

BELIEVE · EVOLVE · ENRICH · SUPPORT ·

BGS BEES

KEEPING BGS BUSY!

KEEP BUSY

Language Drops is a fantastic app that will help you learn a new language in just 5 minutes a day! Choose a language from more than 35 of the world's most widely spoken dialects, and build your fluency drop by drop. Language Drops is about learning little and often, and by simply downloading the app, you can begin learning or supplementing your language abilities! Find out more here: <https://languagedrops.com/>

PE CHALLENGE

1. Card Game. Go through a pack of cards; each suit is a different exercise, each number is how many you do. Hearts = Jumping Jacks, Clubs = Push ups, Diamonds = Squats, Spades = Sit-ups.
2. Too rainy to go for a run? Try this 8 minute cardio work-out. <https://www.youtube.com/watch?v=X1TuhAn6C-g&feature=youtu.be>
3. With all this exercise, it's important for us to stretch. Enjoy a more relaxing challenge today. <https://www.youtube.com/watch?v=7KSoWzbznhk>
4. It's time to dance! This time it's Hips Don't Lie – sumo version. <https://www.youtube.com/watch?v=QwYqMzg6LfQ&feature=youtu.be>
5. It's competition time! Get your family members involved. How long can you balance on one leg for? Timing stops as soon as your other foot touches the ground.

GET CREATIVE

Get creative with your recycling, and check out these crafty ways to reuse tin cans! Make sure you take care and mind your fingers on the sharp edge of the can, and check with a adult. <https://thecrazycraftlady.com/beautiful-upcycled-tin-can-crafts/5/>



BE KIND

Social Media and email might keep us in touch with ease, but there's nothing like the thrill of receiving a handwritten letter! Write and send a letter to a loved one, no matter how far away. Go the extra step and decorate the envelope just for them!



GOOD NEWS

Everyday of lockdown, a Nottinghamshire Grandma has arranged teddy bears in her front garden in a variety of scenes for local children to enjoy. Her displays have proved popular worldwide! See photos of her uplifting displays here: <https://www.nottinghampost.com/news/local-news/gallery/pictures-teddy-bear-displays-arnold-4079782>



HAPPY SONGS

WELCOME TO THE SIXTIES

1. Sunny Afternoon—The Kinks
2. You Can't Hurry Love—The Supremes
3. At Last—Etta James
4. God Only Knows—The Beach Boys
5. California Dreamin' - The Mamas and The Papas

MINDFUL MOMENT

Find a calming place to sit down. Close your eyes and take five breaths in and out. Then open your eyes and pay attention to the first thing that you see. Try not to read any words, instead look at the shape, size and colour of the letters. If a thought or feeling comes into your head, acknowledge it but let it float by, like a leaf in a stream. If you notice that you are focusing on your thoughts instead of what you're seeing close your eyes and start again, this time focusing on something else. Repeat this as many times as you need until you feel calm.

TRY THIS

The BBC's Own It app helps young people new to social media manage their well-being, whilst empowering children to make smart choices, and helping them to lead a positive life online. The Own It app and keyboard lets children: get advice whenever they type; track their feeling; win badges as they reflect; find help when they need it; take quizzes to learn more about themselves. Further information can be found here: <https://www.bbc.com/ownit/take-control/own-it-app>

STAYING MOTIVATED

During these unusual and unprecedented times, self-motivation has become more important than ever. No longer do you have teachers guiding you through every lesson. However, self-motivation can be very difficult to master – adults will be struggling with this too – and so it's important we work hard at trying to develop and maintain it. Below are some tips for how to help you with this –

1. Maintain some structure to your day. Get dressed, eat at similar times to normal and try to do your school work at similar times each day. It is unlikely that the work set will take you the same amount of time as a normal school day, so give yourself regular breaks and allow time for activities you enjoy.
2. Before you start working take some time to plan what your day is going to look like. Write this down. You can also plan fun things to do which will help to motivate you to get through your work. Be strict with yourself, and don't do the fun activity until you complete the work you planned to complete!
3. Set yourself small targets e.g. complete English and Maths work by 11am. Then if you achieve this, give yourself a reward (such as half an hour doing something you enjoy). You may even want to keep a physical note of all the work you are completing, including the topics (rather than it just being on MILK). Seeing how much work you have managed may make you feel good about yourself and motivated to keep working hard.
4. Stay connected with school friends. You are used to keeping in contact with school friends by seeing them daily. This has been taken away from you, and you want to avoid becoming isolated. Set up a video call with friends to talk through the work set; you will help each other a lot this way.

