

Covid 19 Poem

Covid 19,
It's a travesty,
It kills many people,
And it wrecks families.

We have to stay safe,
So we stay at home,
No work, No school,
So we do it alone,

But we're not alone,
We're still together,
We clap the NHS,
No matter the weather!

Poem & Rainbow BGS badge
by Matilda Jackson, 7JEA

NHS

BEXLEY
GRAMMAR
SCHOOL

NEWS LETTER



21st May 2020

www.bexleygs.co.uk



Result ~ Virtual Athletics Fixture BGS v CSGS

Well done to everyone who took part in our virtual athletics fixture versus Chislehurst and Sidcup Grammar School last weekend. Over 100 students took part to run a combined distance of 414km, while CSGS mustered just over 250k. It was great to see so many students take part, and to get the WIN too! See page 3 for our next challenge - cyclists at the ready.

Mr Lines, Head of PE

WELL DONE EVERYONE!

What an incredible effort!

113 RUNNERS 414KM TOTAL



Year Totals
Year 7: 99k
Year 8: 84k
Year 9: 68k
Year 10: 83k
Year 11: 20k
Year 12: 60k

	BGS	CSGS
Total Distance	414km	250km
Total Runners	113	62
Avg Per Runner	3.67km	4.03km

TOP RUNNERS:

Thank you for a fantastic effort this weekend to collectively run 414k

Here are our fastest runners in each year group - some very impressive runs:

GIRLS:

YEAR 7:	Anna T
YEAR 8:	Daisy R
YEAR 9:	Lily H
YEAR 10:	Lora D
YEAR 11:	N One
YEAR 12:	Kiera S

BOYS:

Arthur C
Henry B
Oliver K
James W
Lucas Z
Luca V



Community Ride Challenge!

Lots of cyclists wanted to get involved in our last challenge - so now it's your turn! We are trying to ride the combined distance from John O'Groats to Lands End. We're going to do this as a whole community - so you are welcome to do it with siblings and parents, even grandparents - as long as you follow guidelines for social distancing.

The instructions are simple: record your rides on Strava or similar, screenshot them, email them to Mr Lines and we will do the rest. We can count the ride of a family member too - so if you and a sister or parent both did 10km, we can count that as 20km towards our total. You can submit as many rides as you complete during half term. The deadline for entries is 4pm on Sunday 31st May.

The most important aspect is your safety. Please only ride on public roads if you are a competent cyclist and you are wearing a helmet. If you are riding in parks, please be mindful of other park users and keep a safe distance from them. You must have permission from your family to take part.

Good luck!

Mr Lines, Head of PE

BEXLEY GRAMMAR SCHOOL PE
VIRTUAL CHALLENGE

HALF TERM VIRTUAL RIDE

A COMBINED RIDE TO
COVER THE DISTANCE
FROM JOHN O'GROATS
TO LAND'S END

COMPLETE YOUR RIDES BETWEEN
23RD MAY AND 31ST MAY

**YOUR SAFETY IS VITAL.
ONLY COMPLETE A
RIDE ON THE ROADS IF
YOU ARE A
COMPETENT CYCLIST,
WITH A HELMET, AND
WITH THE PERMISSION
OF YOUR FAMILY**



**Deadline for
entries - 4pm
on Sunday
31st May**



Congratulations!

Celebrating Year 7 Success!

I have recently taken up the role of Year 7 SAM, replacing Miss Aspill (now acting DoS in Year 12), and wanted to recognise and praise our hardworking Year 7s.

I have been delighted by the response of staff to my request for nominations of Year 7 students who have been working really hard during lockdown. This includes students across the year group who have produced work of an exceptional quality, or who are demonstrating a consistently high level of effort on their individual work despite the current difficulties.

This week, we congratulate

7NSS	Michael Wheeler-Ashurst, Emily Hoang, Mia Millin
7MGG	Anna Tyukova, Aleksandra Valchanova, Sam Holt
7AMM	Leo Leupold
7MEM	Celine Pan, Luke Howard
7JEA	Matilda Jackson, Lou Annarumma
7MCA	Jack Cotton

Mr Skinner and I would like to say well done to all the Year 7 students who are continuing to work hard - we are most impressed by your efforts.

There will be more opportunities to be nominated by staff over the coming weeks - and an Amazon voucher prize at the end of term for one lucky winner - a name will be drawn from all students put forward by staff.

So keep working hard! Good luck to everyone!

