



# NEWSLETTER

*intellect, empathy, courage*

Friday 8th May 2020

*developing compassionate leaders*

## VE-DAY IT'S OVER IN EUROPE

On 30<sup>th</sup> April 1945, following the death of Adolf Hitler during the Battle of Berlin, Karl Dönitz (Hitler's successor) authorised the military surrender of Nazi Germany's armed forces. On Tuesday 8<sup>th</sup> May 1945, the Allies of World War II accepted their unconditional surrender.



In the Western world, but particularly the United Kingdom and throughout North America, people celebrated and flooded the streets. Mass crowds assembled in London, gathering in places such as Whitehall, Trafalgar Square and along the Mall up to Buckingham Palace. King George VI and Queen Elizabeth were joined by Winston Churchill on the balcony of the Palace in front of cheering crowds, whilst the young Princesses Elizabeth (future Queen Elizabeth II) and Margaret were allowed to take part in the celebrations incognito by wandering amongst the crowds.

Iris was a six year old at the time of victory in Europe and has very clear memories of the war. She clearly recalls the time when she travelled with her Mother and Aunts from Newcastle on a steam train. The carriages and corridors were packed with uniformed soldiers smoking and chatting as they returned to London.

Iris remembers the time when she and her family were in an unfamiliar air raid shelter because the one that they would normally have used was full. The flats that they lived in were bombed that night. The neighbours feared the worst and searched for them. Eventually, Iris and her family returned home to see the devastation and the neighbours were so relieved to see them all safe and well. They lost most of their belongings that night, however, during the search for the family, Iris's doll's pram had been pulled from the rubble. Not having many toys, the pram meant the world to Iris and she was so pleased to still have it.

The most vivid wartime memory that Iris has is of VE Day. As a young girl, she clearly remembers people dancing, partying, celebrating and singing in the streets. In the evening, people gathered around bonfires which had been lit all along the street. Having been born just before the start of World War II, it was something that she had never experienced before. There was suddenly a sense of freedom from blackouts and bombings, and that life would be different from then on.

Since then most countries commemorate and mark VE Day on the 8th May. We sincerely hope that you and your families have a safe and enjoyable VE Day, as we remember how the country joyously emerged from dark days during this difficult time for our community.



## Year 7 MFL Diplomas

This is the first time Year 7 have been asked to produce a diploma task under lockdown and they have risen to the challenge! Their title was “All about me” and they were tasked with using all the language they have learned so far this year - lots already! Their French and German diplomas have absolutely blown us away. We have received books, posters, short films, boxes of treasure, a post box, a picnic hamper and even mini macaroons (sadly, not edible)! Our Year 7s have put so much care into their diploma projects and we are bursting with pride for them.

As some students handed in their tasks in school, we will not be able to mark them all yet, or decide on the winning entry for the year group. However, we thought you might like to see a small selection of the amazing entries we received. We hope they make you smile!

*Mrs Rubbera, MFL Department*







## Top tips for managing your time

Asking the Top Universities Group to post the techniques which have helped them most to keep up with their work has brought nearly 20 replies from students who are all determined to get high results next year. I have collated their ideas: see what might also work for you.

For virtually everyone, the absolute top tip is TIMETABLING! Most students are making a weekly timetable on Google or a whiteboard (one has bought a roll of magic whiteboard for even more space), and ticking off work as it is done for that sense of accomplishment. Some are using the exact school timetable (useful if you find that you are taking a really long time over some pieces of work); others are adapting it. They are all adamant that setting a routine (which includes regular breaks and sticking to it) has helped them most.

Other ideas I like:

- Put **everything** on your online or whiteboard timetable, Including exercise;
- Put specific time aside for longer projects (many students mention working on their Extended Essay and Theory of Knowledge at the weekend or in the evening);
- Start the day with the work you want to do least (this is a really good one!);
- Try the Pomodoro method (25 minutes work, 5 minutes break);
- Keep doing your extra-curricular activities at the same time (one student is reading around medicine on the same day as the medicine group at school);
- Start early in the morning!

And, of course, don't forget that routine.

**Ms Stoddard**  
**Director of Learning, KS5**





## Culture Club Corner

It's True, It's True, It's True by Breach Theatre Company

<https://www.barbican.org.uk/read-watch-listen/watch-its-true-its-true-its-true-by-breach>

Why not try some culture in quarantine whilst we are in lockdown? Our Culture Club Corner is for anyone who enjoys watching live theatre and the arts (please take note of advisory age restrictions). If you are in Year 12, create a creativity CAS project by watching live theatre and visiting galleries, virtually!

