



the bbg bulletin



FOOTBALL CHAMPIONS



The Year 11 football team came up against Spen Valley High School. BBG started off on top with some excellent football on display, working the ball through midfield with some impressive passing moves. It didn't take long for the deadlock to be broken when a swift move down the right saw a cross from James Humphreys tapped in at the far post by Hudson Rowan. BBG continued to dominate possession and after 30 minutes another good move down the right saw an Evan Popple cross be whipped back to the penalty spot and Dylan Hamill rose with a fantastic looping header into the top corner. BBG continued with pressing the Spen Valley defence but could not further capitalise on their dominance. On the stroke of half time Spen Valley got a free kick just inside the BBG half and it was put into the box and nodded in at the far post.



The goal at the end of the half gave Spen Valley the lift they needed and they came out in the second half with intent. They were putting the BBG defence under constant pressure in search of an equaliser, but Oliver Thornton and Zaid Patel dealt with the onslaught. The second half was evenly matched for the majority but then with 10 minutes left to go, Hudson chanced a shot from a narrow angle that squeezed under the goal keeper. This relieved the pressure and made Spen Valley have to push to get back in the game. This opened up the field and made them susceptible to the counter attack. Chris Bumhira took full advantage of this and made it 4-1 with a low thunderbolt from distance into the bottom corner. Final result was 4-1 and BBG Year 11 finished their school football on a high as the Spen Valley Cup Champions. Hudson Rowan picked up the player of the match award, but a huge congratulations to all those that represented the team this year and in years gone by.





FOOTBALL CHAMPIONS



The Year 10 team met Spen Valley in the final for a second consecutive year. BBG were well up for the game and wanted to keep the trophy for another year. The game started how you would expect, scrappy, end to end, tight. BBG began to get a hold of the game thanks to Jake Saville and Sam Booth in the middle of the park. BBG started to put some great play together and worked the ball out wide for chances when the ball was crossed into the box. Spen couldn't do anything but put the ball out for corners. Hayden Hartley saw 2 chances go narrowly wide. That would have been a great start to the game. About 10 minutes later BBG were in again. Louie Sykes, Brandon Hudson and Evan McMillan all pressed and Louie came out with the ball from the Spen back line. 1 on 1 there was only one winner, Louie put BBG 1-0 up and BBG began to ease into the game. Just before the half Spen had a spell of chances, Olly Farrar made a brilliant 1 on 1 save that kept the game at 1-0. Right before the half time whistle BBG crushed Spen's spirits, Louie took the ball up the field, put it through the legs of a defender, tied the keeper up and passed it into the empty net. 2-0 BBG and that was half time.

BBG were cruising. They were confident going into the second half. The next half followed the same script as the first. Louie Sykes was causing the Spen back line problems and it wasn't long after until he scored his third. A great free kick that the keeper couldn't get down to. BBG were well on top. Changes to the team saw Brandon Hudson give way for Oliver Sykes and Evan for Alfie Davison. The changes made no difference and BBG continued their dominance by adding a 4th through Louie again. After this, his job was done and he gave way, 3 last year and 4 this year. Outstanding performance. MFG got 1 back to make it 4-1 but it wasn't finished there, Arlo had his say and scored the 5th. Final score 5-1 to BBG, outstanding performance from all the players and a well deserved win.





FOOTBALL



The Year 8s met MFG in the final of the Spen valley cup. As the game started both teams were evenly matched with MFG putting pressure on the BBG defence. Spencer Hartley and Charlie Turpin managed the pressure well and kept MFG to long range shots only. As the first half continued it began to become more open, BBG were getting more opportunities and Ajani saw some open shots at goal. Unfortunately the shots were either narrowly wide or just over the bar. Towards the end of the half BBG were once again under pressure. A soft foul gave MFG their opportunity. A free kick just on the right hand side of the box saw the MFG midfielder strike the top right hand corner of the net. An unbelievable strike that no one including Elliot in the BBG goal could do anything about.

At half time BBG were well in the game, they were motivated to get the next goal and push on for the win.

BBG came out firing and looking to score the next goal. Constant pressure saw the MFG striker make some fantastic saves. Unfortunately for BBG, none hit the net. After about 15 minutes of BBG pushing, MFG scored a quick 2 goals within a few minutes. BBG's heads were still held high and they continued to push. Some changes to the team saw Jacob Shuttleworth come off after a brilliant half and Ethen Gartside come on as well as changes in the midfield for Oakley Powles and Connor Britton. BBG continued to push but the game continued to follow the same story line. No luck for BBG but MFG scored goals on the counter.

The final score, 6-0 MFG. It was a fantastic show of resilience for the BBG players and the game did not represent the score line. Well done to MFG, see you next year.



