

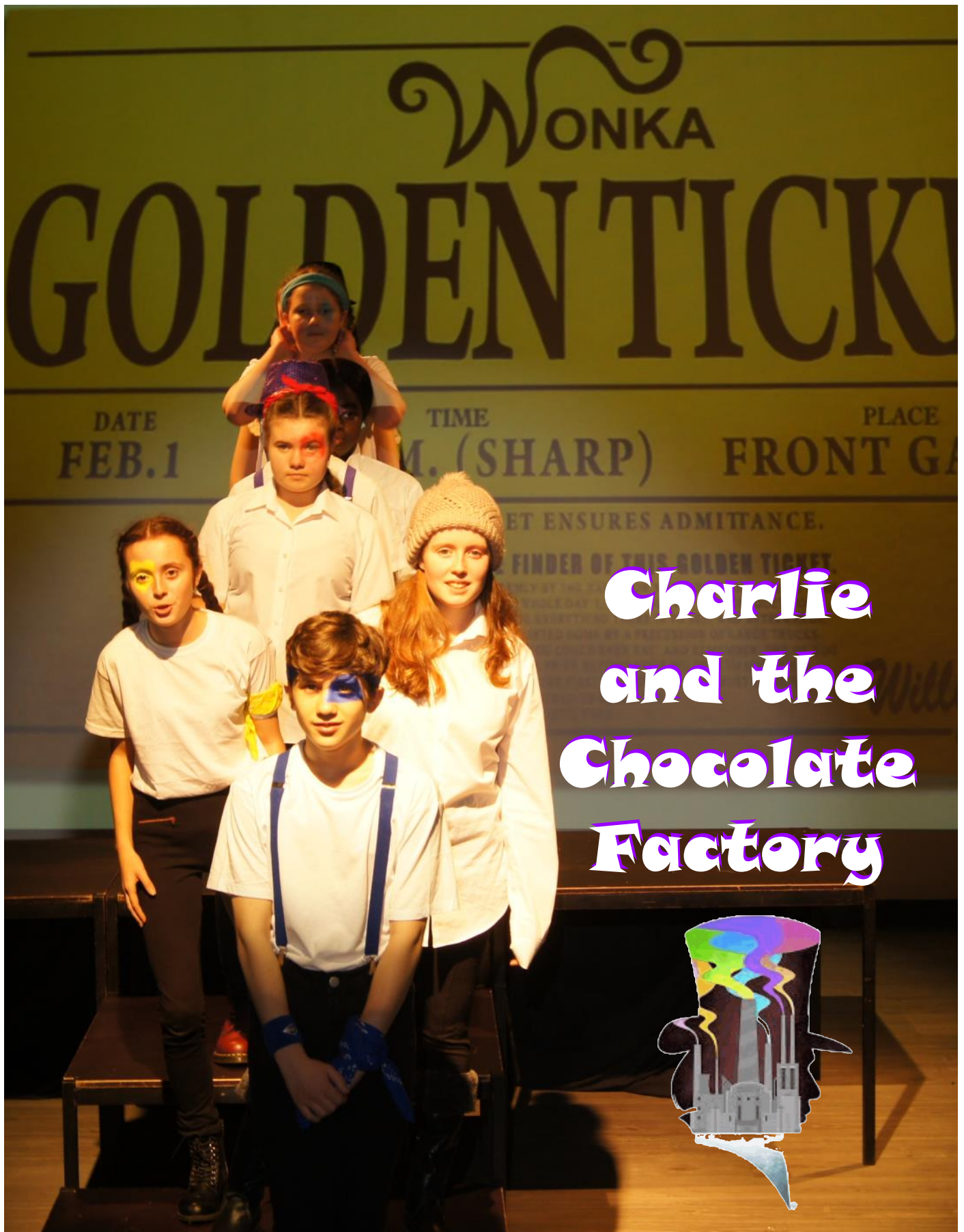


BEXLEY
GRAMMAR
SCHOOL

NEWSLETTER

www.bexleygs.co.uk

14th February 2019



Charlie and the Chocolate Factory



An Outstanding Success!

5 performances over 4 days, over 850 audience members, 240 lighting cues, 80 something sound cues, 79 projected backdrops, 5 packs of UV body paint, 4 instrumentalists and 1 inflatable blue suit. That is Charlie and The Chocolate Factory by the numbers.

But really the performance was about much more, it was about pupils committing to a long term project and absolutely knocking it out the park! There were 2 matinees to visiting primary schools and the Thursday show started early so a younger audience could come... But it was the Wednesday and Friday evenings, with audiences full of adults where the show got the loudest response!

