



## SUMMER TERM 1 – WEEK 3

### Bank Holiday

This Monday, the 6th May, is a bank holiday. The school week will therefore begin on Tuesday 7th May.

### Uniform reminder

Recently, we have seen a number of learners wearing clothes and shoes that are not appropriate for school or for Outdoor Education. We've also seen many learners wearing crocs, which can be slippery and dangerous during sports and in wet weather. We appreciate that, for sensory reasons, not all learners are comfortable wearing the uniform of shirts and school skirts or trousers. Therefore, learners may wear the official uniform or dark trousers/jogging bottoms with a white t-shirt or collared shirt. Hoodies are not allowed. Thank you to our parents & carers for supporting our learners with their uniform and if you have any questions or concerns then please speak to your class teacher.

### Jokes of the Week!

#### George's joke

I went to a cake shop recently and wanted to buy a cake. I asked the baker, is that gluten free? He said no - its £2!

#### Benji's joke

What did one lightning bolt say to another?  
You're shocking!

#### Arran's joke

Why did the cow cross the road?  
To get to the udder side!

#### Daylun's joke

What did the rectangle say to the triangle?  
You're rectangulous!

## Headteacher's Award



This week, we are delighted to award our Headteacher's Award to Rosie for consistently hard working, all day every day.

# **BREAKING NEWS**

This week in the news, we have another two stories to share with you!

## **Rare Lego octopus washed ashore in Cornwall**



A 13 year old boy has found a rare Lego octopus, which washed ashore in Cornwall. Liutauras, from Cornwall, spotted the octopus after two years of searching for Lego pieces that famously fell from a cargo ship during a storm in 1997. Among the lego pieces that went overboard were 352,000 pairs of flippers, 97,500 scuba tanks, and 92,400 swords - but octopuses are the most prized objects as only 4,200 were onboard.

Liutauras said he was 'happy' to have found the rare octopus on a beach in the Cornish town of Marazion, after years of searching and that his next goal is to find one of the 33,941 dragons that also toppled into the water thirty years ago.

## **Humza Yousaf resigns as Scotland's First Minister**

Humza Yousaf has resigned as Scotland's First Minister. The First Minister is the leader of the Scottish government and Mr Yousaf made history as Scotland's first Muslim and ethnic minority First Minister. Humza Yousaf took over from Nicola Sturgeon as First Minister and leader of the Scottish National Party (SNP), just over a year ago. The SNP then led the Scottish government, in a partnership with the Scottish Green Party - but Humza Yousaf decided to end this partnership last week, which upset many MPs. The deal ending meant that Yousaf would have had to lead with a minority government, meaning there weren't enough MPs in the Scottish Parliament from his party, the SNP, to support any decisions he or the SNP may have made - making it very difficult to pass laws or make changes.

The other Scottish political parties (known as 'the opposition') then decided to lodge a vote of no confidence against Humza Yousaf. The vote was due to take place later this week, but Humza decided to resign before the vote happened. He will remain First Minister until a new leader is found.



## PAFOM PTA Updates

Exciting news! We have a couple of events coming up before the end of the year, details of which are below. However, it's also with a tinge of sadness that we share news about our PTA committee. Out of our team of five, three members will be bidding farewell at the end of the year as their young people embark on their college journeys. This means that in September, the PTA will cease if we don't have more committee members. If you're keen to join us, please reach out.

We will be holding our AGM on the 23rd of May at 2pm. If you would like to join us, please email: [pafomgroup@gmail.com](mailto:pafomgroup@gmail.com)

### AGM Agenda:

Welcome & Apologies  
Approve minutes of the previous AGM  
Matter arising  
Reports from various committee members  
Committee elections  
AOB

Finally, we are holding a Summer Fayre on the 5th July 4pm – 6pm. More details to follow but we will be organising some entertainment and of course holding our fab raffle!

## Lifeworks Community Half Term Programme

Lifeworks, who attended our Careers Fair earlier this year, have shared with us their exciting May half term programme!

For more information, please contact Lifeworks using the phone number or email advertised on the poster.



### Lifeworks Community MAY HALF TERM PROGRAMME

**28th - 31st May 2024**

Places available for 11-30 year olds

**Tuesday 28th - Lego & Pottery**  
10am - 3pm

**Wednesday 29th - Ski Plymouth**  
10am - 3pm

**Thursday 30th - Wildwood**  
10am - 3pm

**Friday 31st - Tennis & Doughnut Making**  
10am - 3pm



For more information or a registration pack  
please contact:  
[lifeworkscommunity@lifeworks-uk.org](mailto:lifeworkscommunity@lifeworks-uk.org)  
Tel: 01803 865075  
Lifeworks College, Dartington, Totnes, TQ9 6JD





## 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 great examples of kindness, both in and outside of the classroom this week!

