

BELIEVE · EVOLVE · ENRICH · SUPPORT ·

BGS BEES

KEEPING BGS BUSY!

PE CHALLENGE

Just Dance week!
Every challenge this week is dance/
music based.

1. Good Feeling - <https://www.youtube.com/watch?v=VDR-jInYqPc>
2. Madfit - This is What You Came For. <https://www.youtube.com/watch?v=2VddmqguB88>
3. Just Dance. Jailhouse Rock - <https://www.youtube.com/watch?v=Hv0EHou5XSs>
4. Madfit - Lose Yourself. <https://www.youtube.com/watch?v=OXHX-H5w388>
5. Just Dance. U Can't Touch This - <https://www.youtube.com/watch?v=I29UjRbBasg>

MINDFUL MOMENT

Everyone at some point might find it hard to cope with how they are feeling or what is happening in their life. Healthy Minds Lincolnshire provides early support when you start to feel that life is getting out of control and you need some help to cope. For more information about the support that Healthy Minds Lincolnshire offer, and online courses to support your emotional wellbeing, follow this link: <https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/i-need-more-help/healthy-minds-lincolnshire>

JOKE

Where are average things manufactured?

The satisfactory

FEEL GOOD MUSIC

Miss Atkinson's 'Pensive Playlist'

1. Ben Howard - Conrad
2. Prince - Sometimes it Snows in April
3. First Aid Kit - A Long Time Ago
4. The Staves - Facing West
5. Ella Fitzgerald - Misty Blue

THE BRITISH MUSEUM

The British Museum is offering tours of their most popular exhibitions, available on demand via Youtube.

The first one is all about Pompeii. Unsurprisingly, as a History nerd, Miss Capper found it really interesting, but she thinks you will too! Here is the link. Have a look, you might enjoy it!
<https://www.youtube.com/user/britishmuseum>



BUILD A BOARDGAME

Mr Mitchell (Law) has a creative idea to entertain you and your family at home.

Why not create your own game to play with your family? Here are some tips on creating a great game from scratch:

Theme - Choose a theme that truly reflects your passions and interests. Games can be about any subject at all - educational, movie or book-related, sporting, magical, fantasy - so let your imagination run wild. If you are stuck for inspiration, think about some of the games you have played in the past.

Aims - Is it a "race to the finish" game, or a strategy game, or a points-based game? Does it rely on the knowledge of the players? Is it a game of skill or chance? Does it include elements of jeopardy? Will it have a role-playing element? Will it involve dice or other materials? How is a winner determined?

Materials - Most games have a board of some sort (card or paper will do for most) and you can borrow dice from other board-games or indeed make your own. You can create your own counters or cards, though again some of these can be borrowed from other games.

Rules - Think carefully about the rules of the game: the game has to work effectively and usually requires a clear winner. Try to anticipate some of the problems and disputes that may arise while playing the game when you are writing its rules. This is a form of law-making and it is important that you are as clear and precise as possible.

Play, enjoy and review - When you have a game in place, try to play it with your family and review how well it goes. How can the game be improved? What would add to the fun? Should some of the rules be rewritten? Can you now create a box for your game? If the game is wholly your own, and does not require any parts borrowed from elsewhere, when should you start pitching your masterpiece to games manufacturers?

Good luck with your board-game project: will you create the next Monopoly, Cluedo, Risk, Jumanji or Scrabble?

BREAD MAKING

Not only is homemade bread delicious, but making bread is good for your mental health too. The processes of mixing, kneading, and watching the dough rise have both anecdotal and scientifically proven benefits to our wellbeing. In 2017, five people who were mental health residents at Bethlem Royal Hospital in London spent six two-hour sessions baking bread by hand and answered weekly questions about how they felt. They reported feeling happier, creative, and having a sense of achievement. They also revealed that baking bread made them feel relaxed, less anxious, and that they had a sense of purpose.

Miss Watson followed this recipe to create this delicious looking 'pesto braid bread' (be mindful of the fact the recipe has quantities in US cups, so you will need to convert them before you begin.)
<https://www.allrecipes.com/recipe/273497/braided-bread-with-pesto/>



YEAR 9 BAKE OFF

Year 9 have been testing their baking abilities in an ongoing Bake Off challenge. For week 1, the winner is Megan, with highly commended Miss Watson, Bella, and Anna. Here are photos of some of the mouth-watering entries this week. We can't wait to see what Year 9 bake next week for biscuit week!



Miss Watson's entry

Megan's winning cupcakes

Bella's entry

Lauren's NHS cupcakes

Rory's 'Roreo' cupcakes

Remi's entry

Ananya's rose bouquet

Momina's entry

STAND UP TO RACISM

Right now newsreels and social media feeds are full of stories, photos, and videos of the protests across America after the death of George Floyd. You may be finding some of the images, footage, and rhetoric distressing or difficult to comprehend. The UK organisation 'Stand Up to Racism' can help you gain accurate information, as well as ideas for what you may wish to do to take action against racism, find out more here: <https://www.standuptoracism.org.uk/>. Additionally, the BBC have put together a montage of uplifting stories which you can view here: <https://www.bbc.co.uk/news/av/world-us-canada-52883495/george-floyd-uplifting-moments-from-peaceful-protests>, you can read about the protestor who has been delivering water to police officers in Pittsburgh here: <https://www.wpxi.com/news/top-stories/protester-shares-water-with-police-during-pittsburgh-demonstration/2AJUD5R4JFWRO2J7VSRWV6LUY/>, and you can read about police officers taking the knee in solidarity here: <https://www.standard.co.uk/news/world/police-take-knee-support-protesters-george-floyd-a4455841.html>

The words of civil rights leader and spokesperson Martin Luther King Jr are as powerful today as the day he spoke them during a 1957 sermon titled 'Loving your enemies'...
"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."



GUESS THE TEACHER ANSWERS

Last week you got a glimpse into what your teachers have been doing to pass the time. Did you notice there was no number 6? See how many were you able to correctly identify using the answers here:

1. Miss Bradley has been making cards for friends
2. Mr Gillespie has been drawing
3. Miss Atkinson has been painting
4. Ms Baverstock has been cross-stitching
5. Ms Creedon has been playing the piano
7. Mrs Worrall has been gardening
8. Miss Segarra has been playing table tennis
9. Miss Turton has been gardening
10. Mrs Mohan has been doing daily yoga
11. Mr Smith has transformed his garden
12. Mrs Williamson has been spending time with her puppy, Gromit
13. Mr Jones has been recording hymns, which have been shared around the country
14. Ms Currier has been potting new plants
15. Mr Adamson has built a planter
16. Mr Kelly has built a wooden trunk
17. Miss Capper has been spending time with her puppy, Monty

"IF YOU ARE NEUTRAL IN SITUATIONS OF INJUSTICE, YOU HAVE CHOSEN THE SIDE OF THE OPPRESSOR. IF AN ELEPHANT HAS ITS FOOT ON THE TAIL OF A MOUSE AND YOU SAY THAT YOU ARE NEUTRAL, THE MOUSE WILL NOT APPRECIATE YOUR NEUTRALITY." DESMOND TUTU