



AUTUMN TERM 2 – WEEK 7

Christmas lunch & Jumper Day Reminder

A reminder that Tuesday 19th will be our Christmas lunch and jumper day! Learners on Outdoor Ed will be given packed Christmas lunches to take with them!

End of Term

Please note, term will end on Wednesday 20th December at 1pm.

Staffing Changes

We have some new staff members joining us from January! We will be sharing their names and pictures in next week's End of Term Newsletter. Please take time to go over this with your learner, especially if they will be working in your learner's class.

Progress Reviews

Progress Reviews will be sent out next week digitally. If you have any questions regarding this, or require it in alternative format, please contact your class teacher.

Challenge Day!

We had a fantastic time this week on our Careers Challenge Days! Learners had the opportunity to solve a crime, with our Maple and Lime classes creating their own chocolate bars. We will be sharing some photos on our social media next week!

Jokes of the Week!

Why do pine trees suck at sewing?
They always drop their needles!

What do snowmen eat for breakfast?
Ice Crispies!

Thank you to George and Benji for their jokes!

Headteacher's Award



This week, our Headteacher's Award is awarded to Charlotte for showing great resilience and pushing herself to go on Outdoor Education this week. This has been a target we have been working on all term and it's fantastic to see Charlotte achieve this - well done!



Our Values Stars of the Week

MAGDALEN
COURT SCHOOL



Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

This week, we are focusing on **resilience** again. We started our Friday assembly asking the learners what resilience means them and we had had some brilliant answers! Rosie thought that it means to keep going and never give up, Jack thinks resilience means to ignore things that might be difficult or annoying and to keep trying and Callan said it is about overcoming change and difficult times - what wise answers! The learners listed below have done a brilliant job of being resilient this week - well done!

Oak

Finley - showing resilience with hard work, even when unwell
Leo - showing resilience with his Star Reader and Star Maths work
Henry - for writing a great story

Larch

Finley - showing resilience with English work
Phoebe - persisting with challenging things
Theo - showing resilience to overcome disappointment
Maisie Br. - resilience with overcoming and solving challenging Maths problems

Beech

Sophie, Charlotte, Billy, Mala-ann, Ethan & Kellan - for persevering and completing the Challenge Day

Holly

Joe - for making an apology and moving on
Arthur - for always coming back to class, despite a tough week
Ozzy - for a really good week!
Oliver - for a better week, after having a tricky time
Toby - for showing great resilience in learning to work without a scribe

Elm

Kai - for showing resilience in difficult situations
Rosie - for showing resilience all through the term

Hazel

Beth - for showing resilience and determination to attend lessons
Cameron - for showing determination to remain mature and focused amongst his peers

Ash

Jade & Ruby for persevering when things have been hard

Lime

Maple

Freddie - for persevering with new tasks

Getting

to

know

you!

Let's get to know
Honorata - our
wonderful HR
Administrator and also
a Governor!



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

What is your favourite dog breed? *asked by Toby*
Border terrier. They have cheeky little faces!

What is your favourite colour? *asked by Charlotte*
I love them all but teal would be on top of the list.

What's your favourite movie? *asked by Izak*
I don't think that I can choose just one but I watched Uncharted few days ago and will be adding it to my long list of favourites.

What's your favourite dinosaur? *asked by Isabel P*
Microraptor because palaeontologists think it was covered in colourful feathers and had a cool tail.

What's your favourite TV show? *asked by George*
I enjoy Glow Up on BBC. It's a competition for aspiring make-up artists. Their talent is breath taking!

When you were small, did you like watching Disney films? *asked by Rosie*
When I was a little girl, Poland was under communist rule and Western films were frowned upon. I loved a Polish cartoon called 'Maja' about lovely little bee and her adventures with her friend Gucio.

Where is your dream holiday spot? *asked by Theo*
I was brought up in Poland and love going back to hike and ski in Polish mountains. There is nothing better after plenty of fresh air than resting in a log cabin with steaming bowl of gulasz and buckwheat kasza on the table and folk music in the background. Heaven!

What's your favourite state of America? *asked by Joseph*
I haven't had the chance to go America yet but would love to visit Louisiana. New Orleans is renowned for their amazing music and cuisine.

What made you want to be a Governor at Magdalen Court? *asked by Arthur*
Our common goal to provide safe, happy place for our amazing students.

Food Tech

It's been a furiously busy week in Food Tech as learners complete some amazing Christmas cooking recipes. Learners in Oak and Larch class enjoyed rolling, cutting, baking and decorating gingerbread biscuits. Learners in Beech, Elm and Holly made chocolate Yule logs, where they had to make the chocolate frosting with butter and icing sugar in the food processor. Finding the correct consistency was key to making the perfect frosting, adding extra milk if required. Learners in KS4 & KS5 completed their Christmas cake decorations with marzipan, icing fondant and finishing touches. I was particularly impressed with learners in Ash class who completed their cakes independently and to a high standard.

