

NEWS LETTER



11th February 2021

www.bexleygs.co.uk



For Parents/Carers

I hope everyone is safe and well. This week I am sharing some resources signposted to me by leading safeguarding consultant Andrew Hall.

Beacon House is a specialist, therapeutic service for young people. They have produced a series of six posters outlining ways to keep safe and alert when working at home, whether children or adults. You can view the posters on the following pages and download them [here](#).

During these stressful times tensions inevitably run high at home. Young Minds have created a useful [Supporting Parents Helpfinder](#). By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond).

Young Minds have also created a useful [poster](#) which highlights ways to give support to children when they have angry feelings or outbursts, and may help families start a conversation and talk about each other's feelings.

Take care,

Mr H.J. Gilmore

Deputy Head and Designated Safeguarding Lead

Beacon House
Therapeutic Services and Training Team

Online Working

Looking after your eyes, body and mind when using screens

Screens and Seating

- 10 10 10**
Every 10 minutes, look at an object at least 10 meters away for at least 10 seconds
- Take a break of 15 minutes for every 1.5 hours you spend on your device**
- Your screen should be an arm's length away from your face.**
The centre of the screen should be about 10-15 degrees below eye level
- Make sure your feet can reach the floor**
- Cut glare by using a matte screen filter. You can find them for all types of screens**
- Use a flannel or cucumber slices to refresh your eyes when they feel dry**
- Use a humidifier in the room where you most often use a computer or other device**
- Check your lighting is bright enough. Your device shouldn't be brighter than the surroundings**

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Online Working

Looking after your eyes, body and mind when using screens

Screens and Seating

Angle the paper slightly, right for right handed, left for left handed

Secure the paper with your non-dominant hand

Hips at 90°

Knees bent 90°

Feet flat

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Online Working
Looking after your eyes, body and mind when using screens

Adjust Your Devices

MAKE FONT LARGER

Slow down and increase the size and contrast of your pointer and cursor

Raise the contrast on your screen

Change the brightness of the screen, it should be as lighter or darker than your surroundings

Lower the colour temperature of your screen. It gives off less blue light, which is linked to sleep

Reduce the device's refresh rate. This reduces flickering

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Online Working
Looking after your eyes, body and mind when using screens

Play eye games to use different muscles and focus

Set a timer on your device to remind you to complete these activities!

Make sure you are sitting or lying comfortably:

- Rub your palms together quite hard to create some heat
- Breathe with your hands like cup shapes
- Close your eyes and place your warmed hands over them. Right hand to right eye and left hand to left eye

Enjoy the heat warming your eyes and relax like this for a few minutes

Hand Cups

Blinking is a lack of blinking is one of the biggest reasons for screen induced eye strain. It dries out your eyes and causes discomfort so it's very important to blink. Try to blink every four seconds to keep your eyes wet and happy. This sounds simple, but when focusing on a screen it can be difficult to remember as you might have to force yourself to blink more

Eye Rolling

Just as neck rolling helps stiff necks, eye rolling can help your eye muscles

- Close your eyelids and roll your eyes around in circular motions, or look up and down, side to side

This helps to maintain your eyes and eases the strain on the muscles

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Online Working
Looking after your eyes, body and mind when using screens

10 Minute Screen Breaks

Eye spy using shapes and colours

How many green/red/blue etc things can you see in the garden, or out of the window?

Use different senses

Close your eyes and identify different sizes, shapes and textured objects in a bag by sound, touch and smell

BODY MOVES

Stretch your left arm with your right hand. Breathe in to 5 and stretch

Play the Bean Game (see page 6)

Play throw, roll and catch

Throw balls at a target as far away as you can still achieve

Play balloon volley ball

Play balloon tennis with a rolled up paper

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Looking after your eyes, body and mind when using screens

10 Minute Screen Breaks

Runner
• Run on spot

Chills + Shiver

Beanie Baby
• Hug

String - Reach up to ceiling on tip toes

The Bean Game

Call out the beans and ask your child to remember the corresponding move

French - Say BONJOUR

Kidney - Hold your knee and hop

Baked - Curl up in a ball

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YOUNG Mi MINDS



When emotions explode

Last year and the start of 2021 has been extra stressful and, understandably emotions may be heightened at home. It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments.

