



Ravi and his family have been delivering hampers full of treats to Key Workers

I would like to tell you what I have been doing in lockdown. My sister and I came up with an idea to make hampers for keyworkers as a thank you for all their hard work in keeping us safe while we have been at home. We wrote letters to the neighbours on our street asking for donations. The following Thursday during clap for key workers, we went around the street and collected any donations. Everyone was very generous and we collected over 20 bags of donations. We got large boxes and filled them with treats. We decorated the boxes with rainbow pictures and messages drawn by kids on our street. We delivered them to Queen Mary's Hospital, Bexley Police, Barnehurst Ambulance Station, Bexley Fire HQ and Bexley Royal Mail Sorting Office. All the staff were happy and grateful for their treat boxes. Here are a few photos.

Ravi Bhat, Year 8

NEWS LETTER



18th June 2020

www.bexleygs.co.uk



Congratulations!

Year 7 Recognition of Efforts!

As we continue through this final half term, once again we congratulate all year 7s for their commitment to home learning.

The following students have been selected from amongst those who have received praise from members of staff for the quality of their work and their efforts:

7AMM	Nicholas Smythe
7JEA	Sam Grady & Thomas Kerans
7MCA	Rowan Threader
7MGG	Grace Taylor
7MEM	Ruby-Mae Karl
7NSS	Dev Asar & Chris Fernandes
7VJA	Zoe Allen & Demilade Samuel-Onnette

There is still the chance for all students to be nominated by your teachers for great efforts and work, and everyone who has been put forward will be entered in the prize draw for the Amazon voucher at the end of this term.

Good luck!

Mrs Spencer, Senior Academic Mentor, Year 7





Year 9 MFL Recipes

Before the half term break, year 9 was tasked with researching a recipe in the second language, they learn and, if possible, to follow the recipe. We were so impressed with the end results of all the students; not only had they practised their language skills, but they had, in some cases, tried a new food!

Mrs Rubbera, KS3 MFL Lead Teacher

A taste of Spain

Marking these recipes made me extremely hungry and I'm now wondering how often we can get cooking into our lessons so that I can taste the delights!

Trabajo genial!! Keep it up - ***Miss Roberts***



Anna Hardie
made Patatas a la Riojana



Amelia Scanlon made a
classic Paella



Maya Broughton
put a Spanish twist on an apple pie



Siddhartha Poudel
wasn't the only one to attempt
una Tortilla Española, but he was
one of the few that didn't turn
into scrambled eggs!



Hannah Batt made Leche Frita





Italian recipes

I honestly had no idea there were so many great chefs in my class, the kids picked some quite challenging traditional recipes and clearly mastered them... Bravissimi!!



Eve Fisher
Risotto
Alla Salsiccia



Abigail Grady
Panettone

Rocco Castagnetti
Lasagne



Josie Collett
Pizza Margherita

Michael Kidby
Pandoro



Nathan Smith
Pasta Alla Bolognese





German Recipes, by Miss Anderson's class

WOW! I was so impressed with my Year 9 Germanists in this assignment. I have been following some of these at home and can confirm that they are "lecker"! What talented chefs, we have in our class.

Miss Anderson



Sophie Kelly
Kaiserschmarrn



Harry Watts
Kartoffelpuffer



James Spatz
Apfelstrudel



Joshua Morris
Butter Schnitzel

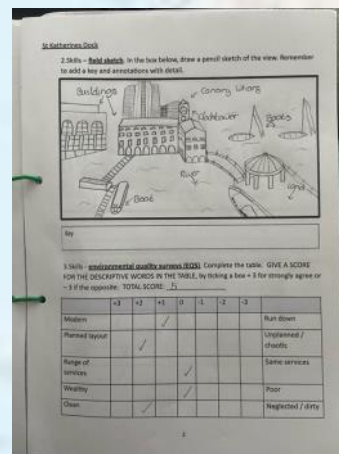
What's happening in Geography?

Virtual Fieldwork Week

As part of the Geography departments Virtual Fieldwork Week Year 7 carried out their London Docklands investigation which will form the basis of their Geography Diploma task through virtual fieldwork. So from the comfort of their own homes and with the use of technology Year 7 were able to virtually escape and explore London.



We started off with a helicopter flight across London to see the area of study and then visited our two main locations to compare the regeneration of St. Katherine's Dock and Canary Wharf. At each site students explored on foot or from the air using Google maps and record data as field sketches and environmental surveys. These were new geographical skills and students have worked hard to master these.



Examples of work here from Lottie Hooton and Eve Driscoll, Year 7

Year 7 reflections on their Virtual Fieldwork

Charlotte Butler - I enjoyed learning this way because I enjoyed drawing the scenery given to us. I also liked the fact that the instructions weren't just written down and they were spoken as well.

Elizabeth Conquest - The setup of the homework was very interesting, it was like the streets of London had come to life during the virtual tour!

Prasiz Gurung - I enjoyed learning this way because the virtual helicopter rides, recorded guidance and the pictures were very helpful and knowledgeable.

Thomas Mayo - I think this was a better way to learn because it was more engaging as we looked around the places, (Google maps) rated them (environmental check) we even drew them in our field sketches so it was more interesting to learn about than a normal lesson.



