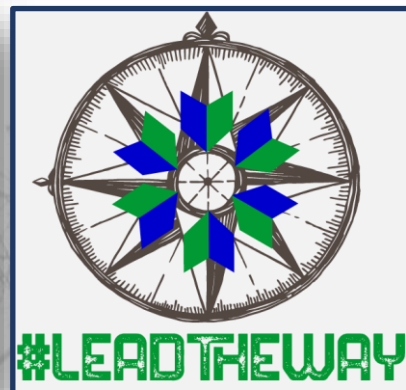




the bbg bulletin



Connect the Dots

The BBG Progress Championship has kicked off this week – making this the seventh year in a row that we have celebrated the effort of students in the pursuit of GCSE success!

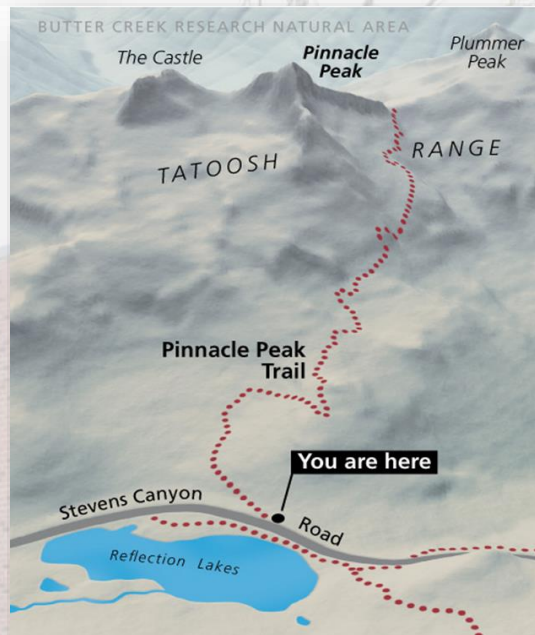
At its heart, the Championship is a way for students to actually SEE and be PROUD of the progress they are making in lessons. Staff are vocal about why students are receiving 3 (or 1!) stamps, and students are (rightly) pleased with the commendation for their efforts.

One of the things we discussed in our launch assembly this week is the trust that you have to have in the journey you are on. You can't connect the dots in advance – you have to plan and map and move with the desire and the hope that you will end up where you want to end up... but you won't know for sure that you've managed to follow that intended path until you've finished the climb. You have to look back, to assess how far you've come, and be proud of the effort that it took to get you there.

We also talked about the fact that, often, it is not the focus on our big goals that pay our dividends. Instead, it is the commitment to 1% better – just a small change, daily, that will help us to be better in the end.

Sometimes, thinking about our end goal can prevent us from taking that first step. It seems so far away, so remote and so ... big! That we can psyche ourselves out and not even start because it all seems just too overwhelming.

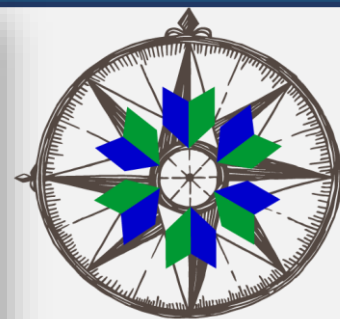
The important thing is just to start. Just to take that first step, make that one small change. Do what you can in the time that you've got – and don't focus on the end result. The GCSEs will come whether you're ready or not, so don't worry about them. They'll take care of themselves. In the meantime, you just focus on putting one foot in front of the other, and being the best that you can, today.



COMPOUND INTEREST FOR SELF-IMPROVEMENT



BBG PATHFINDERS



#LEADTHEWAY

PiXL
Power
to Perform

MEXICAN CHICKEN ENCHILADAS



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!

Power
to Perform

4 skinless, boneless chicken breast fillets
1 onion, chopped
225ml yogurt
1 bunch of chives, cut into thin rings
125g grated Cheddar cheese
1 tablespoon dried parsley
1/2 teaspoon dried oregano
1/2 teaspoon ground black pepper
1/2 teaspoon salt (optional)
400g tomatoes, roughly chopped
125ml water
1 tablespoon chilli powder
5 tablespoons chopped green pepper
1 clove garlic, minced
8 flour tortillas
85g grated Cheddar cheese
2 avocados
Juice from 1/2 lemon

MEXICAN CHICKEN ENCHILADAS, CHIVE YOGHURT, BASHED AVOCADO, ROASTED TOMATOES. MAKES 2 ENCHILADAS PER PERSON.

METHOD:

Preheat oven to 180°C/Gas 4.

In a medium, non-stick frying pan over medium heat, cook chicken until no longer pink and juices run clear. Drain excess fat. Cube the chicken and return it to the pan. Add the onion, yoghurt, chives, 125g Cheddar cheese, parsley, oregano and ground black pepper. Heat until cheese melts. Stir in salt, half of the chopped tomatoes, water, chilli powder, green pepper and garlic. Roll even amounts of the mixture in the tortillas. Arrange in a baking dish. Cover the rest of the tomatoes and the remaining 85g Cheddar cheese. Bake uncovered in the preheated oven for 20 minutes. Cool for 10 minutes before serving.



FOR THE AVOCADO SMASH:

Split the avocados, remove the stone and scoop out the flesh, roughly chop or smash and squeeze over the lemon juice, this adds flavour, but also stops the avocado from turning brown.

EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Energises you over a long period, makes you feel great, boosts memory and promotes healthy brain cells.

The best time to eat this dish: For lunch or an evening meal during peak exam period.

Reasons: High in protein from the chicken and the yoghurt which will keep you full, give you energy and make you feel good. Tortillas are high in fibre and complex carbohydrates for more sustained energy and the iron content will help blood move oxygen around your body. Avocado is a superfood rich in stress-relieving B.



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

International Women's Day 2023



Reporter:
Cerys Barson

International Women's Day is celebrated annually on the 8th of March and recognises the social, cultural, and political achievements of women throughout history. This day has occurred for over one hundred years, being celebrated first in 1911, with its aim to advance equality for women all over the world. This year's theme is #EmbraceEquity, which is to raise awareness about 'why equal opportunities are no longer enough.'

Throughout history, women have had to fight for their basic human rights and for the ability to be heard. If the amazing women who induced change gave up, then women would not have the same freedoms as today. So many brave, intelligent and strong women gave up their time, sometimes even their own lives, just to create change and ensure a better future for generations to come. International Women's Day is a day designed to appreciate all the incredible women who have fought and are still fighting.

Have you heard of the following influential women?



Susan B. Anthony was a social activist and icon during the early women's rights movement in the 1800s. She played a pivotal role in the women's suffrage and even collected anti-slavery petitions at the age of seventeen. Susan was president of the National Woman Suffrage Association, which she founded alongside Elizabeth Cady Stanton. Her work paved the way for giving women the right to vote. She was also arrested for trying to vote in 1872 and had to pay a hundred dollar fine and court charges.

Emmeline Pankhurst was a British political activist, born on 15th July 1858 in Manchester. She organised the UK suffrage movement and played a critical part in helping women get the right to vote. Her forty-year campaign was successful in the year of her death, 1928, and gave British women the rights they had dedicated their lives to gaining. In the space of one year, Emmeline was imprisoned three times, but still kept fighting for what was right. From July 1912, the movement she had helped create turned to extreme acts, mainly in the form of arson. She was imprisoned herself, shortly after these acts were started, under the act of 1913. (The Cat and Mouse Act.)



You may have heard of a famous nurse called Florence Nightingale, but have you heard of a nurse called Mary Seacole? They both had the same achievements, but Mary isn't as celebrated as Florence. Mary Jane Seacole was a British-Jamaican nurse who set up the 'British Hotel' during the Crimean War, for injured soldiers on the front line. Mary wanted to help with the Crimean War, but was turned down, along with many other nurses, but this didn't stop her! She faced racism and prejudice from many, but she overcame this, going on to achieve remarkable things.

More recently, the Lionesses have secured government funding for equality in sport. They have ensured that all children will have the ability to take part in various sports and that schools have dedicated funding to do this. The team wanted this as part of their legacy after they won the Euros last summer. Six hundred million pounds of government funding has been promised, to lay the foundation of equality in sport. They released this information on this year's International Women's Day.



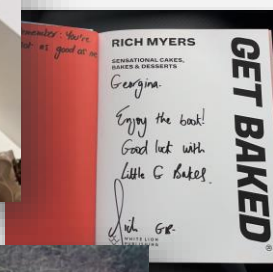
STUDENT ACHIEVEMENTS



Georgia Bolton has been on stage competing this weekend at the Spen Valley dance competition. She showed true BBG resilience and was awarded the senior endeavour trophy for her energy and passion that she showed all weekend across her solos, duets and troupe dances.



