



NEWSLETTER

The Final TSBA Book Group

It was the last week of our reading group and the students took part in a quiz, which was won by the unstoppable **Colin Lai**. We then voted on our favourite book and the winner was *Green Rising* by Lauren James, a story about how teenagers around the world start to develop the ability to create plants from their fingers, and how they use this superpower to fight the governments and oil industry to improve the climate and save the planet.

Even though book group has finished, we have more to look forward to as we will be attending an awards ceremony in April where we will meet six of the authors.

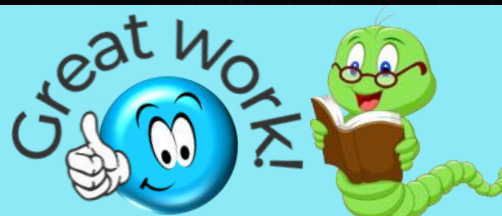
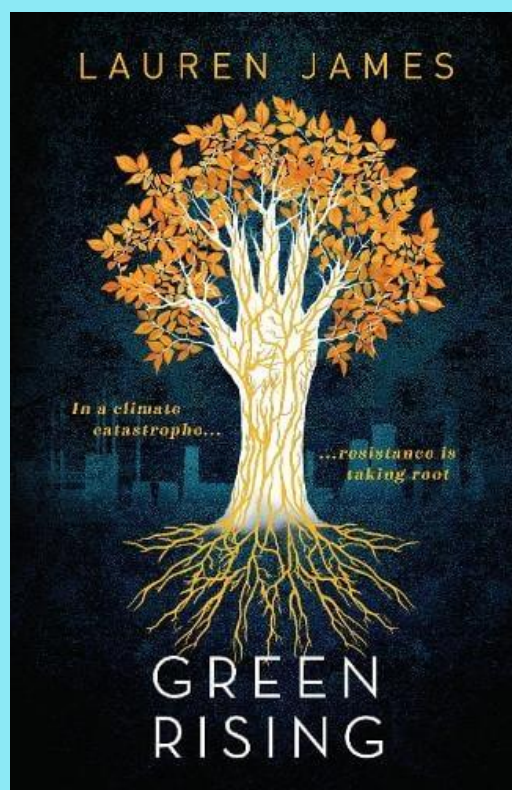
Mrs Carey, School Librarian

Book club has been really amazing and not just about books! We have done many fun activities and my favourite were acting out a book we read and making a poem. I have also made some new friends from the book club. I got a merit and biscuits every time I went and even cake at the end! Altogether, I will definitely go to the next book club with Mrs Carey (the best librarian!)

Grace Shaw, Year 7

Book group was so much fun! Each week we got to read a different book, then we did an activity on that book. There were 8 great books we all read: *The Summer We Turned Green* by William Sutcliffe, *Show Us Who You Are* by Elle McNicoll, *In the Key of Code* by Aimee Lucido, *The Cats We Meet Along the Way* by Nadia Mikail, *We Go On Forever* by Sarah Govett, *Green Rising* by Lauren James, *Burning Sunlight* by Anthea Simmons and *Clean Getaway* by Nic Stone. On the last week, we did a kahoot (quiz) on all of the books we had read. I loved going to book group every Thursday as I got to read new books by authors I had never heard of and do activities on all of those books. It was a great club led by the lovely librarian Mrs Carey and I can't wait for the next book group and the books that it brings.

Liv Harmer, Year 7





World Book Day Reading Challenge

Take part in our Ultimate Reading Challenge for World Book Day.

Take a photo of you reading a book in a weird and wonderful location. The more unusual the better! The winner will get a £10 book voucher for the best photo.

Email entries to Mrs Carey by Wednesday 1st March - carey_r@bexleygs.co.uk.

Mrs Carey, School Librarian



WORLD
BOOK
DAY





Year 8 Public Speaking Competition

Congratulations to **Emily Chan** (8ERE) for winning the recent Year 8 public speaking competition that is held each year. Students have been preparing their speech in their English lessons over the last half term. The criteria was for students to present a speech of up to 4 minutes on any topic of their choice. Within the class, students presented to each other and the top two were then put forward to the finals, where they presented their speech in front of the year group and a judging panel.

Congratulations!



Our winner: Emily Chan

The Judging panel
Mr Husbands, English Department
Claudia Idahosa, Kay Whalley, Year 12 English Prefects

A diverse range of topics were presented on Tuesday 24th January, including Vidhya Bhat's 8FTM talk on Water, Kika Jones 8STA on Food and Jake Armstrong 8JMP speech on whether the earth would be better off without humans. The judges were giving scores on content, delivery and structure. Meaning that this was as much about the information as it was the ability to present and keep the audience engaged.



The winner Emily Chan - title was '*When are we really dead?*' This captivated the judges and audience as it was a lot more scientific and less grim than it sounds! The runner up was Kartikeya Srivastava (8JMP) speech on *Bravery and Determination* also held the attention of the audience. A massive well done to all of the students who took part as it is a real skill to be able to share ideas and speak with confidence in front of your peers.

Mrs Belton Owen
Director of Studies, Year 8





YEAR 10

DOS Golden Weekly Award (23rd January ~ 3rd February)
Congratulations to all the recipients of the award

- * 10EAB – Poppy White (consistently good contributions during AM discussions)
- * 10MGG – Zac Morgan (improved behaviour)
- * 10IAB – Serene Dhillon (just doing the right stuff all the time)
- * 10AMM – Stanley Grime (successful participation in House Quiz)
- * 10MEM – Anouska Sarashetti (continuous dedication to her studies)
- * 10JEA – Jack Perkins (your work ethics)
- * 10ELS – Jiveen Velayudan (for always willing to help out)

Congratulations!

