

BGS BEES

2021
ISSUE 4

ART EXHIBITION

This week, Year 9 have been creating art work to exhibit surrounding the theme of 'Happiness'.



Alex



Lucy H



Qais



Sanjani



PHOTOGRAPHY

This week the Year 9 photographers have entered their photographs to the theme of 'Light and Dark'.



1st: Atiksh



2nd: Anica



3rd: Megan

TOP TIP

After the first few days of working from home, I noticed how tense and sore my upper body was from leaning over a laptop all day. Daily exercise, and moving away from my laptop at break and lunch, has helped to ease the pain but stretching whilst sat at my desk also helps to relieve any tension. Here are some stretches that you can do whilst sat in your chair at your desk. Perhaps you could try some of these stretches at the start or end of a lesson. How many can you do?

Miss Turton



HEAD STUDENTS' MOVIE MARATHON

This week, we've decided to share some of our movie recommendations. So grab some popcorn and your favourite duvet, and snuggle up on the sofa to enjoy some of our favourites or your own!



Disney: Ratatouille (U)
Musical: Mamma Mia (PG)
Comedy: The Cat in the Hat (PG)
Sport: Moneyball (12)
'Chick flick': 13 going on 30 (12)
Action: Inception (12)
Family: Hotel for Dogs (U)
Films based on a book: Wonder (PG)
Historical dramas: Hidden Figures (PG)



SLEEP

During lockdown our usual routines have been thrown out of the window, and many of us are feeling more anxious than we may normally do. These elements combined mean that 1 in 4 people are experiencing difficulties sleeping during the pandemic. If you are reading this, and have been struggling with sleep, then you are not alone - and there are things you can do to help yourself settle down to a good night's sleep. The charity Mind have put together these tips:

1. Try to establish a routine. Go to bed and wake up at the same times each day.
2. Relax before you try to go to sleep. This could include listening to music, or having a bath before bed.
3. Fill in a sleep diary. This may help you work out any patterns or influences that cause disturbed sleep.
4. Try to make your sleeping area more comfortable. Keep your workspace separate from where you sleep.
5. Think about screens and device settings e.g. avoid screen time in the hour before sleep.
6. Look after yourself. Ensure you are spending some time outside and getting some physical activity each day. Your diet can affect sleep too.
7. Find support for connected issues. If you're not sleeping due to specific worries/concerns, speak to someone you trust about these who can try to help you. If you address the worry, you may solve the sleep issues.

Remember, if you are awake in the night and need someone to talk to, you can contact the Samaritans by calling 116 123 or emailing jo@samaritans.org.
If you would like more information about how to challenge sleep problems, head here: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/sleep-problems/tips-to-improve-your-sleep/>

BIG GARDEN BIRDWATCH

We might not be able to get together with loved ones at the moment, but you can make plans with friends and family to take part in the world's largest wildlife survey, all from the comfort of your own homes. The RSPB wants you to take part in the 'Big Garden Birdwatch' which is running from 29th-31st January. Spend an hour counting the birds you see in your garden or from your balcony, then tell them what you saw. It really is that simple! You can sign up to take part here: <https://www.rspb.org.uk/get-involved/activities/birdwatch/packrequest/>

You can also complete an interactive quiz to find out which garden bird matches your personality here: <https://www.rspb.org.uk/get-involved/activities/birdwatch/which-garden-bird-are-you/> It asks you all the important questions, like which star bake would you excel at if you were on the Great British Bake Off, to establish which garden bird you are. Apparently, I'm a robin! What are you?

Ms Atkinson



"You could choose life and carry on or give up, I chose the first one. I chose life and said, "I can not give up, I have to carry on to fight"." Lily Ebert

LOCKDOWN LIFE SKILLS

This week the lockdown life skills to try are...

1. How to change a lightbulb
2. How to address an envelope
3. How to refill a stapler

Have you mastered all three?

MUSIC

Ms Atkinson's 'Rainy Days' playlist

1. Cartoon People - Billie Marten
2. River - Joni Mitchell
3. Black Dog - Arlo Parks
4. The Mystery of Love - Sufjan Stevens
5. All I want - Kodakone