



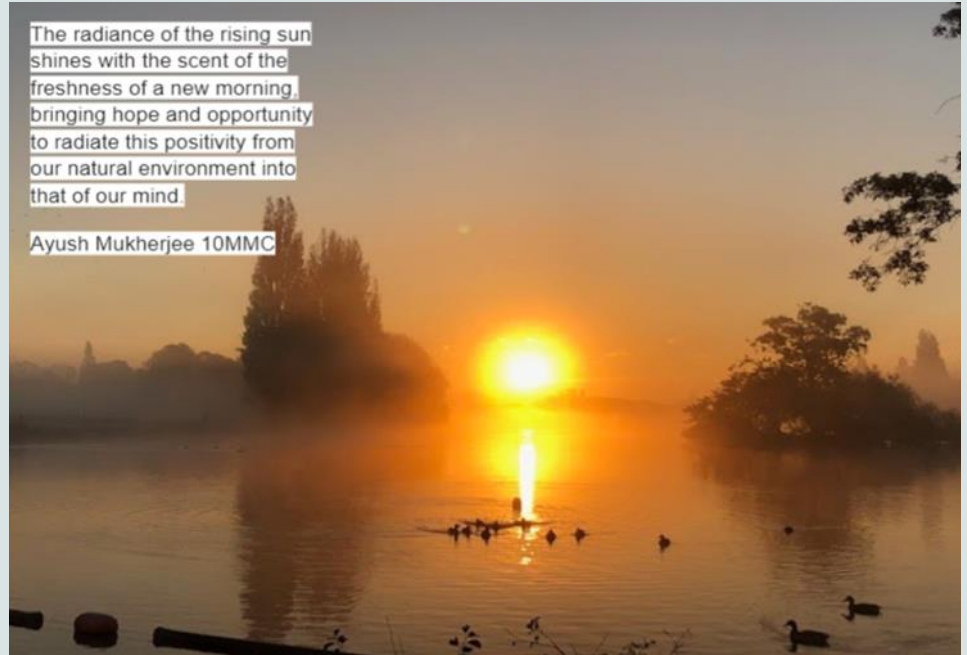
Mental Health Awareness Week (10th-16th May)



As part of Mental Health Awareness Week, students from across the school sent in their photos of nature along with a sentence about what nature meant to them. Here are some of our favourites.

The radiance of the rising sun shines with the scent of the freshness of a new morning, bringing hope and opportunity to radiate this positivity from our natural environment into that of our mind.

Ayush Mukherjee 10MMC



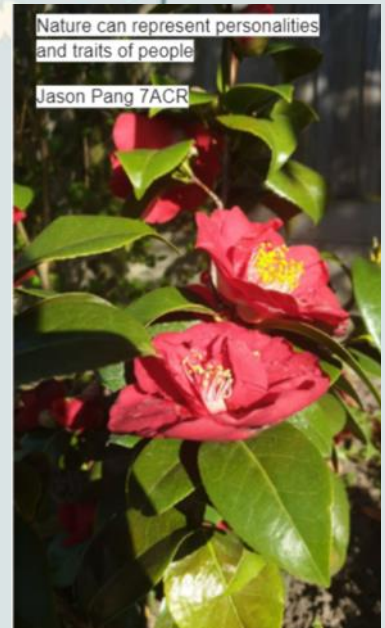
When I go for a walk it puts all of my worries out of my mind :)

