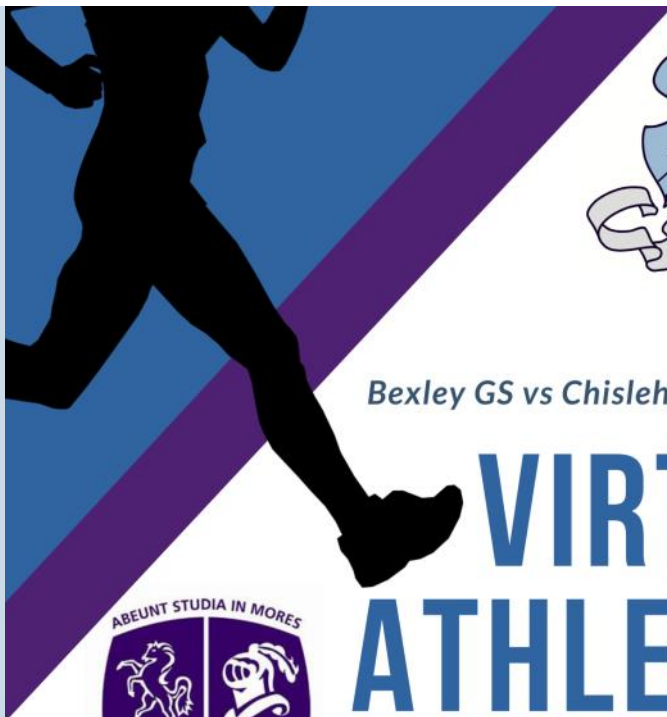


NEWSLETTER



14th May 2020

www.bexleygs.co.uk



Bexley GS vs Chislehurst & Sidcup GS



VIRTUAL ATHLETICS FIXTURE

Are you up for the challenge?

**RUN 2.6K OR MORE
RECORD ON STRAVA**

SCREENSHOT AND EMAIL YOUR TIME TO
MR LINES (BGS) OR MS EVANS (CSGS)

**SATURDAY 16TH
& SUNDAY 17TH
MAY 2020**

CHECK YOUR EMAIL FOR
MORE DETAILS

We would like to invite all students to take part in a virtual athletics challenge against our friends at Chis & Sid. Everyone is welcome to take part - regardless of experience.

The challenge is as follows:

Complete an individual run this weekend. Record it using Strava, or a similar exercise tracker, screenshot it, email it to Mr Lines and we will do the rest. We would like everyone to try and complete 2.6km - and the maximum distance depends upon your school year:

Years 7 & 8 - 3km
Years 9-13 - 5km

Whatever you manage - send it in to contribute to the total. We're looking to crown the school that runs the furthest, and has the highest average distance per student. Every kilometre helps - regardless of how fast you do it, so we really want to encourage everyone to take part. You could even ask family and friends to sponsor you, and contribute to the 2.6 challenges to help charities who missed out on the London Marathon sponsorship.

Please make sure you warm up thoroughly, take a drink with you, and that you **run safely and observe all the latest social-distancing guidelines at all times**. The deadline for entries is 4pm on Sunday 17th May. Good luck!

Mr Lines, Head of PE



Year 7 Art Diploma

My Art Diploma was to create an environmentally friendly work of art. We had to choose an artist (from an option of three) to be inspired from. The three artists are:

1. Christo and Jean Claud. Their most famous works are due to their wrapping techniques. This is essentially when they would wrap up landmarks around the world with a variety of fabrics and tissues.
2. Andy Goldsworthy. He is a British environmental artist and architect. In most of his work he uses 100% natural materials (such as leaves, twigs and mostly stones).
3. John Dahlsen. John uses a range of materials from plastics to cardboard. His most popular work is 'Thousands of Flip Flops' (also known as Absolut Dahlsen). He used quite a lot of flip-flops and sandals to create a gargantuan Absolute Vodka bottle.

The artist that inspired me the most was John Dahlsen. This is because you can create anything from his ideas by just using something in your house. This is also something great to be inspired from as well because in these troubling times, we can't really go to places like a DIY shop to purchase items.

