



SPRING TERM 2 – WEEK 2

Careers Fair

We hope you have seen our recent posts online and in the newsletter about our upcoming careers fair. Taking place on the **19th March at 4:15pm**, this event will give you an opportunity to speak to colleges, apprenticeship providers and employers. The event is open to all year groups and their families, as it is never too early to start thinking about next steps. We will also have representatives from the Preparing for Adulthood team to discuss how they may be able to support your young person.

If you would like to attend, please let Mel know in the office by email or phone call. If your learner has any specific areas of interest for their future, please let Adele or Grace know. We will make every effort to invite colleges or businesses that our young people are interested in!

Additionally, if you work or have connections with a company that would be interested in having a stall at the fair - do let us know!

Jokes of the Week!

George's joke

What did the plate say to the other plate?
Dinners on me!

Benji's joke

What did the bookworm say to the library?
Can I please burrow one of your books!

Arran's joke

What day do potatoes hate?
Fry day!

Headteacher's Award



This week, we are delighted to award our Headteacher's Award to Callan for an excellent piece of writing work. Keep reading to find Callan's hilarious work!



Our Values Stars of the Week

MAGDALEN
COURT SCHOOL



Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

The value this term is **happiness**! We've loved hearing from our teachers about all the happiness our learners have experienced this week!

Aspen

Benji for making us happy by joining in fully with our class games

Oak

Henry for always being in the right place at the right time and keeping us smiling

Larch

Ashley for engaging with his timetable

Beech

Sophie for making people happy by being consistent and reliable

Holly

Neve for being a ray of sunshine every day!

Elm

Seth for being more smiley these last few days!

Chestnut

Cameron for coming into school with a big smile!

Hazel

Junior for being positive and kind in every lesson and supporting others in class

Ash

Luke for attending school with a happy and positive disposition

Lime

Callan Parsons for constantly making his peers and staff laugh

Maple

Theo consistently being a wonderful delight, making those around him happy and being in the right place at the right time

Food Tech

It's been an awesome week in the Food Tech department. Learners in Aspen and Larch classes consolidated their rubbing in skills when making scrumptious raspberry buns. Learners in Oak class reflected on skills practiced whilst making apple crumble last week, evaluated their performance and enjoyed some apple product taste testing. Learners in Beech class developed their shortbread biscuit and jam making skills to make a combined jammy dodger biscuit, yum! Learners in Holly, Elm & Chestnut made adaptations of a chicken & vegetable tray bake with different seasoning and spices. It was great to see learners in year 9 developing confidence and awareness for food safety and hygiene when handling raw chicken. Year 11 learners have continued with gathering evidence in preparation for their BTEC assessments. Level 2 learners in Post 16 have made a wonderful stir fried rice with vegetables, egg, soy sauce and a wedge of lime me to serve.

Next week, Aspen and Larch will be making cheese and onion pasties. Year 7 will be making chicken nuggets and a breaded veggie option. Learners in Beech class will be making cinnamon breakfast buns. Level 1 learners in Holly, Chestnut, Elm and Ash will be making a chicken curry with rice. As learners in Ash, Hazel and Chestnut have completed their Level 1 BTEC assessments they will move onto Level 2 recipes, which will be Thai green vegetable curry. Year 11 learners will either be practicing final assessment recipes or finishing gathering evidence for their assessment happening over the following weeks. Learners in Post 16 will also be making Thai green vegetable curry.