Mia Millin - It was really fun to switch up how we learned by going on a helicopter ride and getting to do field sketches and surveys. Also, I found our work easier to understand because you used voice messages instead of just text! Geography is even better than it already was!! :D

Ryan Sarkar- I liked the helicopter ride and it was like being in school.

Varun Tandulwadikar - I had lived in Isle of Dogs from when I was in Reception till Year 5. Doing the virtual tour was very enjoyable and brought back memories, as I have been to many of the locations covered in our work this week.

Brendon Tse - I thoroughly enjoyed this task, as it was quite a calm task which I learned a lot about Canary Wharf & St Katherine's Dock. Great.

Michael Wheeler-Ashurst - It was very fun and interactive.

Bilgin Bloom - It was much more involved with the location and the local area and gave a much better picture of what the place is and was like.

Joseph Hall - I personally liked the tables and the helicopter ride as it made the lesson more fun. Thank you.

Behzod Marufov - I like learning this way because the instructions are clear and even have a link to a recording which the teacher sent to explain things verbally.

Jesse Oshogwe - I enjoyed learning this way as it gave me a chance to not only do my work in the books but also do my work online. It gave me the choice to choose the last part of my work and the artistic part was very fun to do.

Celine Pan - I really enjoyed learning about the London Docklands since I found it incredibly interesting to go through the history of how the Docklands came to be today. I loved learning about the early uses of the River Thames, and what happened in places like St Katherine's dock, and even the modern day Canary Wharf.

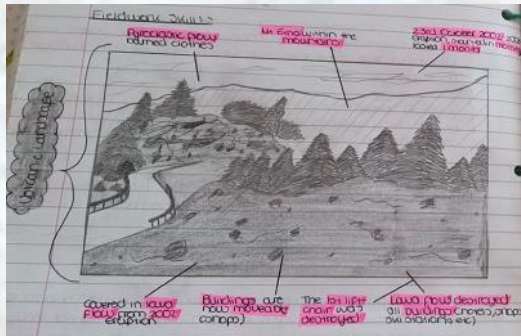
Anoushka Sarashetti - I enjoyed working this way because the instructions that you have given are quite clear and easy to understand. The feedback is given by voice, which is really helpful to understand.

Virtual Fieldwork – Overseas!

Our wonderful Year 8, 9, 10 and 12 Geography students have just returned from an amazing virtual field trip to sunny Italy, where they investigated some of the most fascinating volcanoes and volcanic landscapes in the world: Mount Vesuvius, Stromboli and Mount Etna. Here is a glimpse of their **welcome on board video**.

They most definitely enjoyed their virtual trip and have produced some amazing research work. Mario Rodríguez-Núñez Muñoz, Oliver Gray, Cristian Nastase and Oleg Paska from Year 10 who describe themselves as *"a bunch of young geographers seeking a challenge and juicy facts"* have created this very informative podcast on YouTube: <https://www.youtube.com/watch?v=Dw9jK91xe18>





*Emily Dastjerdi, Year 10
Geographic field sketch of Mt. Etna*

Year 10 Geography Awards of Excellence go to...

- * Ben Roper for his super geographical Podcast!
- * Samir Rashid for a great Podcast filled with endless juicy facts!
- * Cristian Nastase his role in a joint venture with Oliver Gray, Mario Rodríguez-Núñez Muñoz & Oleg Paska for their Podcast and visuals on their fieldwork.
- * Ben Salter for a comprehensive and professional sounding Podcast!
- * Emily Dastjerdi for an amazing research project and the most detailed and informative geographical Podcast.
- * Malo Fowle for a very professional, Geo Podcast.
- * Anya Scothern, Isabel Daly and Hannah Monksfield for very detailed and informative Podcasts.

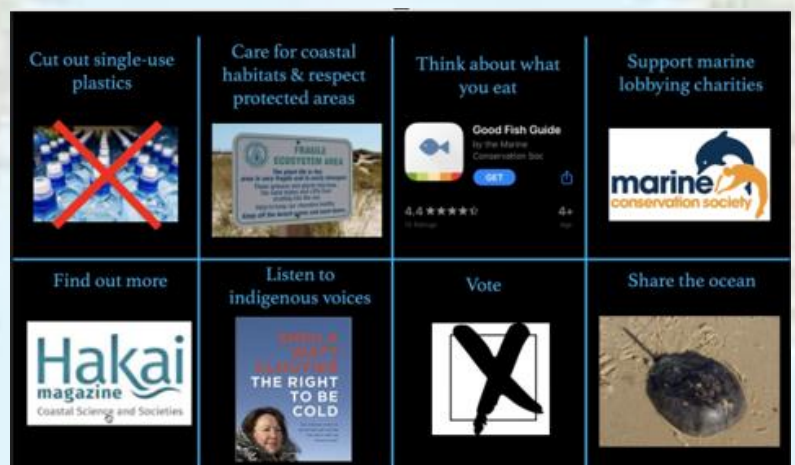
PTI World Ocean Day lecture

The Geography team were delighted to be able to offer 30 FREE PLACES to a group of enthusiastic students to attend the online **PTI's Annual Lecture which took place on World Oceans Day 2020**. All Geography and Science departments in schools across the country were able to take part and there were up to 1000 students and teachers attending from home and able to take part and ask questions. Our **Head of Geography Miss Thurlow** was live online with Dr Czerski after the lecture and was able to discuss and ask questions that had been submitted by those watching the lecture.



