



the bbg bulletin

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#TEAMBBG

The Coronation of King Charles III

The coronation of Charles III and his wife, Camilla, will take place tomorrow, on Saturday 6th May at Westminster Abbey. Millions of people will celebrate the coronation, which is a symbolic ceremony, featuring customs dating back more than one thousand years. Charles will be the 40th reigning monarch crowned at Westminster since 1066.

The formal celebrations will start with a procession from Buckingham Palace to Westminster Abbey. Just under two hundred members of the armed forces and one thousand service personnel will be included in the procession. Their Majesties will travel in the Diamond Jubilee State Coach rather than the Gold State Coach, which is more uncomfortable. The procession is expected to arrive shortly before eleven o'clock and the King is likely to wear Military uniform, instead of silk stocking and breeches traditionally worn by kings before him.



Reporter:
Cerys Barson



The Coronation of King Charles III



Reporter:
Cerys Barson

His Majesty will enter Westminster Abbey, preceded by faith leaders, representatives from some Commonwealth countries, they will carry their countries' flags, and they will be accompanied by the Governor General and Prime Ministers. Rishi Sunak will give a reading in the service. The coronation is due to commence at eleven and will begin with music specially selected by the King.

The King will be presented to 'the people' which is a tradition dating back to the Anglo-Saxon times. Charles III will then be asked by the archbishop to confirm that he will follow the law of the Church of England during his reign. The king will then pledge to keep these promises. After this, His Majesty's robe will be removed, and he will sit on the coronation chair - which is over 700 years old! Charles III will then be anointed, which emphasises the spiritual status of the Sovereign. The archbishop will pour special oil from a gold flask to complete this. Again, the King has commissioned organic oil for the ceremony, which is a break from the traditional anointing oil that has been used in the past.

St Edward's Crown is only worn when a monarch is crowned. It was made in 1661, with a solid gold frame, but has only been worn by six monarchs in the past three hundred and sixty years! King Charles will then be presented with the Sovereign's Orb, the Sovereign's Sceptre with Cross, and the Sovereign's Sceptre with Dove. These are traditional objects that symbolise several aspects of the responsibilities of the monarch. After this, the archbishop will place St Edward's Crown on the King's head and the abbey bells will ring for two minutes. Trumpets will then sound, and gun salutes will be fired across England, Scotland, Wales, and Northern Ireland. The final part of the coronation will be when the King takes a seat on the throne. A simpler ceremony will then take place for Camilla, who will be crowned with Queen Mary's Crown, made in 1911.

People across the nation will celebrate the coronation. Many have started to camp out along The Mall in London to secure a good viewing point, whilst others will celebrate with a street party. Bunting has been put up on

houses and knitted postbox toppers have also appeared to mark the occasion. This is the first coronation since 1953, when King Charles' mother was crowned. On Sunday there is a concert in London and on Monday people have been asked to take part in the 'Big Help Out,' where they have been encouraged to volunteer to support their community.

However, you choose to celebrate – enjoy the traditions that a coronation brings and that is so unique to our country.



STUDENT ACHIEVEMENTS



Congratulations to Patrick Smith of 7.2 played with Yorkshire Elite in the Blackpool Cup this weekend. A very successful weekend- Patrick and his team were unbeaten and went on to win the tournament. Well done Patrick!!!

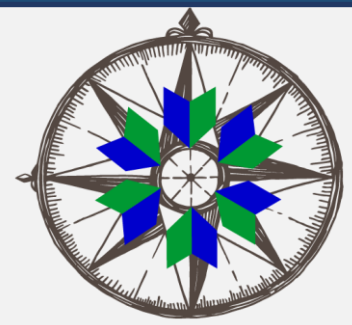


ALUMNI

We have heard some incredible news from one of our Class of 2021, alumni. We are incredibly proud of Luke Clegg's achievement in being offered a place in the top squad in the highly regarded Swansea University's High-Performance Programme. Luke was called up by the head-coach Hayley Baker and offered a place, following on from his outstanding performance in the 400 IM in the April British Championships. Luke previously won GOLD in 200 back at the English Summer Nationals 2022 and has continued to train and compete to the absolute best of his abilities all season. We cannot wait to see Luke progress even further in the pool and wish him all the very best in his imminent A Level examinations and his first term at Swansea.



BBG PATHFINDERS

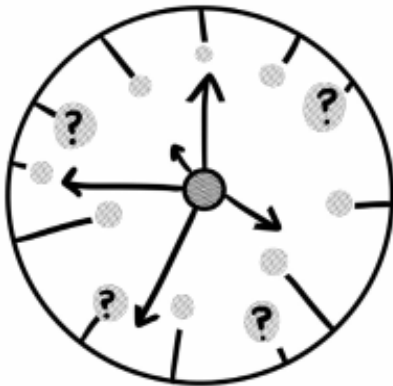


#LEADTHEWAY

Spacing and Timing of Revision

Information for Students

What is it?



Spacing is a revision technique which is all about spacing out your revision so you don't get swamped and overwhelmed.

It means introducing time intervals into your revision sessions, as well as spacing out the days which you use to revise for topics.

To commit something to memory, it takes time and repetition.

How can it help you?

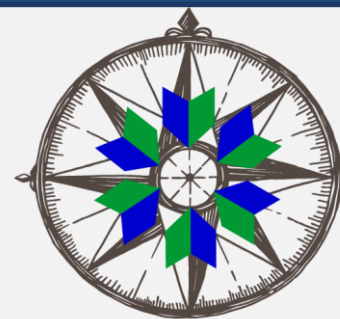
- Doing something little and often – spacing – beats doing it at once, or cramming.
- The time in between revision allows you to forget and re-learn the information, which cements it in your long-term memory.
- It cements information into your long-term memory.
- We can learn more information over time than in one longer session.
- It helps you revise more efficiently.

Top Tips for time!

1. Know what your revision goals are and set aside blocks of time.
2. Don't work too much – work smarter, not harder.
3. Establish good habits and a structured revision routine.
4. Don't procrastinate – don't waste precious time worrying or thinking about what to do – just do it!
5. Review your work – prompt your brain with short review exercises.

Did you know? The brain requires a physical “prompt” in order to keep something in long-term memory. Otherwise, it is designed to let it go.

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Optimum Spacing

- Research suggests there is an 'optimal gap' between revision sessions so you can retain the information.
- If the test is in a month, you should review the information around once a week; if the test is in a week, create time once a day.

Time to the test	Revision Gap
1 Week	1-2 days
1 Month	1 week
3 Months	2 weeks
6 Months	3 weeks
1 Year	1 month

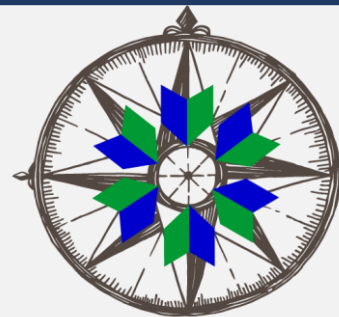
To commit something to memory, it takes time and repetition.

Create the perfect revision plan

1. Organisation: determine where you need to focus your time – e.g. which subjects, topics, what you know, what you struggle with etc.
2. Planning: map out what you are going to revise and when. Use a timetable or revision planner to do this. Choose a mixture of a subject's topics to focus on each day to make sure you are spacing them out.
3. Review: build in different revision techniques to help you do some quick 5-10 minute reviews of your topics throughout your revision plan – e.g. reading through notes, highlighting information, making post-it notes.
4. Transformation task: these are 30-minute activities to help you take in information – e.g. writing summary sheets, flashcards or mind maps for topics.
5. Practice testing: test yourself on the area that you have reviewed, such as with quizzes or by testing yourself with a friend.
6. Exam questions: complete an exam question or questions on the area you have reviewed and mark this yourself, using a mark scheme.

Five hours of time, spent in smaller chunks and spaced periodically, is a far more effective way to learn something than five hours spent the night before.

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#LEADTHEWAY

Some of the most straightforward supports for students as they prepare for exams are also the most fundamental – sleep, food, relaxation. We can help you with FOOD – in our series showing you the Pixl 'Power to Perform' recipes that are brain boosting AND delicious!



PIXL 
Power
to Perform

CHICKPEA AND VEGETABLE CURRY

CHICKPEA AND ROASTED VEGETABLE CURRY. THIS MAKES ABOUT 10-12 PORTIONS, BUT FREEZES EXTREMELY WELL.

METHOD:

Part cook the celeriac and squash in boiling, salted water. Just cook until the tip of a knife will go into the veggies.

In a large enough pan to take all the rest of the ingredients, heat the coconut oil and add the garlic, ginger and the dry spices, frying them for 30 to 45 seconds, before adding the tomato puree.