Hannah-Louise Donovan 11FTM



Nature can represent personalities and traits of people

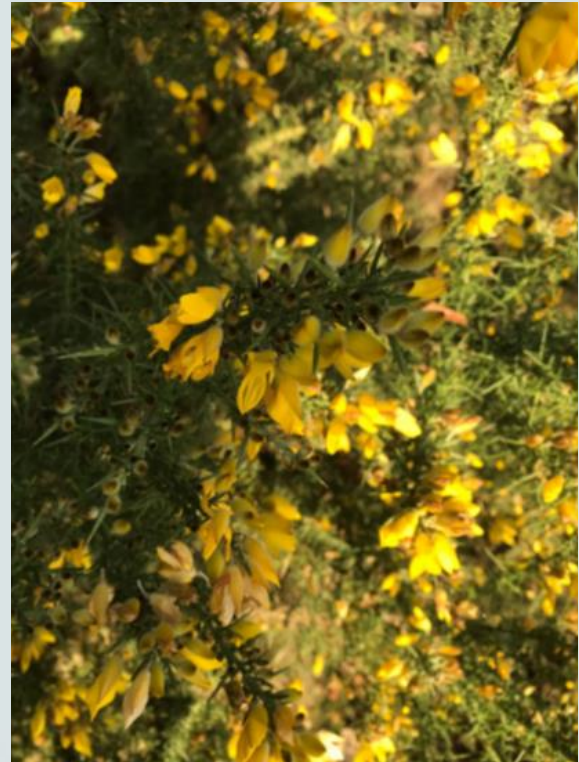
Jason Pang 7ACR



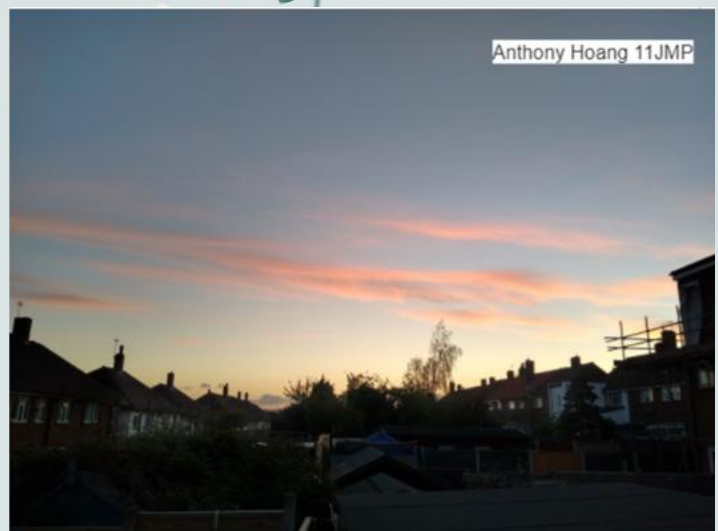


Nature to me is a whole different , thriving world
away from technology and hate where you
can't just forget about everything.

Layla Evans 7CPB



Jie Pung 8AMM



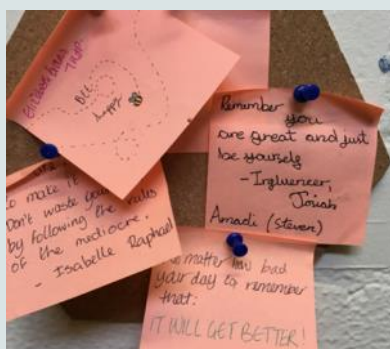
Anthony Hoang 11JMP



Best staff entry goes to Ms Fisher for this cub in her garden:



Emily Ross (12JJ) celebrated Mental Health Awareness week by putting up notice boards around the school as part of the [#Only7Seconds](#) movement, for which she is the UK Ambassador. The movement is based around the idea that it only takes seven seconds to connect with someone and these boards allow students to share positive messages that can be read quickly as you walk around the school. These particular messages were written by Year 7 students with the encouragement of the Year 7 Wellbeing Ambassadors during academic monitoring sessions.



Emily recently won the Jack Petchey Award and used the money to purchase these boards to place around the school.

Don't forget that even though Mental Health Awareness week is now over, you should still ensure that you take time to prioritise your wellbeing.

Ms Brand, Mental Health Lead Teacher



STAR STUDENTS OF THE WEEK



English Star Student

ONE OF US IS LYING - EXTRA CHAPTER
MATILDA JACKSON, YEAR 8

Thoughtful and considered. **Matilda Jackson 8JEA**
Consistent tone of voice throughout.
A couple of small spelling errors.

Bronwyn *Distinction*
Monday, November 18th, 7:30am

It has now been one year since Jake was arrested for the setup of Simon Kelleher's murder. It's the headline on every newspaper circulating across the town. Addy, Nate, Cooper and I try to put it behind us, but we all had our turn being crushed by this experience: Addy: abandoned; Cooper: outed; Nate: arrested and then there's me a disappointment.

I hate Simon for what he did to me, to us, but then I remember his face once he'd drunk that water - he knew what he'd done. The choking, the panic, trying to catch his breath, I still believe he wanted help. But it was too late: no one knew what was really happening. He couldn't erase his mistake, just how he can't erase the rumours he has left behind.

Simon dying in detention is one of my most vivid memories. Mr Avery made us all write a 500 word essay about how "technology is destroying our lives". I thought it was ridiculous at the time, but now I see what he wanted us to learn. None of this would've happened, if it wasn't for the careless rumours and Simon's foolish blog: ruining lives, friendships and futures and even resulting



in his own death.

