

NEWSLETTER



www.bexleygs.co.uk

14th January 2021



“HELLO
2021!”



“HELLO
BGS COMMUNITY!”



STAR STUDENTS OF THE WEEK



Geography Star Students

The Geography teachers have been amazed by the first week of remote learning from the Year 7 and 8 geography classes and the work that has been submitted by students. Year 7 students are starting a new unit of work on Tourism and had to design a topic page, this had to include a number of defined keywords, juicy facts and wonders of the world.

Students could use computers to generate their design or draw and colour their designs by hand.



Diego De Jongh Martin



Dylan Banks



Kate Rooney



Abigail Carter



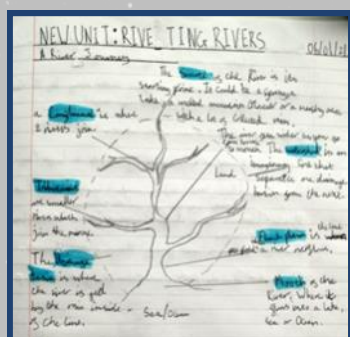
Angela Luong



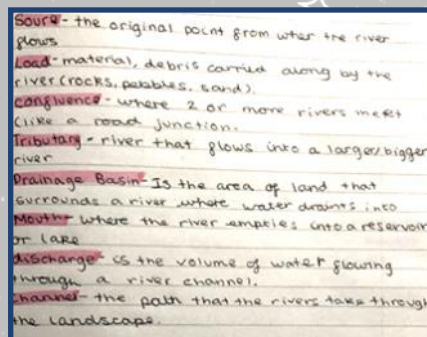
James Moss



Year 8 students in Geography are starting the unit Riveting Rivers. The topic pages were superb and we enjoyed looking at all of them. The Year 8 students also completed work on a river's drainage basin and this also involved submitting annotated diagrams of their work. It was pleasing to see students maintaining the department's high expectations when presenting their notes, especially with the number of new keywords that their first rivers lesson included.



Behzod Marufov



Celine Pan



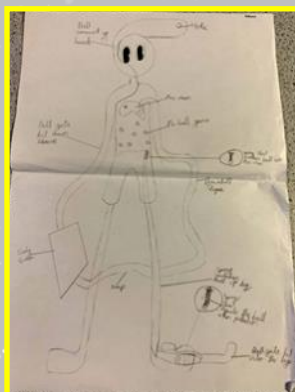
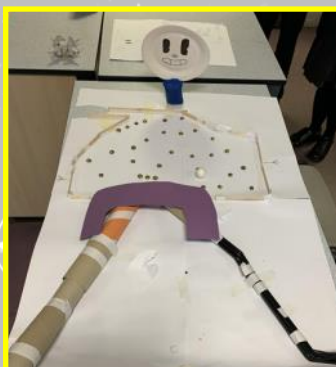
STEM Star Students

The House STEM competition was finished and judged in the last week before Christmas. Parent-governor Mr Mike Woodhall, cast his expert eye over their designs and watched their presentations. We really appreciate the time he took to give detailed and constructive feedback to each team. Every team produced original work and presented with enthusiasm and professionalism, I was very proud!

Here are the winning designs.

House	Place
Kirkman	1st (30/35)
Johnson	2nd (29/35)
Mabbs	3rd (28/35)
Collins	Joint 4th (26/35)
Prothero	Joint 4th (26/35)
Wellman	5th (25/35)

Kirkman - A design for a crazy golf hole by **Jay Renoo**, **Vivian Kellman** and **Adam Mawdlsey**



STAR STUDENTS OF THE WEEK

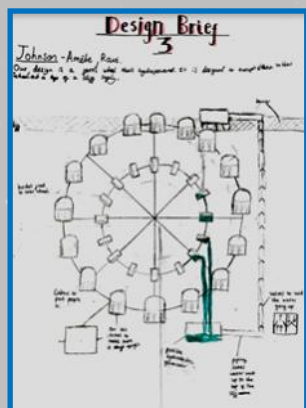


And the feedback for **Kirkman**:

This idea is immediately engaging and the prototype is well constructed. It is a great example of a minimal viable product (enough detail to get feedback on the idea and decide whether to move to the next stage of development). The use of the materials in the prototype was well thought through and sufficiently robust to show the process. The presentation was fantastic - very clear and it is great to see something in action, and what it could look like in real life. It would be a fantastic hole to play!