Add the chickpeas, stock and tinned tomatoes once the puree has slightly browned, stirring to remove the sticky bits of puree from the bottom of the pan.

Cook for 35 minutes or until the chickpeas are soft, then add the celeriac and squash.

Add the desiccated coconut and continue to cook for a further 20 minutes or until the consistency of the sauce is nice and thickened, if you need to add more liquid, please add some more water. Adjust the seasoning with salt and pepper before serving. Now get a wholemeal naan and get dipping!

- 1 celeriac, peeled and diced
- 1 butternut squash, peeled and diced
- 2 white onions peeled and diced
- 1 thumb of ginger, peeled and finely grated
- 1 teaspoon turmeric
- 1 can of chickpeas, drained
- 2 cloves garlic, crushed
- ¼ teaspoon dried chilli flakes
- ¼ teaspoon ground black pepper
- 250g chopped tomatoes, tinned will do
- 50g desiccated coconut
- 150ml coconut cream
- 150ml good vegetable stock
- ½ stick cinnamon
- 2 black cardamom
- 1 teaspoon black onion seeds
- 1 teaspoon mustard seeds
- ½ teaspoon nigella seeds
- 2 teaspoons garam masala
- 2 tablespoons tomato puree
- 1 tablespoon coconut oil



**WATCH
THE
VIDEO!**

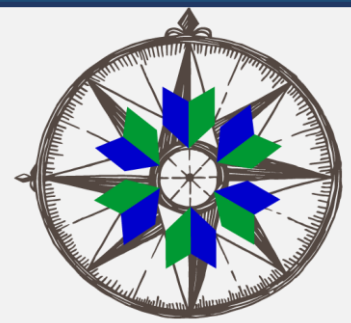
EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Stimulates brain cells and improves memory, helps to relax and de-stress, gives immunity a boost.

The best time to eat this dish: Evening mid-week meal when you have a lot of work to focus on.

Reason: Chickpeas are one of the best sources of magnesium which makes them a top brain boosting food. Butternut squash contains a huge amount of vitamin A and potassium which help lower your blood pressure. All the herbs and spices contain powerful antioxidants which will keep your brain sharp and your immunity in check.

BBG PATHFINDERS



#LEADTHEWAY

PROUD
OF YOU

Luffman's Lafayettes

Very well done to Mrs Luffman and her Lafayettes for keeping their first place this week! And also, to the top 5 individual points earners – how amazing are they?!?

Hamill Dylan
Hryniskak Stella
Jackson Daniel
Kershaw Holly
Maleham Kate
Mitchell Charlie



TOP 5 INDIVIDUALS

Hudson	Rowan	White's Whytes	270
Jack	Jones	Binns' Blencathra	255
Kiera	Voyce	Blackburn's Baruntses	241
Estelle	Williams	Clough's Clemenceaux	219
Holly	Kershaw	Luffman's Lafayettes	219

WELL DONE!

And let's not forget the MOST IMPROVED group, and individuals!

TOP 5 MOST IMPROVED

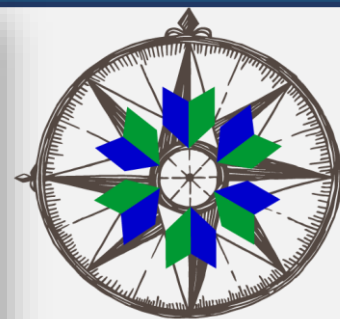
First Name	Surname	Team	W3&4	W5&6	ImpR.
Niamh	Threlfall	Walters' Wards	58	148	93
Evan	Popple	Wooton's Wutai	84	164	83
Jemima	Eklid	Elcock's Elkhorns	127	185	70
Amelia	Lavin	Norrington's Norikura	140	190	59
Niamh	Hutchison	Gill's Galateas	109	162	53

Wooton's
Wutai



Barrow Sophie
Burston Cameron
Frain Sienna
Keating Thomas
Popple Evan
Thornton Cailen

BBG PATHFINDERS



You will have received further communication from us asking for your help in showing the Pathfinders just how #Proud we are of them! Please do take a bit of time over the next week to write a short email, letter or note to your child. You can either reply to the email, or bring in a hard copy of the letter to school.

All contributions should be delivered by Monday, 8th May please!

“
Success looks
incredible
on you.”

“
Expectations
exceeded.”

“
Have I told
you lately that I
admire you?”

We ask that you write a letter or card to your child, so that they can open it at the assembly just before their exams start. It should be upbeat and focus on the positives.

Suggestions include:

WE ARE SO
Proud
OF YOU

How quickly time has gone (perhaps include a photo of them as a small child?)!

How hard you know they've worked and how you are certain of their success.

How much you love them and will help them in the next few weeks so they can revise (perhaps by letting them off chores?).



**Please email
PathfindersLetters@BBGAcademy by 9th May!**

What they have to look forward to once the exams are over? Perhaps include a photo...

and a family photo?

What they have to look forward to once school is finished. (e.g. college/apprenticeship, etc)

It is our intention that all students will open this in their final assembly, the Friday before the exams start. The impact this has on students is immense and we really would like a letter for each child from parents/carers so that each child feels special and supported by home.



