

We love to read stories about resilience and passion at BBG, and were fascinated to hear about Eleanor Worthington. She was a British born artist, who studied at the Isituto Statale d'Arte in Urbino, Italy. Born in York in 1982, Eleanor suffered with a severe form of epilepsy, and also has lifelong learning and behavioural difficulties. She spent her last five years confined to a wheelchair and unable to speak, expressing herself using just her eyes and face. However, beyond her disabilities, she was incredibly intelligent and had a great force of personality. After her death in 2008, Eleanor's family and friends wanted to transform her life story into a collective experience, raising public consciousness of the issue of disability. They instituted the "Eleanor Worthington Prize", run in collaboration with the Liceo Artistico Scuola del Libro, which she had attended in Urbino.

BBG is incredibly proud to be the only UK school invited to take part in the Eleanor Worthington prize, which this year had the theme of Disability and Transformation for an Inclusive Society. A large number of BBG students accepted the challenge, and worked over the last two months on their entries. In true BBG style, they threw everything into the project, and we were so proud to submit so many fantastic entries.

We are delighted to share the incredible news that we have a winner! Happi Ainsworth told the story of British choreographer and dancer, Alice Sheppard, using the medium of collage. Her piece illustrates Alice's journey as a disabled dancer.

Happi (Year 8) was delighted to receive the €300 prize money but also so proud to be a winner in such a prestigious competition.





# Eleanor Worthington Prize 2022/23

We had some fantastic entries and are very proud of all of the students who took the time to interpret the theme so creatively. We wanted to recognise two students in particularly, as they received many votes for the Audience Prize, which was run via the Eleanor Worthington social media sites.

Connie Voyce, Year 8, demonstrated superb originality in her work using clay and barbed wire to represent the barriers a person with disabilities may face.





Henry Bingham, Year 7, fostered a platform for representation the social inclusion of disabilities in sport. Using a continuous line to show a person with a prosthetic leg playing football, Harrison secured over 300 votes. Both Connie and Henry received an Amazon voucher.



# Eleanor Worthington Prize 2022/23

#### Olivia Payne

















Rosa Hepworth

More to follow next week



# #TEAMBBG

#### The assassination of Julius Caesar



Countless historical events have shaped the world – be their influences global (like the industrial revolution) or on a smaller scale (like one country's fight for independence), they're all worth knowing about.

The one, today, of which I speak is the assassination of Julius Caesar, whose death on the Ides of March (15<sup>th</sup> of March), 44 BCE, caused several civil wars and eventually turned the Roman republic (a government ruling over one nation) into the Roman empire (a government ruling over several nations). The Roman empire, as we know, was one of the largest empires in the world, alongside the Mughal empire and the Ottoman empire.



Reporter: Dexter Hughes

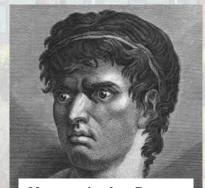
#### What happened?

On the year of his death, Julius Caesar, the Roman emperor, soon to be crowned as king (though he initially refused the crown), was observed to be rapidly gaining power, wealth and influence over his nation, and was seen by many as a tyrant – the above things mentioned were largely why Caesar was, to put it lightly, a divisive leader. So much so that between 60 and 70 members of the senate began to devise a plan, believing his power to be a threat to Rome and the good of the people, to assassinate him.

On the 15th of March, as I said earlier, the senators carried out this plan. The most well-known of this group was Marcius Junius Brutus, whose ancestors were known to have overthrown Lucius Tarquinius Superbus, the final king of Rome, and who, reluctant though he was, agreed to join the conspirators, who had potentially confronted him due to his popularity and skills in oration. He is believed to have been like a son to Caesar, but many works suggest that he went along with the plan not because he felt obliged but because he "loved Rome more [than Caesar]", as Shakespeare suggests, and that he could see the future of Rome under Caesar's rule.

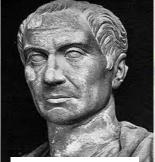
Much of the public, unfortunately for the conspirators, disagreed with the group's decision to kill Caesar and, after the latter's death, riots ensued all around Rome, the crowds being prone to violence and having murderous intent.

Julius Caesar's assassing were hunted down after his death and most were executed, though some chose to commit suicide to avoid being killed, including Gaius Cassius Longinus and Brutus, as I before mentioned. Octavian, Caesar's "grand-nephew and adopted son", emerged victorious in the civil wars that followed, and soon became Rome's leader, renaming himself Augustus Caesar and beginning the Roman empire.



