



# NEWSLETTER

28th September 2022  
[www.bexleygs.co.uk](http://www.bexleygs.co.uk)



*Welcome to the*

*Inspiring art that influences  
new artists everyday...*

*Queen Elizabeth II - "Grief is the price we pay for love."*

Queen Elizabeth II was the longest ruling British monarch, with a reign of 70 years and 214 days, completing many accomplishments during her lifetime. Born in Mayfair, London on the 21st April 1926, she was the first child to George VI and Queen Elizabeth, The Queen Mother, and grew up alongside her younger sister Princess Margaret. She was educated privately at home and began to serve the Auxiliary Territorial Service during World War II.

In November 1947, Elizabeth married Phillip Mountbatten, and their marriage lasted 73 years until his passing on the 9th April 2021.

At only 25 years old, on June 2nd, 1953, around 500,000 citizens gathered to watch Elizabeth's coronation, as she became Queen of 7 independent Commonwealth countries: the United Kingdom, Canada, Australia, New Zealand, Australia, South Africa, Pakistan and Sri Lanka.

Queen Elizabeth's reign sadly ended on the 8th September, 2022. Throughout her reign, she had met 5 popes, been served by 15 prime ministers, and had over 120 official stunning paintings created of her.



**Oswald Hornby**  
Joseph Birley was an English painter and royal portraitist during the early 20th century. During Queen Elizabeth II's first decade on the throne, he had illustrated her sitting on a throne, emphasising her youth, elegance and glamour. He was often commissioned by the Royal Family to create portraits, including this one.





Robert Norman Hepple was an English portrait painter, sculptor and engraver, best known for his paintings of the royal family. He was favoured by the queen, and often made conversation with her on a regular basis. Both his uncle and father were painters, and Robert first achieved recognition for his painting of himself as a soldier, where he was then accepted by the Royal Society of Portrait Painters. This particular portrait of Elizabeth was created in 1974 with oil paint.



Andy Warhol was an American artist, film director and producer who was leading the current visual art movement known as pop art. "Reigning Queens" was Andy's largest portfolio of silkscreen prints, featuring 16 vibrant and colourful prints of 4 ruling Queens during 1985: Queen Elizabeth II, Queen Beatrix, Queen Margrethe II and Queen Ntombi Twala. He chose these depictions of the queens because they were mass-produced on currency and stamps. In 2012, Queen Elizabeth celebrated 60 years on the throne by buying 4 of Andy's portraits of her for the Royal collection.



Andrew Festing is a self-taught painter, and is one of the most famous and celebrated British portrait painters. During his 30 year career, he painted over 750 portraits, including Queen Elizabeth II, royal family members, the House of Commons and the House of Lords. In 1999, he created an oil painting of Queen Elizabeth II for the Royal Hospital Chelsea, London UK.



Rolf Harris was a popular entertainer, and was the presenter of Rolf on Art. He created an oil painting of Queen Elizabeth II in 2005 as an 80th birthday present, and was commissioned by the BBC. It was unveiled in the Queen's Gallery in Buckingham Palace and was displayed there until 2006, and was even voted the second-most-favourite portrait of the Queen by the public. In 2012, the painting was put on display at the Walker Art Gallery, however, following Rolf's arrest in 2014 for indecent assault and sexual offences, the current location of the painting is unknown, although it's believed to be in Rolf's possession.





Isobel Peachy attended art school in Chelsea and Wimbledon when she was 17, and is the youngest woman to have ever painted an official portrait of Queen Elizabeth II. She was commissioned by the Cunard shipping company to have the portrait hung in its new cruise liner, Queen Elizabeth in 2010. Queen Elizabeth herself saw the finished portrait on the 11<sup>th</sup> October on a tour of the cruise.

**Alex Potocnik Hahonina, Year 9  
BGS Art Prefect**



Welcome to the start of **Year 8** and what an excellent start to the year the students have had. It has been lovely to see each and every one of the 192 students return after the summer break full of energy and ready to work hard. This year all of the Year 8s have settled back into the BGS routine and are excellent role models to our new Year 7s. So many of them are already taking part in a number of House events that are taking place, including House music. As well as joining new after school clubs both sporting and academic, which is fantastic. The focus of our year is to build on the successes of each student as we strive for academic excellence. All of our tutor groups are ready for another fabulous year at BGS.



