



SPRING TERM 1 – WEEK 2

Art Competition

Last week, we wrote about the exciting Royal Academy Young Artists' show! This is a great opportunity for any of our budding artists to enter a piece of their artwork, and potentially have their work selected for the Royal Academy exhibition. We have some incredibly talented artists here and would love to submit lots of entries! The deadline is the 27th March 2024 at 5pm. If you have any questions, or would like to find out more - please ask Grace in Willow! Alternatively, please email gplant@magdalencourt.

Word & Idiom of the Week

You may have noticed on our social media, that we have started posting a word and idiom of the week! These posts will be shared with the learners in class and we would love for you to discuss them at home as well! This will help all the learners with both boosting their vocabulary and understanding of figurative language. We will also be starting a number of the week as well - so look out for those posts on social media!

Website Updates

Long term overviews for each year group are now available to view on the school website. These documents display the topics that your learner will be studying throughout the year and are available in the Curriculum section (under 'About us') on the [website](https://www.magdalencourtschool.co.uk).

www.magdalencourtschool.co.uk

Jokes of the Week!

Why did the banana go to the hospital?
He wasn't peeling very well!

Thank you to Benji for this excellent joke!

Headteacher's Award



This week, we are delighted to award our Headteacher's Award to Tia. Tia has had an amazing week, attending all her lessons, being kind and supportive to her peers and acting as a role model to all. Well done Tia - this is fantastic to see!



Our Values Stars of the Week

MAGDALEN
COURT SCHOOL



Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

This week, we are again focusing on kindness. Well done to the learners below for their kind behaviour this week.

Aspen

Alfie for making excellent suggestions about how to make lunchtimes more enjoyable
Benji for showing kindness and reminding others that appearance is not something to joke about
Charlotte for supporting others on Outdoor Education

Oak

Noah & Ted for keeping friends company at lunchtime

Larch

Phoebe & Kellan for showing kindness to themselves
Ashley for kindly setting up the bird feeder and table

Beech

Ethan for offering to help put up displays

Holly

Ozzy for showing maturity and kindness to peers
Ella for showing kindness to others
Joe for being kind and supportive
Toby for having an amazing week and showing kindness towards peers and staff

Elm

Seth for showing kindness and sharing his lunch with a friend

Chestnut

Cameron for the friendliest and warmest good morning every day
Daylun for showing kindness and friendship to a classmate who was feeling sad
Rosie for kindly and warmly welcoming our new class member

Hazel

Elliot for thinking about others on Outdoor Education and helping his peers

Ash

Ruby for showing kindness to peers

Lime

Isaac for helping peers settle into Lime class

Maple

Beth, Finnian, Tommy, Tia, Theo and Jasmine for being kind and supportive to friends and young learners

Getting
to
know
you!

Let's get to know Lizzy,
who is our new Aspen
teacher!

What's your favourite dinosaur? *asked by Isabel P*
Pterodactyl - Because it's cool that they can fly.

What's your favourite TV show? *asked by George*
I love Horrible Histories.

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

What is your favourite dog breed? *asked by Toby*
A flat-coated retriever. It's the dog I had growing up. They are very friendly and like to chase balls and swim.

What is your favourite colour? *asked by Charlotte*
Yellow! It makes me feel happy!

What's your favourite movie? *asked by Izak*
I love Mulan, because I think it's a really great story about hard work paying off.

When you were small, did you like watching Disney films? *asked by Rosie*
I loved watching Disney films and still do! I especially like the songs.

Where is your dream holiday spot? *asked by Theo*
Thailand - It's where I had my honeymoon and I got to feed elephants.

What's your favourite state of America? *asked by Joseph*
California, because it's the only one I've visited! I love the National Parks there.

What made you want to work at Magdalen Court? *asked by Arthur*
I love working with children and helping them to develop their academic and life skills in a way which caters to their individual needs. It's really exciting to be part of a school where this is celebrated.



