

Congratulations Blake!

I have been attending Sea Cadets for 2 years and have just aged out of the juniors into seniors and I have been awarded The Commodores Broad Pennant. This is the Highest Achievement Awarded to any Junior Sea Cadet and is very rare to receive.

In order for a Junior Sea Cadet to be awarded the Commodores Broad Pennant, they must first have been awarded all four coloured modules these are, outdoor and recreation, community and citizenship unit, and waterborne. Junior Cadets must then complete a further eight modules from each coloured section of the syllabus to be considered for the Commodores Broad Pennant. Some things I have achieved for this award are stage 2 sailing, piping, drill, marching in the remembrance day parade, selling poppies, bag packing, attending Lord Mayor's appeal, and achieving a STEM proficiency badge to name a few.

I now look forward to new adventures in the senior cadets.

**Blake Wymark,
Year 7**



Congratulations!

NEWS LETTER



27th May 2021

www.bexleygs.co.uk



Year 8 Diploma

A big "congratulations" to all of Year 8 on completing the requirements of the KS3 Diploma!

The quality of work has been impressive, and there have been some excellent CAS logs submitted, reflecting a wide variety of activities that students have engaged in.

We appreciate that the students have been completing these activities during immensely challenging times, and we are very proud of their efforts.

In light of this, we have amended the criteria upon which the diploma will be awarded - it will be based on achievements in their best 10 subject diploma activities, plus their CAS log.

Students can achieve a pass, merit or distinction.

The grades for all your diploma tasks are now being collated, and certificates will be issued to students after half term - we are hopeful to be able to have small assemblies within the year group to celebrate their achievements.

Mr Skinner & Mrs Spencer

Congratulations!



STAR STUDENTS OF THE WEEK



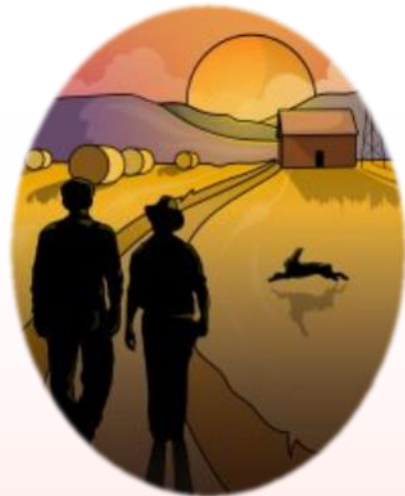
English Star Student

Creative Writing based on 'Of Mice and Men'

Promenading through the Salinas Valley my face was drenched with sweat as if I had planted my face in a river. I waded through the different bushes until I found a spot to take a rest in. I was feeling lethargic so I foraged for some beans. However, I noticed that it had gone quiet. I looked around to make sure Lennie was not availing himself to anything stupid or harmful. Lennie was walking around peeking over grizzled wiry bushes in an attempt of finding a mouse. I called him and he jumped. He had an imploring look in his eyes. I interrogated him and asked if he was looking for a mouse, he denied vehemently (I was used to him lying to me). I cursed to myself and thought of the wonders I would have if I just desisted him. But I couldn't.

As I got the beans out of my bag I caught sight of some squirrels collecting nuts and hiding it in trees. They utilized a certain synergy, working expeditiously garnering with toggling tails, bronze nuts in their mouths they make out a chubby smile; almost as if parading persuasive pride in their work and the fruits of their labour. I laid my head down on my bindle bearing my head, heavy of thoughts. To my right I caught a glimpse of a trail of ants heading towards the tree to defend their nests against common enemies. Soon it was getting dark, I cajoled Lennie into finding some wood in order to warm up our beans. Whilst he had disappeared into the depths of the Valley, I gazed at the sky which was a blanket of black; the stars in the sky gleaming as scattered little grains of sugar across a black canvas. Lennie had come back safe and he had started a fire. We ate our beans and the fire was dancing to the rhythm of the whistling trees which were engulfed in emerald-green blankets. Shortly, the fire started flickering and so did my eyes. I slowly shut my eyes with a rejuvenating sensation of excitement for tomorrow...