It was an early morning when I thought to myself of John Dahlsen's "Thousands of Flip-Flops" work. This gave me an idea. What if we could flip to the opposite of Dahlsens design. "How about I create a massive flip flop out of lots and lots of bottles" of course only one half of this statement came to reality; which was the first. Using lots of bottles would be really challenging to put it in the shape of a flip flop. So instead I decided to reuse cardboard and plastics to make it look even more realistic.

Every piece of art has a name. I eventually came across the name "Ymir's Sandals" Time for a little history lesson! Ymir (in Norse Mythology) was the first being to have ever existed. He was a large giant that was made from the depths of Muspelheim (a realm of fire) and Niflheim (a realm of ice). When the Gods appeared they splayed Ymir. His skull turned into space, his bones into the sky, his sweat and blood into the ocean and (most importantly) his feet into the tallest of mountains. This is a metaphor for my massive sandals. This basically means that they hold up the mountains (meaning that they're really big flip flops or just really strong ones).

I collected old and discarded cardboard and other materials. I flattened large sections of the cardboard and taped them together. I measured a flip flop and scaled up the flip flop size to a 7:1 ratio.

Samuel Holt, Year 7

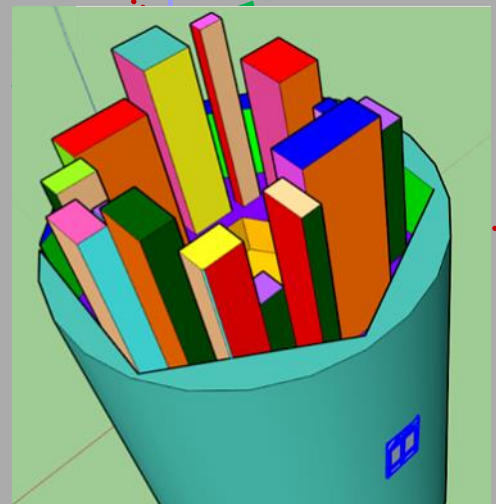
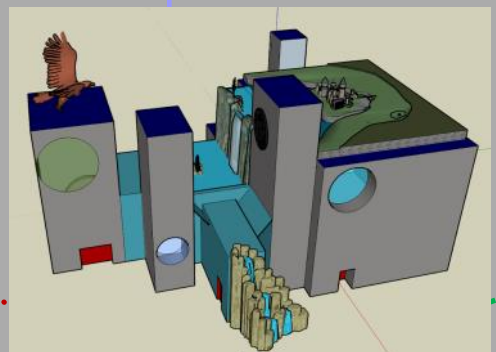
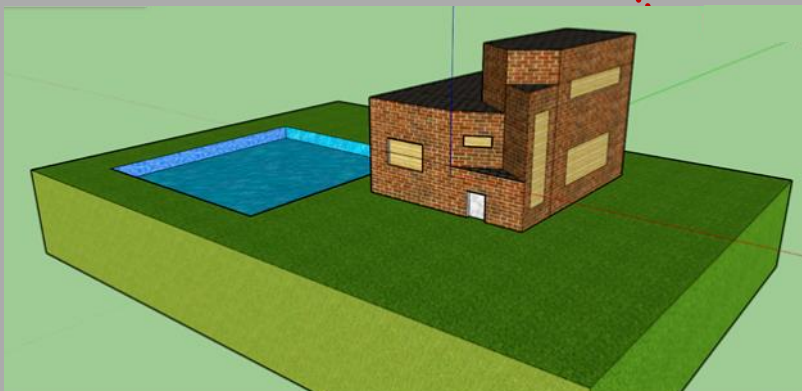
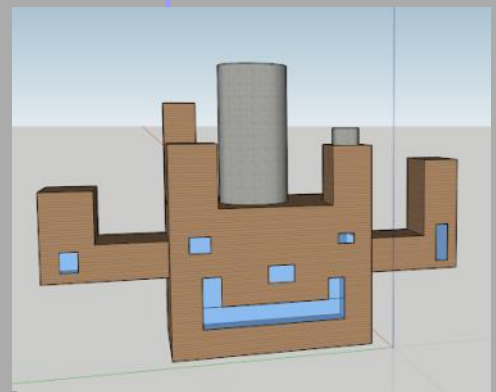
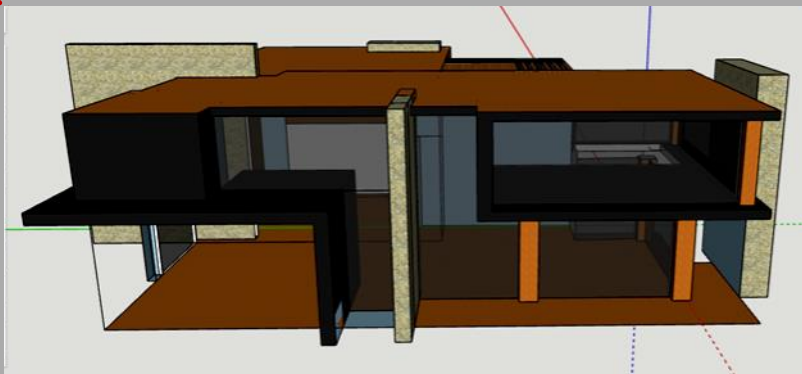




