

NEWS LETTER



30th April 2020

www.bexleygs.co.uk

Twelfth Night Watch Party

The 29th April should have been opening night for the junior Shakespeare production of Twelfth Night. Sadly, with the lockdown in place the children were not able to take to the stage. We feel immensely sorry for the 60 pupils in the cast, especially the Year 9 students who looked forward to performing in their last Shakespeare play.

However, in an amazing coincidence, the National Theatre Online announced they would be streaming their production of Twelfth Night on this very day.

So Miss Gabriel and I thought it would be a great idea to commemorate what would have been our opening night, by having a 'watch party' with the cast on Metastream.

30 of the cast joined us online to watch the play and use the chat feature to discuss it (though the chat occasionally moved to how people make their tea, 'that's the Mum from Friday night dinner', getting Drama's set back from the Hall and Harry Potter!).

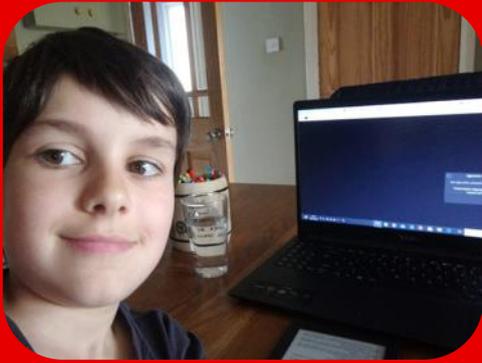
We all decided to wear our show T-shirts, and though it would never replace doing the show- it was great that we could have this shared experience and see the amazing production that the National put on.

The cast enjoyed it so much, we have decided to all watch Frankenstein together next week

Mr Otley, Head of Drama



Harry has joined.
Joe has joined.
Death why is
Harry has left.
Joe is now known
Jos is now known
nathan
Josh is now known as
Linana he found where
Alex! just swallowed a skittle whole by accident
Ethanuel thats what i thought abt the bear
Rachel oh ok
Ethanuel skittles are peng
Linana has left.
nathan i need popcorn
Fresh Prince same
Rachel go get popcorn
Message or URL
Rachel is typing...



Twelfth Night Watch Party



BBC Radio 2 ~ 500 Hundred Words Second Round Success

Congratulations to Sophia Marian, 8RPP, on reaching the second round of the BBC Radio 2's 500 Words Competition!

Sophia is in Year 8 and entered the competition independently. I think you will agree that this is a great story. Well done Sophia!

Mrs Dawson, English Department



500 Hundred Words Second Round Success

The water was a beautiful deep blue. The waves gently lapped against the side of the boat, and the sun shone harshly down from a clear blue sky. I leaned over the edge, and cold, salty spray splashed onto my face.

"You ready?"

I jumped, and nearly fell into the water. Alex caught me, and I smiled at them.

"Yep."

"D'you think we'll find any *treasure*?"

"What are you, a pirate?"

They laughed.

"No, but I still like the idea of being rich."

"Me too. C'mon"

