

NEWSLETTER



www.bexleygs.co.uk

18th March 2021

British Science Week 5-14 March 2021

For most of the spring term we have been practicing distance learning which meant we have had a lot less interaction with our teachers and friends but towards the end of the home learning was British Science Week from the 5th to the 14th of March and Mrs Moore organised science and stem focused activities for us to participate in.



We attended online webinars through the organisation "I'm a Scientist" which is a graduate student led company that runs STEM enrichment programs and connects students with professionals within the science and STEM community from all around the world.

These scientists, researchers and engineers volunteer to attend webinars in which students may ask questions about their careers and interests in live, real time chats as a way for us to shape our understanding of the STEM world and the wide range of paths that we may take.

The chemistry focused talk we attended was led by 5 scientists whose careers and areas of research spanned from the commercial production of drug molecules and drug testing to the study of cancer to measuring volcanic gases from Space and researching the production of nitrogen without a carbon dioxide by-product. It was really helpful getting the opportunity to speak to scientists from very different areas of STEM to help us really start to understand the different routes we might take in the future and I think everyone had at least one scientist to talk to within a career they might aspire to. Within these chats we got the opportunity to ask questions based on the volunteers' profiles and they answered loads of the different questions we sent in lots of detail.

In particular we asked many questions about how they became interested in their career paths and advice on choosing university courses and they gave many useful responses saying that the research conducted at different universities or the practical components of different courses may affect your university choices but they also spoke on how you could also enter stem through apprenticeships and they stressed how as scientists they are constantly learning and teaching each other in ways that they never even considered. We were also very interested in what the everyday work in these careers looked like and how these different areas had been impacted by COVID-19 which has left many people working from home and has possibly changed the way in which we can collaborate and work as a team forever.

It was really cool how these professionals took time out of their day to speak to us and overall it was a brilliant opportunity giving us an insight into the world of STEM outside of the classroom and answer our questions with interesting and useful answers. Did you know that teratomas (a type of tumor) sometimes look like human body parts because the cells they originate from are stem cells which can become different human tissues?!

I know that it definitely made me feel more secure in that many of them didn't have careers planned out and sometimes struggled with science at school and it was a really great opportunity.