I woke up with a serene smile whilst the birds were chirping together. The gracious sky was tranquil. There were lenticular clouds and the sun had successfully managed to fit itself into the pocket of the sky. The sun was like a ball of scintillating stars. As I looked around, the sun abundantly emitted golden rays of light softly kissing my skin giving me one thing and one thing only; hope. I avidly walked towards the bunkhouse whilst trying to avoid the impenetrable blades of grass and weed which looked like it had not been cut in years. I was utterly enthralled but stopped and stared at it profusely. In front of me stood an undernourished and puny building. My mind was clouded with an insurmountable amount of worry and a hurricane of





emotions aroused me. The broad building contained negligible cracks on the windows which were too stained to see through, a charred roof which had rectangular tiles missing. Signs of hope voraciously disappeared from my face. But, I did not let that stop me. I needed this. Me and Lennie both needed this. I started walking incessantly towards the hand-hewn door. I paused. I thought to myself. The door stood there inviting me in. I knew that this was a new chance and a new challenge for me and Lennie. As soon as I walked through that door our path to our dream would start. The door was a portal to a new start. I took one last deep breath. Cautiously, I turned the notch of the door and stepped in...

Agshana Jegatheesan, Year 9



YEAR 7 ROBOT CLUB

The Robots are Coming!

As robots become more and more advanced, it is surely just a matter of time before they become self-aware, demand the vote and begin passing laws to punish all the puny humans that stood in their way. Luckily, everyone who comes to Year 7 Robot Club is quite safe, because we are friends to all - whether they are brilliantly efficient calculating machines, or nervous, inexperienced humans.

Every Wednesday next term, 15:20 - 16:30 in H14

Come along, or see Mr Villazon for details.





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!**

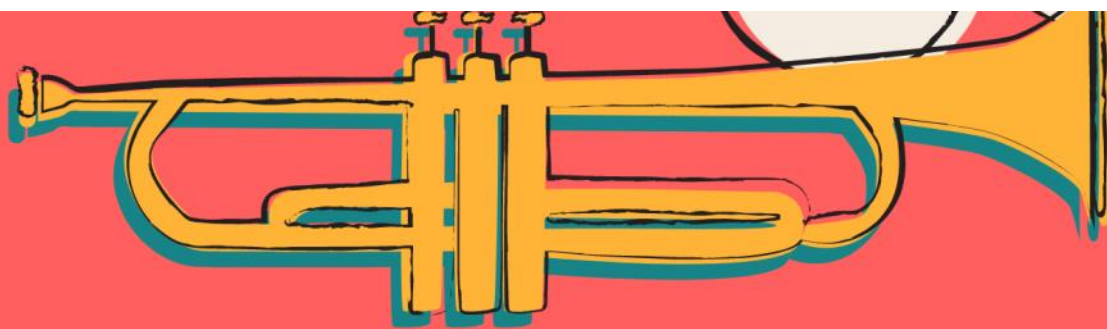
Well done to those students that took part last week.

Can you identify the country from the FLAG, there are 8.

| | | | |
|---|--|---|--|
| 1 | | 2 | |
| 3 | | 4 | |
| 5 | | 6 | |
| 7 | | 8 | |

Challenge 1: Which is the odd flag out?

Challenge 2: What is the geographical reason for this?



MUSIC EXTRA-CURRICULAR GROUPS SUMMER TERM 2021

If you'd like to join any of these groups, please
email Mrs Goddard
(goddard_e@bexleygs.co.uk)



Monday

Samba Drumming (Ac Mon, MU1 -
by invite only)
GCSE Composition (Y10)

Tuesday

Big Band (After school in the hall)
Grade 4+

Wednesday

Flute Choir (Ac Mon, MU1)
Junior Choir (After school in the
hall, Y7-8)

Thursday

String Group (Ac Mon, MU1)
Senior Choir (After school, in the
hall, Y9-13)
Bexley Baroque (After school in
MU1 - by invite only)

Friday

Orchestra (After school in the
hall, Y7-13)
Rock School (After school in MU1 -
by invite only)



What is Self-care? And why is it so Important?

Self-care is the actions we undertake to look after ourselves, physically, emotionally and mentally.

It incorporates the essential acts of care that we all need to focus on – like eating well, keeping ourselves clean and getting enough sleep. On top of that though, self-care is what nourishes us personally: the things we do that comfort us, calm us, and make us feel good. These will vary from person to person – you might be drawn to creative activities, physical pursuits, mindfulness techniques, a combination of all three or something different altogether.

Why is self-care so important?

1. it's good for our health

Some self-care activities have physical benefits that can help our mental health. Exercise, for example, instantly triggers endorphins, and taken regularly can offer a whole host of mood-boosting benefits.

2. it's good for our hearts

Self-care can also positively impact our emotional wellness. It sounds basic, but doing things that make us feel good, makes us feel good. Even if we can only do the tiniest thing, and even if that tiniest thing only opens the teeniest-tiniest chink of light, we've still made progress.

3. It reminds us that we matter

Our thoughts can be cruel but by prioritising self-care – taking time out to do something just for us – we counter those negative thoughts and we remind ourselves that we do matter.