Mrs Spencer, Senior Academic Mentor, Year 7



Year 7 Art Diploma

One of the most important things about being creative on a regular basis, is it trains our minds to solve problems, and to find new ways of doing things. Creativity is like a muscle, the more we use it, the easier it becomes to recognise new possibilities and solutions, and to realise new relationships between seemingly unrelated things. Because creativity is such a critical life skill, you will find it right at the heart of C.A.S. from Year 7, to our Sixth Form. It is never too late to start being creative.

Our Year 7s have shown exemplary resourcefulness in their Diploma projects, and proven that even the restrictions of lockdown are no match for a mind armed with creativity.



Mr E Gilmore, Art & Design Department



Lockdown Rainbow by Callum Creedy

This ingeniously simple but effective work of Covid 19 related art was created during lockdown by Callum Creedy for his Year 7 Diploma. Using things he had lying around the house, he combined the arrangement techniques used by artists Andy Goldsworthy and John Dahlsen to create a picture visible to any plane or helicopter flying over his garden.





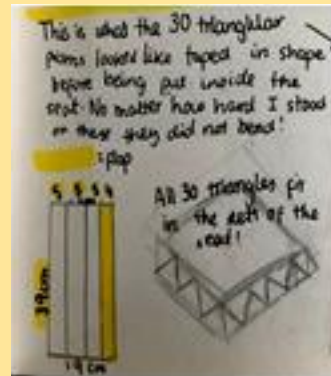
Reading Throne by Matilda Jackson

I got the idea to make a reading chair, actually a throne, to ensure it was bigger than me, when my parents and I were looking for new furniture for our home. I decided to make the structure out of cardboard- from the packaging from our Ikea delivery. I made it from scratch and finished it off with an old book with missing pages for the decoration.

The problem I faced was for the throne to hold my body weight. I resolved this by including 30+ identical triangular prisms throughout the seat in two rows in different directions. This worked because triangles are the strongest shape. I made a huge cuboid out of triangles pushed tightly together and then I made a net to wrap around them- this created a very strong seat.

The impact I would like my piece to make, is that you can make very useful and cool things out of recycled items, even old books (I still use my throne now!).

Some advice I would give is to make sure the structure is strong enough before starting, with lots of sketches and planning. Make sure to score the cardboard on the folds, otherwise the shapes won't be accurate!





A Tree by Deya Dimitrova

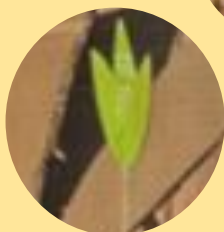
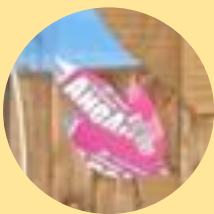
My name is Deya Dimitrova and I am a student in Year 7. For my Year 7 Art Diploma, I created a tree. I worked with used cardboard boxes to construct the tree shape and I used empty ice cream and food boxes to make leaves that I decorated the tree with.



For me, the actual idea of a tree has a meaning behind it: in everyday life, millions of trees are being cut down daily to make human products like paper and cardboard.

As I used cardboard, I had to try out various cutting tools so I could see which one was most effective. However, in this stage, I realised that cardboard is not an easy material to cut and I experienced some difficulties. In the end, I settled with a Stanley knife because it was much more suited for cutting cardboard.

I decided that it would be meaningful to make the tree out of recycled materials as many real, living trees are cut down to make them. The message behind my piece of artwork is that anything can be beautiful, just like nature.



Christopher Fernandes is the creator of this striking work of art.

"We were asked by our Art teacher, Mr Gilmore, to create a piece of reusable/ recyclable art for our Year 7 Diploma.

Before and during lockdown, I started to realise that there was a mountain of crisp packets building up. They couldn't be recycled in the normal way (Luckily, my Scout group has a recycling scheme) so I decided to use them for my art project, to highlight the amount of crisp packets we are consuming, and whether we are doing enough to recycle them in pre-existing schemes. If this is the amount of crisp packets from one family, over a few weeks, then imagine how crisp packets are being thrown away over the whole borough! My Art project was inspired by fireworks as the packets are colourful and the opposite side was based on the sun and rivers. It was quite tricky to tuck the packets around the hinges of the door and to stick them with Blu-Tack. Any advice if you're trying this at home? Don't only eat one flavour of crisp if you want to make it striking!"





This impressive piece of improvised architecture was created by Lucy Avis Clarke.

"I was originally going to attempt to make a recyclable model made out of egg cartons, and I had been saving up the boxes, but I decided to reread the brief and it turned out that the work of art had to be the same size, or bigger than you. It also had to be made from recycled or reusable materials. I decided to have a look around our garage to see what kind of things I could use. I spotted an old metal bed frame and that's where my idea originated. I realised that I could use parts of it for the basic structure and that I could also try to weave fabric in and out of the bars to create what acted as walls and a back.

