



MFL NEWSLETTER 2

01-05-20

Dear parents, carers and pupils,

I hope this newsletter finds you well in this 6th week of lockdown. I also hope that the holy month of Ramadan has started well for you and your family despite the impact of the lockdown.

The aim of this newsletter is to continue to support our pupils and their families to keep up-to-date with the work that pupils should be completing to progress further in Languages.

Exam classes: we advise pupils who intend to continue studying a language in yr12 and 13 or who may wish to take the GCSE Spanish/Bengali in summer 2021 to continue practising using the revision materials given out by teachers prior to the school closure. Teachers are also setting work on Activelearn to help students to revise the GCSE content.

Queries about GCSE/AS grades: please do not contact MFL teachers about this matter as teachers are not allowed to discuss grades. For more information, please refer to document on the front page of the school website “**announcements on Exams and qualifications**”.

Bengali:

Pupils in yr8 to 10 should continue to work through the assignments set weekly by Mrs Robinson on FROG. Work can be returned to Mrs Robinson via FROG or via email (nazninrobinson@stepneygreen.towerhamlets.sch.uk).

Pupils should also continue to use their exercise books to revise all the work completed so far this year, especially the topics mentioned on the revision lists given out prior to the yr8-9 school exams.

French and Spanish:

Pupils who have taken their books home should use their exercise books to revise all the work completed so far this year, especially the topics mentioned on the revision lists given out prior to the yr7-8-9 school exams.

<u>Year</u>	<u>Learning activities</u>	<u>By</u>
<u>7 / 8 / 9</u>	<p>By now, pupils should have finished <u>the workbooks</u> provided by teachers before the school closure.</p> <p>Pupils should now <u>complete the assignments set weekly on FROG</u>. It is crucial that pupils complete that work based on our summer schemes of work.</p> <p>Pupils can self-assess their work using the answer slides in the PowerPoints.</p> <p>Help is available in pupils' exercise books or on FROG. Teachers are also available via FROG or email to answer any queries.</p>	<p>This work should be finished <u>by Friday every week</u>.</p>
<u>10</u>	<p>Pupils should continue to work through the <u>activities set on ActiveLearn</u>.</p> <p>These are revision activities based on the 5 GCSE modules studied so far.</p> <p>Once all revision activities have been completed over the next few weeks, pupils will be set a GCSE assessment.</p> <p>Pupils should also have <u>workbooks</u> to complete on top of the ActiveLearn tasks; the activities cover all key GCSE criteria (e.g. complex structures, tenses, opinions, translation, writing tasks...).</p> <p>In order to be fully ready to continue with the GCSE yr10 once we return to school, it is crucial that pupils work through these activities on a regular basis.</p>	<p>Please encourage your child to log in FROG and Activelearn <u>on a regular basis (e.g. 3 times a week)</u>.</p>

<p><u>Answers for written tasks (90-150 word pieces of writing) should be emailed to your son's teacher, Ms Eynard-Machet or myself, for marking.</u></p>	
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!!! If your child does not have access to a computer, please email damienbahier@stepneygreen.towerhamlets.sch.uk so that an alternative learning arrangement can be found.

Useful websites for extra practice:

<https://www.memrise.com/> includes activities based on all the French and Spanish course books used at Stepney Green (Viva 1+2+AQA in Spanish and Studio 1+2+AQA in French)

www.languagesonline.org.uk

<https://www.bbc.co.uk/bitesize/subjects/zrqmhyc> includes activities based on the AQA specifications for our pupils studying GCSE French and Spanish in Yr9 + 10

<https://www.aqa.org.uk/find-past-papers-and-mark-schemes>

Help!

If you need copies of **MFL workbooks**, please do not hesitate to contact the school reception where some copies are available.

If your child has difficulty in logging onto **ActiveLearn** or if you have any MFL-related questions, please contact his teacher directly using the email address below.

Mr Bahier - damienbahier@stepneygreen.towerhamlets.sch.uk

Mrs Robinson - nazninrobinson@stepneygreen.towerhamlets.sch.uk

Ms El-Messaoudi - samiraelmessaoudi@stepneygreen.towerhamlets.sch.uk

Ms McGeoch - janinemcgeoch@stepneygreen.towerhamlets.sch.uk

Ms Eynard-Machet - aeynard-machet@stepneygreen.towerhamlets.sch.uk

If your child has difficulty in logging onto the **FROG website**, please email italert@stepneygreen.towerhamlets.sch.uk. The IT team will sort out the issue and email you back. **It is important that your child can access FROG as this is the platform we use to set work weekly.**

Once again, if your child does not have access to a computer, please email damienbahier@stepneygreen.towerhamlets.sch.uk so that an alternative learning arrangement can be found.