Marcus Junius Brutus





Gaius Cassius Longinus



# # TEAMBBG

#### The assassination of Julius Caesar (continued)

#### The Play

Shakespeare's depiction of Julius Caesar's assassination has been read and performed for centuries, due to its relevance, complexity of character and linguistic splendor, all of which are qualities that will invariably be found in any one of Shakespeare's plays, though *Julius Caesar* is thought to be one of his best histories.

The play is sympathetic towards Brutus, presenting him as a conflicted man whose love for his country forces him to do something otherwise terrible, if not for the benefit he thought it would give Rome, and its necessity – the same can be said of all the characters, in that they receive some sort of sympathy from Shakespeare. Mark Antony, though one would think him to be the villain, appears to love Caesar just as much as, if not more than, Brutus did, and this "engrafted love" means he must avenge him, one way or another. Caesar is never shown to be *evil*, by any stretch of the imagination, in the play, but yet, as viewers or readers, we still feel sympathy for both sides: both the conspirators and Caesar himself.



Reporter: Dexter Hughes



The play is on in theatres until the 24<sup>th</sup> of June, and, having watched it, I would highly recommend it.

The quality of the production, setting aside Shakespeare for now (sorry), is brilliant and, though it's experimental, being a modern take on the classic play, it never strays too far from Shakespeare's intentions, though its occasional jokes (which I imagine were *not* intended by Shakespeare) made me slightly cross. Brutus has had a gender-swap, and is now a woman, without any sort of negative consequence, and many other characters' genders have been changed.

#### Conclusion

I hope you learnt something from this article and, if not, that you enjoyed it, nonetheless. Also, if I haven't made this clear enough, I would heartily recommend reading the play and watching the production, as both those things have been brilliant experiences for me.



# # TEAMBBG

#### **Plastic Pollution**

Plastic pollution is one of the most concerning issues in the world. Not only does plastic pollution ruin the landscape, but it also kills millions of animals every year, damages the environment and even gets into our own food. It is estimated that 75-199 million tons of plastic waste is in our oceans, with 33 billion pounds of plastic added to the marine environment every year. At the moment, there are more than 5.25 trillion pieces of plastic in our oceans; this is equal to 46,000 pieces in every square mile of the ocean. The world produces over 400 million metric tons of plastic per year, with 10 million tons ending up in the ocean. On average, only 18% of plastic is recycled. Although India produces 21.6 million metric tons of plastic a year, they have the highest rate of recycling at 60%. In the United Kingdom alone, 13 million plastic bottles are used every year, with 5.5 million of them ending up in the ocean or landfill.



Reporter: Cerys Barson

Animals are severely affected by plastic pollution. Every year, plastic kills 1 million seabirds and over a million sea mammals, turtles and fish. 100,000 sea creatures die just from getting tangled in plastic. Pollution is devastating to wildlife as the plastic takes hundreds of years to break down, meaning the amount of plastic in the ocean will keep rising, causing the number of animals killed to rise too. By 2050, scientists say the ocean will contain more plastics than fish. Plastic is cheap, easy to access and is used all around the world. The world's population is nearing 10 billion, meaning even more plastic will be produced if nothing is done to stop it.



The United Nations has recently said that by 2040, 80% of plastic pollution could be cut. The UN has discussed different things we can do to reduce plastic pollution. You don't need to be a leader to do this. Here are a few ways you can reduce your own plastic consumption:

- Use metal straws that can be reused instead of single-use plastic straws.
- If you go shopping, take a cloth bag instead of buying a plastic one. Even reusing a plastic bag a few times can reduce your plastic consumption. Reusable bags can be cloth, string or wicker.
- Pay attention and recycle your plastic waste correctly.
- Reuse plastic items or buy alternatives that don't contain plastic.
- Avoid using cosmetics that have micro-plastics. This is better for you and the environment.
- Switch your shampoo bottles for bars as this way you aren't throwing away empty plastic bottles regularly.
- Buy a reusable water bottle instead of buying a plastic one every time you are thirsty. This not only saves money, but massively reduces the impact on the world.
- Educate others around you.

Plastic pollution is one of the biggest threats to the planet. If enough people changed small things in their house, they'd make an enormous difference in the world. If nothing is done then in the future, all the animals in the sea will eventually die and plastic will slowly start to ruin all the natural beauties in the world. The future is in our hands.





They're here! They've arrived! The GCSEs are finally upon us...

