

W E E K L Y

# NEWSLETTER

**MAGDALEN**  
COURT SCHOOL



## SPRING TERM 2 – WEEK 5

### Parent's Evening

Parent's Evening will be taking place on Tuesday 18th April, after school. Please speak to your class teachers to book in sessions.



### Headteacher's Award

This week's Headteacher's Award is given to Holly, for being a fantastic Pastoral Champion. Holly always offers support to her fellow learners and is a brilliant role model.

### Stars of the Week!



It's been a brilliant week here, with so many Stars of the Week!  
Well done everyone!

Oak - Delilah & Freddie

Larch - Joe & Kai

Beech - Oliver

Holly - Jasmine & Oliver

Elm - Emma

Hazel & Ash - Callan

Post 16 - Holly

### End of term!

It's been another fantastic term here at Magdalen Court! We've had exciting events such as our Meet & Greet evening, two bake sales and our trip to Plymouth Aquarium last week! The learners have worked incredibly hard and produced brilliant work, some of which we've included in this week's newsletter!

Thank you to all our learners, and our staff, for such a wonderful term. We hope you all enjoy a lovely holiday and we'll see you soon!

### Term will restart on Monday 17th April.

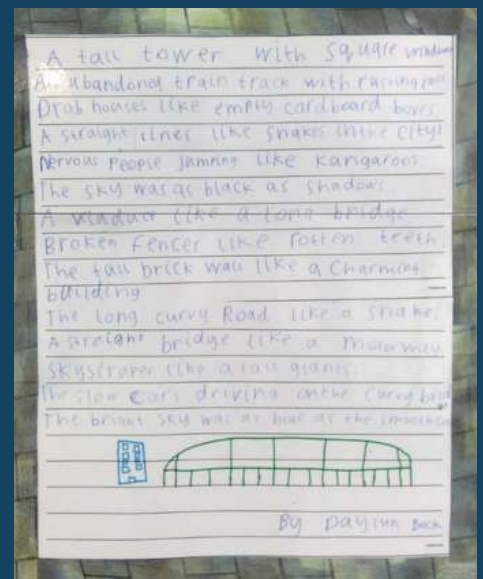
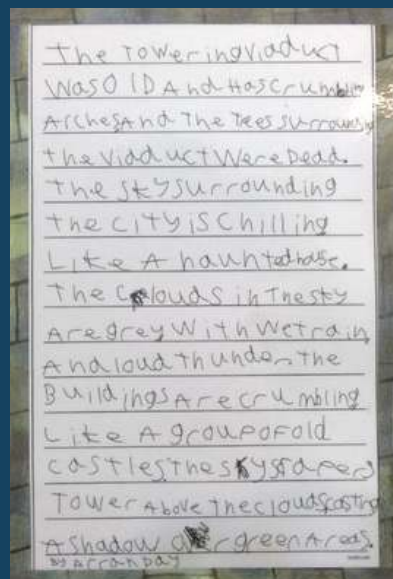
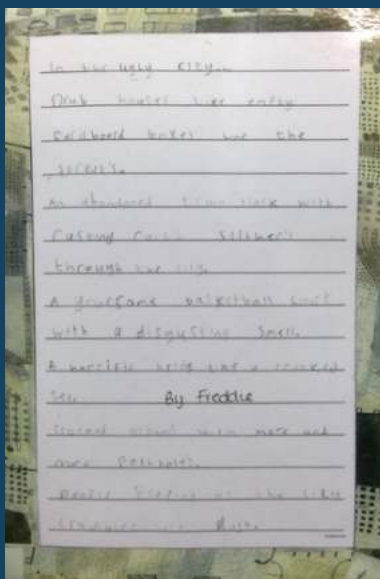
### Exam success!

A huge congratulations to Theo in Post 16, who has achieved a Level 8 in his Chemistry GCSE. Theo worked incredibly hard and should be really proud of this achievement.

# OAK

## An exciting half term!

This half-term, the learners in Oak Class have been using a story by Nicola Davies called *The Promise* to explore descriptive language. The story involves a young girl, living in a drab and ugly city, promising to plant acorns which grow into trees and attract colourful wildlife to ultimately improve the city. The learners have used adjectives and similes to create expanded noun phrases about the dull city at the beginning of the story and have used these to create some wonderful list poems.



In Art, the children have been learning about graffiti and have been using analogous and complimentary colour combinations to make their name 'tags' as bright and bold as possible. Just like the stories, their artwork makes our display colourful and eye-catching!