Year 7

Artist



OF THE WEEK



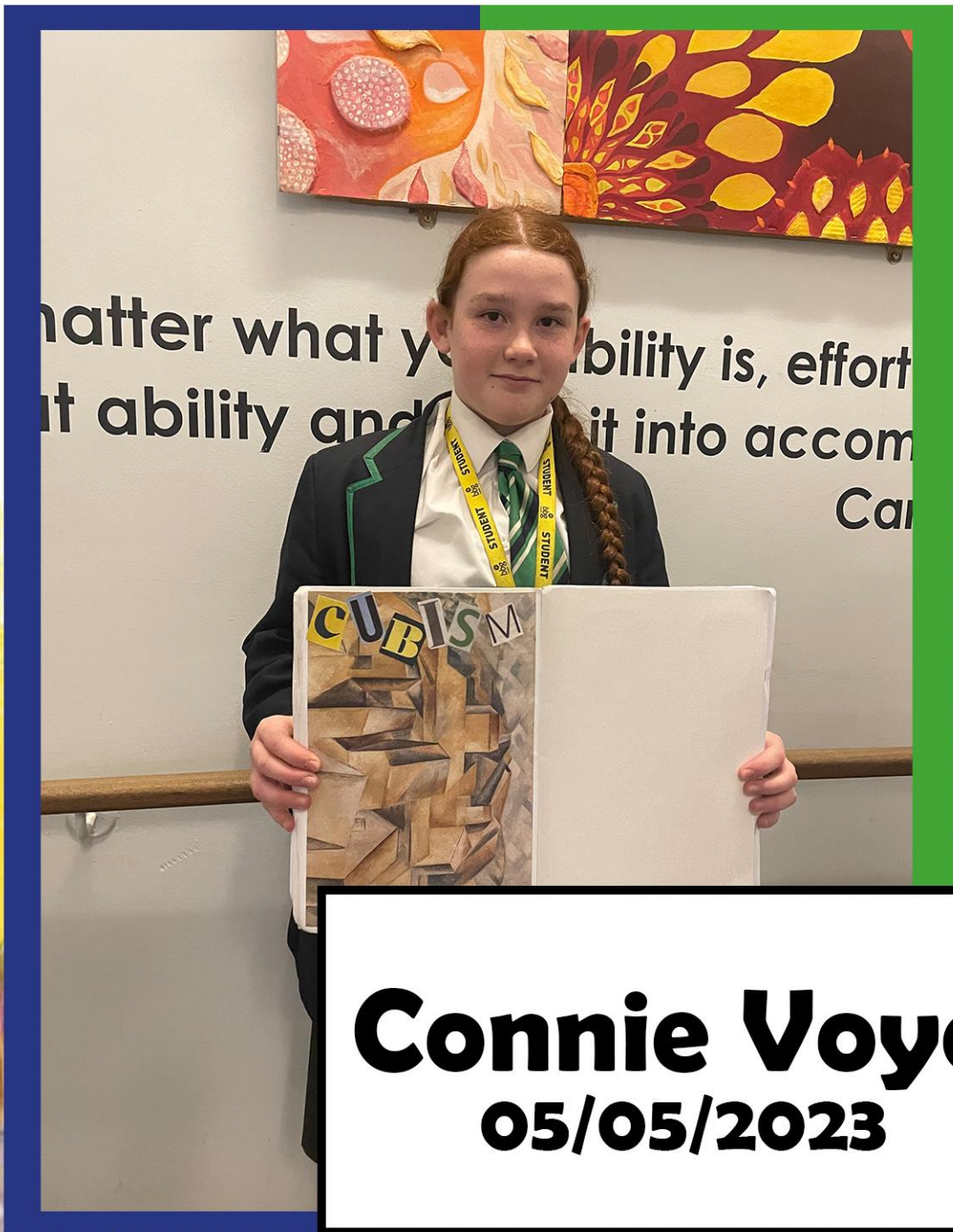
Lily Rush
05/05/2023

Year 8

Artist



OF THE WEEK

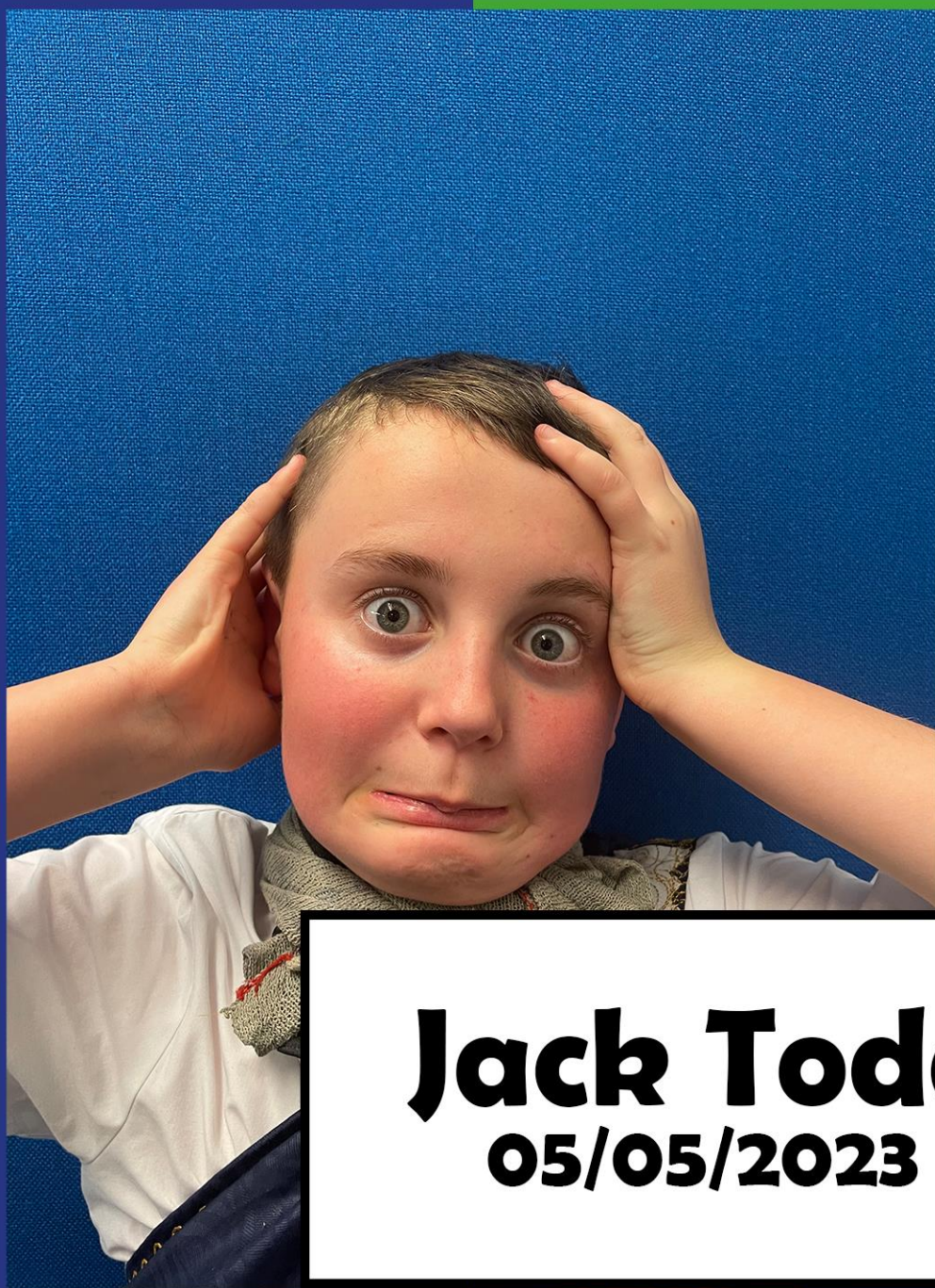


Connie Voyce
05/05/2023

Year 7

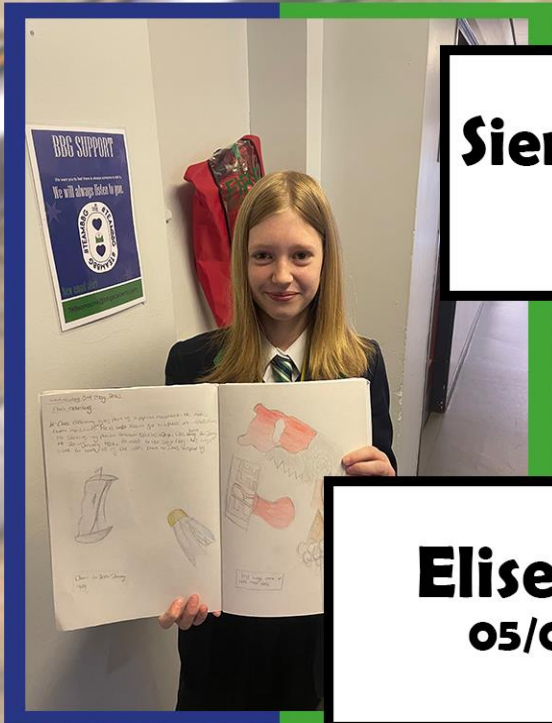


Resilience Artist **OF THE WEEK**

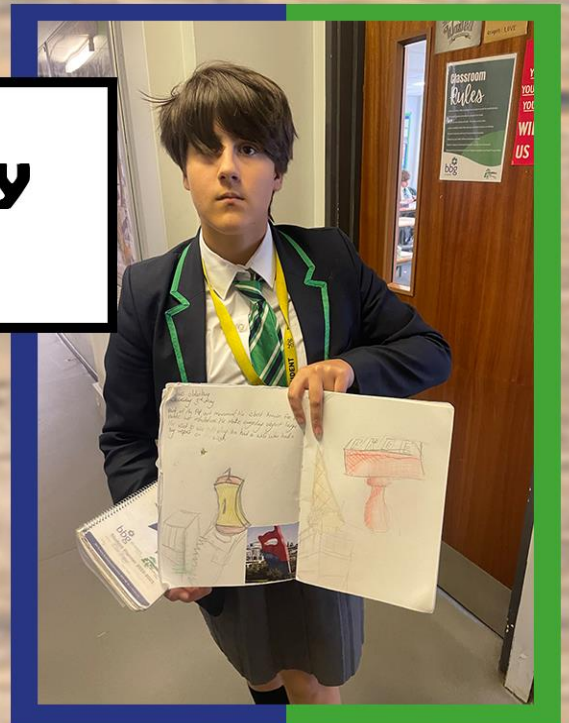


Jack Todd
05/05/2023

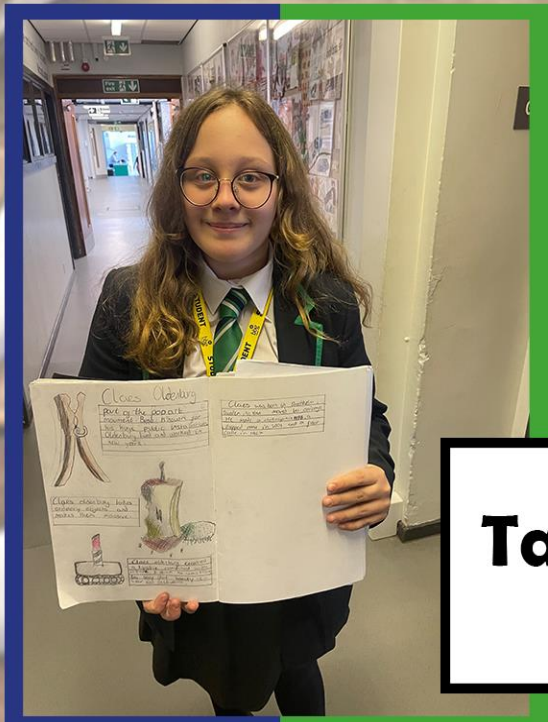
Year 8 Designers OF THE WEEK



Sienna Armitage
05/05/2023



Elise Impey
05/05/2023



Tabitha Smith
05/05/2023

Year 10 Star Bakers OF THE WEEK



Hannah Norrington
05/05/2023



Daisee Crossland
05/05/2023

Year 8

Star Baker

OF THE WEEK



no matter what your ability
that ability and turns it into



Oliver Henstock
05/05/2023



Year 9 History Update: India

Year 9 have produced some outstanding classwork in their world history topic of India. While studying the rule of Mughal emperors, students have investigated enquiry questions such as “Was Akbar really the greatest?”, “Why was the Taj Mahal built?” and “Did Aurangzeb bring an end to the Mughal Dynasty. We will soon explore British rule in India, independence and the partition of India.

