



MC Academy

APRIL



# Newsletter

OUR MISSION:  
Motivate - Support - Guide



**GUESS THE TEACHER!**

Can you guess who these teachers are from their baby photos?

Send your answers to [charlotte.portman@themcacademy.co.uk](mailto:charlotte.portman@themcacademy.co.uk)

If you get all the answers right you are a winner!



# Viral Videos

Did you know, learners are much more likely to remember English, if they watch, listen and learn through videos? Also, it can be a lot more fun! Find videos that help you to study grammar, a particular language skill or even just to relax or laugh. Below is a selection of three videos which you might find useful on your language learning journey: a grammar explanation, a music video and a bit of fun.

## 1. BBC Learning English - What's the difference between 'hear' and 'listen'?

**Hear**  
**VS**  
**Listen**



Follow the link: <https://www.youtube.com/watch?v=USLudgP7o-w>

BBC learning English is a great place to find short videos about your difficult English problems ! For example, **do you know the difference between *listen* and *hear*?** Well, listen and watch the video and you might just find the answer! In this episode, Roy teaches us the important difference between these two words and how to use them correctly in everyday situations.

## 2. Ella Eyre - If I go



Follow the link: [https://www.youtube.com/watch?v=Jr80jXCepc&feature=emb\\_logo](https://www.youtube.com/watch?v=Jr80jXCepc&feature=emb_logo)

We have a real *banger* from Ella Eyre here. Ella is a British singer and songwriter from London with Jamaican and Maltese parents. In this song 'If I go', Ella talks about the difficulties of being in a bad relationship. Heartbreaking! Not only is this a great song to listen to while stuck indoors, it's also a good example of English! **How many times does Ella use the first conditional in this song?** What happens to a conditional when it becomes a question? What other conditionals could you use in this situation?

## 3. Try Guys - Baking bread without a recipe



Follow the link: <https://www.youtube.com/watch?v=V4Uuxg6jmbo>

They still did better than I could! The Try Guys are an American quartet who like to try anything! They post videos on YouTube about their adventures and various challenges that they try together. In this episode, the boys *attempt* to make bread without a recipe! I'm sure many of you have been trying new things at home so might have had a similar experience yourself. **Watch the first minute of the video, pause and guess who you think will make the best bread.** Watch more Try Guys videos to improve your listening for American accents and informal vocabulary.

# Not-so-normal News

Rescuing bears from trees? Running marathons in the garden? Learning three languages at once!? Below, you'll find a recent news article that might baffle you or may even restore your faith in humanity.

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## Woman dressed in dinosaur costume entertained nursing home residents

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KEARNEY, Neb. — Social distancing doesn't always mean stay at home, people have found creative ways to still be social while following CDC guidelines. One Kearney woman is trying to spread a little cheer to nursing home residents during this time. Staff at Mount Carmel Home said they're trying their best to keep their residents happy, especially that they are isolated now more than ever. They received a prehistoric surprise.

"Dinosaurs are welcomed here at Mount Carmel," Activities Director at Mount Carmel Home, Christina Hansen said. As the Activities Director, Christina Hansen said she always looks for ways to maintain the mental and emotional health for her residents, especially during this time of quarantine. She said she received an email from someone looking to entertain the residents. "The lady in the dinosaur!," said Hansen. The woman in the dinosaur chose to remain anonymous. "My grandmother went here, so I'm giving back to them and making people really happy," she said. The Kearney woman walked around the building, greeting people and showing off signs that she made for the residents.

"Getting out while we can, looking at our neighbours and seeing what we can do to put a smile on someone's face in this trying time. Even if we isolate ourselves, there's ways we can work around it and get to people," she said. Hansen said people can find beauty in this time. She said laughter is a way to push through it. "I think the more creative ways we can find to connect despite the fact that we can't physically connect, it's something silly and crazy but my residents are smiling and laughing, I'm smiling and laughing, my staff are smiling and laughing," said Hansen.