Georgina Baldwin in Year 10 had the opportunity today to go to the Get Baked shop for a book signing by Rich Myers. Rich is the founder and owner of Get Baked and Expensive Sprinkles, and Georgina was excited to meet him and get her new recipe book signed.



Our girls continue to impress on the rugby field with the Birkenshaw Blue Dogs. Willow Peasley, Ava Goulding, Taryn Sykes and Maisy Bryant played amazingly against Oulton last weekend, showing great teamwork. Ava was awarded warrior of the week, and Maisy player of the match and opponents parents' player of the match. The girls supported each other very well and it was spectacular to see how they have improved as a team! Well done girls, great to hear about your successes.



STUDENT ACHIEVEMENTS



We wish Charlotte Robertshaw and Adam and Isla Boocock all the very best for Crufts this year. Charlotte is competing with her dog Herbie in the BASC Best young handler class and also the BASC Working Retriever category and she is representing Huntwick Grange Farm Shoot.

Adam and Isla with the lovely Connie will be competing in the Junior Flyball. We are excited to hear all about it and share the success next week.



Here are some of the photos from last year!.



Crufts

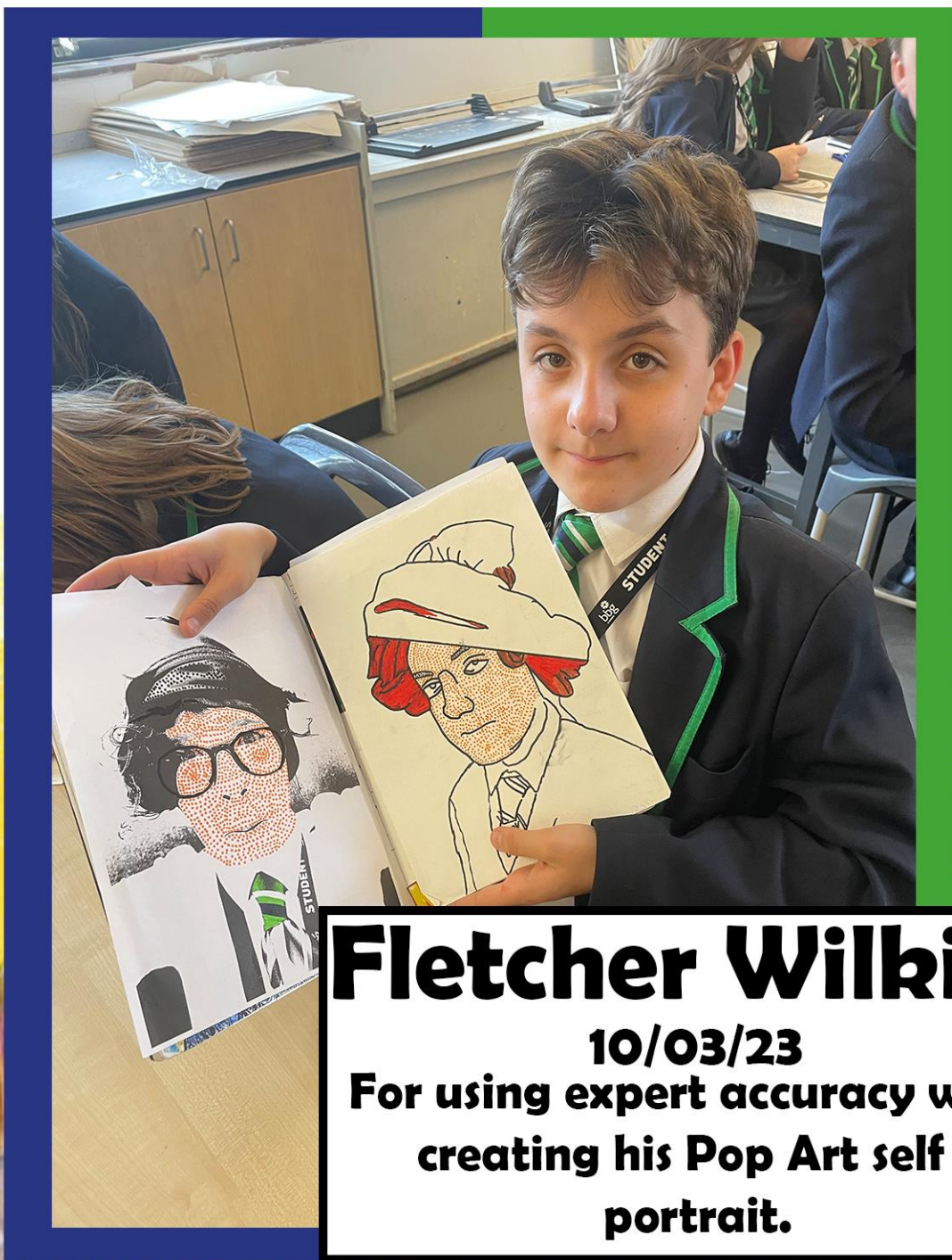
THE KENNEL CLUB

Year 7

Artist



OF THE WEEK



Fletcher Wilkins

10/03/23

**For using expert accuracy when
creating his Pop Art self -
portrait.**

Year 7

Resilience Artist OF THE WEEK



Sophie Grayson

10/03/23

**For a carefully thought out
Pop Art portrait, showing
influence from Roy Lichtenstein.**

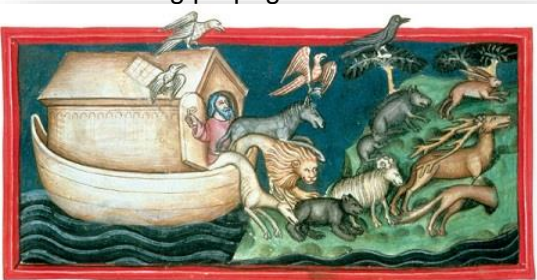


Year 8

World Book Day 2023 was on the 2nd March, and to celebrate this the students in Media have been exploring books and literature focusing on nature and environmentalism. The key topic we are exploring the moment is 'how can the media be used for a force for good?', but can we even agree on what good actually is.

An example of this is the Lorax, a children's book filled with an innocent view into a strange world of fantastical animals, colours and wonder. All wrapped up in a message about the importance of looking after our planet. But this book has caused controversy for many years and has even been banned in several schools within America for its anti-capitalist message.

Year 8 Media CC students are deciding what they think for themselves, is the Lorax a force for good or a piece of brainwashing propaganda.



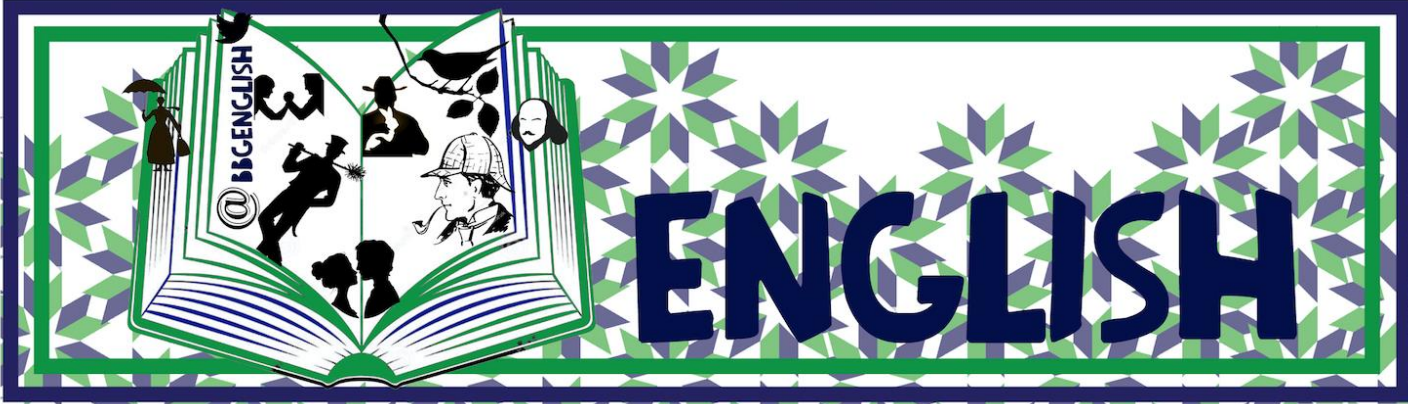
In RS students are looking at religious natural disasters and their impact on belief – we are focusing on Noah's Great flood and the covenant made between man and God, and the Ethiopian famine and how that affected people's belief in Islam.

In Geography CC, students are starting to assess the impacts climate change can have on our lives here in the UK. Looking at both the positives and the negatives, and weighing up the good vs the bad! For example, if summers keep warming up coastal areas such as Cornwall will be able to start growing crops which we currently have to import from abroad! However, the downside is that we, as an island country are also going to experience more flooding. Leading on from this, students are going to start looking at ways in which we can adapt to climate change and whether these adaptations have social, economic or environmental impacts.