Time is a funny old thing. What seems like it will take forever to finally get here – finally gets here – and it doesn't seem as if much time has passed at all.

Or has it?

In the final assembly I reminded the year 11s of all the things they've done to get to this point. From Prep to Revision Conferences, to P7s, 8s, and 9s, Easter and holiday (and Saturday!) revision, Late Nights and everything else – it's been a lot!

The most important thing to remember, however, is that no matter how much (or how little) you've done to get to this point – each day still comes with a chance to make a difference. Each day dawns anew with a chance to shine. All you have to do, is do it!



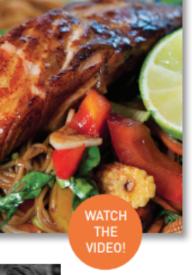




Some of the most straightforward supports for students as they prepare for exams are also the most fundamental – sleep, food, relaxation. We can help you with FOOD – in our series showing you the Pixl 'Power to Perform' recipes that are brain boosting AND delicious!









#### This dish has been specially created by celebrity chef, Mark Lloyd.

#### STICKY SALMON AND GINGER STIR FRY

#### STICKY SALMON AND GINGER STIR FRY WITH PAK CHOY, RICE NOODLES. SERVES 4.

4 skin on salmon fillets, about 140g each

- 100ml hoisin sauce
- 1 tablespoon dark soy sauce
- 1 teaspoon sesame oil

#### METHOD:

Mix all the wet ingredients in a mixing bowl, to make a marinade. Place the salmon fillets in the marinade, turning them until completely coated. Set aside for at least 4 hours, ideally overnight. Heat a large frying pan, skillet or even BBQ and sear the outside of the fillets, while you make the stir fry.

#### FOR THE NOODLES:

- 250g glass noodles, pre-soaked as per the packet
- 1 tablespoon vegetable oil
- 1 red chilli, deseeded and sliced
- 1 clove of garlic, peeled and crushed

Your own selection of peppers, carrots, onions, scallions, beansprouts, broccoli, green beans, bok choy, pak choy, baby corn, whatever veggies you love, just make sure they are all cut the same size so that they cook evenly.

#### METHOD:

Stir fry all the vegetables to your own taste, I usually go 6 to 7 minutes, starting with the harder vegetables first, adding a little splash of water, to get some steam going, before adding the softer ones, finally adding the soaked noodles and tossing over.

TO SERVE: Place the stir-fry in the bottom of a bowl with the salmon on top, simple!

#### EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Gives a healthy energy boost, reduces stress levels and promotes brain function.

The best time to eat this dish: For lunch before an exam or a period of revision.

Reason: Salmon is an excellent source of protein which is rich in Omega 3s and B vitamins which work together to develop your brain function and lower your blood pressure. Pack your stir-fry full of vegetables which are high in vitamins and minerals as they will remove toxins in your blood stream, enhance your brain activity and are great stress busters.

# STIRFAT ACHEVENENTS



Grace Auty and her pony Diesel, took part in the first riding show of the year at South Bradford show ground on Sunday 7<sup>th</sup> May. The show attracts lots of equestrian enthusiasts from the local area and is a chance to display their horses and ponies in the show ring. This was their first outing as a team and the first time taking part showing 'in hand'.

In hand showing is an alternative to ridden showing and involves handling your horse on the ground to display their condition, fitness and movement. Each handler will stand the horse in front of the judge for an appraisal, before walking away and trotting back in a straight line, then showing off the paces in a longer trot along the ring. The judge then places the top 5 pairs and each place is awarded with a Rosette from 1<sup>st</sup> place down to 5<sup>th</sup> place.

Grace and Diesel placed 1<sup>st</sup> place in the Beginners Showing class which automatically put them into the Championship at the end of the show along with 10 other pairs. Grace and Diesel were then awarded the 'Beginners Rising Star' award. Grace was over the moon and Diesel behaved impeccably throughout. Roll on the next show!

This week BBG colleagues have been completing the pool safety and rescue course in preparation for our trip to France... if only we had known that Daisy Margetts was already an expert, she could have helped us pass our course!

