

A message from Mr Elphick

The school will have been pretty much closed for two weeks by the time this newsletter is published.

Our final week in school was one I hope we never have to repeat. But, as always in times of difficulty, the very best of the BGS community comes out. In school, students and staff pulled together again as more and more people fell ill. Outside the school gates, the country was gradually reacting to new realities, as the advice developed each day. Of course there were a few upsets and some tears in school but I was genuinely touched by the incredible support that we were given by parents. I received numerous emails thanking staff for looking after their children in such challenging circumstances, for which none of us could possibly have been prepared. And, perhaps most impressively, students handled themselves with remarkable maturity and dignity, particularly Year 11 and Year 13 who have been left in uniquely frustrating circumstances following the cancellation of their examinations this summer, circumstance through which we are still picking our way as I write.

2020 has not been the start to a new decade that we had hoped for but it has confirmed, once again, that the very best in the BGS community is brought out in times of greatest need. Thank you all for your tremendous support.

I would like to publicly thank every member of staff for their sustained support and commitment to our students through the most difficult period in school that we are ever likely to experience. It is always unfair to single people out for praise because of all those that deserve praise but remain unnamed. However, in these particular circumstances, I want to thank my two deputies, Mr Morgan and Mr Gilmore, for operating the school so smoothly in that last, most difficult week before we closed while I was recovering and completing 7 days of isolation at home. Each day in school brought new guidance and advice from the government as fear grew, exams were cancelled and more and more staff

NEWS LETTER

EASTER EDITION



2nd April 2020

www.bexleygs.co.uk



were unable to attend school. Mr Morgan and Mr Gilmore led the school with wisdom, compassion and tremendous resilience. And thank you, to every member of staff, for pulling through the unreasonable demands made by those last few days in school while looking after your students.

We are now adapting to the new reality of remote learning - I have written to parents separately about this. I am delighted that our approach is working for the vast majority of families and I can reassure you that we are listening to the feedback we have received from parents, students and teachers and building it into our future practices. There are plenty of ideas for keeping healthy in isolation in this newsletter. And Easter provides a welcome break as we fine-tune our offer ready for the new term beginning on 20th April. We all need to pace ourselves for what could be a long-term arrangement.

I am a life-long fan of Winnie the Pooh and was delighted to see A A Milne quoted in a communication from my professional association the other day:

"Pooh!" he whispered.

"Yes, Piglet?"

"Nothing," said Piglet, taking Pooh's paw. "I just wanted to be sure of you."

We are all rediscovering how important the people in our lives are.

As you develop new routines and re-discover alternative methods of entertainment that do not always involve TV, may I wish you all a very happy and safe Easter!

Steve Elphick

AE STUD



BRITISH SCIENCE WEEK

British Science Week, although restricted and reduced by the current crisis, still had many successes.

We were very sad that the Ambassador of the Maldives was unable to attend in the end and this talk was cancelled and the Marine Engineering Workshop only took place on one day rather than three.

However, Year 7 - 10 students all took part in activities in lessons, Years 7-9 also had a special Science Week assembly and a third of the Year 8 students developed their engineering skills building model boats with the Sea Cadets. Throughout the week teams were forged, designs developed and aspirations raised!

In addition, the Art Department got involved with the whole of Year 8 designing a new stamp to commemorate the 200th anniversary of the discovery of Antarctica. About 50 entries were selected and sent off to the Foreign and Commonwealth Office for judging and we will hear if any are selected to be turned into real stamps in June!

That will be something to look forward to, hopefully, when everything calms back down and a reminder that life goes on even in these crazy times!

If you are looking to do some fun science experiments at home there are loads of great ideas on YouTube like these:

https://www.youtube.com/watch?v=6xz_b_Tl3II

Ms R Lusted, STEM Coordinator & Science Department





Success in the Chemistry Olympiad

Congratulations to the students who took part in the Chemistry Olympiad. We had been working together in fun and challenging sessions on Friday evenings all year, and all of the group that took the exam received a medal. It has been a great pleasure to work with this group, and to see them flourish as young Chemists. Given a set of mini whiteboards, they are a group who can work together to solve almost any problem thrown at them!