The Little Ice Age was a period of wide-spread cooling from around 1300 to around 1850 CE when average global temperatures dropped by as much as 2°C (3.6°F), particularly in Europe and North America.

Students have been looking at the Little Ice Age in History, and how it affected the Vikings...Life on Greenland was very hard. The Greenland Vikings survived there for over four centuries, but soon after 1410 they died out. We don't know exactly what killed off the last few Greenland Vikings, but we do know why they declined – **the Little Ice Age**



Year 8 and Year 10 students in Mr Smith's classes were asked two questions:

- If you identify as female, what is it like to be a woman in 2023 Britain, Yorkshire or BBG?
- Who is your female role model? Which women do you admire and why?

Students said the following...

Mums, aunts, cousins

"My mum is a real inspiration because she rushes around and takes me to rugby"

Lennon M

"My mum as she always believes in me"

Josh H

"My cousin Asha she is 19 years old and she is in one of the best universities in the UK. She is very smart"

Jessie-Mae W

Being female in 2023

"Living freely for the women of the past who couldn't"

Bronwen

"I'm proud of being a woman because we support each other"

Olivia W

"As a woman I feel powerful"

Anon

"Freedom to vote and have a voice, we have our won opinions and are not owned by men"

Anon

"As a woman I feel powerful and proud"

Anon

Still I Rise

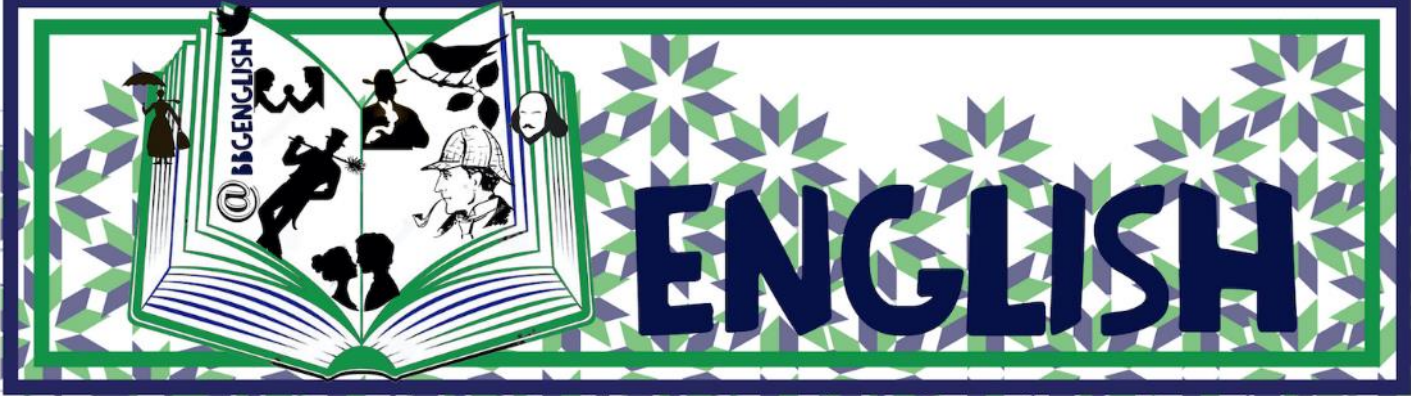
Maya Angelou, 1928 - 2014

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Favourite Women

Amy Winehouse
Florence Pugh (body positivity)
Lupita Nyong'o
Letitia Wright
SZA
Ice Spice
Lauryn Hill
Meghan Markle
Jennifer Lawrence
Sam Kerr (Chelsea player)
Suzie Wolff (motor sport)





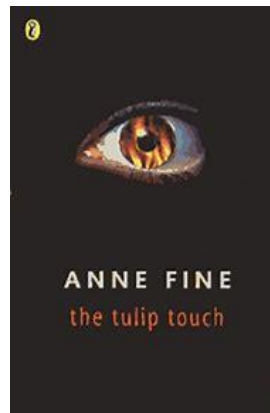
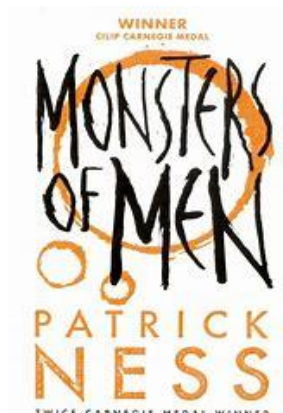
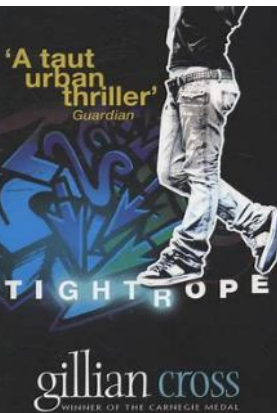
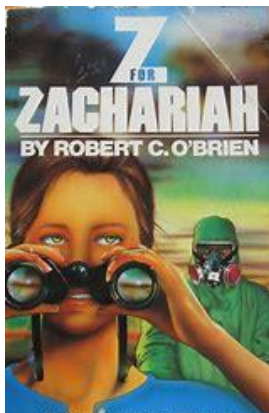
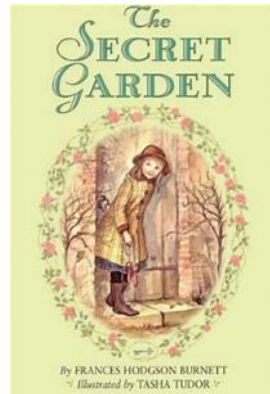
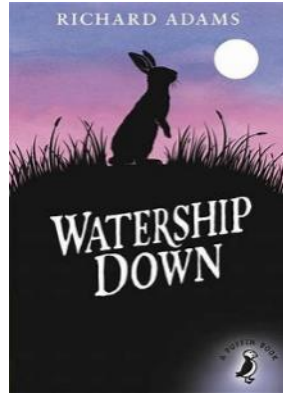
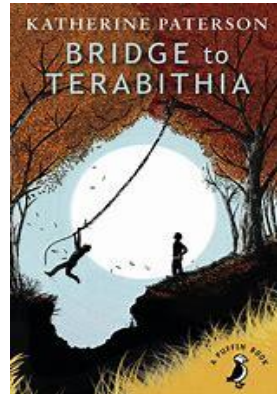
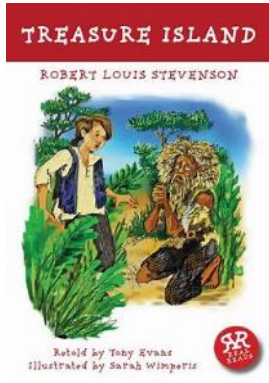
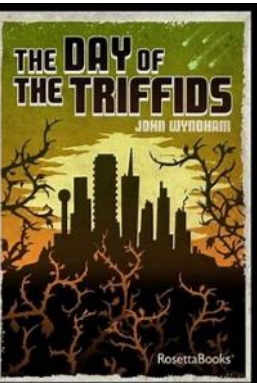
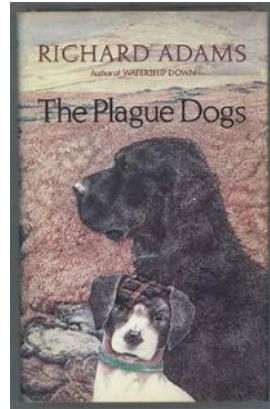
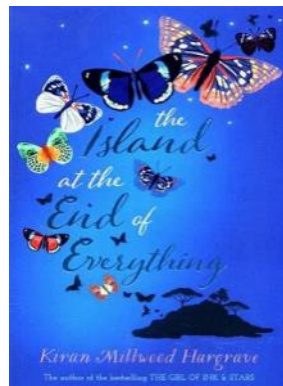
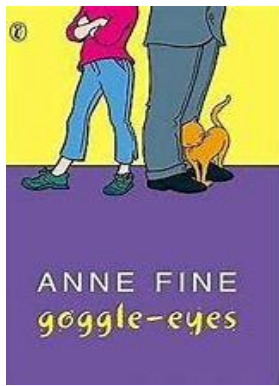
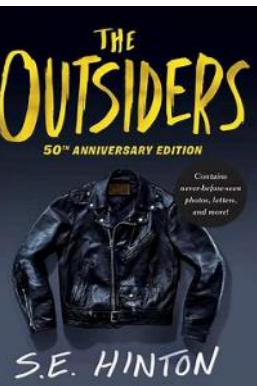
The BBG Bookcase recommendations for children to read and make progress when reading. Statistically students that read independently do better at school. Please encourage your children of all ages to continue reading daily – 10 minutes before bedtime as a minimum will make all the difference.

NB for parents/carers: Please check online reviews if you have any queries about the suitability of a book before your child reads it.