Miss Thurlow, I just wanted to say thank you for giving us the opportunity to watch the ocean lecture and thank you for speaking for us Scarlett Barber, Year 9. 😊

It was a great event and opportunity for students and teachers alike to find out about the latest research in the field of oceanography, and how management of this precious resource is vital for a sustainable future.



The keynote speaker was Dr Helen Czerski, physicist, oceanographer, TV presenter, author and bubble enthusiast. Her research focuses on the physics of the ocean surface, especially the bubbles formed by breaking waves and her academic home is the prestigious Department of Mechanical Engineering at University College London.



This is what our students think about the lecture:

"I decided to sign up for the lecture on Oceans because I've been doing my own learning whilst in lockdown, and I felt like a change from looking at my books every day. I really like having someone actually explaining things to me too. I found the lecture really informative, and Helen Czerski, the presenter, was a great teacher and I found her really easy to understand. The presentation used in the webinar was so well put together and I really liked it. I particularly liked the bubble experiment she spoke about, based at the North Pole, which she found difficult due to the many factors that could affect her findings, such as a walrus attacking her equipment!"

Izzy Long, Year 11

"Signing up to this lecture I had hoped of broadening my subject knowledge. But what I was given was an immersive experience where I was able to not only understand Oceans but to acknowledge new concepts. I enjoyed how passionate the lecturer was which in turn engaged me as a student".

Phi Loan Le Chu, Year 12

"I really enjoyed the World Oceans Day lecture by Dr Helen Czerski. I loved listening to her talk about the experiments she completes with bubbles and her interactions with the polar bears and walruses when she worked on the Swedish Ice breaker in the North Pole. Although, I was quite surprised when Dr Helen Czerski mentioned that there was no point in filtering out the pollutants and harmful products in the ocean and we need to focus on not adding further pollutants as there is nothing we can do about the harmful pollutants already present in the oceans, due to the fact they have already been passed down the food chains and the damage has already occurred. Dr Helen Czerski also stated that we should be focusing more on reducing our carbon footprint and reducing fast fashion to help stop our oceans deteriorating any further. I found this quite intriguing as I was unaware exactly how significantly fast fashion impacts our oceans.

Thank you for giving me the opportunity to watch the World Oceans Day lecture - I thoroughly enjoyed it!"

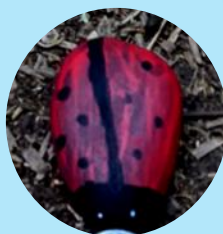
Amelia Fullbrook, Year 12



Danson Park ~ Community Snake of Hope

In Danson Park there is a Covid snake that is called Hope. It is made out of stones and what you can do is paint your own stones and then add them to the tail of the snake. My family contributed to the snake by adding four new stones and when we went it was really big! I thought it was a good idea to add to the snake as it would be a good contribution and would encourage more people to add to the snake. It is nice to see all of the things that are on the stones and makes me feel a sense of community as others are adding to the snake too. My favourite one was a stone that had a little dent in so someone drew an M&M and the dent made it look like a bite had been taken out of it.

Luke Howard, Year 7





House Colours ~ Calling all Budding Photographers

House Activity - not a competition!

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.

Parris Bockwell-Low
Year 7, Kirkman

Mrs Snelling, House Leader



Anna Tyukova
Year 7
Kirkman



Zoe Allen
Year 7, Wellman





A Year 7's Tribute

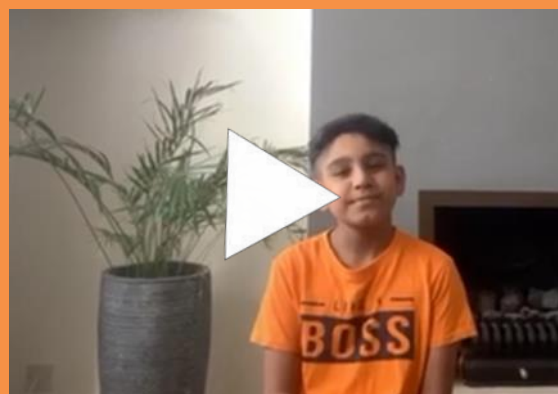
I decided to sing a song in honour of the NHS and all of the key workers.

https://www.youtube.com/watch?v=ForbZL_ywbA&feature=youtu.be

I love this song because it has great emotions about the hard times and how we can get through it. We are all going through a very difficult and uncertain time, filled with worries and anxiety. This song gives a ray of hope, to be positive and optimistic for the coming days. It is also to say thank you to all the BGS staff for their hard work and helping us through remote learning.

Stay safe and well.

Rohan Raghu, Year 7



Year 7 Community Action Opportunity!

Calling all Year 7s to support a community project run by Charlton Athletic Community Trust.

They have approached BGS to ask our fabulous Year 7s to create short video clips to advise and reassure current local Year 6 students about the transition to secondary school. With the current restrictions due to Covid 19, students will not be able to visit their new schools to familiarise themselves and ask questions before September - so we are calling on you to be creative and set out some advice to them in a short clip (60-90 seconds). It could be about settling in, getting used to a bigger school environment, making friends etc.