Yr8 trip to the Wallace Collection, London



The MFL faculty had planned to organise a trip for 30 Gifted and Talented pupils in yr8 in May. The focus of that educational visit was the causes of the French Revolution, a topic studied in History in yr8. Unfortunately, the Wallace Collection is now closed but you can still catch a glimpse of that art collection online.



<https://www.wallacecollection.org/collection/>

<https://origin-wallacecollection-org.cf->

numiko.com/documents/82/Wallace_FrenchRevolution_Final.pdf

Showcase

While studying from home, we hope pupils are producing work of similar standards as when they are in school. In our next newsletter, we would like to showcase examples of good work (e.g. independent writing, creative use of language, activities successfully completed online); please take a photo of that work and email it to damienbahier@stepneygreen.towerhamlets.sch.uk.

You could be our next linguist of the fortnight!

Well done to Mahid Ahmed in yr10 for some excellent work on Activelearn (French GCSE module 1) and to Imad Hussain (7W) for his

Exercise ID	Activity	Score	Status
1	A comme amitié Vocab Learn Module 1 - Qui suis-je? Unit 1	100%	Completed
2	A comme amitié Vocab Test Module 1 - Qui suis-je? Unit 1	100%	Completed
3	A comme amitié Listening Module 1 - Qui suis-je? Unit 1	100%	Completed
4	C'est de famille! Vocab Learn Module 1 - Qui suis-je? Unit 2	100%	Completed
5	C'est de famille! Vocab Test Module 1 - Qui suis-je? Unit 2	100%	Completed
6	C'est de famille! Reading Module 1 - Qui suis-je? Unit 2	100%	Completed
7	C'est de famille! Listening Module 1 - Qui suis-je? Unit 2	100%	Completed

excellent Spanish work on FROG!

Learning is fun!

While we all need to stay at home, remember that there are other entertaining and interesting ways to practise Languages:

- Watch a foreign film on Netflix
- Listen to foreign songs on Youtube or lyricstraining.com
- Set your social networks to French or Spanish
- Text mates in French or Spanish
- Do a gym session in Spanish (<https://www.youtube.com/watch?v=QXno85GsdZw>) or French (<https://www.youtube.com/watch?v=PsPucGotvw4>)

Here are two songs produced by French and Spanish artists to thanks the medical staff on the front line:

French:

<https://www.lci.fr/sorties/chanson-et-demain-350-personnalites-du-spectacle-du-sport-et-des-medias-se-mobilisent-pour-les-soignants-coronavirus-2150352.html>

Spanish:

https://www.youtube.com/watch?v=hl3B4Ql8RtQ&feature=youtu.be&mc_cid=ab16fe0e3c&mc_eid=2408b6006e

Also a couple of videos about how people live the lockdown in France and Spain:

https://www.youtube.com/playlist?list=PLrteM8RtvjHekCn_juQRwEjh2mY44rcuT

Challenge of the fortnight!



I hope some of you have raised to the challenge set in the last newsletter and tried to cook a foreign dish for your family.

While at home over the next few weeks, try to start learning the basics of a new language such as Japanese or Italian. Use the free app <https://www.duolingo.com/>

Talking about challenge, your MFL teachers have also taken a few challenges during lockdown on top of preparing your lessons and monitoring your work! Here are a few photos to give you some ideas of the challenges we have all taken.

Can you guess who is doing what?

Which challenge could you take while being indoors or during your daily exercise?

Guess who?



Challenge to do 1 hour of cycling a day



Challenge to learn how to play the ukulele using a Youtube video



Challenge to run 10km in 1 hour



Challenge to learn how to bake bread



Challenge to learn how to use a sewing machine (e.g. to make a mask)

A few ideas to beat the boredom if you are stuck indoors

- Write a letter to someone you are unable to see at the moment. Excellent writing practice!
- Practise an instrument (but be mindful of others in your house)
- Learn a new craft such as crochet or knitting –Bella Coco for example is brilliant. (if the link does not work, search for Bella Coco on YouTube) <https://www.youtube.com/user/sa8rah56/videos?app=desktop>
- Draw or paint but don't worry if you don't turn into the next Van Gogh – its pure mindfulness anyway.
- Read read read! Audible has made hundreds of titles available for free with no login needed <https://stories.audible.com/>, if you prefer to listen to stories. There are also many free titles of books available online via Kindle or similar.
- Now is your time to catch up or get ahead with some subjects. There are great podcasts about most subjects (Dan Snow for example does an excellent podcast about History) and YouTube is simple full of people desperate for you to understand what they are passionate about. Now is your time to become an expert!
- Do log in and join in with teachers using things such as Quizlet Live, Linguascope etc.
- Bear in mind that with more people at home, your house will get grubby more quickly – offer to help keep it clean.
- Use your time wisely, but be kind to yourself too.

