

# BGS BEES

2021 issue 5

## READING RECOMMENDATIONS

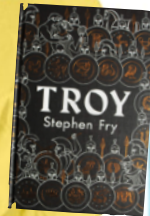
Reading is a wonderful activity, and the escapism it provides is particularly important when we are confined to the four walls of our home. Here are some of the books I have been enjoying and would recommend:

Troy by Stephen Fry

The Ballads of Songbirds and Snakes by Suzanne Collins

La Belle Sauvage by Philip Pullman

Miss Bradley



## PANDA-MONIUM!

If you need something to make you laugh, check out this panda playing in the snow! [Toronto Zoo Giant Panda vs. Snowman](https://www.youtube.com/watch?v=iAO4Htzn8M) (<https://www.youtube.com/watch?v=iAO4Htzn8M>)



## 'GEOGUESSE'

Hey guys! This week we were inspired by Geoguesser, a game that Tom has discovered which is all about geography. He's enjoyed enhancing his knowledge of the world, and specifically of North Macedonia!

So we want to give you a challenge all about different countries. Can you match all 10 of these countries to their national animals?

Your choices are Bahamas, DRC, Latvia, New Zealand, Scotland, Belize, Indonesia, Lebanon, Mauritius and Pakistan.

The animals are...

Unicorn

Markhor

Kiwi

Dodo

Pheonix

Two spotted Ladybug

Komodo Dragon

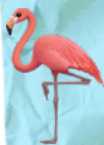
Okapi

Toucan

Flamingos

Answers will feature next week!

The Head Student Team



## LOCKDOWN LIFE SKILLS

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

1. How to boil an egg
2. How to change a flat tyre
3. How to plant a seed

Have you mastered all three?



## BRING THE RESTAURANT HOME

If you're missing going out to a restaurant to eat, why not bring the restaurant home? Arrange an evening with your family where you all get ready to 'go out for food'. You could plan a 3-course menu and help cook something nice for your family. Follow these tips to help you create an evening to remember:

1. Select a theme. Perhaps you have really missed a certain restaurant and want to re-create that at home.
2. Create a menu. Speak with your parents to ensure you have the correct ingredients for what you want to make.
3. Jazz up those plates! Think about how you present your delicious dishes.
4. Set the scene. How can you dress the table so it feels restaurant-ready?
5. Dress up a little. It might be time to put on jeans for the first time in a while!

You can find some Pizza Express recipes you might like to try here: <https://www.pizzaexpress.com/homemade-favourites>



## PHOTOGRAPHY

This week the Year 9 photographers have entered their photographs to the theme of 'Identity' and Year 8 have entered their photographs to the theme of 'Water'.



1st: Rebekah



2nd: Ben



3rd: Emily



1st: Sanjani



2nd: Megan



3rd: Frances

## CHILDREN'S MENTAL HEALTH WEEK

From 1-7 February 2021 schools, youth groups, organisations and individuals across the UK will take part in Children's Mental Health Week. This year's theme is **Express Yourself**. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

It's important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself. You can find virtual sessions on self-expression through the art, dance, acting, and writing here: <https://www.childrensmentalhealthweek.org.uk/news/i-express-myself-through-virtual-sessions-on-creative-expression/>

Find some time this weekend to express yourself.

"Live life as though nobody is watching, and express yourself as though everyone is listening." Nelson Mandela