Mr Sethi, Science Department





Library News

Sharing Book Recommendations

I am hoping that some of you have found that reading has been a useful distraction during this difficult time. It would be lovely to share some recommendations in this newsletter if any of you have read a book that you think others would enjoy - parents and staff welcome too, I will also add my book reviews each week!



If you have a recommendation, please can you email it to me (carey_r@bexleygs.co.uk) - it wouldn't need to be a big book review, maybe just a sentence or two describing the type of book and why you enjoyed it?

I hope everyone is keeping well and safe, and I am looking forward to when we are all back in the Library together again.

Mrs Carey

Trinity Schools Book Awards Ceremony

On the 12th March our reading group attended the Awards Ceremony for our reading group, at the City of London School. We had the pleasure of listening to Nicky Singer, Andrew Norriss and Tanya Landman explain how they created their characters, came up with their stories and how they avoided distractions during the writing process. Each school had voted for their favourite book and the overall winner (as well as our winner) was *I Have No Secrets* by Penny Joelson, which our group were pleased about. After the ceremony there was a chance to read the book reviews that the students had submitted, and to view the artwork that some had made for the 'creative response' competition. We were inspired to try to make a Lego sculpture for our entry next year!



Thanks to all that took part, and to Mr Griffin, who came with us!

Mrs Carey, School Librarian





Year 12 ~ BGS Young Enterprise Team 'Best in Bexley'!

This Year's Young Enterprise team, Esscents, needed to adapt to the climate when their competition was cancelled in its physical form and digital participation was called for. The team has developed The Diffusion Necklace which can be combined with aromatherapy scents to help calm, energise or bring a sense of romance! Students had to write and submit a business report, set up and photograph their trade stand and film their presentation ready for remote judging. Despite illness and self-isolation taking many of the team, the team managed to pull all elements together. They worked incredibly hard and the judges clearly thought so too, awarding them with 'Best Marketing', 'Best Presentation' and most importantly, 'Best Company in Bexley'!

Congratulations to the Year 12 team! You can see their business presentation [here](#). (Featuring Poppy Lucas, Alex Quan, Julian Wokeh, Daniel Faulkner and Shrawak Kansakar).



Mrs Harris and Mr Joe

Year 10 ~ Tenner Challenge

Over the last four weeks Year 10 have been participating in the Young Enterprise programme, Tenner Challenge. Students got themselves into groups of 3-5 and were given £10 cash to turn into as much money as they could over four weeks. One rule: no food or drink! Students really got into the entrepreneurial spirit and put classroom theory into practice. We have seen 'sticky men' become a trend, a local coffee shop gain a new leather sofa and even a solution to the hand sanitizer shortage! We had car washers, lawn mowers and artists and sold magnets, crease guards and toys to name a few. Students developed confidence and finance, sales and marketing skills as well as learning how to use the Internet to source their supplies.

Students had to repay their £10 with a £1 legacy fee and were able to split the rest between them. In total, Year 10 Business Studies students turned £120 into £1790! The top team made a profit of £456.58. A phenomenal total, well done to all students and a big thank you to everyone who supported the teams in this challenge.

