

NEWSLETTER



www.bexleygs.co.uk

28th January 2021

Holocaust Memorial Day - 27th January

Students at Bexley Grammar School have been learning about the Holocaust this week in line with Holocaust Memorial Day on January 27th. January 27th 1945 was the date that the biggest Nazi concentration camp, Auschwitz-Birkenau, was liberated by Russian troops, bringing to an end the systematic murder of Jewish, Gypsy, LGBT and other people in that part of Poland. The Holocaust claimed the lives of over 6 million people and affected millions more. Students have been learning about the stories of some of the individuals who were affected by the Holocaust in their English, FBCS and History lessons and some of their work is shared below.

Thanks to all the staff who enabled this and delivered the material to students. Thank you to all of the students who participated and contributed their ideas.

Mr Martin, History Teacher

Gena Turget- Birth 1923

1st September 1939- her house was first bombed

Autumn 1941- moved to the ghetto in Krakow

1944-45 sent to Auschwitz

January 1945- sent on trucks to Bergen Belsen

15th April 1945- Bergen Belsen was liberated

Gena was only 16 when her house was bombed at the beginning of the war, which meant she then had to move to a ghetto where some of her family were shot. When they were found they were forced to constantly move from one camp to another until she was finally liberated in 1945, with only her Mother left as her remaining living family.

We need to remember these stories so it reminds us of this despicable crime and not to do it again. Gena helps us remember that not only adults, but children who were brought up in Judaism were taken to concentration camps too, and that genocide is a despicable crime which should never happen in large or small numbers ever again. From her experiences she has written a book "I light a candle".

Jessica Davis, Year 7





Henry Wermuth

- He was a Jew and proud German who was shocked when Hitler came to power in 1933.
- He and his family were forced into Poland before it was invaded.
- In 1942 he tried to kill Hitler by derailing his train and was awarded a medal for it in 1995.
- He was the only member of his family who survived the Holocaust and became a successful businessman.

It is important that we remember stories from the past as 'those who don't remember history are doomed to repeat it' so if we forget there will be a high chance of horrific things happening again. The individual story is more significant than the bigger picture as it can tell us more about the pain and suffering that people went through and can tell us more about people's attitudes towards these events.

Aaron Kiley, Year 9



27/1/21 How can we remember Stories From the Holocaust?

Kitty Heart-Moxon

- ~~Born~~ Born in 1926
- Went to Auschwitz on 2nd April 1943

Kitty was born close to the Polish-German - Czech frontiers. They tried to escape the ghetto and managed to get non-Jewish passports but in 1943 they were betrayed and her and her family was sent to Auschwitz. Kitty was forced to work for 8 months in the Kanada Kommando and in 1944, she and her mother were evacuated to a sub-camp and in 1945 they were forced to a death-march for 2 weeks. Then she and her mother were sent to Bergen-Belsen and then marched back into a cattle truck where many women died due to lack of air. Kitty and her mum were the only survivors of her family, and received permits to settle in the UK.

Emilia Morgan, Year 9





Reine Inow

Born: 1929 in Germany

Lived with: her mother, her father, her brother and her sister

Reine Inow was born in Germany and was a Jew. When she was 10 years old, her brother was taken to a concentration camp and she was sent away to Britain by the Kindertransport - a programme that helped children escape Germany to find a safer place to live. She arrived in England and stayed with her aunt. Reine managed to escape the holocaust, however, her parents sadly did not. She still lives in England and has ever since.



It's important that Reine's story is remembered because it helps us remember that not all Jews were killed in the Holocaust and that everyone can find hope in anything.

Layla Evans, Year 7

Gena Turgel

Born in 1923

Bombard her city in 1939

Moved to the ghetto in 1941

Sister Miriam Killed in 1944-1945

Sent on a death march

Freed on 15th April 1945

Gena Turgel saw many siblings die and was sent to many concentration camps with her remaining family. She wrote a book called *I Light A Candle* which is about her experience during the Holocaust.

Gena Turgel's story is very important because it reflects many people's situation and it helps us understand why the Nazis did what they did and how Jews were treated during the War.

Alice Colaiacomo,

How Can We Remember Stories from The Holocaust?

22/01/2021

Zigi Shupar

Born 18th January 1930 to a Jewish family in Koidzi, Poland.

Attended a Jewish school

Parents divorced when he was 5 years old.

