#### A Message from Mr Elphick

Dear all,

It is such a strange end to the year, such a contrast to our usual lively final days here in school. We have all deeply missed our end of year events such the school musical, the jazz evening and, of course, Speech Day.

However, there are tremendous positives to take away from what we have learned living with a pandemic. We have all had struggles in our individual circumstances but I've received some lovely communications from parents who, in having to engage with their children more intensely over a long period, have developed new levels in their relationships and their children have developed more independence. Perhaps we have all cared for each other a little more than we did, are a little more thoughtful and slower to judge others. Certainly we have had to take more care and spend more time communicating with each other. I've 'seen' more of my friends from University who are all over the world in the past 3 months than I have in the past 30 years!

I plan to write to parents/carers again next week about what to expect in September, filling in some of the practical details. It will be important for you to share this with your child(ren). The new Years 7 and 12 return on Wednesday 2<sup>nd</sup> September and the rest of the school joins them on Thursday 3<sup>rd</sup> September.

In the meantime, thank you for all your support since March. Have a wonderful summer!

Mr Elphick



STUDE



16<sup>th</sup> July 2020

www.bexleygs.co.uk Bumper Summer Edition

#### Year 7 Congratulations

ongratulations

I would also like to extend a big thank you to Mrs Spencer who has taken over duties as the year groups Senior Academic Mentor. For the last 8 weeks she has been asking staff to keep nominating pupils who have been consistently producing high quality work whilst in lockdown. I am delighted to say that over half of the year group were put forward and were entered into our prize draw. I conducted the draw myself this weekend and would like to congratulate the following pupils who will each be receiving a Waterstones voucher.

- 7JEA Matilda Jackson
- **7MCA** Jack Cotton
- 7MGG Aleksandra Valchanova
- **7VJA** Jiveen Velayudan
- 7VJA Oluwademilade Samuel-Onette

Congratulations once again.

Mr Skinner, Director of Studies, Year 7

#### Year 7 MFL Song Competition 2020 - Lockdown Special

Every year in MFL, we have an all-singing, all-dancing song competition where each Year 7 form group performs a song in French and German in front of the year group. We have very professional, X-factor style judging to evaluate the quality of language, originality, singing, choreography and overall performance. This year has meant no song competition, sob sob. However, many Year 7s have risen to the challenge of a virtual song competition this year and submitted their video entries to their teachers. They were amazing! We cannot wait to reward these students and celebrate their entries in September.

Here are the winners and special mentions:

Excellent entries: Thomas Kerans & Luca Bulavitchi (German)

Best French entry: Edward Gearing A wonderful rendition of "Il a les yeux bleus -Alain Le Lait" with perfect pronun

Best German entry: Anna Tyukova "Ich habe einen kleinen papagei", accompanied by a parrot!

Best overall entry: Deya Dimitrova & Matilda Jackson (German)

The girls wrote an original song in German, using everything they had learnt this year. Miss Anderson has confirmed that the German used is highly accurate. There was a rap and some impressive choreography, filmed in various locations with cameos from Matilda's sister and Deya's cat!

Well done Year 7 - you have blown us away with your creativity!

Mrs Rubbera KS3 MFL Lead Teacher









#### Japanese Star Festival during the Lockdown

On the seventh day of the seventh month Japan celebrates a special festival known as Tanabata (meaning "Evening of the 7<sup>th</sup>"). Inspired by the Chinese Qixi Festival, Tanabata became popular in Japan during the Heian Period (794–1192). Two lovers, Hikoboshi, a humble cow herder and Orihime, the daughter of the Sky King, were separated by the Milky Way and only allowed to meet once a year on 7<sup>th</sup> July. The story of the two lovers' annual reunion has captured the imagination of lovers for centuries. The characters in the story represent two stars, Vega and Altar. Hence Tanabata is also known as the Star Festival. Google also celebrates Tanabata on Doodle every year and this Tanabata Doodle is only visible in Japan.



On this day people write their wishes on colourful strips of paper known as Tanzaku and hang their Tanzaku on the branches of bamboo trees in the hope they will come true.

As many of us have been reflecting on our hopes for the future during the lockdown, BGS Japanese students decided to write their wishes on colourful Tanzaku at home instead of hanging Tanzaku together in our Japanese classroom.

Here I would like to share some of our students' beautiful wishes with you.



Joshua Hoy, Year 8



Madeleine Hosier, Year 9 "I would like to go to Japan!"



Max Armstrong-Mouline, Year 10 I wish I could meet my grandmother soon.





Sam Wilson, Year 11 I wish I could learn a lot of good things.



Danny Phan, Year 12 I wish I could study at University this summer.

It has been difficult for many of us to cope with this unprecedented situation and it is understandable for us to become anxious at times. However, these wishes of BGS students make us smile and give us hope for the future.