Look out for the letter which has been sent via ParentPay to parents/ carers - all details are included there.

Deadline to submit video clips is Friday 26th June.

This is a great opportunity to be creative, helpful - and demonstrate empathy!

Mrs Spencer
Year 7 SAM





Tonight

Students from the Music Department
present to you

Summer Soirees

Join us for our second 15-minute concert
streamed on YouTube at 6pm, on Thursday 18
June 2020.

Grab a glass of something refreshing and
enjoy some nearly-live music-making!

Watch the Music Department Twitter and
Instagram accounts for details on how to
access!



@bexleygsmusic



@BexleyGSMusic





Next Thursday

Students from the Music Department
present to you

Summer Soirees

Join us for our third 15-minute concert
streamed on YouTube at 6pm, on Thursday 25
June 2020.

Grab a glass of something refreshing and
enjoy some nearly-live music-making!

Watch the Music Department Twitter and
Instagram accounts for details on how to
access!



@bexleygsmusic



@BexleyGSMusic





Culture Club Corner

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 an exploration of a great narrative painting, "The Gross Clinic" by Thomas Eakins. It shows us what studying medicine was like 145 years ago, as the eminent surgeon Samuel Gross teaches a crowd of eager students watching a live operation. While a computer screen can't capture the scale of this enormous picture, the narrative in this display reveals both the painter's skill and the meaning of all the details. Take a look here: <https://www.nytimes.com/interactive/2020/05/28/arts/design/thomas-eakins-gross-clinic.html>

The Frick Collection in New York also has a series of short talks called "Cocktails with a Curator", which combine an entertaining and informative conversation about one of the masterpieces in their collection with a cocktail recipe - both with and without alcohol. There are eight so far, including two British masterworks: John Constable's "White Horse" and J.M.W. Turner's "Harbour of Dieppe". Find them here: https://www.frick.org/interact/miniseries/cocktails_curator

If you have watched and enjoyed any of the Culture Club Corner recommendations, or any other culture in quarantine that you'd like to recommend, why not write a short review for the newsletter. This would be a great addition to a creativity CAS project! Please share your reviews at hanington_l@bexleygs.co.uk

The English Department



Biology News

Well done to the 6 Year 12 students who participated in the 2020 British Intermediate Biology Olympiad. This is a very challenging competition that celebrates the talents and interests in Biology. We're yet to hear back on the results so keep your fingers crossed!



What have we been watching?

There have been a number of excellent online lectures for students to have watched. I hope that students enjoyed them. Of particular note were-

How Biology can help us re-envision our future by Angelo Vermeulen- Artist, Biologist and Space Systems Researcher! This was a fascinating talk hosted by the Linnean Society about the challenge of space travel and how we can use the lessons from natural systems on Earth helping us to explore interstellar space. You can watch the recorded lecture on YouTube if you search for **"BH Lunchtime Scientist: Angelo Vermeulen - Biologist, Artist & Space Systems Researcher"** or by clicking on the link [here](#).



The Prince's Teaching Institute's annual Lecture saw Dr Helen Czerski, speaking about her latest research in the field of oceanography, and how the management of this precious resource is vital for a sustainable future. She stressed the importance of learning about the interplay between physics and the biosphere, about the richness of the oceans and why all of this matters so much today. The lecture isn't currently available, but you can see her presenting 'Ocean Autopsy: The Secret Story of our Seas' if you search on BBC iplayer or by clicking on the link [here](#).



Students should keep an eye on their Google Classroom for other upcoming opportunities and viewing suggestions.

Mrs Earl, Science Department



Library News

Virtual Library

Last week I launched a Virtual Library on Google Classroom - a space that is as close to a Library as possible, where we can discuss the books we are reading, talk about the new books coming out and ask each other for recommendations. 87 students have joined so far and there have been many interesting conversations about books, although Harry Potter does seem to dominate! Please join us and tell us about the books you have been reading.

Each student has been sent an invite, but please let me know if this is not working for you and I will send another one.

Click and Collect Service

This has been very successful. If you would like to borrow any books please check the Library catalogue (<https://u008937.microlibrarian.net/>) and email me your requests by Tuesday at 12 noon. I will get these ready for you to collect on Wednesdays between 11am – 1pm. All books have not been touched for at least 72 hours and I wear gloves and wipe books down when preparing them.

Returning Library Books

I have emailed Year 10, Year 11, Year 12 and Year 13 to ask them to return any Library books they have. For any other students who would like to return books, there is now a 'Book Return' box in Reception.

Mrs Carey, School Librarian



Easyfundraising - free money for the school when you shop online at absolutely no cost to you.

Thank you to all those who have signed up for the BGS EasyFundraising (320 supporters now). This scheme, at absolutely no cost to you, has now raised £5,111.18 for the school through the Parents' Association.

With the gradual lifting of travel restrictions in the coming weeks and the pull of a tentative holiday booking, this is the perfect time to join the 320 of us who book online with travel agents or airlines. Please take 3 minutes to sign up to support BGS whenever you make a purchase online.

