

BGS BEES

2021 - ISSUE 2

BOURNE TO EXERCISE

The PE department are launching a 'Bourne to exercise' challenge to see how far you can walk, run or cycle to Calais! Now, more than ever, it is important for you to get away from your devices and outside to exercise. We have set a challenge for you over the course of this lockdown and we would love for you to get involved! All you need to do is make a note of how far you walk, run or cycle and input it to the document on your PE group page. There are 8 certificates to earn, with an overall goal of getting yourselves virtually to France. Let's get moving!

HEAD STUDENTS UPDATE

And we're back! After enjoying all of our virtual broadcasts with you all last term, we've decided to keep up with you all through the newsletter instead. In unusual times like these it's important that you stay motivated; find new hobbies, reflect on you and learn for the sake of being wise. That being said, please make sure to take time for yourselves and focus on your mental and physical well-being. Throughout lockdown, hopefully we can give you some pointers on what you could get up to each day outside of your studies and also get to share what we're up to as well.

"If it brought you joy, count it as a success."

Stay safe, stay well, stay groovy.

The Head Student Team

PHOTOGRAPHY

Year 9 photographers have been capturing images around the theme 'Home'.

2nd: Raj

3rd: Tristan

1st: Flynn

3rd: Grace

RIDDLE

Can you work out the answer to this riddle shared by Aneesa in Year 9?

What can be seen in the middle of March and April but can't be seen at the beginning or end of either month?

FEEL GOOD MUSIC

Miss Bradley's 'Feel Good' Playlist

'L.I.F.E.G.O.E.S.O.N - Noah and the Whale

It's a Beautiful Day - U2

Put your Records on - Corinne Bailey Rae

Shake it Off - Taylor Swift

Don't Stop Believin' - Journey

STAY FOCUSED

The BBC Own It website has lots of fantastic advice to help you cope with change and uncertainty, remote learning, and staying happy at home. Here are some of their best tips for staying focused when learning from home.

- 1) Find a designated quiet work space to work.
- 2) Get rid of distractions - Unless you are using your devices to access your lessons, put them to one side or hand them to your parent/guardian whilst you work.
- 3) Get in the zone - put on headphones to help you focus and block out distractions.
- 4) Set targets and reward yourself when you meet your goals.

You can find more here: <https://www.bbc.com/ownit>

LOCKDOWN LIFE SKILLS

Each issue we will share with you some old fashioned life skills to learn. How many can you master?

This week your life skills to try are...

- 1) How to write a letter
- 2) How to sew
- 3) How to read a map

MINDFULNESS

For a limited time the book *The Boy, the Mole, the Fox and the Horse* is free on the BBC website. Take the time to listen to this incredible story of 4 friends who are navigating life together. The author Charlie Macksey represents 4 different parts of ourselves in his characters; the inquisitive child, the mole who is enthusiastic but a bit greedy, the fox who has been hurt, and the horse who is the wisest part of you. It is only 50 minutes long, and is a brilliant book to help you feel calmer and develop a more positive outlook on life. Listen here: <https://www.bbc.co.uk/programmes/m000r630>

"Always bear in mind that your own resolution to succeed is more important than any other one thing."

Abraham Lincoln