

www.bexleygs.co.uk

14th September 2022



NEWSLETTER

Queen Elizabeth II
1926 - 2022



State Funeral Monday 19th September ~ School closed



九月十日，星期六，二零二二年 Mid-Autumn Festival 中秋节

你好 this year, the heat in August was unbearable as we noticed the sun shining more brightly each day. However, did anyone notice that on 15th August the moon was at its brightest and fullest? This is known as the Mid-Autumn Festival or sometimes acknowledged as the Mooncake festival. Thousands of years ago, the Chinese were among the first to observe the different shapes of the moon. As a result, this was used to determine an astrological calendar and still is used to this day. 仲秋 which is pronounced zhòng qiū is the 8th month in the lunar calendar, therefore, 15th August is referred to 中秋 (pronounced zhōng qiū) for short: this translates to "mid- autumn". When learning about this in our cultural lesson, I was interested in the different stories related to this festival. The three stories we learnt about were Chang'e's flight to the moon, Wu Gang chopping the Osmanthus tree and Jade rabbit pounding elixir, all of which are strongly connected to the Mid-Autumn Festival. In addition, we learnt about the different unique foods, which are usually eaten during this festival. Mooncakes are the highlight treat of the festival and are loved by everyone. This symbolizes reunion and its circular shape represents the moon. Other delicacies include taro, osmanthus wine and tea, pomelo, pumpkins and melons. To conclude, I think that the Mid-Autumn Festival has a fascinating history as well as delicious food!

Nimrat Matharu 妮拉, Year 9

My favorite part of the lesson and the most meaningful part to me was making and eating moon cakes. We made mooncakes by compressing cupcakes in a cylinder with a mold. This is one way to celebrate the festival in addition to lanterns. They symbolize togetherness and reunion. They were delicious, but they are more than just food.

John Long 约翰 & James Norrington 杰姆, Year 9



From the lesson, I enjoyed the stories from Chinese folklore most as it surprised me how things, such as the moon, were explained in Chinese tradition. One of the main similarities between Chinese and Western festivals is how the harvest season is celebrated as a time of health and prosperity. Overall, I enjoyed learning about the Mid-Autumn festival today and the many stories that came with it.

Behzod Marufov 贝德, Year 10

The Mid-Autumn festival is the first festival that we have celebrated this new academic year. In order to further develop Chinese learning in KS5, which is part of the IB curriculum cultural links, we start to build the cultural knowledge and understanding across KS3, 4 and 5 through different activities to inspire pupils to delve deeper into Chinese culture.

Mrs Lu
MFL Chinese teacher





habits

At the beginning of the school year I suspect many of you, like me, have a few resolutions about how you want to go about being a student (or a member of staff, or a parent/guardian...). Just as with January resolutions, however, it is probable that many good intentions will slip within just a few weeks, unless you're incredibly focused.

How can we make our intended habits actually stick? I have a couple of suggestions for you, which can be used by anyone at any time.

Keep it small!

The problem with resolutions is that we often make them too big. We set ourselves a mountain to climb when in fact it would be better to aim to scale a small hill first. William Wadsworth (examstudyspecialist.com) recommends starting to form a new habit by adapting something you already do - something that is *already* a habit - rather than setting up too many new things. What do you want to achieve, and what do you currently do that is like it, but could be better?

For example, if you want to get eight hours of sleep a night but currently get only five, don't aim immediately for eight, but get yourself to bed ten minutes earlier for a week. Once you're good at doing that, go another ten minutes earlier. In a couple of months of working on it you will have got yourself to at least six hours a night, maybe seven. A *small* change to an existing habit is easier to establish and sustain.

Give yourself triggers

Think of how many times you do something immediately after something else, just because that's what you do. Students walk into a classroom, go to their seats, get out their books, pens and planners (in an ideal world!) and sit waiting for their lesson (maybe, also, in an ideal world!). One thing leads to another, which leads to another. Once you've decided what you want to do, think about where in your daily routine it could fit, and use something you already do as a trigger for the habit you're trying to build. Keep losing your keys? Make closing your front door the trigger to putting your keys in the same place every time. To start with you will have to think about it, but it won't take long for the new habit to be established.

This idea comes from BJ Fogg's book 'Tiny habits: the small changes that change everything'. You can find out more about his ideas [here](#). There are actually three steps that he recommends, starting with making your habit change really small (*tiny*, in fact!), then working out how it can fit into your existing routine and, finally, cheering yourself when you achieve that small change. The combination of these three 'hacks' is to create and strengthen new habits, and once you've changed a little bit, you change a little bit more.

And finally...

Over this term it is my intention to share with you a few more ideas about habits that you could *slowly* build into your daily routine until you become a habitual superhero within your chosen field of specialism (student/staff/parent/guardian/human being...). What could you become this year with just a few small changes?

