



MC Academy

JUNE



# Newsletter

OUR MISSION:  
Motivate - Support - Guide

# SUMMER

holidays

Match the words to the correct pictures and complete the crossword. Then find a secret message.

- 11 ball
- beach bag
- bucket
- Camping
- Crab
- deckchair
- Flippers
- inflatable ring
- Kite
- lifeguard
- sandcastle
- shells
- snorkelling
- starfish
- sunbathing
- sun cream
- sunglasses
- sunshade
- swimming
- surfing
- towel

The secret message is \_\_\_\_\_ iSLCollective.com

Complete the crossword and email the Secret Message to [charlotte.portman@themcacademy.co.uk](mailto:charlotte.portman@themcacademy.co.uk) to have your name mentioned in the next newsletter!

From ISL Collective <https://en.islcollective.com/english-esl-worksheets/vocabulary/summer/summer-holidays-crossword/54934>



# 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 clips that help you to study grammar, a specific language skill or even just to relax or laugh. Below is a selection of three videos that you might find useful on your language learning adventure: a grammar explanation, a music video and a bit of fun.

## 1. Learn English with Movies - Will Smith - The Pursuit of Happiness



Follow the link: <https://www.youtube.com/watch?v=pKoH9GkEKxQ>

This channel is a real godsend! *Learn English with Movies* does exactly what it says on the tin. If you want to learn grammar, vocabulary and appropriate use of English and you also happen to like movies this is the place for you. English is presented in a very clear way in these videos and there is even a little test at the end! In this episode, *LEWM* looks at the ever-inspiring film, the Pursuit of Happiness (yes happiness is spelled incorrectly). **Have you seen this film before? What did you think of it?** If you haven't, then what are you waiting for!

## 2. Michael Buble - Feeling Good



Follow the link: <https://www.youtube.com/watch?v=Edwsf-8F3sI>

*'It's a new dawn, it's a new day... and I'm feeling good!'* Originally written and sung by Nina Simone (my favourite version), this cover, by the one and only Michael Buble, does the song justice while still keeping many of the things we love about the original. Michael Buble's voice is clear and crisp as he sings about the wonders of nature and the beauty of life. It's a song that reminds us of all the things we might be missing right now. Like all songs posted here, you might find a lot of useful vocabulary hidden amongst the lyrics while learning a bit of Western culture. **How many words does Michael use related to nature? Can you think of any more specific example words they could have used in the song?**

## 3. Vsauce - Is your red the same as my red?



Follow the link: <https://www.youtube.com/watch?v=evQsOFQju08>

'Wow, that's amazing but I still don't really understand it.' - something you might say after watching a complex, winding scientific video posted by Vsauce's Michael. This is not one for the faint of heart. If you feel your English is up to the challenge, try watching one of these videos and you just might learn something truly amazing. In this episode, Michael shares the reasons for why we see the world differently by asking *Is your red the same as my red?* Watch any videos on the Vsauce channel to learn some formal and scientific vocabulary as well as practice listening for American pronunciation.

# 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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## Crayola launches skin tone crayons so 'all kids can colour themselves'

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Crayola has announced a set of new crayons that will represent 40 different skin tones. 'Colors of the World' is said to 'authentically reflect the full spectrum of human complexions', with brand bosses saying 'every child should be able to creatively and accurately colour themselves into the world they see around them'. The 24-pack offers a wide range of 'light to deep shades' for children to choose from, as well as undertones like 'rose', 'almond' and 'golden'. A 32-pack has also been created to include eight shades for eyes and hair, with both products hitting shelves in July and being sold exclusively at Walmart.



CEO Rich Wuerthele has said: 'With the world growing more diverse than ever before, Crayola hopes our new Colors of the World crayons will increase representation and foster a greater sense of belonging and acceptance. 'We want the new Colors of the World crayons to advance inclusion within creativity and impact how kids express themselves.' The company enlisted a skin tone expert for the eight-month-long project, working with MAC Chief Chemist and Cover FX co-founder Victor Casale. Victor said he was 'thrilled' to be involved as he knew what it was like to not feel 'recognised'.

He said: 'I have spent my life trying to create truly global shade palettes because I know what it's like to be with a person who has finally found their exact match. 'They feel included and recognised, and I am hoping every child who uses these crayons and finds their shade will have that feeling. 'Growing up, I remember mixing the pink and dark brown crayons to try and make my shade, so I was thrilled when Crayola asked for my help to create the Colors of the World crayons.'

Mimi Dixon, Manager Brand Equity and Activation at Crayola added: 'What intrigued Crayola about Victor was not only his extensive experience in creating shades that capture the natural beauty of every skin tone, but his abiding passion and commitment nurturing inclusion and representation. 'His expertise, candor and guidance throughout the development process was invaluable and brings an enhanced level of credibility and authenticity to the Colors of the World product.' The new product was revealed on Thursday in order to coincide with the United Nations' World Day for Cultural Diversity for Dialogue and Development. Those who can't wait until July can pre-order on the Walmart website.