Salah al-Din was nicknamed 'the Great' (Qutub) because he led his people to victory without the fear of something happening to them which was unfair for him because they would lose him more. Another reason is that he was a really good military leader which earned him popularity because he would send one of his armies on every campaign and 10% of his gain on land and armies which gave him a very steady state. He was a really good leader for his empire and people in conclusion he was a really good ruler because his empire was very peaceful and his people loved him.

The story behind the Taj Mahal

The Taj Mahal was built in the memory of Shah Jahan's wife Mumtaz Mahal who died giving birth to the 14th child. Shah Jahan married her for 2 years and then he decided to make a beautiful monument to remember his wife. It took 22 years and 1000 workers.

Akbar's military achievements earned him popularity. He spent 5% of tax income on royal palaces and 90% on forts and armies.

1

Akbar reduced the number of Mughals in government and increased the number of Muslims and Hindus.

3

Akbar married several Hindu princesses and allowed them to practise their religion.

6

He allowed people to choose their religion without fear of the death penalty and he created a building for people to learn about other religions (this was not popular with Muslims).

2

Akbar supported artistic and scientific activities - many Indian and Persian epics were copied and illustrated and over 100 painters were involved in the book 'The Hamza-nama' with its 1004 illustrations of legendary adventures.

10

He abolished hereditary posts and created a system of ranks and duties, some of which were still in use in 1946.

4

Akbar created proper departments to record information and establish fair procedures.

8

Akbar liked meeting and talking to people.

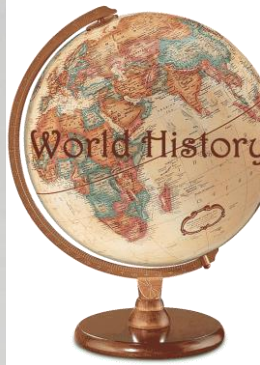
5

He established a custom of appearing on a balcony once a day to wave to the crowds to increase his popularity.

7

Many books of mathematics, science and medicine were translated and astronomical observations built to map the stars in the sky.

9



Did the reign of Aurangzeb mark the beginning of the end for the Mughal Empire?

Good points about Aurangzeb's reign

He was responsible for extending the Mughal Empire to its largest size. He had won a great battle. Aurangzeb expanded the empire further than any other Emperor did. His reign was thought to be the height of Mughal Empire.

Bad points about Aurangzeb's reign

Many people didn't agree with his religious changes. So they rebelled. He destroyed many Hindu temples which caused rebellions. He also spent a lot of money which some people thought was very unnecessary.

Rebellions and the 'Warrior King'

The great leader of the Marathas, Chhatrapati Shivaji Maharaj, was a warrior and a strategist. He was a great leader of the Marathas.

Expansion of Aurangzeb on the Mughal Empire

French East India Company helped Aurangzeb by sending soldiers to fight against the Marathas. They were sent to fight against the Marathas. In 1757, the British lost power and after 10 years after Aurangzeb's death.

Additional information to support your argument

After the death of Aurangzeb, several weaker Emperors led over them were 12 different Mughal Emperors in the 10 years after Aurangzeb's death.



This person started the Mughal dynasty (1526) who expanded from family lands.

Babur	
Birth	67
Death	73
Age	7
From Mughal	23

He lost the Indian territory and had to go back to the empire before regaining land.

Humayun	
Birth	0
Death	0
Age	1
From Mughal	1

14 years old when he was proclaimed as emperor. Aurangzeb was 'The Great'.

Akbar	
Birth	75
Death	29
Age	2
From Mughal	6

Aurangzeb's wife was Nur Jahan. After Aurangzeb's death, his sons fought each other for power.

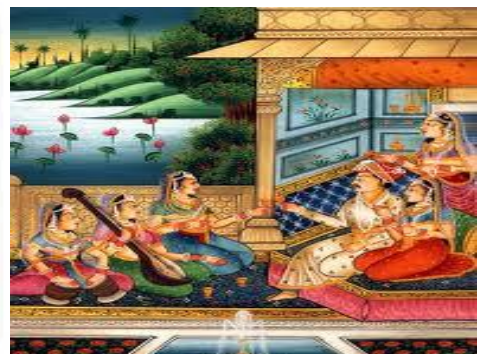
Jahangir	
Birth	27
Death	72
Age	2
From Mughal	5

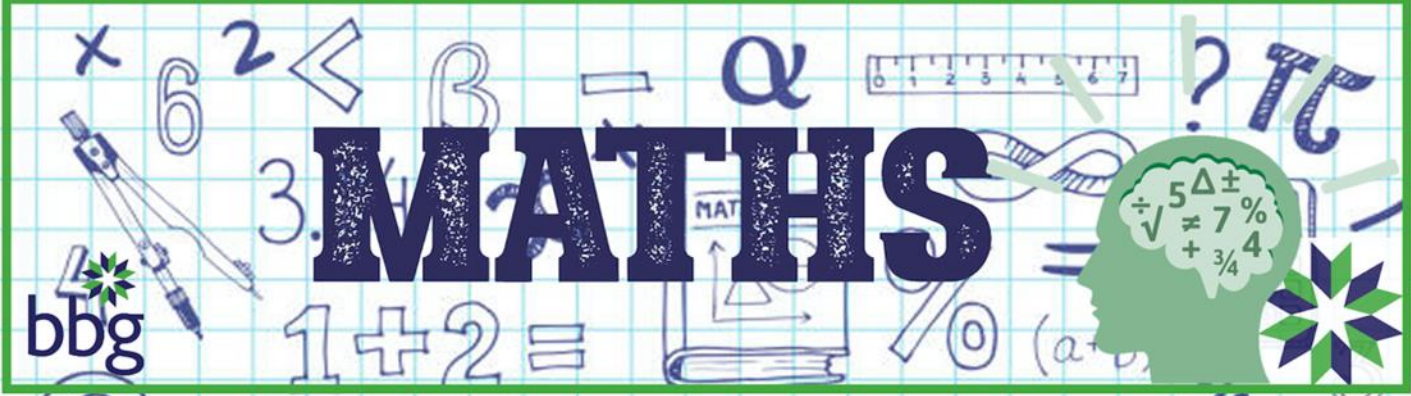
They were the wives of the sons who fought for power. He became next emperor.

Shah Jahan	
Birth	79
Death	91
Age	2
From Mughal	2

Ruled mainly as king as Aurangzeb did, but was a complete opposite ancestor.

Aurangzeb	
Birth	2
Death	66
Age	2
From Mughal	4





Student Name	XP Level
Bailey Drewett	3
Jessica Britton	2
Archie Brady	2
Polly Enright	1
Savana Bailey-Chamberlain	1
Bracken Ratcliffe	1
Maisie Kemp	1
Mileigh Goldthorpe	1
Frankie Ingham	1
Frankie Ereira	1
Maisy Austin	1
Isla Witts	1
Connie Voyce	1
Lincoln Fagborun	1
Aneesha Moyo	1
Rosie Cowan	1
Lily Hirst	1
Max Oldcorn	1
Laurie Bowen	1
Harry Ellis	1
Jacob Wynn	1
Georgia Ainsworth-Hare	1
Caelan-Kole Cadamarteri	1
Niaya Sandhu	1
Leo Bradley	1
Jack Horsfield	1
Leah Blakeley	1
Evie Smales	1
William Coles-Mitchell	1
Mae Evans	1

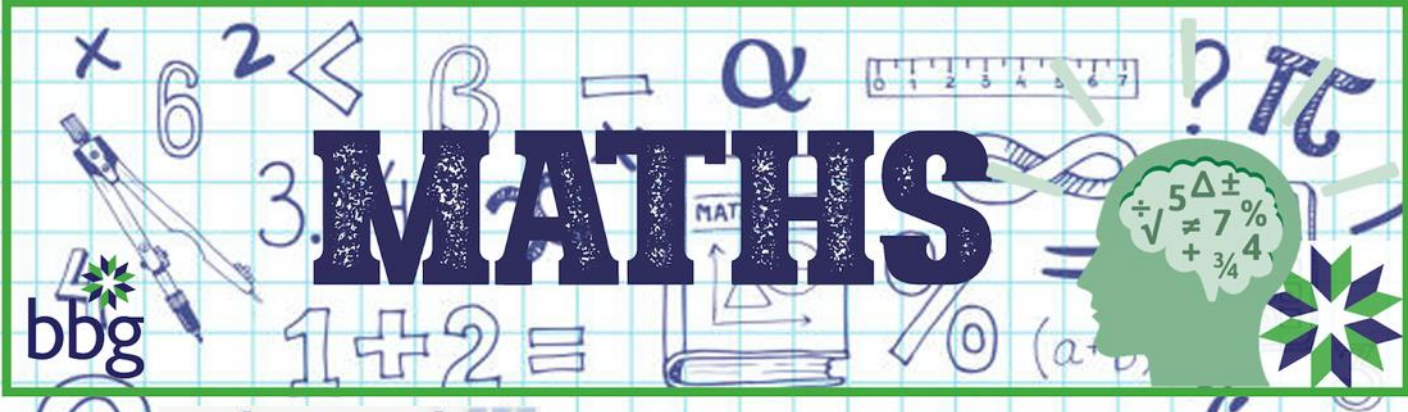
Proud to be a

Sparx Maths School

This week on Sparx these students have moved up an XP level. Well done & keep up the hard work.

