

NEWSLETTER



www.bexleygs.co.uk

10th December 2020



Last Chance

to buy

★ Christmas Raffle
tickets!

Deadline is

★ Monday 14 December ★

Tickets £1 each

12 great prizes to be won!

To buy your tickets, visit:

bgspa.co.uk/raffle





Christmas Jumper Day:
Jumpers with school uniform

Friday 11th December

'Spread the festive cheer!'
'Satisfaction comes with giving'
DONATING TOILETRIES
IN AID OF BEXLEY FOOD BANK

Although Bexley Food Bank are used to receiving food donations, they want you to donate unopened toiletries (nothing sharp like razors) that young people will need!





Winter Festival of Music

14 - 17 December, 6pm on YouTube

A series of short concerts for your
Christmas entertainment by students of
the music department.

Please donate via ParentPay.



Click [HERE](#) to go to
our YouTube channel!





Winter Festival of Music

From Monday 14th December, every night at 6pm, music students from the Music Department will be performing a series of virtual concerts for you. Each concert is around 25 minutes long, and we have a variety of ensembles from choirs, orchestras as well as some soloists from the lower school. If you'd like to make a donation, please log on to ParentPay where you will be directed accordingly.

We are looking forward to sharing the concerts with you - tune in on YouTube and search for Music at Bexley Grammar School. Subscribe to keep up to date! We will release the specific links on our Twitter and Instagram pages each day - follow us @bexleygsmusic. See you all virtually next week!

The Music Department



ABRSM Music Exams

Spring 2021

The Music Department will be hosting ABRSM practical music exams in Monday 8th March and Tuesday 9th March 2021. If you would like to enter your child in for examination, please complete the Google Form [HERE](#) by 18th January 2021.





CAROL ANNE DUFFY

GRIMM TALES

*A Year 7 and 8
Virtual Production*

Join the google classroom for info- knr6x2u



News items you may have missed

The YoungMinds Wellbeing Advent Calendar



Looking after your wellbeing as you countdown to the holidays

The Wellbeing Advent Calendar is back!

Christmas is a fun and exciting time, but for some, it can leave them feeling anxious, lonely or stressed. The lead up to this year's festivities will be different to usual. For some pupils and their families, this time of year will be very difficult, especially for those who have experienced trauma or bereavement.

We've created another Wellbeing Advent Calendar to help support you, your pupils and your colleagues throughout December. Each day, try a different 5 minute activity to help boost wellbeing and look after our mental health in the lead up to the holidays.

Each activity can be adapted to be virtual and can be something you do as a class in tutor time, separately after lunch or your pupils can do it themselves at home with their families.

We love seeing how you use your Wellbeing Advent Calendar! So don't forget to send us any pictures or feedback to 360schools@youngminds.org.uk or use the hashtag #360Advent and tag @YoungMindsUK on Facebook, Twitter or Instagram.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30 Christmas wish list

Get ready for December with a Christmas wish list for the world. Write down all the things that would make the world a better place for everyone.

Tip: Each pupil can write their list first, then this can be added to an ultimate class list.

1 Knock, Knock?

Ask each pupil to write down and share their favourite jokes to brighten up everyone's day.

Tip: To help them get started, here are some of our favourite jokes from Beano youngminds.org.uk/beano-jokes

2 The gift of giving

Share an act of kindness with someone in your school. It could be a kind word, a compliment, a smile. Think about how this made you feel and how this made them feel.

Tip: Take the gift of giving outside the classroom and show others that you're thinking of them.

3 Light up the Christmas Tree

Draw a Christmas tree that has five or more lights on it. Brighten up each Christmas light with the name of friends you can count on.

Tip: If a pupil is struggling, suggest someone in the class who is supportive, friendly or reliable.

4 Share something special

Ask your students to share with the class something that has really cheered them up when they were feeling down.

Tip: Ask your pupils to think about how it makes them feel and why.

7 Snowman of gratitude

Draw three circles to make the shape of a snowman. In each 'snowball' write the things you are grateful for.

Tip: You could extend this by asking pupils to carefully cut them out and stick them up around the classroom.

8 Have a giggle

Have a go at laughter yoga. Sit in a circle and laugh at everything and anything. What may start as a fake laugh will soon turn into a genuine free-flow of class happiness.

Tip: Warm up by clapping your hands and other playful exercises.

