


BGS BEES

BELIEVE · EVOLVE · ENRICH · SUPPORT ·

KEEPING BGS BUSY!

JOKE

Did you hear about the mathematician who's afraid of negative numbers? He'll stop at nothing to avoid them.



FEEL GOOD MUSIC

Ms Jones' 'Birds' playlist

1. Eagle - ABBA
2. Jack Sparrow - Hans Zimmer (instrumental)
3. Blackbird - The Beatles
4. On the Wings of a Nightingale - Everly Brothers
5. Birdhouse in your Soul - They Might be Giants



YOUNG MINDS

Young Minds are a UK charity who aim to support and empower young people, whatever challenges they might face. The COVID-19 pandemic is a new and uncertain time for all of us and will affect our mental health in different ways. However you are feeling right now is valid. Young Minds have put together advice to help you keep mentally healthy during this time.

You can find their advice here:
<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/?fbclid=IwAR3WpHB-CFryasHrXvtkjr4yOe1KE4tBJ7KRtCwhA0kQUQH29hXags4ozqQ>



PE CHALLENGE

Maximal Week!
Every challenge this week will push you to complete the most you can in a set time.

1. Today is squats. 3 minute time limit. If you have to stop, then that is the end of your attempt.
2. Star jumps for today's maximal challenge. How many can you do in 3 minutes?
3. Press Ups today. 3 minute time limit. If you have to stop then that is the end of your attempt.
4. Wall sit today! 3 minute time limit. If you have to stop then that is the end of your attempt.
5. A nice run to finish the week! You can choose 10 minutes, 15 minutes or 20 minutes. See how far you can travel in the time you selected. Don't forget to turn round after half of your allotted time!

THE ANTHILL PODCAST

The Anthill is a show for curious minds, with a mix of everything from science, history and psychology to politics and economics. Their back catalogue features collections on moon exploration, conspiracy theories, and their latest series which is focused on recovery, with episodes exploring how the world recovered from traumatic events. Ms Atkinson recommends the Recovery episode on the Lisbon earthquake, which explores how the event, which happened back in 1755, changed Europe's attitude to faith and philosophy, and went on to inspire the writings of famous philosophers like Voltaire. Find The Anthill on Spotify, Apple podcasts, or at <https://theconversation.com/uk/topics/the-anthill-podcast-27460>

RECYCLED CRAFT

According to statistics, households in the UK currently recycle 47.5% of their waste, and roughly two-thirds of plastic waste produced is sent abroad to be recycled. Recycling and cutting down on single-use plastic has been a hot topic of conversation for many, and there are a number of things you can do to help. This [online tool](#) can help you understand what you can recycle in your area, and there are [many innovative ways](#) to reuse plastics.

Here's a quick guide on how to transform an old bottle into a cute animal planter/pot which can be used to grow plants, herbs, or vegetables, and to store things.

1. Remove the label from your bottle, scraping off all the sticky residue.
2. Draw an animal shape on the bottle (a whiteboard pen works well for this if you have one!)
3. With the help and supervision of an adult, use a box cutter to poke a slit in the bottle, then cut out the animal with scissors. Optional: If you're going to use the bottle as a planter, create small drainage holes on the bottom of the bottle.
4. Coat the bottle with acrylic paint, then let dry.
5. Create your animal's face with permanent marker.
6. Let your completed bottle dry completely and use as you wish!

NATIONAL WRITING DAY

National Writing Day 2020 is coming on Wednesday 24 June 2020! National Writing Day is an annual celebration of the pleasure and power of creative writing, inspiring people of all ages and abilities to write for fun and self-expression. You can find out more about National Writing Day through this [video](#) and on their [website](#) which has lots of information, activities, and resources.

One online event you may wish to take part in this year is the [#247challenge](#). The challenge is to write a story with just 24 words and in no more than 7 minutes writing, starting with the phrase 'One day...' and, if you wish, share your story using the hashtag [#247challenge](#)

BRAINTEASERS

Brainteasers are a superb way to test your mental acuity, and increase the power of your memory. Research suggests that regular brain teasers and puzzles that utilise your cognitive skills help to improve your ability to learn, your problem solving skills, and memory as you use specific neural networks.

See if you can work out the answer to these brainteasers, and challenge your friends and family to see whose got the sharpest mind!

1. Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?
2. Before Mount Everest was discovered, what was the highest mountain in the world?
3. Billie was born on December 28th, yet her birthday always falls in the summer. How is this possible?
4. You're escaping a labyrinth, and there are three doors in front of you. The door on the left leads to a raging inferno. The door in the centre leads to a deadly assassin. The door on the right leads to a lion that hasn't eaten in three months. Which door do you choose?
5. A farmer needs to take a fox, a chicken, and a sack of grain across a river. The only way across the river is by a small boat, which can only hold the farmer and one of the three items. Left unsupervised, the chicken will eat the grain, and the fox will eat the chicken. However, the fox won't try to eat the grain, and neither the fox nor the chicken will wander off. How does the farmer get everything across the river?
6. If you have a 7-minute hourglass and an 11-minute hourglass, how can you boil an egg in exactly 15 minutes?
7. Four people arrive at a river with a narrow bridge that can only hold two people at a time. It's night-time and they have one torch that has to be used when crossing the bridge. Person A can cross the bridge in one minute, B in two minutes, C in five minutes, and D in eight minutes. When two people cross the bridge together, they must move at the slower person's pace. Can they all get across the bridge in 15 minutes or less?

THE GREAT BGS BAKE OFF

The BGS Bake Off has expanded! This week, Bella and Katie in Year 9 were awarded Star Bakers, with their incredible rainbow and illusion cakes. Special mentions too to Grace, Amelie, Immy, and Abi, who all scored highly with the Year 9 tutor judging team. In Year 10, the cupcake round Star Baker was awarded to Chloe, for her creative cactus cupcakes. Special mentions to Isabel, Charlotte, Kaavya, and Amelia, whose bakes were all highly commended by the Year 10 tutor judging team.



Bella's rainbow cake

Chloe's cactus cupcakes

Katie's illusion cake

Amelia's BGS Bees cupcakes!


Charlotte's gluten free cupcakes

Grace's vanilla and chocolate biscuit palette

SUMMER SOLSTICE

This year the summer solstice, or longest day of the year, takes place on 20th June - when the UK will enjoy 16 hours and 38 minutes of daylight. The day has significance for pagans, as Midsummer's eve was believed to be a time when the veil between this world and the next is at its thinnest, and when fairies were at their most powerful. Stonehenge in Wiltshire is the most popular place for Pagans to celebrate the longest day because the sun rises precisely through the stones only on the summer solstice. Built between 3,000 B.C. and 1,600 B.C Stonehenge's exact purpose still remains a mystery. The stones were brought from very long distances - some travelling over 150 miles. You can witness the celebrations of solstice at Stonehenge in 2019 here: <https://www.youtube.com/watch?v=dqUemGLomFI>

To celebrate summer solstice in a traditional way at home, you may wish to watch the sunrise or sunset, make a flower crown, create sun inspired art, collect fresh Midsummer herbs (chamomile, lavender, fennel, mint, elderflower, raspberry, rosemary, sage, thyme) and hang them to dry, or eat a seasonal summer feast (apricots, asparagus, blueberries, cherries, kale, spinach, lettuce, herbs, peas, radishes, rhubarb, strawberries).



"OUR OBLIGATION IS TO GIVE MEANING TO LIFE AND IN DOING SO TO OVERCOME THE PASSIVE, INDIFFERENT LIFE." ELIE WIESEL