



Place2Be, a charity that promotes children's wellbeing, held their Children's Mental Health Week 2019 this week and called on all school communities to promote the positive benefits of sleep, activity and diet. Tutors across the school encouraged their tutees to consider some of the evidence-based findings related to these areas. Parents and carers may also wish to dip into the links below to explore the broad benefits of these areas, as summarised by InnerDrive.

<https://blog.innerdrive.co.uk/sleep-a-powerful-revision-technique>

<https://blog.innerdrive.co.uk/8-ways-exercising-boosts-your-brain-power>

<https://blog.innerdrive.co.uk/the-7-psychological-benefits-of-students-eating-breakfast>



During our recent INSET day, BGS staff completed training, delivered by two of our Mental Health First Aiders, exploring the impacts of anxiety and depression on a young person's presentation in school, to support us in effectively connecting students potentially struggling with these conditions to specialist services. One part of the training session considered the differences between sympathy and empathy, in the contexts of our conversations with others struggling with life events or mental wellbeing. The clip below, related to this subject, is definitely worth a quick watch.

<https://www.youtube.com/watch?v=1Evwgu369Jw>



Place2Be is a charity that promotes children's wellbeing. This week, to support Mental Health Week the PE department has been promoting the positive benefit of sleep, activity and diet on wellbeing. Key Stage 4 has experienced a range of meditation, yoga and mindfulness to help students relax in preparation for their forthcoming exams this year. A great effort shown by students with a few even drifting off to the land of nod!

Mrs Kemp, PE Department



Charlie and the Chocolate Factory

Seats still available!

Greetings to you, lucky finder of this **Golden Ticket**, from Mr Willy Wonka! I shake you warmly by the hand! Tremendous things are in store for you! Many wonderful surprises await you! Bexley Grammar School presents its annual school play, an adaptation of Roald Dahl's beloved classic **Charlie and the Chocolate Factory** by Richard George.

The play is brought to life using the pure imagination of our wonderful cast from all Year groups, 7 to 13. Over 200 pupils auditioned for this show, so this really is the Whipple-Scrumptious Fudgemallow Cream of the crop! The show will also feature: A Live Band! Epic Storytelling! Lighting, designed and operated by students! Projected backdrops

Sound, designed and operated by students... And of course, wonderful chocolatey and other sweet treats, as well as tea and coffee during the interval. There will be a bar selling alcohol on Wednesday. The show promises to be for everyone - Child, Adult, Grandparent or Oompa Loompa.

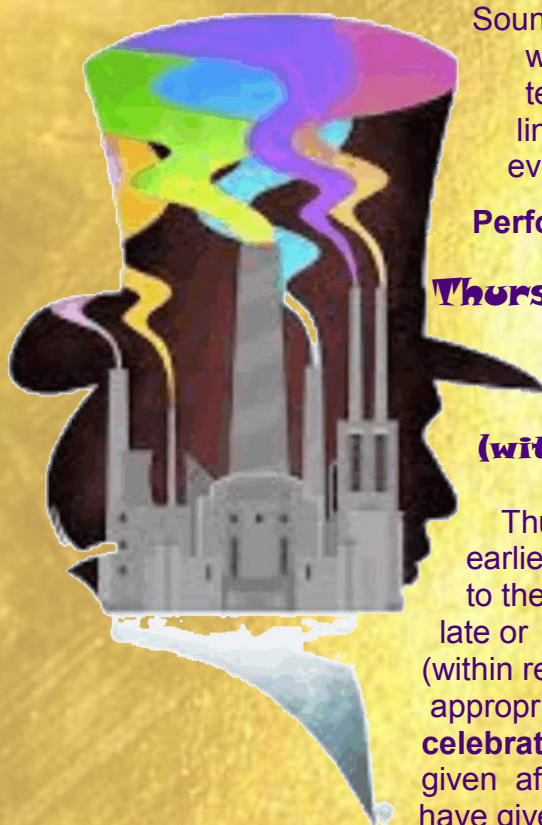
Performances will take place in The Theatre (K10) on:

Thursday 7th February, 5pm ~ availability
(relaxed performance)

Friday 8th February, 7pm ~ limited
(with after show celebration of the pupils' work)

Thursday's show will be a **relaxed performance**, with an earlier start; we hope this will allow younger children to come to the Show and feel free to enjoy it without staying up too late or worrying about making a bit of noise during the show (within reason) - we have ensured that the show is completely appropriate for a younger audience. On Friday, there will be a **celebration of the pupils' work**, some speeches and awards given after the show, honouring those leaving the school who have given a great deal to the productions over the years.

Our contract for the show does not allow us to specifically charge for this event and that attendance should be by 'invitation only'. So to receive an invite, please donate **£7.00** per ticket via Parent Pay. Your e-mail confirmation of this payment will act as your **Golden Ticket**. You can also donate at the door. Please note the show will take place in the Theatre (K10); please park in the top car park (this will be the only one open), once out of your car, enter the large white building (K block), and follow signs to the theatre, which is on the first floor. **For the Thursday performance, please take extra care parking as the school will still be open.**



Live Operating Theatre 2019 @ BGS

65 BGS and Chislehurst & Sidcup Science students from Year 12 attended a workshop at BGS where they gained hands on experience of the life of medical students and doctors. The day was led by a former surgeon who delivered university style lectures on anatomy and medical procedures. The students were able to calculate doses of and administer anaesthetics plus dissect organs, including those of the circulatory system, all the while in full surgery scrubs to add to their experience.

The day was an inspiring and enjoyable one for all who attended, and hopefully gave the students a real insight into studying medicine in the future.

Mrs Gradley
Science Department



Year 8 Public Speaking Competition

The Year 8 public speaking competition is simply a competition to create a speech, but not any old speech. A speech to open people's minds, to provoke thought, to play with emotion, to let words weave magic and for confidence to grow. The main aim though, for all, is to smash 3 challenges to be the public speaking victor: The creating and mastering, the classroom fight and finally to the battle of the 12 - the final.

The Creating and Mastering

Before you can challenge people to war of the speeches you have to create one. This part may seem the easiest, but is quite the opposite. Here you have to make the magic. First, you choose a mind provoking topic, a topic that will linger in peoples' minds - the battle of the sexes, corruption, the death penalty, racism or (as I did) Are Revolutions Revolutionary? Once the topic has been chosen the frustrating stage begins of creating the perfect speech. To do it, you might want to think of it as a point in tennis - first you rally, allowing the audience to get a feel, then you start dominating, throwing the context in and then you hit a winner putting all the cards in at once to create a grand ending to linger in the minds. Now it's easy. You just practice until you perform with so much confidence and strength you begin to play with the emotion of the audience.