# BEECH

## Creative Writing

Beech class have been working on disaster narratives this term, creating their own introductions to stories. We've included two examples below!

### Seth's writing

Hi there, my name is Sophia. This story is based around me and my family on our family trip. I'd like to share a bit about myself. I am female, blonde, 13 years old, 4 ft 5. I am bisexual and an only child with my loving dad and caring mum.

Let me tell you about my family's holiday disaster 2 weeks ago:

I couldn't believe that I was going on holiday the next week. I was so excited, I couldn't wait! It's been 4 days, and now me and my parents have started packing 3 days to go, yay. It's finally the day we are packing our stuff in the boot of the car and we are leaving for the airport, our first time out of California in 5 years! We were at the airport, it was finally time. We made our way through Check-In and security and we made it to our gate to find out our flight was delayed... 3 hours later they started boarding. Finally we were on, it was only about 10 minutes by the time we had gotten through the safety video and taxied our way to the runway and about 3 minutes we were in the air.

After about 5 hours on the plane, I noticed something weird... I felt shaking, like an earthquake. But how? We were in the air, it just wasn't possible. I got up and found the nearest flight attendant and asked what was happening.

"We are just going through some turbulence, please buckle your belt. We will be landing soon!", the attendant said joyfully as they went to sit down.

After we had landed in Florida, we went to find a hotel that we could stay in for the week.

"The Grand Hotel Of America!", my dad said as we walked through the massive glass doors into the lobby. I walked quickly to keep up with his large strides, being only 13 myself. I'd reached 4 foot 5 but not the 6 foot 2 of my father. Flicking my blonde, long and silky hair out of my eyes, I blinked to focus on the grand staircase.

Me and my mum went to explore the hotel while my dad checked us in. "This hotel is beautiful!!!" My mother giggled as she flicked her curly, brown hair out of the way.

### Anonymous piece of writing

Tom, absorbed in his phone, only looked up when the agonising screams started. Terrified, he dropped his phone and ran as monsters from the depths of nightmares swarmed from the hillside as it crumbled slowly like a sandcastle. People ran screaming as the drill toppled into the ever expanding chasm. Tom's mother dashed towards him as did a crystalline man with dagger-sharp arms lunged for him. He closed his eyes knowing he would never open them again.