This poster aims to support parents when their child has angry feelings or outbursts and may help families start a conversation and talk about each other's feelings.

Very Angry

Stay calm.
Stay safe: walk away if possible and make sure you don't engage with your child until you are both calm.

Frustrated

Reflect what you can see in your child. 'I can see that you're angry/upset.' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel.'

Calm

Use this time to explore your concerns and ask questions like 'what happened there?' 'How did you feel?' If there has been lots of conflict reassure them and remind them you still love and care about them.



STAR STUDENTS OF THE WEEK



Art Star Students

In art, Year 9 students are investigating and responding to contemporary issues that impact on them, and the world we all share. Our resourceful students have shown that photography is an art form we can all enjoy, even under lockdown. With limited materials we can still make beautiful and poignant messages about the human condition. Our artists would like us to digest and consider the work carefully. Some may appear humorous, but they all carry a serious and heartfelt message from the next generation.

There are several common, and often interrelated themes our students would like you to reflect on. They are: community and diversity, war and peace, truth and lies, health and our environment, and finally justice and injustice. Because life is rarely clear cut, you will often find that the pieces encompass several themes at once. Look at the visual prompts in each piece to see if you can identify the context and message they have been invested with. In some instances, the artists have chosen to elaborate on their intentions and processes, in others, it is the image that does all the talking.

Mr E Gilmore, Art Department



Aimy Durand: The subject of my photo is 'lies'. The picture depicts a man standing behind a lectern, and addressing a crowd through a couple of microphones. The camera is level with the heads of the people in the audience, to give the impression that we are part of the crowd. I placed a lamp on the left, out of shot, in order to cast a shadow of the speaker on the right panel. I positioned the crowd members so that both the lecturer and his shadow would be visible. These two representations of the viewer are important as they give a better understanding of the scene. They show two opposing perceptions of the character which was my main objective.

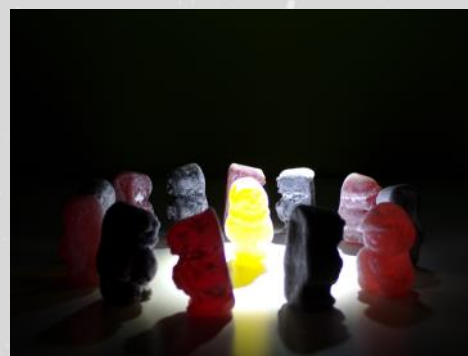
The central part of the photo represents what we are told to believe: it is bright, and the man looks at us straight in the eyes, as if he is trustworthy. On the other hand, the right part of the composition gives a glimpse of what is really happening. It is darker, and the shadow reveals a long nose. This is a reference to Pinocchio and discreetly indicates that the man is lying. I made the nose with yellow Fimo modelling clay, and pointed it directly at the camera so that it is not visible on the Lego character, but only on his shadow.



Building on their engagement with Black Lives Matter campaign, many students chose to respond to the issue of diversity, and the consequences of intolerance between different ethnic and social groups. Others have chosen to draw our focus to what happens when whole countries fall out of harmony with each other, and pursue self-interest.



Isobel Stanley



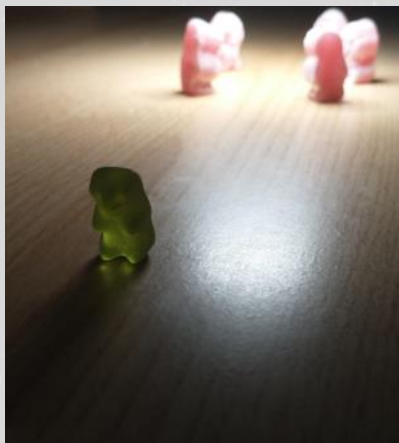
Robert Humphreys



Hannah Benedict



Amrit Ramkumar



Amrit Ramkumar



Kieran Burns
The consequences of war.



Sami Ismail
What happens when different groups allow diplomacy to fail.



Sam Hood



Henry Bush
My issue is war and peace, and the unknown lives of war photographers. I chose this issue because I believe that they are very important, but barely get any recognition. I created this show the trauma they go through in a war zone. It took several hours and numerous costume changes.