This week we are recommending this brilliant production of *It's True, It's True, It's True* by Breach Theatre Company which we saw with a group of Year 12 students at the wonderful New Diorama Theatre last year. We were all transfixed from start to finish. This award winning play is a gripping dramatisation of a 1612 rape trial in Renaissance Rome, acted by three versatile female actors who provide a window to the past, whilst raising questions about the present. The story tells of how "When Agostino Tassi, the pope's favourite artist, was accused of raping 15-year-old Gentileschi, the ensuing seven-month case was widely publicised. *It's True, It's True, It's True* interweaves jaw-dropping court transcripts with history, myth, contemporary insight and moments of satire to ask: how much has really changed? Filled with ire and using modern language, the devised show shines a spotlight on a remarkable woman who went on to triumph through her art." One of the arguments of the play is that her paintings are often autobiographical in their depiction of strong female characters: see them on the National Gallery website, particularly "Susanna and the Elders" and "Judith beheading Holofernes":

<https://www.nationalgallery.org.uk/exhibitions/artemisla>.

*It's True, It's True, It's True* will be available to view for free until 17<sup>th</sup> May 2020.

### ***The English Department***







# Bexley Grammar School Creative Writing Competition



**COMPETITION RULES:**  
TO PRODUCE AN ORIGINAL  
PIECE OF CREATIVE WRITING

THIS CAN BE IN ANY FORM:

- ◆ A POEM
- ◆ A SHORT STORY
- ◆ A MONOLOGUE
- ◆ A DIARY ENTRY
- ◆ A LETTER
- ◆ A SHORT PLAY!

IT MUST BE NO MORE THAN 500  
WORDS AND OPEN TO EVERYONE.

**COMPETITION THEME:**  
**'ONLY CONNECT'**

**COMPETITION PRIZE:**  
**A £10 AMAZON VOUCHER**  
FOR EACH KEY STAGE WINNER  
(3, 4 AND 5)!

**COMPETITION CLOSING**  
**DATE: FRIDAY 17<sup>TH</sup> JULY 2020**

**Competition hand in and queries:** [gabriel\\_k@bexleygs.co.uk](mailto:gabriel_k@bexleygs.co.uk)

*Please put "creative writing competition"  
in the title and specify whether you would like to be anonymous!*



# HOUSE COLOURS

## House Activity - not a competition!

Following a very unusual end of term I hope you are all aware that for the very first time Wellman were victorious in the House Competition 2019-20. Congratulations to Mr Ward, the Wellman House Captains and every member of Wellman House who took part in any competition and earned House Points.

Most of you probably haven't thought about anything House orientated for a while and I want as many of you as possible to help me with this activity. I would like to collect a 'library' of colour photographs taken by students to be used in future power-points shown on the school's TV screens relating to anything to do with the House System: results competitions, announcements.

I would like you to gather together an assortment of colourful items, either competition subject based or just themed in your single House Colour, or if you prefer, the rainbow of House colours, take a photograph and share it with me. No faces in the pictures, please, just brightly coloured objects. You can take as many as you like, be as creative as you like, all will be kept and as many used as possible. We will keep them all as a collection of work taken during these unusual times.

Here is a reminder of the house competitions:

Sports Day, Cricket, Rounders, Basketball, Football, Netball, Table tennis, Tennis, Badminton, Key Stage 3 Swimming Gala, Chess, Photography, Y7 MFL Song, Cookery, Bridge, Planter, Harvest Challenge, Stem, Quiz, Music and Drama & Dance.

For the 'Current Standings' slides you could go with any theme, here are a few to get you started:

Autumn, Halloween, Winter, Christmas, Spring, Easter, Summer or any other that matches the time of year when these slides are normally produced.

Just take your photograph(s), upload to your drive and then share with me: [snelling\\_j@bexleygs.co.uk](mailto:snelling_j@bexleygs.co.uk), there is no closing date, just keep snapping! We'll publish a few each week in the Newsletter.

I look forward to seeing your photographs.

*Mrs Snelling, House Leader*





## Where to read books online for free?

### Bexley Libraries

Bexley Libraries offer access to free online books, audiobooks and graphic novels, which you can 'borrow' for 1, 2 or 3 weeks. You can borrow 4 books at a time, and either read them in your browser on a computer, or you can download the Libby app to your device.

<https://arena.yourlondonlibrary.net/web/bexley/ebooks>.