Year 7



Year 8



BBG BOOKCASE

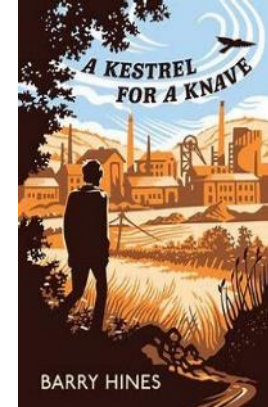
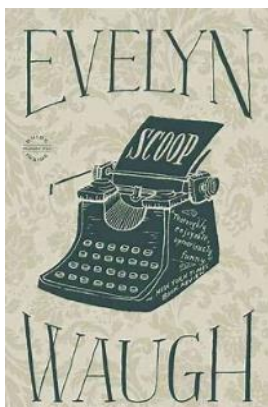
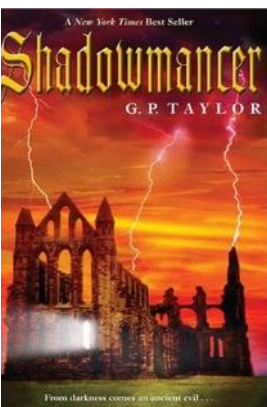
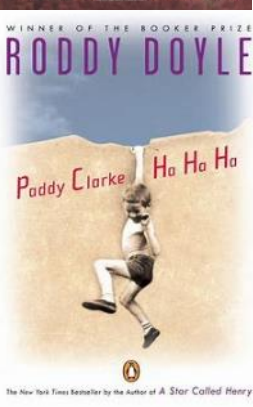
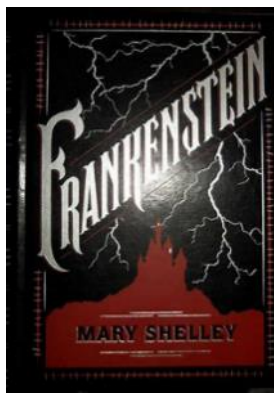
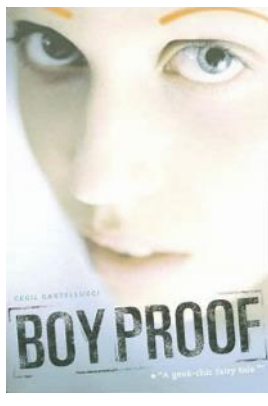
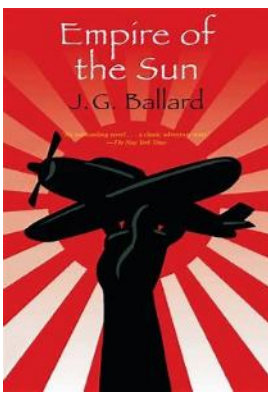
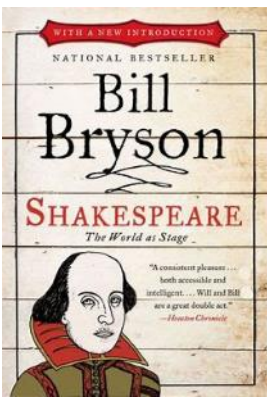
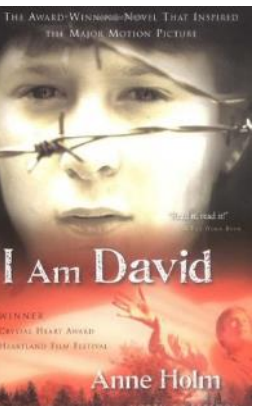
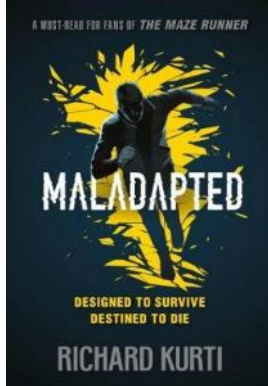
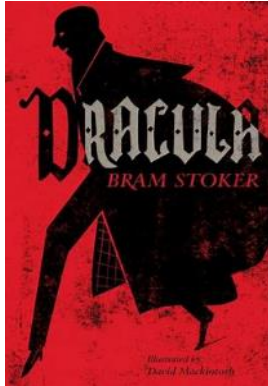
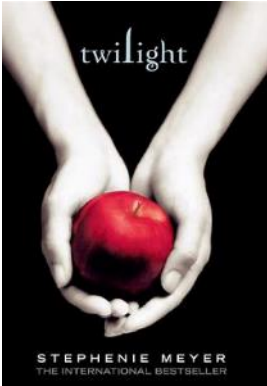
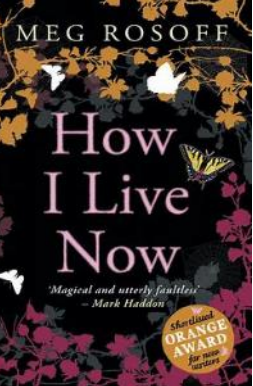


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ENGLISH

Year 9



BBG BOOKCASE

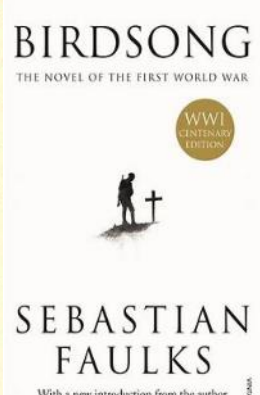
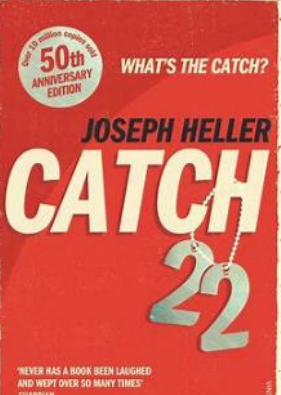
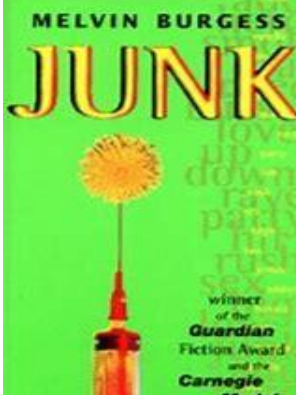
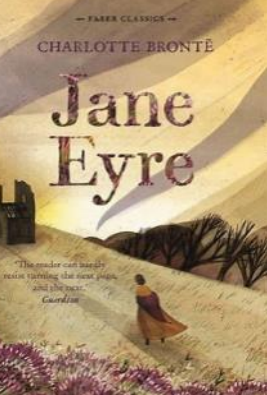
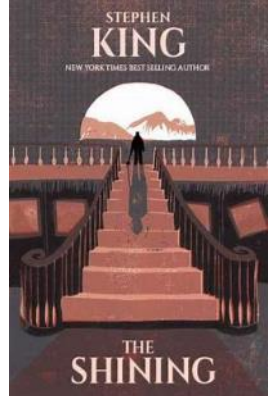
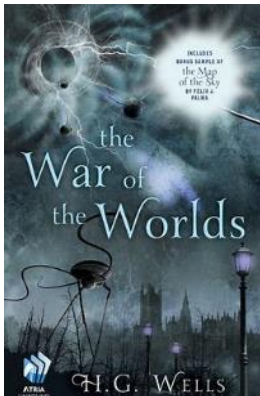
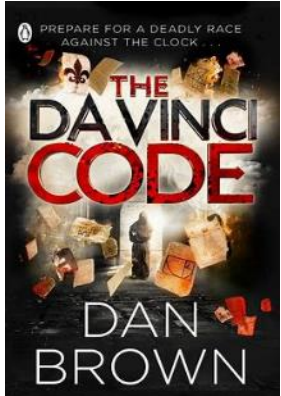
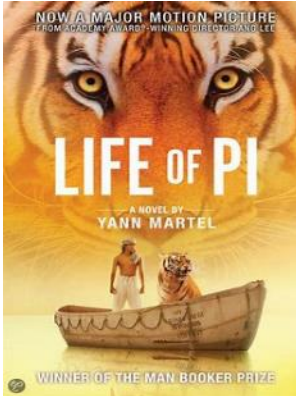
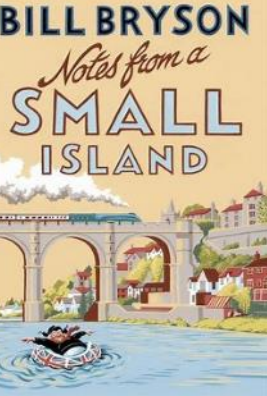
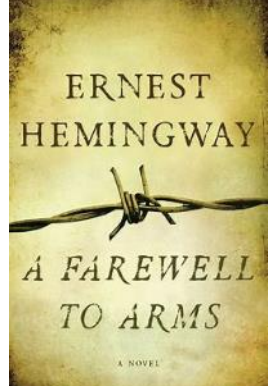
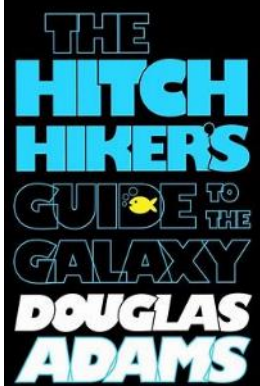
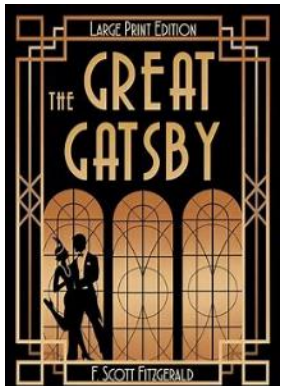
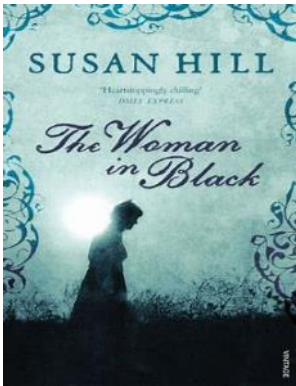