Daisy has been swimming for the KAL academy for the last five years, and has now progressed to life-saving. She has just completed her Bronze Level 2 and 3 awards, and is already heading for her silver award

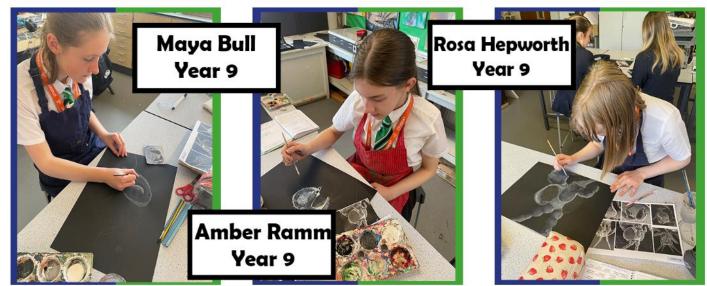


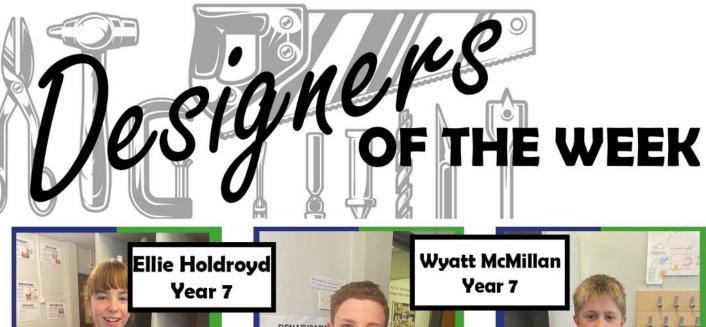


Daisy Todd, also of Year 7 has had a successful time this week too. She competed in the High Green Gymnastics Competition in Sheffield, and gained first place in vault, first place in floor routine, and first overall in her age category. I think we can tell from her picture how proud she is of herself!

Well done to all three year 7 girls- so proud of you all!









# Photographers Photographers OF THE WEEK



# Star Bakers OF THE WEEK





#### Year 8

In Media, students are exploring the reasons why similar migration stories are covered differently within Britain's press. To do this they are comparing the news stories covering Ukrainian refugees from 12 months ago to the news stories covering the evacuation of Sudan from this month. They will explore topics such as; "Why do we hear lots about one story but almost nothing of another?", "What sells news stories?" and "How has the political landscape changed over the past 12 months?". In doing so we are hoping that students will gain a better understanding of how the media can manipulate the information or the stories in which we hear/know off.





In History lessons students are exploring "Which migrants have come to Britain and how they have been treated", students will be examining Jewish Migration with an aim to understand the story of British Jews. Students will also study the British Mandate of Palestine in order to understand how migration and empire has led to conflict today.

1930 to 1960, Irish emigration flowed primarily to <u>Great Britain</u>. Mrs Sullivan's parents came to England and settled in Leeds. Her dad came to work on the roads when he was 16 and then through hard work built up his own successful civil engineering company. Her Mum, after going to Scotland age 15 to work on a farm, went to America age 18 to work as a maid before getting married in Ireland and moving to Leeds to become a housewife. However when Mrs Sullivan's Dad first came to Leeds he faced the following signs in some bed and breakfast places. However, one landlady was very welcoming and provided a place for him until he could afford to buy a house in Gildersome. Mrs Sullivan herself faced unkind comments and ignorance from people at school often referring to her family as being IRA terrorists just because they were Irish and Catholic.



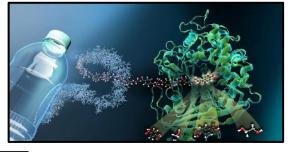


#### YEAR 9

This week our Year 9 students have been investigating the impact of global waste pollution, focusing specifically on plastic waste within our oceans. Students were shocked to discover that many seabirds have been found to have over 250 pieces of plastic in their stomachs, this was compared to us having the equivalent of 12 pizzas worth of plastic in our own stomachs.

Students then looked into four potential ways to deal with our growing waste problem: throwing waste into volcanoes, using worms to digest the plastic using new machines/robots and also burning the waste to create energy. We evaluated the advantages and disadvantages of the four strategies before finding out students thought burning the waste to create energy was the best idea moving forward.







#### YEAR 10

As part of our rivers topic we have been learning about the different strategies that can be used to help reduce the impacts of flooding along rivers. We have taken into account both hard management (expensive and manmade) options such as controlling water through dams and reservoirs and soft management (cheaper and more natural) strategies such as afforestation to soak up the water. Students were able to evaluate the different strategies, considering other advantages that the strategies offer alongside reducing flood risk. Following this, we are starting to consider flood management strategies in York and how they are helping to reduce the risk there.