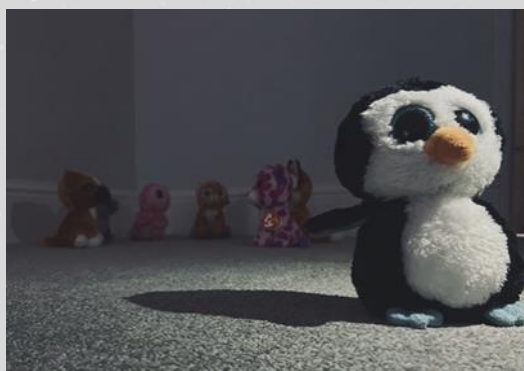
This uplifting piece by **Elliot Woodward** also addresses the theme of war and peace: The opposing sides on the Nintendo chessboard have realised that they do not have to follow the narrow limitations of historically accepted rules, and have come together in a circle of peace. By rejecting antiquated traditions, they are now free to travel in whichever direction they want, with whoever they want.



Rafferty Gibson
Enforced unity stifles diversity.

Another theme that our artists have responded to en masse is particularly relevant, as we have just had Children's Mental Health week. They have responded to different causes and effects of mental ill health. Possibly the strongest influence on mental health, and especially depression, is the quality of our personal relationships. Technology significantly reduces our need to have meaningful interaction with our fellow humans. At times like this, technology can be all we have, so it is important we maintain our bonds using whatever means we

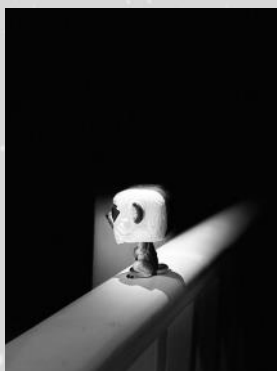
can. The importance of relationships and friendships is very apparent in many of our artists' pieces, as is the need to be open and inclusive.



Max Miller



Thomas Bignell



Freddy Moore



Eseose Obhio



Ella Curl

Reach out when you need help.



Isobel Stanley



Star Students

Year 10 competed in the first of many virtual learning competitions, The Great Year 10 Bake Off. All of the entries were superb and I had a very tough job picking the winner. The top 3 entries will receive a prize and all entries earned 10 points for our ongoing Battle of the Forms competition. Photography Contest coming soon!

BATTLE OF THE BAKES



Ms Anderson, Senior Academic Mentor



1st

1st place

Eve Goodchild, 10SMK
Chocolate Dinosaur Cake



Joint 2nd

Joint 2nd place

Rosie Barnwell, 10MMC
Carrot Cake

STAR STUDENTS OF THE WEEK



Joint 2nd place
Kaito Iheanacho,
10ATS Agege Bread,
Choc Chip Cookies &
Doughnuts

Other Entries

Dana Lewson, 10ERR - Cookies

Emma Farcas, 10ERR - Brownie Cheesecake

Holly Bale, 10ERR - Chocolate Orange Cake

Scarlett Barber, 10ATS - 2 Frosted Sponge Cakes

Vanessa Mitkova, 10SMK - Lemon Drizzle Cake



Star Students

Congratulations to the following students who have collected merits since September due to their hard work and good conduct in and around school. This has continued in the past few weeks and Year 7 have gained over 1000 (ONE THOUSAND!) merits since Christmas! Keep working hard and don't forget to enter your merits into your form spreadsheet on Google Classroom!



Mr Martin and Miss Fuwa

7CPB

Sienna Alwan

Ava Gowlett

Astarti Manolakou

7PDH

Dylan Banks

Bess Clements

Hattie Pigott-Denyer

STAR STUDENTS OF THE WEEK



7ACR

*David-Prince Emmanuel
Lewis Hills
Ajeet Kundi
Caitlyn Osei-Tutu
Rohisan Pathmaruban
Yuw Pindoria*



7KJP

*Gabriella Akanbi
Isabelle Raphael*

7AJW

Eshaan Eshfaqur

7REL

*Diana Androschuk
Amber Hicks*

7LPV

Zahra Selfi

7KJP

*Avaani Dutta
Omalade Paul-Taiwo
Isabelle Raphael
Eva Wang*



7AJW

Ashna Adhikari

7ACR

*Aashraya Kariki
Dexter Matthews*

STAR STUDENTS OF THE WEEK



Star Students

If you are suffering with lockdown blues & feel the need for some motivation, have a look through these cheerful ideas from **Matilda Jackson & Deya Dimitrova**. This fits in well with last week's Children's Mental Health week.