A couple of times, I ran out of fabric to use, but after further searches around the house I managed to find more - including old duvet covers.

If anyone else wanted to do a project similar to this, I'd suggest making sure you had plenty of material before starting, and I'd also say try to work in good weather! It really helped that it was sunny and warm when I was working on it."



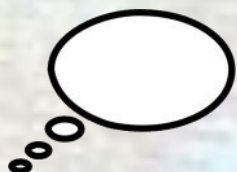


Geography News

What is happening in the world that has made your Geography teachers think?

Mrs Belton-Owen:

In lockdown I spend so much time looking at the news and getting caught up in the latest updates/ stories about the global pandemic that sometimes I forget that there are other issues that I should be understanding and learning about. So when something else catches my attention, it has been something BIG, something that is different. This advert made by Greta Thunberg's Organisation is certainly different... It is hugely powerful and somewhat disturbing. Have a watch. What do you think? Why is it important to still keep our focus on the issue of climate change and the environment?



<https://www.adweek.com/brand-marketing/greta-thunbergs-organization-just-created-one-of-the-most-visceral-climate-crisis-ads-ever/>

Miss Ashman:

Stay at home quizzes have become a new trend in lockdown, in fact I probably see more of my friends and family (albeit through video calling) than I did before the coronavirus pandemic! I thought this would be a good chance to spread the quizzing bug to all at BGS so I have devised a set of geography themed quiz questions for you to try out at home... There may even be a juicy fact or 2.

To give you a **taste** of what you have been missing in lessons, there are a variety of different levels- don't forget that Extra Hot is the hardest! Answers are found at the end of Geography News; hide them if you don't want to cheat!



Extra hot:

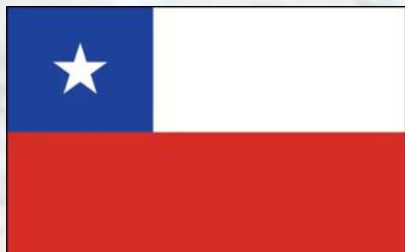
- a) Completed in 1970, the Aswan Dam was built across which river?
- b) Which continent is the only place where you can see jackass penguins living in the wild?
- c) In which country would you see the strange mushroom-shaped rock formations known as 'fairy chimneys', shown below?





Hot:

- How many of the nine countries that share a land border with Germany can you name?
You get a point for each!
- Roughly how much of Africa is covered with desert?
i) One third ii) One quarter iii) One fifth
- Name the 3 countries whose flags are shown below:



Mild:

- Located in the Indian Ocean, what island nation is the world's lowest-lying country?
- What is the world's second largest hot desert (after the Sahara)?
i) Arabian Desert ii) Gobi Desert iii) The Great Victoria Desert, Australia
- If I am on holiday in the photo below... Where am I?



Lemon & Herb:

- Which is the world's biggest country (in area)?
- Which continent is the biggest?
- To the nearest figure, what is the population of India - second most populated country in the world?
i) 1.56 billion ii) 1.35 billion iii) 1.45 million

Mr Marinuc:

One thing that I miss the most now is travelling. And during these challenging times, the prospect of travelling abroad seems so remote. But that does not mean that we cannot "visit" and learn about different places and cultures anymore, right from the comfort of our homes. If anything, technology is making virtual journeys incredibly accessible and available these days. So I would like to invite you on a virtual journey around the world to visit

10 of the world's most famous landmarks.



And if you want to challenge yourself or test your travel knowledge, why not take one of the following quizzes:

Where on Earth? World cities travel quiz

How well do you know the world?

How well do you know the foods of the world?

Which famous landmark virtual tour did you enjoy the most? And how well did you do in the 3 quizzes? Why not share the links with your friends and family and turn it into a competition? That's what I did.

Miss Thurlow:

Take the Geography Challenge - your 'Ace Place'

We've all been in lockdown and it's wonderful now to be able to get some more fresh air and by taking a walk or bike ride we can start to see a bit of our local area again. Your 'Ace Place', the place you love to be, might be somewhere local such as Greenwich Park or Thames Riverside or it might be somewhere far away where you have previously visited or would hope to go to one day. We all have favourite places- take the 'Ace Place' challenge and aim to think about why this place means so much to you, what you can do there and how the Geography makes it a really unique and special environment.

