

## Excellent results from our second fully IB cohort!

Congratulations to year 13 students in extraordinary circumstances!

Year 13 students are celebrating the end of over three months of uncertainty with a set of IB results that vindicate all the hard work they have put in since September 2018. We feel the frustration they feel in having been unable to demonstrate their performance in final examinations due to the pandemic but they should now be proud of what they have achieved through their hard work and commitment.

The 182 students of our second fully IB cohort improved on last year's results with an average of 5.3 points per subject (world average = 4.6 in 2019), an average of 33.4 total points per student (world average = 29.6 in 2019) and the best progress (value-added) in four years. It is remarkable that the *average achievement in UCAS points (189 points) of our students exceeds the equivalent of 3 A\* grades at A level.*

Isabel Hosier, Koner Kalkanel and Daniel Constantini all achieved 42 points out of the maximum 45 points, 4 grade 7s and 2 grade 6s each! Five students achieved 41 points: Kate Leadbetter, Alice Brayford, James Du, Stacy Kindred and Heather May; and another five achieved 40 points: Ibrahim Khan, Mariah Bennett, Megan Mitchell-Woodford, Rosie Burrows and Elisabeth Enechi. These are remarkable achievements which demonstrate the aspiration and resilience of our students.

One in six students gained 38 points or more, a typical Oxford University offer. 43% of all the grades awarded were a 7 or a 6. Perhaps the most pleasing, the value-added measure



## NEWS LETTER



9<sup>th</sup> July 2020

[www.bexleygs.co.uk](http://www.bexleygs.co.uk)

### Important Notices

Year 11 & 13 Students  
Prime Minister is to address  
school leavers tomorrow.

Please see **page 13**.

School Reports  
To be sent electronically.  
Please see **page 14**.



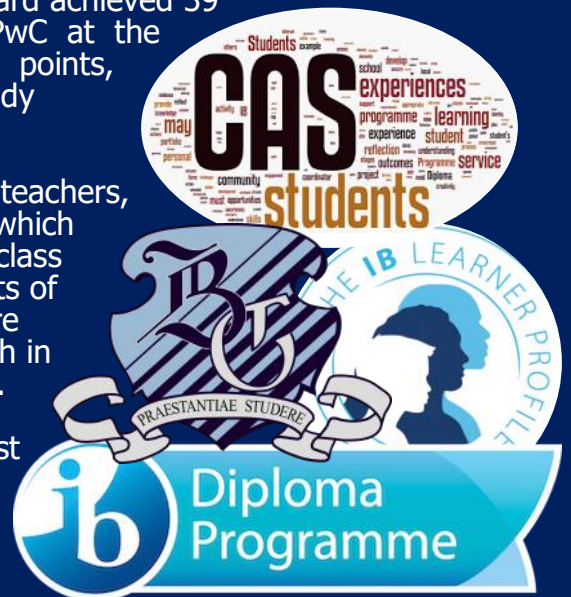
cross the whole cohort (the progress from their GCSE starting points at the beginning of Year 12), is the highest of the past 4 years when cohorts were half the size or smaller; they have raised the bar again for future cohorts.

Receiving results so early in the summer is a distinct advantage, perhaps more so than ever in these extraordinary times. Many students secured their first choices immediately and UCAS has been confirming places so that by the end of this week the majority of those students in the UCAS system will have been accepted into a university of their choice. And this, 7 weeks before A level results are published!

The list of wonderful outcomes is too long to give here, including securing some of the most prestigious destinations in the world, such as Oxford University, but the following three examples give a flavour of the buzz we are experiencing this week as our students achieve beyond expectations: Kimberly Kitchiner smashed her offer (29 points) from University of Leicester to study Psychology with 37 points; Beth Orchard achieved 39 Points to get into her degree apprenticeship with PwC at the University of Leeds; and James Turner achieved 35 points, substantially beating his offer from City University to study Banking and International Finance.

I am delighted for, and grateful to, our students, their teachers, their families, indeed for the whole BGS community which celebrates these wonderful outcomes from the world-class education they have enjoyed. As we reflect on the events of the summer, there has probably never been a more important time for our young men and women to flourish in the IB with its outward-looking, international curriculum. The summer is now theirs to enjoy, secure in the knowledge that they will be studying at some of the most prestigious institutions in the world this autumn.

**Mr Elphick**  
**Headteacher**



## Success at the Jack Petchey Speakout Competition

Last week, Daniel Hughes and Will Henderson competed in the regional final of the Jack Petchey Speakout competition.

The competition was held digitally and the boys not only competed in the competition, but attended digital workshops to help improve their speech and another video uploading workshops too. Amidst all the other commitments involved in Remote Learning and School Closures, the boys took this extra challenge on and I think should be very proud of their achievements.

Both boys were commended for their excellent performance and Daniel Hughes was placed as runner up.

Well done Will and Daniel!

**Mrs Dawson,**  
**English Department**





# Congratulations!

## Year 7 Recognition of Efforts!

As we approach the end of this Summer Term - your last term as Year 7 at BGS - we say a final "congratulations" to the Year 7s for their perseverance and efforts on 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:

<b>7AMM</b>	<b>Alisha Ahmad</b>
<b>7JEA</b>	<b>Jack Perkins</b>
<b>7MCA</b>	<b>Soahasina Ramanoelina</b>
<b>7MGG</b>	<b>Zachary Morgan</b>
<b>7MEM</b>	<b>Behzod Marufov</b>
<b>7NSS</b>	<b>Charlotte Butler</b>
<b>7VJA</b>	<b>Kelly To</b>

For all students who have been nominated by a member of staff for their efforts, there will be a prize draw - look out for Mr Skinner's announcement in the final newsletter of term!

Good luck to all!

***Mrs Spencer, Senior Academic Mentor, Year 7***







## Year 9 Investigate 'Cashless Britain'

As part of their introduction to the course, prospective Business Studies students in Year 9 investigated what it means to go cashless. This means no physical money is accepted, only digital payments, including using cards and mobile phones. Covid-19 has meant businesses have had to increase measures which mean contactless payment is possible, with many not accepting any cash payments. Year 9 looked at the benefits and drawbacks of businesses going completely cashless and made their own conclusions about what the future of payments in Britain might look like. Overall the majority of students felt there were many benefits to going cashless, but that Britain is not yet ready to stop the use of cash altogether. Below are some of their statements.