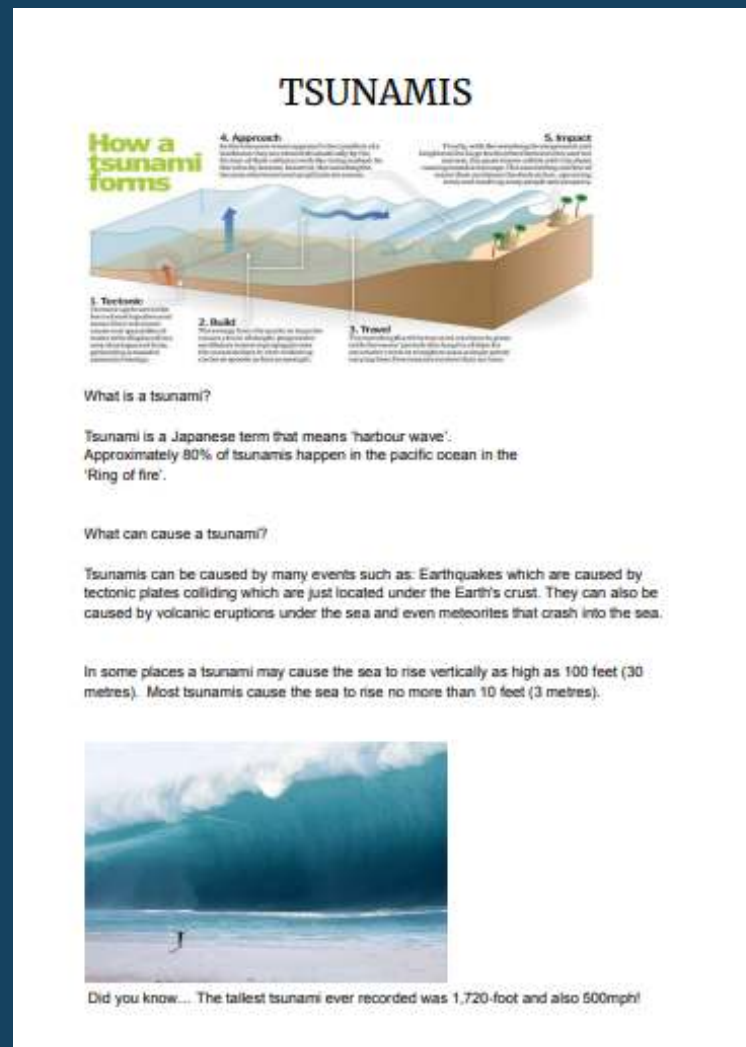
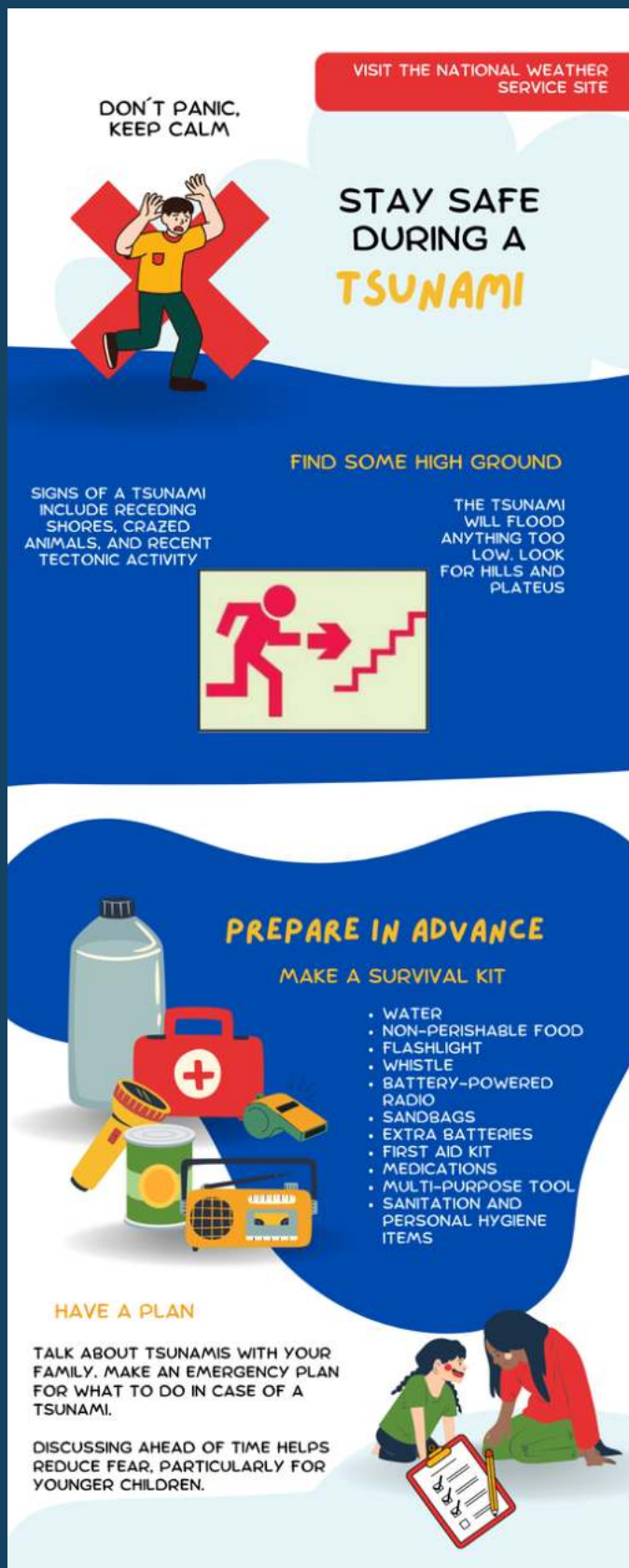
Then there was a gasp and he opened his eyes. His mother stood in front of him with the serrated arms of the crystal man embedded in her stomach. Tom's eyes widened and tears began to flow. Then his mother smiled and kicked over the side of the hill and as he tumbled the last thing he saw was his mother's head tumbling down after him drenched in blood, then everything was black.



# BEECH

## Tsunami leaflets

Geography lessons have focused on Tsunamis and creating leaflets and posters to inform people of the dangers that they pose! The learners have used a variety of text and images to inform their readers, to great effect!