In 1940, Zigi was forced to move into the Koidzi ghetto with his grandparents. He never saw his father again after this. In 1942, all children in this ghetto were rounded up and were put onto lorries. Zigi jumped off the lorry and continued to work at a metal factory until the ghetto was liquidated. Then he was sent to Auschwitz. After an hour of being at the ghetto all those from where Zigi was from, who were not chosen as fit to work had been murdered. A few weeks after arriving at the concentration camp, Zigi was sent to Stutthof concentration camp near Danzig. Nearstahl was where Zigi was sent next and he was told he would be going to Denmark. But before this could happen, there was a British air attack and he was liberated on 3 May 1945.

It is important to remember stories like these from the past so that they are not forgotten. It is also important to remember that this is only one of the millions of lives affected by WW2 and this shows the scale of the damage done.

Hari Rehal, Year 8Henry Hermuth.

Was born in Germany 1923. He had 2 sisters (Ida and Hanna) and lived with his family who were all Jews.

When the Nazi party grew in power in 1933 his family was sent to Poles Poland. After the Nazis started World War Two they invaded Poland and put a white emblem with a blue Star of David on all the Jews. Henry and Bernhard were forced to work but when he came his sisters and mother and all Jews in the town were sent to a death camp and slaughtered. Henry and Bernhard was also sent to a camp and one morning the men in charge

Samuel Raji, Year 8Holocaust Memorial Day - 27th January



STAR STUDENTS OF THE WEEK



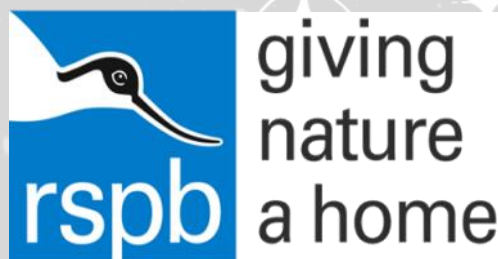
Star Students

We are encouraging pupils to keep focusing on positive things for them to do during lockdown when they aren't working through their virtual lessons!

Mr Skinner, Director of Studies, Year 8

The RSPB Big Garden Birdwatch

This birdwatch is a wildlife survey completed nationally by millions of people. It asks for people to use one hour of their time on specific dates to look for birds in their garden or local park. This has been an annual event for over 40 years and has collected an abundance of important data to help support the natural environment and wildlife.



The RSPB birdwatch helps them understand the challenges faced by birds across the UK and how they can tackle these problems.

How does this work?

The RSPB sends you a pack which helps you to record what you see e.g. a checklist and information sheet. After you complete the birdwatch, you simply return your results to the RSPB and they collate the information and apply it to their past research.



Why should I sign up for the birdwatch?

You should sign up for this birdwatch because the natural world is so important and we should be making every effort to preserve, help and understand it. The struggles that our wildlife is having is unbelievable - twenty three species of UK birds are listed as critically endangered and this annual event helps the RSPB monitor the population of these birds and many others and help support everyone.



How do I sign up?

You can sign up by going to www.rspb.org.uk/birdwatch and registering. If you have an hour to spare **between the 29th January and the 31st January 2021** then please sign up.

Thank you,

Luke Seagroatt, Year 8



A New Hobby

In this global pandemic, I have achieved the ability to paint miniatures, mainly from the Warhammer 40k Universe. I am proud of this achievement, to a point that I now have a new hobby. I have learnt new techniques, such as airbrushing, base coats, layering, washes, glazes, and my favourite, dry brushing. The way I picked up the hobby has also inspired my Dad to join in as well, just with a different universe of figures.

I have learnt the art of recycling things too as the majority of the terrain for the hobby is made from recycled Styrofoam boards, Cola cans, and sprues (the things you cut the miniatures off of).

Below is an image of everything I have talked about. My miniature, is on the right, and my Dad's one, scaled down by a lot, on the left. In the background, you can see my Styrofoam board project.

Luca Bulavitchi, Year 8





Design is used to reduce inequality

Year 9 - Introduction

In Year 9, we have been looking at real world design issues. Some of us have very little. We need to work to develop a fairer world where everyone has access to the things they need to survive.

The Problem

We are learning about how extreme weather and natural disasters can kill or injure millions each year, but not everybody can afford the products designed to protect us from them.

People in wealthier nations have access to clothing, shelter and warning systems, but often people in developing countries do not. This inequality means people in developing countries are much more likely to suffer.