### **Aspen**

Benji for helping his friend make good choices

### **Oak**

Charlie for sharing ideas when writing a superb 'Rags to Riches' story

### **Larch**

Finley for developing patience

### **Beech**

Sophie for being considerate of other people's feelings

### **Holly**

Thomas for making conscious changes to language used in school

### **Elm**

Kai for being really kind and thoughtful this week to other students

### **Chestnut**

Cameron for showing kindness to all in his class all week

### **Hazel**

Jaylee for being there for others and helping staff throughout the week

### **Ash**

Jade for helping her friends catch up on work that had been missed

### **Maple**

Theo for always being kind, supportive and understanding to everyone

### **Lime**

Ruben for supporting his peers out in the community



## Food Tech

We had a fantastic week in Food Tech. Learners in Larch and Aspen practiced making spaghetti carbonara, which was a great introduction to handling raw meat when slicing up bacon and consolidating skills with using the hob to cook the pasta. Learners in Oak class enjoyed making spicy lamb koftas served with a home made Tzatziki. Learners in Beech class have done brilliantly with making Lamb Rogan Josh, practicing knife skills and preparing red meat. Learners in Chestnut practiced making a Neapolitan pasta dish, where they each adapted the recipe to their choosing. Level 1 learners in Elm, Holly & Ash did brilliantly, completing recipe cards for their selected assessment recipes. Level 2 learners in Hazel prepared breaded chicken and potato wedges, tenderising the meat with a bag or grease proof paper and a rolling pin ensured the chicken was thin and cooked evenly. Level 2 learners in Ash class, year 11 and post 16 made BBQ spare ribs - the ribs were poached in a broth first for an hour, meanwhile learners made a BBQ sauce from scratch, which was boiled gently to thicken on the hob, this was glazed over the ribs and finished in a hot oven for 15 minutes. In addition, learners made a homemade mayonnaise; egg yolk, Dijon and rapeseed oil, whisked together and grated celeriac added to make a creamy slaw to complement the ribs, delicious. Level 2 learners completing assessments practiced their chosen main courses.

Next week Aspen and Hazel will miss Food Tech due to the bank holiday. Learners in Larch class will make spaghetti Bolognese. Learners in Oak class will be making a vegan kofta. Beech class will be practicing bread work making pizza scrolls. Level 1 learners in Elm, Holly and Ash will practice their selected recipes once more. Chestnut class will be making chicken nuggets and potato wedges. Level 2 learners in Ash and year 11/post 16 will be making a barbeque sesame sweet potato dish and write up skills records for their Ribs recipe. Level 2 learners completing assessments will be completing some written tasks for their assessment packs.



Getting  
to  
know  
you!



This week, we are getting to know Mel, who keeps things running smoothly in the office!

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

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

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

**What is your favourite colour?** *asked by Charlotte*  
Blue

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

**When you were small, did you like watching Disney films?** *asked by Rosie*  
Yes, still watch them now

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

**Where is your dream holiday spot?** *asked by Theo*  
I'd like to travel across America by Greyhound bus

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

**What made you want to work at Magdalen Court?** *asked by Arthur*  
I needed a change!

**What are your top interests?** *asked by Mae*  
Visiting historic places and spending time at the beach

# SUMMER 1 - WEEK 4



## MONDAY

**BANK HOLIDAY**

## TUESDAY

**Outdoor Education**  
Holly, Elm & Y9 Chestnut

### Food

Year 11/Post 16  
(BBQ Sweet Potato)  
Larch  
(Spaghetti Bolognese)

## WEDNESDAY

**Outdoor Education**  
Beech & Aspen

### Food

Chestnut  
(Chicken nuggets)  
Ash  
(Chosen recipes/BBQ  
Sweet potato)  
Oak  
(Vegan Kofta)

## THURSDAY

**Outdoor Education**  
Ash, Hazel & Y10 Chestnut

### Food

Holly  
(Chosen recipes)  
Post 16  
(BBQ Sweet Potato)

## FRIDAY

**Outdoor Education**  
Maple & Lime

### Food

Beech  
(Pizza Scrolls)  
Elm  
(Chosen recipes)

## Safeguarding

This week, our safeguarding focus is managing exam stress. For many of our older learners, exams are fast approaching and this can be a difficult and stressful time. We're also aware that many of our learners work in very different ways! Therefore, we'd encourage you to discuss with your learner what works best for them. They might be more visual learners and find using different colours helpful, or maybe you can create some fun mnemonics to help them remember their key facts. However they learn, these top tips for managing exam stress will be helpful!

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 MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress – highlighting the urgent need to minimise its impact on children's health and happiness.

## 1 PRACTISE WORKLOAD WISDOM

The build up to exam season is such a busy and pressurised time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them in crafting a revision timetable that's manageable and includes breaks and occasional days off.

## 2 ADVISE CLEARING THE CLUTTER

A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy – creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mind maps and even quirky drawings into their revision notes.

## 3 MASTER THE MATERIALS TOGETHER

Revision seems far harder when a child is uncertain where to begin or what sources to consult. Support them in confirming revision materials with their various teachers – emphasising the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.

## 4 RECOMMEND CREATIVE NOTE-TAKING

Writing out notes in full – rather than simply bullet pointing – can be a strong start to a child's revision. Reinforce this idea, encouraging the use of flashcards (featuring shorter versions of previously taken notes) for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.

## 5 USE VISUAL AIDS AND MNEMONICS

Encourage the use of visual aids like videos and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach – and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.

## 6 GATHER A 'TECH TOOLKIT'

Technology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be immensely powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.

## 7 KEEP IT FUN

Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make details more memorable – as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.

## 8 SUGGEST ACTIVE REVISION STRATEGIES

Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to reinforce learning and improve retention. Discuss the benefits of active recall methods – such as self-testing or explaining a concept aloud – in identifying where their strengths and weaknesses lie.

## 9 ENCOURAGE A POSITIVE MINDSET

It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. Try to foster a growth mindset by emphasising the importance of giving it their all rather than aiming for complete perfection. Positive self-talk and the use of affirmations can build confidence and reduce anxiety, while visualising success and setting realistic goals can help them stay motivated and focused.

## 10 HELP THEM TO SEIZE THE DAY

There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Talk them through some helpful exam-day strategies – such as arriving early, reading the instructions and the questions carefully, and pacing themselves during the test. Suggest some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

## 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 Penistone Grammar School.



The National College