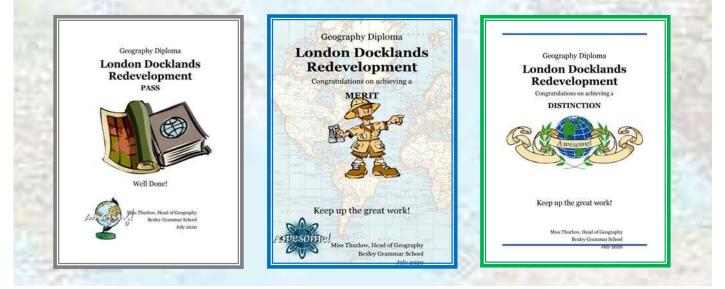
#### Mrs Everett, Teacher of Japanese and MFL Department



#### **Geography News**

Year 7 Geography Diploma Success!

CONGRATULATIONS to all of the Year 7's who have completed their first year in Geography and been awarded the Geography Diploma. Make sure you check your results on your Google Classroom and print your certificate!

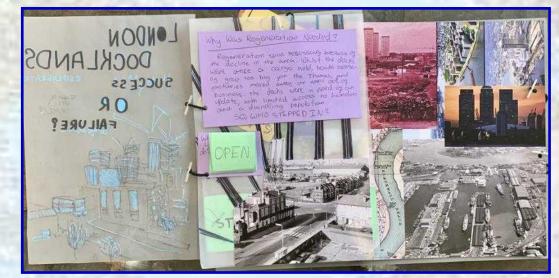


It's been a busy term for Year 7 and they have carried out their Diploma task based on the London Docklands with virtual fieldwork and an investigation to develop their research skills. The whole Geography Department have been hugely impressed with the quality of work produced and want to say a huge WELL DONE on your first year in Geography.

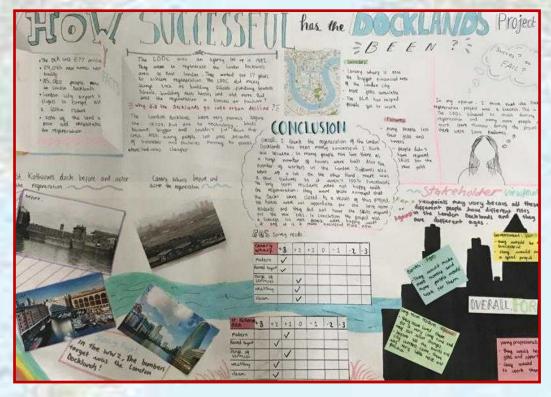


7MEM Congratulations! 100% PASS rate, which means EVERYONE in 7MEM met the deadline and handed in top notch work :) SUPER CLASS :) Some highlights include:

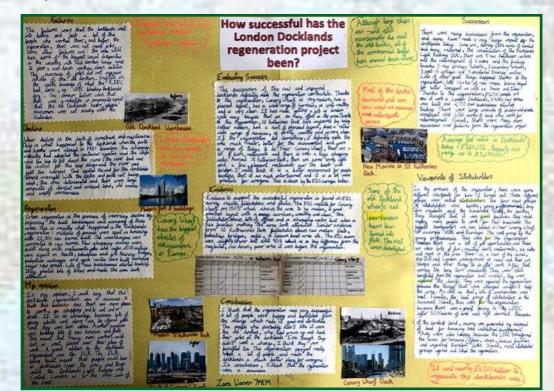
Siena Urlich 7MEM super creative folder full of evidence, including stakeholder opinions and environmental quality surveys.



Olivia Talentaite 7MEM good use of evidence and detailed conclusion.



Thorough review of Docklands decline, regeneration and evaluation of the success and failures Zara Warren, 7MEM.

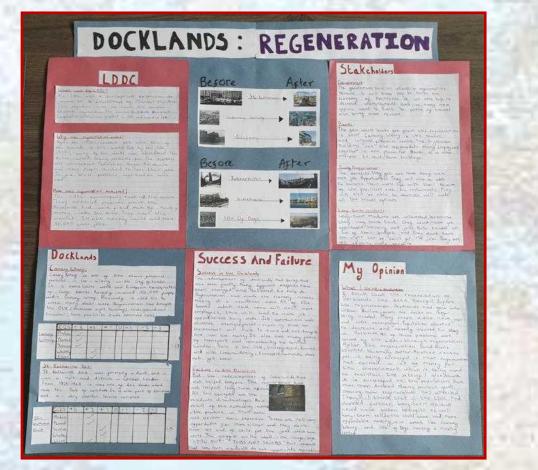


7NSS completed outstanding virtual fieldwork exploring London Docklands using google maps, and included their fieldwork data of field sketches and environmental quality surveys as well as juicy facts in their investigations to produce their Diploma tasks.