Sparx Superstars

Student Name	XP Level
Isaac Prouse	1
Isaac Miah	1
Emily-Grace Hainsworth	1
Danny Croft	1
Sam Lingard	1
Megan Shaw	1
Sebastian Prescott	1
Chloe Holmes	1
Olivia Cunningham	1
Sam Whiteley	1
Alexie Hulley	1
Charlie Robinson	1
Isla Wood	1
Faith Calvert	1
Darcey Arnold	1
Paul Wiedmann	1
Matilda Finn	1
Leo Fitzpatrick	1
Elodie Munslow	1
Joseph English	1
Samuel Tempest	1
Jack Jones	1
Ella Burton	1
Ruby Lovell	1



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advancing learning, changing lives

Year 11 Revision Websites

There are so many resources available on the internet.
Here are some of our favourites.

We use Edexcel exam board. If your teacher is Mrs Hammond, Mr McAulay, Mrs Norrrington or Mrs Brazier you will be taking the Higher paper. All other classes are taking the Foundation paper.

GCSE Maths Exam Dates 2023

Paper 1 19th May

Paper 2 7th June

Paper 3 14th June

Maths Genie

Mathsgenie

<https://www.mathsgenie.co.uk/>

This website has many practice papers that you can download. Also it has a section that is graded so that you can find work and answers on specific topics.

onmaths.com

onmaths

<https://www.onmaths.com/>

This website has practice papers that you can complete online.

ExamQ

by Mr Watts

ExamQ

<https://www.examq.co.uk/>

This is a website where you can search for certain topics and then find exam questions on that topic.



Corbettmaths

CorbettMaths

<https://corbettmaths.com/>

This website has all sorts of resources and great videos.



The GCSE Maths Tutor

@TheGCSEMathsTutor

166K subscribers

The GCSE Maths Tutor

<https://www.youtube.com/c/TheGCSEMathsTutor/videos?app=desktop>

This a great YouTube channel that has many exam paper 'walk through' videos.

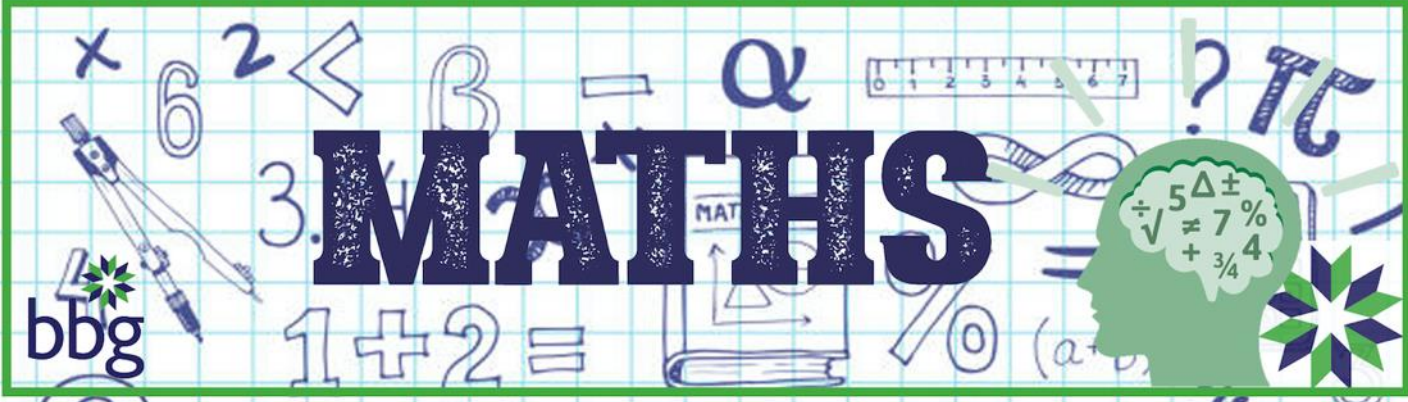
You've revised and are ready...



just smile and wave boys, smile and wave



In addition, there are Sparx and Hegarty (whichever your teacher uses) which have many videos and practice questions.



'When am I ever going to need this?'

A question asked of Maths teachers on a regular basis. Have a look at the various careers that use Maths on the Children's Commissioner website. [app.knit \(shinyapps.io\)](http://app.knit(shinyapps.io)). One example of the many is below:

Where can I go with maths?



Megan

JOB

Chartered Building Surveyor

COMPANY

Avison Young

How I use maths in my role

I use Excel to review project finances, confirming schedules and costs. I prepare budgets for clients. I confirm Building Regulations, requiring a knowledge of measurements and conversions, measuring everything from length to thermal transmittance (U-values, measured in W/m^2K).

What I do

I spend time inspecting buildings and construction sites, in the office, and meeting with clients. My work is varied and includes producing survey reports, project managing repair and refurbishment work, or monitoring new build projects for funders.

What three skills are most useful for your role?

Observation, problem solving and communication.

What I love about my career and maths

I've always had an interest in architecture and wanted a job where I wouldn't be stuck in an office. I love the variety in my role and the interesting places I get to see from entirely new perspectives e.g. going on stage at an empty West End theatre or seeing London from the rooftops!

My hobbies

Trying new crafts helps me be creative and relax. Visiting historic buildings and sites gives fresh insight into my job and helps bring to life how people once lived. I like to go hiking in the countryside to reconnect with nature. Reading opens me up to new perspectives and ways of thinking.

How maths has helped me in everyday life

It helps me day-to-day: budgeting, mortgaging my house, understanding bills, pensions and taxes. This would be overwhelming without a basic understanding of maths. It also helps with the food shop and estimating how much it will cost.

My education

GCSEs and A-levels in English Literature, History and Maths. BA in English Literature and MSc in Conservation of Historic Buildings. There are several routes into becoming a Chartered Building Surveyor, and not all require formal qualifications.

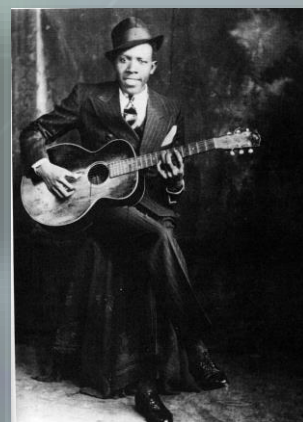
My career advice

Show an interest and curiosity about the world and people around you. The built environment/ construction industry creates 38% of greenhouse gas emissions so will have to change radically to meet Net Zero Carbon targets. This is a challenge and an opportunity: think about how you want the world to look in the future.

Performing Arts

In music this half term, Year 8 students have been learning about The Blues. The Blues is an incredibly influential style of music, and many styles of modern music can trace back their history to The Blues.

As our introduction to the genre, students look at the cultural and historical background of the Blues. We looked at the images below, and students began to make links to aspects of history and the development of the style of music.



Blues music comes from America, but many aspects of the genre can be traced back to the days of the slave trade. African slaves were transported to the southern states of America and were forced to work in the cotton fields of white slave owners. To pass the time, the slaves would sing songs as they worked. Over a long period of time the African influences of the slaves and the European influences of the free fused together to form the style that we now know as The Blues.

Call and Response is a really important feature of African vocal music. In The Blues, the call and response has developed to be a question and answer phrase between a singer and an instrumentalist.