STUDENT ACHIEVEMENTS



Is this smile the expression you would expect to see on the face of someone who has just endured an 8 hour operation? This is Megan Walker from Year 8 just a few hours after she had major surgery to correct the effects of scoliosis.

Scoliosis is a condition which affects the spine. It can affect anyone from babies to adults, but is most commonly diagnosed between the ages of 10 and 15.

In scoliosis, the spine is curved to one side, sometimes more seriously than others. In some milder cases the curve can correct itself, or can be corrected using a brace, but in some cases, like Megan's, surgery is needed. The causes of scoliosis are not always clear. It can be hereditary, or can be caused by an infection or injury, a birth defect or by previous surgery during childhood. It can worsen with growth, and can be painful or restrictive.

Megan was diagnosed with Scoliosis at the age of 6 when she was at primary school. Her mum had first started to realise that Megan's skirts did not lie flat on her hips, so took her to a doctor. She was monitored for the next six years or so, as spine curvature often changes through growth. As Megan grew, however, the curve worsened to 73 degrees and she was told that surgery was the only option for her.

The operation to correct the curve in Megan's spine was originally scheduled for December, but was cancelled due to unavailability of an intensive care bed. It was rearranged for February, but sadly had to be re-arranged again, and finally took place this week.

In the operation, Megan had metal pins/bars attached to a number of vertebrae in order to correct the curve. She has already shocked her doctors and physiotherapists by standing, sitting and walking, and is hoping to be well enough to leave hospital in the next few days. And the best thing? She has grown three inches!!

We are so proud of Megan and the resilience she has shown. To deal with being kept hanging on for months, having the operation cancelled so many time, and then to bounce back from intensive surgery so quickly is so typical of her positive attitude and resilience. She never complains and just gets on with things. We can't wait to see her back in school and to watch her dance again with Stuarts Stage School.

Well done Megan! Keep smiling- you are a true inspiration!



Before and after x-rays showing the curvature in Megan's spine, and the pins to correct the curve.

~~STUDENT~~ STAFF ACHIEVEMENTS



Last weekend, Miss Sanderson ran the London Marathon and has so far has raised more than £1500 in donations for the Jo Cox Foundation. We caught up with Miss Sanderson to find out a little bit more.

Why did you decide to take on this challenge of running the London Marathon?

I never thought I would ever run a marathon. It was never on my bucket list, and the furthest I had ever run before this was about 10 miles. Mrs Luffman ran the virtual London Marathon last October and suggested that we both enter the ballot for this year's race. I agreed, but only because I knew that being successful in the ballot is really rare. I know of people who have entered the ballot for 14 years and never got a place, so I thought I would be pretty safe! I was wrong... I got a place on my first time of entering and Mrs Luffman didn't! I was going to decline it, but realised that it was a real opportunity - a privilege almost - to get a chance to run. Mrs Luffman, who didn't get a place has been my biggest supporter, and was there with Miss Williams, shouting and cheering for me on the day.

What inspired you to fundraise for the Jo Cox Foundation?

I wanted to run for a charity that meant something to me; something that I had a connection to. I also wanted to run for a charity that didn't already have hundreds of people already fundraising for them, and a charity that had a local connection.

BBG is Jo Cox's constituency, and a lot of our students live in Birstall. I will always remember the afternoon when the receptionist came into my classroom and asked the Birstall students to stay in school and wait to be collected rather than walking home. Neither I nor the students had any idea why at the time, but of course we found out later when we saw the dreadful news. It really brought home the fact that hatred and division were on the doorstep for some of our children, and that I needed to do anything I could to show them the right way - to make sure that they were never in doubt that we had more similarities than differences - quite literally that we have more in common than that which divides us. We have taken part in the More in Common events at Oakwell Hall as a school, and I have run the Run For Jo every year as part of our TeamBBG group. It just made sense that my marathon should just be an even bigger Run For Jo.