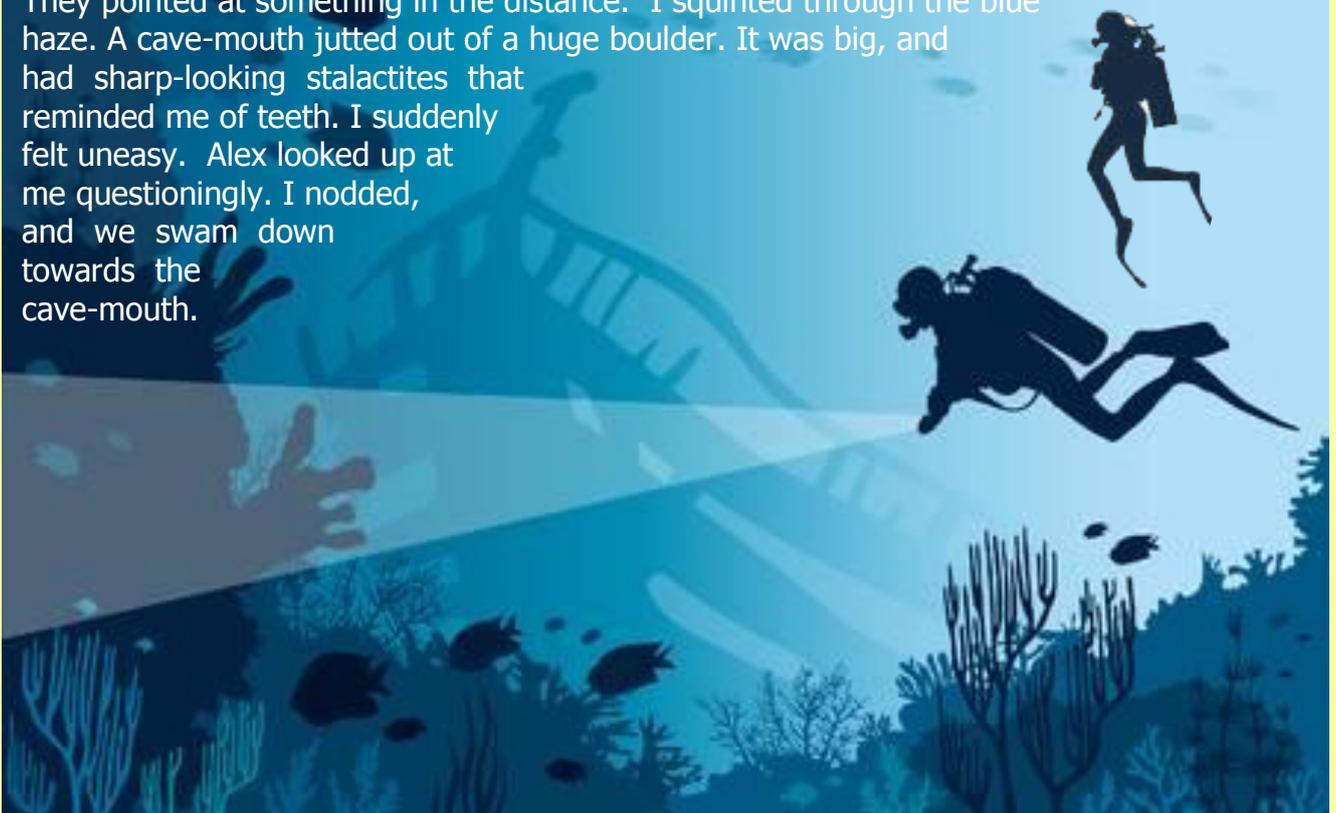
We adjusted our SCUBA gear, and jumped into the icy-cold water. I shivered.

"Shouldn't the water be warmer this time of year?"

"It's the North Atlantic, it's never warm."

I sighed, and swam down under the blue waves.

The water was a beautiful deep blue. It was everywhere, and seemed to swallow everything. A huge school of tiny, silver fish swam past my face. Alex tried to catch on, but it was faster than them. They laughed, then suddenly stopped swimming. I frowned. They pointed at something in the distance. I squinted through the blue haze. A cave-mouth jutted out of a huge boulder. It was big, and had sharp-looking stalactites that reminded me of teeth. I suddenly felt uneasy. Alex looked up at me questioningly. I nodded, and we swam down towards the cave-mouth.





The water was a beautiful deep blue. The rockfish slept. It dreamt of swimming through the Sea, and eating the prey. To rockfish, all was prey, from the smallest smallfish to the biggest hunterfish. Most of the prey feared the hunterfish, because it was big and fast and had many rows of sharp teeth. But the rockfish was bigger, and faster, and had more teeth. Besides, the hunterfish was still prey. The rockfish smiled in its sleep, as it imagined some unsuspecting prey swimming into its open mouth. It was hungry.