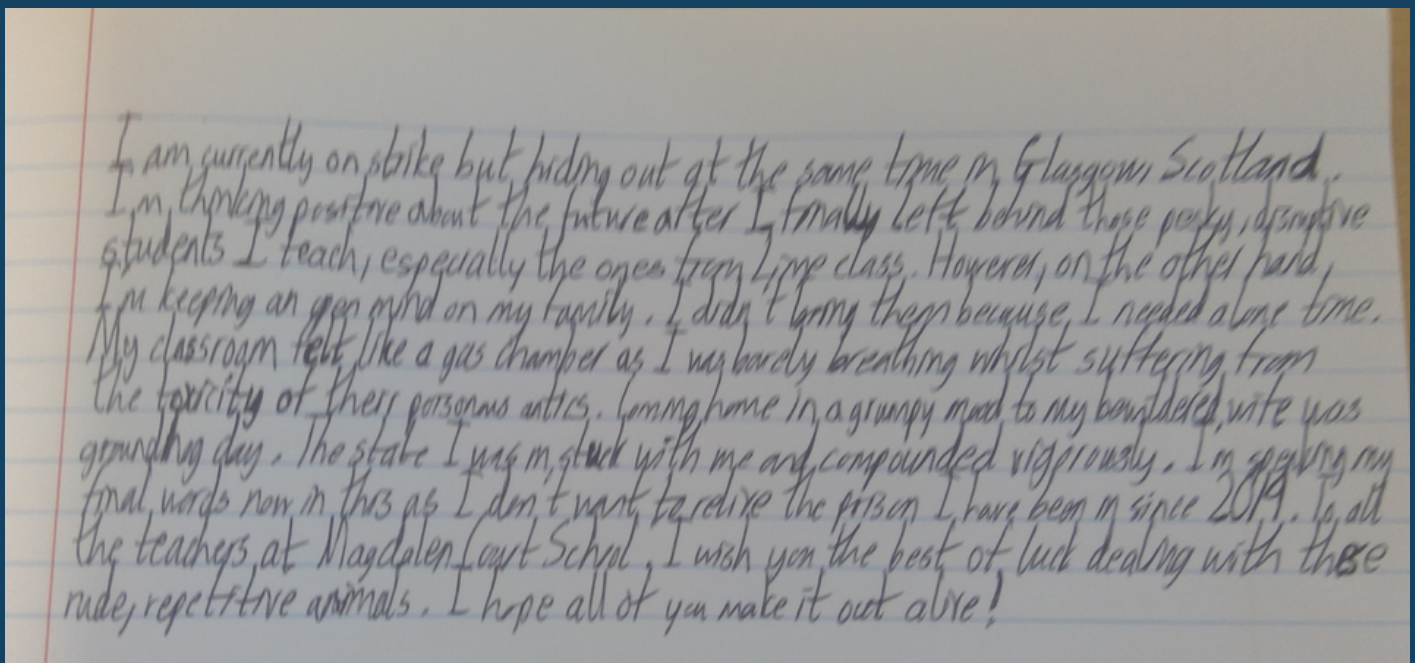
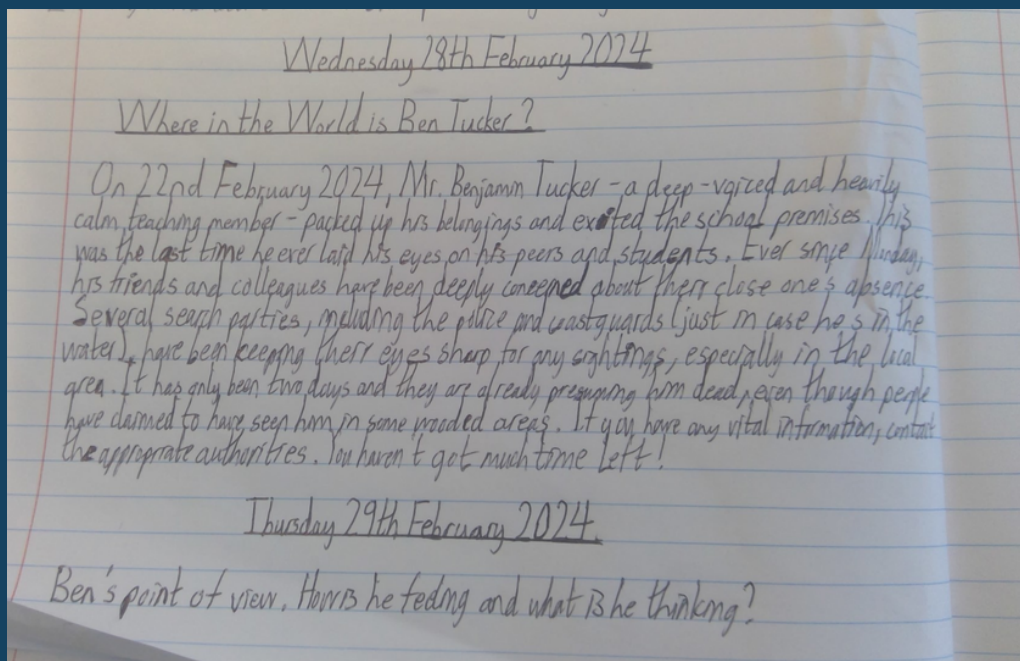