**Mrs Belton-Owen, Director of Studies, Year 8**



**8FTM**



**8CED**



**8ERE**



**8JMP**



**8MPM**



**8STA**



## PE News

We were delighted to be able to take a group of students to Kent County Cricket Club to see England Women take on India in the second one day international. For many students it was their first experience of top level cricket and we were given an impressive introduction, particularly from India's captain Harmanpreet Kaur, who scored a superb 143 not out.

Thank you to the students who came along for making it a very enjoyable day.

**Mr Lines, Head of PE**



And we are off... training and matches have resumed in full force. The Year 7 sport taster sessions proved popular at the start of the academic term and this has continued in the upper years as well. Over 90 girls attending netball training on Thursday. Our thanks to the Sixth Formers for their invaluable help in supporting the younger years. Thursday afternoon saw girls' netball, girls' football, rugby training and football against St Dunstan's. No space left out on the field!

The following morning, pupils were keen for some badminton - a fantastic turn out too, with the Year 7 boys triumphing as champions!

Well done to everyone who has taken part so far.

**Mrs Kemp, PE Department**





Last week I asked you to let me know, via this [anonymous survey](#), if reading my articles had led to any changes in your life. I'm delighted to say that I received several responses and lives, at least a week ago, were being changed.

The majority of the responses told me about how people had built some exercise into their lives, and that's great. The response that really made me feel as though continuing with this series is worth it went like this:

# habits

"I've started to get rid of triggers to encourage me to do my homework. Already, I have been feeling much more productive every day and have seen great changes in my overall mood just from a single change."

Wow! Forming new habits or tackling bad ones doesn't have to be big, but what a difference it *can* make. If this was your response, I hope that, a week on, you are sticking with it and continuing to benefit. Let me know through the survey!

## Some small suggestions

Although everyone has their own habits that they're trying to make or break, sometimes we might not know what habits to start with. There are various things that research tells us it would be really good to incorporate into our lives, and some things that are particularly good for students, who are the main focus of my writing (although there should be something here for everyone).

### ***Suggestion #1 Put your phone away***

There is a growing body of research that points to the distracting power of the mobile phone. At one level this would seem obvious, but did you realise that just being able to see your phone is enough for it to distract you? A 20% reduction in concentration was found when students tried to complete a task with their phone in view, even if they didn't physically engage with it. That's a lot of concentration to give up. How about this for a habit: when you intend to do some work, as long as your phone isn't required (which should be the case for much of the work you do), put it in a different room, or in a drawer, on silent (or flight mode). Could a new habit be simpler? Identify a cue to remind you to do this (a big sign where you do your work, telling you to put your phone away should do it!) and respond to that cue every time you sit down to work.

### ***Suggestion #2 Take a break***

Although for some this will be a dangerous suggestion, we know that when we switch off, even for a few minutes, our brain gets to work organising and consolidating what we've just done. That means that some of our best learning actually happens when we're doing nothing (I told you this might be dangerous!). With discipline, building **five minute** breaks into your work can bring huge benefits. You could get yourself a drink or a snack (try multi-tasking and get both); you could have a very quick shower (truly - in, out, dried and dressed in five minutes, if you really want to); do a mini workout; pop outside for a breath of fresh air... The **Pomodoro Technique** is a tried and tested method of helping you get through certain types of task, although if you need to get properly into something you might resent being interrupted after 25 minutes. Have a read of [this article](#) on the Flowtime Technique for an alternative approach. The key feature that these both share, however, is the need to take breaks. Research supports the role of breaks, so figure out how you're going to build them into your work.

### ***Suggestion #3 Review your day's work***

My students will tell you (some of them, at least) that I am a big fan of encouraging them to review their notes at the end of the day. *However*, while this is a good habit in itself, this simple action can be turbocharged by starting off by reviewing your *memory* of the day. This can be done in six minutes, one minute per lesson. On a blank piece of paper (if you make this one of your habits I suggest using a notebook/exercise book instead - it keeps your notes together and provides a wonderful record of all the extra work you've done) write down each lesson that you had that day. Then write at least one thing that you remember from the *content* of that lesson (the more things you write, the more powerful this is, but also the longer



it will take). This simple act on its own will do more to strengthen your learning from that lesson than several re-readings of your notes. When to do this? If, like my daughter, you already have the habit of coming in and getting yourself a snack after school, why not have a snack *and* write down a bit about your day? The time cost then is even smaller, but the benefit remains. You can't really lose!

So, there you have three small suggestions for habits that can be fairly easily introduced into your daily routine but which have research behind them to reassure you that they will make a positive difference. Now, it's over to you.