Even though it has been a year now, I still wake up everyday thinking, why? why did Simon choose us to be part of his scheme? why did Jake pretend he still loved Addy? why would Simon's own best friend let him do that? why was Nate accused? why was Jake protecting Cooper? why did I cheat on that irrelevant chemistry test? why was everyone lying? ✓

I try to tell myself that going through this, although it was hard, has changed me for the better, but has it really? whenever my name gets called out at school, I just get a sudden rush of fear, whenever someone starts a serious conversation with me, and especially when I hear the words: Bayview Police Department.

It all still seems like a movie - how it was all planned out, and if I'm being honest with myself, I am still waiting for someone to say 'end scene'. Even on that dreadful day, Simon said "you all seem like characters out of a teen movie, but not me, I am the omniscient narrator, I only exist in real life." I never took notice of it back then, but Simon always knew what he was doing, he had this insane control, that everyone feared, but how, how did he do it?

It was all so convenient, a jock, a criminal, a geek, a princess, all framed the same way, but it was all so easy, because all of us were lying.

well done!



Geography News

Quick brain teaser

How much do you know about?



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.

Something new for this week: can you identify the country from the FLAG, there are 8.

1		2	
3		4	
5		6	
7		8	

Challenge 1: What continent is not represented here by the 8 flags shown?

Challenge 2: Why is this?



PE News

Well done to everyone who attended Year 7 girls' Tennis Club on Thursday.

We focused on the forehand and backhand shots and then played some small games. The girls worked hard to improve their skills and showed huge improvements during the session. Year 7 girls' tennis club runs Thursday week A, from 3.30pm- 4.30pm on the Tennis courts- new members welcome.

You can also come along to cricket club (for Year 7 girls) on Thursday week B, from 3.30pm- 4.30pm on the school field.

Miss Leffen, PE Department



well done!



Well done to 2 of the BGS Tennis squads who performed extremely well against tough opposition on Wednesday 19th May 2021. We gathered at lunch to head off to the other side of Maidstone to take on Sutton Valence School. In wet and windy weather conditions, all had to concentrate really well to perform as they did. The Year 7/8 girls team were up against more experienced players but held their own and were able to give a fantastic account of themselves. The Year 9/10 boys were involved in a very close game and lost narrowly in a match that went all the way to the last set. It has been brilliant to get out and play fixtures against other schools and the teams have made a good start so far this season. Well done!



well done!

Mr Mackle, PE Department



Year 9 Cricket

The Year 9's took on Hurstmere this week in the second round of the Kent Cup, knowing that it would be a tough encounter. We lost the toss and were put in to bat first which actually was our game plan all along. We faced some pretty fierce opening bowling and Hurstmere, having a strong bowling team, didn't ease up as they went through the overs. However, they couldn't bowl us out and we batted the full 20 overs finishing on 81-9 with Adam Mawdsley staying in for the full 20 overs and scoring a superb 42 off 55 balls. We had a quick team talk at the break and the boys took to the field knowing that they had to bowl tight and keep the pressure on Hurstmere. This they did from the outset and Hurstmere found themselves 9-2 after just 3 overs. However, their middle order batsmen steadied the ship and the run chase ensued. But, in stepped Sahil Panesar. In his first over he took two wickets in a row and broke the partnership, giving us the advantage back. Hurstmere battled on valiantly but could not recover from this and Bexley managed to pick them off with a couple of great catches from Alex Laing and Henry Bush. Eventually we bowled them out 19 runs short of our total. It was a fantastic team performance and the boys look forward to their next game in the Quarter-Finals having received a bye in the 3rd round.



Mr Skinner, PE Department

Congratulations!