#### Great sketching skills for before and after images Charlotte Butler, 7NSS.

do an ana which american in the newsperite cald since lats of ships arrive bringing in peeds. H 950 and 1980 the Doublands approx he chips were calling for large and units to sit down the narmy Tre North Contraction of the Contrac The LODC sought to regenerate the Docksands ia conditiono, contra uprainer to the management I was over said that as one pairs you could how successful has the Docklands neside of the over the the other. regeneration project been? the as Docklands Sugar Built over 24,000 - ew homeour the area Over 80,000 new jobo ware now available st the Employment was atment 3 times higher The Bocklands Light Rainay was built and cons 1884 acres of devisit land was reclairsed that we 25 million square part of com the its iah lindustrial flots addite a supplication the same Dochlands Failurs During Will, No London There was a puge social disparing with the the weather diving next to Decklands became the pour a primie inget per The new jobs are lable didn't suit the skills of the old. amber Now houses were expensive lot's more pellution and no

Varun Tandulwadikar, 7NSS excellent evaluation of a range of viewpoints and summary of success and failures.



#### Omar Rabette, 7NSS top collage skills integrating research on London Docklands.



7AMM in total achieved 7 Distinctions for attainment (content and geographical skills), whilst 7MCA were awarded a whopping 14 Distinctions for attainment. This is particularly notable as this diploma has been completely achieved at home during the last weeks of remote learning fabulous work!

Innovative and informative diploma from Leo Leupold in 7AMM. Leo always produces stunning work - but not only is this creative, it also contains a range of high level geographical skills such as field sketches, EQS, annotated maps and evaluative thinking - superb!



Paul Despabiladeras from 7MCA used colour effectively to create a perfectly executed diploma of Distinction level. I particularly liked the background and how he has overlaid the text effectively (this can be tricky to get correct). Furthermore, he has included his EQS data, juicy facts and a justified conclusion - well done!

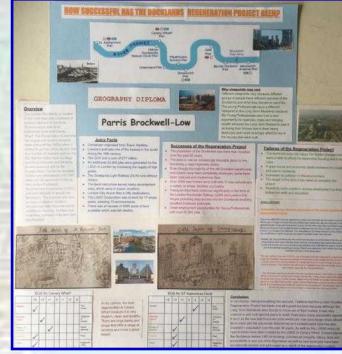
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Victoria Karasimova from 7MCA (seen in this photo below) produced a life sized Distinction grade diploma on the Docklands! I love the clean design and clear use of data put into comparative bar graphs, clear successes and failures, as well as a whole mind map for juicy facts! Amazing work Victoria!



7MGG have been awarded an impressive 9 distinctions in the class for the work that has been completed on the London Docklands.

Parris Brockwell Low, 7MGG submitted work included a range of field work, data on his diploma, which I loved especially his field work sketches which are a key skill within the subject.



Sam Holt, 7MGG has managed to cover the whole of his wall at home with his diploma, I loved that each section was presented on a different coloured background. Sam also included lots of juicy facts with this work, well done!

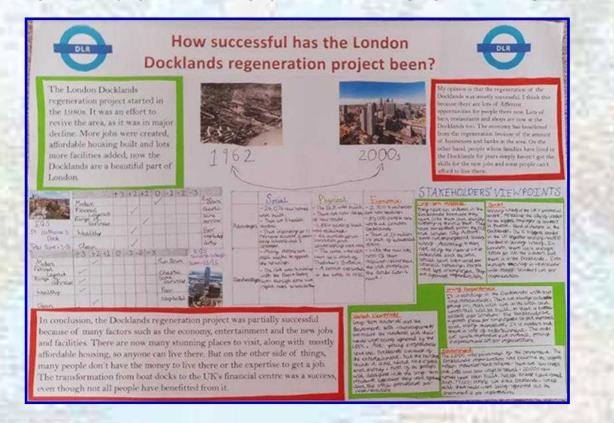


One of my favourites though, has to be the "lift-the flap" design used by Grace Taylor, 7MGG. A clever and effective way to present ideas and save space on her poster. I really liked that under each flap there was a different stakeholders viewpoint and opinion. Excellent creativity!

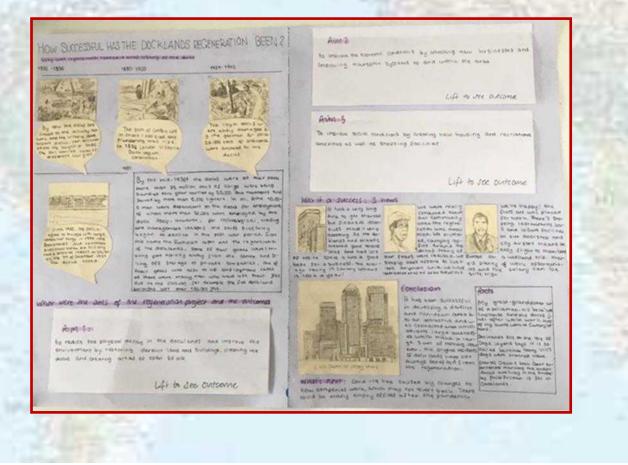
L HAS THE CCESSEU NERATION PROJECT BEI 1066 acres of local rodueload 164 km of information rodus 246 care new homes will 256 construction 246 care new homes will 355 cloce new contening 366 constructions, and 366 constructions, and 366 constructions, and 366 constructions, and 266 constructions, an Mary people gad the LOR and spend Theory was and sport 23,900 million to compute Theory was and sport 23,900 million to compute The constraints and characted due to marry Objections and characted charts Open screek characters and the crime tole has more draitically with 643 character av 2019/2019 Menvenin awake, Frew schools/crawing antres theotice/schools and more o a maje of posters <u>Union School of COC</u> B Apter nto or vice or digeneral laterative the contraction should be the independence of the Apter 2 -3+13 Wat ar-S 3-4+1 Neglected (during 12 anong Where is extremely period and medium. It has a population is occa (an amongue) and tosposi enong It has poundly any po-my adjusts and is extremely rds are are 3 Homin conde a - du con pre por una acta a successo l'as una cardo ava acta a militar emparam por du con a presidente a acta a contra a contra a presidente a contra a contra a contra a presidente a contra sconal

