



## GB Schools Biathlon Final

On Sunday 27th March the GB Schools Biathlon Final was held at Crystal Palace. This was the culmination of several preliminary rounds, county finals and regional finals held across the length and breadth of Britain. All of the participants were the winners of these events and Bexley Grammar School had its own representative there. Jamie Grain in 9SAS had qualified for the final and delivered a sterling performance, winning the 100m swim and finishing 9th in the 1000m foot race. The culmination of points was enough to earn Jamie a bronze medal and gain an automatic bye to the British Biathlon Championships.

What a fantastic achievement, congratulations Jamie.

You can read Jamie's account below.

*Mr Skinner*

## Biathlon National Championships



Last Sunday I visited Crystal Palace in order to take part in the Schools National Biathlon Championships. This was a competition involving all the schools in England. There were 48 people there who had made it through to the semi-finals and qualifiers and had come from places as far away as the Scottish borders and Devon.

I arrived there at 10 am and waited apprehensively for my race. At 11 am I left for the run of 1km on the track and despite some very hard competition I managed to come ninth with a

## Forthcoming Events

Monday 4<sup>th</sup> April ~ Year 9 exams in class all week

Thursday 7<sup>th</sup> April ~ PA Pamper Night

Friday 8<sup>th</sup> April - Last day of term

## Year 7 Trips

There have been changes to the Danson Water sports trip and Penshurst Place trip. Please note revised dates for the year trips below:

### Danson Water Sports

Tuesday 21<sup>st</sup> June: 7FOM & 7KLB

Wednesday 22<sup>nd</sup> June: 7MTR & 7SMB

Thursday 23<sup>rd</sup> June: 7CMS & 7EP (**NO CHANGE**)

### Penshurst Place Trip

Tuesday 21<sup>st</sup> June: 7CMS, 7SMB & 7EP

Thursday 23<sup>rd</sup> June: 7MTR, 7FOM & 7KLB

## School Council

There will be a School Council meeting on Wednesday 6<sup>th</sup> April in H8 at academic monitoring time for all Form reps.

Please check that your year group is represented.

*Mrs Wieck*

time of 3 minutes dead.

After that I had an hour and a half to recover for the swim. I was put in for the last and fastest heat and I was against some of my old friends and some new competition. Finishing the race in 59:89 seconds gave me first place in the swim. I knew with the points that I was in for a good place but I had to wait nervously for the final result and at the final presentation I found that I had been placed third overall. This was a great event and hopefully next year we will be able to send even more people to this competition.

*Jamie Grain 9SAS*



### Victoria Park Harriers and Tower Hamlets A.C. Wheelchair Race

On Saturday 26<sup>th</sup> March at 2.15pm, Ms Taylor and I went to watch Deborah Adom (9 JMP) compete in her first wheelchair race at Victoria Park in Hackney.

The race was over 3 laps of the park (which is huge!) and included all age categories and both sexes. Despite having to race in a borrowed race chair, Deborah managed to achieve 4<sup>th</sup> Place and was the first girl over the finishing line, winning for her age category of 13-14 years. She came away with 4 medals.

Deborah is due to get her own race chair, fitted and designed to her measurements very shortly and I heard her say at the end of the race – “Next time..... next time”.

Well done Deborah, a fantastic achievement.

*Mrs Price (AEN Dept)*



### Year 9 ‘Aim Higher, Speak up, Speak out’ Public Speaking Workshop and Competition at Greenwich University

On March 23<sup>rd</sup> fourteen Year 9 students set off for a public speaking workshop at the Maritime campus that was to prove to be of great future use. We had been given some prior public speaking assignments in our English classes but none of us had ever really had a chance to speak in front of people we did not know. We all arrived by 9.00 am and were taken into the Edinburgh room to meet the other schools which included: Cleeve Park, Bexleyheath, Bexley Business Academy, St. Catherine’s School for Girls and Erith School.