#### YEAR 11

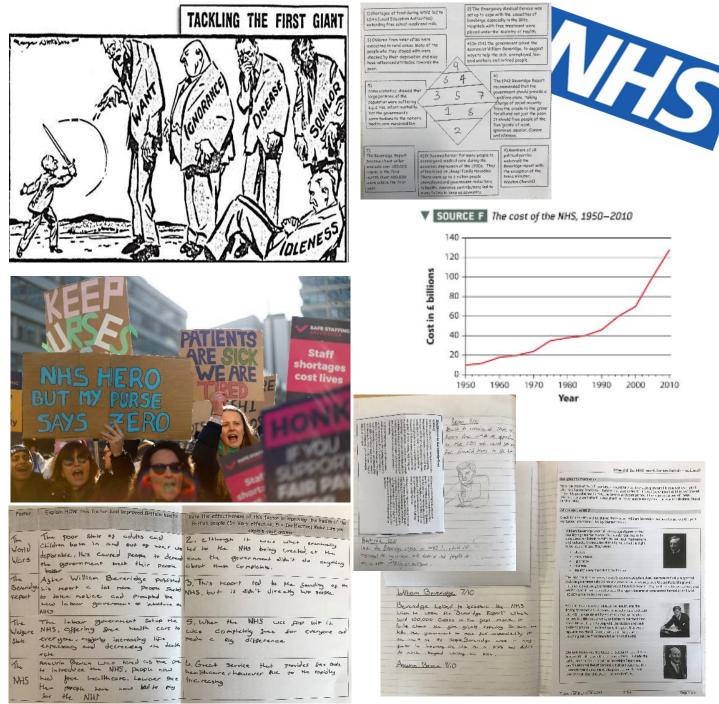
Our focus this week has been on Paper 1 preparation ready for our first exam on Monday. We are so proud of our Year 11 cohort and the hard work they are putting in, we know this will pay off for them! Paper 1:

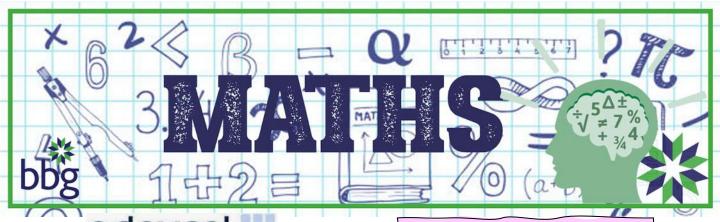
- 1. Natural Hazards (Earthquakes, Climate Change, Tropical Storms, Extreme Weather)
- 2. Living World (Hot Deserts + Tropical Rainforests
- 3. Physical Landscapes (Coasts + Rivers)



#### YEAR 10: THE NHS

Year 10 have now completed their study of "Health and the People" with what is perhaps its most significant topic. Year 10 students have studied the creation and development of the National Health Service by investigating the role of individuals such as William Beveridge, the role of WWII and the role of government when the newly elected Labour Party delivered on their election promises. This story was concluded with consideration of the current challenges to the NHS.





edexcel

#### 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.



#### onmaths

https://www.onmaths.com/

This website has practice papers that you can complete online.



#### The first exam is finished!

Calculator all the way now. Paper 2 7<sup>th</sup> June Paper 3 14<sup>th</sup> June



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.



#### CorbettMaths

https://corbettmaths.com/ This website has all sorts of resources and great videos.

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.