# LARCH

## Amazing art!

As part of their Art studies and linking up nicely with their work on tsunamis, Larch class have produced some fantastic versions of the famous print 'The Great Wave off Kanagawa'. The learners were encouraged to use whatever materials they liked and to match colours appropriately. Lexie chose to use oil pastels, which was very effective. We've included her version below, as well as some from Beech class!





# HOLLY

This half term's unit was inspired by the sculptural work of Eduardo Paolozzi, who created interesting divides and textures in many of his pieces. We used wire armatures under mod-roc to create structures of hands and then planned to decorate them. The original idea was to follow Paolozzi's many-textured and patterned creations, but Holly class have had their own ideas and so some have used metallic paint, others Sharpie for a very pop-art inspired look, and others have gone for a stark black and white Grecian-inspired style!

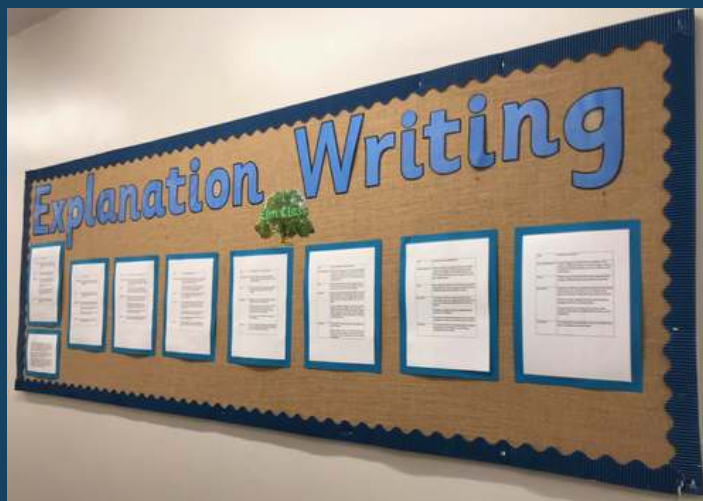


# ELM

## Explanation Writing

Elm class have been writing explanation texts this term, focusing on the importance of Outdoor Education sessions at Magdalen Court School. We've included a title, key points and a summary. We have also written about the activities we take part in, such as wild swimming and hiking and the skills we've learnt such as CPR and general first aid.

|                    |   |
|--------------------|---|
| Title:             | What we do on OAA   |
| General Statement: | Every Tuesday we attend a lesson outdoors. Each week is a different activity in a different place. We go to places like Bovey Woods, Dartmoor, Killerton and other places.  |
| Parts:             | When we go on Outdoor Ed it has the same process. We go to different places doing different activities.   |
| Key Points:        | <p>Run-down of the day, we leave school at 11 and travel to the venue on a mini-bus. Do our activity, have lunch, do a second activity and then return to school.</p> <p>We do canoeing, walking, first aid, wild swimming, navigation and many more activities.</p> <p>It's important for us to have lunch, water, warm clothes, spare clothes, qualified staff and the correct equipment.</p> |
| Summary:           | It's important we remain safe, enjoy our activities and learn something new every week.   |



# ASH/HAZEL

## Hazel class creative writing extract

This is an extract from a descriptive narrative written at the end of a unit of GCSE English descriptive writing. The learners were given pictures to use as a stimulus and we've included an anonymous example below!

*I'm in the midst of a thunderstorm and the smell of burning wood is overwhelming. Lightning makes a thunderous crackle like a blacksmith striking his anvil. Reindeer rea back as if to roar and dart away into the ever encompassing darkness.*

*I move towards an opening in the ground so dark no light escapes it.*

*As I entered the slow pita pata of the rain stopped and all that was left was silence. The darkness engulfed me like an ocean leaving me no room to breathe.*

## POST 16

### New learners!

Post 16 have welcomed two new members - in the form of millipedes, Slinky and Scout! They have been recruited to Post 16 as part of the BTEC Science course, and took up residence in their new terrarium earlier this year! According to the learners, they are now much loved inhabitants!

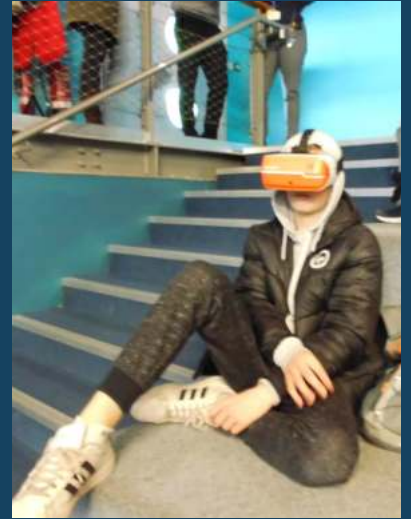


A big thank you to those in Post 16 who tried flower arranging for the first time yesterday, with some beautiful results! The flower arrangements were used in our Easter Brunch today and looked fantastic in the Sports Hall.