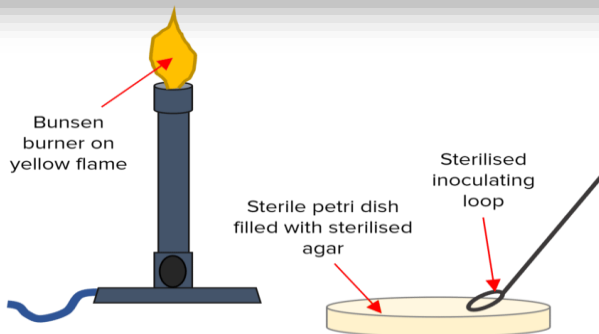
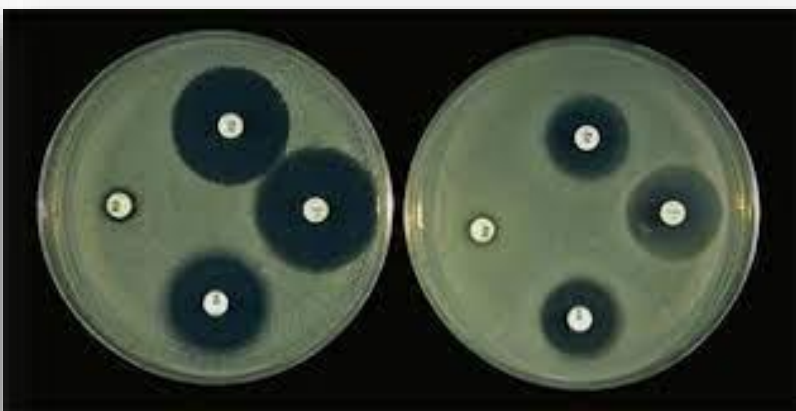
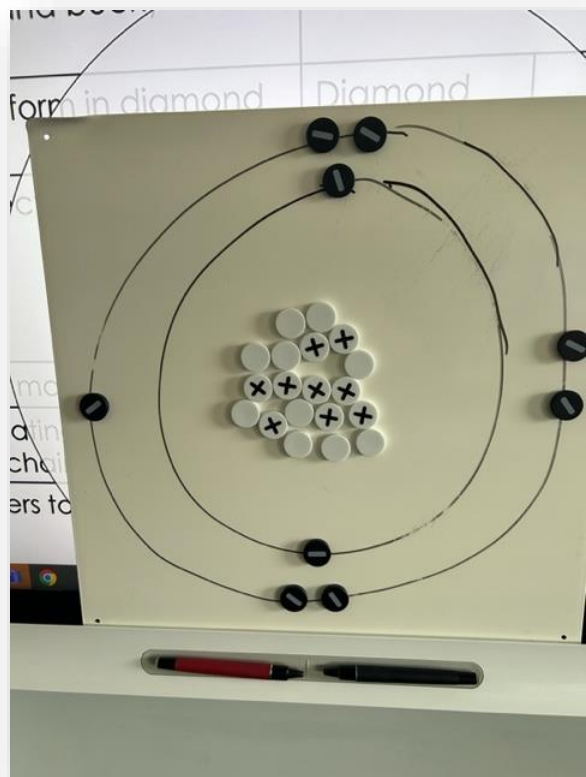
Even after the abolition of slavery, the race divide in America meant that black people still lived with oppression and ill treatment. Lots of Blues lyrics are about the struggle for freedom and fairness that these people faced.

Pitch bends and scoops are a common technique used in African melody, and these are also frequently heard in Blues music. This may be heard in vocal lines, but also in instrumental techniques such as a bottleneck used to create slides on a guitar



With the exam season almost upon us year 11 have been knee deep in revision. Miss Shannon took the opportunity to get her giant atom out to revisit ideas about atomic structure, ions and how Rutherford's model of the atom came about. Students were able to put these ideas into practice with plenty of exam questions to get them ready for their first exam in less than 2 weeks!

Year 10 have been looking at culturing microorganisms using aseptic technique. Students were trained in the use of aseptic technique before using it to create a 'lawn' of bacteria on the plates. Antiseptic soaked discs were then placed on the agar plate which have been left for 48 hours. After this, the students will study the plates to see which antiseptic causes the biggest zone of inhibition and is therefore the best antiseptic.



Lower down the school, year 7 have been learning about ecosystems and how all organisms are interdependent on each other. Mr Elcock has been in his element as this is his favourite subject to teach. Students have particularly enjoyed learning about the weird and wonderful ways animals camouflage themselves to hunt prey or the displays they put on to attract a mate. Be it birds of paradise dancing to attract a mate, a snake tricking a bird into thinking its tail is a spider or giraffes using their necks to fight with to gain the right to mate with the females.



BBG Year



STARS OF THE WEEK



FREYA BARSTOW
An all-rounder who gets it right all the time



IMOGEN HOUGH
Keen and hard working, and manages a smile even when she finds things hard

CONGRATULATIONS TO YOU ALL!



JAYDEN GANGENI
Great enthusiasm and a fab sense of humour



ELLIE HOLDROYD
Always gives 100% to everything she does



JACK MCMILLAN
Doing well in all his subjects



MAX OLDCORN
Quiet but awesome!



WILLIAM THACKRAY
Great commitment to his lessons and extra-curricular



CERTIFICATES AWARDED TO



Matthew Addison

Matthew has had a fantastic start to the new term, he has begun where he left off and is making great progress in his lessons. Outside of lessons Matthew has helped a new student settle into BBG academy. I am extremely proud of this and would like to thank him for being so supportive. Well done Matthew.



Noah Locke

Noah has had a bright start to this half term, he is progressing well in lessons and is mentoring a new student at BBG. Noah has been extremely supportive, and it is huge credit to him. Thank you and well done Noah.



Timothy Walker

Timothy continues to do well at school. Tim is currently supporting a new student transition into BBG and he is helping them settle into a new environment. Tim is doing a great job, and this is down to his kindness, polite and well-mannered attitude. Thank you for all the support and well done on a great start.

YEAR 9



STARS OF THE WEEK



ISAAC PROUSE

Making a good return to school. Always polite and quietly awesome. Well done!



SAM DURRANT

Being dedicated to learning a musical instrument.



CAERAN BARLOW

For a noticeable improvement in form and getting his head stuck into lessons.



LIBBY HOODLESS

Always trying her hardest at everything that she does and setting a great example to others.



MISS BLACKBURN'S STARS OF THE WEEK YEAR 10

**OLLY FARRAR, STEVIE FISHER, OLIVIA BAKER
ALEXIE HULLEY, MATILDA FINN, AND AOIFE SUGDEN**



Well done!

STARS OF THE WEEK

GEMMA DAVIS CARR, NIAMH HUTCHINSON AND GEORGE WALKER



Gemma is always consistent in everything she does. Gemma has regularly received no comments and is always in school trying her best.



Niamh comes into form every morning and revising/working without needing any reminders. Niamh is always so pleasant and friendly.



George always works hard in form and I hear great things about him in all subjects. George is a wonderful member of 11.3.



College Open Event

Sat 20 May 2023
10AM - 1PM

Leeds
College of
Building_

TWEETS of the WEEK



You Retweeted
BBGGeography @BBGGeography · May 3
7.3 working hard at playing Chess in our 'class competition!' Well done Y7!
@BBGAcademy



BBG Academy @BBGAcademy · 20h
Wow, this week's Bake Off was epic! Working in teams and showing thorough resilience. Well done to all our winners.



You Retweeted
BBGYear7 @BbgYear7 · 14h
Thank you to eagle-eyed Mr Cattley for spotting the @BBluedogs unc team on the pitch before the Leeds Rhino match this evening. Can definitely pick out one or two familiar faces! Have a fantastic evenin everyone!!!



You Retweeted
@BBGENGLISH @bbgenlish · May 4
Mr Smith's Year 11 revise Romeo and Juliet themes...rotational fla 8 school days to go... @BBGAcademy @BBGAcademyTL



You Retweeted
julie morland @julsm50 · May 4
@BBGAcademy year 9 bake off have been making birthday cakes and the work has been amazing



THOUGHT OF THE FORTNIGHT

Beginning 1 May 2023

Never underestimate the difference **YOU** can make in the lives of others. Step forward, reach out and help. This week reach to someone that might need a lift.

— Pablo
VERYBESTQUOTES.COM

Discussion points

What does the above quote mean?

Is it talking about only physically helping somebody?

If you saw a person fall in the street how would you help them out? What about a person in class that felt sick. What might you do?

What about a friend who used to be bubbly and the centre of the party, who is now quiet and withdrawn – would you know how to help them? What might you do to support that friend? Do you know who in school you can talk to?

One in eight children aged 5-16 are likely to have a mental health problem. Would you know how to support a friend who may be experiencing this? Use [the](#) website to navigate around different techniques you could use and support that is available.

What have you learnt today that might help in the future?