**Mr Joe and Mrs Harris, Business Studies Department**



Maybe in the future where going cashless is more private and safe from hackers, it will make sense to go cashless - Ayid Ahmed

Cash in birthday cards have an emotional effect on people and you can't give credit cards with money on them as a present - Owais Ahmed

I think that cashless is best for Britain. Though it may be quite hard at first, in the end it will be worth it and people won't have to worry about forgetting money - Sofia Di Fabio

Maybe it could be possible 20 years from now when everyone has caught up and a digital bank account, a smartphone that supports money and banking apps, and the safety that their money will not be hacked or tampered with in any way - Doinis Zaimaj

Although some are against it, going cashless would provide convenience for many and better security for all. Sweden is a great of cashless transactions and payments benefiting a whole society. Currently in Sweden only 6% of people still use cash, which suggests that a large number of the Swedish population prefer going cashless and its benefits - Oluwatimilehin Osekita

I think that cashless is best for Britain. Though it may be quite hard at first, in the end it will be worth it and people won't have to worry about forgetting money - Daniel Austin

I feel that Britain should remain as it is, with a healthy mix of cash and card, leaving people to pay with what they favour, this is due to how difficult it could make life for the less privileged and elderly - Cassien Fowle



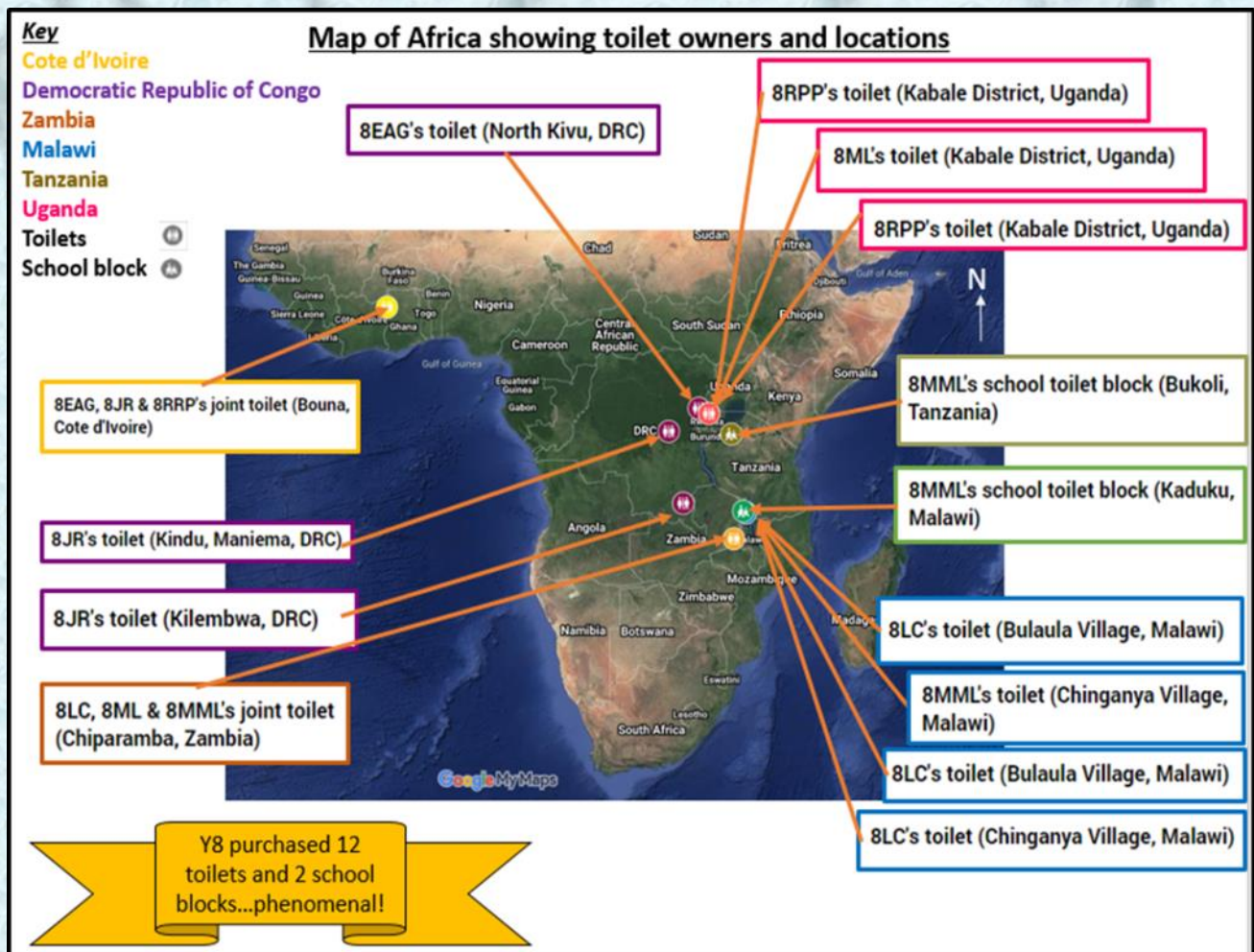


## The toilets have arrived!

Back in February, our Year 8 cohort raised a phenomenal £1,237.50 to help flush away poverty! The toilets have been purchased, constructed and we have now received our toilet twinning certificates which will be hung in the school corridors as both a celebration and reminder of the difference that each student has made. This gift of over £1200 will help some of the world's poorest people to have the basic essentials in life, such as a toilet, clean water and hygiene education.