Our Budding Year 7 Architects

My Year 7 classes were given the assignment of creating a house on the design programme SketchUp. Some designed very creatively whilst others kept their designs more recognisable and comfortable! And I do think we have a few future architects too. Well done to Paul Despabiladeras, Sam Grady, Tarin Houston, Kelly To, Behzod Marufov, Jack Cotton, Alex Anastasov, Jacob Harte.

Mrs Williamson, Design Technology Department





Science Learning

As the weeks turn into months I cannot help but be grateful to be teaching at BGS. I am increasingly impressed with our students; their resilience, their motivation and their abilities! Teaching yourself is never easy and yet we have students, teaching themselves IB level content which is challenging even with a teacher explaining it to you! Year 10 as well are all completing the triple course and ploughing on with the work with very little complaint and very few falling behind. We know we will have work to do when we come back to fill in the gaps, but I am so impressed with how much is getting done.



With most year groups approaching a mid or end point in their science topics at the moment we are having to get creative with assessing progress and giving feedback. I am sure all teachers and students will be looking forward to getting back into the classroom when it is safe to do so.

"I'm an Engineer Stay at Home" is an online activity where school students connect with real engineers. You sign up for a time slot and students and engineers join a chat room. There is a moderator to keep conversations flowing and students can ask the engineers all about their work.



Engineers are encouraged to take part by a weekly £500 prize to the engineer voted by students as the best at explaining their work. But also you can tell they really enjoy inspiring and encouraging the next generation.

7VJA were my guinea pigs and we had a brilliant discussion with 7 engineers from a huge range of specialties. One engineer made 3D printed bones and was designing a way to have antibiotics embedded in their structure. Another worked with hospitals to develop equipment for the treatment of foot and ankle injuries. A third worked with robotics as part of her PhD and another helped courts decide who was at fault in road traffic accidents. This was in addition to what you might expect engineers to be more involved with, such as designing buildings, bridges and roads. It was great fun and I think we all learnt a lot about the different careers out there. I think we were all surprised by how medical a lot of their jobs were.

Following that success I am rolling out a few more chats for different age groups from next week. It is pot luck which engineers turn up and there are over 30 different professionals involved in the experience so I am looking forward to seeing what their amazing jobs are!

Year 10: Thursday 21st at 11am

Anyone who wants to be involved can register using this link:

<https://imanengineer.org.uk/reg/va74ju>

Year 11: Thursday 21st at 2pm

Anyone who wants to get involved can register using this link:

<https://imanengineer.org.uk/reg/be92fp>

Year 12 Physics and Chemistry are also taking place next week with details available through your class teachers.

More chats will be organised for after the half term for Years 8 and 9 and other Year 7 forms.

Ms Lusted, Stem Coordinator

The Post-Mortem Live

A thrilling experience aimed at Years 11-13 budding doctors, surgeons or simply those interested in a medical base career.