Follow this link to the original report and photos: <https://metro.co.uk/2020/05/22/crayola-launches-skin-tone-crayons-kids-can-colour-12741835/>

# *Keep calm during Covid*

## **9 Practices To Help Maintain Mental Health During The Coronavirus Lockdown**



As many of us are being told to hunker down in our apartments and houses, and limit trips outside and social contact, things are feeling pretty “real” at this point. Aside from the general worry people may have about their physical health, there’s the larger toll this is taking on our mental health.

Here are some practises that everyone can do to take care of their mental health during lockdown:

### **1. Have a routine (as much as you can)**

It is better for everyone’s mental health to try to keep a routine going, as much as possible. Make a schedule that you can get on board with, and try to stick with it - but don’t beat yourself up if it doesn’t always work.

### **2. Start an at-home exercise routine**

Working out at home is a good way to stay healthy and kill indoor time. Many online workout sources are offering free access during lockdown. Anything that gets your heart pumping and builds muscle is excellent for both physical and mental health.

### **3. Get outside - in nature - if you can**

This is much easier if you live in the country, but if you’re in the city and it’s possible, go for a walk in the park. Lots of recent research finds that spending time in nature benefits both mental and physical health.

### **4. Declutter your home**

Decluttering, cleaning or organising your home can be a good way to feel productive. “Studies say that the predictability of cleaning not only offers a sense of control in the face of uncertainty, but also offers your mind, body and soul a respite from traumatic stress,” says Deborah Serani PsyD, professor of Psychology at Adelphi University.

## **5. Meditate, or just breathe**

Meditation has been shown to reduce symptoms of depression and anxiety. But if meditation isn't for you, just breathing slowly might be. Controlled breathing has been used for millennia to calm the mind.

## **6. Maintain community and social connection**

Humans are social creatures, and during crises it's natural to want to gather. Unfortunately we can't meet in person right now, but picking up the phone or having a video call can have a real positive impact on your mental health.

## **7. Be of service, from a distance**

Studies have found that serving others, even via small acts of kindness, has strong and immediate mental health benefits. You can help neighbours who need food supplies, buy gift certificates to local businesses, order takeaways from local restaurants or help with fundraising for charities.

## **8. Practice gratitude**

This is not the easiest thing to do in these times, especially if you have suffered illness, job or business loss. But practising gratitude for the things we do have has been shown to be hugely beneficial to mental health. Try writing down some of the things you're grateful for, no matter how small.

## **9. Let yourself off the hook**

This might be the most important thing to keep in mind - don't beat yourself up when things are not going perfectly. Being upset with yourself is totally counterproductive. If you can't stick to your schedule or don't do your at-home workout every day, it's really not such a big deal in the long run. It's more valuable to cut yourself some slack, use the time to reflect on the important things, and try to remember that we are all in this together.

*Adapted from an article written by Alice G Walton for Forbes*

<https://www.forbes.com/sites/alicegwalton/2020/03/22/9-mental-health-practices-to-maintain-or-begin-during-coronavirus-lockdown/#13a3047f4264>





## 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.

Here's another **great short video** for you to brush up on your idioms!



After a busy day of learning English, finishing off your homework and watching your favourite English language series, you need a good rest at the end of the day!

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

Try to use them in your next class!

Do you remember the idioms from **last month related to cleaning**?...

A new broom sweeps clean- when someone new takes control of an organization and makes many changes

Brush something under the carpet - hide a problem or try to keep it secret instead of dealing with it

To wipe the slate clean- to start a new and better way of behaving, forgetting about any bad experiences in the past



# JOKE JUNCTION

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

## Why do cows have bells?

Q: Why do cows have bells?

A: Because their horns don't work!

## Why are Saturday and Sunday strong days?

Q: Why are Saturday and Sunday strong days?

A: Because they are not weekdays!

## What animal can jump higher than a house?

Q: What animal can jump higher than a house?

A: A house can't jump!

## How do you count a herd of cattle?

Q: How do you count a herd of cattle?

A: With a cowculator.

**Do you know any better jokes?...**

Send them into [harrylhargreaves@gmail.com](mailto:harrylhargreaves@gmail.com) and we'll show them in next month's newsletter!

# Star Students IELTS



"I'd like to nominate **Najla Fahd K Alotaibi**. She has consistently been an extremely diligent student throughout the course, constantly completing homework on time and contributing to class discussions with insightful ideas and suggestions. She is a highly motivated student and this is reflected in her work and excellent exam results week after week.  
Keep up the great work!"



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