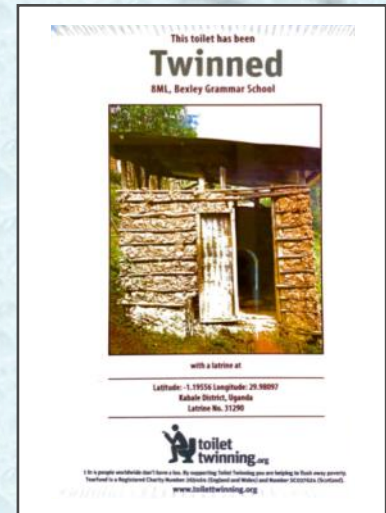
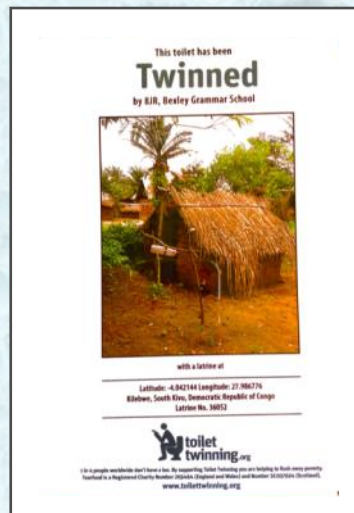
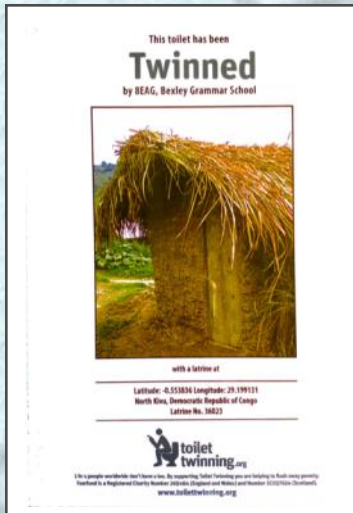


As you can see from the map below, Year 8 brought 12 latrines and purchased 2 school blocks. You can see exactly where each form's toilets are on the map below (be mindful to look at the key!)



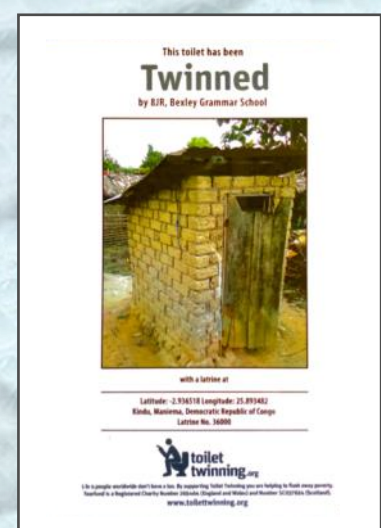
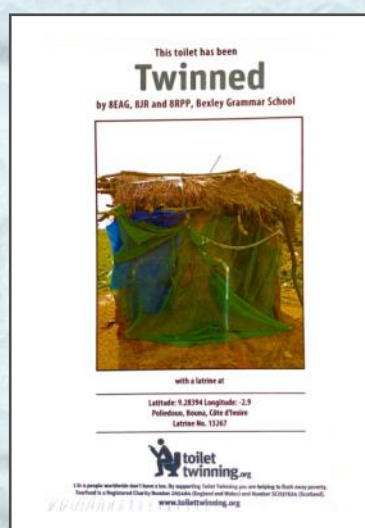


Can you find your classes toilets?  
Can you find the EXACT location using the  
latitude and longitude points on your toilet? How do  
these toilets compare to what you envisaged?



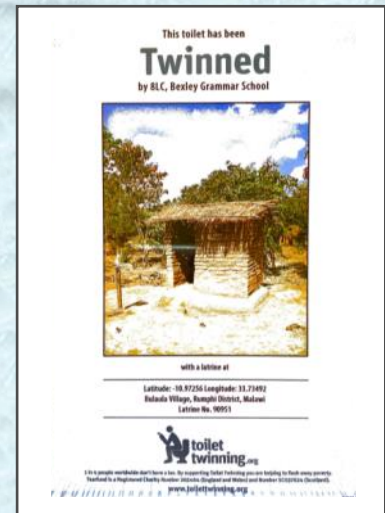
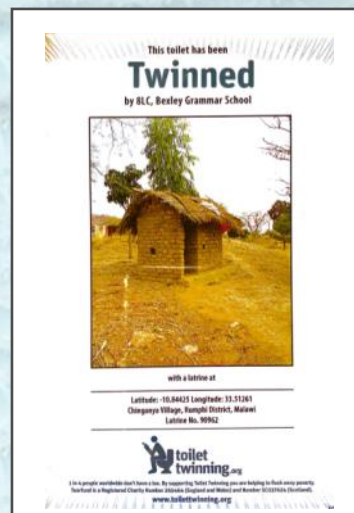
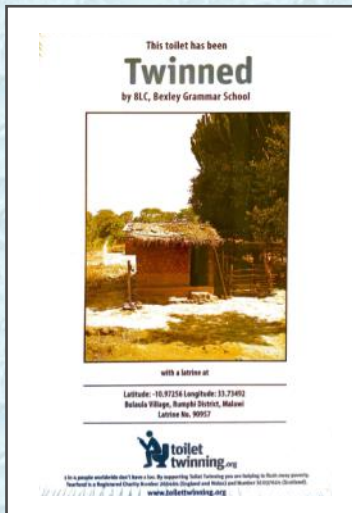
➤ Almost 1,000 children die everyday from preventable diseases linked to dirty water and unsafe toilets. (UN)

➤ The lack of a loo makes women and girls a target for sexual attack as they go to the toilet in the open, late at night.

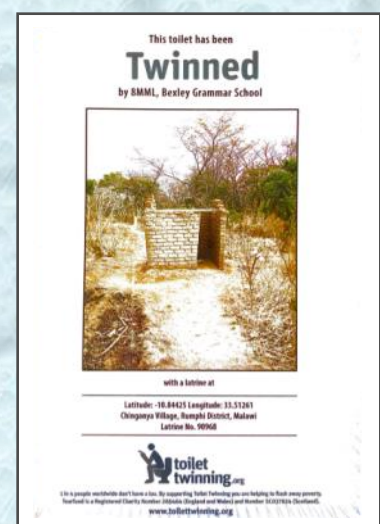
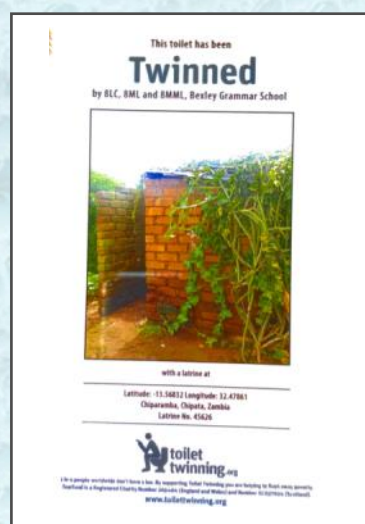




