

BELIEVE · EVOLVE · ENRICH · SUPPORT ·
BGS BEES
KEEPING BGS BUSY!

PE CHALLENGE

With the circumstances, many of us are struggling to complete our targeted 10,000 steps a day! This week, we are going to challenge you with a step target. There are 3 tiers, you can choose which one you work towards. Each day will have a step target which will increase as the week goes on.

- 1. Less active - 5,000 steps. Active - 6,500 steps. Very active 7,000 steps
- 2. Less active - 6,000 steps. Active - 7,500 steps. Very active 8,000 steps
- 3. Less active - 7,500 steps. Active - 8,000 steps. Very active 9,000 steps
- 4. Less active - 8,500 steps. Active - 9,500 steps. Very active 10,000 steps
- 5. Less active - 10,000 steps. Active - 10,500 steps. Very active 12,000 steps

THE GREAT BGS BAKE OFF

This week Year 8, 9, and 10 have all been baking, and the results are spectacular! In Year 8, for the cupcake round, Emily and Rose were awarded Star Baker for their cupcakes. In Year 9 for the 'BGS' round, Charlotte was awarded Star Baker for her gluten free triple layer chocolate cake. We hope you enjoy looking at the Star Bakes, alongside a selection of the highly commended entries.



Y8: Emily's Cookie Monster Cupcakes



Y8: Elizabeth and Grace's NHS rainbow cupcakes



Y8: Rose's pastel cupcakes



Y8: Cole's coffee and homemade fudge cupcakes



Y9: Mamina's British Scones



Y9: Grace's pesto and tomato bread with the BGS badge



Y9: Megan-Jayne's Biscuit, Ganache, and Sponge badge



Y10: Charlotte's triple layer chocolate cake



Y10: Isabel's chocolate cheesecake



Y10: Amelia's Rocky Road and triple layer chocolate and raspberry cake

JOKE

What do you call shoes made of banana peels?

Slippers

MEDIA LITERACY

During lockdown, it is most likely that we are spending longer on the internet, and therefore engaging with lots more content than we would if we were in school. It is always important that we are critical consumers of media, but now it is perhaps more crucial than ever.

Media literacy is the ability to identify different types of media and understand the messages they're sending. You will take in a huge amount of information from a wide array of sources including newspaper, radio, Whatsapp messages, memes, viral videos, social media, video games, advertising, and more. And all media shares one thing: Someone created it - it was created for a reason. Understanding that reason is the basis of media literacy.

The digital age has made it easy for anyone to create media so we don't always know who created something, why they made it, and whether it's credible. This is why developing our media literacy is so important, so we don't absorb and rely upon inaccurate information. Talk to your family and parents about how you can question the media more.

Here are some key questions to help you be more media literate when using the internet:

- Who created this? Are you able to tell who created it?
- Why did they make it? Was it to inform you of something that happened in the world (for example, a news story)? Was it to change your mind or behaviour (an opinion piece or a how-to)? Was it to make you laugh (a funny meme)? Was it to get you to buy something (an ad)?
- Who is the message for? Is it for kids? Grown-ups? People who share a particular interest?
- What techniques are being used to make this message credible or believable? Does it have statistics from a reputable source? Is there direct evidence of the assertions it's making?
- What details were left out, and why? Is the information balanced with different views - or does it present only one side? Do you need more information to fully understand the message?
- How did the message make you feel? Do you think others might feel the same way? Would everyone feel the same, or would certain people disagree with you?

For an example, check out @danaamercer on Instagram who highlights how the beauty photographs we see in the media, are not always reflective of real life.

FEEL GOOD MUSIC

Mr Tighe's 'equality' playlist:

1. A Man's a Man - Paolo Nutini
2. Backlash Blues - Nina Simone
3. Fortunate Son - Creedence Clearwater Revival
4. Glory - Common and John Legend
5. Love Spreads - The Stone Roses

THE PERFECT CUP OF TEA



The results are in. According to the people of BGS, the perfect cup of tea is made...

With an everyday tea bag (Black tea);
With the milk added after the water;
With unfiltered water;
By being brewed for at least a minute;
In a teapot;
With no sugar;
By yourself.

Brits drink more than 60 billion cups of tea a year, that's more than 900 cups for every person living in the United Kingdom each year. Whilst there's conflicting evidence that tea provides benefits other than warm hands and a boost of energy, we hope you find a moment today to relax with a perfect cup of tea.

SELF ESTEEM

Self esteem refers to our confidence in our own worth and abilities. Self esteem influences our choices and decisions, and there are a number of ways to build your self esteem to ensure you have a positive and healthy view of yourself.

5 top tips for strong self esteem

1. Use positive affirmations such as 'I am going to try my hardest' to encourage yourself.
2. Identify your strengths and develop them.
3. Learn to accept compliments.
4. Eliminate self-criticism and foster self-compassion.
5. Affirm your worth by listing your positive qualities.