Special DOS Award

This special award goes to Elijah Akintola for being the first person to complete their work experience, and making massively improvement in maths. – Mr Skinner

Year 10 Form attendance Award
(23th January – 3rd February)
The form with the highest attendance is:

10EAB

Congratulations to all students in Mr Bulgarelli's form.

"If you don't scale the mountain, you can't view the plain." ~ Chinese proverb
Mr Oyedeji

PE News

Children's Mental Health Week PE and Sport

Children's Mental Health week is 6th February - 13th February 2023 with the focus on 'Let's connect'.

Connection is one of the most important things for children's mental health. When children feel connected to their families, friends, and communities, they are more likely to flourish. Conversely, when children feel isolated or unsupported, their mental health can suffer.

Let's Connect is about making meaningful connections for all, during Children's Mental Health Week – and beyond. People thrive in communities, and this connection is vital for our wellbeing.

Within theory lessons, IB students have related this to their unit psychological well-being unit of work and GCSE students have looked at the factors that affect participation in sport. Year 12 Extended essays are also looking into how exercise alleviates symptoms of depression.

Practically, we've been working on our health related exercise (HRE) module in most lessons this term. Students have experienced 'insanity' HIIT training workouts releasing endorphins to make you feel good as well as experiencing yoga and relaxation to switch off from everyday worries and anxieties. Some year groups even had a little boogie to 'just dance' and Year 8s have experienced British Sign Language and explored this through the power of dance!

Sport is a good way to connect. There are lots of different ways: joining a team to make new friends, chatting to friends whilst on a walk or jog, and even with a simple smile when working in groups!





Food for thought: Have a look through some of these articles. Mental health issues affect sports people. How can sport positively impact your mental health? What strategies can be used to ensure good mental health?

<https://www.skysports.com/more-sports/news/topic/8688/mental-health-awareness-week>

Remember:

1. Take time for yourselves
 2. It's ok to not be ok
- It's good to talk



Have a lovely half term break! Final half term before we start moving forwards into our summer activities after Easter.

Mrs Kemp
PE Department



Year 8 students demonstrating their Indian hand Mudras in dance.



Children's Mental Health Week 2023

6th to 12th February 2023

This year's theme is Let's Connect



Let's Connect is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

For Children's Mental Health Week 2023, we're encouraging people to connect with others in healthy, rewarding and meaningful ways.

[Click here for a video showing Dr Alex George](#) reflecting on the importance of building connections.

At BGS, we will be looking at different ways to connect with each other during form time activities this week. It is also important to think about our impact on the local community, and the connections that we might make through volunteering or taking part in community activities.



Thank you, parents!

We appreciate all the donations for our Pre-Loved School Uniform Sale. On Saturday, many uniform items found new homes and the PA took in £301!

Please hang on to any uniform donations. We'll let you know when we're collecting and will confirm the next sale date after half term.

BGS PA





Social!

FRI 24 FEB

7.30-9.30pm

BGS hall

Board Game Night!

Buy tickets by 22 Feb:

bgspa.co.uk/boardgames

**£3 student / £5 adult
all funds raised
benefit the school!**

BGS PA



News items you may have missed



MOTHER EARTH NEEDS YOU

Protecting the planet is
every person's job.

BE IT BIG OR SMALL, YOUR ACTIONS MATTER!

If you are interested in discussing
pressing environmental issues,
raising awareness and making
positive change come join us!
Thursdays after school (G13)
from 3.15pm to 4pm
Thursdays after school (G13)

EAG



FACULTY OF
MEDIEVAL
AND
MODERN
LANGUAGES

Faculty of Medieval & Modern Languages

University of Oxford

If you're in Years 7-13 and studying French or Spanish, we
invite you to enter this year's

FRENCH & SPANISH FLASH FICTION COMPETITIONS



The aim is to write a complete story, written in French or
Spanish, using no more than 100 words.

Our judges are looking for imagination and narrative flair, as
well as linguistic ability. Winners will be awarded a top prize
of £100!



Join our GC group: **6j4tnbf**

For further info, please contact Miss Giglione

giglione_m@bexleygs.co.uk



Message for Parents/Carers of Students in Year 9

The GCSE Options Booklet has been issued to Year 9 students.
Please click on the link [here](#).

Bexley Grammar School



Programme of Study Years 10 and 11 **2023 - 2025** Core & Options



How to apply for Free School Meals

Are you entitled to free school meals? Click on the link [here](#) to check your eligibility.

Lost Property

If your child has lost any of the items shown above or anything else, please click on the link [here](#) to report lost property or email us directly

reception@bexleygs.co.uk.



Forthcoming Events

February

Friday 10th ~ Last full school day before half term (**all students in school**)

Monday 13th to Friday 17th Half Term (school closed to students)

Monday 20th ~ First day back following the half term (**all students in school**)

Tuesday 21st ~ Deadline for submitting Year 9 Options

Wednesday 22nd ~ PA Meeting 7.30-9pm (see notice)

Friday 24th ~ PA Board Game night (see notice)

March

Tuesday 14th ~ Year 10 Parents' Evening

Wednesday 22nd ~ PA Meeting 7.30-9pm (see notice)

June

Wednesday 28th ~ GCSE EXAMS CONTINGENCY DAY