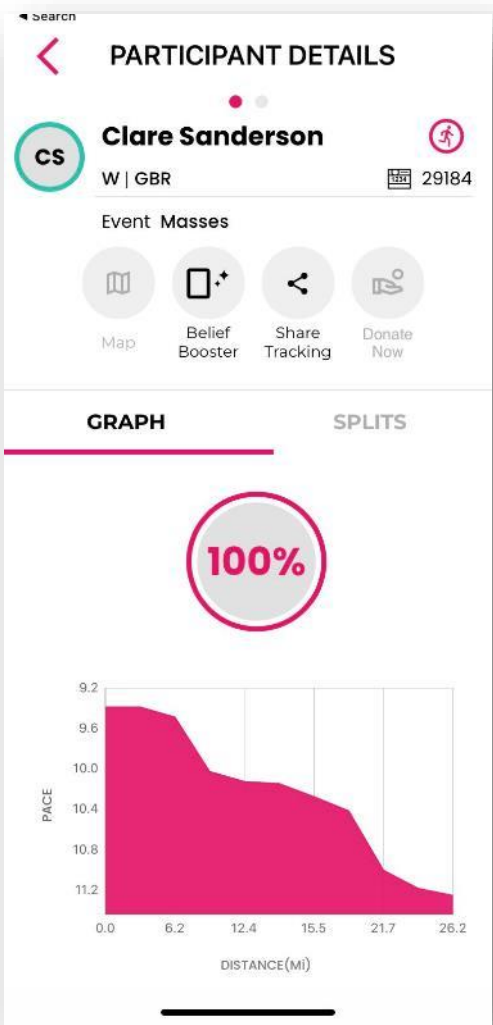
STUDENT ~~STAFF~~ ACHIEVEMENTS



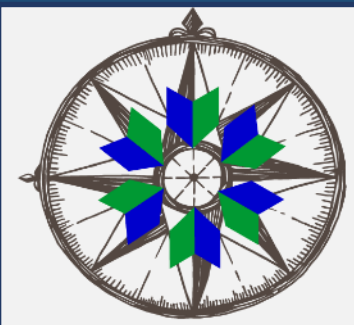
What has been the most challenging part of marathon training?
 I run at 5.30am almost every day. One of the most challenging parts was training in the dark winter mornings. I trained in snow, ice, rain and temperatures of -6 or 7. I got sprayed by a gritter numerous times- that is really painful! Another challenge was finding places to train near where I live. The hills of the Colne Valley are not very friendly to little legs!

What were you most looking forward to on the day?
 I couldn't wait to get the job done. I didn't set a goal time- I just wanted to finish it. Then as the training started going well I decided that my goal was to run every step without walking. I ran 21 miles in training, and people kept telling me that the crowd would carry me for the final five. I have to say, without the crowd, the last 2 miles would have been pretty horrendous! My legs didn't feel like they were part of my body- I can only describe my running style as "shuffling"! I was determined that I was going to run across the line though, and it was the best feeling ever!

What advice or message would you give to other people thinking of taking on a challenge in the future?
 This was the biggest challenge I will ever undertake, but fundraising for such a fantastic cause, and having the support of everyone back at BBG gave me a real goal and impetus to keep going. Training for a challenge is so much easier when you are doing it for someone else and not just as a personal challenge, and knowing that so many people had faith in me kept me going to the very end when my legs were giving up on me!



BBG PATHFINDERS



The mind is one of the biggest contributors to energy levels. The benefits of having high levels of mental energy include happiness, confidence, focus, and increased willpower, motivation, and productivity.

What is mental energy?

- Mood - thinking good – feeling good – performing well
- Motivation and willpower – initiative and procrastination
- Focus – effectiveness and duration
- Confidence – perception - performance

Why should you boost your mental energy?

- Accomplish more
- Feel better
- Avoid fatigue

MENTAL ENERGY

PRODUCTIVE ZONE

RESULTS -High concentration, effective, energetic, proactive

PERFORMANCE ZONE

ACHIEVEMENTS – Focused, in the flow, positive stress, fulfilment, completion

BURNOUT ZONE

TOXIC – Out of control, panic, disconnected, worried, anxious, angry, fearful, reactive

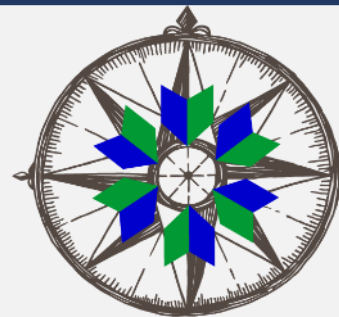
RECOVERY ZONE

ENERGISING – Meditative, relaxed, regenerative, comfortable, peaceful, reflective

TOP TIPS FOR MANAGING YOUR MENTAL ENERGY:

1. Practice negative visualisation - negative visualisation is practiced to lessen the impact if these scenarios do come true.
2. Surround yourself with great people -building relationships makes us happy and gives us energy. Spend time with people who think positively, and have a lot of energy, and talk in a positive tone. It will make think you think more positively and give you energy.
3. Think positively - thinking positive thoughts will make you feel more positive. Feeling more positive and optimistic will boost mental energy.
4. Declutter your mind – you will be very busy and have a lot of things on your mind, so declutter it by setting reminders, and keeping a diary, schedule or timetable. To declutter your mind, keep as much as you can outside of your brain. Keep a to do list.
5. Go outside - exposing your skin and eyes to sunlight will give you Vitamin D, which can boost energy.
6. Have fun! - don't forget to allocate time to friends and family, hobbies, etc. These activities provide excitement and keep you motivated. Having fun stimulates your brain in a way that improves energy levels.
7. Stimulate your mind - keep your mind stimulated but not overworked. Mental challenge will give you energy, but too much may leave you fatigued. If you stick too close to the same routine, your brain can go into "auto-pilot." Try breaking your routine. Learn something new. Go on a spontaneous adventure to give yourself a fresh perspective.
8. Take time out – great way to boost mental energy.
9. Focus on what is in your control - worrying about or hoping for something that we don't have an impact on can cause anxiety. List what you're currently worrying about or hoping for and differentiate what is in your control from what is not.
10. Take responsibility for your emotions - emotions have a strong effect on your energy levels. If you are feeling sad or embarrassed, you will have less energy. If you are feeling proud or confident, you will have more energy.

BBG PATHFANDERS



#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

PORK CHOP, SAGE ROASTED APPLES

PORK CHOP, SAGE AND OREGANO ROASTED APPLES, BUTTERNUT MASH, SPINACH. SERVES 4.

4 pork chops, 1 big one or two smaller ones, you decide
2 butternut squash, peeled and chopped into chunks, no seeds
50g butter
2 tablespoons of vegetable oil
3 good eating apples, maybe Pink Lady, Braeburn or Granny Smiths
1 bag baby spinach or other greens, washed and drained
1 teaspoon dried oregano
1 tablespoon chopped sage leaves, you can use dried

METHOD:

Preheat the oven to 190°C.

Heat a frying pan, toss the apples in the vegetable oil and fry the apples until golden, transfer them to a roasting dish.

Now brown the pork in the same pan 3 to 4 minutes on each side, before placing them on top of the apples in the baking dish. Sprinkle over the sage and oregano.

Put the pork and apples in the oven for 20 minutes, then remove from the oven and leave to rest for 5 to 6 minutes, while you cook the spinach in boiling water for 2 to 3 minutes.

Place all the chopped squash into a pan of salted water and boil until tender. Drain into a sieve or colander and leave for a few minutes to allow the squash to steam away any extra water. Mash the squash with the butter, adding salt and pepper to taste. To serve: big dollop of mash, pork and apples on top and a little of the juices from the roasting dish, BAM!



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

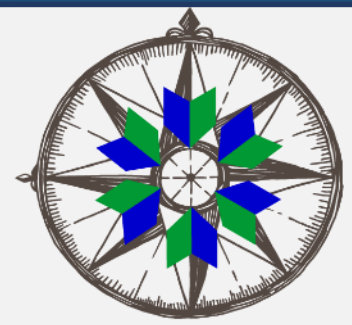
EAT THIS DISH AND YOU WILL GAIN THESE BENEFITS:

Boosts memory recall, increases concentration levels, enhances immunity.

The best time to eat this dish: During revision for lunch or an evening meal.

Reason: Pork contains iron and potassium which can help with cognitive development. Butternut squash has potassium and high levels of Vitamin A to boost your immune function and help lower blood pressure. The Omega 3s in spinach will help brain function and increase your concentration levels. Apples, sage and oregano are an excellent combination for your mental wellbeing.

BBG PATHFINDERS



#LEADTHEWAY

WELL DONE!

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

TOP 5 INDIVIDUALS			
Hudson	Rowan	223	White's Whytes
Libby	Kershaw	217	Sanderson's Scafell Pikes
Jack	Jones	209	Binns' Blencathra
Hannah	Peace	209	Suggitt's Snowmasses
Kate	Maleham	208	Luffman's Lafayettes

Luffman's Lafayettes

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



And now that we are in Weeks 3&4 – let's not forget the MOST IMPROVED group, and individuals!

SO PROUD OF YOU!