We'd love to see some of your 'Ace Places' so take the challenge and put together a few images, a location map, some juicy facts and a brief outline of why this is your favourite place onto 1 page of A4 paper. Email an image to your Geography teacher or upload to the stream on your Geography Google Classroom and we'll display the best work :)

Congratulations to the following students who have worked hard and shown **ambition** while working at home.

Remote Learning - Geographical Super Stars

Year 7 Jasper Lewis-Boyd for his creative unit topic page on **South America**.

Sam Quinn for excellent attitude to learning and effort.

Alex Anastasov for super Geographical skills.



Year 8 8EAG as everyone completed the review quiz globalisation.

Isobel Stanley for an amazing title page on.

Year 9 Sophie Spigno for showing resilience to achieve her geography learning.

Bobby Potter for outstanding organisation and effort in all work.

Nathan Singleton for 100% effort and always meeting the deadline.

Earl Asare for excellent attitude to learning and effort.

Kalyani Vishnu for amazing work ethic, all completed only to the highest standard.

Barber Scarlett for her great dedication to Geography.

Year 10 Dhiyanick Gautam for showing continuous good effort his in work each week.

Harrison English for excellent work ethic and all work completed to the highest standard.

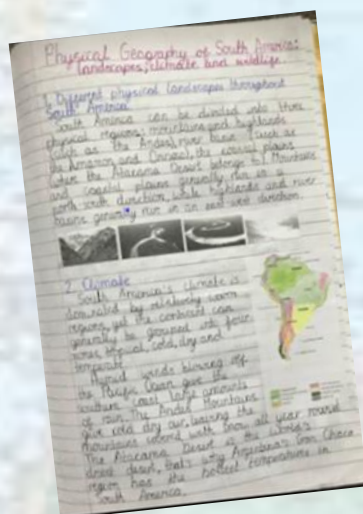
Emily Dastjerdi for amazing work ethic, all completed only to the highest standard.



Year 12 Amelia Fullbrook for her excellent study skills.
Issac Frost for 100% effort and always meeting the deadline for handing in work.
Emily Hoang for fantastic organisation and all work completed to a high standard.
JJ Baker for fabulous study skills and being a real Geographical Geni :)
Ben Hunt for fantastic work ethic and for being a great geographer.

Student work:

Our Geography students continue to impress us and we love seeing each Thursday the work that you have all been doing, here is just a small selection of work from recent weeks that has made us go WOW from our desks at home... Stickers would be given!



Anna Tyukova
Year 7



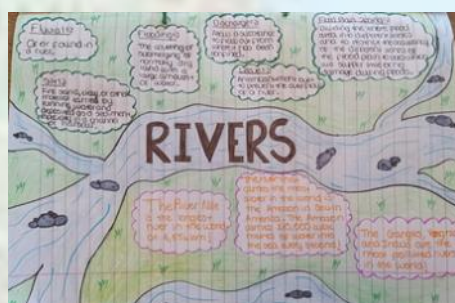
Sanskriti Khanna
Year 9



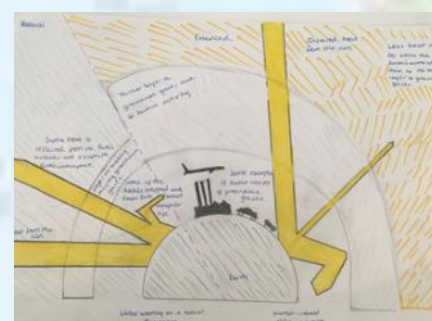
Amos Wilson
Year 10



Isobel Stanley
Year 8



Emily Dastjerdi
Year 8



Cassien Fowle
Year 9



What's on?

Not only have we been online quizzing in recent times, but we also find ourselves with more time to watch TV and Films. Here are some of our favourites both old and new with a geographical link.

Lion - I loved this incredible true story set in India and Tasmania, about a lost Indian boy. The scenery in both countries is beautiful, I loved the "gritty" reality of his story. (Netflix, Amazon Prime).



The boy who harnessed the wind - this was the Geography Department's Christmas film so some of you have watched this already. For those that have not, it is fabulous. A true story about how to problem solve for yourself. Much loved and enjoyed within the department. (Netflix, Amazon Prime).

Jago - a stunning nature film/documentary with a poignant twist. Mind-blowing images of the ocean. A very gentle film that slowly captures you. (BBC iplayer).

BBC iplayer: Science and Nature Documentaries - the list has something for everyone, including Kate Humble "**Into the volcano**" and the more recent series that has been on BBC 2 **Primates**. I have not seen the recent film **Human Flow** by Ai Weiwei about the current global refugee crisis, but it should get you thinking about the scale and the personal impact of this mass human migration. (YouTube, Amazon Prime).