Looking after other people

- Only go out if absolutely necessary and keep 2m distance from people you pass or meet. This is not the time to be hanging around in groups with your friends – sorry! You will have plenty of time for that when the danger has passed.
- Do not visit elderly or vulnerable people at this time.
- Wash your hands regularly and thoroughly for twenty seconds with soap and water (doesn't need to be hot water)
- Avoid touching your face.

Thank you for your continuing support to monitor your child(ren)'s work while studying from home; it is very much appreciated.

If you need any further support, please feel free to contact us and we will get back to you promptly.

I will be in touch again in a couple of weeks if we are not back at school by then.

I wish you and your family a good Ramadan and please keep safe.

Mr Bahier

Head of MFL

Home schooling (2nd part) – more general advice

What to wear?

- Get dressed for your home learning. Not in your uniform (although don't let us stop you!) but in comfortable clothes that are clean and not your pyjamas. Who would have thought that you would get to choose your uniform for a while? Enjoy it while it lasts!

Where to work?

- Sit at a desk or table to work.
- It is really important to have good posture AND research says you will remember more later if you were sat learning in the same physical position you have to recall that information in (i.e. at a desk like in an exam or a lesson at school)
- In an ideal world, you would have your own space to learn but every household is different. Be as understanding and patient with others as you can.



What about my phone?

- You may well need to use your phone to access your learning BUT....
- Leave social media alone while you are doing your home learning. If possible, don't use your phone at all when studying. If you need your phone for some aspects of it but need to leave it alone for other time, use an app like Forest to lock yourself out for periods of time.
- Don't spend your home learning time always accessible to others via social media. Leave that for your breaks and after your learning is finished for the day.



<https://www.forestapp.cc/>

What if I don't understand the work?

- Look online for the work you have been set for that day. If you anticipate you will have problems with any of it, let your teachers know but be patient about getting a response – get on with other things while you are waiting.
- If there is something you do not understand while you are doing it, now is the time to develop your independent skills – Google or another search engine is a good place to start. There are many, many resources online to help you learn and YouTube has brilliant videos explaining all sorts of things. You will return to school knowing more about some aspects of your subjects than your teachers do!
- If independent research doesn't help you, ask your parents/guardians, relatives, siblings or classmates and see if any of them can help. Perhaps phone a grandparent to ask if they know and you can keep in touch with them at the same time.
- If the problem persists, ask your teacher again – barring illness or other restrictions, we are still working and want to help you!

Looking after your body

- Make sure you get up and move about during your home learning. The school day is structured to include this, but you will have to do it more deliberately.
- Drink plenty of water.
- If you are not going out and about, you may need fewer calories. Now is not the time to eat unhealthy snacks all day.
- Stretch! Yoga is great for flexibility to counteract all the sitting around you will be doing.

Looking after your mind

- Try to stay away from the news and social media (news about the news becomes ever less accurate), except to keep up to date with current guidance about how to look after yourself and vulnerable people or to connect in a positive way with your friends.
- Looking after your body IS looking after your mind – eat well, drink water, connect with loved ones, get outside if you can, have a good routine.
- Find the right place in between “studying so hard you become the new Einstein who never sleeps” and “great on the PS4 but behind on ALL your learning”. There is school the other side of this and “future you” will be glad that “present you” found the balance. Make sure you have some positive things to say about the way you used this time.
- Mindfulness is an excellent approach. More on that on the next slide.

Ten minutes of yoga anyone can do

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>

This is yoga for the classroom which is great for if you've been sitting down for a while

Adriene has lots of great yoga – look her up on YouTube.



PE WITH JOE

Go to Youtube and look up PE with Joe (Wicks aka The Body Coach). Live at 9am every morning



Mindfulness

- Put simply, mindfulness is “being where you are”
- Focus on what you are doing in any given moment.
- If you are reading, lose yourself in the story.
- If you are eating, taste the food.
- If you are studying, concentrate on what you are learning.
- Excellent ways to practise mindfulness are colouring in, going for a slow walk outside and noticing what the plants and trees are all doing.
- To calm anxiety down, try the 5-4-3-2-1 approach (next slide)
- Young Minds is a great organisation to support young people with their mental health <https://youngminds.org.uk/> There are plenty of others too.

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