#### The GCSE Maths Tutor .

@TheGCSEMathsTutor 166K subscribers



just smile and wave boys, smile and wave

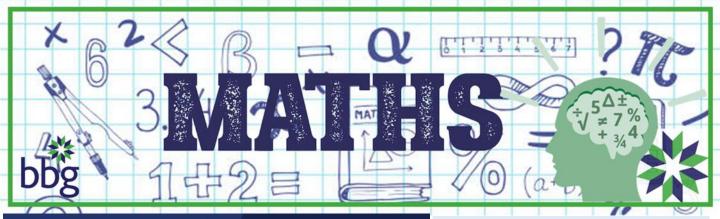
The GCSE Maths Tutor

https://www.youtube.com/c/TheGCSEMathsTutor/videos

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



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



Proud to be a

# **Sparx Maths School**

Josh Gall

Harry Jones

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

#### **Sparx** Superstars

シアノンないため

			persiars
Student Name	XP Level	Student Name	XP Level
Harry Goulding	2	Elle-Mai Clough	1
William Pennington	2	Lucy Dodsworth	1
Layla Formoy	1	Chloe Lambton	1
Musa Mayet	1	Tom Goodyear	1
Oliver Huntington	1	Will Makin	1
Phoebe Rogerson	1	Alfie Watson	1
Subhaan Ali	1	William Crossley	1
Charlotte Robertshaw	1	Jaymes Frost	1
Ethan Emmott	1	Symmetry in nature	
Yannick Wolf	1	Symmetry in nature	
Joe Lingard	1		1
Aimée Richards	1		100
Ella Johnson	1		
Sienna Dhillon	1		
Kara Healy	1	VAN MERCE	294.2%
Oliver Wallhead	1		
Jack Barber	1		
Daisy Margetts	1	AAX	
Michelle Tella	1	1 And 1	200
Lacie Smith	1		
Emily Wright	1		
			and the second se

1



# **STARS OF THE WEEK**



SOPHIE TAYLOR For gaining confidence and improving organisation



ISLA RUSH For empathy and emotional intelligence



GRACE KENNEDY For trying hard and facing her difficulties



MARIIA SEMYRYKOVA For being inquisitive, kind and polite

# CONGRATULATIONS TO YOU ALL!





CHARLOTTE NORRINGTON For improved social confidence



PHOEBE ROGERSON For quiet confidence and hard work



ARRAN TOBIN A fantastic all-rounder!



#### CERTIFICATES AWARDED TO

## Happi Ainsworth

Outstanding achievement winning the art award. Aside from that Happi is making great progress in all areas of school. Well done Happi.



Rebecca has had a fantastic few weeks at school. I have noticed an improvement in her attitude, work ethic and behaviour. She is making some brilliant progress in her lessons.

## **Ruby Skukowski**

Ruby is a polite, well mannered and mature student. She has an outstanding work ethic and this means she is making good progress in her learning. Well done Ruby.







# YEAR 9 STARS OF THE WEEK

#### FREYA WRIGHT

Is an absolute delight to have in the form. She is involved with small group discussions around our form time curriculum and is an incredibly polite member of the form.





#### CHARLIE WALMSLEY

Always one of the first in class. Polite and gets involved in form time discussions. A credit to 9.2. Well done!

#### SADIE CARNEY

Working hard in all lessons and being helpful in form. Excellent attitude to learning.





NATHAN BROMLEY Producing a great piece of art for the Italian Art Competition



# **STARS OF THE WEEK**

EMILY ENGLISH, ELLIS PEARSON AND THOMAS KEATING



Has been working consistently hard since the last set of mocks to improve and has shown maturity in her approach to revision.

Has shown a conscientious attitude in regards to revision by actively seeking support from members of staff to help himself improve.

Tom's engagement in class has been fantastic recently! He has clearly been revising and tries his best to assist others while we work through revision tasks.





## An invitation to our Get Inspired Events 2023

#### Thursday 5 October

The John Smith's Stadium Stadium Way, Huddersfield, HD1 6PG

#### Wednesday 11 October

Dewsbury Town Hall Wakefield Old Road, Dewsbury, WF12 8DG

4.30 -7.30pm

# TWEETS of the WEEK



BBG Academy @BBGAcademy · 1h BBG colleagues have joined others from across the @RodillianMAT over the last few weeks to train in water safety and rescue in preparation for our France trips. Mr Nodder from @braytonacademy1 was our casualty for bandage practice this morning!



Mr Laycock @LaycockArt · May 16 Year 9 doing an amazing job on their microscopic insect paintings. @BBGAcademy



BBG Academy @BBGAcademy · May 15 Well done Mr Slack

Miss C Sutcliffe @MissCSutcliffe · May 15 Not a Netball tweet e Well done @MrASlackPE in your Cup Final #ProudWife



🌘 Jo @dinkydoo\_\_ · May 14

All the hard work paid off for Daisy today at High Green gymnastics competition in Sheffield. 1st on vault, 1st on floor routine and 1st overall in her age category 🍟 🟆 She's a very happy girl 😍 @BbgYear7 @BBGAcademyPE



Vicky Hathaway @hathaway\_v45352 · May 14
@BBGAcademy Ruby Ward and her pony Albert competing in the kings garden at Royal Windsor horse show on Thursday!Words cannot describe how proud we are of both of them!!