Finally an old classic which I am sure most of you have seen: **The Day After Tomorrow**. Always worth a watch just for the Hollywood spin!

Answers to this week's Geography Quiz are as below:

	Extra Hot	Hot	Mild	Lemon & Herb
a)	Nile River	Netherlands, Denmark, Belgium, France, Switzerland, Liechtenstein, Czech Republic, Austria, Poland	Maldives	Russia
b)	Africa	ii) One quarter	i) Arabian Desert	Asia
c)	Turkey	From left to right: Lebanon, Chile, Sri Lanka	Dubai, UAE	ii) 1.35 billion

Click & Collect Library books service commencing after Half Term

If you would like to borrow Library books I am offering a weekly 'click and collect' type of service from the school. You can browse the catalogue here (<https://u008937.microlibrarian.net/>) to see which books we have and which are in stock, using the search box in the top right-hand corner. If you are not sure what books to borrow you can look at the reading lists on the school website for inspiration <https://www.bexleygs.co.uk/page/?title=Library&pid=102>, or email me carey_r@bexleygs.co.uk and I can recommend one for you.

You can then email me your 'order' and I will put this together for you to collect from Reception on Wednesday at 11.00am - Mr Elphick will be at the school to let you in. The information from the Government recommends avoiding using public transport, so if you are able to walk, cycle or drive in that would be safest.

Any books that you borrow can be kept until the school re-opens again, and you are welcome to borrow more than the usual 3 books.

Please email me any orders by **midday Tuesday 2nd June** so that I can get them ready for the following day.

Mrs Carey, School Librarian



PSHCE

Hello All,

What lovely weather we are finding ourselves having, therefore, please take this opportunity to do some outdoor learning where possible, e.g. PE style activities (linked to wellbeing benefits). Also, please make sure you wear sun cream and a hat where possible to protect yourself from skin cancer etc. (something you should be made aware of as part of the PSHCE curriculum)

<https://www.webmd.com/melanoma-skin-cancer/ss/skin-cancer-and-skin-lesions-overview>.

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, 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



Culture Club Corner

Wise Children, directed by Emma Rice at The Old Vic

<https://www.bbc.co.uk/iplayer/episode/p0892kf6/wise-children>

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 director Emma Rice's production of *Wise Children* which we saw with students at the Old Vic in November 2018. Regarded as "a big, bawdy tangle of theatrical joy and heartbreak", director Emma Rice delivers her renowned, mischievous style with her new theatre company. In this production at the Old Vic, Rice brings Angela Carter's final novel, *Wise Children*, to the stage: "a celebration of show business, family, forgiveness and hope. Expect show girls and Shakespeare, sex and scandal, music, mischief and mistaken identity – and butterflies by the thousand." This is a great opportunity to experience the unique theatrical style of Rice, who has previously directed for the famous Kneehigh Theatre Company, at home!

Wise Children will be available to view for free until 9th June 2020.

The English Department



"I'm an Engineer Stay at Home" ~ Interactive Sessions

This week, some of our Year 12 Chemistry students were involved with an online interactive session as part of "I'm an Engineer Stay at Home". This 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.

It was amazing to get an insight into the students' thoughts about the next stages of their education and career possibilities. Questions included:

"Was life at uni significantly harder than Sixth Form?"

"From what age did you know you wanted to be an engineer, and how did you work it out?"

"How easy/ smooth is the transition from finishing your degree to actually getting an engineering job?"

"Are there any challenging engineering projects that you have been involved in?"

"How much do you work with other scientists and people of other disciplines in designing water treatment plants?"

"Which Cambridge College did you go to and how did you choose?"

"What do you wish you knew when you were 16 or 17, about engineering, or university/ employment more generally?"

Some of the students' responses to the information given during the interactive talk included, "Wow that sounds amazing! I can't wait to try out the engineering course!"

Some of the discussion included their current work in the Covid effort, "At the moment, lots of engineers are trying to help out the Covid effort as much as possible, from PPE to ventilators, it is really challenging because it is a highly regulated field - you don't want to accidentally kill someone, but very rewarding". Another quote included, "Study for the exam not the subject. Do practice questions and study what is needed to pass the exams. Practice maths like brushing teeth and spend the rest of your life learning a subject."

I want to extend a big thank you to all of the Year 12 Chemistry students who were involved.