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ENGLISH

Year 11

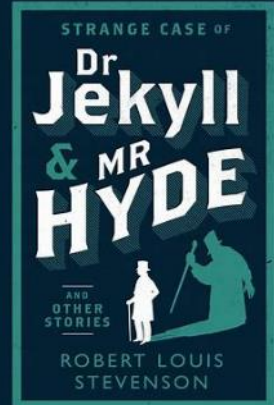
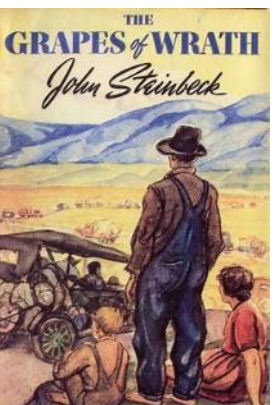
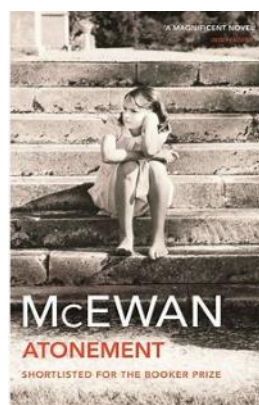
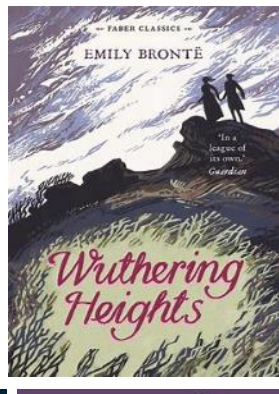
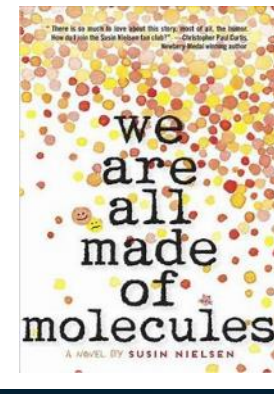
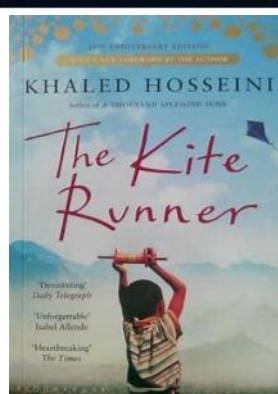
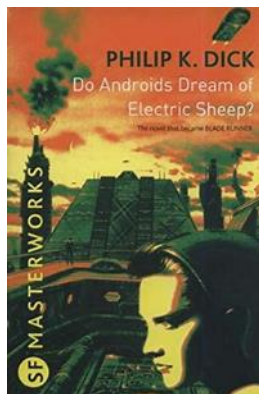
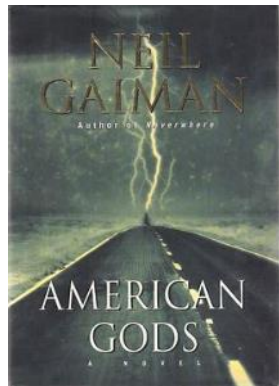
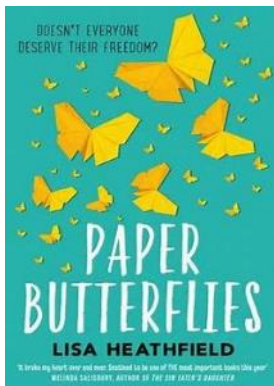
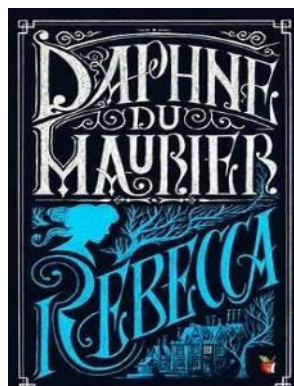
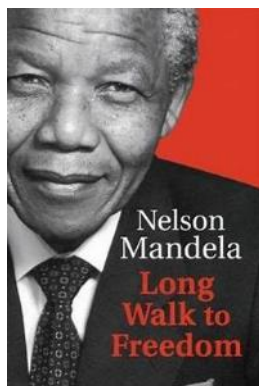
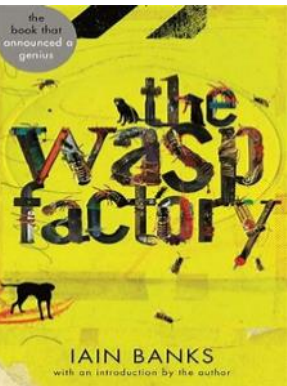


BBG BOOKCASE



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Year 10



BBG BOOKCASE



NB for parents/carers: Please check online reviews if you have any queries about the suitability of a book before your child reads it.

Geography



Year 7

Year 7 students are continuing lessons about life in Antarctica. Last week we looked at tourism and the ways in which they cause harm to the cold-desert continent. Did you know that your walking boots and clothes will be checked to make sure there are no seeds that could plant and grow in Antarctica? We also looked at the way ice preserves history. Check out this guy, found under the ice after 5000 years!



Year 9

Year 9 students are extremely deep in coasts, finishing the theory of how countries are shaped by land being built up and destroyed by the waves. Built up enough for entire villages to develop and survive.



Year 10

Year 10 students are also increasing their knowledge on previous learning of coasts. We are also currently in the process of organising a trip to the East coast of Yorkshire. Remember to get your consent forms submitted!



Year 11

Finally, BBG's year 11s are working hard as they continue their revision. Recently they have been looking back at the Economic World and revisiting the North/South divide. Seeing what differences there are in the South compared to the North and looking into exactly what that is and what it means for the people living there.





International Women's Day

International Women's Day - March 8 is a global day celebrating the social, economic, cultural, and political achievements of women. Year 9 discussed in their lesson how times have changed and allowed women to gain more equality in the World. Students discussed what feminism is and how gender equality has progressed. Here are some of their comments.

Finley Supple

"We need to be reminded of the rights women fought for"

Poppy Thackray

"We should remember and look at how far Women's rights have progressed, but there are still issues worldwide in terms of equality "

Cole Waters

" It shows the accomplishments of Women and how far they have progressed over time"

Sam Whiteley

" It helps people feel that protests can work and equal rights can happen"

Emmie Hepworth

" It reminds us what women have been through to get to where they are today"

Korey Whitehead

"It shows that women can be just as good as men "

Lily Knowles

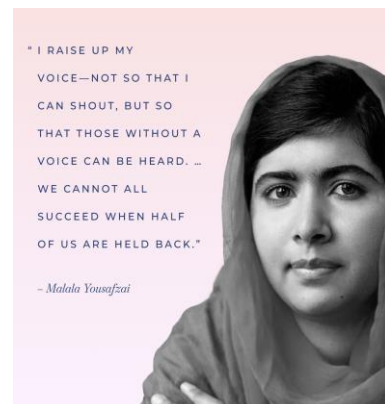
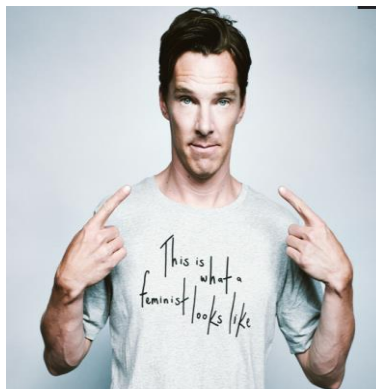
" It is important because some women had to fight for their rights just to secure the same rights as men "

Ethan Gallagher

"It is important as it shines a light on the problems women had and still face today "

Mary Turpin

" It is important because it showed how much women risked their lives for us to have these opportunities"



Performing Arts

Two worlds have collided this half term, with Year 7 students presenting their understanding of the Human Rights Act using performance techniques in their Aspire lessons. Students were tasked with creating an advert for children, which highlighted the importance of one article of the United Nations Declaration of Human Rights.

They demonstrated great understanding of some difficult concepts in their work, and presented brilliantly.



