

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

PE CHALLENGE

To mark over 100 days in lock down, this week's challenges are going to all focus on 100.

Monday's Challenge - 100 second plank.

Tuesday challenge - 100 point Challenge. Your scores equate to points in the Sports Day Spreadsheet. 100 points on offer, how many did you score?

Wednesday's Challenge - 100 second wall sit.

Thursday's Challenge - 100 second balance of your choice.

Friday's Challenge - A toughy to finish the week! 100 second press up held in the down position.

100

THE GREAT BGS BAKE OFF

Year 8 baked for 'Biscuit Week' this week, which saw Fay awarded Star Baker. Year 9 created 'Afternoon Tea' parties, with cakes, sandwiches, and other delicious treats. Bella was awarded Star Baker for her spread. Year 10 baked for 'Fruit Week', with Amelia awarded Star Baker for her blueberry tart.



Y8: Fay's Star Baker Shortbread



Y8: Ellie's Double Chocolate Stack



Y8: Harrie's Heart Shaped Biscuits



Y9: Bella's Star Bakes



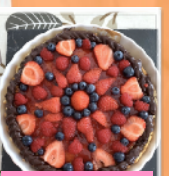
Y9: Mamina's Highly Commended Tea Party



Y9: Abbie's Highly Commended Tea Party



Y9: Emily's Highly Commended Tea Party



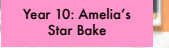
Year 10: Chloe's Fruity Meringues



Year 10: Charlotte's Lemon Cake



Year 10: Isabel's Lemon Meringue Pie



Year 10: Amelia's Star Bake

JOKE
What kind of tree can you fit in your hand?
A palm tree

THE TIGER WHO CAME TO TEA

The Ancient Stoic thinkers found calm in their lives not by saying bad things don't happen, but instead accepting that they can and do happen. The Stoics believed that though bad things can and do happen to us, they can be endured, thought through, and eventually mastered. So, we shouldn't push our worries to the back of our minds, if we do, we allow the worries to win. Instead, we should prepare to face the worst, and accept that not everything goes our way. 'To find calm,' wrote the philosopher Seneca, 'imagine not what will probably happen, but what can happen.' In other words, picture the worst, push your worries to their limits and see what you might have left: it might not be pretty, but it might – in its way – be OK. The most Stoic story in the history of children's literature was written and illustrated by the German-born British writer Judith Kerr and first published in 1968. *The Tiger who came to Tea* tells the story of a little girl called Sophie who is having tea with her mother when there is a ring at the door. It is – as it can sometimes be in life – a tiger. A natural response would be to panic. It might be normal to scream. It would be extremely understandable if one lost all will to live. But Sophie's mother appears to have read Seneca and perhaps Marcus Aurelius too and takes the new visitor in her stride. It's not an ideal outcome of course, but it's not grounds for complete consternation either. Stuff happens – and the mother might have expected something like this. So she sets about trying to appease the tiger's hunger. She gives him all the food they have, he ransacks the cupboards, he swallows everything around, he bashes the kitchen about, he even empties the taps of their last drops of water. And then, though it's been a bit bad, he goes away. The next day, Sophie and her mother restock the house. They find a big tin of tiger food – and buy it 'just in case.' But in fact, the tiger doesn't return. It may have been terrifying, but it was a one off visit. Life goes on. Tigers come for tea – and then they go away again. The story teaches us that if the worst does happen, we can always ensure and learn from the situation we are in.