Brack's Bangetas

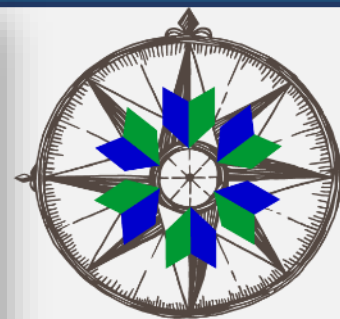


Burrows Evie
Coulson Evie
Diaz Whittaker Kale
Gagg Jacob
Healy Dalton
Ibnouzaki Hanaa

TOP 5 MOST IMPROVED

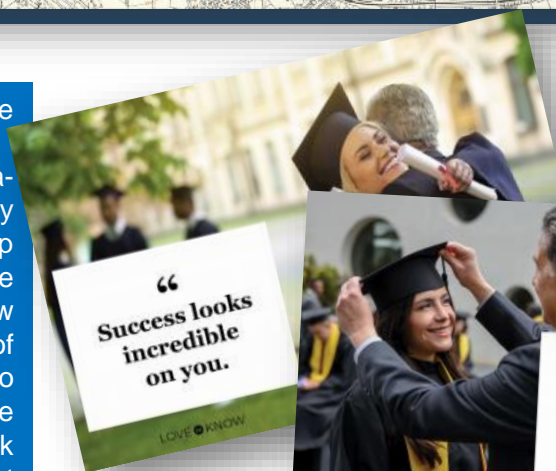
First Name	Surname	Team	W1&2	W3&4	ImpR.
Libby	Kershaw	Sanderson's Scafell Pikes	94	217	123
Casey-Leigh	Robinson-Wilson	Jones' Jacksons	25	147	122
Ruby	Hilton	Blackburn's Baruntses	60	166	106
Gabrielle	Hall	Morland's Melbournes	84	183	99
Dalton	Healy	Brack's Bangetas	79	177	98

BBG PATHFINDERS



#PATHWAY

You will have received further communication from us today 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!



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 8th May!

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.



Earth Day World 2023



Reporter:
Cerys Barson

Earth Day was celebrated last week across the world, on the 22nd of April. Earth Day was created to demonstrate support for environmental protection. The official theme this year was 'Invest in our Planet.' Businesses, governments, and households were encouraged to work together and make changes to make a difference.

The first ever Earth Day was held in America, in 1970, when twenty million people protested about environmental issues that were being neglected. Some of these included polluted rivers, air pollution and oil spills. This led to lots of changes, including many new environmental laws in America, and later, in other countries too.

Earth Day is a celebration of the planet, as well as a much-needed opportunity to talk about climate change and how to take action to prevent it from worsening. The day is an opportunity for people to come together and raise awareness about how vital it is that we take action to protect the planet. In previous years, many have taken part in clean-ups and, protests, to highlight the importance of being sustainable and green.

Young people are some of the world's most passionate leaders and want rapid change to help tackle the problem of climate change. Higher temperatures and rising sea levels won't affect the older generations, it will impact the younger generations with most of their lives left to live. These are the students currently at BBG! Despite this, it still seems that the older generation hold all the power, including large company bosses, politicians and parents. If you are dedicated to this cause, then it would be a good idea to speak to the adults in your house about being more sustainable. This could be things like:

- Using less energy- turning off lights and switches more
- Using less water- taking shorter showers or not leaving the tap running
- Hanging your washing out to dry instead of putting your clothes in a drier
- Recycle all the waste that you possibly can
- Use energy saving lightbulbs
- Buying energy efficient appliances
- Buying the food you can locally- this reduces food miles
- Buying and use a reusable bag, water bottle and straws
- Going paperless- get your receipts online to save paper
- Reusing paper
- Collecting rainwater- you can use this to water your plants
- Giving unwanted items to charity to recycle
- Growing your own fruit and vegetables at home- this reduces your carbon footprint
- Going meat free- this does not have to be all the time, even just once or twice a week can lessen the impact on the environment