Mr Asker, Head of Psychology

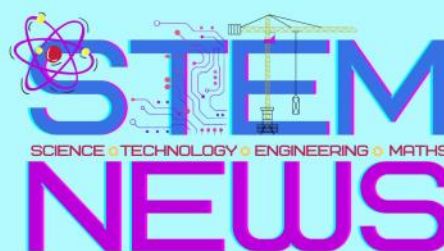


There are a huge number of extra-curricular clubs and competitions running throughout the year that fall within the umbrella of STEM (Science Technology Engineering and Maths). Check out our timetable for a full breakdown.

They start next week and some sixth form activities only run for the autumn term so don't delay!

Just turn up!

Ms Lusted, STEM Coordinator



Year Group	Activities	Autumn Term A	Autumn Term B	Spring Term A	Spring Term B	Summer Term A	Summer Term B
7	Regular Clubs	Science Club STEM club DT Club Unicode Club Robotics Club Maths Club	Science Club STEM club DT Club Unicode Club Robotics Club Maths Club	Science Club STEM club DT Club Unicode Club Robotics Club Maths Club	Science Club STEM club DT Club Unicode Club Robotics Club Maths Club	Science Club STEM club DT Club Unicode Club Robotics Club Maths Club	Science Club STEM club DT Club Unicode Club Robotics Club Maths Club
	Competitions			Mars Balloon, OUCC challenge			
	Extra				British Science Week activities		Wildwood Trip (whole year)
8	Regular Clubs	STEM club Maths Club Unicode Club Robotics Club	STEM club Maths Club Unicode Club Robotics Club	STEM club Maths Club Unicode Club Robotics Club	STEM club Maths Club Unicode Club Robotics Club	STEM club Maths Club Unicode Club Robotics Club	STEM club Maths Club Unicode Club Robotics Club
	Competitions		Cyberfirst Girls	Salterns Festival Trip (G&T), Mars Balloon, OUCC challenge		Junior Maths Challenge - 26th April 2023	
	Mentoring Support			Science Clinic	Science Clinic	Science Clinic	Science Clinic
	Extra				British Science Week activities		
9	Regular Clubs	Skateboarding Club STEM Club	Skateboarding Club STEM Club	Skateboarding Club STEM Club	Skateboarding Club STEM Club	Skateboarding Club STEM Club	Skateboarding Club STEM Club
	Competitions			STEM House Competition, OUCC challenge			
	Extra		STEM Power Day		British Science Week activities		
10	Regular Clubs	Engineering Club	Engineering Club	Engineering Club	Engineering Club	Engineering Club	Engineering Club
	Competitions			STEM House Competition, OUCC challenge			
	Mentoring Support						Science Clinic
	Extra		STEM Power Day		British Science Week activities		
11	Regular Clubs	Arkwright Scholarship Prep	Arkwright Scholarship Prep				
	Competitions			Intermediate Maths Challenge - 1st Feb 2023			
	Mentoring Support	1:1 Support	1:1 Support	Science Clinic	Science Clinic		
	Extra				British Science Week activities		
12	Regular Clubs	Science Leaders Support lower school clubs Quantum Club	Science Leaders Support lower school clubs Quantum Club	Science Leaders Support lower school clubs	Science Leaders Support lower school clubs	Science Leaders Support lower school clubs	Science leaders run science clubs at primary schools (weekly for six weeks)
	Competitions	ICE Engineering Competition	ICE Engineering Competition	Cambridge Chemistry Race Chemistry Olympiad, Mars Balloon			Chemistry Cambridge Challenge
	Mentoring			Sciencet Prefects mentor lower school students	Sciencet Prefects mentor lower school students	Sciencet Prefects mentor lower school students	Sciencet Prefects mentor lower school students
	Extra	Empowering Females in STEM Course	Diversity In STEM Black History Month talk	Operating Theatre Live	In Action Careers Conferences British Science Week activities	I'm a Scientist Careers Talks	
13	Regular Clubs						
	Competitions	Senior Maths Challenge - 4th October 2022					
	Mentoring	Sciencet Prefects mentor lower school students	Sciencet Prefects mentor lower school students				
	Extra		Diversity In STEM Black History Month talk	Spectroscopy Trip Operating Theatre Live	In Action Careers Conferences		



Year 12 and 13 students interested in NHS careers

Health Education England has recently completed a discovery report on virtual work experience programmes, that concluded that these programmes are a valuable adjunct to in-person work experience, especially in our current climate where in-person experiences remain extremely limited.