Great suggestions - thank you girls.

Mr Skinner & Mrs Spencer

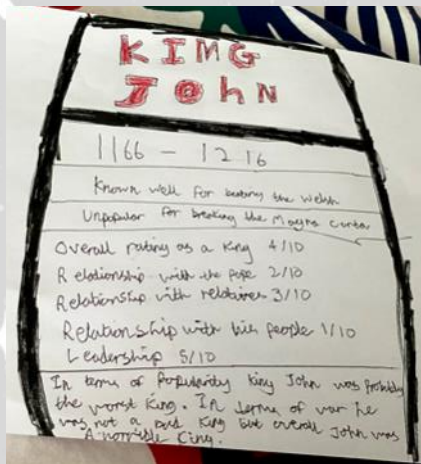




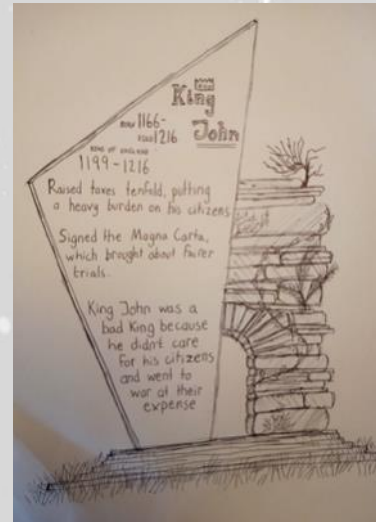
History Star Students

 Students in 7CPB have been studying King John and the Magna Carta and have created plaques to commemorate his reign. So many excellent pieces of work, so well done to everyone who submitted their designs. Here are a selection of some of the best efforts.