Year 9 have been creating a prototype protective suit. This suit will use only everyday materials and improvised building techniques.

Students learn which properties various materials have to ensure the suit can withstand cuts, cold, impact or sinking.

The suit can be made for little or no cost, regardless of where the user lives. Students learn that through smart design and use of everyday materials, cost and distribution cease to become a barrier to fair access to lifesaving design.

Ms Chan, Head of Design Technology



Tornado



Earthquake



Wild Fire

Year 9 Solutions



Nathaniel Kuhn
Extreme
Temperatures



Evie Nguyen
Earthquake



Adam Mawdsley
Tsunami



Robert Humphreys
Hurricanes



PE News

Strava Art Challenge

We received some brilliant entries in our Strava Art Challenge - far too many to share them all here, but we have chosen some of our favourites. Well done to everyone who took part - we hope you were inspired to get outdoors and be creative.



Mr Lines Head of PE





A-Z Cycle Challenge

Our next extra-curricular virtual challenge is an A-Z bike ride. See how many letters of the alphabet you can tick off on the roads near your home. You could set yourself a time limit - as many as you can in an hour, or see how many you can do over the weekend or a series of days. Any entry is welcome, just make sure you cycle safely and have the permission of a parent or guardian. Email the list of streets you cover to Mr Lines.



BGS PHYSICAL EDUCATION VIRTUAL CHALLENGE

A-Z RIDE



ALPHABET CYCLE CHALLENGE

TRY AND CYCLE ALONG ROADS NEAR YOU WHICH START WITH AS MANY DIFFERENT LETTERS OF THE ALPHABET AS POSSIBLE, FROM AVONDALE ROAD....TO ZAMPA ROAD

Please cycle safely, wear a helmet and only participate with the approval of a parent or guardian. Put your list of roads into an email and send it to Mr Lines.



DEADLINE: 2ND FEBRUARY 2021



Book Review

Go Set a Watchman by Harper Lee

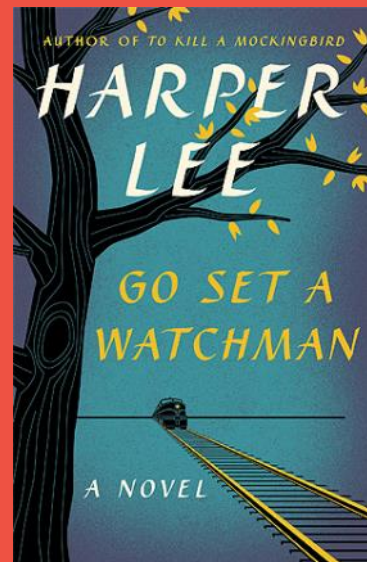
The book, *Go Set a Watchman* by Harper Lee is very rewarding if you take time to read it. It talks about topics that are difficult to talk about such as racism and sexism. The book is set in the 1950's and main character Jean Louise Finch is a woman in her 20s who returns to her hometown Maycomb, Alabama only to see everything has changed and people she knows do not like it.

At the start we hear of what has happened without her and also of her past in Maycomb County. We learn that her older brother died of a heart condition a few years ago in his 20's. She and her brother used to play together with a friend who came by in the summer. Her brother's friend Henry Clinton (Hank) lost his parents and was raised by Jean's father to be a lawyer like himself and they work together. They have a father and son like connection and both are hard working. Hank wants to marry Jean, she is not sure. They go to her childhood home, swim and talk about their childhood and how they would pretend to go on adventures and be heroes. Jean also remembers a time when she was in trouble at school and her friends all claim responsibility for the act, thus saving her and showing the power of people coming together. Hank tells her how Black people can afford cars but do not have insurance or licence, when they drive past a car with speeding Black people. One day her childhood cook Calpurnia's grandson kills a pedestrian as he was speeding while drunk. Although Calpurnia was like a mother to her, she meets Jean coldly but politely, this makes Jean sad. Atticus agrees to defend him, but only because he does not want NCCAP to come to Maycomb as they promote equal rights.

One day Jean sees a racist leaflet called *The Black Plague* in her father's study.

She follows her father and Hank to a meeting of Maycomb County Citizen Council, a group who are pro White supremacy. She remembers her father defending a Black man who was wrongly accused of rape in the very same building when she was a child, she is shocked at how her father had changed so much. She tells Hank she won't marry him and argues and swears at her father. She plans to leave Maycomb, never to return, but her Uncle Jack comes down, slaps her to stop her and tells her not to idealise her father, as he is human. He encourages her to think for herself and to go set a Watchman that is to use her own conscience. She realises that Atticus is in the Council, so he knows what they are planning, goes to apologise and pick him up. He says he is proud of her for thinking for herself. At the end of the story she decides to stay back in Maycomb, Alabama so she can help bring about change.