9 Letter from Santa

Write a letter that Santa could give to another pupil who is having a tough time.

Tip: Collect all the letters and each day spend 5 minutes reading one out to the class.

10 And breathe...

Start the day focusing on your breathing. Ask your class to close their eyes and listen to their breath as they inhale for four and exhale for four.

Tip: Get everyone out of their seats to sit or lie flat in a comfortable position anywhere in the classroom.

11 Positive paper chains

Give each pupil a strip of paper for them to write a positive message. Connect all the strips in a paper chain and display around the classroom.

Tip: Instead of connecting them put them in a basket for pupils to take when they need a dose of positivity.

14 Superheroes unite!

Ask your class if they know a keyworker and draw them as an ultimate 2020 superhero. This could be teachers, nurses, bus drivers or shop workers.

Tip: Create the ultimate superhero individually or together on the whiteboard.

15 Christmas boogie

Ask the class to pick a tune to their favourite songs and have a sing and dance together.

Tip: Keep it festive and play music from films like Polar Express, Frozen or Home Alone.

16 Festive hats!

Have different coloured paper across each table and ask pupils to design or create a showstopping festive hat.

Tip: Punch two holes and add some string to hold the hats on their heads for the rest of the day.

17 Rainforest orchestra

Pick a pupil to start a clapping rhythm. One by one, ask each pupil to join in, until everyone is clapping. Direct them to clap louder, quieter, or stomp their feet to sound like a rainstorm.

Tip: Add in different animal sounds. End with shhh sounds as the animals go to sleep.

18 Have a restful day

Set aside time to relax. Christmas can be a stressful period so it's important that we look after ourselves.

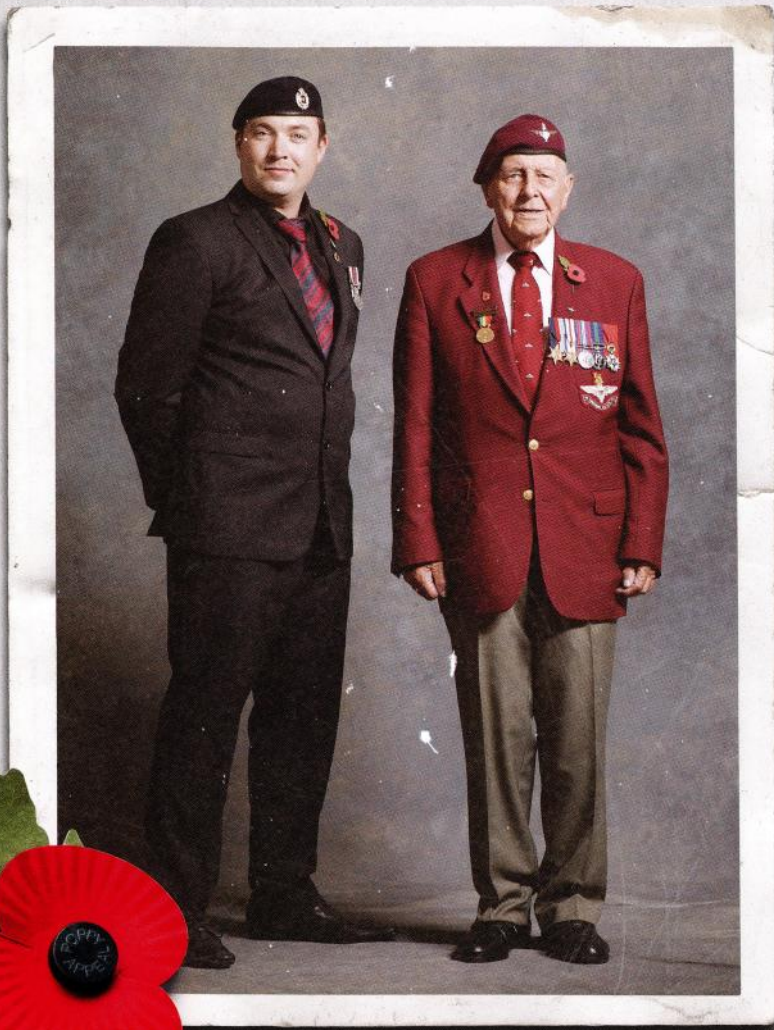
Tip: Make time for your own self-care too. Ask your pupils and colleagues what they will be doing for self-care over holidays.



