



Year 8 & Bexley Food Bank

Many thanks to all who donated food and toiletry items for the Bexley Food Bank. The Year 8 team walked the items along to the local drop off point on Friday and all agreed it felt very good to know we were making such a difference to the lives of people in need. We are doing this through the summer term, so please continue to bring in donations - the lists here show what they need in particular.

*Mrs Harris,
Director of Studies, Year 8*



URGENTLY NEEDED ITEMS

COFFEE

NOODLES

LONG LIFE FRUIT JUICE & SQUASH

LONG LIFE MILK

SPONGE PUDDINGS &
RICE PUDDINGS

TOILETRIES: TOILET ROLLS, WASH-
ING POWDER, DISPOSABLE RAZORS

TINNED SPAGHETTI, TOMATOES,
SWEETCORN, PEAS & CARROTS

TINNED FISH

TINNED FRUIT

RICE

PASTA SAUCE

BREAKFAST CEREAL
(NO PORRIDGE)

WE'VE GOT PLENTY OF

BEANS

PASTA

SOUP

TEA

SUGAR



PE News

A huge well done to our brilliant Year 10 athletes for a great day at the Bexley Athletics Championships. Great company, and some excellent performances. Particular congratulations to Sam (Javelin), Marie-Reine (100m) and Patrick (200m) for winning their events.

Mr Lines, Head of PE

BGS Year 10 Athletics Team

Marie-Reine Fotso
Hawa Gamanga
Bolaji Ogunnaike
Kirsty Moore
Elena Storry
Julianne Odetola
Rebecca Lacey
Julian Wokeh
Patrick Jackson
Abdul-Samad Ayinde
Timi Abel
Timi Abimbola
William Adomako
Adeola Adisa
Danny Tinson
Josh Azubuike
Sam Hunt
James Omotosho



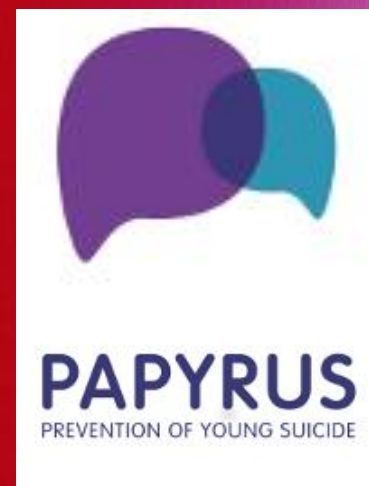
Hot Teenage Topics

From time to time, the Pastoral team at BGS come across websites or articles we think might be useful for parents to see. We deal with a wide variety of issues outside of academics and know that these can sometimes be tough to manage, not just in school but at home, too. We have no affiliation with the producers of such materials and they do not necessarily reflect our opinions. Our aim is to provide some helpful guidance on hot topics affecting our teenagers.

This website can help deal with the problems of anxiety and self harm. Prevention of suicide is an important topic dealt with here, too.

<https://www.papyrus-uk.org/help-advice>

Mrs Harris, Pastoral Team



Youth Action Diversity Trust

Being a young person in today's world is challenging and at the YADT, they understand that some young people need a little extra support to help them get a positive start in life or overcome obstacles along the way. They offer group workshops and one-to-one support sessions looking at a number of issues and life skills, such as exploring communication skills, improving confidence and self-esteem, anxiety, behaviour awareness, problem solving, stress management, team building and leadership.

Please find the information below about two new services that they are offering as part of the YADT Behavioural Support Service.

Anger Management and Social Anxiety Support - is for young people aged 8 to 17 years and can be delivered one-to-one behaviour support or group workshops. Please see the leaflet below for more information.

Youth Action Diversity Trust presents
Behavioural Support Service



Welcome to the YADT Behavioural Support Service. Being a young person in today's world is challenging and here at YADT, we understand that some young people need a little extra support to help them get a positive start in life or overcome obstacles along the way.

We aim to help young people with the issues that affect them. These can be a number of issues such as anger management, social anxiety, improving confidence, enhancing communication and dealing with stress. The Behavioural Support Service can be delivered as one-to-one behaviour support or as group workshops.

If you are a parent, carer or professional and would like to refer a young person, please contact us for a referral form. If you are a professional who would be interested in our group sessions please contact us for more information. Please see over the page for our fees.

For more information and to book, please contact:

North Cray Neighbourhood Centre

1 Davis Way Sidcup DA14 5JR

020 8308 3862

Email: yadt@sky.com / Facebook: @YADTBexley

Website: www.YouthActionDiversityTrust.co.uk



Youth Action Diversity Trust

Registered Company No. 5905999 / Registered Charity No. 1118218

One to One Support

The one-to-one support service gives young people the freedom and safety to explore issues that affect them on a more personal level. After an initial assessment has been made, weekly sessions will be booked with the young person to support them with their issues and/or concerns.