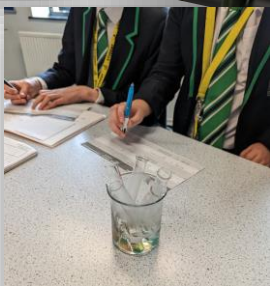
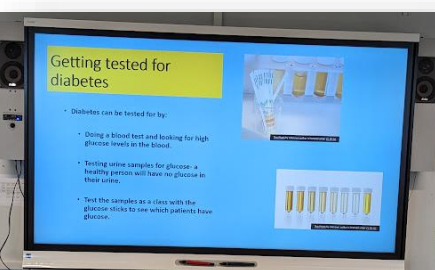
A special mention must be made of Lily Rush, Evan Hirstwood, Phoebe Rogerson and Eliza Duffin of 7.5, who completed a fantastic amount of research for their advert about the right to access an education. They were able to explain that access to an education does not simply affect one person, but it also builds stronger communities and more developed economies. Another fantastic advert was created by Arabella Coubrough, Olivia Greenwood, Isabelle Jones and Leo Bradley, who compared life before and after the Declaration of Human Rights was made.



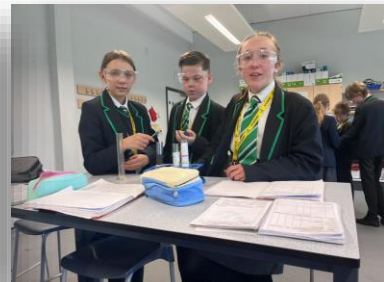


Y8 have been learning about the symptoms, diagnosis and treatment of both type 1 and type 2 diabetes this week. In this practical Mr Colbeck supplied students with some simulated 'urine' samples which students had to test for glucose. Glucose in urine could be indicator of diabetes and so students used their previous knowledge of food tests (Benedict's test) to come up with a way to test these samples for glucose.

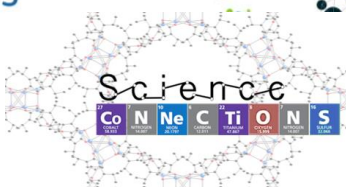
For more information on diabetes and possible signs please visit <https://www.nhs.uk/conditions/diabetes/>



Miss Turner's class were investigating how colour and surface type effects the amount of infrared radiation emitted. Here students wrapped boiling tubes containing boiling water with different materials to see which one saw the biggest drop in temperature, thus emitting the most radiation. Matt black was proven to emit the most radiation so perhaps get painting those radiators at home to make them more efficient!



10-19 March
British
Science
Week
2023



British Science Week is a ten-day celebration of science, technology, engineering and maths which begins on the 10th March. This year's theme - connections! KS3 science will experience a range of activities over the coming week so keep an eye out in the Bulletin next week to see what they get up to. In the meantime check out activities you can stuck into at home by visiting <https://www.britishscienceweek.org/>

BBG Year



STARS OF THE WEEK



LEXIE PENNINGTON-HUNTER
A fabulous attitude to her learning



HARRY WALMSLEY
Awesome progress since the start of Year 7.
Always a pleasure to have in class.

**CONGRATULATIONS
TO YOU ALL!**



CHLOE PREECE
Being quietly awesome and getting the job done



MARIIA SEMYRYKOVA
Such a bubbly, happy member of our year group



GEORGE WALKER
So much fun to have in class, and works hard all the time



STEVIE SCHOFIELD
Massive increase in confidence



JOSHUA RICHARDS
Fab work in Performing Arts and Resilience



CERTIFICATES AWARDED TO



Charlie Turpin

Charlie continues to impress me recently as I have received more positive feedback from staff around school about his attitude, maturity and resilience in lessons. Another great week Charlie. Keep it up!



Zac Cesar

Zac is a pleasure to have in Year 8. He is polite and well mannered around the academy and his attitude to learning is fantastic. Well done and keep up the good work Zac.



Brooke Mercer

Brooke is a pleasure to have in the year group. She is confident, polite and resilient. Brooke is making some fantastic progress around school. Well done Brooke.

YEAR 9

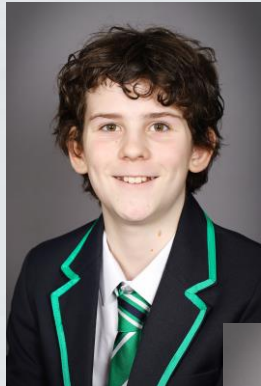


STARS OF THE WEEK



**DEXTER
HUGHES**

for ALWAYS making
fantastic contributions
during form time



**AMBER
RAMM**

for achieving a platinum
stamp certificate



**CHARLOTTE
ROBERTSHAW**

for achieving her Gold
stamp certificate and being
consistently reliable in form



**EDWARD
BALDWIN**

for representing the year above
at football for school and also
being given a scholarship from
Bradford City!



**IBRAHEEM
ARSHAAD**

for his contributions to form
lessons and continued
helpfulness

MISS BLACKBURN'S STARS OF THE WEEK YEAR 10

Working really
hard in all
aspects of school

ELLIOT HARRIS



Always getting
things right, and
being a lovely
member of Year 10

ZOE WATSON



AOIFE SUGDEN

**FANTASTIC EFFORT LEVELS
AND WORK IN SCIENCE THIS
WEEK**

Consistently
working hard in
all his lessons

AIDAN WOOD



Showing great
resilience and has a
fab positive attitude

BRADLEY NORTH



Stand out performance
in the Year 10 netball
tournament this week

HANNAH DODGE



Working really
hard in all
aspects of school

OLIVIA DOCHERTY



Brilliant effort in
all aspects of
school over the
last few weeks

JACK BROWN



WELL!
Done!



STARS OF THE WEEK

SAM REVELL, ABIGAIL BAINES AND DAN JACKSON
NOMINATED BY MR WALTERS



Consistent hard work and determination has led to a massive improvement in his achievement this year

Has improved massively since the start of the year. Abi made massive improvements in the last set of mock examinations through her own hard work



Has excellent both in and outside of class due to his sheer determination and effort. A model student everyday!





**KIRKLEES
COLLEGE**

OPEN DAYS

2022-23

ALL HUDDERSFIELD CENTRES

SATURDAY 18 MARCH 2023

10.30AM – 1.00PM (LAST ENTRY 12.30PM)

WEDNESDAY 28 JUNE 2023

5.00PM – 7.00PM (LAST ENTRY 6.30PM)

ALL DEWSBURY CENTRES

WEDNESDAY 29 MARCH 2023

5.30PM – 7.30PM (LAST ENTRY 7.00PM)

TUESDAY 27 JUNE 2023

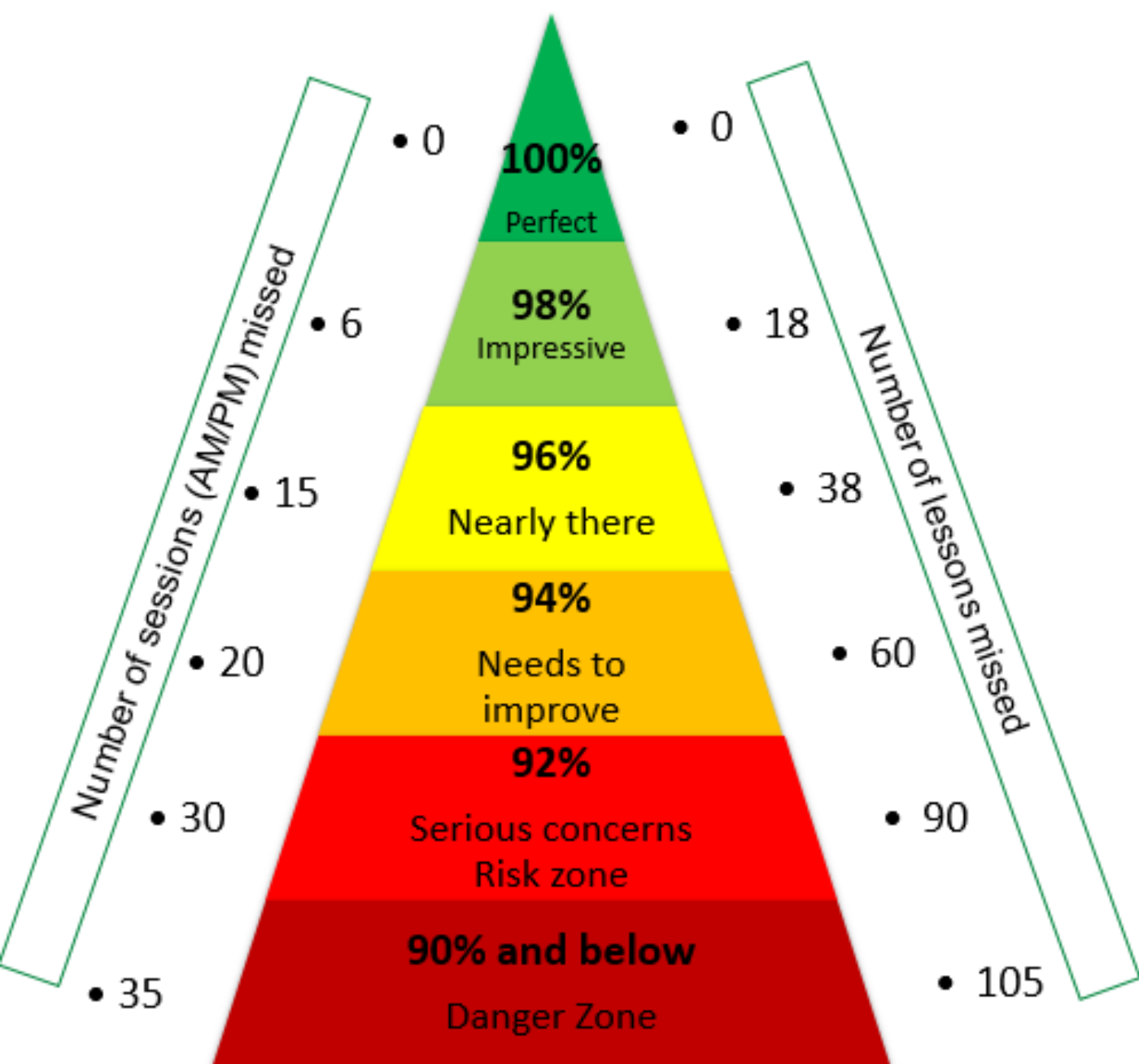
5.00PM – 7.00PM (LAST ENTRY 6.30PM)



