

Chemistry Olympiad Competition 2021

This Year, our Year 13 students completed the Chemistry Olympiad Competition. This of course had logistical issues with Mrs Moore having to monitor students remotely during the 90 minute paper. A huge congratulations goes to Samuel Gee, who achieved a gold certificate, which is the highest honour. Only 8.9% of students achieved this in the international competition, which has over 7000 participants. We are so proud of Sam's great achievements throughout his time at Bexley Grammar School and we look forward to hearing about his success in the future!

Mrs Moore
Lead Teacher Chemistry



ROYAL SOCIETY
OF CHEMISTRY

NEWS LETTER



25th March 2021

www.bexleygs.co.uk



English News

500 Word Short Story 'Bronze', 'Silver' and 'Gold' Winners:
The English Prefects have now decided on the top three 500 Word short stories from the year group. Please click on the [attached video](#) of the announcement of the 'Bronze', 'Silver' and 'Gold' Winners.

A massive congratulations goes to everyone who participated in the competition, but in particular, to the top three pupils!

Very well done.

The English Department

Year 7 Short Story Winners' Reading Circle
The Year 7 Short Story winners came after school, on Friday 19th, to read their winning stories to each other. I was particularly impressed by how positive and encouraging they were to each other. We had such a lovely time!



Brand New Year 7 Creative Writing Club

The short story winners have inspired the creation of a brand new Creative Writing club for Year 7 pupils. Although places have now been filled, please email Ms Adeaga (adeaga_s@bexleygs.co.uk), if you are in Year 7 and you'd like to join the waiting list.

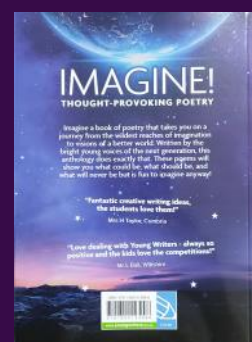
We have a Budding Celebrity in our Midst...

Congratulations to Karan Abrol for winning two writing competitions! He has recently been published in a poetry collection (along with the 500 Word Short Story that is yet to be published). For the poetry collection, Karan's poem was the winning entry out of 8000 others! What an amazing achievement. 😊

Please see below - pictures of the anthology, Karan's poem and an [exclusive interview he took part in with English Prefect, Emily Falegan](#).

Keep up the great work Karan! (I'm sure he will digitally sign autographs if you ask nicely).

Ms Adeaga





Year 7 500 Short Story of the Week

An Eye Is As Beautiful Without Eyelashes!

The ground wasn't sure whether to laugh or cry as thick clusters of fine lines of keratin tickled the glazed wood. The red cheeks of the surrounding people were lined with salty tears as the air was pushed aside by the petrified cry of the girl named Eclipse Wilson.

Her birthday was 1/8/2008 (The day of the total eclipse in some countries) and since then she was a normal girl: average grades, being mildly bullied, and trying to fit in. You could say she was normal; up until the diagnosis. 3 words seem to be evident: fear, no, help.

First the biopsy, they think no, they are in denial. Then the confirmation, the fear, the future. Next the anticipation, the journey: "Help", the word echoed in her head as well as the car, with the thought of the square building and the Red Cross.

The girl and her parent walked, dragging their feet - past the psychology clinic, the stand of bells, until they were there: chemotherapy!

It was traumatic! Needles (her fear) were everywhere. Everywhere! Pain ever present at the thought of the situation. A civil war raged in her head, as bad as real life, reality or fantasy? Realisation or the feeling of safety?

Time blurred: she was confused. It was night and the fatigue was setting in. The day had gone twice as slow, yet she had half as many memories. She wasn't sure if that was good or bad. She wasn't sure if she wanted to remember this.

She cried that night. They all cried that night. Aunts crying to uncles while they held back their tears to be 'men'. Cousins cried to each other along with grandparents and friends. Despite that, no one cried as much as the young girl herself. She knew she had cancer and denial was nowhere to be found. Almost like it had disappeared! Behind the closed curtains of the mind much more was now going on. Anxiety, depression. But worse still, insecurity. Her keratin, her hair. Her eyelashes were the single thing she wanted most. She found a passion for makeup but that never quite filled the void.