**STOP AND LISTEN RATHER
THAN JUST HEAR**

FORTNIGHTLY EVENTS

Deaf Awareness Week
Viral Meningitis Week
2nd World Asthma Day
8th World Red Cross Day

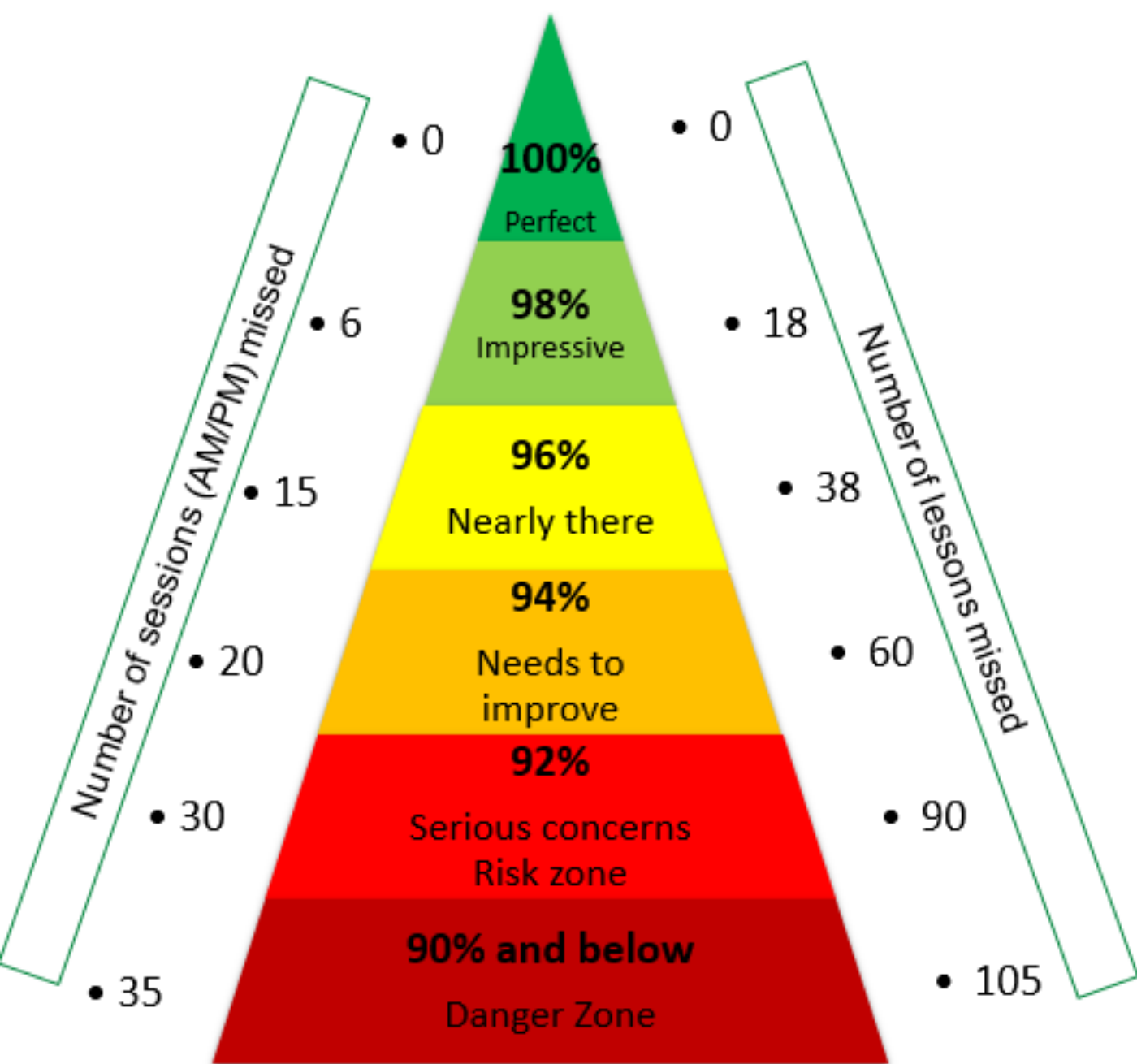
EVENTS HAPPENING THIS MONTH

Local and Community History Month
Maternal Mental Health Month
National Pet Month
National Share a Story Month

THIS WEEK IN HISTORY



Attendance Matters



Maximise your potential – attend everyday

Students across the Rodillian Multi Academy Trust at this level of attendance have historically achieved

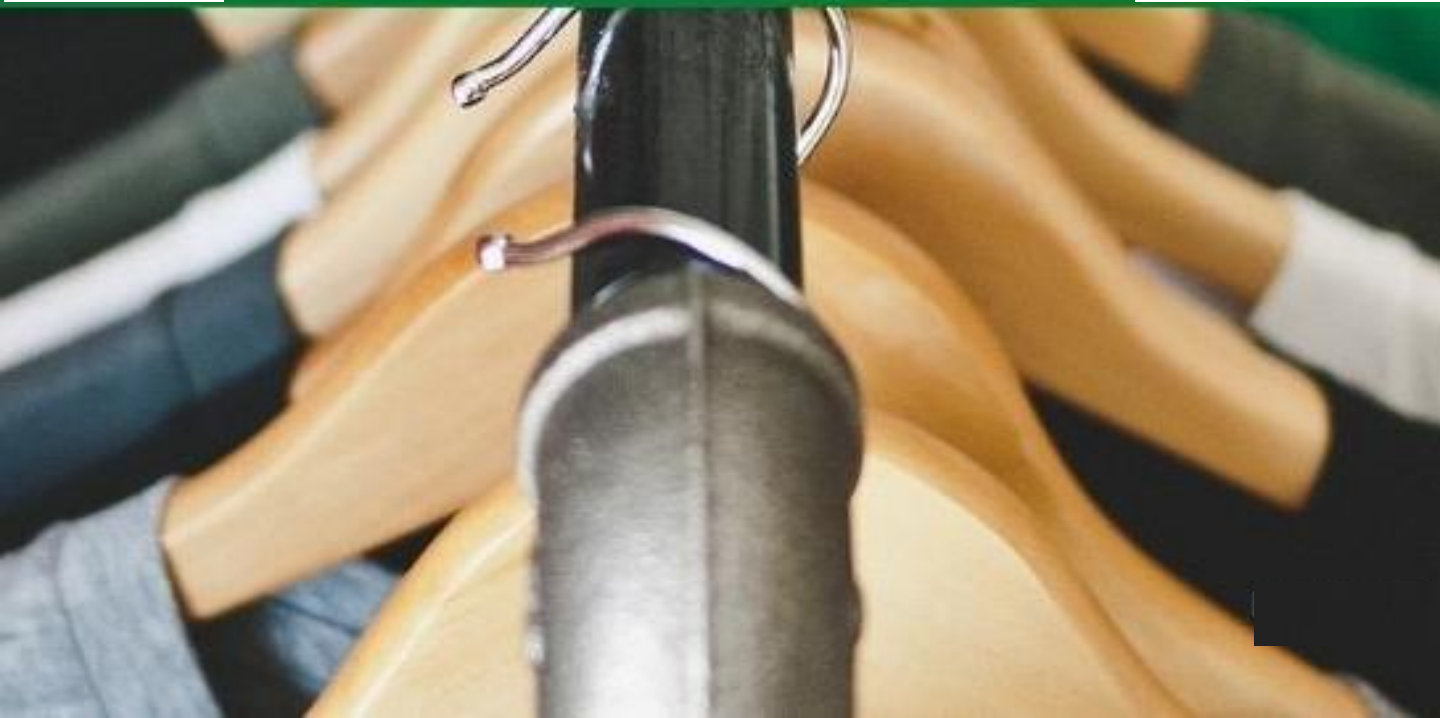
Significantly above national average progress
Above national average progress
National average progress
Below national average progress
Significantly below national average progress
Very significantly below national average progress


BBG ACADEMY PRELOVED UNIFORM SHOP

**Available to all students
Fully washed and ironed
Please contact reception**




**Options:
Get new (used) items
Swap for a larger/smaller size Donate old
uniform
Please email: uniform@bbgacademy.com**





My mates
have fallen out with
me.



I'm stressed
about exams.



Things are
tough.

We are here to listen.

Whatever your worry, tell someone if you want to talk.
We have trained staff who are here to listen. Email
them directly at:

Tellsomeone@bbgacademy.com

#TEAMBGG





On the National Online Safety app you'll find:

- ✔ Hundreds of online safety guides on the topics you need to know about – from screen addiction, fake news and trolling to hacking, social media influencers and sexting;
- ✔ An online safety training course for parents – developed by our experts and delivered by online safety ambassador Mylene Klass;
- ✔ A user-friendly interface with increased functionality – find exactly what you need, when you need it;
- ✔ The option to get notifications to your phone as soon as new content becomes available – so you can stay up-to-date with the latest online crazes (and risks);
- ✔ An in-app voting system so you can help determine the subjects you'd like us to cover in future;
- ✔ The facility to personalise your content by favouriting key resources.