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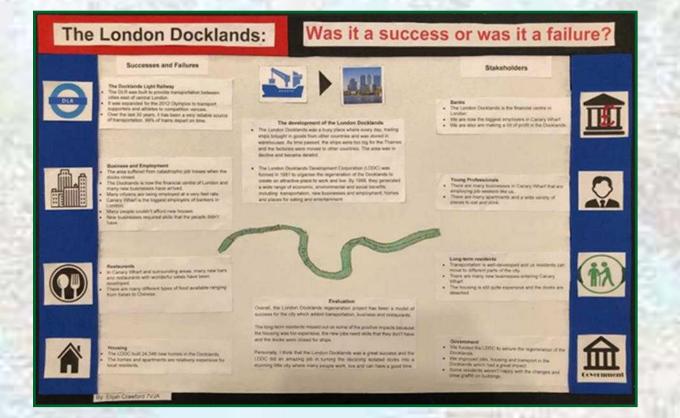
Zoe Allen, 7VJA A very detailed and well evidenced evaluation of the success of London Docklands regeneration project. Great Geographical skills and language used throughout.



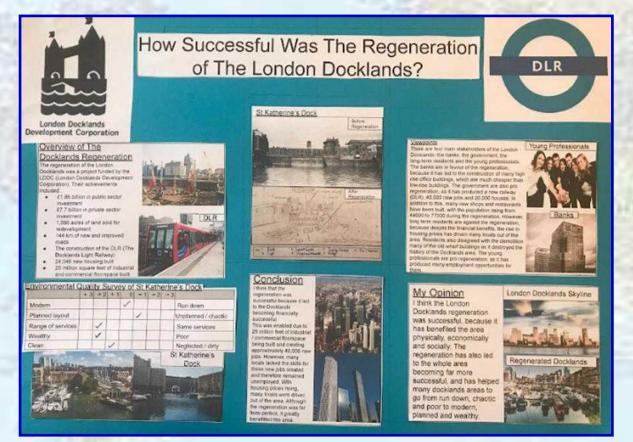
### Great suggestive and artistic drawings accompany this project by Toby Geden, 7VJA with some "lift-the-flap" sections which add to the creativity of the project.



A very clean and neat, concise and yet comprehensive presentation by Elijah Crawford, 7VJA.

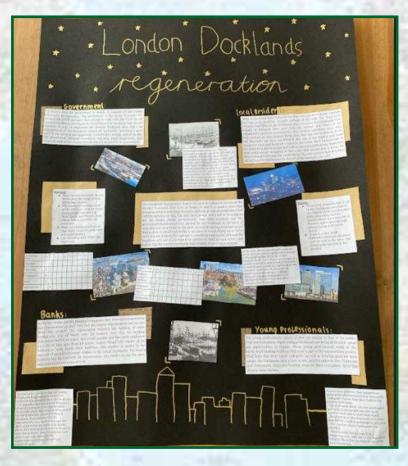


Great geographical, evaluation and field sketch skills by Edward Gearing, 7VJA.

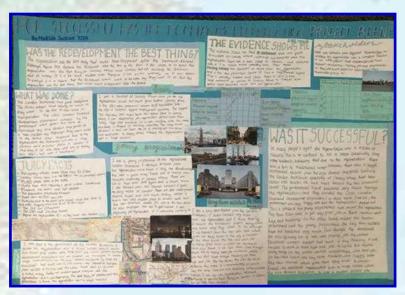


Other special mentions for creativity, geographical and presentation skills go to the following students from 7VJA: David Budau, Anis Houmani, Leila Stepanova and Ruth Yehualashet. Overall, 17 students from 7VJA achieved Distinctions for their Geography Diplomas. Well done everyone!

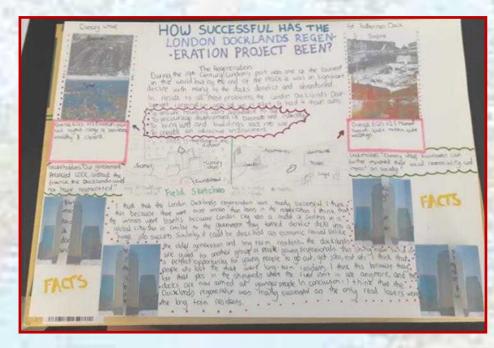
A very well presented project by Deya Dimitrova, 7JEA. Great Geographical skills used throughout with detailed evaluations of different stakeholders perspectives.