FEEL GOOD MUSIC
Ms Dundee's 'Around the World' playlist:
Barcelona – Ed Sheeran
Moving to New York – The Wombats
Brighton Rock – Queen
London Boy – Taylor Swift
Portugal – WALK THE MOON

ORIGAMI

Paper was first invented in China around 105 A.D., and was brought to Japan by monks in the sixth century. Handmade paper was a luxury item only available to a few, and paper folding in ancient Japan was strictly for ceremonial purposes, often religious in nature. By the Edo period (1603–1868), paper folding in Japan had become recreational as well as ceremonial. Written instructions for paper folding first appeared in 1797, with Akisato Rito's *Sembazuru Origata*, or "thousand crane folding." In 1845, Adachi Kazuyuki published a more comprehensive compilation of paper folding with *Kayaragusa*; by the late 1800s, the term for paper folding had morphed from *orikata* ("folded shapes") to origami. Learn how to make an origami dinosaur here: <https://www.youtube.com/watch?v=IKOVYw2RZ0I>



STARGAZING
Many of us find gazing up at the stars on a clear night incredibly inspiring and calming. If you've ever wondered how to locate Orion's Belt, or the International Space Station, there are a number of free apps you can download on a smartphone. By pointing your phone up at the sky, you can find out the location of planets, constellations, and satellites, along with a wealth of information about the night sky. Some apps you may wish to try are: Heavens-Above, Universe2Go, Celestron SkyPortal and the Nasa app for more information on live rocket launches.

BIKE SAFETY

Over the last few months lots of us have been out on our bikes more, spending more time cycling with family, friends, or by ourselves. It's important that we make sure when cycling we are safe, and there are a number of things you can do to make sure you are safe if you are able to get out on a bike:

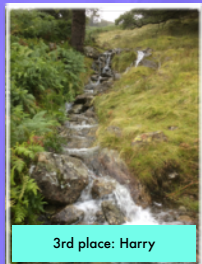
- Remember it's not a race - cycling is great exercise, and there's no need to rush your ride. Take your time and enjoy the fresh air.
- Stay alert - Be aware of other road users, and make sure you are safe and sensible when cycling. Other road users may include cars and lorries, but also other cyclists, pedestrians, and horses. Make sure you can see and hear what is around you.
- Make sure you wear a helmet whilst cycling.

You can find out more about safe cycling here: <http://www.brake.org.uk/cycleforlife>

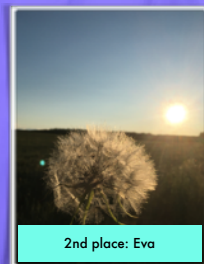


Y8 PHOTOGRAPHY

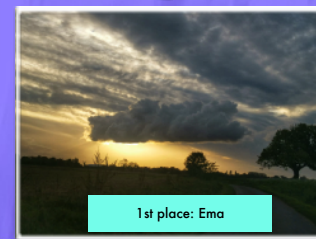
This week's theme was The Great Outdoors - very well done to our 3 winners with another set of fantastic photographs!



3rd place: Harry



2nd place: Eva



1st place: Ema

A CLASSICAL FEAST

Food has been central to social life throughout human history. In the classical world it was part of occasions from religious rites to ostentatious parties. There is plenty of information available on what the ancient Greeks and Romans ate and drank – in written texts and in archaeological finds – which can help us bring their gastronomical creations to life in the 21st century.

It's amazing how little food changes from one millennium to the next. When reading the Roman physician Galen's description of making pancakes, the early Greek poet Hipponax had written of pancakes 'drugged with sesame seeds'. This was likely a breakfast meal and one that was possibly sold on the streets of ancient Athens from portable braziers. These pancakes are thicker than the crêpe-style pancakes familiar to us (more like a blini, or even thicker) and they are served with honey and toasted sesame seeds.

Substitute honey for maple or date syrup to make these vegan.

Serves 4

Ingredients

- 120g flour
- 225 ml water
- 2 tbsp clear honey
- Oil for frying
- 1 tbsp toasted sesame seeds

Method

Mix the flour, water and one tablespoon of honey together into a batter. Heat two tablespoons of oil in a frying-pan and pour a quarter of the mixture in. When it has set, turn it two or three times to give an even colour. Cook three more pancakes in the same way. Serve all four pancakes hot with the remainder of the honey poured over and sprinkled with sesame seeds.

Find more recipes from Ancient Greece and Rome here: <https://blog.britishmuseum.org/cook-a-classical-feast-nine-recipes-from-ancient-greece-and-rome/>