Red Nose Day - Friday 15th March

Red Nose Day is fast approaching! We are looking forward to another fantastic cake sale and any donations to be sold at the event would be much appreciated. We are also hoping to have some exciting activities throughout the day - if your learner has any ideas then please pass them on to their class teacher!

Brilliant writing

This week, we saw some fantastic writing from Callan - inspired by Ben's recent absence! Callan created two pieces of writing, including one from Ben's perspective which featured some excellent vocabulary. Callan even read this work out in front of the school in assembly today, much to the delight of the other learners and the staff. For this work, Callan was awarded the Headteacher's Award and it was brilliant to see a learner so proud of the work they had produced. Well done, Callan and get well soon, Ben!



Escot Park Trip

Next Wednesday, Beech, Larch, Aspen and Oak will be going to Escot Park. We are expecting that it might be a muddy visit - so please wear normal outdoor education clothes!

Practical Self-Regulation Techniques for Sensory Teens

We are excited to share these self-regulation techniques, specifically for teens, from Sensory Help Now:

Ask for Help

- Co-regulation is key. Ask a trusted adult to help you regulate. This may involve just being calm alongside you or joining in your calming or energising activity.

When You Need to Feel Calmer

- Using a weighted lap pad or backpack, or try a swing if you find this soothing
- Doing some heavy work like push-ups, pushing against a wall, carrying something heavy.
- Some people find chewing gum, chewy food or chewable items very calming.
- Others find drinking a thick drink such as a smoothie through a straw very regulating.

When You Need to Feel More Alert or Energised

- If you need to up your energy levels (called your arousal or alertness level), choose an activity that gets you moving, such as dancing to your favourite music or doing some upbeat exercise.
- Some individuals find eating crunchy food or drinking a cold drink raises their alertness.

Get Outdoors

Depending on the activity you choose, eg, walking or jogging, cycling or focusing on the natural environment, this can be calming or energising.

Go to Your Sensory Space

- Create a calming sensory space at home. This could be an area in your bedroom or a quiet part of the house that you can retreat to. Set it up to fit your sensory needs which may include low lighting, headphones or access to music, fidgets, favourite blankets etc.

Build a Helpful App Library and Playlists

- Save a range of favourite apps to your phone or device for when you need to calm down or increase your alertness levels. There are apps that aim to be calming and absorbing through gradually changing visual displays; apps to help with breathing exercises; and apps to demonstrate brief exercise sessions.
- If music moves you, create a playlist that you find calming and one that you find energising.

SPRING 2 - WEEK 3



MONDAY

Outdoor Education

Oak & Larch
(First Aid & Safety)

Food

Hazel
(Thai curry)
Aspen
(Cheese and onion
pasties)

TUESDAY

Mock Exams - Y10, 11 & 12

Outdoor Education

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

Food

Year 11/Post 16
(BTEC/Thai curry)
Larch
(Cheese and onion pasties)

WEDNESDAY

Mock Exams - Y10, 11 & 12

Beech, Aspen, Larch & Oak trip to Escot Park

Food

Chestnut
(Chicken curry/Thai curry)
Ash
(Chicken curry/Thai curry)
Oak
(Chicken/Veggie nuggets)

THURSDAY

Mock Exams - Y10, 11 & 12

Outdoor Education

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

Food

Holly
(Chicken curry with rice)
Post 16
(Thai curry)