It was a great all round experience to learn about racism, politics and sexism in 1950s America. However, it also made me think that we still





have racism in our society and people we look up to can also sometimes make mistakes. The book has encouraged me to think for myself.

My mother and I read together as we had two copies, this was helpful as we could discuss themes and it helped me make sense of the complex story. I would recommend this to my peers, but do feel it is more useful to read with the class or discuss it with someone else to understand it truly.

I am now going back to *The Curious Incident of the Dog in the Night-time*, which I had started in the summer but never got around to finishing it.

Karan Abrol, Year 7

Geography News



This week we are watching **Simon Reeve, BBC 2, at 8pm on Sunday** as he revisits his most incredible journeys. What a fabulous opportunity to see Simon and hear his travel stories. He will be returning to most of his most memorable characters that he has met along the way. Including a ten year old boy he met working in terrible conditions in a glass factory in Bangladesh and finds out what has happened to him ten years later.



He will no doubt recall places that we have studied together in our Geography lessons as well as opening our eyes to some mesmerising place. Maybe these will inspire your own future travels (post Covid!). Which will be your favourite episode?

Don't forget to continue to watch David Attenborough too as this continues to be amazing!



FILM to watch: **NETFLIX: My Octopus Teacher**

A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.

Mrs Belton-Owen says "WOW this was an amazing film, so gentle yet amazing to see how this creature made a connection with a human on their own terms. It shows the beauty of the natural world and why we should value it".



Quick Brain Teaser

Can you work out the rivers from these clues?

Email Mrs Belton-Owen with your answers, merits on offer or if you get them all right: A SEAL OF APPROVAL!
Well done to those students that took part last week



- 1) This is the longest river in the world.
- 2) This is recognised by the Guinness book of records as the shortest river.
- 3) This is the highest river in the world.
- 4) Which river has the biggest drainage basin?



Collins House News

We hope you're all doing well. :)

The current situation is unfortunate and we know it's hard to keep spirits high in these tough times, but here are some ideas on how to keep busy during lockdown! There are ideas for everyone no matter what interests you, but remember to stay safe and remain positive. :)



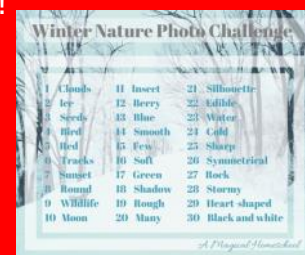
If you're sporty...

- Try making your own workout using your name!
 - * Each letter of the alphabet corresponds to an exercise on the picture! Try making workout using your own name or even a celebrity's name!
- Try a beginner's 30-day yoga challenge!
 - * <http://www.fightmasteryoga.com/30-day-yoga-challenge-for-beginners>
 - * Yoga is proven to enhance your mental and physical health and can help you to de-stress and relax during these tough times. Plus it's a fun hobby to take up and could be very beneficial during exam season!
- Go for walks/runs outside!
 - * It's very important to keep active and currently you can still meet one other person outside to exercise (remember to social distance!) and this is an easy and fun way to catch up with a friend as well as help you both relax and de-stress from school and the situation.



If you're arty...

- Try this winter nature photography challenge!
 - * Remember to socially distance if you and a friend do this together!
- Pick up a new hobby!
 - * There are many arty hobbies I'm sure very few of you have thought about doing before such as crocheting, knitting, felting or even jewellery making! It's easier to start and there's so many free online tutorial and starting equipment is quite cheap!
- Make a 2020 scrapbook!
 - * 2020 might not have been the best year but there were some good moments, maybe your friends had a zoom quiz or you did a virtual birthday party, make a scrapbook of all those memories!
- Try upcycling some clothes!
 - * Upcycling clothes is a very good alternative to buying new ones and is great for the environment and all you need is imagination and a sewing kit!



If you want to learn something new...

- Try Duolingo!
 - * Languages are so important and duolingo is free and easy to use and perfect if you want to better your language skills or start learning a new language! They have over 30 languages available!
 - * <https://www.duolingo.com/>.
- Try online courses in a subject that interests you!
- The Open University and the website FutureLearn have hundreds of FREE courses in subjects such as economics, psychology, maths,





courses in subjects such as economics, psychology, maths, practically every subject you could think of! This is a great way to learn more about a subject or even a field of work (plus it looks very good on UCAS forms!).