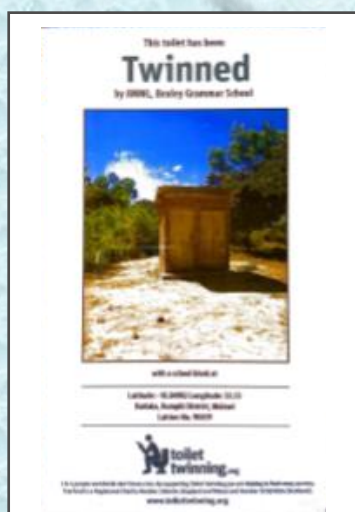
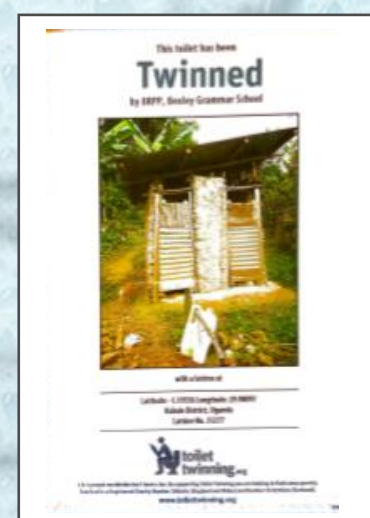
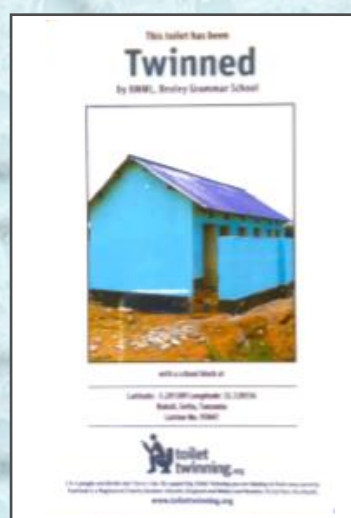
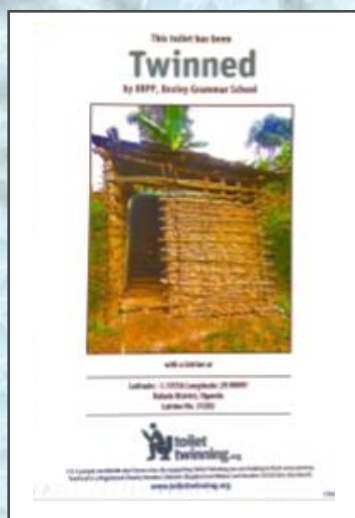
**<https://www.toilettwinning.org/>**



➤ 2 billion people don't have somewhere safe and hygienic to go to the toilet. (WHO/Unicef)







<https://www.toilettwinning.org/>

- Children worldwide miss 443 million school days each year because of dirty water and poor sanitation. (UN)
- 663 million people live without safe water. (Unicef)
- Every year, women and girls spend 97 billion hours finding a place to go. (World Bank)





*A massive well done from all of us in Geography - what a difference you have made to a number of different communities, not just now, but for the rest of their future!*

*Geography, July 2020*





# Tonight

Students from the Music  
Department present to you

## Summer Soirees

### Jazz Evening

Join us for our fifth short concert streamed on  
YouTube at 6pm, on Thursday 9 July 2020.

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



@bexleygsmusic



@BexleyGSMusic





## PE News

Year 10 for the win! Well done to everyone who took part - but Lucien's massive 317km proved decisive. A great effort from the students who collectively travelled nearly 1800km on foot, bike and horse!

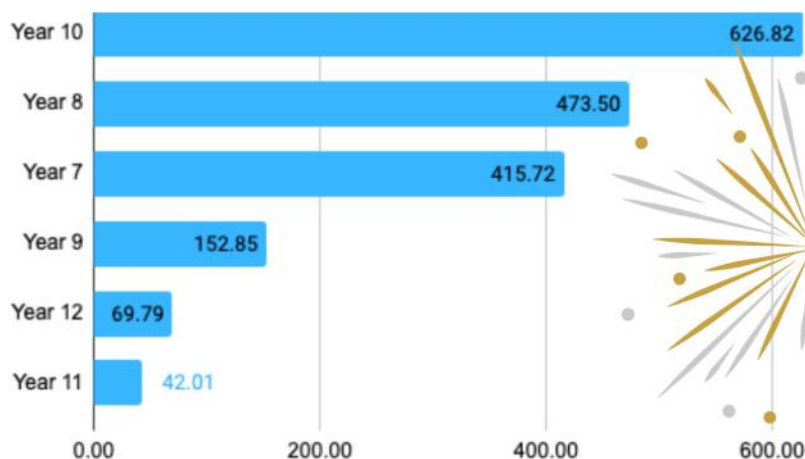
Our final virtual challenge of this term is for you to share with us how you have been staying active during lockdown. We're going to create a gallery of your pictures at school and would love you to share what you've been up to. Send your photos to Mr Lines by Sunday to enter.

***Mr Lines, Head of PE***

### BEXLEY GS PE VIRTUAL CHALLENGE #4 YEAR GROUP DISTANCE CHALLENGE RESULTS



#### WELL DONE TO OUR WINNERS - YEAR 10!



#### A SPECIAL WELL DONE TO OUR TOP PERFORMERS:

Year 7	Anna T, James I
Year 8	Emily A, Rebecca E, Daisy R, Henry B
Year 9	Lily H, Mollie F, Maya B, Holly B
Year 10	Lucien A-P, Max D, Anna M, Hannah M, James W
Year 11	Catherine H, Sam W
Year 12	Ella W, Toby M, Sam L

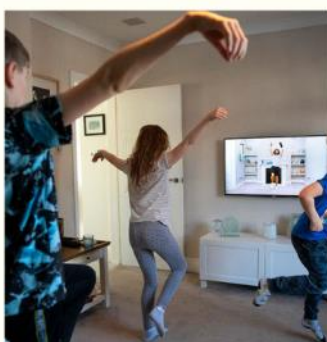


**YRYR**  
vs



## BEXLEY GS PE VIRTUAL CHALLENGE #5

# HOME SPORT GALLERY



**WE'RE PUTTING TOGETHER A GALLERY OF PHOTOS TO SHOW HOW YOU ALL KEPT ACTIVE DURING LOCKDOWN. PLEASE SEND US ANY PHOTOS OF YOUR ACTIVITY AT HOME OR OUTDOORS TO SHARE YOUR EXPERIENCES. THE MORE CREATIVE THE BETTER!**

**SEND YOUR PHOTO TO MR LINES BEFORE 4PM ON SUNDAY 12TH JULY TO ENTER**



And finally...