There was a real mix in the cast, from Charlotte Russo (a Year 13 who has been in the school play every year they were at the school), to well over 20 year 7s who had never been in a large show like this before! I think the pupils sell it better than me, so here is one of them to tell you about it:

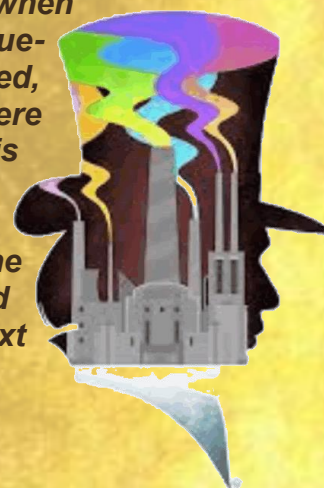
We started on the 23rd of September and before we knew it, it was a week before the real thing; we all knew time flies when you're having fun but we didn't think it would be so fast!

The 90 of us in the cast knew we were in for another great year and we were ready for the 5 performances ahead of us. Considering I had done 3 performances at the school before, I knew what to expect and how to deal with it, however, there were a number of people who were getting used to the schedules and the experience. I like to think of the cast as a sort of family as we spend the majority of the time on stage together, so I and many of the other experienced people got to help out those who were learning and who were just as excited as we were with the new experience.

Once we started, the first thing the teachers said was that the play was down to us. Many of the scenes were formed from ideas from the students, so I think the blend of the final product is a way of saying "It wasn't just the teachers, we have done something too!" There were so many creative ideas shared between the narrators (my part in the play) that we left Mr Otley stunned when we showed him our scene after around 2 months of being clueless to our ideas. I'm sure there were some other ideas shared, but I can only really speak for the scenes I saw when they were in the developing stage (I'm sure if there were people like this they'd happily speak out though!).

I'm so proud of everyone who performed and I really hope the 800+ of you who watched are happy with what you saw. And for those of you who are into drama, I hope to see you all next year!

Daniel Hughes, Year 9



The play had all the characters you remember from the book, but also, as so many students were amazing in the audition, we had to create more! Including 2 personal assistants for Wonka and 10 Narrators. One of those Narrators was Leyla;

One of the most memorable parts of the play is definitely the rehearsals which although were arduous at times, they allowed us to not only get to know others but also develop our parts in each scene.



As a narrator, I thoroughly enjoyed rehearsing and performing the scenes to introduce each character as each one was representative of the character in a unique way. My favourite character introduction was definitely Mike Teevee due to the fact we incorporated parts of popular TV shows including Fresh Prince of Bel Air and Friends (in which we represented a water fountain). Although it was a bit chaotic at times, creating the scene for Violet was definitely the most fun considering we had to create an organised chaos (a contradiction of terms if you ask me) to demonstrate Violet's inconsideration of the world around her during the anarchic scene. What is more, for Veruca we incorporated a dance to 'Material Girl' to convey Veruca's avaricious view of the world in which we waved at her a variety of jewellery and some feather boas under her nose that she accepted. Afterwards, we recreated her father's nut factory to show how she got the ticket.

Finally, we introduced Charlie and his/her family. Personally, I found this scene the most difficult as we had to remember whether Charlie was a boy or a girl in that performance and I had the first line describing Charlie which proved quite confusing. Although this scene created a few issues and mistakes, I really enjoyed being able to introduce each character in a variety of different ways.

Overall, this was a thoroughly enjoyable experience.

Leyla Cilek, Year 10

A highlight of the play was the 19 Oompa Loompas, made up mostly of Year 7s with a few Year 8s- even though all their lines were spoken as a chorus, they probably had the most lines in the show! (aside, perhaps, from Wonka) It was a real challenge for them to learn so many words, moving as an ensemble and picking up stage discipline in their first ever show, but it was their youthful enthusiasm and love of doing the show that shone through. Here are two of them to tell you more:

I had only just begun my time at BGS when I saw a poster for Auditions for the school play which was Charlie and the Chocolate Factory. I thought to myself I'll go and have a go, but never thought I would actually get a part due to me being one of the quietest people in my Primary School and the number of people that actually auditioned.



I became an Oompa Loompa! We all had to make our character to have a personality (Sleepy, excited, forgetful). Mine was CHEESY!

The teachers were great at all of the rehearsals and have really made me boost my confidence. All us Oompa Loompas had 4 poems (Augustus Gloop, Violet Beauregarde, Veruca Salt and Mike Teavee) and lots more!

The rehearsals have been very tiring but I have enjoyed every moment. I have met so many new friends and I hope I will be in more plays to come!

Joe Turner, Year 7

In the rehearsals for Charlie and the Chocolate factory, my favourite scene to rehearse had to be Augustus Gloop as the only thing was it took us weeks to rehearse a scene that would only take up 5 minutes of the play! During the rehearsals, it was really active and we were always doing something, either finishing off Violet Beauregarde or being painted U.V!