4. It is easy to start straight away

Self-care is accessible to everyone, and even the smallest acts make a big difference. In fact, taking the time to read this means you have already started.

Check out the [**BGS Wellbeing Wall**](#) for some creative ideas for self-care.



I'm sure you're aware of the online counselling service, Kooth, with whom we have made many links in the past few years. In June, Kooth are offering free virtual parent information sessions, designed to help parents understand how Kooth can support their child with their mental health and wellbeing. They will also be outlining their adult service, Qwell, as an online well-being service.

The sessions are about an hour & include:

- A Presentation on Kooth
- A Live tour of the Kooth site
- An Introduction to Qwell
- An opportunity for Questions & Answers about both services

Please see below for more information from Kooth on the sessions and what the service can offer:



Please ensure you register for the webinar of your choice.

| Date | Time | Registration Link | Teams Link |
|----------------------|--------------------|---|------------------------------------|
| Tues 15th June | 5pm- 6pm | https://forms.gle/sVA7yr5m2NrA5DGB7 | Will be sent to your email address |
| Fri 18th June | 9.30am- 10.30am | https://forms.gle/oduGNpMAaSKadE6U6 | Will be sent to your email address |
| Weds 30th June | 12.30pm- 1.30pm | https://forms.gle/HLDtxAe4fJAhKZem7 | Will be sent to your email address |

Kooth provides a safe, secure means of accessing help via the internet. By accessing Kooth, young people can benefit from:

- ♦ A free, confidential, anonymous and safe way to receive support online
- ♦ Out of hours' availability. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10 pm at weekends, every day of the year on a drop in basis.
- ♦ Online Counselling from a professional team of BACP qualified counsellors is available via 1-1 chat sessions or messaging on a drop in basis or via booked sessions.
- ♦ Discussion Boards which are all pre-moderated allow young people to access peer to peer support.
- ♦ Online Magazine full of moderated articles many of which are submitted by young people offering advice and guidance on a huge range of topics.
- ♦ No referral is required. Young people can register for kooth independently at www.kooth.com

To find out more visit www.Kooth.com & www.Qwell.io

If you have any questions or would like to discuss what Kooth.com can offer simply email parents@kooth.com

Best wishes,

H.J. Gilmore
Deputy Head and Designated Safeguarding Lead



Summer Raffle

Great prizes to be won!

Up at the O2 - Family Ticket
Family Photoshoot & Portrait
Adventure Island - 4 Tickets
Family Day Out - Wingham Wildlife Park
Pamper Hamper
Beer Bonanza
Variety of Vouchers
Pimm's O'Clock
Reign & Soap Eco Mini Hamper
Chocolate Hamper
Illumination of Candles
No Place like Gnome

Tickets £1 each

To buy your tickets, visit:

bgspa.co.uk/raffle

The last day for ticket sales is 25 June. The raffle will be drawn on 26 June by PA trustees and winners will be notified.

BGS PA



COME AND JOIN US!



GIRLS AGED 8 - 12

EVERY MONDAY

6PM - 7PM

CLEEVE PARK SCHOOL, SIDCUP

**£6 PER SESSION
FIRST SESSION IS FREE!**



WELLING UNITED



CONTACT

VICKY.BULL@WELLINGUNITED.COM



PE News

Congratulations to the Year 7 cricket squad. It was one of the best performances I have seen for a long time. The fielding was brilliant and BGS kept Skinner's School down to 133-7. The support that BGS players gave to their teammates was very encouraging throughout. BGS managed to get 134-2 with 5 balls to spare of the innings. A superb team effort. We move ahead to the next round!

Mr Mackle, PE Department



Year 9 Rounders Training

A beautiful morning to continue our successful rounders training sessions with the Year 9s. What a superb turnout as we are prepare for our forthcoming fixtures against Trinity and Chis and Sid.

Good luck ladies!

Mrs Kemp



News items you may have missed

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 timetable for Year 10 students.

Mrs Bono, Examinations Officer

[Year 10 Mock Exam Timetable](#)



Forthcoming Events

May

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

Monday 7th ~ Year 9 Virtual Appointment booking system opens at midday (Click [here](#) to view the Parents' Evening letter)

Monday 7th ~ Year 7 end of year assessment week (in classrooms)

Monday 7th ~ Year 8 end of year assessments week (in classrooms)

Monday 14th ~ Year 9 Virtual Appointment booking system closes at 10am

Tuesday 15th ~ Year 9 Virtual Parents' Evening 4pm-6.30pm

July

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

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