Lauren Dempsey, Year 12



Gender-based violence: why we need to keep talking

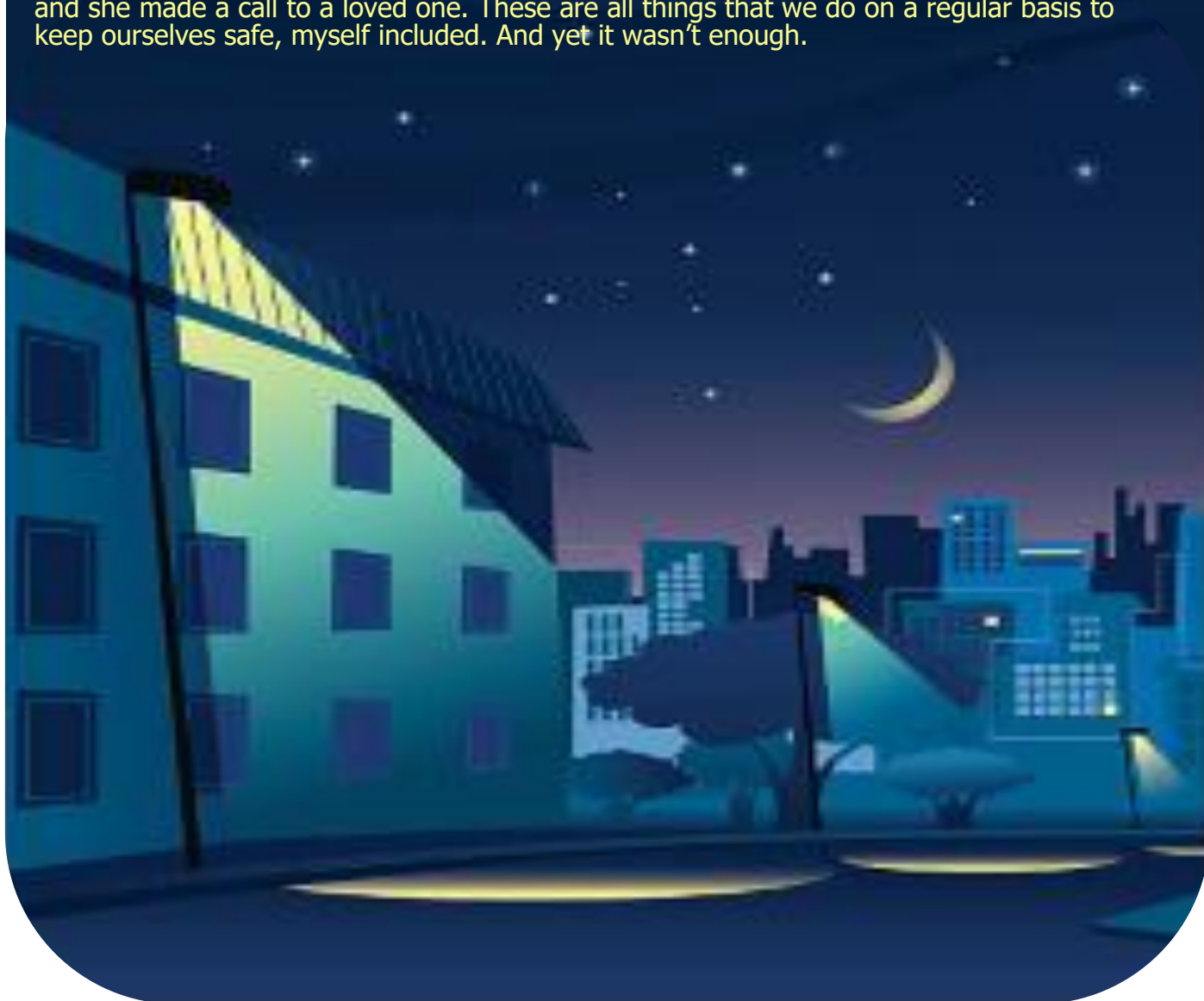
I'm sure that, like me, recently your world has been dominated by the murder of Sarah Everard and the subsequent outpour of accounts of harassment being shared on social media.

According to a recent UN Women UK report, 97% of women aged 18-24 have been sexually harassed, yet shockingly only 4% of these women then went on to report this. It's safe to say that young women growing up in the UK are not surprised by this number and many accept harassment as an unfortunate part of their everyday lives. Many women in the UK were struck by Everard's story as it resonates so deeply with them and their encounters, with some saying that they simply 'cannot stop thinking about her'.

The authors of the study say that the problem of gender-based violence is so prevalent in the UK because we perceive ourselves to be 'world-leading' in the fight for gender equality. We are quick to forget that many women, particularly those in marginalised groups, face fear and abuse right here on an everyday basis.

As a leader at my local youth group, I am torn between telling young women that they shouldn't have to change to accommodate strange behaviour and knowing that, in reality, this is what they must do to keep themselves safe.

Plastered across social media channels, the words 'she was just walking home' and 'she did everything right'. She wore a bright outfit and trainers, walked down well-lit, busy roads and she made a call to a loved one. These are all things that we do on a regular basis to keep ourselves safe, myself included. And yet it wasn't enough.





In the days following International Women's Day, the conversation around gender-based violence and harassment has taken centre stage. The UN Women UK organisation has recently launched a letter, [urging the government to make Safe Spaces now](#). The hashtags #everywomanyouknow and #IAmSarah have had thousands of retweets, with women across the globe sharing their experiences of sexual harassment and giving advice on how men can challenge this issue too.

It's so important that we continue to recognise and oppose the harassment of women, challenging the notion that it is 'just a part of everyday life'. Because ultimately, all I want is for my daughter to one day grow up in a world where she is safe to go wherever, whenever, in whatever she wants.