BEXLEY GRAMMAR

2020

Sam, ex-Army and Geoffrey, ex-Army.



**THERE'S A NEW
GENERATION
OF VETERANS
THAT NEED
YOUR SUPPORT**

Your Royal British Legion poppy helps us support thousands of modern veterans, Service men, women and their families.
rbl.org.uk/remember

THANK YOU FOR SUPPORTING THE POPPY APPEAL
TOGETHER WE RAISED £ **354.18**

LIVE ON 



MASK MAKING IN HOUSE COLOURS



BEXLEY GRAMMAR SCHOOL

UPDATE

A message for students who signed up to take part in the House Mask Making sessions earlier this term. Apologies for the delay; we are hoping to run this activity when we return in January.

A reminder that masks will cost 50p each.

Thank you

Mrs Snelling, House Coordinator





BGS PA

Christmas Tree Decorating Contest!

Prizes:

1st place: Chocolate Hamper

2nd place: Festive Goodies

3rd place: Gingerbread House Kit

Contest open to BGS families & staff.

All trees welcome!

Judging is based on creativity, theme
and overall visual impact.

To enter:

Take a picture of your Christmas tree
and email it with your family name,
child's name & class to: contest@bgspa.co.uk

Deadline for entry: 14 December

Winners announced: 17 December



Can you sew?



Since the introduction of mandatory face masks while navigating around the school, disposable face masks have been available at reception for those who have forgotten or lost their masks. By doing this, there is not only a cost to the school but also an environmental cost.

To help reduce the amount of face masks issued the **PA would like to help by making reusable masks and donating them to the school.** These masks would be given to students to keep, wash and reuse.

For homemade face masks – you will need:

- paper for template
- scissors
- needle & cotton or sewing machine
- breathable cotton fabric
- elastic



Please find below a link to an easy sew face mask

<https://www.youtube.com/watch?v=lwFHklUfvvU&feature=youtu.be>

If you would like to get involved by making masks, donating fabric or even if you have time to help cut out the templates, please contact:

Deann Peetoom by email deannpeetoom@googlemail.com

**Thank you,
BGS Parents' Association**



Have you heard about the PA Millennium Club?

Dear Parent/ Carer,

The Parents' Association runs a monthly Millennium Club draw to raise funds for the school. Each month there is a prize draw, with a first prize of £15 and a second prize of £10. Each share costs £5 and will be entered into monthly 12 draws plus an additional bonus Christmas draw in December. There is no limit to the number of shares you can buy; the more shares purchased the higher the funds raised for Bexley Grammar! You can join at any time, but must be over 18 to enter. To be in with a chance of winning, please click on the link [here](#) for details of how to enter.

Good Luck!

BGS Parents' Association





COVID-19 CASES ARE RISING IN WELLING

Parents, carers and students - help keep your community safe

Do not send your child to school or to school events if they have symptoms



Wear masks on public transport

Remember social distancing at school entrance and exits - if they're busy wear your mask



Go straight home when school ends

Wash your hands often





Report Lost Property

Please help us to help you by putting your child's name in all their belongings so that we can return them to their owners. Please report lost property by clicking on the link [here](#). Thank you for your cooperation.

Reception Team

Forthcoming events/ Important dates for your diary

December

Friday 11th ~ Christmas Jumper Day. Jumpers **with** school uniform (see notice)



Monday 14th ~ Week A

Monday 14th to Thursday 17th ~ YouTube - Winter Festival of Music streamed concerts (see notice)



Monday 14th ~ BGS PA Raffle - ticket sales deadline (see notice)
~ PA Christmas Tree Decorating Contest - deadline for entry (see notice)



Wednesday 16th ~ Last **full** school day before the Christmas Holiday (DATE CHANGED Please click on the link [here](#) to see Mr Elphick's letter)

Thursday 17th ~ BGS PA Raffle - drawn (see notice)
~ PA Christmas Tree Decorating Contest -
~ winner announced (see notice)



January 2021

Monday 4th ~ Week B
First day of the spring term all students return to school
Same arrangements as previously through separate gates:

- Years 11 and 13 ~ 8.30am
- Years 9, 10 and 12 ~ 8.40am
- Years 7 & 8 ~ 8.50am

Monday 18th ~ Deadline to register for ABRSM Music Exams (see notice)