Mr Woodhall

Johnson- A design to lift schoolchildren up to the top of a cliff for a rural school by **Ravi Bhat** and **Amelie Leachman**



And the feedback for **Johnson**:

This is a wonderful example of lateral thinking - rather than just improving what was already there (build a better ladder or bridge) you have come up with a design that works in a radically different way. The drawings you have developed are very clear and I think the design you have come up with would be a fantastic way to get to school! The use of hydro-electrics is innovative and the safety features are well thought through. It would be really interesting to see if you could take this idea and see if there is a way to develop a simple prototype that could be tested! Great job Amélie and Ravi.

Mr Woodhall

Well done to all teams. It was great to be able to complete this house event in the short window we were in school.

Ms Lusted, STEM Coordinator

STAR STUDENTS OF THE WEEK

Design is used to raise awareness

Never would I have thought that pupils aged 12 and 13 (Year 8) would be so engaged in local charity issues.

In Design and Technology we are experiencing a new kind of beautiful, how our pupil's relationship with charitable organisations are changing and how they are promoting their chosen charities with an unstoppable energy.

Each pupil has designed a Mood Light in Ms. Chan's Electronics Class based on a charity of their choice and then created/ or will be completing an electronic circuit attached to a power source, look at these...

From moodboards, initial concepts to final prototypes. An absolute joy...

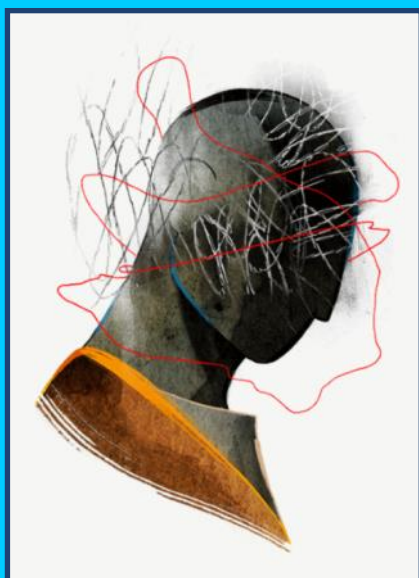
The charities vary from Muslim Aid, The RSPCA, WWF, English Heritage, Wateraid to Mind.

An extract from the work of Billy Roxburgh

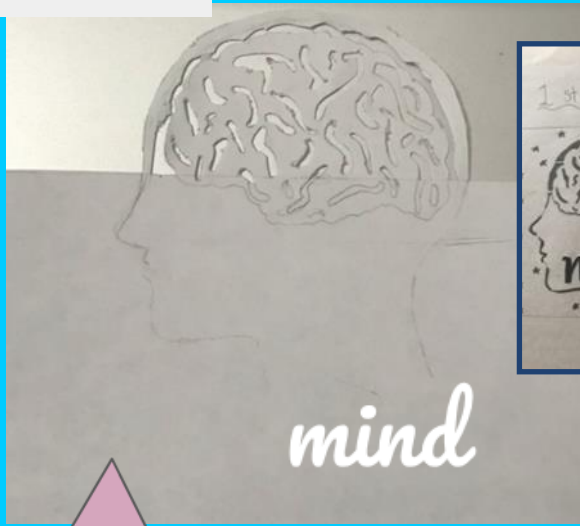
NHS charities together: is a charity that supports key workers working hard through these tough times. Every day, they give 1 million pounds to hospitals to focus on helping them do more. This helps people stay well for longer and get better faster.

In recent years, this charity has funded major capital projects such as pioneering research and medical equipment, helping patients access the best possible care when they need it most. They also play a key role in mobilising volunteers to support NHS staff, brightening wards and waiting areas with colourful and engaging art and building an important link between our hospitals and our communities.