- * <https://www.open.edu/openlearn/free-courses/full-catalogue>.
- * <https://www.futurelearn.com/>.
- * <https://www.skillshare.com/browse/free-classes>.
- * (Not courses, but they could help feed your curiosity!).
- * <https://www.ted.com/talks>.



If you want to stay connected with friends...

- Try Geoguessr!
 - * Geoguessr is an easy and fun way to explore the world from your bedroom! It's a geography game which takes you on a journey around the world via street maps and challenges your ability to recognize your surroundings, try seeing how many points you and your friends can get!
 - * <https://www.geoguessr.com/>.
- Try online escape rooms!
 - * There's many free online escape rooms that you can try and even the paid ones aren't too expensive! It's a fun and safe way to play with your friends whilst we're all in lockdown.
 - * (Here's an example! <https://www.enchambered.com/puzzles/alone-together/>).
- Organise game nights!
 - * Plan quiz nights, explore the vast selection of board games available online to play with friends! In times like these, staying in touch with your friends is so important.



Take time to invest in self care

- Start a gratitude journal!
 - * Take 5 minutes out of your day to reflect on what you're grateful for; it allows you to appreciate the smaller things in life! You don't need to invest in an expensive journal in order to do this, in fact you can find lots of prompts for daily reflections available online! There are also a range of apps that keep track of your entries and provide prompts too.
- Begin Meditating or breathing exercises!
 - * Another way to focus on your mind and self, and remove yourself temporarily from external stress factors, could be meditation. With loads of online guides available, these short activities are great for finding time to focus on yourself.
 - * <https://youtu.be/cEqZthCaMpo> (Headspace, 1 Minute breathing exercise; **Breathing Exercises to Help Reduce Stress**).
 - * <https://www.mindful.org/a-five-minute-breathing-meditation/>.
 - * <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>.
- Some other helpful links!
 - * <https://www.notion.so/Productive-Potatoes-Worksheets-54c2ac27e0cd484bbda17f94c5890acb>.
 - * <https://www.headspace.com/meditation/meditation-for-beginners>.
 - * <https://www.thegoodtrade.com/features/best-meditation-apps>.



Remember to stay safe!



News items you may have missed

Notice for Parents/ Carers

Please see the instructions below to show you how children can use an Xbox or Play Station to access school work if needed.

Thank you,

Mr Martin

Using Xbox or PlayStation to access Hwb

Accessing your remote learning. An alternative method of accessing remote learning during times of lockdown.

Xbox

1. Plug a keyboard in to the Xbox USB slot
2. Go in to my games and apps
3. Find Microsoft Edge and select
4. Type in: Hwb and log in as you would in school
5. You can then access your work through Google Classroom or OneDrive and use key packages including:
 - Word
 - Teams
 - Excel
 - PowerPoint
 - Your emails
6. To move around you use the Xbox control or plug in a mouse

PlayStation

1. Identify the PlayStation internet browser icon (it is WWW with dots around it)
2. Press the PlayStation logo on the controller
3. Go to the library and find options for games and applications
4. Go in to applications and you will find the internet browser
5. Type Hwb into the browser and log in as you would in school
6. You can then access your work through Google Classroom or OneDrive and use key packages including:
 - Word
 - Teams
 - Excel
 - PowerPoint
 - Your emails





It's not too late to join the Italian class

We are pleased to announce that the online adult Italian lessons started this week. If you missed the advert below in last week's newsletter, our Italian assistant, Marzia is still happy to welcome you onto the course and the price of the missed lesson will be deducted from the overall cost. Please email Marzia if you are interested.

Online Adult Evening Italian Classes and Private Italian Tuition for Students/ Adults

Our Italian assistant, Marzia, is offering online adult evening classes as well as individual tuition on a private basis. So whether you're looking to master the basics, begin a New Year's Resolution, do something for yourself or just to get a little bit more fluency and confidence in Italian, there's something for you.



Depending on uptake, the beginners' adult course will commence on Wednesday 27th January, from 7pm - 8pm (there may be some flexibility with the time and the day) online. Again, depending on uptake, there may be scope for an intermediate class, on Thursdays from 7pm - 8pm.