The Classroom Fight

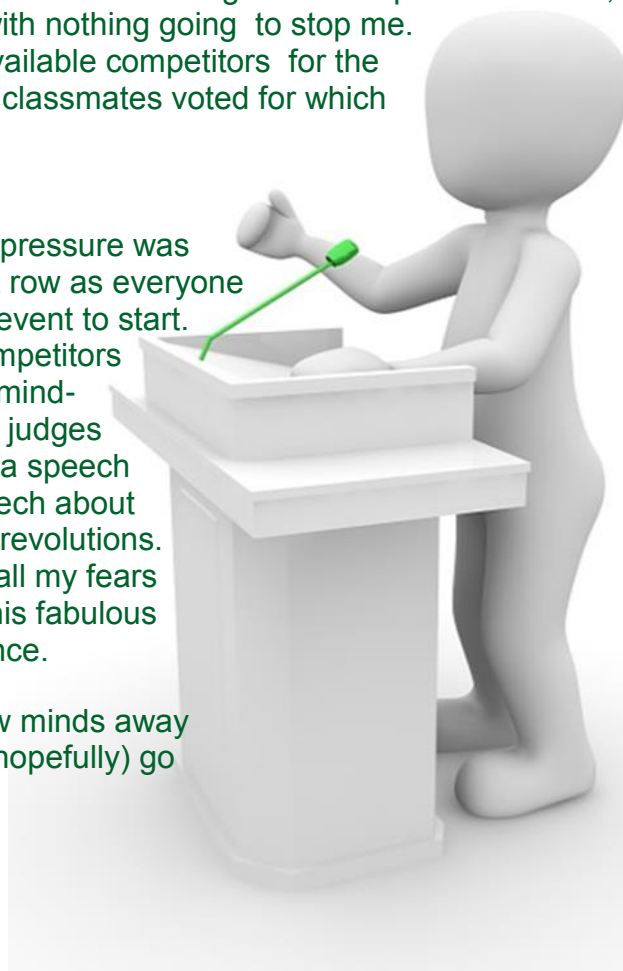
Now the war of the speeches has begun. One by one 32 students in 6 different classes stand up in front of their form and perform their (hopefully mastered speeches) to the class. Here is when the mastering comes into play for the first time to see if you are able to whip up emotion, provoke thought and open eyes. Oddly, despite performing in front of people I knew very well I remember feeling butterflies in my stomach and finding it hard to produce words, but after my first paragraph I was in full swing with nothing going to stop me. After the teacher had graded the speeches the available competitors for the final (or the battle of the 12) stood up as the fellow classmates voted for which two went through to the final.

The Battle of the 12 - The Final

12 speeches remained, 184 had not made it. The pressure was really on. The remaining competitors sat in the first row as everyone else in the year flocked in to take seats for the big event to start. Mrs Howard stood at the front calling up the 12 competitors to perform to the year. Each speech was equally mind-blowing, incredible and inspiring speeches, but the judges chose the top 3. In 3rd place was Tom who made a speech on political corruption, 2nd was Natsuki with a speech about skinny models and I was 1st doing a speech about revolutions. Standing up there knowing that I had won despite all my fears felt incredible, but I really think the main point of this fabulous competition is to overcome fears and gain confidence.

P.S. To anyone out there creating a speech to blow minds away remember, imagine it as tennis points and all will (hopefully) go well.

Reed Brayford, Year 8



Author Andrew Donkin talks to Year 12 Students

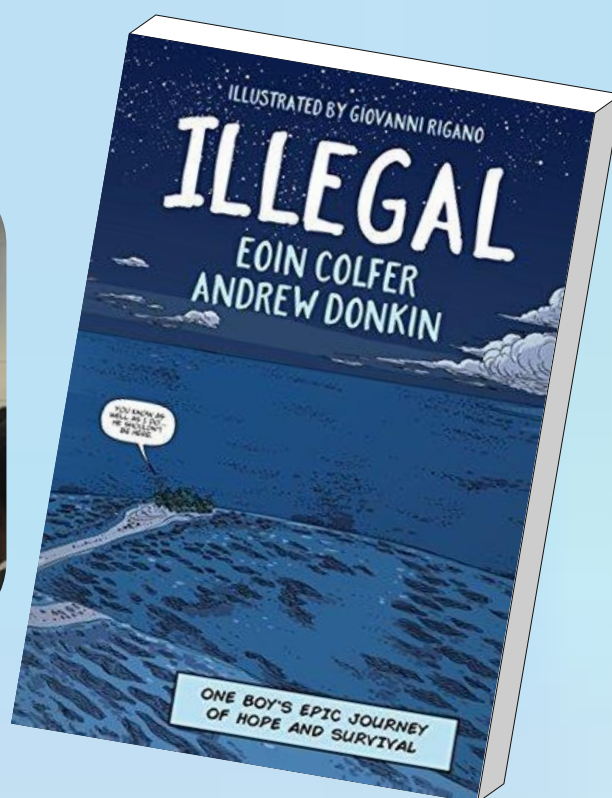
On the 24th January, guest lecturer Andrew Donkin visited to talk about his excellent graphic novel “Illegal”. It is a timely, fiction book that displays the real stories behind migration in hope for a better life through the tale of Ebo, a vivacious, motherless 12-year-old boy from Niger who follows his older brother from his inadequate village to the city of Agadez, where traffickers take them across the Sahara Desert to a coastal city in northern Libya. Here, the vulnerable boys again put their lives in the hands of iniquitous men, who give them a cramped space on a compact boat heading for Italy, where they believed would be the start of their new, superior life.