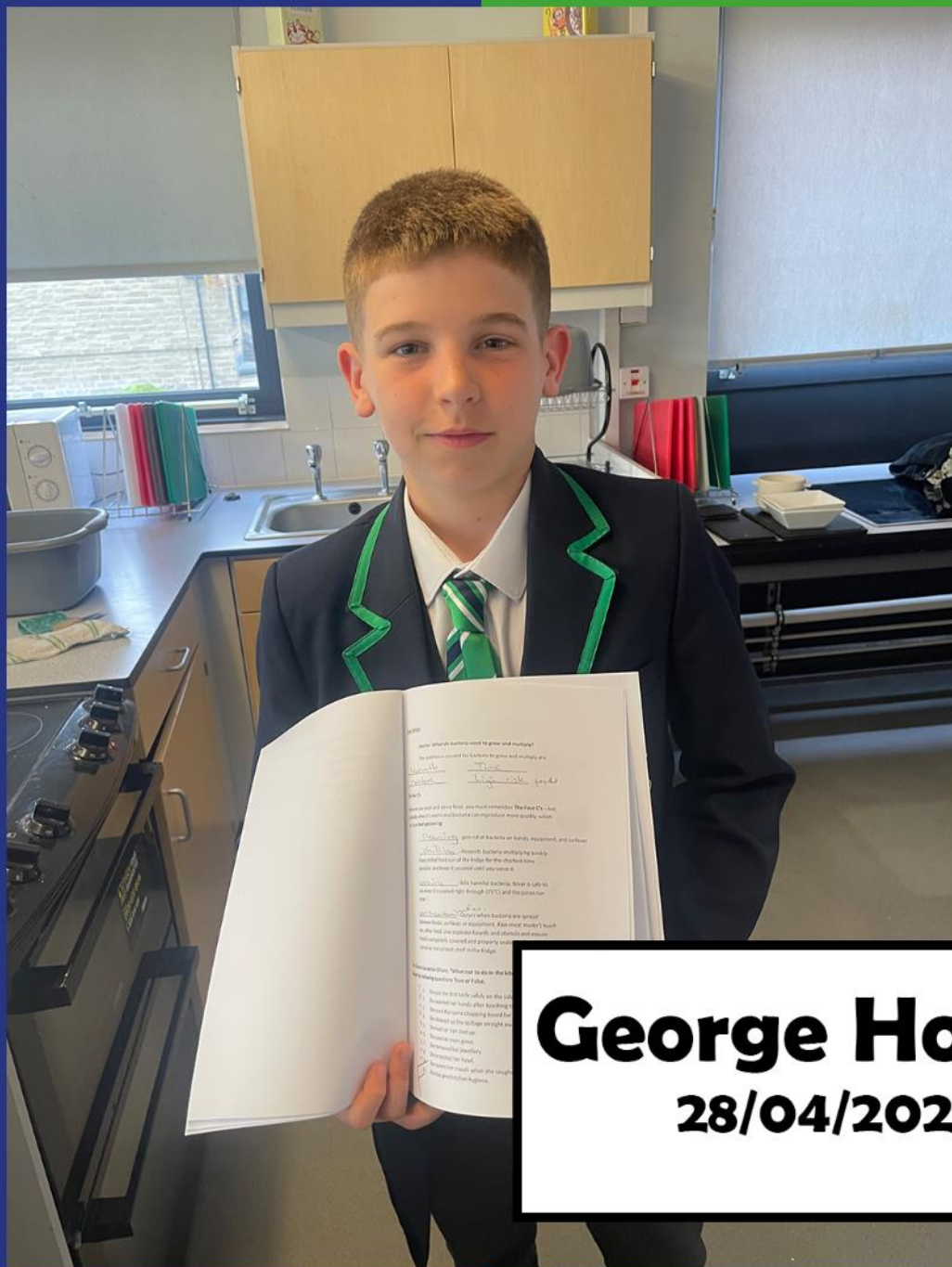
These are just a few of the ways you can help our planet! Even just a few of these changes can make a significant impact. Remember to ask your parents about this first!

If everybody comes together and changes something in their lives, then together we can stop climate change from worsening, therefore protecting our animals, our future generations and our planet.