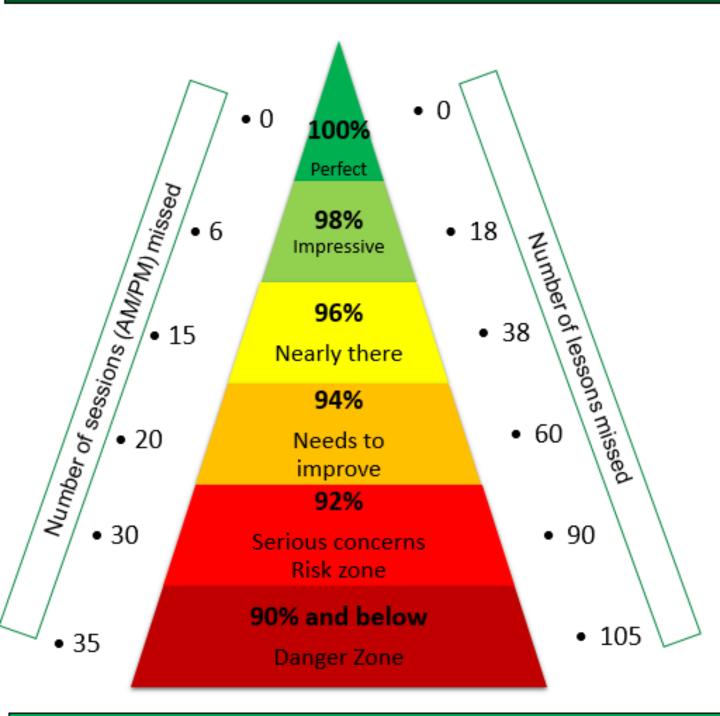
**BBG Academy** @BBGAcademy · 19h Year 7 are learning the importance of road safety through a performance from @theriotactuk #KeepYourselfSafe #TeamBBG





A REAL PROPERTY AND A REAL PROPERTY AND

# **Attendance Matters**



#### Maximise your potential - attend everyday

Students across the	Significantly above national average progress	
Rodillian Multi	Above national average progress	
Academy Trust at this	National average progress	
level of attendance	Below national average progress	
have historically	ically Significantly below national average progress	
achieved	Very significantly below national average progress	

# <section-header><section-header><section-header><section-header>

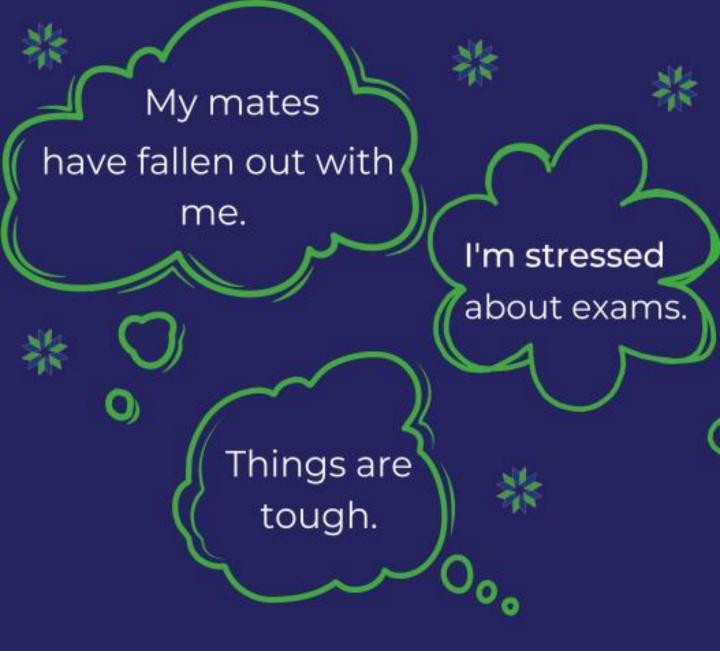
Available to all students Fully washed and ironed Please contact reception



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







# 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







#### **Download your Free Online Safety App for** Parents & Carers

NOS



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 Myleene 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;
- G The facility to personalise your content by favouriting key resource

Teen





Email hellognationalonlinesafety.com







间外科公司





Teen Sleep

Hub



Create an account to sign up online

resources, weekly guides and free training at

you're set up you'll be able to set

http://nationalonlinesafety.com/enrol/bbgacademy and complete your details. Once

'parent/carer' as your user type.



esented by

National

Online Safety

Free online safety resources and training

for parents

NOS

\*

## 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 hon 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 campaigr 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 er 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

info@thesleepcharity.org.uk | thesleepcharity.org.uk | +44 (8) 1382 751 416 Copyright © 2821 The Sleep Charity.All rights reserved.