What will you do this week to make your life better?

**Mr Asker, Head of Psychology**

# habits

## Sixth Form Focus

Year 12 have been settling into life at BGS and have been learning useful tips for organisation and note-taking. The following is a reminder of the key points from assembly this week.

Don't forget that there are lots of ways for you to access support during your time at Sixth Form. Your **form tutor** is often your best first point of contact, followed by your **Director of Studies**, Ms Brand (Year 12) or Ms Aspill (Year 13), or your **Head of Sixth Form**, Mr Martin (on paternity leave until 6th October).

There are also links to help you support your own wellbeing on the school website:

<https://www.bexleygs.co.uk/page/?title=Support+for+young+people&pid=189>

If you find yourself struggling, remember that you can contact [support@bexleygs.co.uk](mailto:support@bexleygs.co.uk) or our **Designated Safeguarding Lead**, Mr Auckland.





## Notice for Year 11 Parents/ Carers & Students

The Year 11 Revision Booklet has been issued to students today. The booklet can be viewed by clicking on the link [here](#) or on the school website under the header ***Teaching and Learning/ Year 11.***

# Bexley Grammar School



Year 11  
Preparing for Revision  
2022 – 2023



## Notice for Year 7 Parents/ Carers MidYIS Test

On Thursday 6th October, all year 7 pupils will sit a computer based MidYIS test. No revision or preparation is required from the pupils in any way. Many secondary schools countrywide give students some sort of a baseline assessment on entry.

The MidYIS test is designed to measure pupils' developed ability rather than what has been taught previously in school. MidYIS assesses four key areas which research shows are linked to later academic outcomes:

- Vocabulary – word fluency and understanding
- Mathematics – logical thinking, manipulating numbers and numerical concepts
- Non-verbal ability – recognising shapes, matching patterns, applying spatial awareness and visual intuition
- Skills - such as proofreading, perceptual speed and accuracy

As the assessment is adaptive, each student sees a unique assessment and is challenged at a level that is suitable for them, making it enjoyable, engaging, and efficient.

The school uses both MidYIS baseline data, along with Key Stage 2 data, to reflect on the individual progress of students, as they move through the school, and to adapt teaching and offer support where needed. Please see below for the provisional timetable:

### Year 7 MidYIS Timetable 2022

If you have any queries, please contact Mrs Ellis.

## Special Educational Needs Department

### i am me app



i am me is a positive mental health app created by young people, for young people. This is designed to educate, enable and empower young people. i am me. It is all about prevention: equipping young people with the tools and know-how to better cope with the challenges that they face.

To find out more visit

[iammeapp.com](http://iammeapp.com) or go to the app store and download

***Mrs Haslam, SEND and Inclusion Manager***





## Native speakers of **Spanish**, French, German, Italian, Russian or Chinese...



We are looking for members of our school community, who are native speakers of **Spanish**, 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](mailto: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***





Bexley Grammar School Parents' Association ~ Registered Charity Number: 278843

**BEXLEY GRAMMAR SCHOOL PARENTS ASSOCIATION  
INVITE YOU TO OUR ANNUAL GENERAL MEETING (AGM)  
12<sup>th</sup> OCTOBER 2021 at 7.00PM  
BEXLEY GRAMMAR SCHOOL**



**Parents'  
Association**

As a parent, guardian, or carer of a child at Bexley Grammar School you are automatically a member of Bexley Grammar School Parents' Association (BGSPA).

During this meeting we will discuss the funds raised over the last school year and ask for your thoughts, ideas, suggestions, and continued support going forward. During these unprecedented times when meeting in person and hosting events is limited, any ideas to raise funds for the school will be appreciated and considered by the PA.

There will be elections for the Trustee posts during the meeting and a description of these posts is provided below.

The Trustees positions are:

- Chair
- Vice-Chair
- Treasurer
- Vice Treasurer
- Secretary
- Vice Secretary

The Trustees currently holding the posts of **Vice Treasurer and Secretary** are willing to continue in these roles for the next academic year.

The PA needs volunteers to fill the roles of **Chair, Vice-Chair, Treasurer and Vice-Secretary**

Should you wish to be considered for any of the Trustee roles or have any questions, please send your nomination/question to [bgspa@bexleygs.co.uk](mailto:bgspa@bexleygs.co.uk) ahead of the AGM. You can nominate yourself or someone else (with their knowledge and permission).

**Trustee Roles:**

If you are nominated and accept a Trustee position your details will be published on the Charity Commission's website.