Year 7

Star Baker

OF THE WEEK



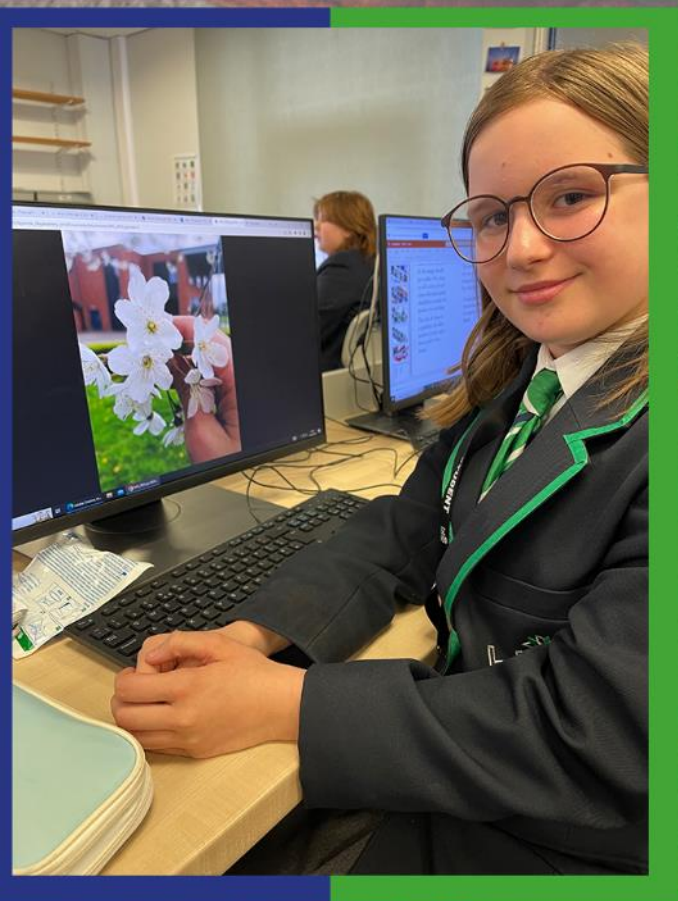
George Hoare
28/04/2023

Year 10 Star Baker OF THE WEEK



Lucas Stead
28/04/2023

Year 7 Photographers OF THE WEEK

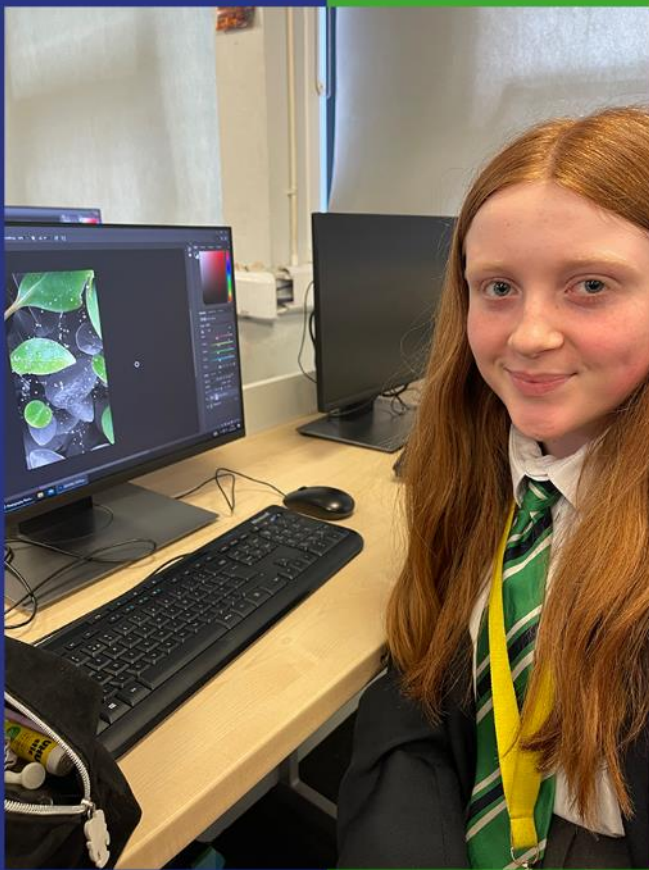
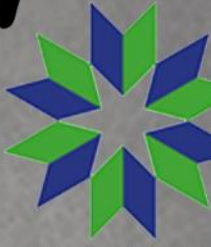