The climax shows the protagonist, Ebo, at his lowest point opening a pack of antiseptic wipes that he can trade, one by one, for food. One of the fellow boys on the boat is a Chelsea football fan, demonstrating how these boys going through these substandard, human-rights-breaching experiences are just like us.

During the book talk, Andrew explained how the dialogue and language of Ebo’s is minimal and the reasons behind this. He explained how the illustrator, Giovanni Rigano’s naturalistic drawings, which depict the desert in dusty beiges and the night voyage in midnight blues has words of its own and added diction would take away the reader’s own thoughts and opinions and personal engagement. He also described how through Giovanni’s sketches of the traffickers facial expressions, how truly intimidating Ebo’s traffickers are and portrays how innocent, vulnerable children have to go through crude and hair-raising conditions, for simply a humane life, which all of humanity deserve.

The book reminds readers of the fact that, in 2015, one million people made this desperate journey across the Mediterranean, many of whom were faultless children just like Ebo. These stories must be heard and have created a deeply affecting and thought-provoking account of the 21st-century refugee experience, that everyone has a responsibility to help with.

Maia Linley-Adams, Year 12



Music News

Year 9s Experience the 'Beat Goes On' Workshop

On Friday 25th January students from Year 9 got the chance to experience the 'Beat Goes On' workshop, similar to the West End performance of Stomp. The workshop involved body percussion and playing a dynamic range of percussion instruments to make a beat from many genres of music. The body percussion involved lots of different techniques including stomping, clapping, slapping and clicking. It was really good fun to perform the pieces, which we'd mastered in such a short period of time, with everyone else in the group. Overall the session was an uplifting and energetic experience and with the beats stuck in my head for the rest of the week, the beat really did go on!

Noah Hanley McLatchie, Year 9



KS4 Music Showcase

On 30th January, Year 10 and 11 students performed at our annual KS4 showcase. For our Year 11 students, this was a chance to present their ensemble performances they will be submitting for their GCSE coursework. For Year 10s, it was a chance to try their hand at more formal performing.

