WEEKLY

# **NEWS**LETTER







## **SUMMER TERM 1 – WEEK 2**

#### **Bank Holiday**

Please note - Monday 1st is a Bank Holiday and Tuesday 2nd is an Inset Day. Therefore, next week, the school week will begin on Wednesday 3rd May.

# Excellent role models for our younger students!

Sincere congratulations are due to those who are preparing for examinations in May and June. Our learners are doing brilliantly and the way in which they have used learned strategies to cope with this stressful period of revision does them enormous credit. We wish them every success and hope that they are able to do themselves justice in the 'real thing'.

#### Willow Post Box

It's been lovely to see our learners using the Willow Post Box this week. Please remind your learners that if they are struggling with anything and would like to speak to Grace or Olivia, to please post a message in the Post Box!

#### **Swimming**

A big well done to all of our learners who had swimming lessons this week! They all behaved brilliantly, and we were so impressed with our very brave and very able swimmers! Thank you to Emma and Grace for working so hard to organise this.

## Headteacher's Award



This week's Headteacher's Award is given to Rosie for being an excellent role model in her friendships!

## Stars of the Week!



Oak - Rosie Larch - Kai Beech - Harrison Holly - Jasmine Elm - Isabel Hazel & Ash - James Post 16 - Rachel



#### **Food Tech**

In food tech this week, Larch & Beech made a very simple yet delicious dhal recipe with homemade flatbreads, served up with yogurt and mango chutney. Oak made curried egg noodles and some sweet treats for Louise's surprise baby shower. Holly & Elm made a spicy prawn noodle stir fry with ginger and garlic, and Hazel cooked up a garlicky black bean beef with rice! Learners in Post 16 and Ash have been selecting recipes which they will begin practicing for part of their BTEC assessments later this term.

# Outreach Trip to the RAMM Exhibition: Earth Spells - Witches of the Anthropocene

This week, Olivia took one of our Outreach learners to a fascinating exhibition at the RAMM. The exhibition explored otherworldly connections to nature and was a brilliant trip!

#### Artwork of the week!

Holly class have been working on landscapes in their Art lessons this term and Oliver has produced a fantastic interpretation of a Cézanne landscape, using oil pastels. This piece of art has now been framed and will be displayed in school well done Oliver!





#### A new friend for Post 16?

We might have a new friend joining us soon! A Western Hognose snake is looking for a new home and we thought the Post 16 room might be a great option, although everyone would be welcome to say hello!

Western Hognose snakes are an incredibly interesting and unique species that many reptile-lovers enjoy. They make great pets and would be a brilliant way to support our learners taking on more responsibility. However, we do appreciate that not everyone is an animal person! If anyone has any concerns, allergies or phobias, and would like to chat about it - please contact Amy in Post 16 (ahenson@magdalencourt.org) or speak to your class teacher.



#### Social Media

We are incredibly excited to announce that we have now created our very own social media accounts where you can find regular updates and useful information, as well as seeing what the learners have been getting up to!

Facebook: Magdalen Court School

Twitter: @MagdalenCourtSc

Instagram: magdalencourtschool1

### Safeguarding

Following the Easter holidays, we are aware that many of our learners will have been spending more time on their devices than usual. As such, our focus this week is on helping our learners to manage device stress and anxiety. We do appreciate that many of our learners love spending times on their devices, and socialise with friends on various games - however, we would encourage all our families to have open conversations about healthy use of devices, and how to manage any anxiety they may feel.

# Helping children and young people with

WHAT ARE THE RISKS? he internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10–15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

#### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

#### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going bock online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

#### **BLURRED BOUNDARIES**

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.



#### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people both in aligital and 'real' life - and being excluded from online conversations can cause damaging

#### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

#### ANTI-SOCIAL SOCIALS

Social media can bring
people together in hugely
positive ways. Sadly, it does
also have a darker side, including
'flame war' arguments which can
escalate quickly and have hurtful
consequences. With so many people
looking on, 'group shaming'
situations are also common – while
here are continued apportunities for

## Advice for Parents & Carers

#### LEARN THE BASICS

#### TALK IT OUT

#### **PUSH DISTRACTIONS AWAY**

sometimes make one wonder arge: the person or the device? one as soon as it goes off is an easy especially for young people. Try essential alerts on your devices our child to do the same your

#### LOOK FOR THE SIGNS

#### KEEP CHECKING IN

#### **BE KIND: UNWIND**

#### Meet Our Expert

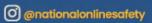




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