Sign up at: <https://www.easyfundraising.org.uk/causes/bexleygrammar> and click on the pink "Support this Cause" box.

Don't forget to set up "[Donation Reminder](#)"!

BGS Parents' Association



BEXLEY GS PE VIRTUAL CHALLENGE #3

HOUSE 1500M VIRTUAL CHALLENGE



Fastest girl/boy per year/house
Most participants per house

Warm-up thoroughly

Run 1500m and record on Strava, or similar

Screenshot it and send to Mr Lines making sure
you include which house you are in

Deadline for entries is 4pm Sunday 21st June

YOU CAN SUBMIT AS MANY ENTRIES AS YOU LIKE

ENTRIES RECEIVED AFTER THE DEADLINE WILL NOT BE INCLUDED

National School Sport Week at Home

Dear Parent,

How do you fancy challenging friends, family or neighbours to some fun, virtual sporting activities this summer?

At national children's charity, the Youth Sport Trust, we are determined to ensure that young people stay active and connected through this difficult time. We've been helping families do this with our daily #StayHomeStayActive activities since March and now we're challenging the public to go one step further by joining us in our first ever National School Sport Week at Home, supercharged by Sky Sports.

Taking place from 20th - 26th June, the week will give families, communities, schools and sports clubs the opportunity to take part in a series of virtual sporting challenges which help young people capture the enjoyment, competition and camaraderie they may be missing out on and the Youth Sport Trust is delighted that Sky Sports will be helping to supercharge the campaign.

How do I find out more?

Registering couldn't be simpler. Just go to our website www.youthsporttrust.org/nssw and click on the link for parents. You will be asked a couple of questions as you register about who you might challenge and how many people you would like to get involved.

After signing up we will provide you with free and easy-to-use resources to help plan your week of National School Sport Week at Home Activity, set challenges for your families, friends and neighbours, and shout about it online.

So, what are you waiting for? Join the growing number of people who will be running, jumping and throwing their way to glory from 20th - 26th June.

Mr Lines, Head of PE



Saturday 20 – Friday 26 June

#NSSWtogether



It's time to start nominating students for the
April, May and June Awards

*"The Achievement Awards are primarily about
recognising those who put in the effort
and do their best."*

Sir Jack Petchey, CBE

An important part of the Award scheme is the involvement of young people in selecting the award winners for their hard work and efforts. The Foundation wants young people to recognise and celebrate the success of their peers.

At Bexley Grammar we run the Gold Jack Petchey Achievement Award scheme which means we are able to award nine awards to pupils throughout the academic year.

The Achievement Awards may be used to recognise a personal triumph for someone who has faced a challenge, a young person who has pushed themselves outside of their comfort zone or it may be an opportunity to recognise the outstanding efforts of a team player.

As we have been away from School since the end of March we have been unable to continue with nominating and awarding the April, May and June Jack Petchey Awards in the usual manner. This year we are going to ask for nominations for the April, May and June Awards via email and the School's Newsletter.

Please read the following information and take time to think about fellow pupils who over this rather extraordinary time have gone the extra mile and deserve to be recognised for their effort.

Mrs Snelling, Jack Petchey Award Scheme Coordinator



April Award

The Head Teacher's Choice - Year 12

Calling all Year 12s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ♦ Send me an email and please 'cc' in Miss Aspill. Put as the subject of the email: 'April JP Nomination'.
- ♦ Give us the name of the person you wish to nominate.
- ♦ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ♦ Do this before **Friday 3rd July.**
- ♦ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

I look forward to receiving your nominations!

Best wishes,

Mrs Snelling
snelling_j@bexleygs.co.uk



May Award

The Head Teacher's Choice - Year 9

Calling all Year 9s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ♦ Send me an email and please 'cc' in Mrs Boulden. Put as the subject of the email: 'May JP Nomination'.
- ♦ Give us the name of the person you wish to nominate.
- ♦ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ♦ Do this before **Friday 3rd July.**
- ♦ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

I look forward to receiving your nominations!

Best wishes,

Mrs Snelling
snelling_j@bexleygs.co.uk



June Award

The Head Teacher's Choice - Years 7 & 8

Calling all Year 7 & 8s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ♦ Send me an email and please 'cc' in Mr Skinner (Year 7) or Mr Mackle (Year 8). Put as the subject of the email: 'June JP Nomination'.
- ♦ Give us the name of the person you wish to nominate.
- ♦ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ♦ Do this before **Friday 3rd July.**
- ♦ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