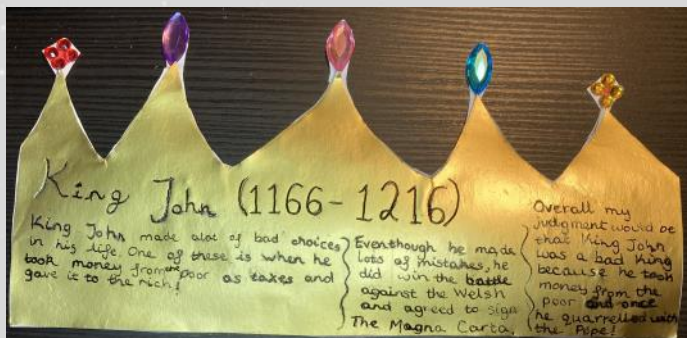
Mr Martin, History Department



Jibril Dahir



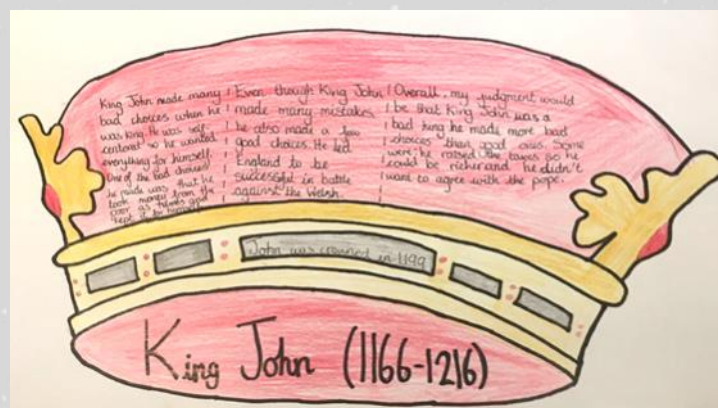
Lev Griffin



Astarti Manolakau



Layla Evans



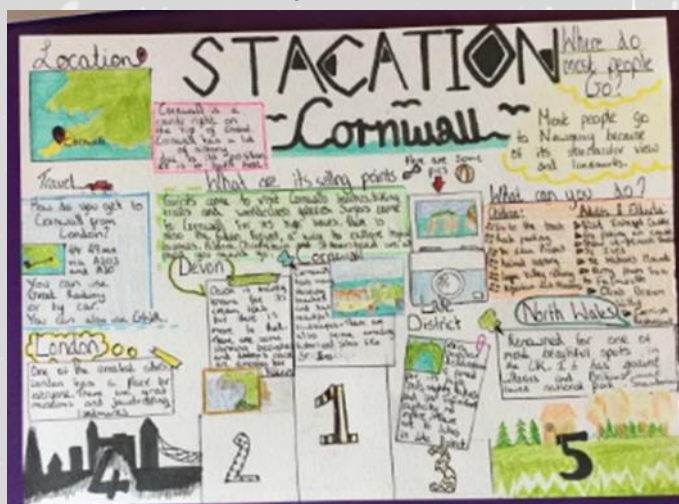
Ayaka Machida



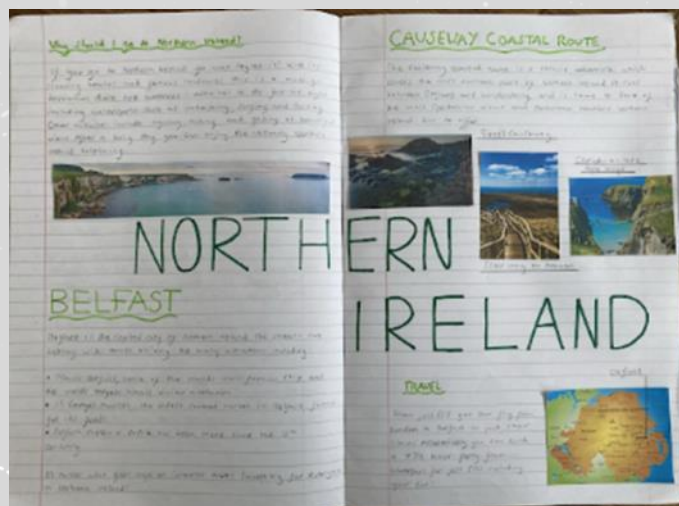
Geography Star Students

Our geography students continue to impress and delight us with the work that is submitted each week, so far in the recent newsletters we have looked at each of the key stages across the school. This week we have been delighted with the work submitted by our Year 7 students who have been planning a STAYCATION the work below has **"blown us away" so very well done to these students.** There were just too many to include so here are 3 that we all really enjoyed.

Kate Rooney, 7PDH: I loved this work on having a Staycation in Cornwall. The Year 7 had been set the task to research a staycation location within the UK and design a poster or leaflet that explains what makes this a good UK holiday destination. What I love about this is the attention to the overall presentation of the work, the design and use of ranking a range of different locations. Kate has shown her ability to do independent research to complete the work that was set. Her hand drawn maps and diagrams are accurate and show great detail within them. Well done Kate!



James Moss, 7LPV: Completed a well-researched piece on Northern Ireland. We really liked the images and design of this work. Having never been to the Giant's Causeway, this is now going on my travel list.





Keir Hills, 7REL: A sleek looking staycation fact file on Lake Windermere in the Lake District. Whilst there were many fabulous staycation fact files, I picked Keir's as my favourite because of his unique juicy facts - even I learnt something that I didn't know before!

The stone skipping world record happened at Lake Windermere - it skimmed 7 metres! Wow - juicy!

well done!

STAYCATION LOCATION: LAKE WINDERMERE IN CUMBRIA

Where is this location within the UK?

Lake windermere is in cumbria (see below), specifically in the south-eastern corner of the middle of the lake district.



How would you get there from London?

Going from London Euston to Windermere station, a train station only a 4 mile walk from lake windermere is an easy price to pay. There are trains that have only 1 change that can get you to windermere in 3 and a half hours - its only 80 pounds. A bonus is that you can stay in Windermere manor hotel while you sleep for the next day, at only 55 pounds a night it has free wifi, an indoors swimming pool and is right on the edge of lake windermere

What are its selling points?

The main attraction is obviously the lake, views and the walks that can be done themselves around the largest lake in the lake district (and england!). However, there are other things to do and visit. If your interest is history, there is a museum called windermere jetty museum where they tell you all about the boats and ships that were around windermere. If you like books, there is a world of beatrix potter attraction, where there is a 'cute and lovely gift shop', it is a 'must see attraction'. There is also a 19th century castle built in the victorian era, with a great outdoor play area, an additional museum of the area, a library, an aquarium, a light railway and even an amazing area with Crazy golf, tennis and crown green bowling called white platts recreation ground.