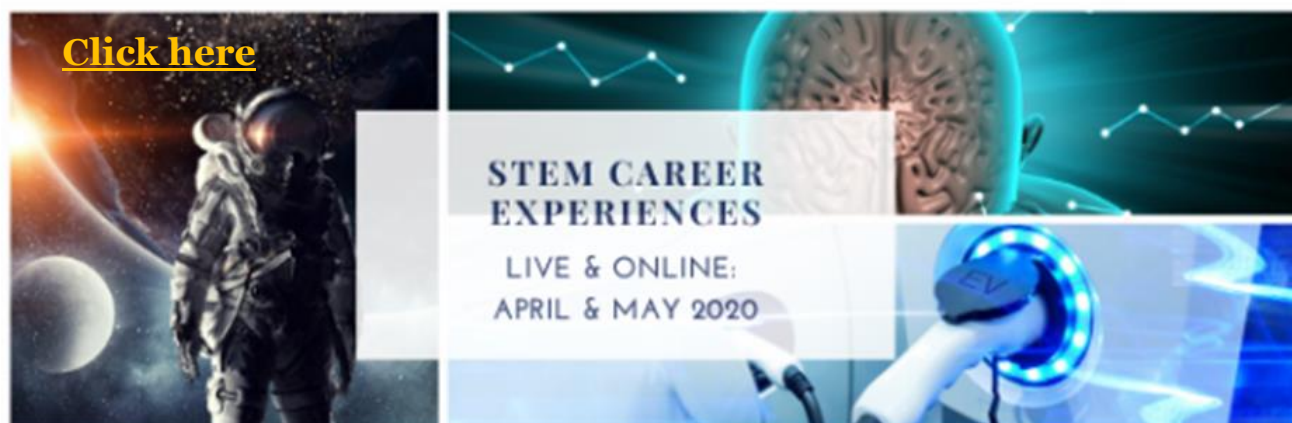
***Mrs Harris and Mr Joe,
Business Studies Department***



STEM Career Experiences

The 'Live & Online' Series This Spring

Investment Banking. Medicine. Engineering. Psychology. Computer Science. Architecture.



InvestIN is delighted to offer six STEM-related career experience programmes LIVE & ONLINE this spring for students aged 15-18.

Our 'Live & Online' programmes give students the opportunity to gain crucial work experience from the comfort of their own homes. They are delivered by top professionals who will immerse students in simulations of their real-life work PLUS be on-hand throughout to answer their questions live.

**The full list of our STEM-related programmes including a detailed timetable is set out by clicking on the link here.
Register now.**



A Mindful Moment

I thought it might be nice to share a link to one of the useful sites out there encouraging us to look after our mental health during this period of isolation.

The Mind site is pretty comprehensive and is suitable for students, parents and staff:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#TakingCareOfYourMentalHealthAndWellbeing>

Miss Brand, School Mindfulness Lead

Mindfulness Tips You May Have Missed

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)

Safeguarding during School Closure

Dear Parents/ Carers,

Please see the notice on the school website regarding the safeguarding of children during the period of closure. You'll find a range of sources of support for young people as well as how to contact both Bexley and Greenwich Children's Services if you have a concern about a young person.

If you have a safeguarding concern about one of our young people and want to flag it with the school, please contact us the school via the Enquiries website and a member of the Senior Leadership Team will receive it. In urgent circumstances, please contact the police.

YouTube Moderation

Obviously, during the closure period children are likely to spend more time on screens. Alan Mackenzie, whose company eSafety Adviser regularly updates schools with information, has produced this video for parents with some tips on some of the functions that can be used to make watching a safer experience:

<https://www.youtube.com/watch?v=1YvIfw7obwE&feature=youtu.be>

HouseParty


Many students will be using the HouseParty app to keep in touch remotely. Parents/ Carers may find the article below useful in finding out more about it:

<https://www.waynedenner.com/blog/why-is-everyone-using-the-houseparty-app/>

Mr Gilmore, Deputy Head and Designated Safeguarding Lead

Feed Your Curiosity

Please find a list of our departments' favourite links and recommendations to feed your curiosity.

SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
Art 	RapidFireArt Tutorials https://www.youtube.com/watch?v=tGx4sypoPjY Shading Techniques in Drawing	GCSE Good Guide to your sketchbook https://www.youtube.com/watch?v=WIY5irSOr28	The BBC Arts Website has many different topics and articles which prove valuable for forming opinions within your studies. https://www.bbc.co.uk/arts



SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
Classics	http://clas-sictales.educ.cam.ac.uk/	https://ancientromelive.org/ https://www.romansinfoocus.com/	https://archive.org/details/omnibuscatalogue/mode/2up https://www.open.edu/openlearn/history-the-arts/all-content/?filter=date/grid/581/all/0/all/all/all/ Troy: fall of a city (maybe on netflix?)
Computer Science	https://www.dropbox.com/sh/gry9mfzku130mis/AACaok0gSSf2a-WxTveXcz-Ba?dl=0 https://www.dropbox.com/sh/gry9mfzku130mis/AACaok0gSSf2a-WxTveXcz-Ba?dl=0 https://www.yumpu.com/en/document/read/63145393/ks3-booklet-poems-and-riddles	https://tools.withcode.uk/ocrpseudo/	https://www.classcentral.com/report/new-courses-october-2018/
Design Technology	http://www.technologystudent.com also see KS4/5 https://www.instructables.com https://www.youtube.com/watch?v=ZjfqWXuM-Ns&feature=youtu.be&fbclid=IwAR1xwDixff064aEmaQEiEUuKfvM42a1ACA3BC-mOxA4n1_WTgVvWY_CnAjtQ	https://www.youtube.com/watch?v=ZqITSCvP-Z0_DT https://www.youtube.com/watch?v=ZjfqWXuM-Ns&feature=youtu.be&fbclid=IwAR1xwDixff064aEmaQEiEUuKfvM42a1ACA3BC-mOxA4n1_WTgVvWY_CnAjtQ Food is a fact of life.co.uk FP and Nutrition https://www.instructables.com https://www.ifst.org/lovefoodlovescience	https://ed.ted.com/featured/DReOMa4I?fbclid=IwAR2-Ah_XphGwbN8pTOJITiDQcZaVEozewWixVWC_X1L3I146t1CTZIBw1WI For Students to practice at home TechSoft are currently offering a FREE TechSoft Design V3 home use licence expiring at the end of May 2020. https://www.instructables.com https://www.youtube.com/watch?v=ZjfqWXuM-Ns&feature=youtu.be&fbclid=IwAR1xwDixff064aEmaQEiEUuKfvM42a1ACA3BC-mOxA4n1_WTgVvWY_CnAjtQ






SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
Drama	<p>Watch 'Treasure Island' staged at the National Theatre https://www.dramaonlinelibrary.com/plays/treasure-island-nt-iid-190788# Username: 8Dj(3Yc-Password: 7Dm,9Jv</p>	<p>'Girls Like That', full professional production https://www.youtube.com/watch?v=Cx2KDNusk9E National Theatre online is free for 30 days https://www.dramaonlinelibrary.com/series/national-theatre-collection-iid-190464 Username: 8Dj(3Yc-Password: 7Dm,9Jv https://www.bbc.co.uk/bitesize/guides/</p>	<p>National Theatre online is free for 30 days https://www.dramaonlinelibrary.com/series/national-theatre-collection-iid-190464 Username: 8Dj(3Yc-Password: 7Dm,9Jv</p>
English	<p>https://www.educationquizzes.com/ks3/english/ https://stories.audible.com/start-listen</p>	<p>http://www.bbc.com/culture/story/20180521-the-100-stories-that-shaped-the-world https://stories.audible.com/start-listen Podcasts This Is Spoke - explores today's most important issues with some of the UK's biggest musicians and writers. Mostly Lit - showcases the crossover in wellness, literature and pop-culture. The Stories That Changed My Life - Guests share the stories that have made a mark on them. The Penguin Podcast - From Arundhati Roy to Michael Palin, Zadie Smith and Bill Bryson, the podcast seeks to understand where their ideas come from.</p>	<p>https://www.bbc.co.uk/programmes/articles/494P41NCbVYHIY319VwGbxp/explore-the-list-of-100-novels-that-shaped-our-world Film http://www.bbc.com/culture/story/20160819-the-21st-centurys-100-greatest-films Podcasts Fatwa - Tells the story of the call to murder author Salman Rushdie. This 10-part series, from BBC Radio 4, tells the story of that story from both sides of the controversy in vivid and thrilling detail. Black Chick Lit - a bi-monthly podcast that discusses books written by, and created for, black women.</p>





SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
FBCS & Psychology	FBCS: Truetube - any clip, but particularly those relating to religious beliefs and teachings and how they affect people's lives.	GCSE RS: Truetube - any clip, but particularly any relating to ethical issues (euthanasia, abortion, care of the environment, social justice, human rights...) GCSE Psychology: CrashCourse in Psychology	Social Anthropology: https://www.dailymotion.com/playlist/x37rtw Psychology: VSauce - Mindfield Philosophy: Western Philosophy from the School of Life
Geography	BBC iplayer - Simon Reeve - any series! The Americas with Simon Reeve - Series 1: Episode 1 (just need to register with BBC if not already done so) Kevin McCloud's rough guide to the future (4OD) Kevin McCloud's Rough Guide to the Future: Kevin McCloud's Rough Guide to the Future My family and the Galapagos (4OD) My Family and the Galapagos	Andrew Marr: Megacities BBC Andrew Marrs Megacities 1of3 Living in the City David Attenborough - Planet Earth: cities https://www.bbc.co.uk/programmes/b0861m8b Kevin McCloud's rough guide to the future (4OD) Kevin McCloud's Rough Guide to the Future: Kevin McCloud's Rough Guide to the Future	12 standard (core climate change): 5 Netflix Documentaries on Climate Change VOGUE India Doc shared with Y12 standards re: CC reading / watching Climate change reading / links Kevin McCloud's rough guide to the future (4OD) Kevin McCloud's Rough Guide to the Future: Kevin McCloud's Rough Guide to the Future
Economics and Business Studies 		Business: https://www.bbc.co.uk/news/business-51996773 Economics: https://www.bbc.co.uk/news/business-51961624	Business HL: https://www.youtube.com/watch?v=PEZGGsi_dDE Economics: https://www.youtube.com/watch?v=sYTQ3o5ZJPI



SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
History	https://www.youtube.com/watch?v=7tas9OzGYcM	https://www.youtube.com/watch?v=yMVy8_98I-o	https://www.youtube.com/watch?v=m4WiD-dV3w4
Mathematics	www.mymaths.co.uk Username bexley Password circle	www.mymaths.co.uk	www.mymaths.co.uk
Modern Languages			Newsinslow e.g. news-inslowfrench (available in range of languages) Netflix (Search ...-Language Films)
Music	https://www.bbc.co.uk/bitesize/topics/zhdfscw		
Physical Education	https://www.youtube.com/user/thebodycoach1	https://www.youtube.com/watch?v=JRN4q8mdwJ0	https://www.netflix.com/gb/title/80168079
Science	https://www.pinterest.com/ratnanarayan1/science-in-everyday-life/ https://www.bbc.co.uk/programmes/b00pmbqq/episodes/guide	https://www.bbc.co.uk/programmes/b00pmbqq/episodes/guide https://www.worldsciencefestival.com/video/video-library/	https://www.bbc.co.uk/programmes/b00pmbqq/episodes/guide https://www.worldsciencefestival.com/video/video-library/





Home Fitness Ideas ~ Week 2



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!).

Some more PE activities for you. This week Miss Leffen has included some equipment you might be lucky enough to have at home - a trampoline, for example. If not - make sure you've ticked off all the activities from week 1, also below! You can still stay active at home. Enjoy everyone.