We were split into four groups of twenty; everyone introduced themselves and stated their personal likes and dislikes. This enabled us to form acquaintances with most of the group as everyone was very open and friendly. We quickly established that we were all in the same boat and very nervous about the competition but with a whole morning spent with our trainers and countless tips given out, we were more than prepared for the big moment. The top ten tips that we were given were:

1. Know your audience
2. Keep calm throughout and keep your nerves at bay
3. Maintain eye contact unless looking away for effect
4. Gestures and body language these can alter depending on your audience
5. Use of humour
6. Make sure to stand during your speech and do not slouch
7. Use the power of the pause for effect
8. Smile the whole way through unless talking about an oppressing topic
9. Stay at the end of your speech to ensure your presence is felt and make sure you enter as though you own the whole room
10. Practise, practise, practise! Although impromptu speeches are good it is always better to have something prepared

After a short break on the luscious green overlooking the Thames and Canary Wharf we came back inside to play some impromptu speaking games. Some of the categories people were given were very hard e.g. ‘why a wheelbarrow is the best mode of transport’. My subject was thankfully one of the easiest, we played a short game of ‘Call my Bluff’ and the chosen word was snollygoster (which actually means a dishonest politician).

At first it was hard to think of a definition but after about ten seconds your idea expanded and took shape quickly within your head. We also learnt how to give appropriate

feedback using the WIN formula (wonderful comments, improve comments, nice comments). Just before lunch our leader, Julia, picked up on the fact that we were all quite nervous so she gave us some tips on overcoming nerves. She said that it was best to know your material and practise as then your confidence will grow with the speech and remembering your speech is one less thing to worry about. One of her key points was to remember to breathe as this will help you to relax and to slow your speech down you should only be saying about 70 words per minute which is 50 less than a normal conversation. A good confidence boosting tip is to remember that your audience wants you to succeed.

Next it was the tour of the Maritime Campus; I would not be lying if I said it took everyone's breath away. Our tour began in the Painted Hall, inside one of the biggest Georgian buildings; this was a magnificent hall with every surface covered in exquisite decoration. The hall took 19 years to complete and was very well planned. There is one painting where when you look at the pillars, from one angle they are facing left and from the opposite angle they are facing right. The old Navy Hospital on Campus has even been preserved and converted into a library. Also, there is the very famous chapel which if you have a lot of money you can even get married in. The second half of lunch was spent on the green chatting about our chosen speech topics.

Once we got back in from lunch, we had 45 minutes to prepare our speeches considering everything that we had learnt that morning. My time was spent focusing on delivery as I already knew my speech from memory. Others were busy scribbling down their notes and the atmosphere was very tense with everyone desperate to come up with a good topic. Eventually the clock struck 2.00 pm and we knew it was time. As I heard my name called I slowly rose dreading what was coming, I delivered my speech pretty much rooted to the spot and as I made my way back to my seat I was cursing to myself wishing I had done a better delivery. At 2.45 pm we were told who the judges had selected from each group. Ryan Clarke (9JR) was selected as one of the eight finalists with his speech entitled 'Do your clothes define you?' Once we were seated in the competition hall, the speeches began. We could see instantly why these students had been chosen above others as they were confident and felt strongly about their subject often including personal stories and experiences. The speech topics were very varied including abstract choices such as 'the meaning of life' and 'from rags to riches'. In half an hour it was all over and we were overwhelmed by the speeches we had heard.

Ryan was awarded a certificate and identified as a 'future captain of industry'. We then completed a self evaluation form on how we felt the day went and it was definitely a "thumbs-up" all round from BGS. *Alexandra Bird 9JMP*

## Library Notice

If any overdue or missing school library books are found over the holidays, please could they be returned to the library? No fines, no questions asked!

Many thanks.

*Mrs McAllister (Librarian)*

## Merits

Well done to Ethan Bremerkamp (7CMS), Sophie Chu, Stephanie Ryland, Jack Davies, Ellie Quintin, Lewis Watson, George Fuller (7EP), Oliver Davis, Kristine Tran, Emily Williams (7KLB) and Amelia Stevenson (7SMB) who have all achieved 50 merits.

Congratulations to Sophie Tyler (7CMS) who has now achieved 100 merits and a special mention to Aaron Harrex (7EP) who has achieved a remarkable 150 merits.

*Mr Crawford*

Congratulations go to Vicky Chivers 8LRB and Alex Bronsdon 8HLE for successfully reaching 50 merits. Well done!

*Mrs Kemp*

## Red Nose Day

The total amount raised so far for Comic Relief on Friday 18th March by Years 7 – 11 was £982.61.

The Sixth Form raised money for Didier Nuttall who is running the London Marathon for Barnardos and they raised £245.26.

If any student has sponsor money still to hand in, please would they do this by Monday 4<sup>th</sup> April at the latest.

Thank you to Philip Hagleburg in 7KLB who made delicious cakes and sold them for Red Nose Day and to Summer Reynolds, Year 12 who was part of the team who helped to run the talent show in the Hall at lunch time.

*Mrs Wieck*