A unique opportunity from ITAE Learning regarding their new live broadcast called 'The Post Mortem Live'. It is an exciting new interactive live stream running daily, starting on 25th May 2020, at 7pm, for one week. There will be 5 episodes in which they will take you on a trip through the human body like never before. Each session will be live and interactive as you watch and there will also be an opportunity to ask questions online. The program has been written by a team of teachers & surgeons and is aimed at the general public, with GCSE & IB content sewn into it. A ground breaking semi-synthetic human cadaver and porcine organs are used to recreate a post mortem. It is incredible! The company has visited BGS in the past as the reviews from students and staff alike were glowing. In the current circumstances, it is unlikely they will be visiting schools in the next year, so this is the next best way to gain inspiration and experience.

To cover production costs the sessions are £1.99 each and they encourage viewers to visit their local butcher and grab some specimens themselves to dissect along with. There are downloadable learning aids to accompany the series which will help students record their learning. Some students may wish to watch at home with a parent, live or later in the week as each episode will be online in the catch up area for 30 days after the broadcast. For more info please check their website www.thepostmortemlive.co.uk

It will make compelling viewing and give you the chance to interact (via socials) in real time with your teachers and experts in the field.

Mrs Gradley, Science Department

Post-Mortem Live

BRAND NEW 5 PART WEB SERIES

WATCH LIVE HERE at 7.00 pm

Starts Monday 25th May 2020

An interactive recreated Post-Mortem like never before with the **world's first semi-synthetic cadaver**. Watch online on your computer, laptop, TV, smartphone, or Ipad.

Even dissect REAL specimens at home.





Virtual stories read by the authors

Neil Gaiman and friends have read *The Graveyard Book* & *Coraline*

I love the recordings of *Coraline*, as Neil Gaiman has selected some fantastic spooky authors (R.L. Stine, Lemony Snicket, Holly Black, Cassandra Clare and Neal Shusterman) to join him in reading his creepy, beautiful story. *Coraline* is a book I always encourage the students to read, even if they have already seen the film, as it has some wonderful, visual descriptions that stay with you for years. <http://www.mousecircus.com/videos/>

Cressida Cowell reads her *How to Train Your Dragon* series

The marvellous Children's Laureate, Cressida Cowell, has been reading her books on YouTube, a chapter each day. The videos for *How to Train Your Dragon* and *How to be a Pirate* are already available to watch, and she is currently reading *How to Speak Dragonese*. She is captivating to listen to, and I also enjoy seeing that her house is even messier than mine. <https://www.youtube.com/channel/UCe01xn13M8q2dsIw0mvW9lg>

Neal Shusterman reads his short stories

If you enjoyed hearing Neal Shusterman read the chapter of *Coraline*, you can hear his own stories on his YouTube channel, where he has recorded some of his short stories from *Mind Quakes*, *Mind Storms* and *Violent Ends* in a YouTube playlist.

https://www.youtube.com/playlist?list=PLVK6p8YMYEvRRZKcqnNeNUfunAwBGL_i

Marcus Sedgwick has read *Floodland*

Marcus Sedgwick has recorded his award winning book about a girl trying to survive in a submerged England, where the small islands are full of dangerous gangs.

<https://marcussedgwick.com/floodland/>

Sir Patrick Stewart reads a sonnet a day

Technically, it could be argued that he is not the author of these sonnets, but is there a better voice to listen to? Sir Patrick Stewart has been reading a Shakespearean sonnet each day on his Instagram account. If you want to listen to them on YouTube they have been collated here:

https://www.youtube.com/playlist?list=PLLLiEya-Q4RQdTJb97i8gU6MXHZs_HUIB



Mrs Carey, School Librarian

Period Poverty

Before the school closure, we were collecting donated sanitary products to combat the impact of Period Poverty (through Bexley Women's Aid). According to Plan International UK, 3 in 10 girls struggle to afford or access, sanitary wear during lockdown, this has been exacerbated by bulk-buying. The government's move to abolish the Tampon Tax from January 2021 was welcomed earlier this year, but some worry the momentum has been slowed by the current lockdown. So even though our donation programme has had to be put on hold, there are still some things you can do to support the cause:

- * You can donate to organizations such as [Bexley Women's Aid](#) and [Bloody Good Period](#) to help support them during the lockdown
- * You can simply raise awareness of the issue being faced, both on social media and in real life, to help tackle the stigma surrounding periods using **#endperiodpoverty** and **#pandemicperiods**
- * The project will still be running when we get back to school!

