

Spa Bermondsey KS3 Home

Welcome to your KS3 newsletter for this week. We hope you find this useful in supporting your child with their home learning. We will continue to call home each week to see how you and your child are doing and whether you need any support or help or specific learning activities.

Step Into Dance, the company who provide our street dance lessons are offering free online dance lessons here: There is no sign up required, students will be able to access the classes by simply following the link on our website or can be found on [RAD Youtube account](#) or [Step into Dance Facebook](#)

Teachers will continue to send home English and Maths work along with pupils next steps. Do let us know if there is anything specific your child is interested in

PSHE

Learn about how to safely help clean at home <https://classroom.thenational.academy/specialist/subjects/independent-living/access-points/applying-learning/lessons/using-cleaning-products-safely-c9j3et> or try a TACPAC sensory communication session at home. Download the TACPAC guide from our webpage.

Music

Log onto Charanga, using the attached letter for your class. Lessons have been assigned by our Music Teacher Lauren.

Humanities

Pupils are continuing to learn about Chinese New Year. There are lots of great ideas for Chinese New year Crafts here <https://spotofsunshine.com/chinese-new-year-craft-activities-for-kids-30/activities/>

Art

Learn about collage artists and have a go at making your own collage artwork with things you have at home with this guide <https://www.tate.org.uk/kids/make/cut-paste/play-collage>

Social Communication

Why not make your own at home wellness routine or play a game to practise your turn taking skills with a family member. Open the SoCo PowerPoint on our webpage for ideas this week.

Cooking

This week we are making lemon mug cakes. You can find the recipe of the week on our webpage. Watch this helpful guide to learn how to zest lemons https://www.bbc.co.uk/food/techniques/zesting_citrus_fruit

Computing

Practise typing skills with this engaging interactive game <https://toybox.tools.bbc.co.uk/activities/id/activity-dance-mat-typing> Or learn about computational thinking concepts here <https://www.bbc.co.uk/bitesize/topics/z7tp34j>

Tips from the therapists:

Speech and Language Therapy top tip:

Involve your child in daily decisions. Children love to seek their parents approval and so including them in activities such as a food shop can be a perfect opportunity. Have your child choose what they would like to eat that week and then find the items together in the supermarket. At the checkout you can even practice using money and budgeting.

2. Have a 'special time' every day for at least 10 minutes where there is no background noise or technology. Sit with your child and follow their lead in play or have a conversation about the day. Comment on what your child is doing or if in conversation, try to listen more than you talk.

3. Add 'brain breaks' and movement activities in between home learning activities. These can reduce the stress of learning, and should be practiced at times when your child is calm so that they are easier to use in stressful situations. These include breathing and calming strategies and can be found with the occupational therapists top tips

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