Here are some organisations to contact, if you've been affected by the issues raised:

<https://bexleywomensaid.org.uk/>

<https://www.mind.org.uk/>

<https://www.girlguiding.org.uk/>

<https://www.childline.org.uk/>

Charlotte Allen, Year 13



English News

We are living in an increasingly digital age. In the UK alone it has been estimated that secondary school children spend a total of over 6 hours a day on their screens. The Telegraph newspaper reiterated this point by suggesting that British children were spending nearly 2 days a week on their computers and phones. As a result, far less time is being spent on activities such as reading and writing for enjoyment. Yet it has been proven how beneficial creative writing is, especially with regards to mental health. It has been found to build confidence, self-expression, better communication skills and improve mental and emotional health. The much loved author C.S. Lewis emphasised the importance of writing when he said, "You can make anything by writing." With this in mind, the Year 7's were set the task of writing a 500 word story. The writing competition encouraged chil-



children to read more for enjoyment and write using their imagination. The results were very impressive and showed a wealth of talent! The winning entry from each form was judged by the English prefects and a prize given to the gold, silver and bronze recipients.

Each week, we will feature one of the stories from the budding authors. Please see below for this week's story and a list of all the winners.

Jacob Orchard, 12MCS

Class Winner

Eva Wang 7KJP

Louis Luckman 7REL

Rebecca Kidby 7ACR

Lev Griffin 7CPB

Karan Abrol 7AJW

Naima Mendjeli 7PDH

Isabelle Gorman 7LPV



Tag, you're it!

A bloodcurdling scream ran through the atmosphere as somewhere, somebody collapsed to the floor; the starry night loomed over their lifeless body. Who was to be the victim next? Nobody except "The Gamer" knew. Lights flickered off as humans across the globe huddled in trepidation - each one praying to be spared. It was nights like these that Elaina hated the most.

"Alright Sami, remember not to let ANYONE get close. It's very dangerous out there okay and I don't want you getting hurt," Elaina recited, her heart pounding. Her son's round, hazel eyes gleamed up at her, his bones shaking from excitement.

"Thank you mum for letting me go to school!" Sami exclaimed, bouncing with anticipation.

Elaina hurried him out, double checking their bags. As she drove closer to Sturton Oaks primary school, all she could do was hope that her dear boy would be safe.

The squeaky wheels of a trolley traversed the parking lot. There was nobody but Marisol-who was humming faintly. Her pastel strawberry-pink hair floated in the breeze, streaks of blue arising. Her glossy, emerald eyes gazed up at the sky. Fluorescent colours were spread across the landscape, infusing to make a magnificent sunset. There were golden birds that swooped by, evergreen trees that dotted the landscape and for a moment the



the world seemed blissful, but it couldn't stay that way.

Like blood seeping out of a wound, crimson bled out the sky as an icy breeze waved over. Marisol trudged towards her bike, the rubbery handle a metre from reach. Suddenly, a cough emerged from the shadows. Marisol spun round with fear and curiosity. Her brain was like a tug of war. Should she go? Steadily, she crept across the parking lot when a green glow flashed into Marisol's face as a figure appeared.

"You, you... you're it." She whispered, her breath trembling.

The face of a middle aged man slowly smiled, emanating a creepy aura. Yet, in his eyes there was a despairing glint and Marisol knew what he was going to do. She gasped and dashed round the empty cars, running for her life. Her heart pounded as the footsteps of "it" drew closer and closer. A cold, chilling hand grasped her shoulder; like a deflated balloon she plummeted to the floor and the last words she heard that day were, "Tag, you're it."

"Name: Marisol, apparently being chased by "it" but managed to escape. We think she fainted from exhaustion." A monotonous voice stated.

Marisol's eyelids fluttered as light re-entered her body. She was in a plain chair in a plain room; "How boring" she thought to herself. She noticed the gleaming police badge that spelled



“Elaina”, pinned on a woman’s uniform. Marisol felt different; her body tingled with power. Was... she “it”? Her eyes widened with horror, her heart dropped. She had to cast this terrible role over to someone else or... she’d die.

“Can you tell us what happened yesterday? If you can, we might be able to stop this cruel game” Elaina inquired softly. Marisol felt tears welling up as she mumbled guiltily, “I, I was chased around the parking lot by “it” and, and, he kept repeating the same phrase.”

“What was it?” Elaina responded.

Marisol’s shaking hand gripped Elaina’s soft shoulder and whispered, “Tag, you’re it”.

Eva Wang, Year 7





Geography News

Geography in the news this month.

There have been a multitude of geographical stories in the news this month here are the top two that have caught the attention of the Geography department here at BGS.