We have recently taken delivery of new basketball posts for the playground with the generous assistance of the Parents' Association. We would be hugely grateful for some expert help in excavating the space to install them. If you, or a family member, are in the building or landscaping business and could spare some time to help remove the 2 old posts, it would help us enormously.

Please contact us via [enquiries@bexleygs.co.uk](mailto:enquiries@bexleygs.co.uk) if you are able to help.

Many thanks.

**Mr Lines, Head of PE**



## Exams News

### A little reminder from Exams Office,

GCSE Results for Year 11 will be available for collection from 10am on Thursday 20<sup>th</sup> August 2020. Social distancing rules will be applied and details will follow soon.

**IMPORTANT** - If you wish any other person (including family members) to collect your results on your behalf, you **must** give your written authorisation - via email please, to the Examinations Office before results day. Please email Mrs Bono ([bono\\_a@bexleygs.co.uk](mailto:bono_a@bexleygs.co.uk)).

If the results are not collected on Thursday 20<sup>th</sup> August they will be posted to the address we have on the database for the student unless notified otherwise.

**Mrs Bono**  
**Examinations Officer**



## Prime Minister Boris Johnson to address all school leavers

On Friday 10<sup>th</sup> July at 10am, the Prime Minister will be giving an address to all school leavers which will be broadcast on Facebook and YouTube.

Please encourage your final year students to tune in!

A recording of the address will be available to view on both platforms.





# Important Notice

## Summer Term Reports to be sent electronically

Dear Parent/Carer

Please note that Summer Term reports, for all year groups, will be emailed to the addresses we hold on ParentPay for every student - these are the accounts where you receive school notices and regular communications, including the weekly Newsletter.


The process of sending the report emails will be via a different channel, and not through the ParentPay platform, meaning they will appear in your inbox without the sender ID of platform@parentpay.com. You will instead see the name of your child's Head of Year followed by the school enquiries email address.

Unfortunately in some instances, users of email service providers such as **Hotmail accounts**, will find their emails automatically designated as spam/junk - please check those folders for your child's report **if it does not arrive** in your inbox.

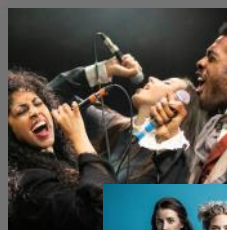
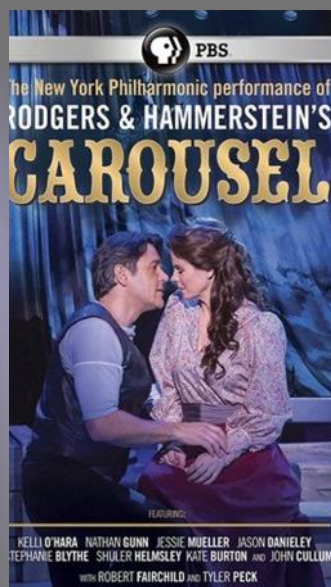
If you have not received your child's electronic report by 3.30pm, Tuesday 14<sup>th</sup> July, please email [preston.l@bexleygs.co.uk](mailto:preston.l@bexleygs.co.uk).

Thank you

**Mrs Mallin**  
**Assistant Head**

 BEXLEY GRAMMAR SCHOOL SCHOOL REPORT ~ SUMMER TERM 2020				
Name:		Form:		
Subject	Attainment	Rate of Progress	Engagement with Learning	Organisation and Homework
Art				
Computing				
Design & Technology				
Drama				
English				
FBC&S				
French				
Geography				
History				
Latin				
Mathematics				
Music				
Science				

**Attainment**  
Reformed, numerical GCSE attainment grades are now awarded using a scale of 9-1. The reported attainment grade reflects what is likely to be achieved at GCSE providing the student continues to work with the current level of focus and commitment.



SOUTHWARK  
STAYHOUSE

SOUTHWARK  
PLAYHOUSE

## Culture Club Corner

What a relief to hear this week that the government will be providing financial support in the shape of grants and loans to the arts. As theatres and live performance venues begin to face this extended period of closure, there are still lots of ways to engage with the arts virtually and show your support. We hope you have found some time to enjoy our recommendations over the last few months. This week we bring more recommendations for you to savour from Culture Club Corner.

Why not travel to New York's Lincoln Centre and enjoy their production of Roger and Hammerstein's **Carousel**. The musical was hailed by Time Magazine as "the best musical of the 20<sup>th</sup> Century." The New York Philharmonic presents a stunning staged production of this iconic American work, featuring a star-studded cast. You can watch from Friday 10<sup>th</sup> July and will be available until 8<sup>th</sup> September!

If you prefer to stay local, why not check out Southwark Playhouse, **here**, which has launched Southwark Stayhouse, an online collection of full-length theatre shows from their archives, available to watch until the theatre physically opens its doors once again. The series includes the likes of *Wasted*, a new rock musical about the Bronte sisters, award winning debut play *Bound*, and *Twelfth Night* set at a music festival!

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***

## Bexley Grammar School's ~ Lockdown Memories



As a community, we are going through a uniquely challenging time. We look back in our at what shaped our world, decisions that were made to rebuild after catastrophic events and what we can learn from history.

There is a real need for us to record how the virus paused our lives and how we faced this most challenging experience.

For each of us it will have brought many different perspectives. Maybe your attention has been drawn to the government's response. Perhaps you have family members who work for the NHS or are key workers elsewhere. Maybe you have been captured by the Black Lives Matter protests, or you were disappointed that you couldn't attend a PRIDE celebration this year.

As a school we are proud to celebrate our diversity, in all its forms. So, if you have a first language other than English it would be wonderful to have pieces submitted reflecting your home language and/or culture.

**Year 7s and 8s** - please feel free to submit a piece from your 'English Keepsake' task - and of course you can add to it if need be.

Everyone has the right and the opportunity to record their view of the enforced lockdown: this is yours!

You can submit your work on various mediums:

**Vocaroo voice message**

**Video**

Visual art

Written format (article/poem/diary etc.)