This will be a 9 week course for £100, from Wednesday 27th January - Wednesday 31st March, (not including the half term Wednesday.) All monies should be paid directly to Marzia through bank transfer, paid at the first lesson please.

In order to confirm your place on the course, please email the relevant assistant, including your name, contact details, language learning experience (e.g. 'complete beginner' or 'did a GCSE many years ago, but not done much since' and the level (Beginners or Intermediate) interested in. Marzia's email address is Formica_M@bexleygs.co.uk.

Private Italian lessons for adults or students cost £20 per hour and can be arranged directly through the assistants.

Many thanks for your interest,

Mrs Meyer, Head of MFL

Testimonial:

I noticed an offer in the school newsletter last September for a course in Italian. I thought it would be a great language to learn, especially as I've visited Italy a few times, loved it and hope to return in the future. So I signed up.

It's an on-line course run by the school's Italian assistant, the delightful Marzia, who has come over recently from Sicily. There are currently two of us on the course and we have an hour long on-line lesson each week. Marzia has been really flexible about lesson time, content and preferred on-line platform. She has put a lot of thought into the course and what would interest us, she has adapted the lessons to go at the pace that best suits us, and she is always positive and encouraging. We have learned a lot in a short time and we are starting to have real life conversations together in Italian.


It's been a great thing to do over the last few months and I've loved learning something interesting as well as having new social interactions. I'm looking forward to my next trip to Italy (or even the local Italian deli) to put it into practice!

Bernie Cullen, Beginner's Adult Italian Class



A Mindful Moment

I hope that you are all adapting to our new virtual learning environment and that you have developed some useful routines to support your learning and your wellbeing. Many of us are now using computers or electronic devices for much more extended periods of time, and it is important that we think about ways to avoid eye strain as a result. The tips below are some ideas to help reduce eye strain throughout the day:



We're going to be teaching mostly remotely for the next few weeks. It is highly likely many teachers and students will experience eye discomfort and vision problems, due to having to look at screens for extended periods of time.

Long periods of close-up work tire the eyes and can lead to symptoms of eye strain, such as:

- Watery eyes
- Blurry vision
- Double vision
- Dry eyes
- Burning eyes
- Headaches
- Sore or stiff neck and shoulders

The simple fact behind these symptoms is that you may blink as much as 3 times less than when you're looking at something far away, leaving eyes dry and irritated. And when you focus at the same distance for a long time, it can cause vision to blur temporarily, and the muscles around the eye to tire, which can cause headaches.

HERE ARE SOME EASY TIPS TO PREVENT EYE STRAIN BEFORE IT STARTS

• FOLLOW THE 20-20-20 RULE

Give your eyes the chance to focus both near and far away. Set a timer for 20 minutes. When the timer goes off, look into the distance at least 20 feet away for at least 20 seconds. If you're in the middle of a lesson, ask your students to do the same. Twenty minutes, 20 feet, 20 seconds.



• POSITION YOUR MONITOR FARTHER AWAY

Adjust your monitor to about an arm's length away from your eyes. Keep the top of the screen at or just below eye level.

• PROTECT YOUR EYES AGAINST SCREEN GLARE

Place your laptop or desktop in a place relatively clear of sunlight, and away of light sources immediately above your screen. Adjust your monitor's brightness and contrast settings and try keeping it at half-brightness. If the above is not enough, use an anti-glare matte screen filter or glasses.



• GET OUTSIDE

In between lessons, at break or lunch get some fresh air. It will allow your eyes to interact with a distant visual space, which is a less stressful visual demand than a near point task.

Remember to look after your physical and emotional wellbeing.

Ms Brand, Mental Health Lead



STEM & Medical Sciences Work Experience

Ages 12-18 | 'Live Online' or In-Person at UCL



[Architecture](#) | [Computer Science](#) | [Dentistry](#) | [Engineering](#) | [Investment Banking](#) | [Medicine](#) | [Psychology](#) | [Veterinary Medicine](#)

Supercharge your students' potential today. Hands-on, immersive career experiences now available in 8 STEM-related industries.

Register now for a unique opportunity to work alongside experienced engineers, doctors, psychologists, vets and others this term. Students can choose to attend 'Live Online' before Easter or in-person later in April. Our in-person events have strict COVID measures in place.

Please share this email with students and parents so they can register now. You can download a PDF of this email [here](#).

Register Now (Ages 12-14)

Register Now (Ages 15-18)