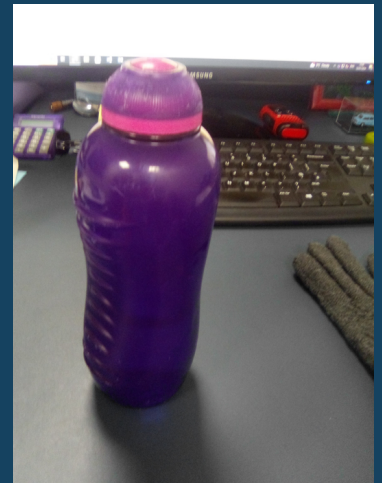
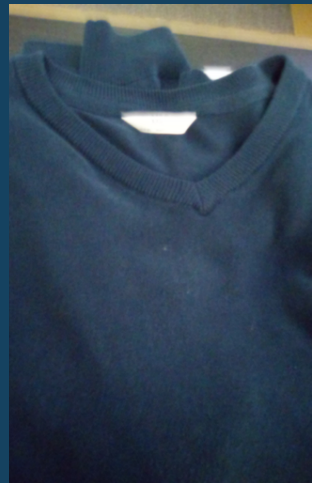
Bella Italia has well and truly hit the corridors of Magdalen Court School this week as many learners have produced some classic Italian cuisine. Aspen have completed their Health & Safety lesson followed by some cereal bar taste testing. Larch class made pizza toast, using baguette as the base for their pizzas, developing knife skills and using a box grater. Oak class have learned about eggs and made a simple yet delicious baked egg recipe. Beech class made macaroni cheese, learning the roux method and making a cheese sauce from scratch. Year 9 learners in Chestnut, Elm and Holly have practiced their bread making skills whilst making a traditional pizza dough recipe, which turned out very nicely indeed. Year 10 learners in Ash and Hazel continue to gather evidence for their BTEC assessment in the form of power point presentations. Some learners in year 11 have started making their chosen recipes, and others have been made spaghetti Bolognese. Level 2 learners made homemade pesto, served with spaghetti and a side of salad.

Next week, Larch class will make Italian biscuits, Aspen will make pizza toast. Oak class are making crunchy cereal. Beech class will be de-assembling some shop bought pizzas to complete a product analysis to help inform their pizza designs over the following weeks. Holly, Chestnut and Elm will be making spaghetti Bolognese. Year 10 learners in Hazel, Chestnut and Ash will continue to gather evidence and write an evaluation form ready for their practical final. Year 9 learners in Chestnut and year 10 learners in Ash will make a simple pasta dish with tomato sauce. Some year 11 learners will complete recipe cards for their chosen dish and others will make a rustic grilled vegetable pasta salad. Level 2 learners will be making lasagne.



Lost Property

Please find images below of the lost property that we currently have in the office.
Any items that still unclaimed by half term will be disposed of.



Next Week

Please find the schedule for week 3 of the spring term! The schedule is also available on the website and social media.

SPRING 1 - WEEK 3

MONDAY

Outdoor Education

Oak & Larch
(First Aid & Safety)

Food

Hazel
(BTEC
Assesments/Tomato
Pasta)

TUESDAY

Outdoor Education

Holly, Elm & Y9 Chestnut
(First Aid & Safety)

Food

Year 11/Post 16
(BTEC
Assesments/Lasagne)
Larch
(Italian biscuits)
Aspen
(Pizza Toast)

WEDNESDAY

Outdoor Education

Beech & Aspen
(First Aid & Safety)

Food

Elm
(Spaghetti Bolognese)
Ash
(BTEC Assesments/Tomato
Pasta)
Oak
(Crunch cereal)

THURSDAY

Outdoor Education

Ash, Hazel & Y10 Chestnut
(First Aid & Safety)

Food

Holly
(Spaghetti Bolognese)
Post 16
(BTEC Assessments/Lasagne)

FRIDAY

Outdoor Education

Maple & Lime
(First Aid & Safety)

Food

Beech
(Pizza Design)
Chestnut
Tomato Pasta

Safeguarding

This week, our safeguarding focus is what trusted adults need to know about social media and mental health. It's useful to consider both the positive and negative impacts of social media, especially as many of our learners spend a considerable amount of time on these apps and websites. Acknowledging these benefits, instead of being overly critical towards social media can help young people have open conversations with their trusted adults about their experiences online.

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

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

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.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rph.org.uk/uploads/assets/upload-ed/62be270a-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>