



**Welcome
Back!**

NEWS LETTER



10th September 2020

www.bexleygs.co.uk



A Message from the Attendance Office

Dear Parents/ Carers,

If your child is absent for any reason please contact the attendance office only, this is to ensure we receive your message.

You can email us at:

Year 7-11 jeffery_j@bexleygs.co.uk

Year 12-13 thomas_t@bexleygs.co.uk

You can also use the absence line 020 8304 8538.

- Please state your child's full name (clearly)
- Form group
- The reason for the absence, please provide details of the illness etc.

If your child needs to leave school early or arrive late you must contact the attendance office to notify us and write in your child's planner.

Please also provide a copy of the medical appointment letter/ card.

No student will be allowed to leave school if we have not had notification or a note in their planner.

Please do not send notes or emails regarding absences/ appointments to Tutors or leave messages at the school reception.

Late arrival to school

Year 12 students will not be allowed to enter school after 9.10am unless you have notified the school in advance or they have a note in their planner.

Year 13 students will not be allowed to enter school after 9.00am unless you have notified the school in advance or they have a note in their planner.

Mrs Thomas and Mrs Jeffery, Attendance Office

Sports clubs, rugby and gumshields

Extra-curricular practices will begin for Year 7 students only next week (beginning 14/09/20). We will be focusing on the core sports between now and half term, with the hope that more activities can restart soon. Everyone is welcome - regardless of experience.

Monday - Year 7 Boys Rugby
Tuesday - Year 7 Girls Netball
Thursday - Year 7 Boys Football

Training will start at 15.35 pm - please come and wait under the canopy (where you line up for PE) while we dismiss other classes from period 7. Please do not enter the changing rooms until told to by your teacher. Training will finish by 16.30 pm.

Year 7 boys will be playing rugby in PE lessons this half term. Gumshields are not compulsory, but are recommended. These can be custom made by your dentist, purchased at a sports shop, or we have a limited number of gumshields for sale in the PE department to fit at home. They can be purchased from the PE office for £2. We would particularly recommend gumshields for students who intend to come to rugby training on a Monday after school.

Mr Lines, Head of PE





Click and collect library service

It's been lovely to welcome the new Year 7s and Year 12s into the library this week, and meet our new book enthusiasts. For this half term Year 7s are the only year group able to borrow books directly from the library, but for students in other years we are running the click and collect service that we trialled last term.

The students can browse the catalogue here (<https://u008937.microlibrarian.net/>) to see which books we have and which are in stock, using the search box in the top right-hand corner. They can then email me their 'order' and I will put this together. I will email them when it is ready and they can collect the book/s from the library after school. The after-school collections will happen every Monday, Tuesday and Thursday for this half term, starting on Monday 14th September.

If the students are not sure which books to borrow they can look at the reading lists on the school website for inspiration

<https://www.bexleygs.co.uk/page/?title=Library&pid=102>, or email me and I can recommend some.

Book discussions

The main thing that I will miss this half term is talking to Year 8-13s about the books they are reading, we have therefore created a Virtual Library on google classroom for students to get together and discuss all things related to books. I will also use this space to advertise the new books we have coming into the Library. I have sent the students invitations and hope they join!

Mrs Carey, School Librarian





E-Safety Advice

Dear Parents/ Carers,

I hope you had a relaxing summer. As you'll know from the regular newsletter items we always encourage parents/ carers to monitor their child's social media use and have open conversations about what they are accessing on their devices.

I have been made aware this week of a disturbing video circulating on TikTok involving a suicide, which has then been appropriated by other users and disguised with 'clickbait' images/ leads that children are likely to click on.

Without wishing to be alarmist, or raise the profile of this disturbing video, I want to make you aware of its existence so you can be extra vigilant of what your child is being exposed to on such mediums.

Mr H J Gilmore

Deputy Head and Designated Safeguarding Lead

kooth



Returning to School **After Lockdown:**

Kooth's Tips and Advice
for students





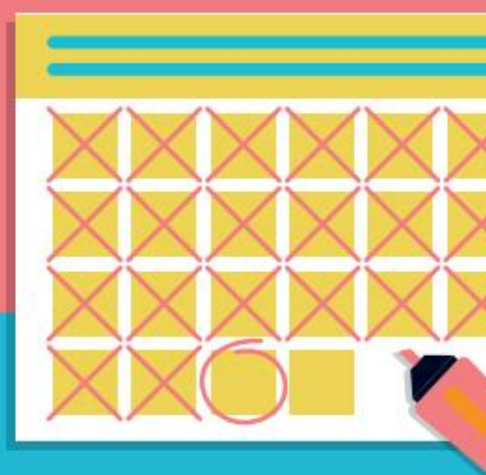
Introduction

Where have the last six months gone?