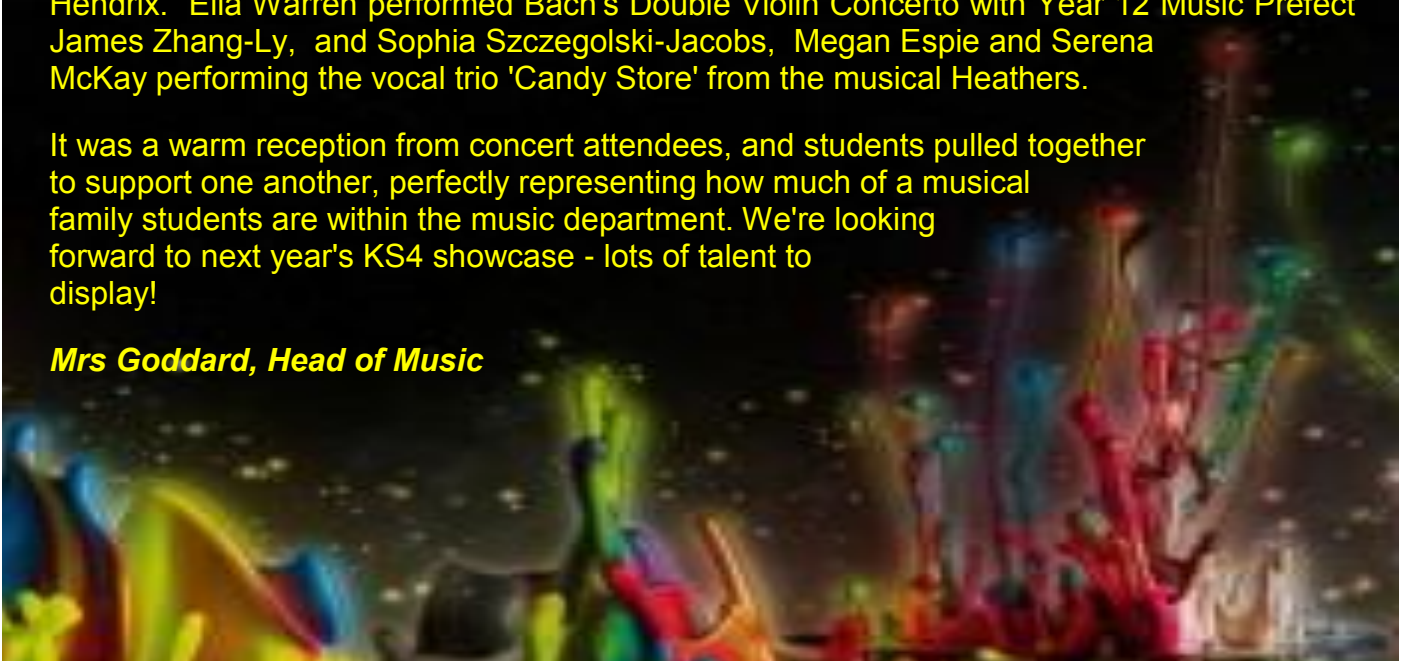


We had a number of ensembles, with Mrs Eacott's Year 10 class opening with a performance of Earth, Wind and Fire 'September'. Highlights of the concert included performances by Mia Chan and Ethan Tyler performing the Piano Guys' cover of A Thousand Years, our Year 11 jazz group performing Strasbourg St Denis and Rhys Tonks with his stylish performance of Little Wings by Jimi Hendrix. Ella Warren performed Bach's Double Violin Concerto with Year 12 Music Prefect James Zhang-Ly, and Sophia Szczegolski-Jacobs, Megan Espie and Serena McKay performing the vocal trio 'Candy Store' from the musical Heathers.



It was a warm reception from concert attendees, and students pulled together to support one another, perfectly representing how much of a musical family students are within the music department. We're looking forward to next year's KS4 showcase - lots of talent to display!

Mrs Goddard, Head of Music



PE News

After weeks of dance rehearsals, the dance group from BGS represented the school at the Borough School Games held at Blackfen School. They showed themselves to be true dance professionals with outstanding commitment and enthusiasm shown in their performance. They did themselves proud. Well done to all the 20 boys and girls that took part. The performance would not have been a success without the Year 13 masters behind the choreography, Evie Tonks and Morgan Brown. Such talented young ladies who will endeavour to continue their passion when they leave school at the end of the academic year. Thank you for your help and congratulations to all!

Mrs Kemp, PE Department



A huge well done to the Year 7 Netball team who played their first ever netball match against Blackheath High School on Tuesday night. The girls worked hard and improved throughout the game showing great potential for their tournament coming up in March. Zoe Handscombe was nominated as player of the match for her fantastic skills. Keep up the good work!

Miss Leffen, PE Department



A whole new word ~ Year 10

Term 2 - Week 5



Art	Methodology	Geography	Periphery
Biology	Assimilation	History	Splint
Business Studies	Diversification	Maths	Stratified Sampling
Chemistry	Mass Spectrometry	MFL	Direct Object
Classics	Empire	Music	Melody-dominated
Computer Science	Overloading		homophony
Drama	Corpsing	Physics	Resonance
English	Encapsulate	P.E.	Specificity

The BGS Book Exchange

Thank you to everyone for
your generous donations -
now time to borrow too!