**Chairperson**

Organise the PA, chair meetings, represent the PA at key school events.

**Vice Chair**

Assist and stand in for the chair as needed

**Treasurer & Vice Treasurer**

Providing financial reports for each meeting and for the AGM. Maintaining accounts and overseeing bank accounts, providing floats for events, banking funds after events, ensuring signatories are up to date, paying bills, ensuring charity details including names of trustees are updated after change of officers, and arranging for accounts to be audited.

**Secretary & Vice Secretary**

Preparing the agenda for each meeting, taking and circulating the minutes of each meeting, maintaining details of volunteers, helping to arrange the AGM and preparing the annual report.

**General Members**

Regularly attend monthly meetings help with running the PA and fundraising events.

We are an informal group of enthusiastic parents and guardians who help raise money to provide the little extras to support the education and wellbeing of our children. You can do as much or as little as you want, so please join us.

Kind Regards,

***Deann Peetoom (Chair)***



## News items you may have missed



# *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](http://bgspa.co.uk/bbq)**


**ORDERS DUE  
BY 23 SEPT**




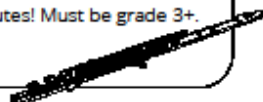





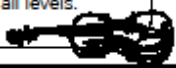



## Extra-curricular music

You can find more about our extra-curricular timetable on the poster below. If you'd like to sign up for these, please sign up for clubs [here](#) (please use your Bexleygs login).

**Mrs Goddard, Head of Music**




# MUSIC EXTRA-CURRICULAR ENSEMBLES 2022-2023

Monday	 <p><b>Clarinet Ensemble</b> <i>Ac Mon, MU2</i> Led by our clarinet teacher for those Grade 5+ Clarinet</p>	 <p><b>Flute Group</b> <i>Ac Mon, MU1</i> A group for flutes! Must be grade 3+.</p>
	 <p><b>KS3 Orchestra (Y7-9 only)</b> <i>After School, Hall</i> All orchestral players welcome - must be having music lessons on an instrument.</p>	 <p><b>Chamber Choir</b> <i>After School, MU2</i> A small vocal group for Y11-13. <u>By invitation only.</u></p>
Tuesday	 <p><b>Junior Jazz (Y7-9 only)</b> <i>Lunchtime, MU1</i> Wind, brass, rhythm section (piano, guitar, bass and drums). Grade 1+. Must read music.</p>	 <p><b>Big Band</b> <i>After School, MU1</i> Wind, brass, rhythm section (piano, guitar, bass and drums). Grade 4+. <b>Improv Group</b> continues after for exceptional performers.</p>
	<p><b>Symphony Orchestra</b> <i>After School, Hall</i> Wind, brass, strings, percussion including Piano - Grade 4+</p> 	
Thursday	 <p><b>String Group</b> <i>Ac Mon, MU1</i> For violinists, violists, cellists and double bassists of all levels.</p>	 <p><b>Senior Choir (all years)</b> <i>After School, MU1</i> 3/4-part choir, singing modern classical to pop and beyond.</p>
	<p><b>Rock Groups</b> <i>Lunch and After School, MU2</i> <u>By invitation only</u> - if you are a serious performer on guitar, keyboard, drums or singing. Space is limited.</p>	
Friday	 <p><b>Samba Band</b> <i>Ac Mon, MU1</i> Led by our drum teacher. <u>By invitation only</u></p>	 <p><b>Junior Choir (Y7-8)</b> <i>Lunch, MU1</i> Open to all singers. There will be a trip to Young Voices at Wembley too!</p>

*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!





BEXLEY GRAMMAR SCHOOL  
MUSIC DEPARTMENT PRESENTS

# YEAR 7 MUSIC CONCERT



MONDAY 10  
OCTOBER 2022,  
4 - 5PM  
£3/£2 CONCESSIONS

BOOKING NOW 

www.eventbrite.co.uk  
Search for 'Bexley Grammar School'



# 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](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>



## Forthcoming Events

### September

Monday 26th to Friday 30th ~ International Week



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



### October

Thursday 6th Year 7 –MidYIS Test (see notice)

Monday 10th Year 7 Music Concert 4-5pm (see notice)

Tuesday 11th Open Morning for prospective Year 7s (Sept 2023)

Wednesday 12th Open Morning for prospective Year 7s (Sept 2023)

[Wednesday 12th PA AGM \(see notice\)](#)

Thursday 13th Open Morning for prospective Year 7s (Sept 2023)



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**)