We charge £40 per session for this behavioural support and all our meetings take place at the North Cray Neighbourhood Centre which is neutral ground for most families. This is for young people aged 8 to 17 years.

Group Sessions in Schools

The workshops are designed for groups of up to 6 young people and are structured so that the main themes are covered across six, 1 hour sessions. Each session costs £60 per group. The age range for these workshops are 8 to 11 years and 12 to 17 years.

Introduction to Communication Skills: Young people will learn about effective communication, using verbal and non-verbal communication. The workshop is designed to help you understand and enhance your communication skills, allowing you to communicate more effectively in all aspects of your life.

Exploring Confidence and Self Esteem: Young people will explore ways to improve their natural confidence and self esteem.

Introduction to Anger Management: This workshop looks at the causes and triggers of anger and provides young people with the tools necessary to control anger. This includes looking at scenarios and identifying personal triggers.

Introduction to Resolving Problems and Stress Management: Young people will look at the process for resolving problems and will complete practical problem solving tasks. They will explore ways to solve the problems life throws at them and look at different ways to manage stress.

Team Building and Leadership: Young people will explore why it is important to be able to work as a member of a team and identify their own role within a team. The young people will work as part of a team to complete team tasks.

Visit www.YouthActionDiversityTrust.co.uk for details of all of our courses



Youth Action Diversity Trust

Head Office: 020 8308 3862

Email: yadt@sky.com / Facebook: @YADTBexley

Website: www.YouthActionDiversityTrust.co.uk



Youth Action Diversity Trust



Do you own or work for a local business? Looking for an Opportunity to Advertise?

On the 9th June the school will be holding its annual Summer Fayre and in past years this has been extremely well attended. To complement this, we produce a printed programme for visitors that sets out the events taking place during the day. The programme will also have space for advertising and with the expected numbers of people attending this offers a great opportunity for local businesses to promote themselves in the community at a fraction of the cost of a local newspaper advertisement.

This year we are offering a full page (A5) advert for only **£30** or half page for **£20**. If you would like to advertise in our Summer Fayre programme and require further information please contact:

Michelle via email at bgspa.summerfayre@gmail.com by 21st May*.

All funds raised will be helping towards BGSPA's target this year of £10,000 to benefit various projects across the school.

*Payment must be received no later than 1st June to ensure inclusion on the programme

Volunteer Photographer

We are looking for a keen photographer who would be willing to volunteer their services to document some of the more exciting, visual elements of our school life. (For a number of years we had a wonderful parent who came to our Sports Day/Summer Fayre, ECM days, productions and performances and documented many of these with some memorable photos.) We are also interested in someone who could make short video clips of school life for our new website.

It would be invaluable to have someone we might be able to call upon to visit for an hour perhaps during the school day occasionally or for an evening event.

We would need to carry out our usual police and DBS checks for volunteers.

If anyone is able to help, please email enquiries@bexleygs.co.uk with 'Volunteer Photographer' in the subject line.

Thank you.

Mr Elphick



News Items You May Have Missed



Ladies Fashion Show **AND** Pop-up Shop!

**SHOP YOUR FAVOURITE HIGH STREET BRANDS
AT 50% OFF OR MORE!**

Colours.

[FUN] DRAISING
FASHION SHOWS



Thursday 24th May 2018
Bexley Grammar School

Bexley Grammar School, Danson Lane, Welling DA16 2BL

Doors open 7pm, show starts 7.30pm

Tickets: £5 includes a free drink. Students - £2.50 (under 18's)

Tickets to be purchased in advance.

Charity raffle: FABULOUS prizes to be won at the show!

For tickets and more information please contact:

Dawn Sims - 07584 373643 or Deann Peetoom - 07884 436992

or click on the link [here](#)



Forthcoming Events**May**

Monday 7th ~ Bank Holiday (school closed - except for Year 13 IB examinations)

Friday 11th ~ Last day Year 11 (before Exams)

**Friday 18th ~ Last day Year 13 A Level
~ Final assembly for Year 13 cohort**

Monday 21st ~ Year 9 Exams (in classrooms) begin until Friday 25th May

Wednesday 23rd ~ KS3 Musical Showcase

Thursday 24th ~ PA Event, Ladies Fashion Show & Pop-up Shop, Doors open 7.00 pm (see notice)

Friday 25th ~ Last full school day before half term

**Students return to school on Tuesday 8th May following
Bank Holiday Monday 7th May**