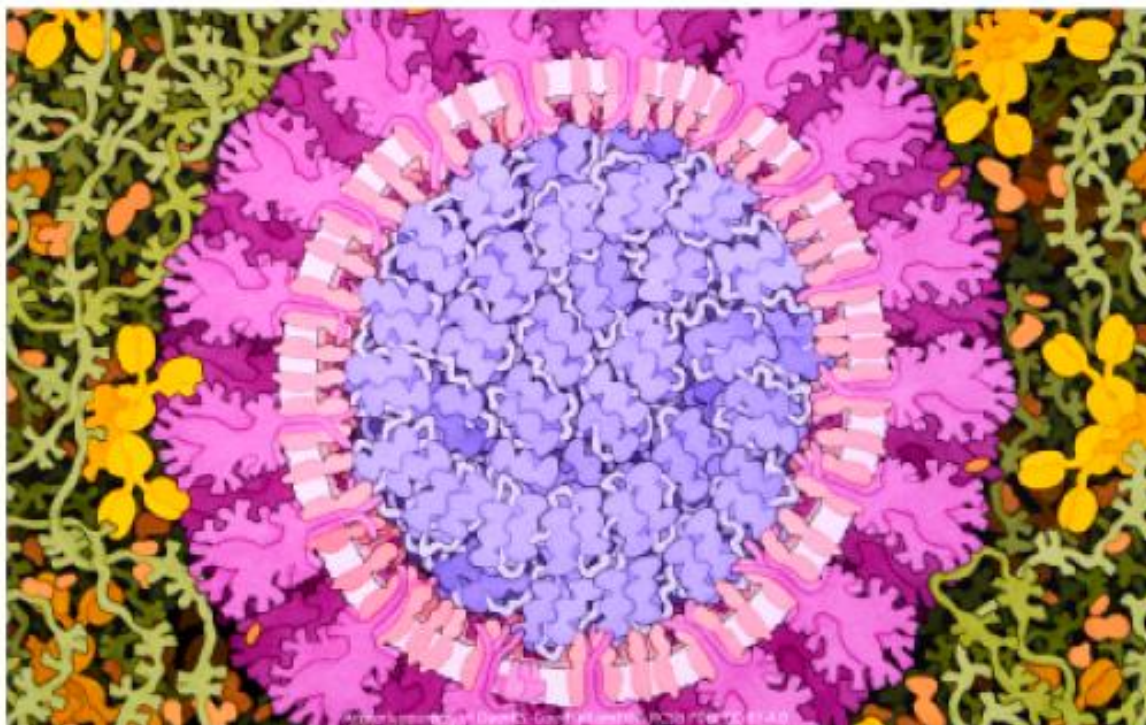
I look forward to receiving your nominations!

Best wishes,

Mrs Snelling

snelling_j@bexleygs.co.uk

Visions of a world after COVID-19



Tell us about your vision for the world after COVID-19 for a chance to win!

www.opendemocracy.net/worldaftercovid

openDemocracy

UCL

STUDENTS' UNION UCL

schoolzone

London
COVID-19
SAFE
Central

"Never waste a good crisis"

This [competition](#), run by UCL openDemocracy, launches today, and is open to **school and university students** (aged 14 and up) to share their vision of the future, with prizes of **£200, £100 or £50** in book tokens plus the chance for personal **mentoring** from the panel of some of the world's foremost thinkers and some fantastic **work experience** with either UCL or openDemocracy.


Entrants can submit either a written **article**, short **video** or **image** that describes their vision for the world after the coronavirus crisis has passed.

[FIND OUT MORE](#)

News items you may have missed

Just in case you missed last week's Special Edition Black Lives Matters Newsletter you can read it by clicking on the link [here](#).

NEWSLETTER



Special Edition
12th June 2020
www.bexleygs.co.uk

Introduction

Welcome to a special edition of our weekly newsletter dedicated to BLACK LIVES MATTER. We have all been shocked and challenged by the murder of George Floyd. The subsequent worldwide protests to demand equality and justice for black people around the world have ensured that each one of us has looked anew at racial prejudice in our own communities. There has never been a better time for us to stand together and tackle injustice in all its forms.

BLACK LIVES MATTER

It has been so frustrating in the current lockdown that we have not been able to discuss and debate with our students in person, face to face with your energy and passion. Instead, I have been struck and often moved by the articulate and powerful responses that many of you, students both past and present, as well as parents and teachers, have expressed to me in emails and letters. Without exception, these responses express a determination to make the world a better place, through permanent change, starting with our shared context, our school life.

The media will focus elsewhere in time but I want this newsletter to help us to reflect on our personal responses, perhaps our unconscious bias, and help us to commit to a much longer-term collective resolve to eradicate racism in all its forms from our school community. It is through education that lasting change will be achieved, and that includes my education and our own staff training. This newsletter marks our first step.

This edition includes powerful personal experiences and thoughtful perspectives as well as information and resources to help us to educate ourselves. And it includes our aspirations as a school: The article - *'Black Lives Matter - a movement, not a moment'* - provides some detail about what we are setting out to achieve, together, as a school community; I am delighted that Ms Fuwa, Mrs Moore and Miss Contini, have been so active and insightful in setting out a clear vision for us to follow - I am deeply indebted to them.

We are a richly diverse community, which helps to power some of the clubs and societies we have, sometimes started by students, such as the Afro-Caribbean Society. You may be interested in the infographic showing the current ethnic profile of our students on page 2. It feels all the more shocking to reflect that, not so many years ago, the headquarters of the BNP were just up the road on Upper Wickham Lane here in Welling. Read Mrs Moore's moving reflection on her childhood which puts this in a personal context.

PSHCE

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, 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>

The PSHCE topics this term are:

Year 7: Democracy

Year 8: Money Management

Year 9: Extremism

Year 10: Life Skills

Year 12: Personal Statements (dealing with Miss N Aspill directly)

Please click the link above to find any work that must be completed/ done.