The water was a beautiful deep blue. The inside of the cave was smaller than it had looked from the outside. The stalactites looked even more like teeth from up close. The darkness seemed to swallow everything. I touched the cave wall, and it felt weirdly soft and smooth. I felt my unease grow.

The water was a beautiful deep blue. The rock fish woke. It could feel something swimming around in its mouth. Prey? Of course it was prey, for everything that moves is prey to the rockfish.

The water was a beautiful deep blue. The inside of the cave was dark and empty. I tapped Alex on the shoulder to tell them that we should leave. They looked up, and their eyes widened in alarm. They tried to say something, but all that came out was bubbles. I frowned. They pointed behind me. I turned, and saw the cave-mouth close with a snap.

The water was a beautiful deep blue. The rockfish swallowed its prey, and went back to sleep.

Sophia Marian, Year 8





Message from Mr Martin for Year 11 Students



Dear Year 11 Parents/Guardians,

As Mr Elphick mentioned in his latest correspondence, I have recently written to Year 11 students. However, I also wanted to share these suggested links that your son/daughter might be interested in. All of these opportunities will provide important skills for future education and employment, as well as providing tangible examples of how they spent their time productively during the national lockdown. I would like to thank Ms Lusted and Miss Fuwa for sourcing and helping to coordinate these opportunities for Year 11.

Eton College is providing online courses [here](#) if you wish to access alternative courses independently. We have applied for the following and details will follow when we receive them:

- Interview skills
- Making an impact
- Research skills

Additionally, these opportunities from the Open University are also free: <https://www.open.edu/openlearn/free-courses/full-catalogue>

This link was shared by Ms Lusted in a recent Newsletter: <https://www.mooc.org/>

And finally, for any aspiring medics, Ms Lusted recommends “We are Medics” who have sent up an [Instagram page](#) with loads of activities and information for you to get involved with. A number of students in the Sixth Form have already been participating, so make sure you get involved.

Best wishes and thank you for your support over the years. I look forward to seeing your son/ daughter at Bexley Grammar School in September.

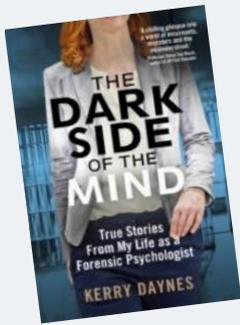
Mr T Martin
Director of Studies, Year 11



Super-Curricular Activities ~ Year 12

This is a selection of the extra reading, researching and participating that some of our Year 12 students have been doing in their own time to pursue their academic and career passions. These activities are really going to help them when they start applying to universities!

Ms Stoddard, Director of Learning, KS5

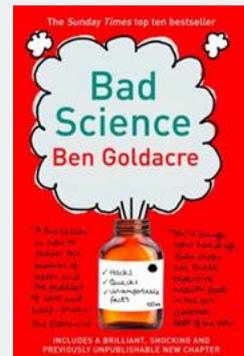


"I read *The Dark Side of the Mind* by Kerry Daynes which is various stories from her career as a forensic psychologist."

"I completed the Brighton & Sussex Medical School Virtual Work Experience and learnt about a range of specialties (including General Practice, Emergency Medicine, Surgery and Palliative Medicine). It showed the importance of good communication skills and how to reflect on experiences in a more structured way (I also learned about some of the day-to-day logistical challenges of working in the NHS)."



"I started and am continuing on the University of Cambridge's FutureLearn course about plant biotechnology and the future of food production systems. Along with other members of Science Society, I read *Bad Science* by Ben Goldacre, and we had a Zoom call to discuss our thoughts on it."



"I've read: *To the Lighthouse* by Virginia Woolf, *Dracula* by Bram Stoker, *Daisy Miller* by Henry James, *Wuthering Heights* by Emily Bronte and *No Exit* by Jean Paul Sartre."