A range of submissions will be displayed around school, in the school magazine or on our website! There will, however, be a central Keepsake Box where all submissions will be stored for prosperity, which is why it is open to **students, parents and teaching and non-teaching staff**.

Please submit your work to Mrs Coller at

**Coller\_b@bexleygs.co.uk**

Or hand it in to the staff room (A box will be placed just inside the door, please knock and wait.)

**The deadline for submissions is 5<sup>th</sup> September 2020.**

Thank you

***Mrs Coller***





## Safeguarding Update

Dear Parents/ Carers,

Please find attached a number of useful links and resources. This is likely to be the final safeguarding update of the year so I'll take the opportunity to wish you and your families a safe and relaxing summer.

1. The online counselling service Kooth have published a study into the impact of Covid 19 on the mental health of children and young people from black, Asian and minority ethnic (BAME) backgrounds: [https://xenzone.com/wp-content/uploads/2020/06/BAME\\_infographic\\_June-2020\\_WEB-v2.pdf](https://xenzone.com/wp-content/uploads/2020/06/BAME_infographic_June-2020_WEB-v2.pdf)

If you have any concerns Kooth gives children and young people easy access to an online community of peers and a team of experienced counsellors.

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

2. The government has produced a useful webpage listing sources of advice and support for keeping their children safe. The guide includes information about:
  - ◆ Protecting children from domestic abuse
  - ◆ Teenage relationship abuse
  - ◆ Child sexual abuse and exploitation
  - ◆ Sexual assault referral centres
  - ◆ Crime, Criminal Exploitation and County Lines, violence and gangs
  - ◆ Protecting children from radicalisation
  - ◆ Prevent
  - ◆ Online child safety
  - ◆ Mental health

You can find the information here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-from-abuse-and-harm/advice-to-parents-and-carers-on-keeping-children-safe-from-abuse-and-harm>

3. Taming Gaming  
Video game journalist Andy Robertson has created a website full of advice for families. In his words "This database is a unique way to find games for children, teenagers and young adults. very game is presented for parents and carers to understand, to empower informed choice through understanding."  
[www.taminggaming.com](http://www.taminggaming.com)
4. e-Safety Videos  
I subscribe to online safety expert Alan Mackenzie's newsletter and his regular updates are very useful. He has published a number of videos for parents / carers on his website, including a recent one on the increasing concerns of sextortion of young people.  
<https://www.esafety-adviser.com/online-safety-videos/>

Best wishes,

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



# A Mindful Moment

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

As we approach the end of the start of the summer holidays, it's important to remember that there are still lots of ways that you can find support for your wellbeing.

### 1. Go for a walk in nature

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

### 2. Change the way that you walk

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

### 3. Call a friend and laugh together

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

### 4. Eat more fruit & vegetables

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

### 5. Up your exercise

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

### 6. Wish others well

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

Advice from Every Mind Matters

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

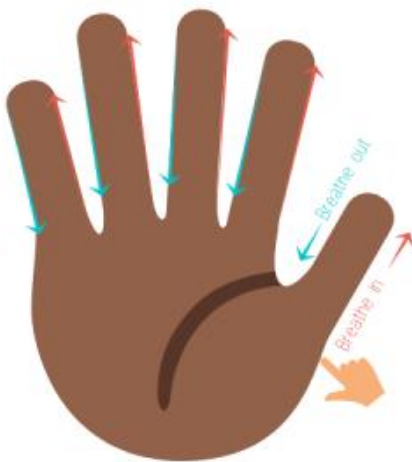
Don't forget that there's also a dedicated section of the [school website](#), where you can find lots of information about external support available during difficult times. One such service is [Kooth](#), which is a free online mental wellbeing community offering counselling, information and forums for young people. We are dealing with a lot of change at the moment, so be kind to yourselves and make sure that you are prioritising your wellbeing.

## Year 7 – Mindfulness Session

All of Year 7 had their first introduction to Mindfulness as part of their Wellbeing Day this term. We were all really impressed with how you approached the session, and hope that you found it helpful. Here's a quick reminder of the finger breathing practice that you did during the session. Don't forget to give it a try at home if you start to feel anxious.

Mr Rodrigo, Mrs Spencer & Miss Brand

### 5 Finger Breathing



1. Stretch one hand out so that you have space between your fingers.

2. Hold up your pointer finger from the other hand.

3. Start at the bottom of your thumb. Use your pointer finger to trace up your thumb as you slowly breathe in through your mouth.

4. When you get to the top of your thumb, slowly breathe out your nose as you trace down the other side.

5. Repeat for all fingers until you have traced your whole hand.





## The Return to School - Ideas for Parents

Whether your child has gone back to school yet or not, they may be feeling anxious about what to expect. Looking forward to the best bits can help.

### Ask how they're feeling

Even if your child doesn't seem too worried, it's still important to ask how they feel about returning to school.

If they are visibly worried, ask them what they feel anxious about. It's easier for you to support them if they have a particular concern.

Reassure them it's OK to have these worries and praise them for sharing them with you.

### Make a plan

Worries and anxious thoughts can happen if your child feels out of control. It helps to find things they can control and start from there:

Can they make the school routine more enjoyable? Try making a morning playlist for walking to school with friends.

Young children might not have seen friends since school closed. Could you arrange a socially distanced meeting beforehand?

How will they get used to the new routine and get enough sleep? Could they practise waking up early for a few days before school starts?

Ask what they will miss from being at home. Are they worried they won't get to spend as much time with you? Reassure them and continue to make time for this once school resumes.

Children who have to get to school by themselves might be nervous if they haven't done this for a long time. Practise the journey with them beforehand, or go with them on the first day back.

### Find the positives

After so much time away, hopefully your child will also have things to look forward to. These might include:

Seeing their friends again.

Having renewed independence (taking themselves to and from school).

Their favourite subject and/or teacher.

Getting back into a routine. This makes free time more fun.

### Explore coping strategies

Sometimes anxiety can feel overwhelming or even cause panic attacks. There are lots of activities you can try in the emotional wellbeing section of the Action for Children website.

### Feel good activities

Suggest they make a list of feel good activities to do when they're having a bad day. They could choose a reward for themselves, too. Or make a soothing box to fill with items they like the look, smell, touch or taste of.