If you don't yet have a Library card you can join online here: [https://mybexley.firmstep.com/en/AchieveForms/?form\\_uri=sandbox-publish://AF-Process-b54e5d57-58e8-46f9-a271-5dd84172e2e8/AF-Stage-8b49efa5-8eda-440b-8de2-f9c2c5f1e60d/definition.json&redirectlink=%2F&cancelRedirectLink=%2F&category=AF-Category-abed1767-34f3-4aef-a009-b63c140344e9](https://mybexley.firmstep.com/en/AchieveForms/?form_uri=sandbox-publish://AF-Process-b54e5d57-58e8-46f9-a271-5dd84172e2e8/AF-Stage-8b49efa5-8eda-440b-8de2-f9c2c5f1e60d/definition.json&redirectlink=%2F&cancelRedirectLink=%2F&category=AF-Category-abed1767-34f3-4aef-a009-b63c140344e9)

If you live in another borough you should look at your local Library service as it will probably offer a similar service.

### Amazon Kindle & Audible Stories

Amazon has increased the number of books that are free to read using the Kindle App. They have also made 600 books free to listen to for children at Audible Stories, with no need to subscribe. <https://stories.audible.com/start-listen>. Audio books offered include *Harry Potter*, *Miss Peregrine's Peculiar Children* series, *Cirque de Freak*, *The Jungle Book*, *Sherlock Holmes*, *Brave New World*, *Jane Eyre* and *Wuthering Heights*.

### British Library: Discovering Literature

This is an excellent free resource for students who love classic literature, especially interesting for those studying English at IB. It has articles, short documentaries and author profiles.

<https://www.bl.uk/discovering-literature>

### Comics Plus

Recommended by a Year 9 student, this is a fabulous resource for all of those comic book lovers, which runs using the local library membership system.

<https://library.comicsplusapp.com/>

### What to read?

#### BGS Library Reading Lists

There are many book recommendations in the reading lists that I created, which are available on the Library page of the school website. They are organised by genre and worth having a look at if you are wondering what to read next.

<https://www.bexleygs.co.uk/page/?title=Library&pid=102>

### Ask the Librarian

Of course you can email me ([carey\\_r@bexleygs.co.uk](mailto:carey_r@bexleygs.co.uk)) and I can recommend a book for you!

### National Shelf Service

The National Shelf Service is an excellent new YouTube channel created by Librarians, featuring daily video recommendations of books such as *The Day I Was Erased* by Lisa Thompson, *Who Let the Gods Out* by Maz Evans and *Am I Normal Yet* by Holly Bourne. If you are struggling to pick a new book you might want to get inspiration from these!

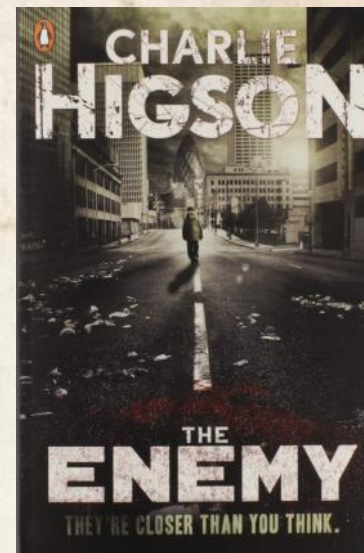
<https://www.youtube.com/channel/UCPUiqlJM0aieXdq-LxKDvWA/videos>



## What the Librarian is reading

**\*NOTE: THIS REVIEW CONTAINS DISTURBING DESCRIPTIONS\***

A Year 10 student who has read the majority of the books in our library recommended Charlie Higson's hugely popular *The Enemy* series to me, and as she usually has excellent taste, and it is one of the most-borrowed books in our Library, I trusted her and started reading this series. She explained that it was about a virus that infects all people over the age of 14 and either kills them or turns them into children eating cannibals. She did NOT explain to me that it was one of the most revolting things I would ever read. Every page is full of descriptions of diseased adults with skin and limbs falling off, being punched in their faces which are covered in pus filled boils. The book is about two gangs of children, one holed up in Waitrose and one in Morrisons, trying to come together to make it safely to Buckingham Palace, through London streets full of 'adults'. Halfway through the book I thought it was one of the worst things I had ever read, but now I am on book four of the series. And each book has been better than the last. So I would say the student was right to recommend it, as it is actually an enjoyable adventure series for those that like non-stop action with a side-order of pus. Not one to read over dinner.