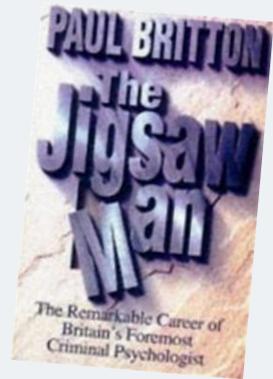
"I'm working on FutureLearn's course for Archaeology run by the University of Reading which focuses on excavations at the Vale of Pewsey in both a theoretical and technical sense."



"I've been listening to the New Psychology of Depression podcast from Oxford University, and reading *The Better Angels of our Nature* by Steven Pinker."



"I've been listening to the New Psychology of Depression podcast from Oxford University which ties in very nicely with my Extended Essay topic as well as The ForenPsych Files podcast by Dr. N. I've also started reading *The Jigsaw Man* by Paul Britton."

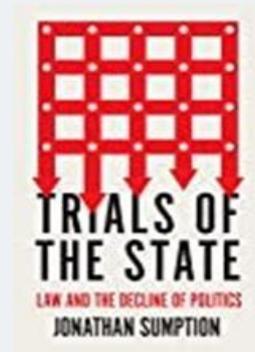


"I read part of *Bad Science*, and I also watched a documentary called 'Climate Change: The Facts' on BBC iPlayer, which is related to my Extended Essay topic."

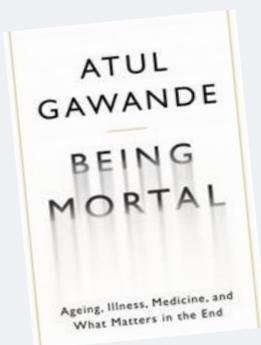


"I have been doing a first aid course and the science of medicine course on FutureLearn, as well as writing volunteer messages for King's College Hospital."

"I've been following the debate around lockdown legislation and (over-) enforcement of the Lockdown by the Police."



"I've started reading *Trials of the State* by Jonathan Sumption and I'm really enjoying it so far."



"I've joined the 'We are Medics' book club- every two weeks they set a book (this week it was *Being Mortal* by Atul Gawande) and you send in a reflection on what it has taught you about medicine/what you have learnt. They give you a certificate after each reflection and then they (medical students and professors from Brighton & Sussex Medical School) discuss the book too. "

"I've read *Jane Eyre* by Charlotte Bronte, *Wuthering Heights* by Emily Bronte and *The Colour Purple* by Alice Walker. I've also watched *V for Vendetta*, and have been helping SHP make the youth hostel I'm currently living in have a better sense of community for the residents."



"I started reading *Physics of the Human Body* by Irving P Herman and I have also been listening to the 'Naked Scientist Podcast'. Currently, I'm doing the 'MedTech: AI and Robotics' course on Future Learn, which explores the future usage of artificial intelligence and robotics within healthcare."

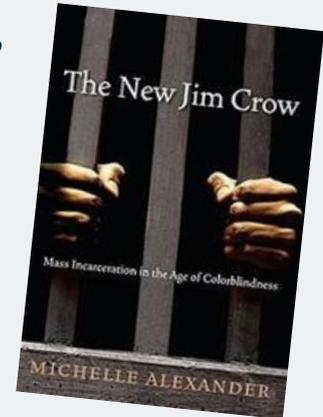


"I started reading *A Brief History Of Time* by Stephen Hawking with the Science Society, and also I am reading Richard Feynman's *Six Easy Pieces*.

"I was already volunteering at King's College Hospital; however, I think they are still open and accepting volunteers at <https://www.kch.nhs.uk/about/get-involved/volunteering>."

"I am reading Richard Feynman's collection of short works *The Pleasure of Finding Things out*."