www.kirkleescollege.ac.uk

**IT
STARTS
WITH
YOU**

Attendance Matters



Maximise your potential – attend everyday

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

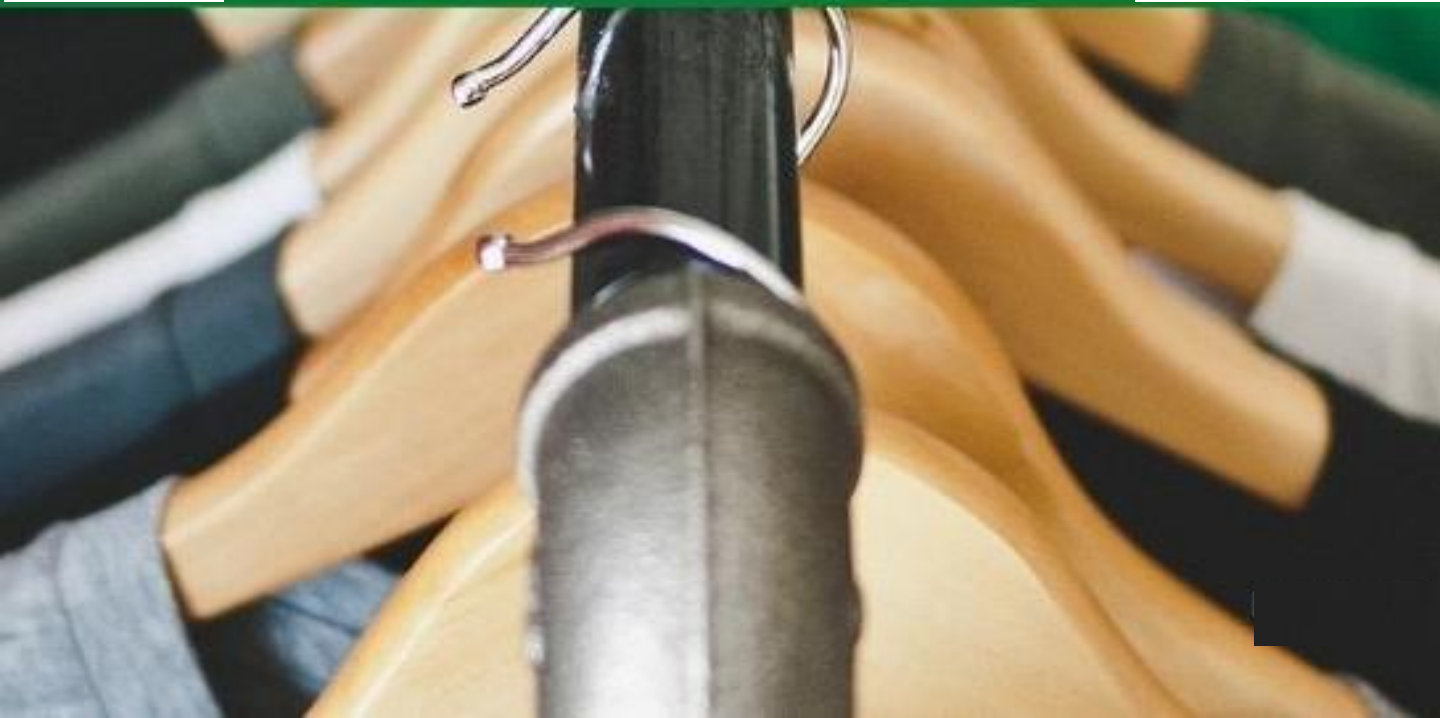
Significantly above national average progress
Above national average progress
National average progress
Below national average progress
Significantly below national average progress
Very significantly below national average progress


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

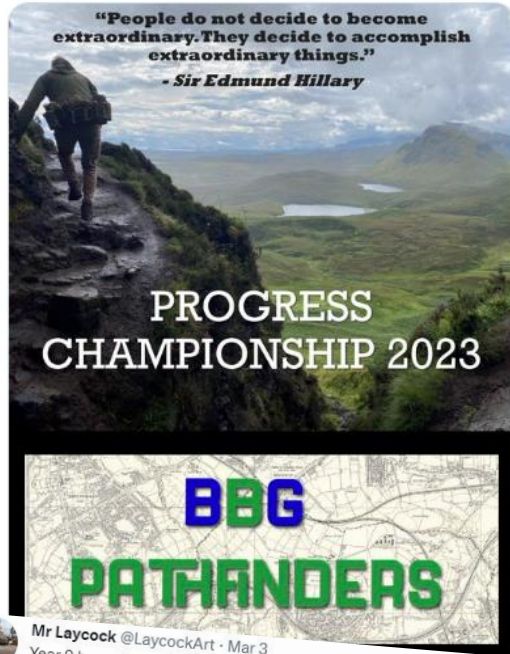


TWEETS of the WEEK



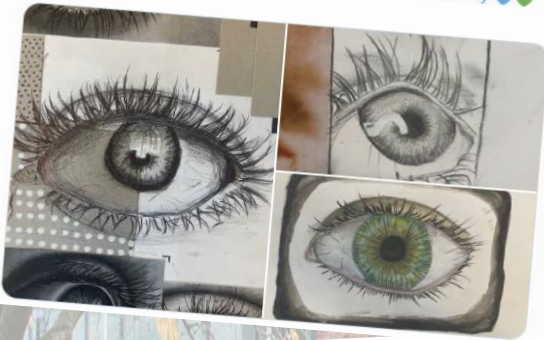
BBG Academy @BBGAcademy · Mar 7

An amazing first day of the [#ProgressChampionship](#) for the 2023 BBG Pathfinders! Full steam ahead now - every day 1% better than the last. [#SmallStepsMoveMountains!](#) 🏔️ [#TeamBBG](#) ❤️💚💙 [#BBGPathfinders](#)



Mr Laycock @LaycockArt · Mar 3

Year 9 have done a fantastic job on their observational drawings of eyes today... A strong start to their Close-Ups project! @BBGAcademy ❤️💚💙



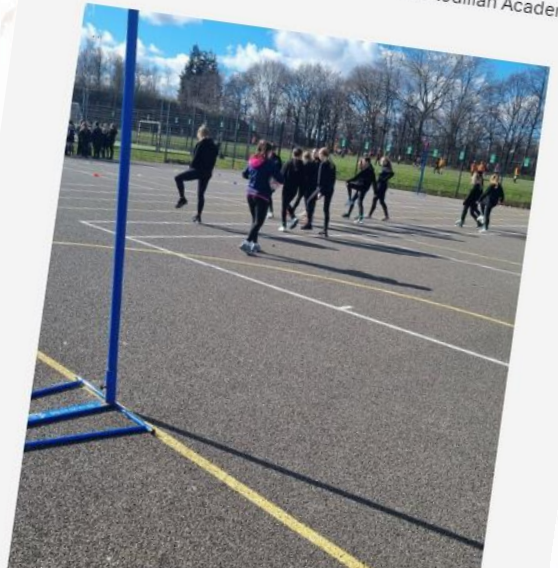
Mr Laycock @LaycockArt · Mar 7

Had a fantastic evening at the opening of the Eleanor Worthington Prize for Tertiary Education. Excited that BBG has been presented with the opportunity to join and even host this prestigious award in Secondary Education for the first time ever in the UK! @BBGAcademy ❤️💚💙



whiteroserugby @whiteroserugby1 · Mar 7

Well done Hannah on the level 3 Sports Leaders course. She took control of a year 8 netball group and bossed it. She worked like a professional sports coach and absolutely took control. It's amazing to see good young coaches leading by example at Rodillian Academy. [#Leaders](#)