What can different people do here?

There are parks, playgrounds, soft play areas and some great attractions for the younger children, some amazing views, walks and places to see for the elder people and even nice walks, places to visit and things to see for adults.

There are many options for different things to do in the area in lake windermere and there is something for everyone of all age and interests

Juicy fact box

England's longest lake is Windermere which is 10.5 miles long!

Windermere is lake districts only actual lake

The stone skipping world record happened at windermere, it was skimmed 7 meters!

EXTENSION - What is its USP (unique selling point?)

Its englands longest lake!

There is only one lake that large in england, and thats lake windermere, it is probably one of the, if not the most famous of

the lakes in

The lake district



LGBT+ History Month

This week's LGBT+ hero: James Baldwin



Novelist and poet James Baldwin is a towering figure in black gay literary history. With his powerful and deliberate words, Baldwin also became one of the loudest, most respected, and celebrated voices of the Civil Rights Movement.

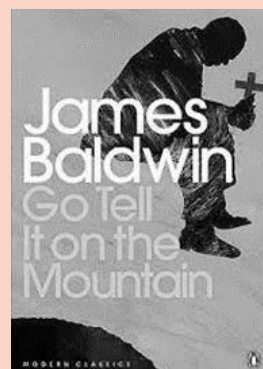
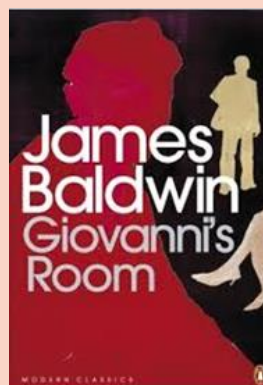
Despite not having expressed his sexuality early on in his career, Baldwin eventually became increasingly opinionated and vocal on the subject of what was seen at the time as "taboo". James Baldwin often communicated his own struggles concerning his sexuality throughout his literature;

In particular, one of his best known books "Giovanni's Room" explores the life of an American man enduring frustrations with his relationships with other men in his life.

By Marie Touray

One of the many reasons that Baldwin is seen as one of the most influential LGBT + figures, is due to him using his platform to raise awareness surrounding **intersectionality**, especially in the 1950s. He depicted the ways in which he experienced multiple forms of oppression due to both his race and sexuality, which was a prominent conflict for several black men in this time period as well as today.

Baldwin was often open about his sexual orientation, nevertheless he constantly received backlash from critics in attempts to silence him as well as criticism from his own community. However this didn't change Baldwin's approach concerning the ways he utilised his platform and voice which many people lacked. Regardless of the disapproval and condemnation towards him from some, many continued to idolise him and his influential words which has had a significant impact on the world to this day.



Click [here](#) to learn more about this hero!












PE News

How far you can hypothetically travel in a week? Part 2

For half term we're extending our Map Challenge and making it international! With a week off, let's see how far we can travel and whether we can get beyond our own shores.

The basic instructions are the same as last week, but there are more aspects below, so read carefully:

-  Record how far you travel during your exercise over the next week (run, ride or walk - you can count steps and add them on!).
-  Add up the total distance covered
-  Multiply the distance covered by the number of people in your household who took part in the activity
-  Go to <https://www.freemaptools.com/radius-from-uk-postcode.htm>
-  Enter your distance travelled from either your home or BGS (DA16 2BL)
-  Work out where you could have travelled to and pick a town or country from the map
-  Email your town and distance to Mr Lines

This half term we are extending this to be a family and friends event, so if you go for a walk with your brother or sister, you can count the distance twice. Add up your whole household distance over the course of half term and see how far you would have travelled. Mr Lines will also be working out how far we would travel as a school, and as year groups, too. As always - please be very careful on roads, and only ride with the permission of your parent or guardian. Good luck, stay safe, and have fun.

Mr Lines, Head of PE

BGS PHYSICAL EDUCATION VIRTUAL CHALLENGE




MAP DISTANCE CHALLENGE 2

HALF TERM INTERNATIONAL
SPECIAL EDITION

How far can you virtually travel in the next week?