"During the holiday, I began reading *Dracula* by Bram Stoker, *A Day in the Life of Ivan Denisovich* by Aleksandr Solzhenitsyn and *The New Jim Crow: Mass Incarceration in the Age of Colourblindness* by Michelle Alexander. I also participated in a webinar, 'Success Talk in the City', which aimed to give an overview of how hedge funds, private equity and venture capital work."



"I started listening to a surgery podcast called 'Behind the Knife' and have also been doing a 'Food as Medicine' and the 'Science of Medicines' course on FutureLearn."

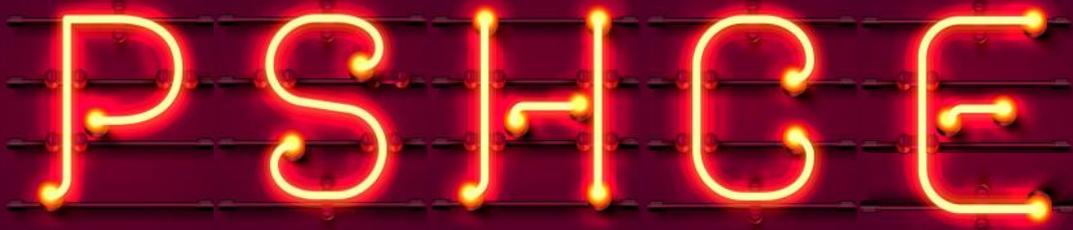
Latest News from the Jack Petchey Foundation

We know it is tough for the older generation who are forced to self-isolate at the moment. You can show you care by **posting a message** telling us how an older person you know has inspired you. It could be a neighbour, relative or family friend who is over 70. Maybe you remember playing games with them or they taught you a new skill. Share the story on social media using the hashtag **#InspiringMyGeneration**. Tag us on [Facebook](#), [Twitter](#) and [Instagram](#) and **we'll share it!**



If you would like to **send a message to Sir Jack** use the same hashtag and we'll show him all your messages too!

Mrs Snelling, Jack Petchey Foundation Coordinator



Hello all Years 7, 8, 9, 10 and 12,

As stated in the last newsletter, we are currently giving you access to the compulsory PSHCE curriculum remotely through the newsletters and hyperlinks. Therefore, please make sure you check what your year group's session are by following the link. Keep track of what you have done as some year group folders have the whole term's work and others will be added to weekly. On your homework timetables, set a 15 - 20 minute slot to work on PSHCE related tasks.

I hope you enjoyed doing your exercise last week and maybe even kept it up all week! Here is the link for this week:

<https://drive.google.com/drive/folders/158D77k30QbMk36y-3poz-sxf0Knx53Lf>

Mrs Mitten, PSHCE and Power Day Coordinator

In case you missed last week's links, here they are again

This week I am going to ask that you spend 15 - 20 minutes doing some form of exercise to help with the theme of 'Well Being'. See the following link to access the Google slide [here](#).

For Year 13: This will be your last (and only) session so enjoy the exercise session. Hope your adventures from September are what you hoped for and please look at the following link from Miss Roberts:

https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/180813_kbyg_interactive.pdf

Intermediate British Biology Olympiad

Year 12 Biology students are invited to participate in the Intermediate British Biology Olympiad Competition in early June.

The Intermediate Biology Olympiad is an online competition that tests students' biology knowledge. It is a great way to acknowledge their abilities and interest in the subject. The competition consists of a one-hour multiple choice paper to be taken online. Students can participate from home with a parent or guardian acting as an invigilator.

It's free to take part and students can sign up via the notice on their Biology Google Classrooms.

I hope we have lots of Year 12s giving it a go.