Miss Brand, School Mindfulness Lead





## News items you may have missed



# THE ROYAL SOCIETY

## Summer Science Online 13<sup>th</sup> - 17<sup>th</sup> July

Featuring live and pre-recorded talks and videos, an online only programme brings you a free celebration of cutting-edge and historic science, all to enjoy at home.

The programme for the five days can be found via the link below to the RS. Premiered and live video content will be available to watch on the RS YouTube channel with additional activities and online showcases released on their social media platforms throughout the day. Direct links to each of the sessions will be made live shortly before the start time and all content is free to view and explore.

<https://royalsociety.org/science-events-and-lectures/2020/summer-science-online/programme/>

### *Summer Science Online 2020*

Here's a taster of what they have to offer:

#### Monday 13<sup>th</sup> July

Family friendly online evening quiz, with a list of special guests and Fellows of the Royal Society. With rounds on movies, space, the elements and more.

#### Tuesday 14<sup>th</sup> July

The Secret Mind of Pets

Adventures in Antarctica: Unlocking the secrets of earth's past climate and allowing us a glimpse at the future.

#### Wednesday 15<sup>th</sup> July

Who inspires you? Brian Cox takes the question to some of the most eminent figures in science and culture.

#### Thursday 16<sup>th</sup> July

Stormy weather: Numerical weather prediction and supercomputers.

#### Friday 17<sup>th</sup> July

Ask the Spacexperts: A chance for Q&A. Submit your video questions in advance using #RSAskTheSpaceXperts.

***Mrs Vialls, Head of Sciences***







# Bexley Grammar School Creative Writing Competition



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

**THIS CAN BE IN ANY FORM:**

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

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

**COMPETITION THEME:  
'ONLY CONNECT'**

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

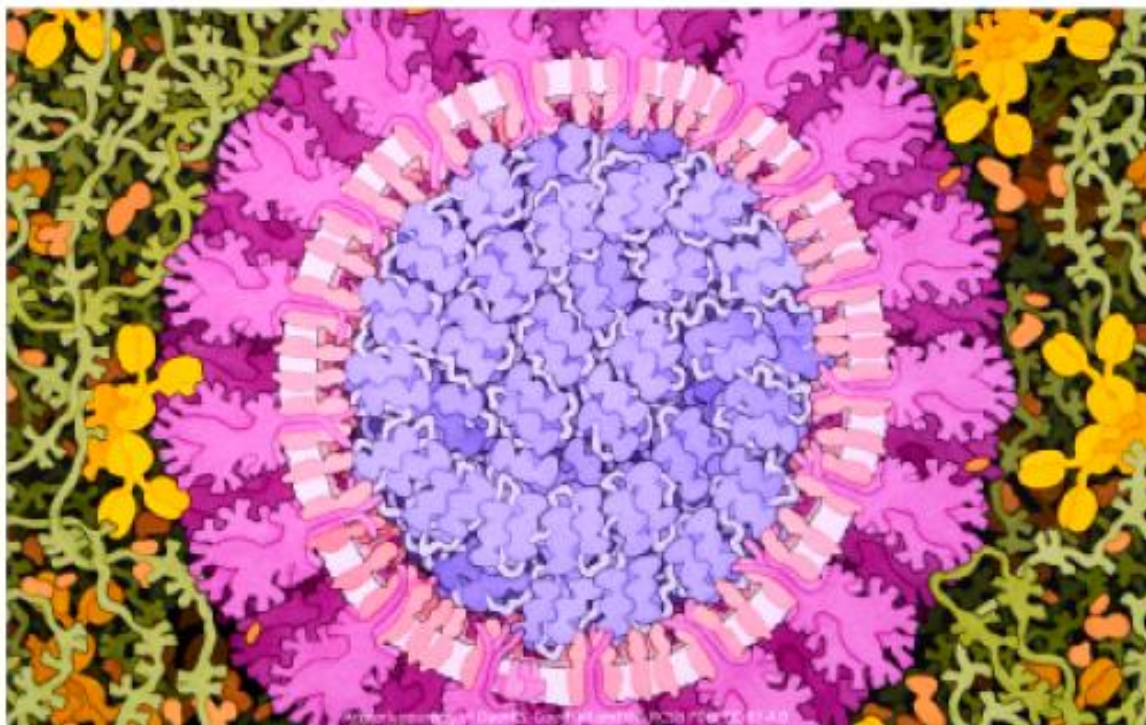
**COMPETITION CLOSING  
DATE: FRIDAY 17<sup>TH</sup> JULY 2020**

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

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



# 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](http://www.opendemocracy.net/worldaftercovid)

openDemocracy

UCL

STUDENTS' UNION UCL

schoolzone

London  
world-  
wide  
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.

**The competition and public vote will close at 23:59 on 10<sup>th</sup> July 2020.**

[FIND OUT MORE](#)



# 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.

## ***BGS Parents' Association***

Sign up at:

**[https://  
www.easyfundraising.org.uk/  
causes/bexleygrammar](https://www.easyfundraising.org.uk/causes/bexleygrammar)**  
click on the pink "Support this Cause" box.

Don't forget to set up  
**"Donation Reminder"**!

easyfundraising  
feel good shopping

Collect  
**FREE**  
funds  
for

  
Parents'  
Association

**BEXLEY  
GRAMMAR  
SCHOOL**

when you shop online  
the  
**easyfundraising**  
way

amazon.co.uk John Lewis

Thomson ebay

Viking Argos

Sainsbury's

1. Join 2. Shop 3. Collect





# 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.



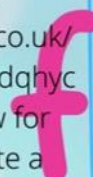
Learn to **conduct** your own orchestra! Find conducting lessons on YouTube. Can you film yourself conducting an orchestra?!

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.

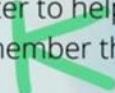


Make an **instrument** - check out 'BBC Now Learn - Make an Instrument'. Once you've made it, record a short piece for it!

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.







**M**  
**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

**N**  
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!



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

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

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.



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

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



**T**  
**TikTok** pretend instrument challenge! Don't worry if you don't have the app - 'mime' instruments using household objects! Check you out <https://tinyurl.com/yahdotst7>



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!

**V**  
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!



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.