# HIGHLIGHTS

Now it's time to share some of our highlights from over the Spring term! We've had our trip to the Aquarium, some amazing cooking in Food Tech and exciting trips out with the Outdoor Education team. You can also





## Outdoor Education

It's been a fantastic term for Outdoor Education! Despite the downpours, we've enjoyed trips to lots of lovely places!





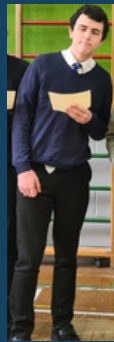
## Exciting news!

This is our new Forest School activity site up on Dartmoor. Magdalen Court School have exclusive use of this venue which is nestled in the valley of Widecombe-in-the-Moor. After the Easter break the outdoor education team and school pupils will be transforming this area into their own personal forest school venue. We will be building a covered classroom, firepit with seating, paths around the site and lots of environmental study areas. We also have access to a stream, toilets and running water. More images will follow with progress of the student's hard work. The outdoor education team are looking forward to all the students working well as a team and creating something beautiful.



## First Aid Achievements

The Learners have done fantastically this term with their First Aid training this term, and today we awarded certificates to celebrate their achievements! First Aid is a hugely important skill and the learners should be very proud of their hard work towards these certificates.





## Highlights from Food Tech!

We have had a very busy final week in the food tech department. Beech and Larch classes whipped up some fantastic fruit loafs. Holly, Elm and Hazel practiced making an enriched dough using yeast to make some truly delicious hot cross buns. We then had some fantastic help from learners in Holly/Elm and Post 16 who baked a traditional simnel cake for our end of term celebration brunch today. Next term, our food focus will be on South-East Asian cuisine. Our recipe overview will be updated onto the school website at the beginning of the summer term.



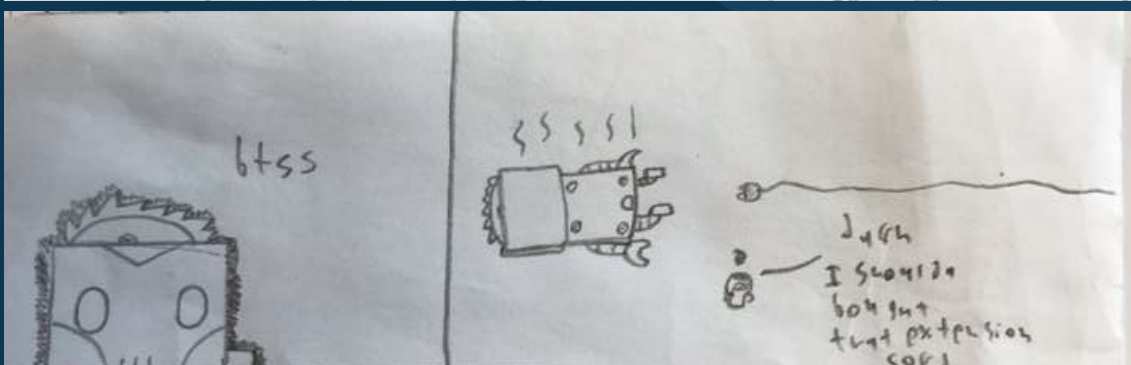
## Craft Club

Rosie in Oak has used the lunchtime craft club to create a hedgehog soft toy. Using a variety of materials, the hedgehog is a brilliant example of the learners developing their skills! We look forward to seeing what creations Rosie and the other members of Craft Club make next term!



## Creative Corner

It's time for another exciting cartoon from George! This week, Dr Notveryniceperson has invented a robot, which he will use to take over the world! There might just be one small flaw with it though...





## Safeguarding

This week, our focus is how to maintain safe and healthy online habits. For many of our learners, using the internet is a daily activity - especially during the school holidays! The poster below provides support on using the internet in a positive way, that keeps everyone safe.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you - or your child - took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...



### WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

### REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

### MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself - and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

### KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen - ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

### PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem - or you could go one step further by totally deleting the app you were using.

### GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

### Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National Online Safety**  
#WakeUpWednesday