Mrs Earl, Science Department



British
Biology
Olympiad



A Mindful Moment

Looking after your mental health during lockdown

It's really important to look after your wellbeing during lockdown. Hopefully you will have managed to settle into a routine, but make sure you don't overlook the following things:

- * It's great to keep in touch with your friends via text or email, but don't underestimate the importance of seeing their faces. Make plans to video chat with groups of your friends that you'd normally see in person.
- * Make sure you get some as much sunlight and fresh air as you can. Bringing nature into your everyday life can benefit both your mental and physical wellbeing. If you can't go outside, open a window to let in fresh air, look at photos of your favourite places in nature, or listen to natural sounds while you relax.
- * Keep your mind stimulated. Set aside time in your routine to read books or magazines or listen to podcasts. Mrs Carey sent round information about how you could access e-books or you could go back and reread an old favourite.
- * If you're feeling anxious, it might help to set up a safe, relaxing space in your house. You might find it useful to think about what helps to calm you down, maybe some breathing exercises, or puzzles to distract yourself. The Mind website has some ideas here:

(Puzzles)

<https://www.mind.org.uk/need-urgent-help/how-can-i-distract-myself/games-and-puzzles/>

and here: (Relaxation)

<https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/>

Don't forget that your teachers are still here to support you, and you can get in touch with them via email. Your form tutor is a good person to get in touch with if you are struggling with work as they can offer helpful advice about managing your time.

Take care of yourselves,

Miss Brand, Mental Health Lead



Home Fitness Ideas ~ Week 3

The sun disappearing makes that nice walk/ jog/ bike ride a bit less appealing, doesn't it? Luckily, there is still plenty you can get up to indoors, with very limited space and no equipment required. Working hard for at least 30 minutes a day is so good for you - and even better if you can do it twice. You'll be amazed how quickly you will start to feel the benefits. There are loads of workouts on our previous newsletters, so have a look at those via the school website, or check in on our Facebook page for more ideas during the week.

Mr Lines, PE Department

HOW YOUNG ATHLETES CAN MAINTAIN MOTIVATION TO TRAIN AT HOME



Get into a regular routine with training. Schedule it in using an activity planner



Get regular feedback from your coach and identify areas to keep working on



Think about a new skill which you can master over the coming days and weeks



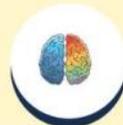
Identify your top 5 strengths and think about how you can keep using them throughout training each week



Engage in some online team training sessions with your teammates



Stay connected with teammates and see how they are doing. This is a great way to maintain positive relationships



Focus on the things that are in your control (your thoughts, feelings and behaviours)



Take regular breaks. Try not to put too much pressure on yourself to train all the time. It is important to find time to rest and recover



Reward yourself for mastering a skill or completing sessions



@BELIEVEPHQ



SPELL YOUR NAME

& DO THE WORKOUT!

A : 15 PUSHUPS

N : 10 PUSHUPS

B : 50 JUMPING JACKS

O : 20 LUNGES

C : 20 CRUNCHES

P : 10 TRICEPS DIPS

D : 10 BURPEES

Q : 20 JUMPING JACKS

E : 60-SECOND WALL SIT

R : 60-SECOND PLANK

F : 20 ARM CIRCLES

S : 30 BICYCLE CRUNCHES

G : 20 SQUATS

T : 60-SECOND WALL SIT

H : 30 JUMPING JACKS

U : 40 HIGH KNEES

I : 60-SECOND PLANK

V : 30 SQUATS

J : 20 MOUNTAIN CLIMBERS

W : 15 TRICEP DIPS

K : 40 CRUNCHIES

X : 10 MOUNTAIN CLIMBERS

L : 12 BURPEES

Y : 12 JUMPING LUNGES

M : 15 SQUAT JUMPS

Z : 30 CRUNCHES



News items you may have missed

A Mindful Moment

Mindfulness Tips You May Have Missed

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>

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=difficulttimesnonsubs031720

Miss Brand, School Mindfulness Lead



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

<p>On your Trampoline</p> 	<p>On an Indoor Bike</p> 	<p>With a Swiss Ball</p> 
<p>On the Stairs</p> 	<p>With a Skipping Rope</p> 	<p>On a Treadmill</p> 

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)