INDOOR EVENT

Local small businesses, craft items,
beauty therapists, cakes,
refreshments and more...

2019 Dates

January 27th	July 28th
February 24th	August 25th
March 31st	September 29th
April 28th	October 27th
May 26th	November 24th
June 23rd	December 15th

9:30am - 2pm

Bexley Grammar School
Danson Lane, Welling, Kent, DA16 2BL

PARKING AVAILABLE



U Market

Run by you, for you

CALLING ALL CREATIVE THINKERS!

Enter our competition and have a
chance to win £50 of shopping
vouchers!

You may be aware that statutory responsibility for safeguarding children has recently been transferred from the Local Safeguarding Children's Board to a new partnership led by the Police, the Clinical Commissioning Group (CCG) and the Local Authority.

This partnership needs a new name, and
that's where you come in.....

Above all, be
creative!

Unified unified next people
safeguarding
safety
generation
well-being
United
unity
Young
together
partnership
young
Children

The Creative Bit

We need a name for the new partnership, and we are inviting children and young people to provide us with ideas and suggestions.

The winning name will win £50 of shopping vouchers!!

Please click **HERE** to submit your ideas or use the following URL:
<https://www.surveymonkey.co.uk/r/FSG96PQ>

More information about the work of the partnership can be found on the link above.

Deadline - 24th February 2019



News items you may have missed

MUSIC DEPARTMENT QUIZ NIGHT

**Saturday 9 February 2019,
7 - 9.30pm**

**Join us for an evening of quizzes
and music!**

**All funds raised will go towards the
Music Department and Music Tour.**

**Tickets: £5 per person via
<https://yourboxoffice.co.uk/events>**

**Maximum 8 per table.
RAFFLE**

**Please bring your own
refreshments**



Are you a native speaker of Russian?

If so, the languages department needs your help! We are looking for a native speaker of Russian to fill a voluntary Language Assistant position in our highly successful and motivated department. The job would be on a part-time basis (the number of hours and timetable would be flexible to suit you) and would entail working with our sixth formers for conversation classes. This is a fantastic opportunity for anyone looking to gain experience of working in a secondary school and who is keen to share their love of their native language and culture with very enthusiastic students. The role has previously helped gain accreditation for Teaching Assistant certified courses and has provided the necessary experience to successfully gain TA positions in other British schools. If you are interested, please contact meyer_l@bexleygs.co.uk for further information, by 8th February.

Mrs Meyer, Head of MFL



February Half Term Junior Coaching

All junior tennis players aged **11 - 18 years old** are invited to come along to experience 3 days of intensive drills, up to date technical advice and matchplay experience.

Monday 18th February – Wednesday 20th February
3.30 – 5.30pm

Cost per day is £15 members/£18 non members or
£40 members/£48 non members for all 3 days.

Please book in & pay before **Saturday 16th February** to secure your place. If you cannot book before the date please call ahead to check availability.

To book in and arrange payment please contact
Phil Layfield on headcoach@shltc.info
or call 07815927767.

Many thanks, Phil and the coaching team

www.shootershilltennisclub.co.uk

Year 11 Parents and Students

The Year 11 Prom will take place this year on Monday 8th July. The letter for this will go out shortly on Parent Pay: be on the look out! It is a lovely way to say goodbye to Year 11.

Miss Aspill
Senior Academic Mentor
Year 11



Forthcoming Events

February

Charlie and the Chocolate Factory - Seats still available see notice

Thursday 7th February, 5pm

Friday 8th February, 7pm

Saturday 9th

Music Department Quiz, 7pm - see notice (this Saturday)

Tuesday 12th

Year 9 Parents' & Options Evening, 4pm - 6.30pm

Friday 15th

Last school day before half term

Monday 18th

Half term - school closed to students

Monday 25th

First day following half term - all students return to school

March

Tuesday 12th

Year 8 Parents' Evening, 4pm - 6.30pm