

# Spa Bermondsey KS5 Home

**Welcome to your KS5 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:** A chance to practice safe skills at home: <https://classroom.thenational.academy/specialist/subjects/independent-living/access-points/applying-learning/lessons/different-types-of-work-61gkac>

Pupils can make their own jars to help them stay happy and calm. <https://lemonlimeadventures.com/lego-calm-down-jar/>

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

**Art:** KS5: Combine science and art and draw Shadows <https://kidsactivitiesblog.com/137133/how-to-make-shadow-art-with-kids/>

**Social Communication:** Practice asking for help in the shop by role playing with a family member.—open the SoCo powerpoint of the week on the webpage

**Cooking:** This week we are making cheese scores. Use the how to video to learn how to rub in: [https://www.bbc.co.uk/food/techniques/rubbing\\_in](https://www.bbc.co.uk/food/techniques/rubbing_in)

You can find the recipe of the week on the webpage

**Computing:** Make a Roman Mosaic online [Make a Roman mosaic \(theedkins.co.uk\)](http://theedkins.co.uk)

Students will use a range of programming languages to help them develop and practise computational thinking and coding skills. [iCompute Home Learning \(surge.sh\)](http://surge.sh) – go to Activity 1 – Programming movements.

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 our SALTS: Molly ([molly@unlockinglanguage.co.uk](mailto:molly@unlockinglanguage.co.uk)) and Zahra ([zahra@unlockinglanguage.co.uk](mailto:zahra@unlockinglanguage.co.uk)).

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Spa School Bermondsey



Address: Monnow Road, SE1 5RN  
Phone: 020 7237 3714

Email: [office@spa-education.org](mailto:office@spa-education.org)  
Website: [spa-education.org](http://spa-education.org)