Last week saw the 10 year anniversary of the massive 9.0 Earthquake that struck Japan causing a Tsunami along the north east coast. This resulted in the nuclear melt down at the Fukushima Nuclear Power plant. What was poignant were the images in many of the newspapers that showed pictures after the event and now 10 years on. Channel 4 re-showed the documentary **"Japan's Tsunami: How it happened."** The documentary exploring the scientific factors behind the magnitude nine earthquake and the resultant tsunami that struck Japan on March 11th, 2011. Professor of geological sciences Roger Bilham views the effects of the devastation from the air, and journalist Callum Macrae travels to the north of the country, where survivors in the fishing villages of Sendai and Ofunato are struggling to cope in the aftermath. This programme is definitely worth a watch.



Did you see the **Floating ship** off the Cornish coast? Can boats now fly? Unfortunately not. This can be explained by rare atmospheric conditions that bend light. This is more common in The Arctic than the UK. It is caused by a temperature inversion where cold air lies close to the sea with warmer air above it. Find out more by using the BBC news website.





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.

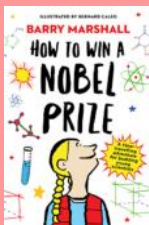
- 1) In which ancient kingdom were cats worshipped?
- 2) Which is the fastest cat in the world and what is its top speed and where does it live?
- 3) Name the most endangered cat species in the world and where does it live?
- 4) Where did early cat ancestors evolve? Continent required.
- 5) Bagheera the Black Panther lives in which biome?

BONUS: How many cats are kept as pets worldwide?



Book Review

How to Win a Nobel Prize by Barry Marshall.



The book follows Mary, who is a 10 years old girl who loves science and wants to win a Nobel prize one day. While she waits to meet an award-winning scientist at her mother's workplace, she wanders out of curiosity and stumbles into a room to find a person who resembles Albert Einstein... but on closer inspection she finds it was Albert Einstein!

A man tells her that she has discovered the secret meeting of every Nobel Prize winner of the past. Mary threatens to reveal everything she had been told and so the man, Barry Marshall, goes with her on an adventure through time to meet multiple Nobel Prize winners who tell her about their life, goals and work. She meets a different scientist in each chapter. They visit some famous scientists like Einstein but also some lesser known scientists who did not get the recognition they deserved, such as Tu Youyou. There is an experiment after each chapter related to the scientist Mary was talking to, which you can do at home. She discovers that to win a Nobel Prize you need curiosity, hard work, perseverance and should not always believe the facts as people know them now (remember, people once thought the Earth was flat).

I would personally recommend this book for young people 10 years and over as they might find the experiments simpler and more helpful with their curriculum. I am looking forward to extracting strawberry DNA over the weekend using one of the experiment's instructions from this book.

Karan Abrol, Year 7



A Mindful Moment

Getting back into the swing of things

There is lots of talk in the news about catching up, but the most important thing is ensuring that you are giving yourself time and support to adapt to being back to school once again.

Stay connected with others

Keep in touch with your friends and family, either virtually or face-to-face when this is possible. Don't be afraid to talk to your teachers if something is bothering you: it is important to be able to express your feelings in order to get support.

Keep perspective

No-one can deny that this year has been tough, but you will overcome the difficulties that you are currently facing. It might be helpful to set short term goals to maintain focus and concentration as you settle back into a routine.

Develop your positive outlook

Brains are hard-wired to focus on the negative, but you can practise positive and helpful self-talk (that inner voice that comments on everything we do). At the end of the day, try to find the positive things that have happened (there will be some, even if they are small) instead of dwelling on the negatives.

Don't forget, there is still time to take part in the BGS 30 Day Wellbeing challenge:

Each week, try and complete the relevant actions on the right to prioritise either sleep, activity or healthy eating. There's also a gratitude journal on the left to fill in each day to work on developing your positive thinking.