Mr Lines, Head of PE

On your Trampoline 	On an Indoor Bike 	With a Swiss Ball 
On the Stairs 	With a Skipping Rope 	On a Treadmill 

























Happy exercising everyone! Check our Facebook page for more ideas:
[Facebook.com/BexleyGSPE](https://www.facebook.com/BexleyGSPE)



Home Fitness Ideas ~ Week 1



Make sure you've ticked off all the activities from Week 1

<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>    

Happy exercising everyone! Check our Facebook page for more ideas:
[Facebook.com/BexleyGSPE](https://www.facebook.com/BexleyGSPE)



BGS BUZZ

Spring Edition

THE CORONAVIRUS OUTBREAK

by Sheyla Jaramillo

Opinion pieces:

Coronavirus, Toilet Paper, and Class

Antagonisms, by Alex Offen

The Australian Fires, by Sam Gee

Life on Lockdown

The BGS Buzzers' tips on how to spend your time at home.

Rome Trip 2020!

Yingfei Chen reveals her amazing journey as she discovers ancient wonders.

Also in this edition:

Environmental Action Group
LGBT History Month - Trans
women of colour

Five Empowering Female

Figures in Literature

Holocaust Memorial

World Book Day

Meet our new Senior Prefects!

Why is there still an International Women's Day?

by Brenda Major

The death of Kobe Bryant

by Daniel Ngenegbo

The Easter edition of the BGS school magazine is available to read now by clicking on the link [here](#). Enjoy!

Miss Contini and the BGS Magazine Team

House Photography Competition 2020

The annual House Photography Competition was recently judged again this year by Mrs Sue Wieck. Mrs Wieck was pleased to say that entries were of a very high standard. The winning photos are below and are followed by a selection of entries from all three categories. Well done to everyone who entered!

Senior Individual Winner MABBS



Intermediate Individual Winner PROTHERO

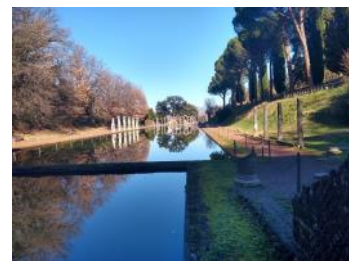
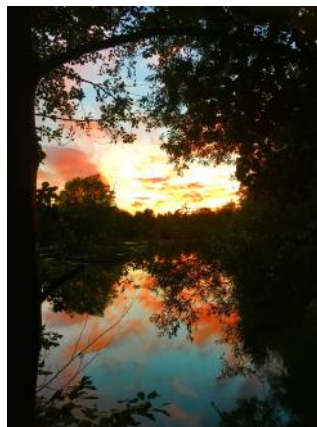


Junior Individual Winner WELLMAN



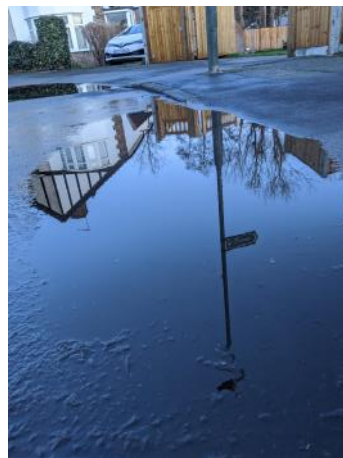
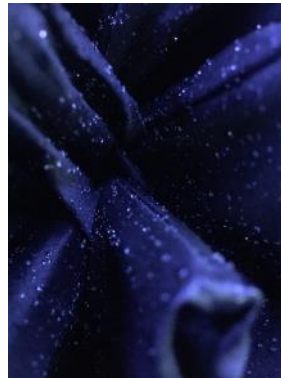
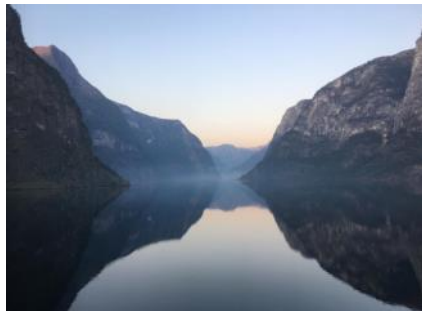


House Photography Senior Entries





Intermediate Entries





Junior Entries