Mrs Moore, KS5 Science Leader

**I'm an
Engineer
Stay at home**



A Mindful Moment

Mental Health Awareness Week (18th-24th May)

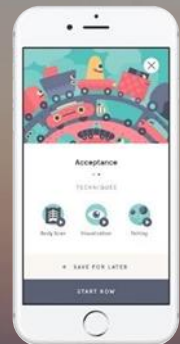
Mental Health Awareness Week has been running for over 20 years, but the theme this year is Kindness. We know from the research that kindness and our mental health are deeply connected. Kindness strengthens relationships, develops community and deepens solidarity. It is also important that we are kind to ourselves, which can often be a lot harder than being kind to others!

Your mental health is just as important as your physical health, so take time this week to prioritise it. There are some links below to apps and online resources that you might find useful, but don't forget you don't need to use technology at all – just spend some time doing something that makes you happy.

Headspace/Calm/Smiling Mind

These apps provide daily meditations which will help to calm any anxieties. Just 10 minutes a day is proven to help clear your mind. This could help to mark a transition between your virtual school day and your own free time in the evening.

Calm also provides a series of 'sleep stories' to help you unwind before you go to bed.



Sleep Cycle

It's so important to get plenty of sleep and go to bed at a sensible time whilst you're off school! This app tracks the quality of your sleep and will wake you up in the lightest part of your sleep cycle, making you less groggy in the mornings!



Streaks

Streaks is a to-do list that helps you form good habits and holds you accountable to your goals. The app allows you to track up to twelve tasks you want to complete each day and the goal is to build a streak of consecutive days.

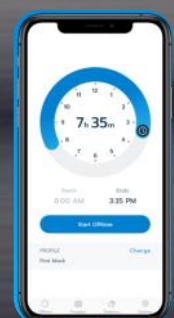


Plant Nanny

Keeping hydrated is really important. This app makes tracking your daily water intake slightly more fun by prompting you to have a drink every time your plant needs to be watered.

Offtime or AppBlock

These apps allow you to block your biggest distractions – social media, games or text messages, for a set amount of time. It might be useful to download this and use it whilst you are accessing your lessons virtually.





Calm Zone

<https://www.childline.org.uk/toolbox/calm-zone/>

A collection of activities, games and videos to help you cope with feelings of anxiety.

CALM ZONE

A-Z of looking after yourself

<https://www.annafreud.org/on-my-mind/self-care/>

And finally, please remember that there is always someone to talk to if you are finding things tough. It can feel very isolating if times get tough, but you don't have to go through this on your own. Get in touch with a friend, family member, teacher or other support network if you need to talk.



Anna Freud
National Centre for
Children and Families

Be kind to yourselves,

Miss Brand, School Mindfulness Lead

Message from Kooth.com

We would like to make you all aware of a service called Kooth. Kooth.com is a confidential support service for all young people in Bexley. It is a safe means of accessing mental health and wellbeing support.

Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every single day of the year. Outside counselling hours you can message our team and get support by the next day.

When you register with Kooth you will have support available now and in the future. Join the Kooth community and you can also read and post articles, forums and discussion boards too.

To find out more, visit www.Kooth.com. Registration only takes a few minutes. Here's a short video that explains more: <https://vimeo.com/318731977>

In preparation for mental health awareness week, we are encouraging young people in South East London to try the well-being activities on our poster below.

Mr H Gilmore

Deputy Head and Designated Safeguarding Lead

kooth

**Mental Health
Awareness
Week 2020**

18th May - 24th May





kooth

5 STEPS TO WELLBEING



This year's Mental Health Awareness week theme is **"kindness"**. This is a week where we can celebrate acts of kindness we have experienced during this difficult time and appreciate how kindness strengthens relationships and is the foundation of our mental health.

Mental health is part of our overall health. It's about: how we feel, think, and behave; how we cope with the ups and downs of everyday life; how we feel about ourselves and our life; how we see ourselves and our future; how stress affects us; how we deal with negative things that happen in our life; our self-esteem or confidence.

It's ok to have bad days, it's natural, and on these difficult days [Kooth.com](https://www.kooth.com) is there to help!

Try these 5 activities today!

1 SIGN UP ONLINE

2 EXPLORE

3 GET CREATIVE

4 GOALS

5 BE KIND

1 SIGN-UP ONLINE

We know that this is a scary time, there is a lot of uncertainty, but Kooth has your back! Through Kooth you can access free, safe, anonymous, online wellbeing support. You can talk to a counsellor 365 days a year from the comfort of your own home via text (on Monday's to Friday our counsellors are available from 12:00 noon - 10:00pm and on weekends 6:00pm-10:00pm). Alternatively, if you don't feel ready to talk to a counsellor, you can read and contribute to articles and forums on the website. We also have lots of factual information on Corona Virus.