PSCHE Information and links you may have missed

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



Keats House Creative Writing Summer School, 2020

Shadows Numberless

3 days of free online creative writing workshops for ages 16-19.



For our 2020 Summer School, we commemorate the end of John Keats's time at the house, which saw the brightest and the darkest times of his life.

Our theme for the week is Shadow and Light.

There will be workshops and readings by published authors, and opportunities to produce your own work.



Contributors include Francis Hardinge (*Cuckoo Song*, *Deeplight*, *The Lie Tree*) - Costa Prize winner 2015, and Keats House poet Dean Atta (*The Black Flamingo*).

On: Tuesday 30th June - Friday 3rd July, 1 - 3 pm

For further information or to book a place, contact Linda Carey,

linda.carey@cityoflondon.gov.uk





A to Z of Musical Challenges!

The Music Department challenges you to complete any or all of the following challenges during Lockdown. We'd LOVE to see your efforts - follow us on Instagram or Twitter and send in your work!



@bexleygsmusic



@BexleyGSMusic



Download the 'Acapella' app and record a song of your choice with just your voice! Loads of examples on YouTube!



Try your hand at **beatboxing** - go to the BBC Bitesize Music pages for more information, or look to YouTube for lessons on beatboxing.



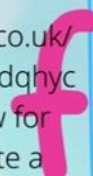
Learn to **conduct** your own orchestra! Find conducting lessons on YouTube. Can you film yourself conducting an orchestra?!

Chair **Drumming** performance - you've all had a go before, now try your hand at your own performance!



Make a poster to describe the **Elements** of Music - tempo, texture, dynamics, duration, timbre, pitch, structure. Draw pictures to illustrate what each one means!

Listen to some **Fusion** music (read <https://www.bbc.co.uk/bitesize/topics/z3dqhyc/articles/zr4fscw> for more info). Write a review of the piece you have listened to.



Got a guitar at home? Challenge yourself to learn 4 new chords. If you're a beginner, go for Em, G, D, A! OR Grab your friends and play some air **guitar**!



Happy Birthday to you if you're celebrating at home! On an instrument of your choice, work out the notes (or harmonise!) to Happy Birthday.

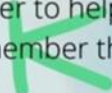


Make an **instrument** - check out 'BBC Now Learn - Make an Instrument'. Once you've made it, record a short piece for it!

You're in charge of your own **Jukebox** - what 10 tracks would be on your jukebox? Write them down on a social media post and tell us why you chose each one.



Learn the notes of the **keyboard** - draw a poster to help you remember them!



If you can already do this, can you play

Check out the **London Symphony Orchestra** LSO Play page - I love the Enigma Variations! - and toggle through the different sections of the orchestra as they perform.





Make your own music!

Go to <https://www.musical-u.com/learn/10-mini-songwriting-challenges/> and try out some of the challenges on here!

M

Can you read **notation** yet? Revise the treble clef. Know that? Then the bass clef. Pretty good still? Alto clef. Then Tenor clef. Let us know if you can do all 4!

N

Octaves are the one of the most recognisable intervals in music. Learn all the other intervals using this video: <https://tinyurl.com/y9cn4wa6>



Listen to Peter and the Wolf by **Prokofiev**. Each character has a musical theme played by a certain instrument. Get to know these instruments!

P

Create a factfile on the members of **Queen**. Listen to Killer Queen - one of our GCSE set works - and write a review of why you like or dislike it.



Remix your favourite song - mash it up with another song, or write some new parts to it. Record a performance of this to share.

R

Write a **song** for a family, friend or for the NHS - just a verse and chorus, more if you're up for the challenge.

S

TikTok pretend instrument challenge! Don't worry if you don't have the app - 'mime' instruments using household objects! Check you <https://tinyurl.com/yahdot57>

t

Learn how to improvise! Improvising is essentially playing **unwritten** music that you make up on the spot. Find a YouTube lesson and start improvising today!



Have a good old sing! Use your **voice**, pick a song you like and sing sing sing! Can you get your family to join in too?



Watch a **West End production** - The Shows Must Go On broadcasts a live show every Friday, available for 48 hours. Catch it on YouTube!

W

Create your own **xylophone**! Fill glasses or jars with water to create your notes then perform a short tune! Check out <https://tinyurl.com/ycyh2t2>



Your family - ask your family to tell you one or two songs they love, and why. Create a playlist on YouTube and share it with them all.

Y

Listen to any soundtrack by Hans **Zimmer** and learn one of the melodies from it using your instrument or voice.

Z

Good luck!