| Fill this column in before going to sleep each day | Try to complete all actions during the week (every day if possible) |
|---|---|
| GRATITUDE JOURNAL: POSITIVE INFLUENCE Write down three things that you are thankful for today: | Week 1: Sleeping Well <i>Try and tick off these actions every day this week.</i> <ul style="list-style-type: none"> <input type="checkbox"/> Phone & computer off two hours before bed <input type="checkbox"/> No caffeine / fizzy / energy drinks after lunch <input type="checkbox"/> Make your room as dark as possible <input type="checkbox"/> Fill in your gratitude journal before going to sleep |
| GRATITUDE JOURNAL: CONFIDENCE Write down one thing that you achieved today: <i>Extra: What strength does this show?</i> | Week 2: Physical Activity <i>Try and tick off these actions every day this week.</i> <ul style="list-style-type: none"> <input type="checkbox"/> Be active for a minimum of 20 minutes each day <input type="checkbox"/> Be active at the same time as the day before <input type="checkbox"/> Go outside at least once a day |
| GRATITUDE JOURNAL: RESILIENCE Did you find anything challenging today? If so, how could you respond differently next time? | Week 3: Eating Well <i>Try and tick off these actions every day this week.</i> <ul style="list-style-type: none"> <input type="checkbox"/> Eat something for breakfast every day <input type="checkbox"/> Eat five portions of fruit and vegetables <input type="checkbox"/> Drink 6-8 glasses of water during the day |
| | Week 4: Bringing it all together <i>Try and complete all the actions from the three sections each day.</i> |



Strategies to help parents cope, especially if you have a child with additional needs

www.bexley.gov.uk

Difficulties sleeping?

If you only have **5 minutes** spare time ... try this video link:

www.nhs.uk/oneyou/every-mind-matters/sleep/#custom-2column-share-shelf - tips for sleeping better. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future

If you have a spare **15 minutes**, have a look at these 3 videos:

www.nhs.uk/oneyou/every-mind-matters/sleep/#custom-2column-share-shelf - tips for sleeping better. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

www.nhs.uk/oneyou/every-mind-matters/sleep/#watch-video - more tips for sleeping better. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

<https://www.youtube.com/watch?v=Viul6lk1DgY> - an audio link to listen to if you are awake and up in the middle of the night and can't get back to sleep. Useful if you are coping just, now, but might not cope if things carry on like this, or get worse.

Stressed?

If you only have **5 minutes** spare time ... Try this video link:

<https://www.nhs.uk/oneyou/every-mind-matters/stress/#watch-video> What you can do for stress. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

If you have a spare **10 minutes**, have a look at these 2 videos:

<https://www.nhs.uk/oneyou/every-mind-matters/stress/#watch-video> - what you can do for stress. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

<https://www.nhs.uk/oneyou/every-mind-matters/stress/#custom-2column-share-shelf> - top tips to deal with stress and burnout. Useful if you are coping just, now, but might not cope if things carry on like this, or get worse

Feeling down?

If you only have **5 minutes** spare time... try these 2 video links:

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/#watch-video> Video: what you can do for low mood. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/#watch-video> – scroll up or down to find link for 'Reframing unhelpful thoughts' video. Useful if you are coping just, now, but might not cope if things carry on like this, or get worse.

If you have **45 minutes** spare... look at the 2 videos above and read these tips for wellbeing:

<https://nhsfreeyourmind.co.uk/five-ways-to-wellbeing>

Worrying?

If you have 5 minutes spare time... try this video link on how to tackle your worries:

<https://www.nhs.uk/oneyou/every-mind-matters/sleep/#custom-2column-share-shelf> - useful if you want to improve your sleep now, to cope with challenges that I may face in the future.



Feeling angry or frustrated?

If you have 5 minutes, try this video link:

<https://www.nhs.uk/oneyou/every-mind-matters/low-mood/#watch-video> - scroll up or down to find link for 'Reframing unhelpful thoughts' video. Useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

Forgotten what it's like to be you?

If you have half an hour, read this link about how to look after yourself:

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers> - useful if you want to improve your sleep now, to cope with challenges that I may face in the future.

IMPORTANT !

If you are really struggling or feeling suicidal at the moment.....

It's best to speak to someone. You can call **Samaritans** free on **116 123** if you want to talk to someone now - their line is open 24 hours a day.

Bexley Crisis Café is open **6pm -10pm Monday to Sunday at the Mind in Bexley offices, 2a Devonshire Road, Bexleyheath, DA6 8DS**. The Bexley Crisis Café is a place that you can come to if you are experiencing severe emotional or psychological distress. It is a place and to access mental health support and advice from mental health and wellbeing professionals.