To sign-up today, go to www.kooth.com then...

1	Click on the Join Kooth button located in the centre of the home page of the Kooth website	2	Choose from the drop down box the location you are in The place I live in... <input type="text"/>				
3	Click on the gender you identify with I am... <table border="1"><tr><td>Male</td><td>Female</td></tr><tr><td>Agender</td><td>Gender Fluid</td></tr></table>	Male	Female	Agender	Gender Fluid	4	Choose from the drop down box the ethnicity that best fits you My ethnicity is... <input type="text"/>
Male	Female						
Agender	Gender Fluid						

“Using Kooth really helped to feel like a weight has been lifted”

Harry, 17



5 Add the month and year you were born

My Age is... The month I was born in is...

Choose Choose

6 Create an anonymous username (not your real name) and secure password

I would like this username

My password will be

7 Choose from the drop down box to explain where you found out about Kooth

Where did you learn about Kooth?

Choose

8 Click on the **Create Account** button to complete your registration

GET CREATIVE

3

Ever wondered what an Ed Sheeran's "Shape of you", or Stormzy's "Vossy Bop" would look like if it were a picture? Why not find out!? Take part in the Kooth [Draw a song challenge](#) today!



Log on **ANONYMOUSLY** through any device! Mobile, laptop and tablet!

What does "Anonymous" mean? It means that we won't ask for your name, email address, house address or any other personal information when you sign up; we want you to feel completely comfortable when you use Kooth.

2 EXPLORE

Great! Now that you've signed up to [Kooth.com](#), check out some of our articles on Kindness.



Find out how Sophie Turner's (Sansa Stark in Game of Thrones, Jean Grey in X-Men) best friend supported her when she experienced mental health challenges by reading this Kooth article on [giving a helping hand to the people in your lives](#).



Want to Learn how to be a good listener? Check out this Kooth article which has lots of [top tips on how to be a good listener!](#)



Be kind to yourself! Find out how you can take care of your body by checking out this article on [how to maintain a balanced diet](#)



GOALS

4



Goals give you direction and destination, they help you clarify what is important in your life. Take some time to reflect on what you want to achieve this week, this month, and this year and set your goals on Kooth today!

Check out this article, to find out [how to set a goal on Kooth!](#)

BE KIND

5

Try our **Kooth Kindness challenge**! We want you to do one nice thing for someone, it can also be yourself! It can be anything, but here are some ideas:

- 1) Offer to do the shopping.
- 2) Pay a few compliments.
- 3) Smile more often.
- 4) Express your gratitude.
- 5) Send a sad friend a funny video.



“ Try to be a rainbow in someone else's cloud ”
Maya Angelou

When you need to talk to someone who will understand you, when you are looking for advice to help a friend or family member, [Kooth.com](#) is here for you.



Discussion Boards



Kooth Magazine & Help Articles



Free Counselling



Journal & Self-Help Tools

On Kooth.com you can...





News items you may have missed

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.