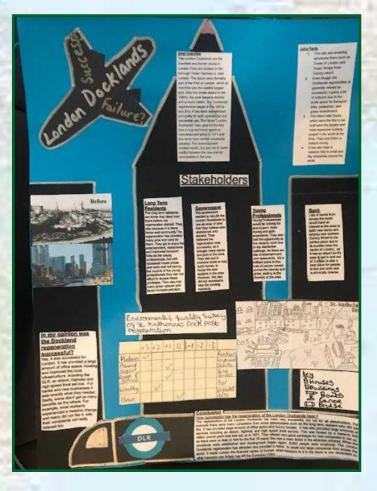
A very detailed and evidence based evaluation of the success of London Docklands Regeneration project by Matilda Jackson, 7JEA.



### Another very detailed project and creative use of "lift-the-flap" technique by Lou Annarumma, 7JEA.



Ethan Hardie, 7JEA used a very creative background for his detailed project, by representing the skyline of the famous Canary Wharf. Great evaluation skills are used to express different stakeholders' points of view towards the regeneration project.



Other special mentions for creativity, geographical and presentation skills go to the following students from 7JEA: Deji Akinsuyi, Samuel Grady, Adam Khodeir, Leanne Lee, Jan Sawczuk and Tenzin Yeshi. Overall, 21 students from 7JEA achieved Distinctions for their Geography Diplomas. Amazing work, everyone!

#### Well done Year 7

#### No one is too small to make a difference

Miss Ashman has spent a large amount of time reading in lockdown and a highlight of her lockdown reading has been **Greta Thunbergs No One Is Too Small To Make A Difference**. For me, this extremely small 'book' (it's actually a collection of her speeches of 2019) packs a mighty punch. It took me less than 1 hour to read but has had a profound impact on me.

Here are some extracts of both **poignant and rousing quotes** from the book. If you find yourself with a spare couple of pounds and some time for a book that will provoke and spark debate then I highly recommend this book!

Want some extra inspirational geography in your life over the summer? if so...read on! "The climate crisis is both the easiest and the hardest issue we have ever faced. The easiest because we know what we must do. We must "The bigger your carbon stop the emissions of greenhouse gases. The footprint - the bigger your 21 NEW YORK TIMES hardest because our current economies are still moral duty. totally dependant on burning fossil fuels...in GRETA order to create economic growth." The bigger your platform - the ndon , April 20 bigger your responsibility." THUNBERG Greta Thunberg Switzerland, January 2019 "Where celebrities, film and pop stars "Around the year 2030...we will be in who have stood up against all injustices a position where we set off an will not stand up for our environment and irreversible chain reaction beyond for climate justice because that would human control, that will most likely inflict on their right to fly around the lead to the end of our civilization as world visiting their favourite restaurants, we know it." beaches and yoga retreats." Greta Thunberg Greta Thunk London, April 2019 NO ONE IS TOO SMALL "And when I say that I want you to panic, I mean that we need to treat the crisis as a crisis. When TO MAKE your house is on fire you don't sit down and talk about how nice you can rebuild it once you put out DIFFERENCE the fire. If your house is on fire you run outside and make sure that everyone is out while you call the fire department. That requires some level of panic." Greta Thunberg Stockholm, February 2019

#### Well done to all our Geographers and happy summer

We are looking forward to seeing all you Geographers back in September. Well Done during remote learning to all our students - amazing levels of effort and enthusiasm and huge progress made, we are proud of you. Year 10s and 12s, it's been a pleasure to have you in for lessons and to test your geographical knowledge and skills which you have worked hard to develop.

Enjoy the break this summer - whether it's exploring the world from your window, through an Atlas, Google Maps and GeoGuessr or through some fun staycation walks and bike rides. Keep your eyes open on the physical and human geography of our world and continue to think as a Geographer :)

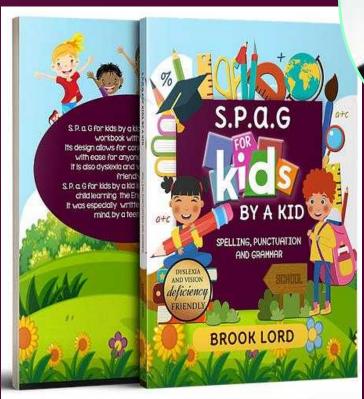
Best wishes Miss Thurlow, Mrs Belton-Owen, Miss Ashman, Mr Marinuc

#### SPaG for kids by a kid ~ Brook Lord

Brook is a budding author who has a burning passion for academia and recently had her first book published. It's a workbook called: SPaG for kids by a kid and is an innovative workbook with a twist! Her initial idea of writing SPaG for kids by a kid, was due to seeing the lack of support available for those with dyslexia and learning deficiencies. She felt this had to change and decided to be the one to make that change. This book would be extremely useful for Year 7s and 8s as it is targeted towards children aged 9-14.

