzy for making positive choices all week!

Stars of the Week!



Oak - Benji
Larch - Theo
Beech - Kellan
Holly - Ozzy
Elm - Seth
Hazel - George
Ash - Camron Jon
Lime - Freddie

Getting

to

know

you!

Let's get to know Katie,
one of our Governors!



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

Diplodocus - look at the length of that neck!

What's your favourite movie? *asked by Izak*

I really like Encanto and the greatest showman - something with catchy songs which I can sing along too!

What made you want to be a Governor? *asked by Arthur*

I want to support school being the best they possibly can be for the children they support. Everyone needs help and support to be great and I wanted to support MCS to be great!

What's your favourite TV show? *asked by George*

Things which make me laugh like Brooklyn 99 or big bang theory. When I was at school it was all about Friends though!

When you were small, did you like watching Disney films? *asked by Rosie*

Yes, and I still do. When I was little my favourite was Beauty and the Beast and Fox and the Hound.

Where is your dream holiday spot? *asked by Theo*

Thailand is on my wish list!

What's your middle name? *asked by Hannah*

Louise

What is your favourite dog breed? *asked by Toby*

Labrador. I have an old black Lab called Poppy!

What's your favourite state of America? *asked by Joseph*

New York!

What is your favourite colour? *asked by Charlotte*

This is a tricky one as I like all colours and have painted all the rooms in my house different colours. I really like Yellow.



poppy!

**Thank you Katie, for answering all of our questions!
Look out for more Governor interviews in the future!**

Food Tech

For the next few weeks in Food Tech lessons this term, learners are developing skills with making and handling different types of pastry. Some learners in year 10 will be starting their BTEC Level 1 assessment process. Larch classes have been using the 'rub in' method to make cheese straws. Beech class have made short crust jam tarts and Elm class made custard almond twists. Classes Ash and Hazel made rock cakes this week, again practicing the 'rub in' method for making the fine crumbs with butter and flour. Year 11 learners made a fantastic filo spinach & ricotta swirl, the filling was so delicious! This required working quickly when brushing the butter to ensure any filo didn't dry out, before it was rolled and placed into the ceramic dish.

Next week, Larch & Oak will be making spring rolls. Beech class will make short crust pastry sausage rolls from scratch. Elm and Holly will make short crust jam tarts. Year 10 classes will be choosing a recipe to adapt. Year 11 and post 16 learners will make a sausage roll with flaky pastry. Level 2 learners will be making roast squash soup with various toppings.



Milo's half term adventures!

With Rowena enjoying a holiday abroad during half term, Milo had his own mini trip away and went to stay with HLTA Jack!

It seems that Milo had a brilliant time and we thought this Halloween picture was too jolly to not share with our community!



Next Week

Please find the schedule for next week below, as well as on the website and social media. We are looking forward to some yummy pastry recipes in the Food Tech lessons! We would also ask that all Parents & Carers ensure their learners bring sufficient layers and appropriate footwear on their Outdoor Education days. We are expecting more rain later next week and would like the learners to be as dry and comfortable as possible!

AUTUMN 2 - WEEK 2



MONDAY

Outdoor Ed
Oak & Larch
(Forest School Activities)

Food
Hazel
(Adapting recipes)

TUESDAY

Outdoor Ed
Holly & Elm
(Forest School Activities)

Food
Year 11/Post 16
(Sausage Rolls/Roast Squash soup)
Larch
(Spring Rolls)

WEDNESDAY

Outdoor Ed
Beech
(Forest School Activities)

Food:
Elm
(Jam tarts)
Ash
(Adapting recipes)
Oak
(Spring Rolls)

THURSDAY

Outdoor Ed
Ash & Hazel
(Forest School Activities)

Food
Holly (Jam tarts)
Post 16 (Sausage Rolls/Roast Squash soup)

FRIDAY

Outdoor Ed
Year 11 & Post 16
(Forest School Activities)

Food
Beech
(Sausage Rolls)



Careers

Before half term, we spoke about how excited we are to be developing our Careers Programme! We also asked for any Parent/Carer volunteers who would be happy to speak to our learners about their own careers. If this is something you might be interested in, please email Adele (athomas@magdalencourt.org) and let us know! We are especially keen to hear from those who work for the emergency services. Additionally, if you have contacts who have interesting jobs and would be keen to speak to our learners then please let us know!

We would also like to recommend the Youth Employment UK website, included as a link below. The website has a huge amount of information and guides for different careers, as well as a helpful quiz to help narrow down which fields you might want to work in!

www.youthemployment.org.uk/careers-hub/

Christmas Cards!

PAFOM are organising a Christmas card design competition for both staff and pupils, with a £20 book gift cards to be won! Entries must be submitted to Adele by the end of the day on 1st December. All cards will be displayed at the Christmas cracker fair on the 8th Dec.

Additionally, some learners are designing Christmas cards and other items with their design on. These are in the process of being completed, with more information about purchasing the cards and other items coming home in the next few weeks. All money raised will go to PAFOM.

Staff Update

Following a significant period of absence Steve O'Connell has now left Magdalen Court School. We wish him every success in his next venture.

Safeguarding

This week, our safeguarding focus is Supporting Children's Mental Health. We know that speaking about mental health can be really challenging and, often, we might try to avoid the topic as we don't want to make it worse. This helpful guide provides Parents & Carers with 10 conversation starters to make those tricky discussions feel a bit easier.

If you would like to discuss this topic further then please feel free to contact our Safeguarding Officer Jane, or Pastoral Practitioner Grace.

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

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 of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>