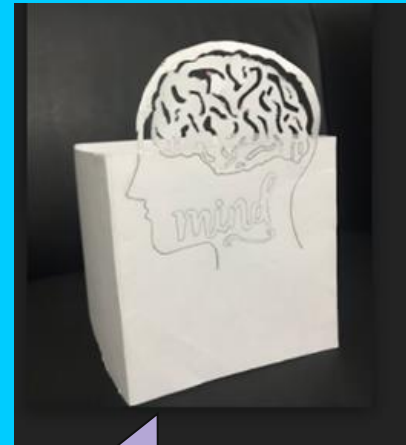
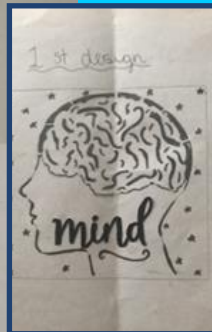
Other NHS charities support mental health trusts, community health trust and ambulance funds. These vital funds and services are above and beyond what the NHS alone can provide, touching lives and making a huge difference to millions of people when they are at their most vulnerable.



Alisha Ahmed



shaped without
the use of a laser
cutter



a scale model was
constructed this
week during
lockdown

Moodboard

5)



2)



4)



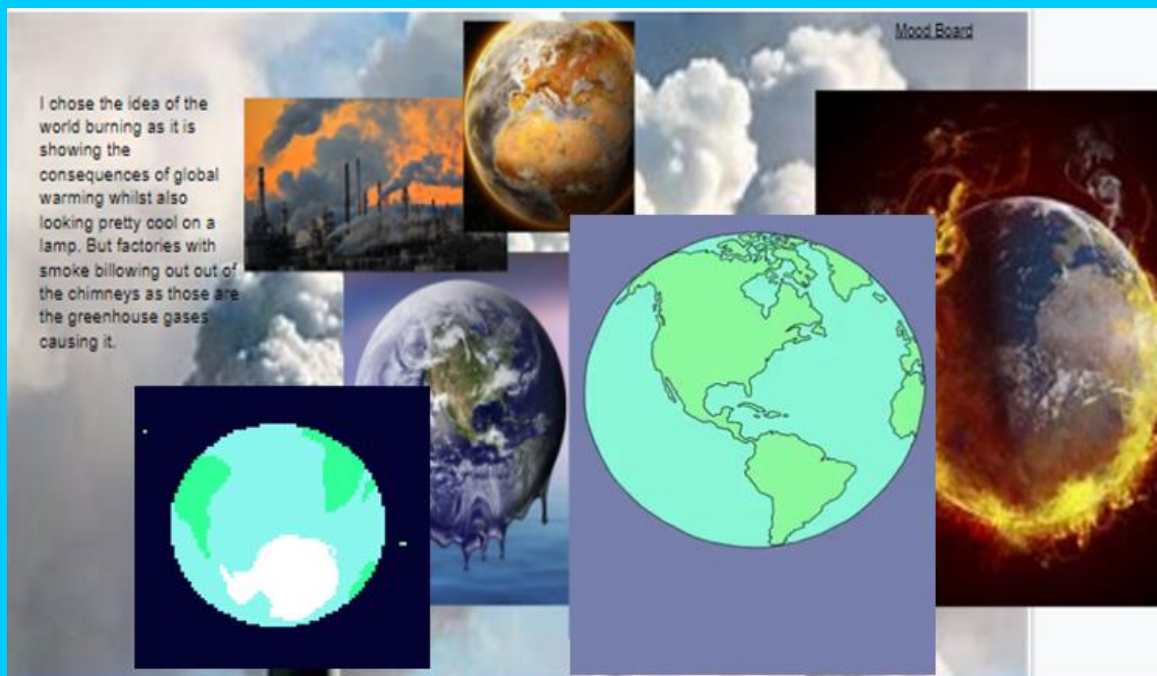
1) This picture shows someone helping another to put the pieces of a person together.
2) This shows people talking to one another encouraging people to talk to other about their feelings.
3) This is a quote which people live by.
4) Someone talking to another; encourages talking to others when needed.
5) This is my main picture as it gives the most direct message about mental health.