"I hope it will make an impactful change. I aim to write more workbooks and target to those with dyslexia and for them to be vision deficiency friendly, but ultimately workbooks that can be used by anyone! The book is available on my website at a discounted price! To order your copy please click on the link below:"

https://www.englishforkidsbyakid.com/.



#### Jack Petchey Award Winners for April, May & June 2020

Thank you to everyone who sent in their nominations for the three remaining Jack Petchey awards for this term. Reading all the wonderful reasons for why our students should be considered for the awards was an uplifting and very positive experience during these unusual times. It is a shame that only one person per award could be announced as the winner; Mr Elphick struggled to make the final decisions for each of these awards from so many worthy nominations.

Here are the names of the nominees by month:

- April 2020 Year 12: Samuel Gee, Kylie Li, Samantha Hayes-Holgate.
- May 2020 Year 9: Lily Hewitt, Shakeel Majeed, Natsuki Dell.
- June 2020 Key stage 3 (Years 7 & 8): Gracie Gosling, Henry Bush, Davina Gordynska, Alisha Ahmad, Matilda Jackson, Joseph Mutti, Ebube Chukwujekwu, Arvin Zare.



#### Congratulations to all of our winners!

Each of them will receive their winner's certificate and a pin badge when we return to school in September. They will also receive £250 to be spent in school on something that will benefit either their year group or a specific subject/ department.

Congratulations again to Samantha, Shakeel and Gracie - please start thinking about how you would like to spend your money and if you have some ideas already please let me know.

Mrs Snelling House Leader & Jack Petchey Coordinator

Jack Petchey April Award Winner Head's Choice - Year 12



#### Samantha Hayes Holgate

Samantha Hayes-Holgate was nominated by several of her peers for the Year 12 Jack Petchey award for her efforts in raising awareness for the Black Lives Matter movement recently. Samantha has helped voice the thoughts of the Year 12 cohort and liaised with Mr Elphick on elements such as the curriculum, pastoral care and future improvements to the school through the lens of BAME students. Her contributions to the Black Lives Matter editions of the School Newsletter were insightful and deeply researched, and her commitment to allyship is incredibly admirable.

**Congratulations Samantha!** 



Jack Petchey May Award Winner Head's Choice - Year 9



Shakeel Majeed

Shakeel Majeed from 9ERR was nominated for the Jack Petchey award because 'during the quarantine, he's helped the house by running chess tournaments, but he's also just been genuinely helpful to people during the quarantine by checking up on people and such'. He is a very proactive young man and is clearly very thoughtful regarding his friends.

Congratulations Shakeel!



#### Jack Petchey June Award Winner Head's Choice - Key Stage 3



#### Gracie Gosling 7MCA

her peers for many reasons:

'Gracie is such a kind and supportive friend, she stands up for herself, and still does things that she can enjoy, and tries to help anyone in anyway possible, whether they are teachers or students.'

'Gracie has helped me come out of my shell and has helped me get through lockdown. If it wasn't for her I wouldn't have made as many friends as I have.'

'Despite all of her challenges Gracie has always got a big smile on her face. She helps others in the class and is always looking out for other people and aware of how they are feeling.'

Congratulations Gracie!



#### Senior Science Society Lecture

The BGS Senior Science Society is made up of a group of Year 12 students, who come together to learn about and explore scientific topics. We have been busy during lockdown- amongst our book club meetings and STEM discussions, some of our members have come together to create our very first virtual lecture series!

The first topic discussed is 'Microelectronics and Diabetes', where we explore the use of artificial intelligence (AI) in health. The link to the presentation can be found **here** (present on your device, audio should play automatically). Make sure you stay tuned for more!

Charlotte Allen on behalf of The Senior Science Society



**Can microelectronics inside** 



#### **STEM News**

Well, what a weird summer term this has been!

Despite the many challenges of blended and distance learning that the students have faced, they have managed to impress again and again.

Somehow we have still managed to complete all the Year 12 Science Extended Essays, including full days of data collection in school. This is a task that is incredibly difficult, even when you can pop in and see your supervisor during the day. The feeling of

getting your EE done and being able to move into Year 13 ready for the next steps is a fantastic one and I urge those of you with little tidying up issues left, not to put these off.

Years 9 and 10 have ploughed on through the curriculum and showed incredible levels of self-motivation and determination. Meeting with Year 10 in these last few weeks has really underscored how incredibly lucky we are here at BGS to have such a capable, hard-working and well supported student body. I predict that a few weeks of revision and catch up in September will get us back on track very quickly.

For the final week of this term, Year 7 and 8 have been set an engineering challenge. There are ten different mini activities, from which they only choose one. I have already started to see some of the fruits of their labours and they do not disappoint! My favourite so far is this **video** from Anis Houmani in Year 7.