Next week in Food Tech, Hazel class will be completing finishing touches to their Christmas cakes. On Tuesday, Larch class will not have their Food Tech session as the kitchen will be busy preparing the Christmas buffet lunch for the learners! On Tuesday afternoon, year 11 and post 16 will complete finishing touches to their Christmas cakes. On Wednesday, there will be no timetabled Food Tech lessons as learners prepare to leave for the Christmas holidays!



Christmas Fayre

PAFOM held a Christmas Party and everyone had fun
With drinks and cakes and Christmas cheer there for everyone
With fantastic raffle prizes and lots of Christmas cheer
Elfic the entertainer ...our prize performance of the year
So, thank you for your donations and for making the party swing.
Without your help - and prizes - we couldn't do anything!
So Merry Christmas wishes from your friendly PTA
And thanks again to everyone – we had a lovely day..

...and you helped to raise nearly £1000! Thank you everyone! All funds raised go directly to the school to benefit our children.

Well Done to Oliver!

A big well done to Oliver in Ash class for some fantastic swimming results at the weekend! At his Club Championship for the Under 15s, Oliver won Gold for 100IM, 50m, fly, back, free and breaststroke! He also won the Christmas cracker!

What a fantastic achievement!



Christmas Survival Guide

The Therapies team have helpfully directed us to a Christmas Survival Guide, with some fantastic tips which we have included below!

Dramatic changes to daily/weekly routines can be very dysregulating for both children and adults. With some forethought, you can plan how you will support yourself or your child from becoming overwhelmed or getting energised to participate in activities. Here are some ways to look after yourself this season:

<p>1 Keep Moving</p> <p>The festive season can involve a lot of sedentary days: plan in regular movement breaks.</p> <p>Activities involving pushing or pulling or carrying heavy weights are particularly helpful.</p>	<p>2 Keep Calm & Self-Regulate</p> <p>Fall back on your favourite self-regulation techniques to self soothe, which may include music, fidget toys/jewellery, chewing gum or chewy foods, drinking a smoothie through a straw, etc.</p>	<p>3 Maintain Routine</p> <p>Routine is key, try to keep meal and bed time the same. Are you feeling hungry, thirsty or tired? Section your day like normal, but with those Christmas plans dotted in!</p>	<p>4 Schedule Quiet Time</p> <p>Ensure quiet time by scheduling it into the calendar. Quiet days are great to help re-energise and shouldn't be seen as a luxury!</p>
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Socialising and Celebrating

Here are some great things to consider as your calendar fills up with exciting plans!

<p>Retreat</p> <p>Have a quiet place in mind to retreat to during an outing.</p>
<p>Be Flexible</p> <p>Leaving early is a real possibility, be flexible and encourage your loved ones to accept/understand this.</p>
<p>Inform</p> <p>Prepare friends and family, informing them of certain needs that should be met, e.g. Adjust space according to sensitivities.</p>
<p>Familiarise</p> <p>Remind, or introduce family/friends through a photo of them before the meeting.</p>
<p>Cater</p> <p>Bring food to suit you/your child.</p>
<p>Plan Ahead</p> <p>Plan activities that are calming for the nervous system - include a walk or play in the park.</p>

To download your own version please visit [here](https://sensoryintegrationeducation.ck.page/a4d175106c):
<https://sensoryintegrationeducation.ck.page/a4d175106c>

Next Week

Please find the schedule for our final week of term! The schedule is also available on the website and social media.

AUTUMN 2 - WEEK 8



MONDAY

Outdoor Education

Oak & Larch
(Forest School
Activities)

Food

Hazel
(Finishing Christmas
Cakes)

TUESDAY

Outdoor Education

Holly & Elm
(Forest School Activities)

Food

Year 11/Post 16
(Finishing Christmas
cakes)

**Christmas Lunch and
Christmas Jumper Day**

WEDNESDAY

End of term - 1pm

❄️ MERRY ❄️
CHRISTMAS

Safeguarding

This week, our safeguarding focus is 'What Parents & Carers need to know about Group Chats'! A number of our learners are engaging on group chats and having a great time chatting with their peers. However, group chats can be a place where people can feel isolated or where inappropriate content is shared. We would suggest chatting with your learners to understand if they use group chats and how they can do so safely.

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

What Parents & Carers Need to Know about GROUP CHATS

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



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#WakeUpWednesday

Source: <https://www.theguardian.com/uk/2019/dec/10/online-safety/online-safety-social-media-chat-apps>