The Dove Self esteem project launched in 2004, and has been helping young people grow their self esteem since. You can find resources and support on their website here: <https://www.dove.com/uk/dove-self-esteem-project.html>

CONVERSATION MENUS

STARTER

1. **What's the kindest thing anyone's done for you?** A few years ago in January I had a nasty car accident on the way home from school one evening. A stranger driving behind me, stopped, pulled me out of my car, rang for help and then stayed with me for 2 hours in the cold until an ambulance came. It was an act of complete selflessness and kindness. The worst part for me was that I never knew his name to be able to thank him afterwards. Ms Creedon
2. **Name something nice that happened to you today.** As we all do, I had a bit of a bad day. I was quite overwhelmed by the news and generally felt grumpy. I'd spent all day indoors so decided to go for a walk with my partner in Exton in the evening, to clear the cobwebs. We walked, watching the sun turn a dusty orange, and picked cherries from a tree to put into pancakes the morning after, and I talked through everything that was bothering me. Getting outside, having a change of scenery and enjoying nature was just what I needed. We walked for ages, and I returned home and felt like a weight had been lifted.. Miss Bennett
3. **Describe an important teacher in your life.** When I was at school I had a teacher called Mr Williams who would do extraordinary things: for example, he once walked into our classroom, picked up a chair and announced "This is not a chair!" We immediately challenged him and the lesson developed into a question and answer session in which he sought to persuade us to think deeply about the meaning of things, the nature of perception and why we should not take things for granted. Some of those lessons and conversations have stayed with me to this day and I am now in my forties! He was an inspiration and I will never forget his lessons. Mr Mitchell (Lew)
4. **What small everyday pleasures do you love?** Family moments with no time pressures or worries - a cup of coffee in front of Paw Patrol in the morning and eating dinner together in the evening. Mrs Lattimer

MAIN COURSE

1. **What is the most significant difference you feel you have made in the life of an individual?** Six years ago this September, I donated a kidney to my younger brother, David. Although we didn't really know about it, as he kept his worries to himself, his health had been deteriorating for a couple of years and he would soon need dialysis. He was feeling pretty hopeless. After the operation, he had the confidence to start a relationship with his now wife, Emma, and they have two amazing children...I am so astonished by the changes in his life and I feel incredibly privileged to have been able to help him in such a way. Mrs Williamson
2. **Who has most influenced you in relation to wanting to make a difference? Tell us one person who you personally know, and one who is famous or historical.** My best friend was bullied as a teen and it took her a long time to be comfortable and accept who she is with the help of her friends and teachers, so I want to make sure I'm there for my students to make a comfortable and inclusive environment for them in school. Jonathan Van Ness is a huge inspiration to me and the LGBTQ+ community, he looks to his teachers as role models who cared and shaped him in to the proud person he is today. I aspire to have that impact on my students. Miss Lindley
3. **What would you change if you were absolute ruler of the world?** I would encourage everyone to see the our society through something called the veil of Ignorance. The veil of ignorance imagines you are not born yet, looking down on the earth considering its problems, about to enter the world. Before make a choice or reaching a conclusion about a social or moral issue you ask yourself but what if I was born as somebody else, perhaps in a much worse situation that I presently find myself, what would I want to happen? Mr Tighe

DESSERT

1. **Misery likes company: what sad sides of yourself would you like to share if you could find fellow sufferers?** The melancholy feeling when something is over. For instance, when I finish a really good book, I feel hopelessly sad that I will never go back to a time where I haven't read that book, and I won't be able to read it with fresh eyes again. Ms Atkinson
2. **What do you feel sad or anxious about on Sunday evenings?** Every so often I feel anxious about the thought that Monday will require me to be mentally and physically ready and on Sunday night I cannot see that happening. Therefore I always remind myself that Monday is like any other day in the week and that if I have everything ready and packed for the next day, I will be OK. A good tip: don't go to bed too late and read a book to switch off. Mrs Worrall
3. **What message should the 'hopeful you' more regularly impart to the 'despairing you'?** You can do this! Keep going! Do not give up! Miss Turton
4. **What do you remain hopeful about?** I remain hopeful that Coronavirus will remind us of the importance of spending time with our families, and of taking life a little more gently. Our time is precious and we spend so much of it rushing from activity to activity, from task to task. I am hopeful that we will emerge from the pandemic with a greater appreciation of the value of just sitting together, savouring time together, doing absolutely nothing... Miss Copper

"YOU MAY NOT ALWAYS HAVE A COMFORTABLE LIFE AND YOU WILL NOT ALWAYS BE ABLE TO SOLVE ALL OF THE WORLD'S PROBLEMS AT ONCE BUT DON'T EVER UNDERESTIMATE THE IMPORTANCE YOU CAN HAVE BECAUSE HISTORY HAS SHOWN US THAT COURAGE CAN BE CONTAGIOUS AND HOPE CAN TAKE ON A LIFE OF ITS OWN." MICHELLE OBAMA