This is why I'm supporting the act against climate change because it could literally mean: The difference between life and death because I want a future for the kids and grandkids that our generation has because if we don't fix it we may have less than a century left on the earth. If we don't stop this issue the temperature will rise by about 5 degrees which will make about half of the earth uninhabitable (not counting places that already were not habitable like the Russian forests). We may not be able to stop the temperature from rising, but we may be able to reduce the amount it rises by. Scientists say we need to reduce it by 2 degrees at least if we want to survive at all let alone live through it.

Countries that contribute most to global warming are: China, U.S, India, Russia and Japan. The UK is in the top 20, but is nothing near as bad as what China produces. (We are no. 17 on the list and China is no.1). In 2016, China had contributed roughly a quarter of the world's global emissions, this can be excused slightly as they do have over 1 billion people living in the country.

Ethan Christie





PE News

Students will be provided with activities to complete for their PE lessons via google classroom. In addition, they will be invited to participate in a number of extra-curricular activities should they wish to. These will mostly be activity and distance challenges, so students will need to calculate the distances they have covered. With that in mind, it would be great if students who are interested in participating could download a fitness or activity tracker app to their phones (or the phone of a parent). Strava is a common choice, but Google fit, Under Armour MapMyFitness or Nike Run Club all do a similar job. All can be downloaded and used free of charge, although some have subscriptions for advanced content.

All will be voluntary, but we hope as many students as possible will take part.

Thank you,

Mr Lines, Head of PE



Our first extra-curricular challenge is a simple one - run as far as you can in 40 minutes!

Our Year 12 prefects have been sending in their scores, and want you to join them. You can do this on your own, or with a family member. It is not compulsory, but adds a bit of focus to any activity you are looking to do beyond your PE lessons. Instructions are as follows:

- Warm-up
- Run (or walk) for 40 minutes
- The run can be completed in your garden if you have one, on your street, or in the park
- Record your run with Strava, or similar
- Screenshot your run and email it to Mr Lines



Make sure you observe social distancing rules at all times, ensure you have a drink and a mask with you (not to be used at the same time), and make sure you stay safe, especially if it is dark.





Have fun!