Hansen said staff help residents talk with family on Skype or other video calls to talk closely with families despite that there are no visits allowed at the moment

Follow this link to the original and video report: <https://nebraska.tv/news/local/woman-dressed-in-dinosaur-costume-entertains-nursing-home-residents>

# Keep calm during Covid



## The Wisdom of Uncertainty

*In this edition of Stay Calm During Covid we have an article by Andy Puddicombe, a meditation and mindfulness expert, writing for the meditation app Headspace.*

Humans don't really know much at all.

This may not be something that we like to hear, but it's true. In uncertain times, it is only natural for us to search for certainty. It gives us a feeling of comfort, of safety, maybe even a sense of belonging. In a world where everything is constantly changing, the idea of certainty is both appealing and reassuring.

But in times of uncertainty, it is important to understand the difference between what we know and what we believe, what we know and what we suspect, and what we know and what we've been told.

What we *know* is only what we experience. If we let go of everything we've ever read, ever heard, or ever been told, then we are left with nothing but our experience. And even this is always changing as each moment and each experience moves into the next. So, when all is said and done, we are left with nothing but the experience of the present moment. The certainty of now.

For some, realising this brings a sense of calm and relief. We don't need to pretend to have all the answers. *Phew!* For others, the idea of having no certainty in life apart from the present moment can feel very stressful.

But there is no shame in not knowing, there is only freedom. An uncertain mind is an open mind. It is a curious, interested and reflective mind. When we meet life with a real sense of uncertainty, we stop seeing the world as we think we know it, and instead we see life for what it truly is. The same goes for the people around us. It is only in letting go of what we think is true about other people that we allow them to be who they truly are.

This is the wisdom of uncertainty.

*Adapted from Headspace, The Wisdom of Uncertainty by Andy Puddicombe <https://www.headspace.com/blog/2018/07/26/the-wisdom-of-uncertainty-2/>*



## Idiom Corner ..IN

THIS PART OF THE NEWSLETTER WE ARE CHALLENGING YOU TO LEARN SOME NEW IDIOMS! IDIOMS ARE USEFUL EXPRESSIONS THAT ARE OFTEN USED BY NATIVE SPEAKERS.



We're all staying home at the moment so why not watch this [short video](#) on house idioms.

Can you guess the 3 idioms related to the house in 15 seconds?

Can you use them in a sentence?

## JOKE JUNCTION

DO YOU KNOW ANY ENGLISH JOKES? SEE IF THESE JOKES BELOW MAKE YOU LAUGH!

**What did the traffic lights say to the car?**

Q: What did the traffic lights say to the car?

A: "Don't look now. I'm changing!"

**What is the longest word in the English language?**

Q: What is the longest word in the English language?

A: "Smiles". Because there is a mile between its first and last letters!

# Star Students IELTS



"I'd like to recognise Yara in my IELTS class. She consistently completes homework tasks to a high standard, contributes well in class and helps her classmates. In addition, and this primarily why I'd like to suggest her, she has been an amazing tech support in classes, and has taken her own time to talk me through and show me the extra functions of Zoom!"

Zainab Hassan A Alnasser

"She has never missed a class and always completes her homework on time, despite being a young mum to kids. In fact, she is more diligent than the other students who are young, free single, and currently living it up in a hotel under quarantine!"



Fadia from IELTS Introduction.

"She has attended the course for 4 weeks only and she's done brilliantly well! Always punctual, full participation, homework always is done on time, and she always completed some extra homework. She has worked very hard to improve her writing skills."





# Star Students General English



"I have put forward Azhar from my Intermediate class. She always comes to class every day and does her homework. Whenever I set writing tasks, she always goes above and beyond and writes something really amazing and she's been doing really well in Friday tests, even though she only joined the class a few weeks ago."

Maryam Hawi.

"I think she's just fabulous! She's trying so hard with her class! She is constantly on time, works really hard and always wants to improve. She asks questions and I know she is speaking English outside of the classroom and watching English TV."



Ghadeer Nuwayran O Almatrafi.

"She's been working really hard, studying in her free time and confidently brings useful questions to class the next day after doing her homework to help her understand more. It benefits herself but also helps the other student in class."