The NHS Allied Healthcare Work Experience successfully invited 12,000 students to participate in the last academic year, making it the largest programme for students who are specifically interested in the following careers:

- Nursing
- Midwifery
- Paramedicine
- Physiotherapy
- Occupational Therapy
- Dietetics
- Radiography
- Prosthetics and Orthotics
- Speech and Language Therapy
- Pharmacy

Applications for this programme are now open, and they will be open throughout this academic year, with the first programme taking place on the 2nd October!

Students can enrol here: <https://alliedhealthmentor.org/product/live-virtual-work-experience-programme/>

During the work experience day, students will follow 2 patients from their initial presentation to recovery. Students will observe the healthcare professionals as they interact with the patients and each other. They will have an opportunity to ask questions and gain knowledge through teaching.

This will help students to make an informed career decision about their career and give them the opportunity to learn about how healthcare professionals work together as part of a multi-disciplinary team. Each work experience day is completely different and students will be able to build on their knowledge of NHS careers as they see different patient cases and healthcare professionals work in a variety of settings, such as hospital and community.

Students will also receive certificates as evidence of having participated in the work experience programme. Those that complete the entire 5-month programme will be awarded a Highly Commended Reference from the Presidents of Medic Mentor.

Students can register individually through the website link below. Places are £10 a day to cover administrative costs and run the tech on the day. Schools can also register groups online.

Mrs Moore
Head of Science

NHS



Safeguarding and e-Safety Notice for Parents/ Carers

Snapchat remains one of the most popular apps used by children and young people. A reminder that the minimum age to use it is 13.

Snapchat has a Family Centre feature and the company has added a couple of updates recently which parents may find useful, this includes seeing which friends their children have been sending messages to and a complete list of their child's existing friends.

There is a full breakdown of the Snapchat safety features on the family centre [here](#).

Have a great first term of the year,

Mr S Auckland

Deputy Head and Designated Safeguarding Lead





Galaxy Club Teens



Welcome to Galaxy Club Teens

This club is for young people with additional needs aged 12-17. You may have a parent or carer stay with you if you need one. This club will be every other Tuesday from 7pm to 8:30pm at the Roberts Hall, Christ Church, Bexleyheath.

Email@ GalaxyclubCCB@gmail.com



Scan the QR code for the Facebook group



Year 7 **BBQ**

FOOD
DRINKS

MUSIC
RAFFLE



Tickets
£5

FRIDAY 30 SEPT
7 - 9 PM

BGS PA are pleased to host this event for our
new Year 7 students and their families!

To order tickets, visit:
bgspa.co.uk/bbq

**ORDERS DUE
BY 23 SEPT**



The BGS PA Lotto is a monthly draw to raise funds for the school. This was previously known as the Millennium Club.

How does it work?

Each month there is a prize draw with a first prize of £15 and a second prize of £10.

To enter the draw you need to purchase a share. Each numbered share costs £5 for the year and is entered into the following 12 monthly draws plus an additional Christmas bonus draw.

*You can join any time.

*You must be over 18 to enter.

*There is no limit on the number of £5 shares you can buy.

Visit

bgspa.co.uk/lotto

to order your shares!




News items you may have missed

**School Play
2022**

Auditions in K10

Wednesday 14th September 3.20 pm

Call backs Thursday 15th September


**Emil
And the
Detectives**

**All year
groups
welcome.**

**Join our
Google Classroom for
more information**

gi2xkio



How to apply for free school meals

You can apply for your children to receive free schools meals if you are receiving certain welfare benefits.

All children get free school meals if they are in reception, year 1 or year 2. If you receive any of the benefits below you should still apply so that the school gets extra funding.

This money could go towards things like learning support and after-school activities.

Am I eligible?

You must already be receiving any of the following benefits to apply:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The Guarantee element of State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue & Customs) that does not exceed £16,190
- Working Tax Credit 'run-on' - the payment someone may receive for a further four weeks after they stop qualifying for Working Tax Credit
- Universal Credit - you must annually take home £7,400 or less in Universal Credit payments. This equals an average of £616.67 per month in net earned income (after deductions).

You are not eligible for free school meals if you receive Working Tax Credit or other support payments that are not mentioned above.

Update

Since this advert was placed last week we have received several confirmation notifications.

The turnaround time is quick so don't delay, check if you are eligible and apply today!



Greenwich

If your child attends a school in another borough you will need to apply to the relevant council or school directly. APPLY TO BEXLEY.

Tower Hamlets

Children whose parents live in the borough but who attend schools outside the borough. Parents should apply to the authority where the school is located. APPLY TO BEXLEY.

Medway

Does not specify the location of the school and just has a link to applications.

https://www.medway.gov.uk/info/200164/school_information/354/free_school_meals. May need to go via Bexley after this process.

Bromley

If your child attends a non-Bromley school, you must apply to the local authority where the school is situated. APPLY TO BEXLEY.

