






Congratulations!

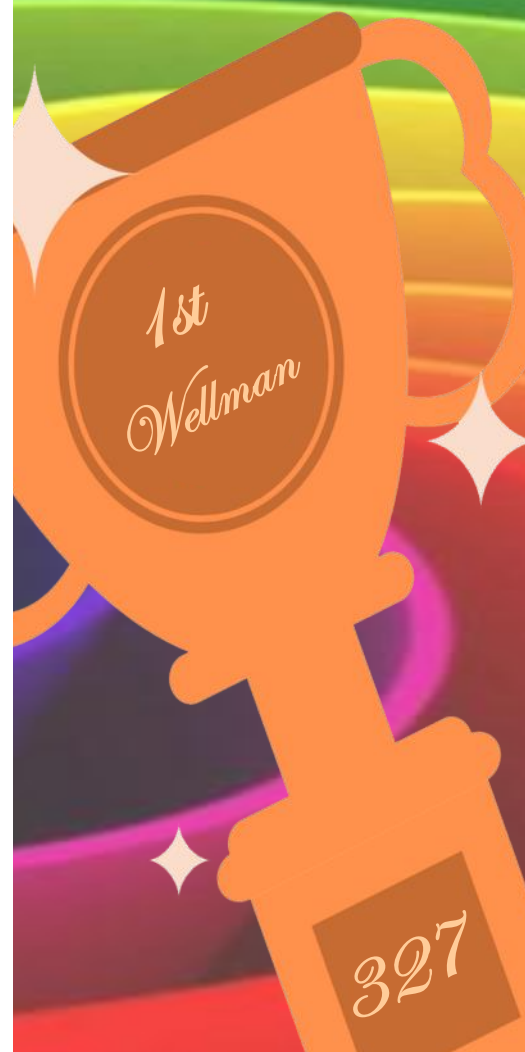
As we are no longer able to celebrate the end of the House Year in our Annual Showcase here are the results for the 2019 - 2020 House Competition.

The Cup goes to **WELLMAN!**

Congratulations must go to Wellman for their first ever victory since the House was inaugurated, it is a shame that we aren't able to have our usual celebration, but we will certainly sort something out upon our return to celebrate their victory, congratulations!

Mrs Snelling, Head of House

	Wellman	327
	Johnson	280
	Kirkman	275
	Prothero & Collins	265
	Mabbs	256



NEWS LETTER



19th March 2020

www.bexleygs.co.uk



A Mindful Moment

5-4-3-2-1 Grounding Exercise

Sometimes we all need to settle our minds. This is a really easy way to help ground yourself when your mind is busy. Simply try and name:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

Perhaps not everyone's cup of tea

Below is a link to a mix of meditations and calming music/soundscapes, stories to help you sleep, plus some activities for children too. There are also some links to yoga stretches for relaxation.

[https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times nonsubs 031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times%20nonsubs%20031720)



























Home Fitness Ideas



It is important that you stay fit and healthy even when at home for long periods of time. Below are some ideas on what you can do in the comfort of your own home/garden to keep active.

Remember to do a proper warm up before you workout and a cool down after. It is also important to take on plenty of water (and of course wash your hands afterwards!).

<p>Fitness workouts <i>Try these workouts in the garden or in the house for a whole body workout!</i></p>    	<p>Dance workouts <i>With four different styles of dance workout, there is something for everyone to try here.</i></p>    	<p>Yoga , Stretching and Pilates workouts <i>If you want a gentle workout to relax your mind as well as your body, these are for you.</i></p>    
<p>Sports specific workouts <i>Try the below workouts for Football, Netball, Rugby and Basketball. You can do these in your garden- all you need is a ball, a wall and some markers.</i></p>    	<p>Walking & Running workouts <i>Here are some simple jogging and walking ideas that you can do in the garden or even in the house!</i></p>    	<p>Family workouts <i>Here are some workouts you can do in pairs or as a family. Remember social exercise can be great fun!</i></p>    



PE News

Congratulations to the Year 9 Football team for reaching their 2nd consecutive North Kent Cup Final. They were due to play Hurstmere (again!) next Wednesday (25th March), however, that has been cancelled and will be played following a return to "normality"!

Congratulations to all of those involved. They are a fantastic squad and so many are totally committed to training, which has a huge impact on the quality of football they produce.



Mr Martin, Year 9 Football Team Coach

The netballers are at it again. Well done to the Year 7s, who won 6-1, and to the Year 8s, who ran out 5-0 winners - both against Bexleyheath Academy on Monday. Well done ladies!

Mr Lines, Head of PE



News items you may have missed



Wellbeing Award
for Schools

2020–2023

Wellbeing Stakeholder Questionnaires

Just a reminder that our wellbeing stakeholder questionnaires, shared with all students, parents and staff, via email, on Friday 6th March, will remain open until 20th March. Please take the opportunity to record your views and experience of the school to date, to help us to evaluate this aspect of our work and to set priorities for the coming year.

Miss Brand, Mrs Ellis and Ms Hanington



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QUIZ

FRIDAY 27TH MARCH
DOORS OPEN 7PM FOR 7:30 START
TICKETS £5 PER PERSON.
MAX. 8 PER TEAM
BRING YOUR OWN FOOD AND DRINK.
PLEASE CLICK [HERE](#)
TO COMPLETE A REGISTRATION
FORM AND ENTER YOUR TEAM.



PLEASE BOOK EARLY WHERE
POSSIBLE TO ALLOW FOR
PLANNING THIS EVENT
THANK YOU!



Bexley Grammar School
Music Department
presents

SPRING CONCERT: 'HEROES AND VILLAINS'



TICKET: £6.50 / £4 CONCESSIONS

MONDAY 23 MARCH 2020, 6PM

TICKETS AVAILABLE ON YOURBOXOFFICE.CO.UK

(SEARCH BEXLEY GRAMMAR SCHOOL)



Lost Property ~ To report a lost item please click on the link [here](#).