Call 0800 368 8061

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

JOIN THE CONVERSATION TEENSLEEPHUB.ORG.UK

**#TEENSLEEPMATTERS** POWERED BY sleep charity 98

sleephub.org.uk



# Looking After Your WELLBEING ONLINE

We all know that taking care of our minds and badies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.

aun

TCK YOUR

REPORT

00

TRACK YOUR SCREEN TIME

20

EAK UP AGAINST

1016

EHL DENA

A

0

Nos National Online Safety #WakeUpWednesday

BE KIND & BE CAREFUL

# LOOK FOR POSITIVE COMMUNITIES

💓 @natonlinesafety

/ I National Online Safety

() ginationalonlinesafety

on one of the date of releases in on hours

PAUSE

BEFORE YOU POST 1

Canational\_online\_safety

TECH FREE

CO

24





#### **Robert Lowe**

Robert had an outstanding cricket lesson this week, he impressed with the bat, and in the field. Well done Robert, great work.





#### Alexander Rushworth

Alexander impressed this week with his ability in Cricket. His knowledge and game understanding were excellent and he became a leader within the lesson.



#### Arabella Coubrough

Fantastic encouragement of others in rounders.





#### **Roisin Sugden**

Fantastic encouragement of others in rounders.





**Gaby Rowan** 

Fantastic encouragement of others in rounders.



Great effort levels in GCSE PE P0s

**Tiana McCue** 



applied resilience in recent weeks.





**Jude Cain** 

Great effort in PE, always shows good sportsmanship



Oscar Hills Showing great determination and resilience in all activities



EXTRA CURRICULAR TIMETABLE SPRING TERM 2023						
MONDAY						
Times	Club/Activity	Year Group	Teacher	Venue		
	Netball	Years 7-11	All PE colleagues	Changing room meet		
2.30-3.30	Basketball	Years 7 – 8	1 ĭ			
	KS3 Performing Arts	Years 7 - 9	Miss Roumelioti	Drama Room G29		
	Art Club (Drawing)	Years 7 - 9	Mr Laycock	F6		
	Design Club	Years 7-19	Mrs Gill	Workshop		
	Chess Club	Years 7 - 8	Mrs. Luffman	Heart Space		
	Homework club	Years 7 - 11	Mrs. Morland	F13		
2.30 - 4.30	Year 10 Study Group	Year 10	Mrs Sullivan	F9		
	Books into Film	Years 7-11	Mrs Fitzsimons	F55 (starts 19.09.22)		
	Library	Years 7-11	Mr Smith			
2.30-3.30	Prep	Years 11	Rotation	F15		
TUESDAY 2.30-3.30	Homework club	Veero 7, 11	Mrs. Morland	F13		
2.30-3.30	Baking club *	Years 7 - 11 Year 7	Mrs. Denwood	Booked students only		
2.30-3.30	Daking Club	rear	(Catering Manager)	Dooked students only		
2.30 - 3.30	Library	Years 7 - 11	Mr Smith	LRC		
	Prep	Year 11	Rotation	F15		
WEDNESD		·	·			
2.30-3.30	Rugby	Year 8				
2.30-3.30	Table Tennis	Years 7 - 11	-			
2.30-3.30	Cricket	Years 7-10	-			
	Homework club		Max Maxland	E40		
2.30-3.30		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		
	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	1 -			
2.30-3.30	Basketball	Years 9 - 11	1			
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		
	Art Club (3D)	Years 7-9	Mr Laycock	Workshop		
	Homework club	Years 7 - 11	Mrs. Morland	F13		
	Fashion and Textiles	Years 7-9	Miss Dixon	G7		
	Prep	Year 11	Rotation	F15		
FRIDAY		Neer 7.0		Channing		
2.30-3.30	Rounders	Year 7-9	PE colleagues	Changing room meet		
2.30-3.30	Athletics	Years 7-11	Mar Oralian	Danama D 020		
2.30-3.30	Choir Beard Comes	Years 7 – 11	Miss Sanderson	Drama Room G29		
2.30-3.30	Board Games	Years 7-9	Mrs Shahid Mrs Morland	G19 F13		
2.30–3.30 2.30-3.30	Homework club Library	Years 7 - 11 Years 7-11	Mrs. Morland Mrs Luffman	LRC		
2.30-3.30	Prep	Year 11	Rotation	F15		
2.00-0.00	li ich		rotation	1.5		