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



**X**  
*Good luck!*







# 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

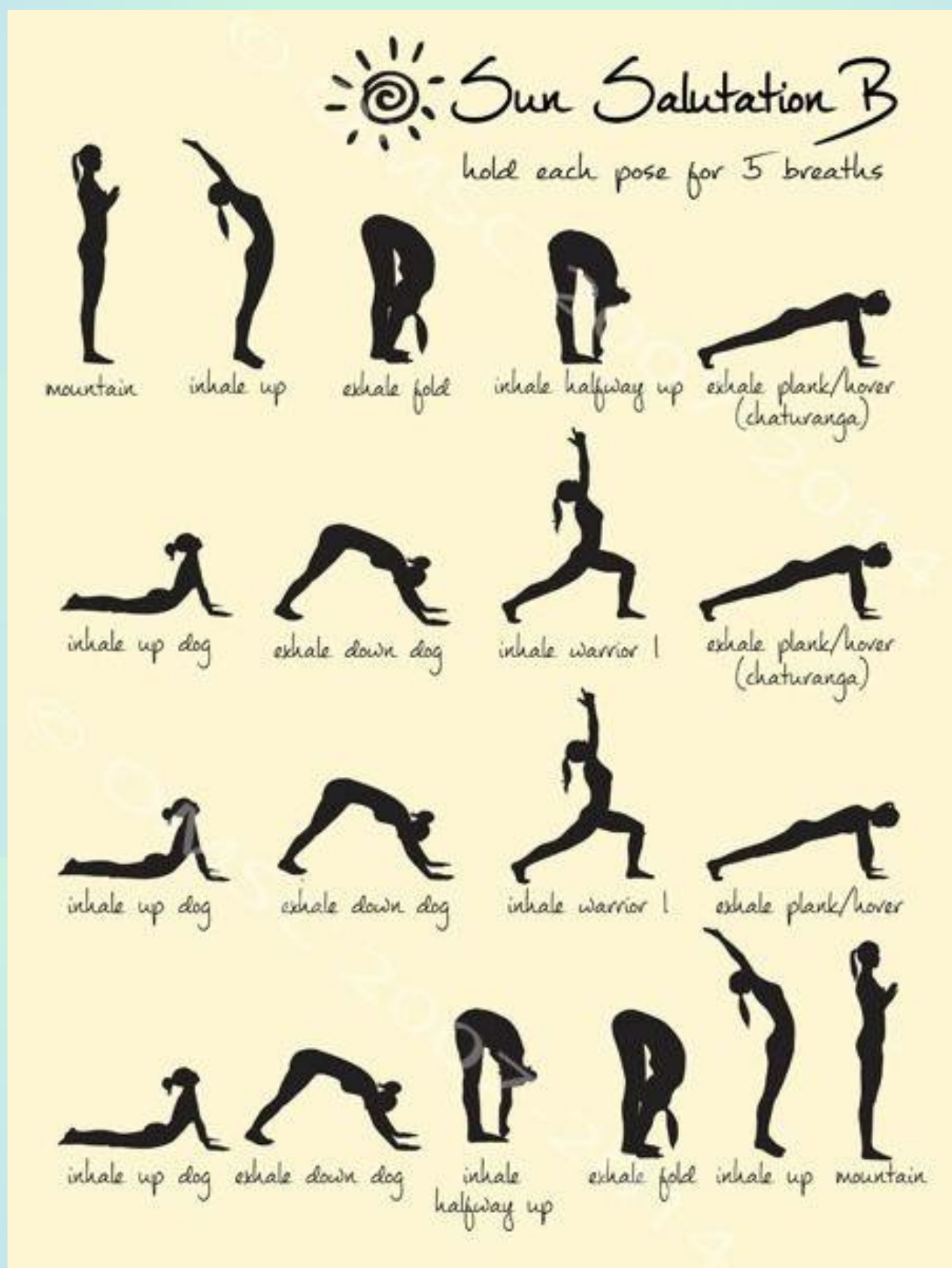
Day 1: 25	Day 16: Rest
Day 2: 30	Day 17: 100
Day 3: 35	Day 18: 105
Day 4: Rest	Day 19: 110
Day 5: 40	Day 20: Rest
Day 6: 45	Day 21: 115
Day 7: 50	Day 22: 120
Day 8: Rest	Day 23: 125
Day 9: 60	Day 24: Rest
Day 10: 65	Day 25: 130
Day 11: 70	Day 26: 135
Day 12: Rest	Day 27: 140
Day 13: 80	Day 28: Rest
Day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

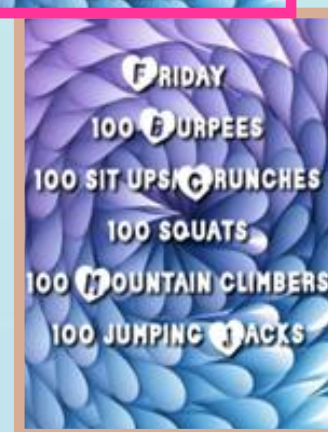
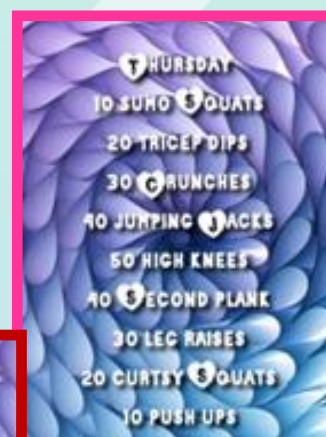
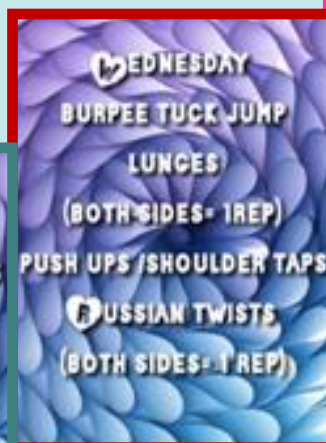
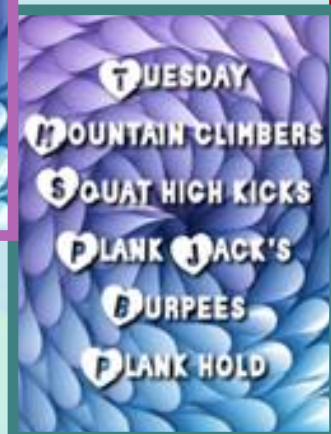


## Physical

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](#).