Thank you for your support!

Charlotte Allen & Ellis Marsh, Year 12





BARBER SHOP CHRONICLES

A NEW PLAY BY
INUA ELLAMS

DIRECTED BY
BIJAN SHEIBANI



Culture Club Corner

Barber Shop Chronicles
by Inua Ellams
National Theatre at Home

<https://www.nationaltheatre.org.uk/shows/nt-at-home-barber-shop-chronicles>

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 *The Barber Shop Chronicles*. Following two sell-out runs at the National Theatre, a world tour, and a hugely successful summer residency at London's Roundhouse, the acclaimed *Barber Shop Chronicles* is a heart-warming, hilarious and insightful play that leaps from a barber shop in Peckham to Johannesburg, Harare, Kampala, Lagos and Accra over the course of a single day. For generations, African men have gathered in barber shops. Sometimes they have haircuts, sometimes they listen, more often than not they talk. Barber shops are confession boxes, political platforms, preacher-pulpits and football pitches... places to go for unofficial advice, and to keep in touch with the world.

Barber Shop Chronicles will be available to view for free until 21st May 2020.

The English Department



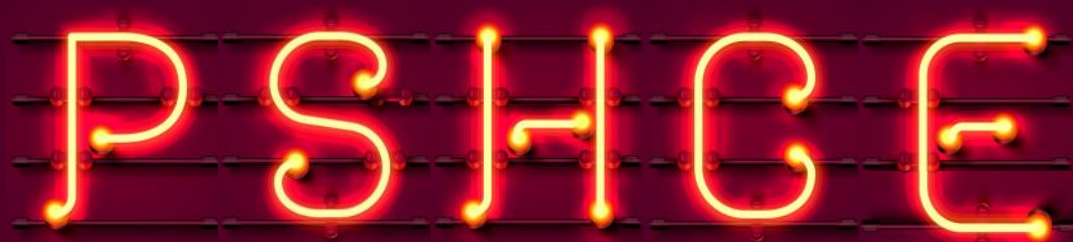
Year 9 Options ~ Confirmation of Subjects

Dear Year 9 Parent/ Carer

Following the Year 9 options process, we have now confirmed the subjects that students will be studying from September 2020. If you have not received your email, please check your spam or junk folder.

Thank you

Mrs Arundel, Year 9 Options Administrator



Hello all,

I hope you and your PSHCE journey is coming along well. If any of you have any concerns then please feel free to email me via mitten_j@bexleygs.co.uk, alternatively, here is the link again to work on your new sessions. Please do this from your school account so that it allows you access. <https://drive.google.com/drive/folders/158D77k3QQbMk36y-3poz-sxf0Knx53Lf>

CEOP Education Resources - activity packs as extension tasks can be found through the following links.

These activities come from the 'ThinkUKnow' team at CEOP, and they have released activity packs for children and young people. These are short activities, approx. 15 minutes each, that you can use at home.



11-13 year olds

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/11-13s>

14+

<https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/14-plus>

Mrs Mitten , PSHCE and Power Day Coordinator

In case you missed previous links, here they are again

Last week I asked 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](#) .



A Mindful Moment

3 CHEERS!

Even though we are dealing with a lot of uncertainty, there are still things that we can be grateful for. A really simple way to celebrate this is to do 'Three Cheers' each day for three things that make you grateful. For example, a simple cheer could be: today I am grateful for the sunshine. Get into the habit of doing this at the same time each day, maybe as a family round the dinner table, to start your meal with a smile.

CALM JAR

When we are stressed, anxious or angry, we can quickly get carried away by our emotions and this can affect our mood and behaviour. A calm jar is a physical aid to help you to settle your mind when this happens.