When the shows came we were all really excited as lots of the Oompa Loompas, me included, had never been in a play at this school before! We had to be there two hours before the show to do makeup and set up K10, the old peoples make up took the longest out of everyone's!

Before the show started, we did the best and funniest warm-ups ever, including some weird dancing! When the show was on, and we were not, we played some fun games too.

Overall, my favourite part of being in the play was meeting loads of new people and friends.

Holly Kinsella, Year 7

The show was another example of the quality and ability of the students we have at BGS and it was a pleasure to work with them again... well by the end it was, anyway!

*Mr Otley
Head of Drama
& Director of Charlie and the Chocolate Factory*



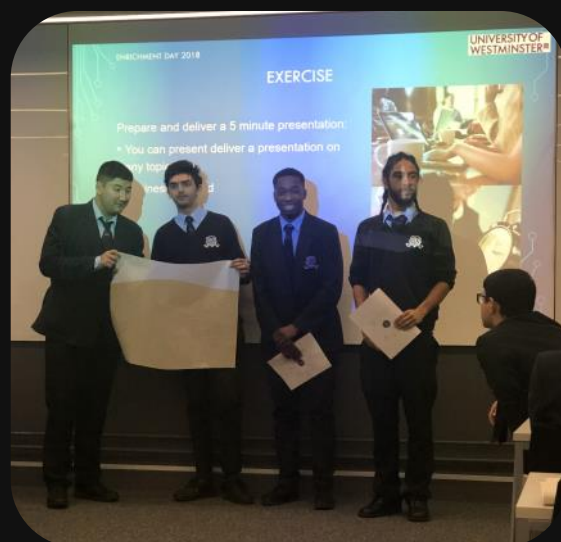
Year 11 visit to the Westminster Business School

On the 31st January, I had the opportunity to visit the Westminster Business School, we visited the Marylebone campus of the University in Central London. The basis of this trip was so Business/Economic students could have an insight into university life at Westminster and it was also a chance for us to ask the university students about their experiences: what they enjoy about university and what they do not enjoy.

Our day started by taking the trains early in the morning to the university, and then once we arrived at the campus, we were introduced to Ben (our mentor for the day). We were then given time to play 'The Word Association Game' all to do with the word 'university', then all together we chose words that we wanted to discuss with everyone, for example 'student debt'. Following on from this, we then had the time to have a Question and Answer activity with student ambassadors in small groups. Personally, this was my favourite task, as I was able to get realistic and true to life answers from the ambassadors about student life at university.

Before lunch we were then given a tour of the campus and all of its unique features as a Business school, we had the opportunity to view work done by students, the Libraries and even their state-of-the-art Bloomberg Financial Markets Suite. Finally, we attended a mini-lecture on how to become a good public speaker, we were then given a challenge in our groups to take what we had learnt and put it into practice by delivering a presentation to the rest of the groups. At first I was nervous as we only had a short amount of time to prepare, but after practice and taking into account the skills we had learnt we were all able to produce our presentations. We ended the day right where we began – back on the train and it was, to say the least, an engaging day.

Prapti Kunwar, Year 11



The Great Rainbow Bake-Off Final

On Friday 8th February, three of our amazing Year 7s took part in the live final of the Great Rainbow Bake-Off at George Mitchell School in Leyton. This competition was organised by "Educate and Celebrate", a charity that champions LGBT+ inclusivity, to mark LGBT History Month.

Our girls made the most amazing effort in designing, preparing and decorating the cake - they were an awesome cake-making machine! Unfortunately they didn't win, which is disappointing as they definitely should have, but what counts is that we took part in an amazing day, baking for equality and celebrating diversity in all its forms.

Ms Contini, Lead Teacher of RS



PE News

4 more debuts for the Year 7 B football team on Monday. The boys were beaten by a very good King Henry School, formally Erith School (they're in the B team cup final), but it was great to see so many new players for BGS. Well done!

Mr Lines, Head of PE



**BEXLEY GRAMMAR SCHOOL MUSIC
DEPARTMENT**

BGS SONGWRITERS' COMPETITION 2019

**Are you a singer/songwriter? DJ or producer?
Looking to develop your music further?**

**We are excited to announce our first Songwriters' Competition that is
being run with the Metropolis Blue Record Label.**

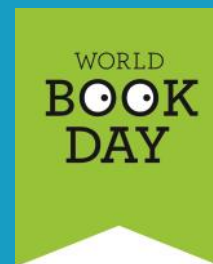
**Metropolis Studios have teamed up with ACM (The Academy of
Contemporary Music) and Bexley Grammar School to launch this
competition for performers and DJs/Producers. The prize is a recording
session at Metropolis Studios, who have seen Adele, Amy Winehouse,
Rihanna, Queen, Will.I.Am and Drake all record and produce their
records there.**

**If interested, email Mrs Goddard (goddard_e@bexleygs.co.uk)
for further information.**



World Book Day is coming!