IN BOTH THE ABOVE CASES PLEASE REQUEST AN URGENT MENTAL HEALTH ASSESSMENT

If you do not think you are going to act on your feelings and thoughts immediately, or in the next 24 hours, or you have a crisis situation that does not fit the above examples, then:

- You can contact your **GP surgery** and make an urgent appointment
- **SANeline** offers emotional support and information for anyone affected by mental illness. Call on **0300 304 7000**
- **The Oxleas Mental Health Urgent advice line:** Offering urgent mental health advice to patients in Bexley, Bromley and Greenwich. Call free on **0800 330 8590**

Here are some more activities to try out, if you just don't feel ok, but are not sure why:

| Activity | Website link |
|-------------------------------------|---|
| Spending time with pets and animals | https://www.annafreud.org/on-my-mind/self-care/spending-time-with-animals-pets/ |
| Time away from technology | https://www.annafreud.org/on-my-mind/self-care/time-away-from-technology/ |
| Alone time | https://www.annafreud.org/on-my-mind/self-care/alone-time/ |
| Mindfulness | https://www.annafreud.org/on-my-mind/self-care/mindfulness/ |
| Noticing your triggers | https://www.annafreud.org/on-my-mind/self-care/noticing-your-triggers/ |
| Walking | https://www.annafreud.org/on-my-mind/self-care/walking/ |



| | |
|------------------------|---|
| Hope box | https://www.annafreud.org/on-my-mind/self-care/hope-box/ |
| Crafting | https://www.annafreud.org/on-my-mind/self-care/crafting/ |
| Drawing or painting | https://www.annafreud.org/on-my-mind/self-care/drawing-or-painting/ |
| Distraction techniques | https://www.annafreud.org/on-my-mind/self-care/distraction-techniques/ |
| Relaxation techniques | https://www.annafreud.org/on-my-mind/self-care/relaxation-techniques/ |
| Be kind to yourself | https://www.annafreud.org/on-my-mind/self-care/be-kind-to-yourself/ |
| Organise your day | https://www.annafreud.org/on-my-mind/self-care/organise-your-day/ |
| Tai Chi & Qigong | https://www.annafreud.org/on-my-mind/self-care/tai-chi-qigong/ |
| Goal Goal setting | https://www.annafreud.org/on-my-mind/self-care/goal-setting/ |
| Water therapy | https://www.annafreud.org/on-my-mind/self-care/water-therapy/ |
| Yoga | https://www.annafreud.org/on-my-mind/self-care/yoga/ |
| Baking and cooking | https://www.annafreud.org/on-my-mind/self-care/baking-cooking/ |
| Silence | https://www.annafreud.org/on-my-mind/self-care/silence/ |

A Message from the Attendance Office

Dear Parent/ Carer,

Please can we remind all parents to only use the details below to report their child absent or for medical appointments. Under no circumstances should you email teachers/ general enquiries/ admissions or reception directly. The situation currently is that we are not receiving your messages until the mail boxes are emptied.

You must report your child on the first day of absence and before 9.30am to:

- jeffery_i@bexleygs.co.uk for Years 7-11
- thomas_t@bexleygs.co.uk for Years 12-13
- **020 8304 8538- Student absence line**

Could we also ask that you remind your child that if they arrive late to school they must sign in at the Attendance Office. Failure to do this will result in an unauthorised late mark and will have a negative effect on their attendance record. This also generates a detention.

We have noticed a rise in students going straight into a lesson, this means they have not been included in the fire registers and is a health and safety issue.

Thank you for your support in this matter.

Attendance Office





News items you may have missed

SUMMER TERM ONLINE

Python Coding Club



BOOK HERE: WWW.CODEKIDS.ORG.UK/BOOK

USE CODE BGSPA AT CHECKOUT TO GET 10% OFF*

Enrollment funds donated to BGSPA



*This offer expires on the 31st of March



BGS PA

Thank you parents!

With your help, BGS PA are pleased to have approved funding for the following:

£897 for science (3 digital waterbaths)

£800 for PE (2 exercise bikes)

£455 for SEN (software for helping to diagnose dyslexia)

£400 for DT (start up costs for a skateboard club)

We appreciate your support!