TO CREATE A CALM JAR, YOU NEED:

- * An empty jar (or bottle) with a lid
- * Water
- * Glitter Glue (or something similar that will not mix in completely with the water)
- * Glitter / Waterproof shapes

To make your jar, fill it almost to the top with water. Then add your glitter glue. Add extra glitter/shapes/a few drops of food colouring. Screw on the lid so it is really tight. Consider sealing it with strong tape to ensure there are no leaks.

Alternatively, you could use a snow globe if you have one!

HOW TO USE YOUR CALM JAR

- * When you find that your mind is unsettled and your thoughts are mixed up, take your calm jar and give it a good shake.
- * Then place it on a flat surface and focus on the movement inside the jar.
- * Keep focusing on the jar as the contents move and settle. Give yourself a few moments of calm.
- * If your mind wanders, that's ok. Just try and refocus on what is happening in the jar.
- * See if you can stay focused until the water is settled and still.
- * Once the water is settled, check in with how you are feeling. Do you feel a bit calmer?
- * If you need to, give the jar another shake and try again until your mind feels more settled (like the still water).



BGS Physical Education

These are suggestions to keep you fit and active during this lockdown period. Feel free to have a try at any of the challenges we've been sending through the newsletter.

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!).

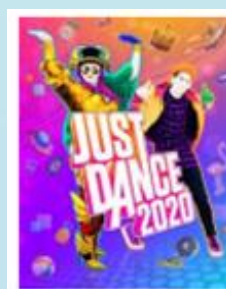
Please make sure you stay safe, healthy and follow the current Government guidelines. We hope to see you all very soon.

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



Creative

In our creative curriculum, we introduced 'Just Dance' in Key Stage 3. This would be perfect on a rainy day or for an indoor workout... All ages love this, students and parents give it a go! It would be good to break up the day of studying. Some ideas to get you moving.





Personal - Set yourself a challenge

While we are all spending extra time at home, why not utilise this time to put down the remote and test your fitness with a daily challenge? With the right attitude, you can take on your next big personal challenge. Set yourself something that is realistic and achievable. Could it be...

- 1) Couch to 5K running
- 2) Can you Plank for 3 minutes?
- 3) 15 minutes daily relaxation
- 4) 30 days of yoga
- 5) Are you inspired by the highlights from the charity challenges?
- 6) Can you reach 10,000 steps a day on your Fitbit?
- 7) Can you complete the 15 football skill moves to beat defenders?
- 8) Can you complete the UNO workout for a week?



- 9) Are you able to complete the 30 day 'We challenge you'?

WE CHALLENGE YOU! catch/ 88

30-DAY SQUAT CHALLENGE

Day 1: 50	Day 16: Rest
Day 2: 55	Day 17: 150
Day 3: 60	Day 18: 155
Day 4: Rest	Day 19: 160
Day 5: 70	Day 20: Rest
Day 6: 75	Day 21: 180
Day 7: 80	Day 22: 185
Day 8: Rest	Day 23: 190
Day 9: 100	Day 24: Rest
Day 10: 105	Day 25: 220
Day 11: 110	Day 26: 225
Day 12: Rest	Day 27: 230
Day 13: 130	Day 28: Rest
Day 14: 135	Day 29: 240
Day 15: 140	Day 30: 250



BEGINNER PUSH-UP CHALLENGE

Day 1: 5	Day 16: 20
Day 2: 5	Day 17: 20
Day 3: 6	Day 18: 20
Day 4: 6	Day 19: 25
Day 5: 7	Day 20: 25
Day 6: 7	Day 21: 30
Day 7: 10	Day 22: Rest
Day 8: 10	Day 23: 30
Day 9: 10	Day 24: 35
Day 10: 15	Day 25: 35
Day 11: 15	Day 26: 40
Day 12: 15	Day 27: 40
Day 13: Rest	Day 28: 45
Day 14: 18	Day 29: 45
Day 15: 18	Day 30: 50