5. Where possible, have a designated workspace that is different to where you relax. This may not be possible in every home but if you are able to work at a desk (e.g. kitchen/dining table), rather than on your bed, this will help you to keep work separate from where you want to unwind.
6. Go outside. Ensure that you don't end up spending days on end, staying in and just completing work/looking at screens. Even a 5-minute walk around the block will refresh your mind.
7. Exercise. Ensure you are keeping physically active. It is proven that doing some exercise in the morning helps people to feel more motivated when completing daily tasks. So if you are finding yourself struggling, spend even just 10 minutes doing something active (stretching/walk/run/daily PE challenge!) before you start your work to encourage your mind to 'get going'.
8. Be kind to yourself. If you have an unproductive day, don't allow it to eat away at you and affect your mood. What is important is that you forgive yourself, and then refocus your efforts the next day when you wake up. If you find you have allowed yourself to slip for a few days on end, it's very important that you try some of the tips out above to get you back into the habit of being productive.

For parents! Some useful links and resources to help you and your family during lock-down:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing-toolkit-1/>
<https://www.bbc.co.uk/bitesize>
<https://www.natgeokids.com/uk/>

COMMUNITY



This incredible photograph of ice and fire was taken by Ben in Year 11 who set up, researched, and designed this beautiful photograph.

Bella in Year 7 took the plank challenge to a new level with the addition of her puppy!



This incredible work of art titled 'abstract lion' was painted by Sanjani in Year 8.



Miss Lindley has been revisiting an old hobby, sending and receiving postcards from all around the world!

BGS BOOK CLUB

Books provide the perfect respite from the effects of a lockdown as you can escape the four walls that surround you and immerse yourself in new adventures, experiences, ideas and worlds. Here are 10 recommendations for getting away for a while without breaching the Government's rules!

1. Visit J.R.R. Tolkien's vividly realised fantasy world of Middle-earth in The Hobbit and The Lord of the Rings, books that have inspired many imitators in the fantasy genre.
2. Join Ged's journey to become a wizard (before Harry Potter) in Ursula Le Guin's powerful Earthsea Trilogy.
3. Marvel at the sandworms of Arrakis in Frank Herbert's 'Dune' series – and be ahead of the curve as the critics await the latest attempt to film this masterpiece.
4. Bring your daemon to life by touring Lyra's Oxford and beyond in the His Dark Materials trilogy and the related short story by Philip Pullman.
5. Travel in time and myth with Kay Harker in John Masefield's wonderful The Box of Delights and join the battle for an elixir of life while "the wolves are running".
6. Enter the wardrobe and find yourself in C.S. Lewis's remarkable Narnia, whose seven 'Chronicles' are captured in this much-loved series.
7. Follow Douglas Adams's funny and profound The Hitchhiker's Guide to the Galaxy series, which not only plunges the reluctant traveller, Arthur Dent, into an intergalactic journey but also reveals the answer to life, the universe and everything!
8. Wander along the river-bank, and brave the wild wood, with the delightful animals in Kenneth Grahame's enchanting 'The Wind in the Willows', though will naughty old Toad get away with his exploits again?
9. Plunge down the rabbit-hole for Alice's extraordinary adventures in wonderland by Lewis Carroll, meeting the mad March hare, the Cheshire Cat and the mock turtle among many other strange creatures.
10. Imagine a better world and consider the merits of Thomas More's 16th century 'Utopia' – how close to a perfect society did More's creativity take him, and which ideas would we today accept and reject?

What have we been reading?



"LIFE IS NOT A PROBLEM TO BE SOLVED BUT A REALITY TO BE EXPERIENCED" — SOREN KIERKEGAARD