***Mrs Carey, School Librarian***

## Resources for Parents and Carers

The Royal College of Paediatrics and Child Health has identified a range of useful websites and information to help parents and children at this time. The website can be found here:

<https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>

The webpage can also be downloaded as a pdf here: <https://www.rcpch.ac.uk/sites/default/files/generated-pdf/document/COVID-19---resources-for-parents-and-carers.pdf>

Stay at home activities for children and young people

<https://www.rcpch.ac.uk/resources/stay-home-activities-children-young-people>

Action for Happiness has published this calendar, giving a daily activity to improve people's wellbeing:

<https://www.actionforhappiness.org/meaningful-may>

This colouring sheet may help people to relax as well as having some tips for coping with life at home:

<http://www.scriberia.co.uk/journal/happy-at-home-colour>

This website may help to dispel any unhelpful rumours and 'fake news' stories circulating:

<https://www.thatnonsense.com/>

Take care,

***Mr H Gilmore***  
***Deputy Head and Designated Safeguarding Lead***





# A Mindful Moment

## 6 Tips for Taking Care of Yourself from Every Mind Matters

### 1. Go for a walk in nature

A walk in nature has been proven to have long-lasting positive effects on your mood. It can be in your garden or a local park as part of your daily exercise.

### 2. Change the way that you walk

Try walking in a more relaxed way - lower your shoulders, raise your head up high.

### 3. Call a friend and laugh together

Laughter is contagious, and it makes you feel better. It might be nice if you could video call them and see their face too.

### 4. Eat more fruit & vegetables

Studies show happiness and mental health are highest amongst those regularly eating lots of fruit and vegetables.

### 5. Up your exercise

Even small changes in your activity levels can improve your mood. There are lots of online exercise videos to help you achieve your goals, or the PE department has lots of links for exercise routines too.

### 6. Wish others well

Research suggests that turning the focus from you onto someone else and wishing them well can help you to feel happier and more connected. The study suggests simply thinking 'I wish you well' whenever you see someone. It might sound trivial, but it's worth a try right?

Advice from Every Mind Matters

(<https://www.nhs.uk/oneyou/every-mind-matters>)

Miss Brand, Mental Health Lead





# PSHCE

Hello fellow PSHCE pupils,

Please remember to continue your PSHCE curriculum and feel ready to tackle issues within our communities as well as being aware of the world around us. Which I am sure you will agree is essential at times like this when the word 'global' is being heard on a Daily basis. Here is a reminder of the PSHCE folder, with all the sessions you need.

<https://drive.google.com/drive/folders/158D77k3QQbMk36y-3poz-sxf0Knx53Lf>

*Mrs Mitten, PSHCE and Power Day Coordinator*

In case you missed previous 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](https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/180813_kbyg_interactive.pdf)





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

Miss Brand, School Mindfulness Lead





























## Home Fitness Ideas ~ Week 1



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

<p><b>Fitness workouts</b> <i>Try these workouts in the garden or in the house for a whole body workout!</i></p>    	<p><b>Dance workouts</b> <i>With four different styles of dance workout, there is something for everyone to try here.</i></p>    	<p><b>Yoga , Stretching and Pilates workouts</b> <i>If you want a gentle workout to relax your mind as well as your body, these are for you.</i></p>    
<p><b>Sports specific workouts</b> <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><b>Walking &amp; Running workouts</b> <i>Here are some simple jogging and walking ideas that you can do in the garden or even in the house!</i></p>    	<p><b>Family workouts</b> <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)





## 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 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!

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**A :** 15 PUSHUPS

**B :** 50 JUMPING JACKS

**C :** 20 CRUNCHES

**D :** 10 BURPEES

**E :** 60-SECOND WALL SIT

**F :** 20 ARM CIRCLES

**G :** 20 SQUATS

**H :** 30 JUMPING JACKS

**I :** 60-SECOND PLANK

**J :** 20 MOUNTAIN CLIMBERS

**K :** 40 CRUNCHIES

**L :** 12 BURPEES

**M :** 15 SQUAT JUMPS

**N :** 10 PUSHUPS

**O :** 20 LUNGES

**P :** 10 TRICEPS DIPS

**Q :** 20 JUMPING JACKS

**R :** 60-SECOND PLANK

**S :** 30 BICYCLE CRUNCHES

**T :** 60-SECOND WALL SIT

**U :** 40 HIGH KNEES

**V :** 30 SQUATS

**W :** 15 TRICEP DIPS

**X :** 10 MOUNTAIN CLIMBERS

**Y :** 12 JUMPING LUNGES

**Z :** 30 CRUNCHES