FRIDAY

Outdoor Education

Maple & Lime
(First Aid & Safety)

Food

Beech
(Cinnamon breakfast buns)
Elm
(Chicken curry with rice)

Safeguarding

This week, our safeguarding focus is Tik Tok. This is a hugely popular video sharing app and is used by the majority of learners on a regular basis. We've attached a Parent's Guide on the next page and a Privacy and Safety checklist for Tik Tok is also available here -

<https://swgfl.org.uk/resources/checklists/tiktok/#resource>

We also have a useful factsheet for keeping young people safe on Tik Tok - if you would like a copy of this, please let us know and we can send it to you.

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

What Parents & Carers Need to Know about

TIKTOK

AGE RESTRICTION
13+

(certain features are restricted to over-18s only)

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

While TikTok's "Following" feed only displays videos from users someone follows, "For You" is a stream of clips based on their previously watched content. Most videos on a child's "For You" feed will therefore be light-hearted and amusing, but it could potentially surface something unsuitable. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the sheer volume of uploads mean they aren't manually monitored and vetted.

18
CENSORED

DANGEROUS CHALLENGES

Due to TikTok's immense popularity, some young people have unfortunately been influenced by videos challenging them to perform harmful, criminal or even deadly acts. One extreme example was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. It led to two families filing lawsuits against TikTok over the tragic deaths of their children.

CONTACT WITH STRANGERS

With around 1.1 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or youngsters using a false date of birth) are set to public by default. This not only means that someone's profile is visible to everyone else on the app, it also lets their videos be suggested to others and enables anyone to comment on them or download them.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase emojis in the app. These emojis are then sent as rewards (retaining their monetary value) to other users for videos they've created. Coin bundles range from £9.99 to an eye-watering £99; TikTok's policy is that they can't be bought by under-18s, but it's possible to bypass this with a fake birthdate.

ADDICTIVE NATURE

TikTok can be addictive, especially for young people; compulsive repeated use can interfere with sleep patterns and be a distraction from other activities. The platform recently introduced default usage time limits of 60 and 100 minutes for new members under 18 (in the UK, children with TikTok average 102 minutes per day on the app), but these restrictions can easily be removed in the settings.

TIKTOK NOW

Introduced in late 2022, the 'TikTok Now' feature lets users post a daily video or photo at the exact same time as their friends. Users receive a synchronised notification at a random time of day, giving them three minutes to take a video or real-time photo. This addition can not only be a distraction to young people but could lead to them inadvertently sharing private content such as their location.

Advice for Parents & Carers

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account with their child's and control their settings remotely. Parents can then, for example, turn on Restricted Mode (reducing the chances of a child seeing inappropriate content); set screen time limits; and manage their child's ability to send messages (and to whom). Children can't alter these settings without parental approval.

MAKE ACCOUNTS PRIVATE

Although under-18s will have their TikTok account set to private by default, bypassing this setting is relatively easy. However, parents have the ability to manually set their child's account to private – meaning that their videos won't be visible to strangers and they won't be able to exchange messages with people who aren't on their friends list.

LIMIT IN-APP SPENDING

If your child is using an iPhone or Android device to access TikTok, you can alter the settings to prevent them from making in-app purchases. We'd recommend that you enable this feature, as it's quite easy for a young person – without realising what they're doing – to spend a significant amount of real money buying TikTok coins so they can unlock more features of the app.

DISCUSS THE DANGERS

If your child wants to use TikTok and you're happy for them to do so, it's crucial to talk about the potential risks in this type of app. For example, ensure they understand not to share any identifying personal information – and that they realise they could be exposed to inappropriate content. Thinking critically about what they see on TikTok can help children become generally more social media savvy.

READ THE SIGNS

If you're concerned that your child might be spending too much time on TikTok, or that they've been emotionally affected by something inappropriate or upsetting that they've seen, it's important to know how to spot the possible signs. Increased irritability and a lack of concentration are potential red flags, as are failing to complete homework or regularly not eating meals.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



National
Online
Safety

#WakeUpWednesday