30-DAY PLANK CHALLENGE

Day 1: 20 sec	Day 16: 2 min
Day 2: 20 sec	Day 17: 2 min
Day 3: 30 sec	Day 18: 2.5 min
Day 4: 30 sec	Day 19: Rest
Day 5: 40 sec	Day 20: 2.5 min
Day 6: Rest	Day 21: 2.5 min
Day 7: 45 sec	Day 22: 3 min
Day 8: 45 sec	Day 23: 3 min
Day 9: 1 min	Day 24: 3.5 min
Day 10: 1 min	Day 25: 3.5 min
Day 11: 1 min	Day 26: Rest
Day 12: 1.5 min	Day 27: 4 min
Day 13: Rest	Day 28: 4 min
Day 14: 1.5 min	Day 29: 4.5 min
Day 15: 1.5 min	Day 30: 5 min



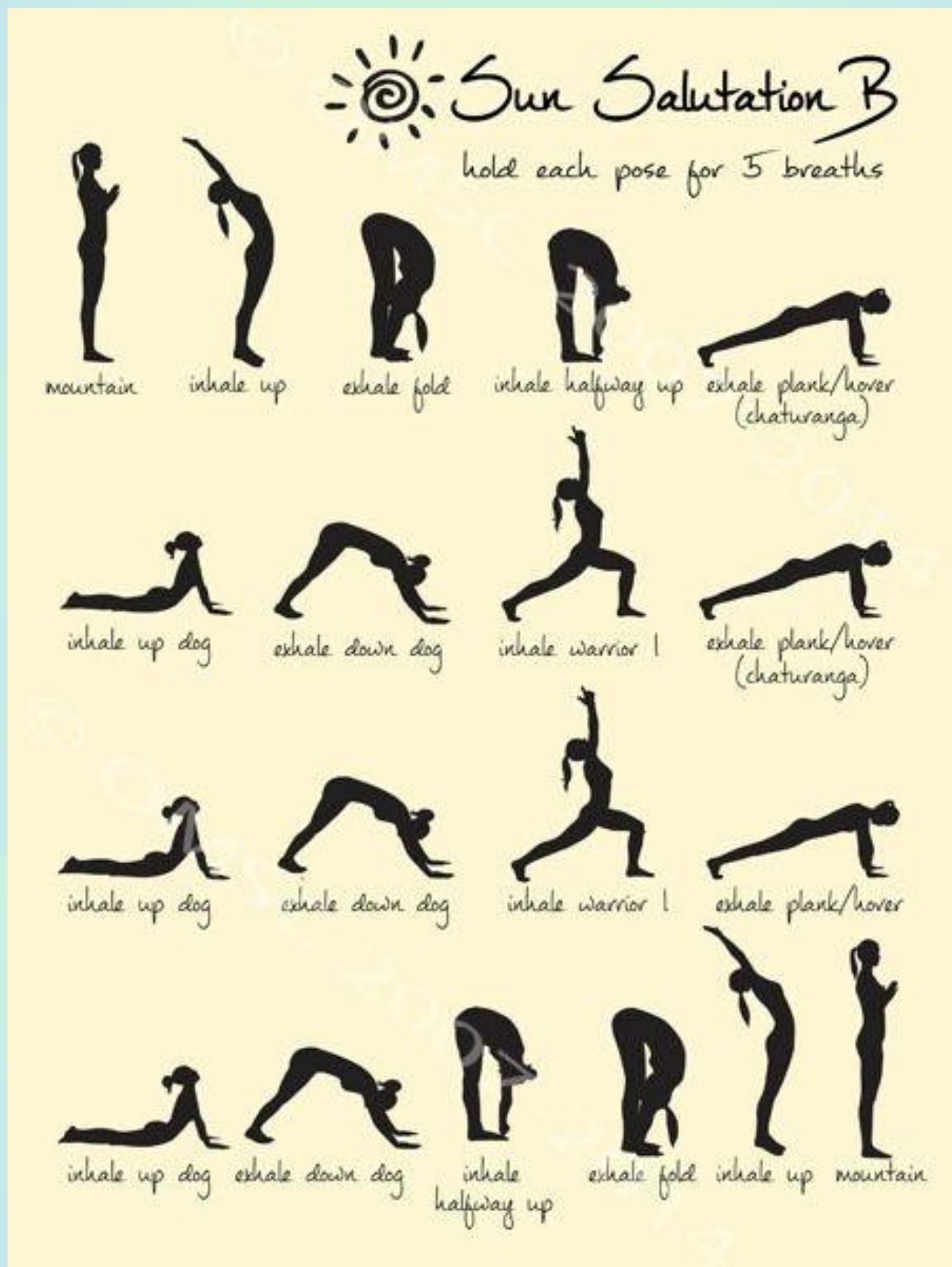
30-DAY CRUNCH CHALLENGE

Day 1: 25	Day 16: Rest
Day 2: 30	Day 17: 100
Day 3: 35	Day 18: 105
Day 4: Rest	Day 19: 110
Day 5: 40	Day 20: Rest
Day 6: 45	Day 21: 115
Day 7: 50	Day 22: 120
Day 8: Rest	Day 23: 125
Day 9: 60	Day 24: Rest
Day 10: 65	Day 25: 130
Day 11: 70	Day 26: 135
Day 12: Rest	Day 27: 140
Day 13: 80	Day 28: Rest
Day 14: 90	Day 29: 145
Day 15: 95	Day 30: 150





Health & Fitness





After **WAKE UP** **YOGA POSES**





"The mind is like a parachute: it works much better when it's open."

Why not give this Rainbow Yoga a try - It's for all ages! With everyone in lockdown, it can be quite a lonely time for everyone. Maybe you could complete this challenge via group chat in your separate houses for a bit of fun? If you enjoyed this then you could follow the Yoga 30 day challenge. Just scan the code using your camera on your phone.