As summer winds down, unfortunately so do the long, lazy days of sleeping in and planning activities around your own relaxed schedule. Whether you're starting Year 6 or about to embark on your final year, heading back to school can be a heady mix of excitement, relief, stress and nerves. And this year, not only will you be expected

to adjust to a new timetable, new teachers and perhaps even a new school, you'll also be faced with having to adjust to a brand 'new normal' - whatever that looks like. If you find yourself struggling to wrap your head around these big changes, remember that you are not alone.

Here are a few tips to help you prepare emotionally for going back into the classroom again ...



It's good to talk!

The pandemic has affected us all in different ways and it's important to remember that if you're feeling anxious or worried, opening up about how you are feeling and what you have experienced (good or bad!) can be a really helpful step in acknowledging that things are different and also finding new ways of managing.

"Whether it's with friends, family or trusted teachers, allowing yourself to share your thoughts with others rather than bottling things up will help you to make sense of things,"

says Dr. Lynne Green, Chief Clinical Officer, Kooth.





Treat yourself like you would a friend

If a friend was going through a difficult time and needed support, think how you would treat them and then extend the same courtesy to yourself.

"Sometimes it's much easier to cut other people slack than ourselves, says Dr Green. "Remember, it is ok to not feel ok; you are human and you deserve some TLC."



One size doesn't fit all!

It's important to remember that there's no right or wrong way of doing things. What is helpful for your peer groups will not necessarily work for you so take some time to consider your own situation and coping style.

"Try not to put pressure on yourself to conform to something that doesn't make any sense for you, says Dr. Green. "Also have patience for others who may want to approach things differently - you are all unique."





Self-control can be overrated!

With so many things out of our control right now, it's extremely important to feel that we do have some degree of control over our lives. However, sometimes, your sense of control can actually be worse if you tighten the reins too much, explains Dr. Green.

"Control what you can and let go of what you can't; we are all learning to adjust to a new 'normal' and accepting some level of uncertainty can be liberating."



A positive mindset can move mountains!

Keeping a positive mindset in the midst of a pandemic is easier said than done, but thinking positively can help us be better equipped to handle difficult problems.

"Holding on to the belief that you can cope and things will be ok will not only help you to feel better, it will also encourage more positive behaviours," explains Dr Green. "This will increase your confidence and self esteem and ultimately result in improved mental health and sense of wellbeing."





Negatives can become positives!

It would be an understatement to say that 2020 has been incredibly challenging. But even when things are feeling hopeless, we can often find strength and new directions if we think creatively. Perhaps you've spent more time with your family, reconnected with a friend or baked the best banana bread in the Western hemisphere.

"Many young people will have found new career options, new friendships and new hobbies as a result of COVID-19 - if you look for positives, you will find them", says Dr. Green.



Perspective is Key

During these uncertain times, maintaining a sense of perspective can be invaluable.

"The more we are surrounded by chaos and fear, the easier it is to lose perspective and see everything through a negative lens", explains Dr. Green. "Focusing on the things that are going well and the things that you can control will help you maintain that all important perspective that will promote a sense of balance in terms of your wellbeing."





Hold on to your healthy habits

Covid-19 has likely challenged and changed ways in which you eat, exercise and socialise - restaurants were closed, clubs, gyms and sporting activities were paused and social gatherings were severely limited. Now is the time to start picking these back up as appropriate in line with new guidance, says Dr Green.

"Whether it's going for walks with friends or re-joining sports clubs, these sorts of activities help us to maintain a good work/life balance which will in turn enhance your mental wellbeing."





Forthcoming events/ Important dates for your diary

September

Monday 14th ~ Week B

Monday 14th ~ Hot food will be served in the canteen from this day



Monday 14th ~ Extra-curricular sports clubs commence (see notice)



Wednesday 16th ~ Inset Day (school closed to students)

Thursday 17th ~ All students return to school following Inset Day

October

Friday 16th ~ Thursday 22nd - Year 13, IB Mock Examinations

Thursday 22nd ~ last full school day before Half Term

Friday 23rd October to Monday 2nd November HALF TERM

(school closed to students ~ please note that the Friday before & the Monday after the usual half term week are also part of the holiday)

November

Tuesday 3rd ~ First school day following Half Term (all students return to school)

Monday 9th ~ Friday 13th - GCSE Mock Examinations