- Run, ride or walk
- Record your total before Sunday 21/2/21
- Enter into website
- Find where you would have got to & choose a town in that country
- You can add on your distance from last week too!
- Email the result to Mr Lines



<https://www.freemaptools.com/radius-from-uk-postcode.htm>





A Mindful Moment

How can I support my child during lockdown?

Young Minds have put together a collection of resources for parents to provide you with some support in how best to help your child during lockdown. Please find their tips below as well as a link to more resources on their website.

Talk with them about what's going on, keeping communication as open as you can. Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else. You can find our tips on starting a conversation with your child [here](#).

Try to answer your child's questions and reassure them in an age appropriate manner. While you don't need to know all the answers, talking things through can help them feel calmer.

Encourage your child to do the things that help them when they're finding things difficult. This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.

Reassure them this will pass, you're there for them, and you will get through this together. Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.

Spend time doing a positive activity together. This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. You can have a look at our [activity ideas](#) for younger children, and for [teenagers](#), to help you.

Keep as many regular routines going as possible to help your child feel safe and secure. This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies.

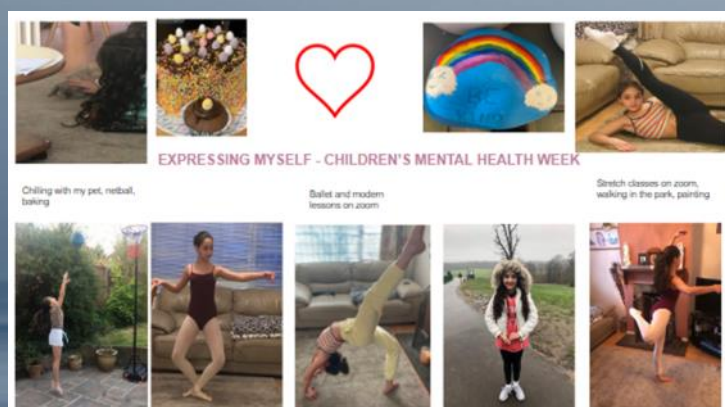
The Young Mind's Parent Page is available [here](#).



Children's Mental Health week

Children's mental health week is an event set up by the charity Place2Be. Its aim is to highlight the importance of mental health in children and young people. This year, Children's Mental Health Week took place from February 1st to February 7th, with the theme, 'Express Yourself'. The aim was to encourage children to express themselves in a variety of ways. You could show these by sharing your feelings, thoughts and ideas through creativity like artwork or writing, or through a performance such as dance or drama. None of these mean that you're the best at these things but it is a way to show other people who you are and how you feel. It's about showing how you see the world and finding a way to express yourself which feels most comfortable. Expressing yourself in a way that's unique to you is a great way to improve mental wellbeing. When I saw the information about the mental health week online, I thought that it would be a good way to promote positive mental wellbeing in our school, especially as we are learning from home and have less opportunity to talk to others. Ms Brand has shared some really good tips in last week's Newsletter and there are some great resources on the BGS wellbeing wall on https://padlet.com/brand_s/bgs wellbeing. I don't think we should limit mental wellbeing for this week and it needs to be part of our on-going self-care, and compassion for other people.

Karan Abrol, Year 7



Zahra Selfi



Claudia Baker

Express Yourself

Look after yourselves my friends,
Through all the edges and the bends.

Dance your socks off if you like,
Go for a walk or ride your bike.

You could sing to your heart's content,
Relax as if you're in a luxury tent.

Could you draw or paint or sketch,
Or play with your pet, just throw and
fetch?

You could watch your favourite show,
Or make some angels in the snow!

Maybe make cookies or bake a cake,
Or watch the sunset by Danson lake.

Express your feelings however you please,
Chat, text, talk or write stories.

Capture a moment through a lens,
Express, get help, break the silence.

Let us all look out for each other,
And be kind comrades, my brothers.

By Karan Abrol



Geography News



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. This week the questions are all world biomes (ecosystem).

- 1) What is the largest biome in the world?
- 2) Which is the smallest biome in the world?
- 3) Which country has the most number of different biomes in the world?
- 4) Which is the most endangered biome in the world?
- 5) Which biome has the highest biodiversity in the world?

BONUS: What is the common name for the ocean biome that is often described as the tropical rainforest of the oceans/ sea?