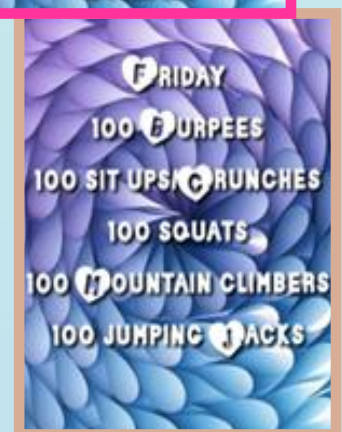
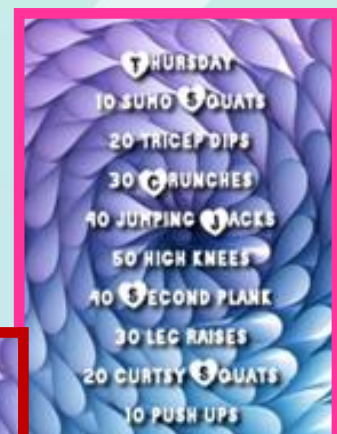
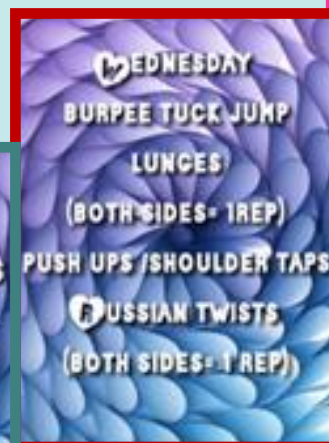
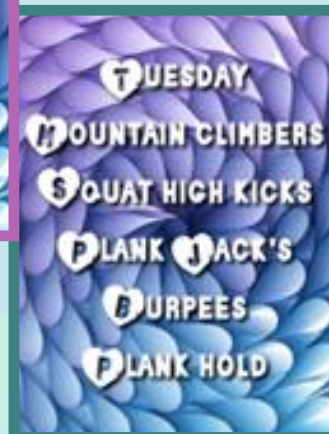


Physical

Can you complete this personal weekly challenge? Set yourself a number of sets or reps to complete. Repeat this every week challenging yourself by increasing either in:

- F – Frequency
- I – Intensity
- T - Time
- T - Type of exercise

You can adapt the exercises to make them easier or more difficult. Remember to complete a warm up before exercising and a cool down afterwards. If you experience any pain whilst exercising, please stop straight away.



If you would like to refer to any of our previous newsletter exercise sheets please click on the link [here](#).



News items you may have missed

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 17TH JULY 2020

Competition hand in and queries: 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, 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





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

Miss Brand, School Mindfulness Lead