For those of you looking for something fun to do over the summer holiday, please feel free have a go at these **Engineering @ Home** challenges.

#### Ms Lusted, STEM Coordinator and Science Department



Amber Bhogal, Year 8



Isobel Stanley, Year 8



Harry Brett, Year 8



Nathaniel Kuhn, Year 8



Jacob Jeffrey, Year 8



Vaibhav Garimella, Year 7



Jayden Chalayil Year 7

DE O TECHNOLOGY O ENCINEERING O

#### **Isometric Lettering**

Isometric lettering by Year 7s in DT developing their graphics skills and producing stunning results.

Mrs Williamson, Design Technology Department





























































# THE ARTS EDITION

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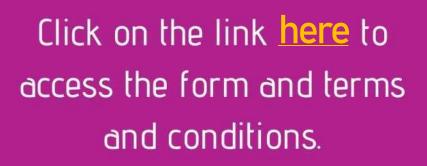
Join us for our final concert streamed on YouTube at 6pm, on Thursday 16 July, with a virtual art showing, a drama performance and music.

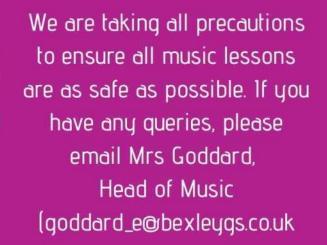
Watch the Music Department Twitter and Instagram accounts for details on how to access!



# MUSIC LESSON APPLICATIONS 2020-2021

### Applications for Music Lessons for 2020 - 2021 are now OPEN!







#### Culture Club Corner

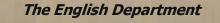
As we reflect at the end of a long term, it's gratifying to look back on all the first class culture that has been made available digitally at the simple click of a mouse! If you haven't had a chance to take advantage of what might be this once in a lifetime chance to watch our greatest creative minds for free online in action, it's not too late. There'll be lots going on over the next few months, I'm sure and here are our own final recommendations.

The National Theatre at Home finishes its virtual offerings with the truly inspiring 'Amadeus' which we took students to see at the National Theatre, live, in January 2018. Charting the rise of rowdy young prodigy, Wolfgang Amadeus Mozart, the play explores his relationship with court composer, Antonio Salieri, who has the power to promote or destroy Mozart's talent. The production explodes with Mozart's irreverence for authority and its

costumes and set stunning! Read ex-student Jeevan's review of this breath-taking piece of theatre with its outstanding live orchestral accompaniment, <u>here</u>. Available to view <u>here</u> from Thursday 16<sup>th</sup> July to Thursday 23<sup>rd</sup> July.

Another national institution, The Royal Albert Hall, has been streaming their Royal Albert Home series, featuring a diverse range of musical talents from the Kaiserchiefs and Scouting for Girls to Martha Wainwright and Nitin Sawhney and much more in between! All past live streams have been archived and can be watched on demand <u>here</u>. The Royal Albert Hall has also traditionally been the home of the BBC Proms - a great annual festival of classical music. This year you can find a programme of wonderful music from past festivals and this year <u>here</u>.

We hope you've enjoyed our Culture Club Corner recommendations over the last few months in lockdown. As an English department, we are really proud of our tradition of taking students to see a diverse range of performances over the years. We are missing the opportunity to share those 'live' experiences and to watch as our students are inspired and awestruck by the magic of the arts. Please continue to support the arts where you can and do tell us about anything you have seen and can recommend! Please share your reviews at hanington\_l@bexdeygs.co.uk.



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### Class of 2019 - 2020 Together we are stronger

#### October

The Year 7 Girls' Netball Team had an impressive win with a 6-0 win to Harris Academy!



BGS won the Element Kent, Periodic Table Mural Art Competition and exhibited at the Horsebridge Arts Centre, Whitstable.

September



Year 9 visited the Volcanoes & Earthquakes gallery at The Natural History Museum and Year 12 Culture Club saw the Musical 'Come From Away' at the Phoenix Theatre.







The TSBA theme was Stand Up and Speak Out' and the group read, reviewed and enjoyed 'Beyond the Wall' by Tanya Landman.



As a community we celebrated 'International Week' and our Year 12 Anthropologists focused on migration during a trip to 'Brick Lane'.



Year 7s performed at the annual BGS Music Concert.



#### Page 29

#### January





BGS Success at the Regional Jack Petchey Pitch Perfect Grand Final.





Year 12 Chemistry students attended the Higher Education Conference at Queen Mary University London.



We excelled in athletics advancing to the regional finals, had another impressive netball success beating Trinity 20-3 and smashed it racking up a massive 82 points in a basketball Kent Cup fixture.



ect Grand Final.



GCSE Students performed at the KS4 Music Showcase.





3 of our students were recognised at the annual Bexley 'Civic Celebration of Achievement'.



We celebrated National Women and Girls in Science Day by attending a conference at Imperial College and also took part in the 1<sup>st</sup> Cambridge Chemistry Race.