Book Review

Freak the Mighty by Rodman Philbrick

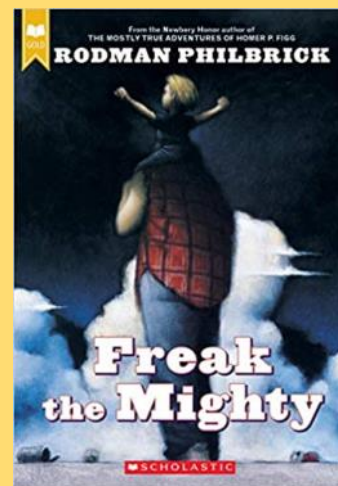
Freak the Mighty is a touching book about an extraordinary friendship that can bring a smile to many faces. We learn about two young boys, Maxwell Kane and Kevin Dillon who both are in the same grade. They meet each other when Kevin moves in next to Max. Their Mothers had been friends during pregnancy and they both went to pre-school together.

They both have disabilities that they conquer together while supporting each other. They have fun playing imaginary games and learn of each other's lives. Both go through tough times and even end up in a dangerous kidnapping incident where Kevin saves Max using a water gun and a mixture of liquid and food items.

Unfortunately, Kevin dies without knowing what was really going to happen to him, he thought he was going to hospital to get a new body. Maxwell is both angered and deeply saddened by this, but he then uses a blank book that Kevin gave him to write about their adventures, which is this book and moves on in life remembering his old friend.

I would recommend this to my peers as it can make them happy during these difficult times. It is a heart-warming story which can give them hope for whatever challenge they wish to accomplish.

Karan Abrol, Year 7





News items you may have missed

Year 7 English 500 Word Story Competition

The Process...

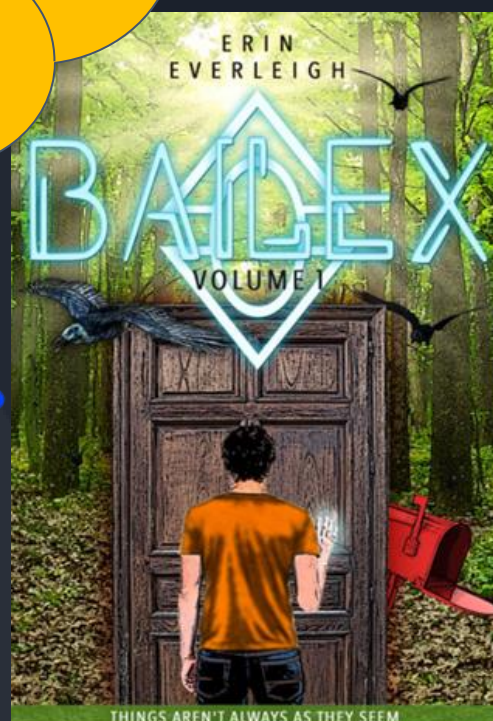
1. Write your 500 word short story.
2. Check and edit your work using tips from the workshop with Erin Everleigh.
3. Submit your final draft to your teacher to be assessed by the deadline your teacher gives you.
4. Your class teacher will choose a class winner by the second week after half term.
5. The English prefects will judge the best stories from this selection.

Winners will receive

Two copies of their story,
published in a short story collection.
Editing tips from a published author.

All Year 7 pupils who enter the competition
will receive a copy of 'BAILEX:
Volume 1' by Erin Everleigh.
(More details to follow)

BGS English in association
with Little Ox Press and
Wordsmithers Academy





CYM

CENTRE FOR YOUNG MUSICIANS
A DIVISION OF THE GUILDHALL SCHOOL

GUILDHALL
SCHOOL

Are you looking to make music in a fun and supportive environment?

With a diverse range of classes and performance opportunities for 5 – 18 years, London's Centre for Young Musicians (CYM) is a great place to help you achieve your musical goals.

Many students go on to have successful careers in music and the performing arts, or simply have lots of fun with new-found friends whilst taking their musical ambitions to the next level.

Applications for September 2021 entry close at midday on Monday 15 March.

Sign up [here](#) for our online open day on Saturday 13 February and see what we're about!

Bursaries available.

"I started out as a grade 1 violinist and came out with grade 8. CYM is not just any Saturday music school."

Kamil, CYM 2020 graduate

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