BGS Physical Education Virtual Challenge

40MIN RUN








40:01
TIME

4.59
KILOMETERS


1:05 **8:42**
CURRENT PACE AVG PACE

8.30
Kilometers

5'14" Avg. Pace
Time 43:00
Calories 542

75 m Elevation Gain
Avg. Heart Rate 152
Cadence

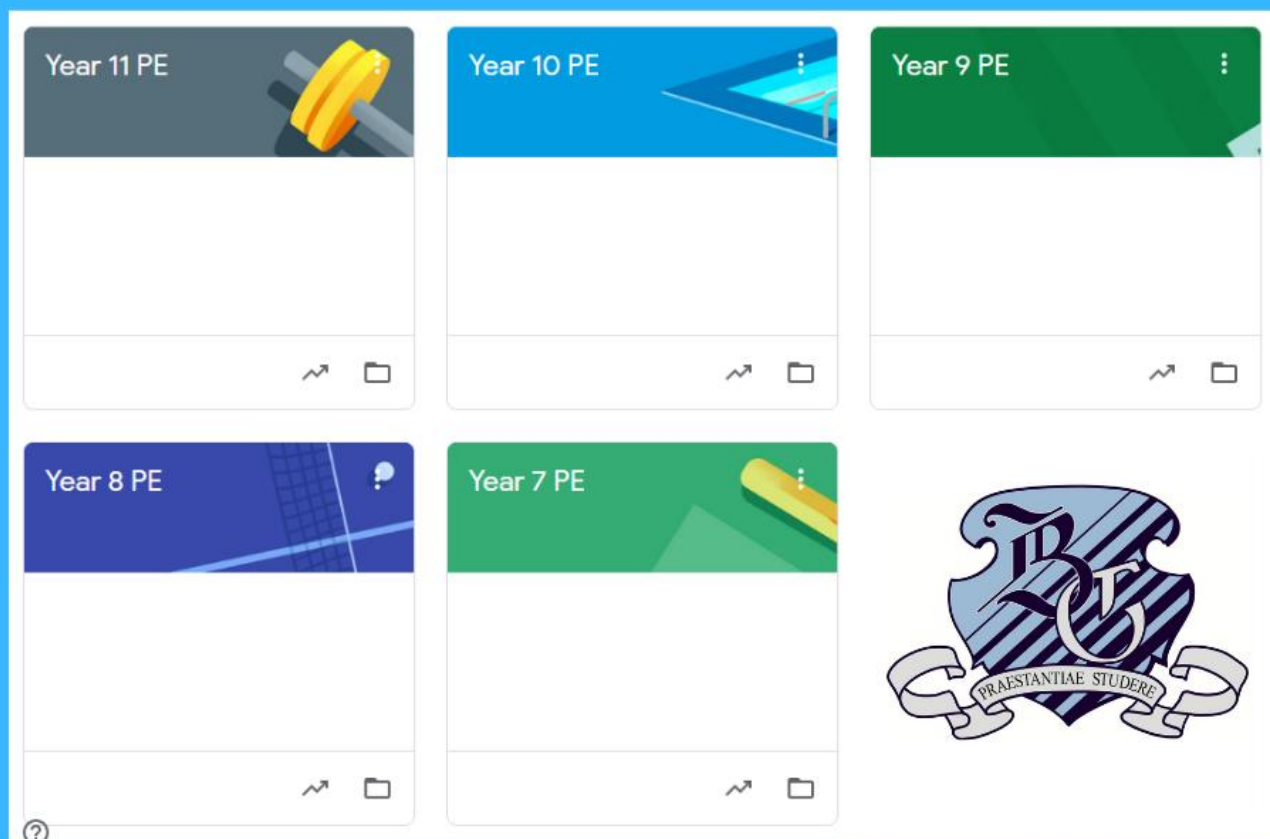


Instructions:
 Observing social distancing rules at all times
 Drink plenty of water and stay safe
 Screenshot & email your run to Mr Lines by Monday 18/1/21



All students in Years 7-11 have been added to new google classrooms for their core PE lessons. If you missed the email with the link, or are not sure about what you should do, please email your PE teacher and they can provide instructions for you.

BGS PE Google Classrooms



Virtual Mount Everest challenge

Blake Wymark, 7VLP has climbed an amazing 8850M to raise money to support his Sea Cadet unit. This amazing achievement is the equivalent of climbing Mount Everest. Blake climbed every day for 6 weeks finally reaching his goal, the summit of Everest- Well done Blake!

Mr Lines, Head of PE



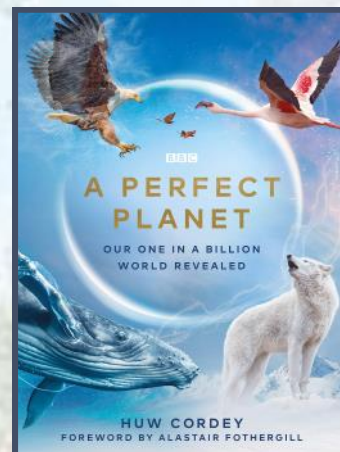


Geography News

We recommend that students enjoy the latest David Attenborough series, [A Perfect Planet](#) which is on BBC one each Sunday at 8pm. This includes some amazing places and clever animals as well as explains geographical content that we study. Year 10 will see links in episode 2 to the location of deserts and how animals have adapted to this hostile environment.

Did you know that if you write to Sir David Attenborough and enclose a stamped addressed envelope he is more than happy to reply?

What would write to Sir David about?



Quick Brain Teaser

Can you work out the islands from these clues?
Email Mrs Belton-Owen with your answers, merits on offer or if you get them all right: [A SEAL OF APPROVAL!](#)

1. A series of volcanic islands 900 miles of the coast of Europe in the Atlantic Ocean.
2. This is the largest island in the world!
3. Over 140 islands make up this group that can be funny! They are off the SW coast of England.
4. These islands are the lowest lying nation in the world.
5. This island has the highest island point in the world at over 16,000m is?



e-safety Advice for Parents / Carers

Dear all,

I hope you and your families are well. At this time of extensive screen use by all of us I'm sending a link to a very useful magazine I subscribe to, [here](#). I often quote articles from Alan Mackenzie, but in this instance I felt the whole edition was worth sharing.

