

- BELIEVE - EVOLVE - ENRICH - SUPPORT -

BGS BEES

KEEPING BGS BUSY!

KEEP BUSY

Trail runner and self-proclaimed 'home athlete' Rory Southworth is not allowing the coronavirus lockdown to put a limit to his mountain climbing ambitions. He has led a team of 30 other hikers in a virtual ascent to Everest Base Camp, a climb of 5,364 metres, over the course of 5 days, with the group climbing together via Zoom for some parts of the trek. Southworth said "I wanted to bring people with me on the journey. There was a lot of negativity among the outdoor community about being confined at home and I wanted to give people a reason to exercise indoors".

Heights of each peak:	
Ben Nevis - 1345m	517.3 reps
Snowdon - 1085m	417.3 reps
Scafell Pike - 910m	376.2 reps

*based on an average 13 step staircase

Try it yourself!

Here's how to work out the reps:
number of stairs x height of a step = total ascent of the staircase

Then... Total height of the mountain ÷ total ascent of stairs = number of reps of the stairs required

- GOOD NEWS -

Inspired by the much loved children's book 'Going on a Bear Hunt', residents of Melbourne, Australia, have created a teddy bear hunt for local children!

Find out more here:

<https://www.bbc.co.uk/news/world-52108765>



PE CHALLENGE

Just in case you missed it, attempt any of these challenges to keep active. If you've already done them, have another go and see if you can improve!

1. Stack up 6 plastic cups and get hitting! You have 5 attempts to get as many cups knocked down as possible. Re-stack each go and combine how many cups are knocked down for your total score. Use a pair of rolled up socks.
2. Have a go at this work-out; can you keep up while enjoying Dua Lipa's hit? <https://www.youtube.com/watch?v=NKXLW7PkPQc>
3. It's skill day! Throw a tennis ball against a wall for 30 seconds. How many times do you catch it? Repeat 5 times and see what your best score is! If you don't have a tennis ball, use a rolled up pair of socks.
4. Get your dancing shoes on and grab a partner for this classic! <https://www.youtube.com/watch?v=F0ws9zgSXrE>
5. The Sally Challenge. Press up, sit up or squat. Which of your family members can last the longest without taking a break!? For an even bigger challenge, try it to the song Flower by Moby: <https://www.youtube.com/watch?v=6A2V9Bu80J4>

GET CREATIVE

5 National Theatres are offering free online streaming of their most popular shows. This includes Andrew Lloyd Webber, who is uploading a new show every Friday at 7pm, which will be available to watch for 48 hours, and this week you will be able to watch the full length performance of Jesus Christ Superstar.

Find out more here: <https://www.londontheatre.co.uk/theatre-news/west-end-features/five-theatres-streaming-productions-to-watch-at-home-for-free-in>

LAUGH

What do you call a fish without eyes?

Fsh.



HAPPY SONGS

EUROVISION CLASSICS

1. Spirit in the Sky, Keiino - Norway
2. She Got Me, Luca Hänni - Switzerland
3. Too Late for Love, John Lundvik - Sweden
4. Zero Gravity, Kate Miller-Heidke - Australia
5. Friend of a Friend, Lake Malawi - Czech Republic



EUROvision

MINDFUL MOMENT

The oldest known poem is estimated to be around 4,000 years old. For centuries, humans have used poetry to express their opinions, emotions, and stories. Today, poets like Rupi Kaur and Lili Reinhart write in a modern 'confessional' style to share their feelings. This week, why not try to express your own opinions using poetry. For more inspiration you could research the works of poets throughout history, for example John Clare, Christina Rossetti, Sylvia Plath, and Maya Angelou. Additionally, Rupi Kaur is leading writing workshops live on her Instagram channel to support beginner poets.

Still I Rise

Maya Angelou, 1928 - 2014

You may write me down in history
With your bitter, twisted lies,
You may tread me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

TRY THIS

Have a go at Mrs Armstrong's recipe for Easter Krispie cakes:

1. Gently melt 250gms of milk or plain chocolate in a bowl over a saucepan of simmering water. Remove from heat and stir in half a teaspoon of vegetable oil.
2. Add 100gms of Rice Krispies (my favourite) or Corn Flakes.
3. Divide mixture into 8 lightly greased 8cm bowls/cake cases or bun tin and make nests by indenting the centre. Chill in refrigerator. When set, put mini eggs in the indent.



BE KIND

Create a postcard to send to someone. Choose someone you think might need a pick-me-up, and take time to create a design they would like. Maybe you could take inspiration from the rainbow! Snap a photo of your creation, and send it to them with a message to let them know you are thinking of them.

"HAPPINESS IS NOT SOMETHING READYMADE. IT COMES FROM YOUR OWN ACTIONS." - DALAI LAMA