BBG Academy @BBGAcademy · Mar 7

The best thing about BBG is the spirit - beginner swimmers to county champions... [#OneTeam](#) ❤️💚💙 [#TeamBBG](#) ❤️💚💙 [#TheRodillianWay](#)



BBG Academy PE @BBGAcademyPE · Mar 6

Spen Valley Winners! Great performance from our Year 10 netballers this evening, winning the Spen Valley tournament as undefeated champs! Thanks to Heckmondwike for hosting and a very close final! ❤️🏐💙



THOUGHT OF THE FORTNIGHT

Beginning 6 March 2023



FORTNIGHTLY EVENTS

Fairtrade Fortnight
National Careers Week
British Pie Week
International Women's Day
British Science Week

EVENTS HAPPENING THIS MONTH

- Eating Disorder Awareness Month
 - Walk All Over Cancer
 - Dechox

Discussion points

This fortnight celebrates International Women's Day (International Men's Day is in November), the theme this year is equity. Using your dictionaries, find out what the word equity means.

Equity = the quality of being fair and impartial.

Why do you think that this is the theme for International Women's Day?

Have you heard of International Women's day before? Why do you think it is important? Watch this [video](#). Why do you think it has taken so long for societal views to have changed? Have they always changed positively?

Are there any careers or sectors of employment where being female is still male dominated? Why do you think that this is?

DO you think we will ever live in a completely gender equal society?

**EVERYONE DESERVES TO
BE TREATED THE SAME**

THIS WEEK IN HISTORY



1959
The first Barbie doll goes on sale



1899
Bayer patents Aspirin



**National
Online
Safety**

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



Be #OnlineSafetySavvy

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

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.

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: @nationalonlinesafety

Call: 0800 368 8061
Facebook: /nationalonlinesafety

Email: hello@nationalonlinesafety.com
Instagram: @nationalonlinesafety



TOO MUCH TECH TIME?

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

JOIN THE CONVERSATION
TEENSLEEPHUB.ORG.UK

#TEENSLEPMATTERS



POWERED BY



**National
Online
Safety**

**Free online safety
resources and training
for parents**

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
Mylene 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 particular 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 normally 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

Kate Lodge, Woodfield Park, Tidwell Road, Bally, Dorchester DN4 8DN
info@thesleepcharity.org.uk | thesleepcharity.org.uk | +44 (0) 1302 751 405
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The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 105065.

What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device – and how long they spend on it.

WHAT ARE THE RISKS?

PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

INAPPROPRIATE CONTENT

18
CONSIDERED

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

Advice for Parents & Carers

ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny!) it. This option only becomes available if you've set up Family Sharing.

SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been misplaced, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



National
Online
Safety

#WakeUpWednesday



SPORTS STAR OF THE WEEK



**Harrison
Bingham**

Good progress in
PE GCSE



**Charlie
Gaukroger**

Good engagement in
Pre-Option PE



Sam Lingard

Sam has shown some fantastic resilience recently at climbing which has meant he has improved his technique and advanced onto some harder climbs. Great work Sam!



Georgia Boulton

Fantastic attitude to a new sport and as a result Georgia has made some great progress in handball. Well done Georgia, keep up the great work.



SPORTS STAR OF THE WEEK



Aimee Hartley

Great progress in
Volleyball this week



Rosa Hepworth

Great progress in Volleyball
this week



Adam Boocock

Great effort and
resilience in Health and
Fitness this week



Jack Dawson

Good work rate in Great
effort to work on learning
new skills in GCSE
Trampolining

KIRKLEES
**SCHOOL'S
OUT!**

**AGES
12+**

HALF TERM SPORTS CAMP



FUN & CREATIVE OUTDOOR ACTIVITIES

out door games , rugby, football
arts and crafts etc

**Free places with a meal for eligible families, enquire for
further info.**

APRIL 11 - 14 , 2023

11.30-3.30

**EAST BIERLEY Playing fields. Hunsworth Lane
Bradford BD4 6PU**

**To book: Call 07939382758 or email
bolufags@hotmail.com**

**Cost of Living
SUPPORT**

Need support with the cost of living?
www.kirklees.gov.uk/cost-of-living

**Kirklees
COUNCIL**

**EAST BIERLEY COMMUNITY
SPORTS ASSOCIATION**

Blue Dogs

EXTRA-CURRICULAR HIGHLIGHTS



Congratulations to the Year 10 Netball team who won the Spen Valley Tournament hosted at Heckmondwike Grammar. They were unbeaten throughout the evening. Well done to all!



On Tuesday the swimming team were in action at GSAL for the annual gala. We had some swimmers appearing in their first gala and also our National Standard swimmers taking part. Great spirit shown on the night by all. Well done!



The Year 9 Girls Rugby Team made their first appearance this year going up against St John Fisher in Dewsbury. St John Fisher is a school well known for their girls' rugby, having won national championships in the past.

BBG came out on top with a fantastic 36-28 win! Well done!



Amazing 2nd place finish for our Year 8 netballers in the Bradford Schools Tournament. Narrowly losing by two goals to a strong Bradford Grammar side in the final. The girls were absolutely fantastic!

#TEAMB BG



FIXTURES AND RESULTS



Year 8 boys v Whitcliffe Friday
10th March @ Home

Year 9 boys v Whitcliffe Monday
13th March @ Home

Year 11 Boys v MFG Monday
20th March Away



8th March Yr 9 Rugby
Tournament

22nd March Yr8 Rugby
Tournament

29th Yr9&10 Ilkley 7s
Tournament



Wednesday 8th March – Year 10
Vs Bradford Academy (H)



Year 10 v Heckmondwike
Won 3-1



Year 9 Girls v St John Fisher
Won 36-28



Thursday 2nd March – Year
8 Bradford Tournament (A)
2nd Place

Monday 6th March – Year
10 Spen Valley Tournament (A)
Winners

Year 7 tournament @ Heath
Won against Crossley Heath
Won against Thornton
Lost to Ryburn

SPORTS IN THE COMMUNITY



LIVERSEDGE FC

VS



LANCASTER CITY FC

07/03/2023 | 7:45 pm

The Clayborn Ground



LIVERSEDGE FC

VS



STAFFORD RANGERS

18/03/2023 | 3:00 pm

The Clayborn Ground



LIVERSEDGE FC

VS



MATLOCK TOWN FC

01/04/2023 | 3:00 pm

The Clayborn Ground

Local Northern Premier League football team Liversedge FC would like to encourage the BBG community to come and support them in their home fixtures for the remainder of the season. The next three home games are above.

They are giving BBG a special offer for their home games for the rest of the season.

BBG students get FREE ENTRY when accompanied by an adult, who will get 50% off entry and pay just £5.

If you would like to redeem this offer, please email Mr Slack on aslack@bbgacademy.com with the student and adult name wanting to attend and your names will be put on a list at the gate.

SPORTS IN THE COMMUNITY

RECRUITING NOW



Year 3 to Seniors
birkenshawbells@outlook.com



Under 12s to Under 18s
www.gcfc.co.uk/contact



Under 7s to Under 18s
www.cleckheatonrufc.com/contact

WE'RE RECRUITING

JOIN US

Ratley Girls are currently recruiting players
U11's (year 5&6) U13's (year 7&8)

Old and New players welcome, no experience needed. If interested and want to give us a try and want to know more please contact us on Facebook, Instagram or 07971854960

Ratley Girls
ARLFC

Ratley
girls

PIC•COLLAGE

**EXTRA CURRICULAR TIMETABLE
SPRING TERM 2023**

MONDAY

Times	Club/Activity	Year Group	Teacher	Venue
2.30-3.30	Netball	Years 8-11	All PE colleagues	Changing room meet
2.30-3.30	Basketball	Years 7 – 8		
2.30-3.30	Trampolining	Year 10 GCSE		
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

7.15-8.00	Netball Strength & Conditioning	Years 8 - 11	All PE colleagues	Changing room meet
2.30-3.30	Rugby	Year 8		
2.30-3.30	Girls Football	Years 7 - 11		
2.30-3.30	Badminton	Years 8-11		
2.30-3.30	Football	Years 9 -11		
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	Netball	Year 7	PE colleagues	Changing room meet
2.30-3.30	Football	Years 7- 8		
2.30-3.30	Volleyball	Years 9-11		
2.30-3.30	Trampolining	Year 10 GCSE		
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