

# Spa Bermondsey KS4 Home

Welcome to your KS4 newsletter for this week. Please find attached some resources you may want to explore with your children! 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

Can you design a balanced plate of food?

<https://classroom.thenational.academy/specialist/subjects/independent-living/access-points/applying-learning/lessons/balanced-plate-of-food-cgtpat>

Enjoy live and pre-recorded music lessons that create communication opportunities.

<https://www.soundabout.org.uk/tv/>

## Music

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

**Art** Draw your family and friends <https://www.tate.org.uk/kids/make/paint-draw/draw-friend>

## Social Communication

When we go shopping there are items that we want and need. Can you organise a list of wants and needs?



Week 4 sorting  
needs and wants.pc

## Cooking

You can find the recipe of the week on the webpage. Learn how to whisk using the link below

<https://www.kidspot.com.au/health/early-life-nutrition/features/theres-a-good-chance-you-have-no-idea-how-to-whisk/story/b172ed189ea645aca8730fc59e02b18e>

## Computing

- **Digital Literacy** In this unit students will embark on a journey through the history of computing by researching the remarkable advances computing and technology have made throughout time. [Lesson 1 \(icompute-uk.com\)](#) – What is the World Wide Web.
- Fantastic online game for pupils to explore and apply computational thinking concepts to promote learning while playing. The diamond-[Interactive Learning](#) | [Barefoot Games](#) -

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

You can e mail Molly ([molly@unlockinglanguage.co.uk](mailto:molly@unlockinglanguage.co.uk)) and Zahra ([zahra@unlockinglanguage.co.uk](mailto:zahra@unlockinglanguage.co.uk)).

### Makaton



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