Best wishes,

Hugh Gilmore
Deputy Head and DSL





A Mindful Moment

Wellbeing

It can take time to adjust to our new situation and I've been impressed by how you are adapting to our new virtual learning environment. It is really important that we don't lose sight of our own wellbeing during this time: increased screen time, working remotely, sitting in front of a computer or phone all day can all take their toll.

One of the key things we can do is make a list of the things that help to support our own wellbeing and use these as tools for when things feel more difficult.



The Action for Happiness calendar (Happier January) also has some ideas for daily activities to support your wellbeing during this first month of the year. Whatever you do, make sure you take some time for you.

Ms Brand
Mental Health Lead

ACTION CALENDAR: HAPPIER JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 "Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi				1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help to brighten their day
4 Write a list of things you feel grateful for in life and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something physically active (ideally outdoors)	10 Thank someone you're grateful to and tell them why
11 Switch off all your tech 2 hours before bedtime	12 Connect with someone near you - share a smile or chat	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Eat healthy food which really nourishes you today	16 Get outside and notice five things that are beautiful	17 Contribute positively to a good cause or your community
18 Focus on what's good, even if today feels tough	19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Plan something fun and invite others to join you	24 Put away digital devices and focus on being in the moment
25 Decide to lift people up rather than put them down	26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	29 Use one of your personal strengths in a new way	30 Count how many people you can smile at today	31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together

A Mindful Moment

Year 7 Merits

Dexter Matthews (7ACR) wanted to suggest an idea about how Year 7 students can continue to obtain merits even when they are learning virtually and as a result contacted Mrs Rubbera, Miss Fuwa and myself. Following a couple of emails and a phone call, we challenged him to come up with a proposal for how this would work for students and teachers. He came up with this **proposal** (in case you want to read his excellent ideas!) over the weekend, and Miss Fuwa and I discussed his ideas further on Monday to come up with a concrete plan. Dexter has been incredibly mature, thoughtful and thorough in his proposals, planning and creation of the relevant documents we have needed.

So, what does this mean for Year 7 students? Year 7 staff will continue to award merits that students will sign off in their planner and on a spreadsheet on their form Google Classroom. Students will be awarded merits for their participation, conduct and work whilst undertaking virtual learning over the next few weeks. The merits they are awarded will count towards the merits they need to collect to achieve their Diploma over the course of Year 7 and Year 8, so it is really important that they strive to do their best during this unusual time.

A final big thank you to Dexter, who initially came up with the proposal to continue merits and also communicated maturely and helped to organise and create the documents needed to make this work virtually. I look forward to hearing of the excellent participation, conduct and work that all Year 7 produce over the coming weeks. Keep up the good work!

Mr Martin, Year 7 Director of Studies



REMEMBER TO REGISTER YOUR INTEREST

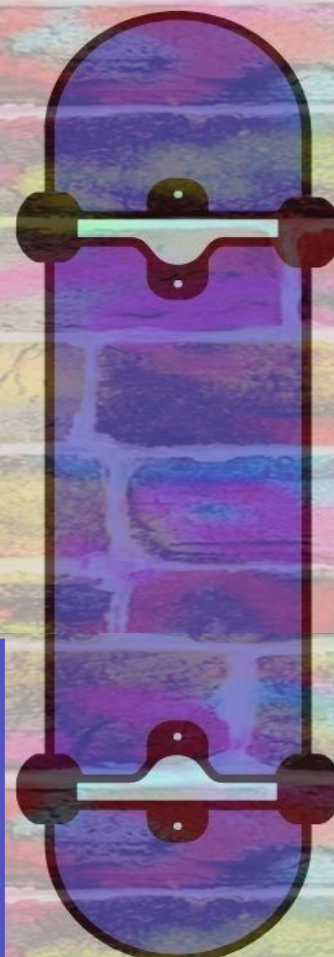
Coming soon

make. create. paint. skate

DT are launching The BGS skateboard club.
Making the decks from scratch, steam bending to shape and then painting...

Open to Year 8 and 9 initially.

Register your interest with
Mia Millen and Lucy Avis-Clarke in Year 8





News items you may have missed

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.