Year 8 Exam Preparation

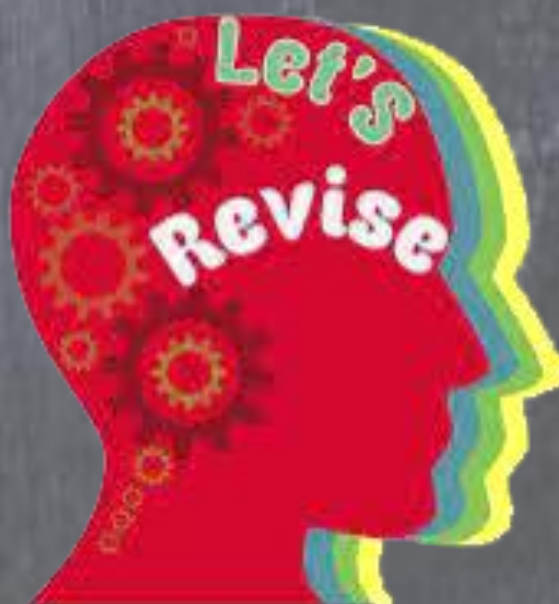
In the week after the half term break, Year 8 students will be completing end of year assessments in their lessons.

In form time this week, we have discussed approaches for revision - including preparing a simple revision timetable to cover all subjects, and suggestions for revision methods.

Subject teachers should be able to provide guidance on what topics to prepare, and students should direct any questions to their teachers.

These exams will form a part of the assessment process to monitor progress through this year. Since the year group did not experience exams last year, we appreciate this may raise concern amongst some students, but they should not be anxious - prepare by revising, and ensuring they maintain good routines for eating, sleeping and exercising.

Mrs Spencer
Senior Academic Mentor, Year 8



Year 8 study skills/ revision guidance

Preparation for end of year assessments

After the next half term holiday, you will be completing end of year assessments across many (if not all) of your subjects.



These will be completed in lesson time, in your normal classrooms.

Obviously, this was not possible last year due to lockdown, so this will be a new experience for you.

This is designed to offer you some advice and tips on preparing for the exams.

What do we mean by 'revision'?

Firstly, you do not need to be anxious about the assessments.

They form *part* of the process of reviewing your progress this year.

"Revision" involves revisiting the material you have covered in a subject, checking you understand it fully, and secure your knowledge.

It is *Revision*...going back over topics that you have already covered before...it should not be new to you!

Revision techniques

Different methods will work for different people....and for different subjects.

Try a variety to see which works best for you.

Keep your revision notes organised.

If possible, try to work in a place where you will not be disturbed.



Flashcards

Summarise **key information** (facts/formulae) onto the flashcard.

You can then review brief, essential information at a glance.

Easy to dip into & use your time efficiently (e.g. on car/bus journey)



Mind Maps

Use these to have a **visual display** of the key material you need to learn.

It allows you to draw on connections between information.



Perhaps helpful for dividing large topics into smaller sections.

Lists

Creating a list of essential facts or information is another method of helping you to commit material to memory.

You can then use the list as a prompt to learn from.

Perhaps useful for facts that you need to memorise. (Less helpful for linking across topics).



Quiz / Q&A

Another approach is to get someone else to quiz you on material you have learnt.

How about generating your own **memrise** quiz? Creating the questions and answers will help you learn the content, then you can re-test yourself.





Planning your revision

Give some thought to planning exactly **WHAT** you need to revise, and the amount of time this will require.

Draw yourself up a simple revision timetable - this only needs to be a number of slots of revision per day. Keep these to **30-40 minutes** maximum each.

Remember to take into account other activities you do out of school (sports, clubs, family activities), so you make the plan achievable.

Be realistic! Don't plan to do a full day on both Saturday & Sunday, when you need to have some downtime too.

Looking after yourself

It is important to take care of yourself even when you feel busy with your school work.

Remember to eat sensibly, drink water, get some exercise and plenty of sleep.

Making a sensible plan and keeping to it will help avoid getting worried about the exams, as you have prepared at a steady pace in advance, rather than cramming the day before!

Ask your subject teachers for guidance if you need it.





Exams News

Please click on the links below to view the mock exam timetables for Year 10 and 12 students.

Mrs Bono, Examinations Officer

[Year 10 Mock Exam Timetable](#)

[Year 12 Mock Exam Timetable](#)



Forthcoming Events

May

Friday 21st ~ Final day for Year 11 students

Monday 24th ~ Year 10 exams begin

Friday 28th ~ Last full school day before the Half Term holiday

Monday 31st May - Friday 4th June Half Term (school closed to students)

June

Monday 7th ~ Students return to school following half term

Tuesday 15th ~ Year 9 Virtual Parents' Evening 4pm-6.30pm (letter to follow next week)

July

Tuesday 6th ~ Year 7 Virtual Parents' Evening 4pm-6.30pm

Tuesday 13th ~ Year 8 Virtual Parents' Evening 4pm-6.30pm