One again the English department and the Library will be celebrating World Book Day 2018 on Thursday 7th March. Students should look out for further notices but below are a few things to be thinking about over half-term:



We would like to invite any pupil **to bring in/wear an accessory that is a clue to their favourite book**- this will replace full costume dressing-up. Be creative with your accessory choice (however accessories deemed dangerous/inappropriate for a school environment will be confiscated). If you need inspiration then see our display opposite reception. The student should also bring in the copy of their favourite book to share with others.

The library will be running **quizzes** throughout the day and if you want to get involved in the **Readathon** this year please see Mrs Carey. We also have **two authors** coming in as well as a creative writing competition run by our author who visited last year.

ALL students and staff will **Drop Everything And Read** at some point on World Book Day so students will need to have a book with them to read on that day.

There are so many more exciting events planned! Please do get involved and spread the joy of reading.

The English Department



A whole new word ~ Year 10

Term 2 - Week 6



Art
Biology
Business Studies
Chemistry
Classics
Computer Science
Drama
English

Intention
Denitrifying
Recession
Recession
Principal Part
Interrupt
Slapstick
Epitomise

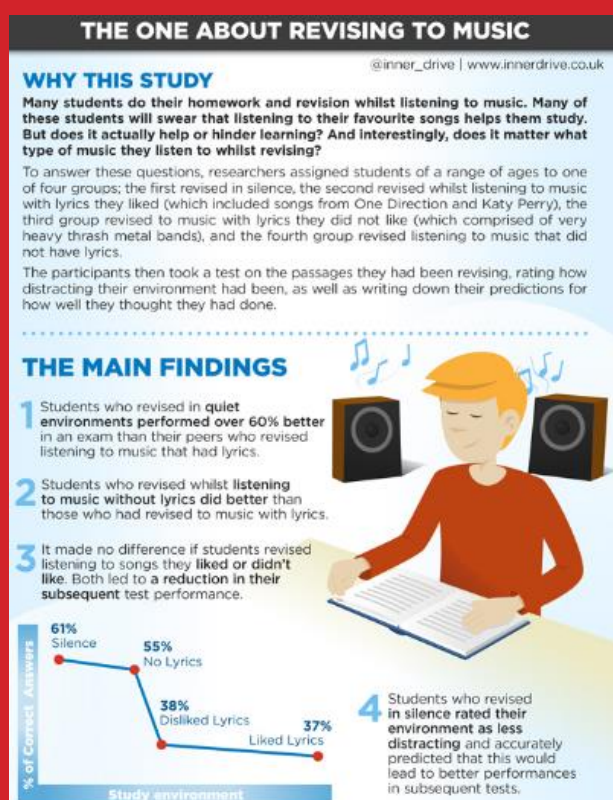
Geography
History
Maths
MFL
Music
Physics
P.E.

Capitalist
Neurosurgery
Vector
Time Frame
Counterpoint
Interference
Reversibility

Advice for parents and pupils from Mr Gilmore and Mrs Ellis

At this time of year many students will start to feel the impact of test and exam anxiety on their wellbeing. Preparing well for tests and exams, helps most students manage this anxiety. But what are the most effective approaches for preparing for tests and exams?

As outlined below, there is unfortunately little evidence to suggest that re-reading or highlighting/ underlining notes are particularly effective revision techniques. There is evidence to suggest that retrieval practice (attempting past paper questions/ quizzes, etc.) and distributed practice (revising for short periods of time but over a number of sessions) are effective strategies. Encouraging your child to revise by answering questions and helping them to plan and take breaks between revision sessions will be both good and beneficial to their wellbeing and helpful to the effectiveness of their learning.



Does your child listen to music while revising? Unfortunately, there is little evidence to suggest that this will improve the effectiveness of their learning. Encouraging your child to revise in a silent environment might further improve the impact of their efforts.

Finally, one revision strategy that has been shown to be particularly effective is the use of flashcards. This is essentially a retrieval practice approach. If your child hasn't already tried this approach, it might be one to encourage them to explore. The link below provides more information about how flashcards can be used to the maximum impact.

<https://blog.innerdrive.co.uk/flashcards-what-when-how-where>

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Source: United Kingdom Chief Medical Officers' commentary on 'Screen-based activities and children and young people's mental health and psychosocial wellbeing: a systematic map of reviews' (February 2019)

News items you may have missed

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.shootershiltennisclub.co.uk

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



Forthcoming Events

February

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

Thursday 7th

World Book Day 2019

Tuesday 12th

Year 8 Parents' Evening, 4pm - 6.30pm

**Next Week is half term. All students return to school on
Monday 25th February when it will be week B**