Be #OnlineSafetySavvy

Keep up with the latest apps, games and tech your children are using, with the world's most comprehensive online safety app for parents.

Download the free app today



Scan to download on
Apple App Store



Scan to download on
Google Play Store

or search for 'National Online Safety' in the store



www.nationalonlinesafety.com
Twitter: @natonlinesafety

Call: 0800 368 8061
 Book: /nationalonline

Email: hello@nationalonlinesafety.com
Instagram: [@nationalonlinesafety](https://www.instagram.com/nationalonlinesafety)



TOO MUCH TECH TIME?

GUESS WHAT...
IT'S IMPACTING
YOUR SLEEP. WANT
TO KNOW WHY?

JOIN THE CONVERSATION
TEENSLEEPHUB.ORG.UK

#TEENSLEEPMATTERS



POWERED BY



Create an account to sign up online resources, weekly guides and free training at <http://nationalonlinesafety.com/enrol/bbg-academy> and complete your details. Once you're set up you'll be able to set 'parent/carer' as your user type.



Presented by
Myleene Klass



WELCOME

HOW TO IMPROVE THE SLEEP OF YOUR STUDENTS

In Autumn last year, we launched our new Teen Sleep Hub, as part of our Teen Sleep Matters campaign, and it has been an amazing success so far with so many of you getting involved in sharing the information we supplied. We have also had lots of support from the Mental Health Foundation and Royal Society for Public Health.

Covid-19 continues to impact on the health and wellbeing of young people, in particularly around their sleep and mental health. Even with the return to school, we are still living in uncertain times and young people are still suffering with isolation, learning at home with bubble closures, out-of-school activities suspended and routines being altered dramatically, it has been, and remains, extremely challenging.

Since we last made contact we have been working hard to continue to push this campaign and we have now launched a Live Chat service on our [Teen Sleep Hub](#). This facility is available on Tuesday and Thursdays from 6-8pm so young people can chat about any issues they are having with their sleep with one of our trained sleep practitioners. Please do direct your students to this and even inform parents of this service.

In this second pack you will find

- A selection of NEW posters promoting the Live Chat that can be emailed out to students and parents and, when normality resumes, can be printed and put up in classrooms, toilet facilities and other communal areas
- Social media graphics that you can use on your social channels and website to direct students and parents to the Teen Sleep Hub

As a reminder, the Teen Sleep Hub is a hive of information around sleep aimed at teens (not their parents) and includes a downloadable eBook and a series of top tips videos. We were supported on this project by our amazing Youth Advisory Panel, made up of young people aged between 13 and 19, across the country. It has been a great success so far with over **17,000 downloads of the eBook**, proving that young people want the knowledge to help them improve their sleep.

Thank you for your support. Please do get in touch if you have any questions or would like to know more.

Lisa Artis

Lisa Artis
Deputy CEO
The Sleep Charity

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10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a host of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches control very heavily. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-busting panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to react if muggers demand their watch. If you manage to track a stolen device, pass that information to the police; location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'fall fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, iFAD, PC Pro and Computeractive. He's appeared regularly on a technology panel on television and radio, including on BBC Newsnight, Radio 3 Live and the ITV News at Ten. He has two children and writes regularly about internet safety issues.



National
Online
Safety

#WakeUpWednesday



ARE YOU THE FASTEST KID IN BRADFORD?

COME FIND OUT...

14th MAY

ODSAL STADIUM

HALF TIME

4 RACES

- **PRIMARY SCHOOL - GIRLS**
- **PRIMARY SCHOOL - BOYS**
- **SECONDARY SCHOOL - GIRLS**
- **SECONDARY SCHOOL - BOYS**



HOW TO APPLY

**EMAIL YOUR
NOMINATIONS TO
SHAUN.FLYNN@BULLSFOUNDATION.ORG**



KIDS GO FREE TO ALL BRADFORD BULLS HOME GAMES IN 2023



SPORTS STAR OF THE WEEK



Ted Lowe

Great effort and
resilience shown in
Hockey this week



Callum Hubbard

Working really hard to
improve his golf swing
this week.



Amelia Lavin

Fantastic attitude
towards GCSE PE



Elissa Kilburn

Good resilience in the
800m



SPORTS STAR OF THE WEEK



William Coles-Mitchell

William has made a great start to Basketball; he has made some fantastic progress and is now confidently using the layup shot in game-based situations.



Sam Durrant

Great effort and progress made in basketball. Sam has excelled this week and made real progress with his lay-up shot. Well done Sam.



Scarlett Coubrough

Great progress in basketball, effectively dribbling with the ball



Joe Batley

Working hard in GCSE PE



SPORTS STAR OF THE WEEK



Leo Hodgson

Fantastic effort in
running the mile in PE
this week



**Sebastian
Bartocha**

Great resilience and
sportsmanship in PE this
week



Stevie Fisher

Working hard in GCSE
PE and making great
progress



Caitlin Armitage

Great progress in
Basketball this week



SPORTS STAR OF THE WEEK



Maya Bull

Fantastic engagement
and improvement in
table tennis



Amber Ramm

Fantastic
engagement and
improvement in table
tennis this week



**Emily Bassnett-
Rix**

Fantastic
engagement and
improvement in table
tennis



Emily Wright

Great progress in
Basketball this week

EXTRA CURRICULAR TIMETABLE SPRING TERM 2023

MONDAY

Times	Club/Activity	Year Group	Teacher	Venue
2.30-3.30	Netball	Years 7-11	All PE colleagues	Changing room meet
2.30-3.30	Basketball	Years 7 - 8		
2.30-3.30	KS3 Performing Arts	Years 7 - 9	Miss Roumelioti	Drama Room G29
2.30 - 3.30	Art Club (Drawing)	Years 7 - 9	Mr Laycock	F6
2.30 - 3.30	Design Club	Years 7-19	Mrs Gill	Workshop
2.30 - 3.30	Chess Club	Years 7 - 8	Mrs. Luffman	Heart Space
2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30 - 4.30	Year 10 Study Group	Year 10	Mrs Sullivan	F9
2.30 - 3.30	Books into Film	Years 7-11	Mrs Fitzsimons	F55 (starts 19.09.22)
2.30-3.30	Library	Years 7-11	Mr Smith	LRC
2.30-3.30	Prep	Years 11	Rotation	F15

TUESDAY

2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30-3.30	Baking club *	Year 7	Mrs. Denwood (Catering Manager)	Booked students only
2.30 - 3.30	Library	Years 7 - 11	Mr Smith	LRC
2.30-3.30	Prep	Year 11	Rotation	F15

WEDNESDAY

2.30-3.30	Rugby	Year 8		
2.30-3.30	Table Tennis	Years 7 - 11		
2.30-3.30	Cricket	Years 7-10		
2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30 - 3.30	Maths Puzzles	Years 7 - 8	Miss Headley	G14
2.30 - 3.30	Creative Writing	Years 7-10	Mr Young/Mr Alam	G45
2.30 - 3.30	Film Club (Hist/Geog)	Years 7-9	Mr Moulds/Mr Myerson	F16
2.30-3.30	E-Sports	Year 10 (Invite Only)	Mr. Suggitt	F13
2.30 - 3.30	Library	Years 7-11	Mr Smith	LRC
2.30-3.30	Prep	Year 11	Rotation	F15

THURSDAY

2.30-3.30	Girls Rugby	Years 7 - 11	All PE colleagues	Changing room meet
2.30-3.30	Rugby	Years 7		
2.30-3.30	Basketball	Years 9 - 11		
2.30-3.30	BBG Press	Years 7- 9	Mr. Smith	LRC
2.30 - 3.30	Library	Years 7-11	Mr Smith	LRC
2.30 - 3.30	'Step Up to Post 16' theoretical approaches to Literature.	Year 11	Mrs Voyce	G46
2.30-3.30	Science Club *	Years 7 - 8	Science Colleagues	F34
2.30 - 3.30	Art Club (3D)	Years 7-9	Mr Laycock	Workshop
2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30 - 3.30	Fashion and Textiles	Years 7-9	Miss Dixon	G7
2.30-3.30	Prep	Year 11	Rotation	F15

FRIDAY

2.30-3.30	Rounders	Year 7-9	PE colleagues	Changing room meet
2.30-3.30	Athletics	Years 7 - 11		
2.30-3.30	Choir	Years 7 - 11	Miss Sanderson	Drama Room G29
2.30-3.30	Board Games	Years 7-9	Mrs Shahid	G19
2.30-3.30	Homework club	Years 7 - 11	Mrs. Morland	F13
2.30-3.30	Library	Years 7-11	Mrs Luffman	LRC
2.30-3.30	Prep	Year 11	Rotation	F15