Talking did though! She had a brother who helped her believe that an eye is as beautiful without eyelashes.

Life was all the same for the next months of chemotherapy and radiotherapy, yet with gradual improvements.

After around a year the miracle had arrived today was the celebration of that. The air is now pushed aside by the fast pace skipping of eclipse herself not to mention the Ding Ding of the bells around her. The Bell was Rang in the ward earlier, but this was different! This was everyone! Everyone who had felt the pain was now feeling the relief. The sweet relief. The Bell now had a symbolic significance in her life driving everything she did: outstanding grades, no bullied and no fitting in. It was almost normal, but the sensation of strength was always present. Amazing strength!

Louis Luckman



Year 8 Poetry

Please see below, work from **Mia Millin**. Pupils were asked to write a creative response to 'Clown Punk' by Simon Armitage. Great work Mia!

Mrs Underwood

The bucket of water sits heavy on my shoulders,
as I walk along the road where I grew up
I see all of the normies
with their perfect marriages and little laughing children,
driving by trying desperately not to stare,
and I wash their windows.

They think I don't notice,
when they talk about the way I dress,
or see the disappointment in their eyes,
when they read the words so violently engraved into my skin,
I can almost hear their eyes rolling
"Think what he will look like in 30 years time"
but I still wash their windows.

As they sit in their cars averting their eyes
The portals to their souls
I wonder if they will ever know
The depths of the art on my skin
I wonder if they will ever know
The depths of the scars within
but I still wash their windows.

They would call me a Zebra,
covered in stripes from head to toe,
instead they look at this artwork
judging the beauty of my camouflage
from past memories of childhood
intricately painted in patterns so cleverly designed
to disguise the pain
but I still wash their windows.

Every word they say tears me apart,
Lions snacking on my flesh piece by piece
protecting their pride from a walking Van Gogh
as their window wipers graze my knuckles
if they looked behind the grimy glass
they would see
something that would scar their kids much more.
but I still wash their windows.

So that my son doesn't have to.

Mia Millin



PE News

Really fun to finish off our week with some Year 8 volleyball on Friday after school. With lots of first-timers, these guys are making loads of progress.

Mr Lines, Head of PE





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)
<p>GRATITUDE JOURNAL: POSITIVE INFLUENCE</p> <p>Write down three things that you are thankful for today:</p>	<p>Week 1: Sleeping Well</p> <p><i>Try and tick off these actions every day this week.</i></p> <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
<p>GRATITUDE JOURNAL: CONFIDENCE</p> <p>Write down one thing that you achieved today:</p> <p><i>Extra: What strength does this show?</i></p>	<p>Week 2: Physical Activity</p> <p><i>Try and tick off these actions every day this week.</i></p> <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
<p>GRATITUDE JOURNAL: RESILIENCE</p> <p>Did you find anything challenging today?</p> <p>If so, how could you respond differently next time?</p>	<p>Week 3: Eating Well</p> <p><i>Try and tick off these actions every day this week.</i></p> <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 <p>Week 4: Bringing it all together</p> <p><i>Try and complete all the actions from the three sections each day.</i></p>

Safeguarding Notice

Dear Parents/ Carers,

Please see the message below, from the Operations Manager of the Broadway Shopping Centre:

Unfortunately due to the large groups of school children congregating with the centre, we have as a centre taken the approach to stop all school pupils coming into the centre while in school uniform from the hours of 1430 until 1700 unless they are accompanied by an adult.

There is no indication that our pupils have been involved in any behaviour of disrepute but please do inform your children of the shopping centre's new policy.

Many thanks,

Mr H.J. Gilmore
Deputy Head and Designated Safeguarding Lead



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.

After the success of cats week here is dog week

1. Which country has the most dogs per person?
2. Which city has the most dogs in it?
3. True or false: Prairie dogs are real dogs just small ones.
4. Name the world's rarest dog species.
5. Which continent is home to "wild dogs" and what biome do they live in.



Juicy fact: Wild dogs are critically endangered with between 3000-5000 left roaming the wild!

News items you may have missed

A Message from the Attendance Office

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_j@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





SUMMER TERM ONLINE

Python Coding Club



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

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