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



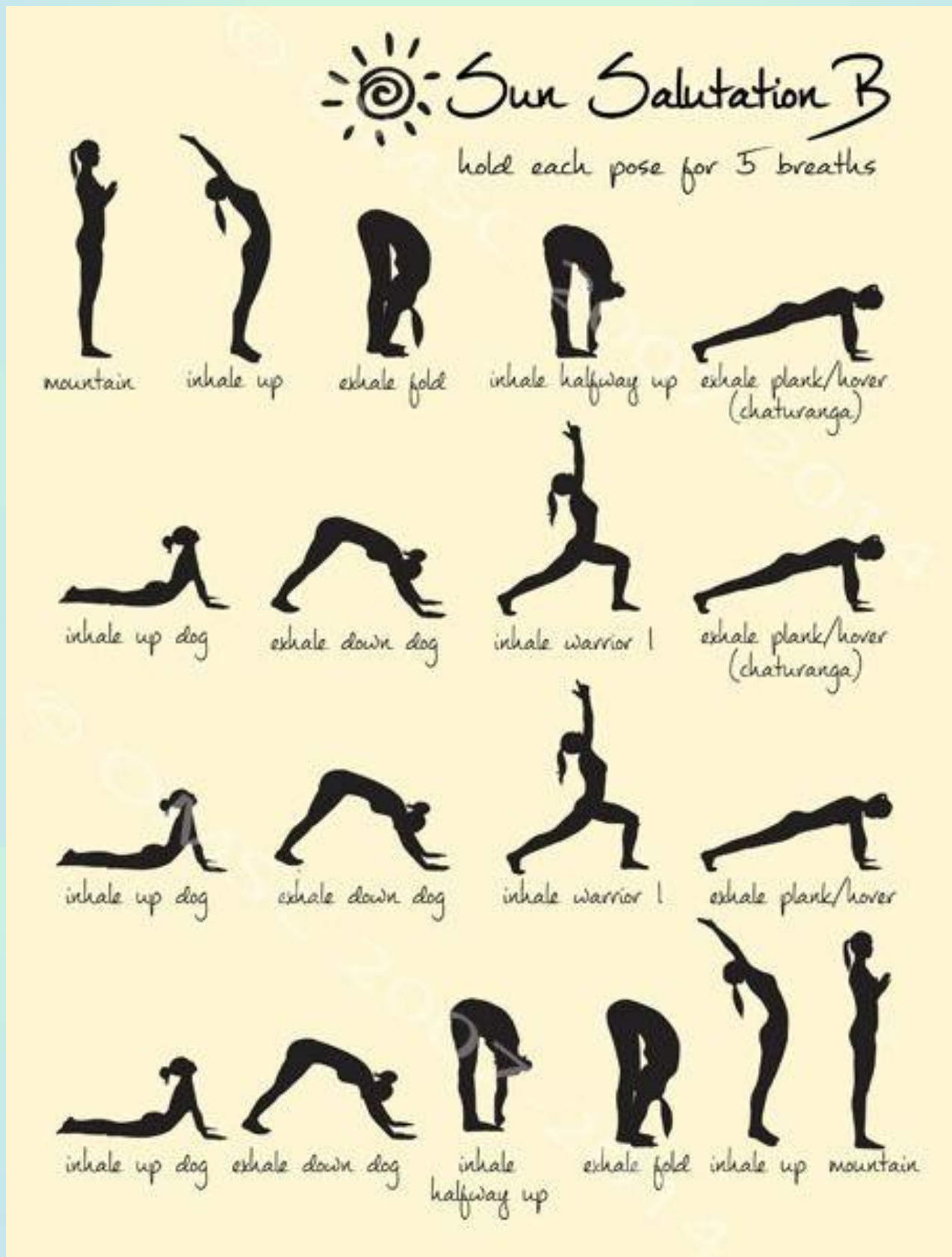
30-DAY CRUNCH CHALLENGE

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.

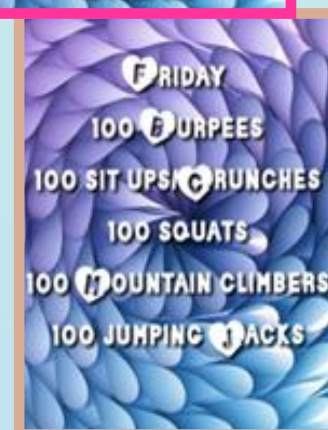
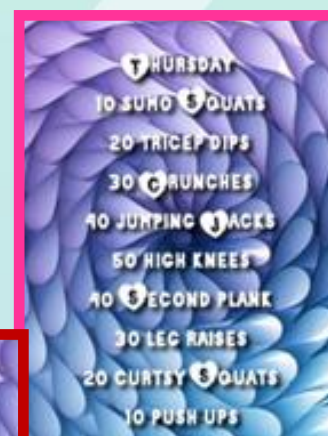
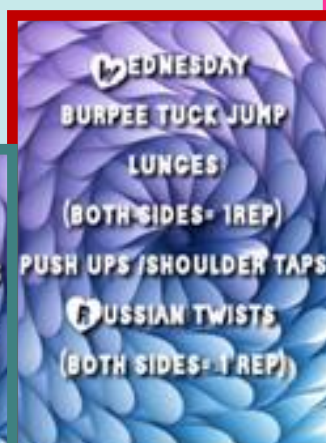
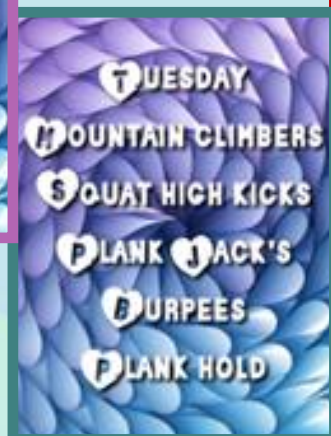


Physical

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