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!*



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



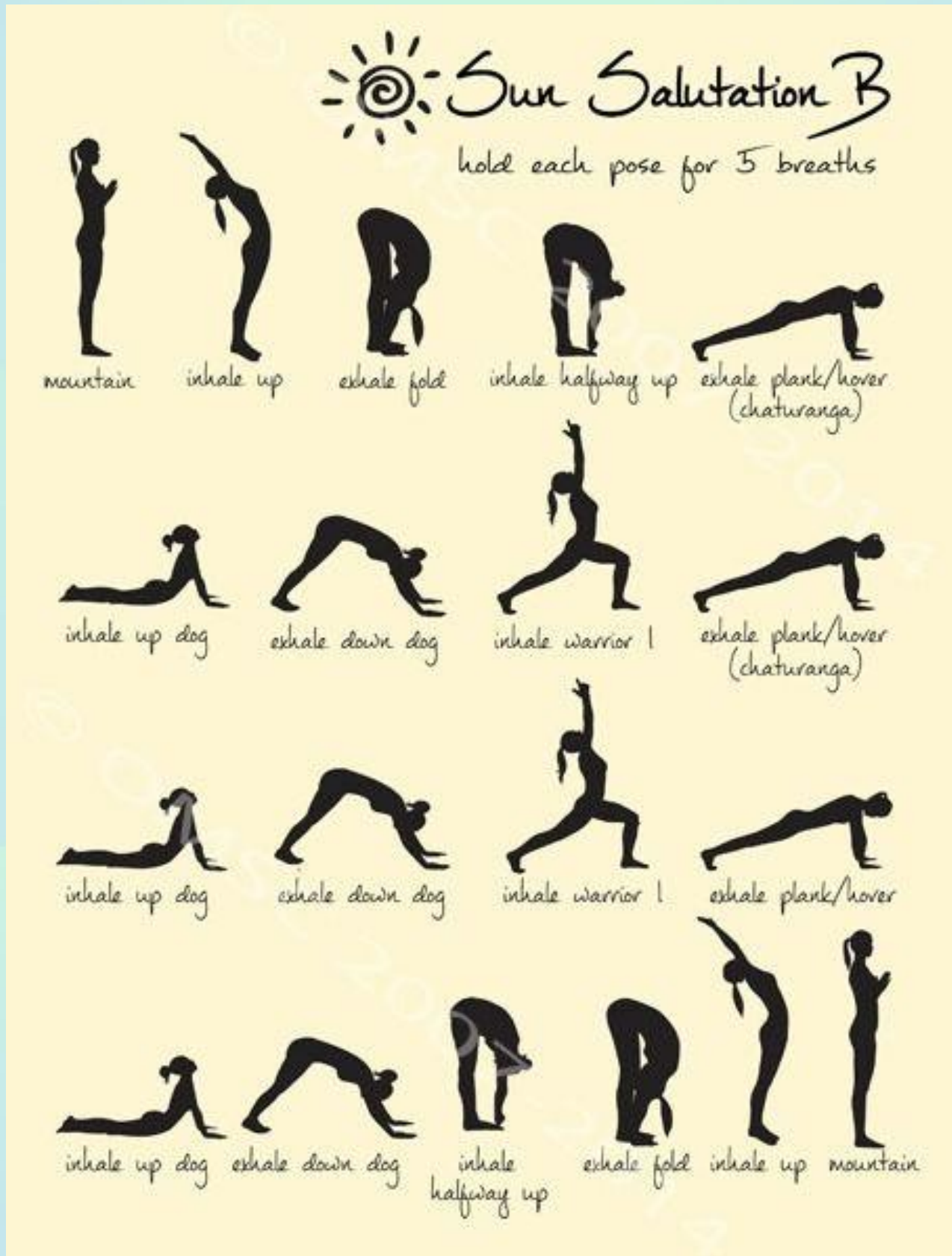
30-DAY CRUNCH CHALLENGE

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**

TRIANGLE POSE



DEEP LUNGE



FORWARD BEND



GARLAND POSE



ELBOW PLANK



UPWARD DOG



PIGEON POSE





"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.

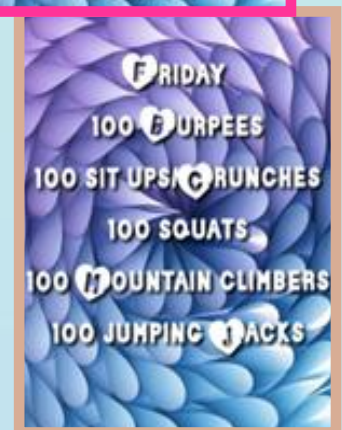
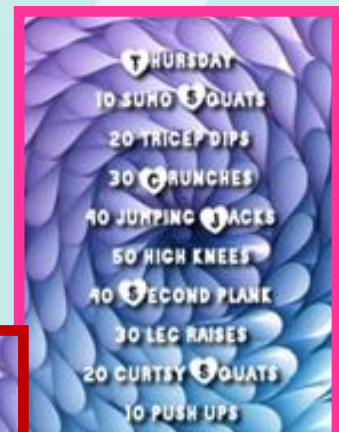
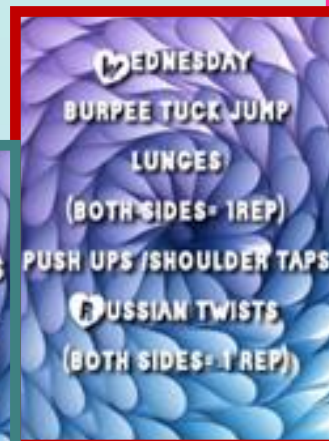
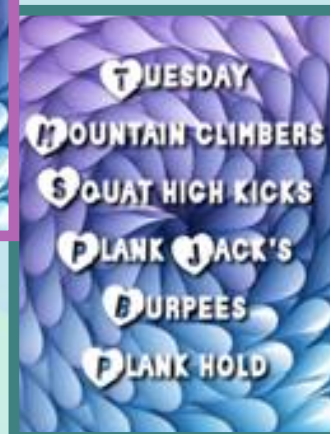


Physical

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](#).



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