#### February

At Japanese Club we made origami birds and animals. We also reported on our annual Europa Town Market





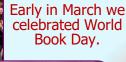
Adam was nominated by his Police Cadet leaders and received a Jack Petchey award. **JackPetcl** 

Foundation

#### Page 30

#### March

















The Year 12 Young Enterprise Team were the 'Best in Bexley'! Meanwhile, Year 10 students turned £120 into a whopping £1790 when they put their Business Studies heads on!



#### LOCKDOWN

On the 12<sup>th</sup> March our reading group attended the Trinity Schools Book

Awards Ceremony at the

City of London School.

On March 23<sup>rd</sup>, we went into lockdown. For the rest of March and throughout April, May, June & July we worked remotely. However, lockdown didn't stop us, our community spirit was strong, we supported each other and worked hard!



Ravi and his family delivered hampers full of treats to Key Workers

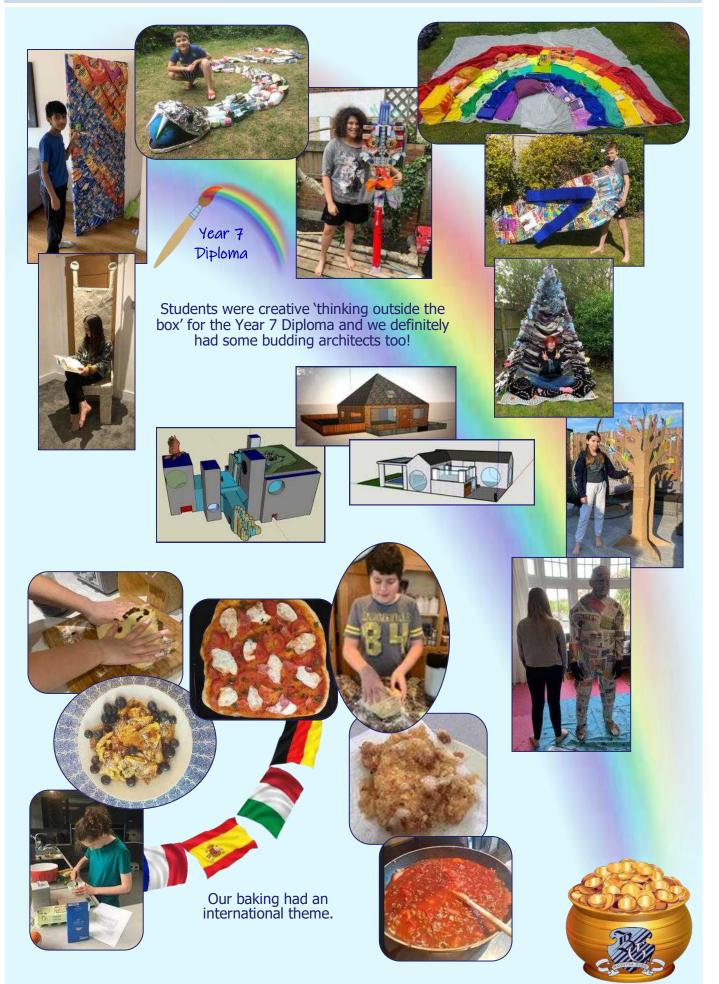


and Emilia helped out in her community by raising money for several charities, including Greenwich and Bexley Community Hospitals.



Meanwhile Kiera and her family supported our wonderful NHS.





### We shared our 'Radio 2 - 500 Words' competition stories and when our production of Twelfth Night was cancelled we had watch party and enjoyed a streamed production from the National Theatre. PBS GERS & HAMMERSTEIN'S OUSEL ummer poirces Evenin SOUTHW AYHOUSE A GLOBAL FILM FESTIVAL Culture Club treated us to some fantastic streamed productions and shared links to some thought provoking exhibitions. Meanwhile, the Music department invited us to WHITES a series of regular Summer Soirees.

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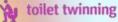
The Geography department took us to places

far and wide with virtual field trips. Students





This Toilet Im. flushing away poverty!









#### News items you may have missed

Bexley Grammar School Creative Writing Competition



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

#### THIS CAN BE IN ANY FORM:

- $\bullet$  A POEM
- A SHOR T STOR Y
- A MONOLOGUE
- $\bullet$  A DIAR Y ENTR Y
- $\bullet$  A LETTER
- $\bullet$  A SHOR T PLAY!

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

#### **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

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



As a community, we are going through a uniquely challenging time. We look back in our lessons 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: <u>Vocaroo voice message</u> <u>Video</u>

Visual art Written format (article/poem/diary etc.)

#### Please remember parental permission must be obtained for all videos and photographs.

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@bexelygs.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







## 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 <u>Kooth</u>, 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



# I. 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 revewed 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 <u>emotional wellbeing</u> <u>section</u> 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



## 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: <u>https://</u> <u>www.easyfundraising.org.uk/</u> <u>causes/bexleygrammar</u> click on the pink "Support this Cause" box.

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



#### **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).

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* 



Please look out for our BGS Summer edition Magazine in your inbox.