Dartford

If your child attends a non-Dartford school, you must apply to the local authority where the school is situated. APPLY TO BEXLEY.

When these applications are completed a notification should be sent to the school for us to update records accordingly but may be worth the parents sending in the email confirmation to us too.

Bexley Application Link

<https://www.bexley.gov.uk/services/schools-and-education/free-school-meals/how-apply-free-school-meals/free-school-meals-form>



Bexley Grammar School Extra-Curricular Sports Timetable - Autumn

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School: 7:45 - 8:15			Wk A: Yr 7 Boys' Basketball*		KS3 Table Tennis
			Wk B: Yr 8 Boys' Basketball*		Week A: KS3 Badminton
					Week B: Running Club
Lunch			*Basketball will start after October half term		
After School: 3:15 - 16:30	Yr 7 & 8 Boys' Rugby	6th Form Basketball	Cheerleading: All years	Girls' Football	
			Year 8 Boys' Football	Girls' Netball	
	Yr 10 Boys' Football	Girls' Netball / Football Fixtures	Year 9 Boys' Football	Year 7 & 11 Boys' Football	
			6th Form Football	Yr 9 & 10 Boys' Rugby	



Field

Gym



Sports Hall

Netball Courts



Stay Connected

Follow the social media channels below for updates on events and fixtures in the PE department

IG: @bexleygspe

Twitter @BexleyGSPE

Facebook: BexleyGSPE





MUSIC EXTRA-CURRICULAR ENSEMBLES 2022-2023

Monday

Clarinet Ensemble

Ac Mon, MU2

Led by our clarinet teacher for those Grade 5+ Clarinet



Samba Band

Ac Mon, MU1

Led by our drum teacher. By invitation only.



KS3 Orchestra (Y7-9 only)

After School, Hall

All orchestral players welcome - must be having music lessons on an instrument.



Chamber Choir

After School, MU2

A small vocal group for Y11-13. By invitation only.



Tuesday

Junior Jazz (Y7-9 only)

Lunchtime, MU1

Wind, brass, rhythm section (piano, guitar, bass and drums). Grade 1+. Must read music.



Big Band

After School, MU1

Wind, brass, rhythm section (piano, guitar, bass and drums). Grade 4+. **Improv Group** continues after for exceptional performers.



Wednesday

Flute Group

Ac Mon, MU1

A group for flutes! Must be grade 3+.

Symphony Orchestra

After School, MU1

Wind, brass, strings, percussion including Piano - Grade 4+.



Thursday

String Group

Ac Mon, MU1

For violinists, violists, cellists and double bassists of all levels.



Senior Choir (all years)

After School, MU1

3/4-part choir, singing modern classical to pop and beyond.

Friday



Junior Choir (Y7-8 only)

Lunch, MU1

Open to all singers. There will be a trip to Young Voices at Wembley too!

Rock Groups

Lunch and After School, MU2

By invitation only - if you are a serious performer on guitar, keyboard, drums or singing. Space is limited.

Coming soon...

Come and meet the family in our music production '**The Addams Family**'. Be part of the cast, crew and show band. We will be performing a 4-night show in July 2023. Watch out for further details and audition dates!





Native speakers of French, German, Italian, Russian or Chinese...



We are looking for members of our school community, who are native speakers of French, German, Italian, Russian or Chinese, who would like to join our amazing team of Modern Foreign Language teachers in September 2022 in maximising the exposure our Sixth Form students have to authentic conversation in their chosen language of study.

The Language team would organise a schedule around your availability, which would allow for small workshops and conversation classes of 2-5 students. We are looking for native speakers who could ask students questions and support them to articulate and develop their responses accurately. Our Language teachers would support you with the planning of the workshops and topics for discussion. Topics are interesting and include: Identity, Traditions, Tourism, Food, Culture, School Systems, Equality and The Environment.

If you would like to know more, please see this link to our FLA Advert [here](#) (also available on the school website). Alternatively you can email reed_j@bexleygs.co.uk. We would welcome the chance to include our wider community in our mission to continue to provide an outstanding curriculum.

The MFL Team





Forthcoming Events

September

Thursday 15th ~ Sixth Form BBQ

Monday 19th State Funeral ~ School closed

Tuesday 20th ~ Normal school day (**all students in school**)

Thursday 22nd ~ Year 7 Tutor Evening **in the School Hall**

~ Year 12 **Virtual** Tutor Evening (**letter to follow**)

Monday 26th to Friday 30th ~ International Week



Friday 30th ~ Year 7 BBQ 7-9pm (see notice)

October

Thursday 20th ~ Last full school day before half term (**all students in school**)

Friday 21st to Monday 31st Half Term (School closed to students)

November

Tuesday 1st ~ First day back following the half term (**all students in school**)