

Starting to have more free time again?

If schools hadn't closed you would currently be working hard in your exams. As you are now at home instead why not use the time to develop some skills valued at college, desired by employers or just because they are interesting and useful!

- 1- Try learning to code. Code Academy offers free coding classes online. You could build a website or start a blog! Find out more [here](#)
- 2- Learn some more about art. You can look at a whole range of art and architectural resources [here](#) with Google Arts and Culture.
- 3—Learn a language using one of the many websites and apps available. For free using [Duolingo](#) or [Coffee Break Languages](#) (podcasts you can listen to)
- 4— Try yoga free online—keep flexible and work on your mental health with [Yoga with Adriene](#)
- 5—Work more generally on your mental health and wellbeing with courses from the [OLLIE foundation](#).
- 6— Visit some museums and galleries from the comfort of your own home by looking around on [London Indoors](#)
- 7—Or brush up on your GCSE learning—make sure you haven't been put at a disadvantage by school closures. Use [Seneca Learning](#) to brush up on key knowledge

Book recommendations

Miss Collis recommends *A Change is Gonna Come* by a range of BAME authors. This is a collection of short stories touching upon terrorism, OCD, stories containing LGBTQ themes and much more.



Did you know?

Sea sponges are older than dinosaurs? Take a look at some and other species in an underwater virtual scuba dive. Explore multiple different environments [here](#)

Message from Miss Collis, Miss Pilling and Miss Clark

We hope you had a fantastic and restful half term break. This final summer half term is an opportunity to use all the teachers and resources at South Bank to make sure you are ready for September. Reach out to us so we can support you getting the college offers you deserve and get you ready for the academic rigour of A-Levels.

Stay in touch and keep sharing with us what you are up to. We continue to be so proud of how you are coping with this unprecedented situation and we are here if you need anything from us.

Challenge of the week:

See if you and your families can identify the nursery rhymes and songs from the emojis on page 2 of this newsletter.

All answers to Miss Collis—Sophie.collis@oasisouthbnk.org

Reminder

Introduction to A-Level courses are continuing until 26th June to make sure you are A-Level ready for September, even with exams cancelled. These are compulsory if you applied for A-Levels at South Bank but ALL are welcome.

Watch or listen to this...

Reggie Yates: Life and Death in Chicago: Although from 2016 this is a documentary that highlights the huge levels of devastating gun violence in the US ([here](#))

Football, Prince William and Our Mental Health: A documentary looking at the Royal campaign to get men to open up about mental health problems using football ([here](#))

A TED talk—This one focuses on what great leaders do that inspires other into action ([here](#))

The Peter Crouch Podcast— The now quite famous podcast full of bizarre anecdotes and reflections on the game ([here](#))

Shoutouts

Want to submit your own shout outs to your teachers, friends or even your parents? Visit www.bit.ly/

To Molly: For continuing to help her year group and looking towards her future

To Rachel: For showing such amazing progress in Biology over the last few weeks. The energy and enthusiasm which you bring to these sessions is much appreciated

To Nathan O: For showing such enthusiasm for Psychology and emailing additional links to research and find out more in his own time

To Malak: For showing, as ever, so much enthusiasm and dedication to her French lessons! You are going to do SO well next year

Aidan R: For being so dedicated to and enthusiastic in his learning—you are such a great addition to our lessons and are doing so well!

To Mary K: For never failing to voluntarily attend the psychology sessions and completing work and sending over even with technical issues

To Rosheen: For racing through all of the lesson activities - there is no doubt that you are already working at a year 12 standard. You are going to smash French next year!

Can you guess the nursery rhyme and songs from the emojis?



Additional super challenge:

Interested in studying Psychology or Psychology in the future?

Dr Whittaker has provided us with some amazing learning packs to complete during lock down. So you can have a go at the Psychology & Philosophy pack attached to the main email that the newsletter came with.

This will be an amazing project that you can include on your personal statement in the future!

Let us know if you have a go by emailing Miss Collis or Dr Whittaker

Psychology and some other subjects coming with future newsletters!