Beth Garside
28/04/2023



Lilya Dawson
28/04/2023

Year 8 Photographers OF THE WEEK



Daisy Nolan
28/04/2023



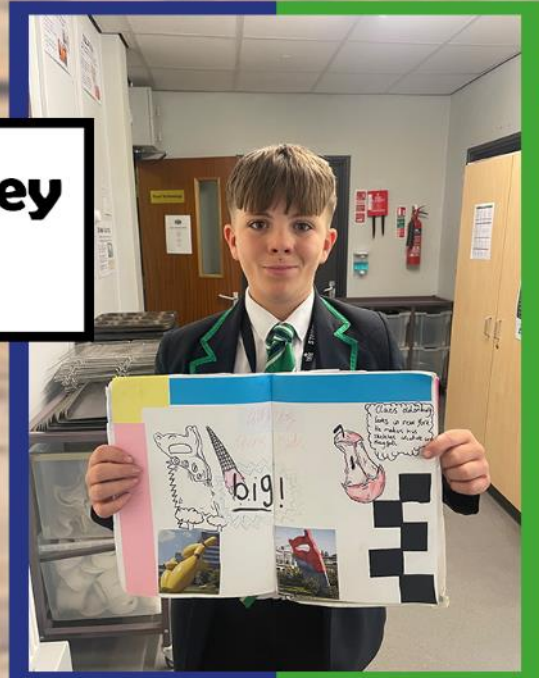
Joshua Harper
28/04/2023

Year 7 Designers OF THE WEEK

Imogen Hough
28/04/2023



Jerry Maloney
28/04/2023



Amelia Kershaw
28/04/2023



Year 8 Designers OF THE WEEK



**Sebastian
Prescott**
28/04/2023



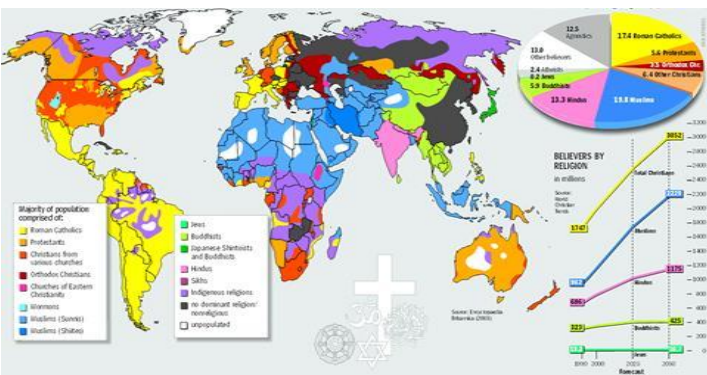
**Isabelle
Goulding**
28/04/2023



Zac Caesar
28/04/2023

Contextual Curriculum

This week all Year 8 students have carried on their studies in Contextual Curriculum. For example...



In R.S students have been looking at the demographics of different world religions and have examined how both migration and religion have given rise to conflict in the world, such as between Hindus and Muslims in India.



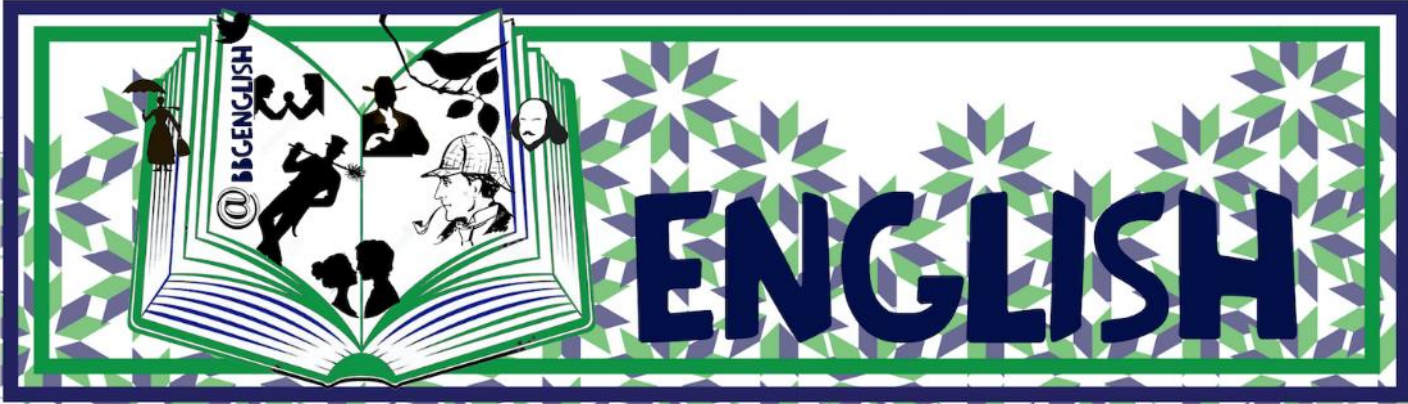
In History students have started to look at migrants from the past, and how Medieval migrants, such as the Normans or Vikings, were powerful people who had big, long-term impacts on British culture.

In Geography students have been looking at push and pull factors; whether migrants leave a place because something is pushing them out, or because their destination, like the UK, pulls them in.

In Media students explored the media coverage of the evacuation of Sudan and how war can lead to the mass displacement of migrants and citizens alike.

However, the students noticed that the language used in these stories was different to that used in other conflicts and so next week students will be looking at how the language surrounding the Sudanese evacuation differs from the narrative we were reading during the start of the Ukrainian conflict in relation to evacuations, refugees and migration.





Year 10– Oracy Focus

The Speakers Trust - Speak and Be Heard

This week 62 Year 10 students took part in effective communication workshops delivered by Dominic Waldron of the Speakers Trust Organisation. The day was designed to empower BBG students teaching them strategies and techniques to build confidence when speaking in a range of scenarios including college interviews, the workplace and in front of audiences. Students were with their English teacher and class, working in small groups and speaking in front of each other and Dominic. Workshops took place on Wednesday and Thursday this week.



MAKING A DIFFERENCE.

We are committed to making a meaningful difference to young people's lives by developing their skills, confidence and sense of agency.



Training for all.

Anyone can improve their public speaking skills and confidence by signing up for our video courses.



WHAT WE DO.

We unlock the potential of young people by building their confidence and improving their ability to express themselves verbally.

We provide these essential communication skills for some of the most disadvantaged young people in the UK, including the poorest young people and those in public referral units.

**Please see Bulletin next week for an update on our P Band geography students.*



ITS ALL ABOUT THE FIELDWORK



ITS ALL ABOUT THE FIELDWORK



Second stop: Hornsea



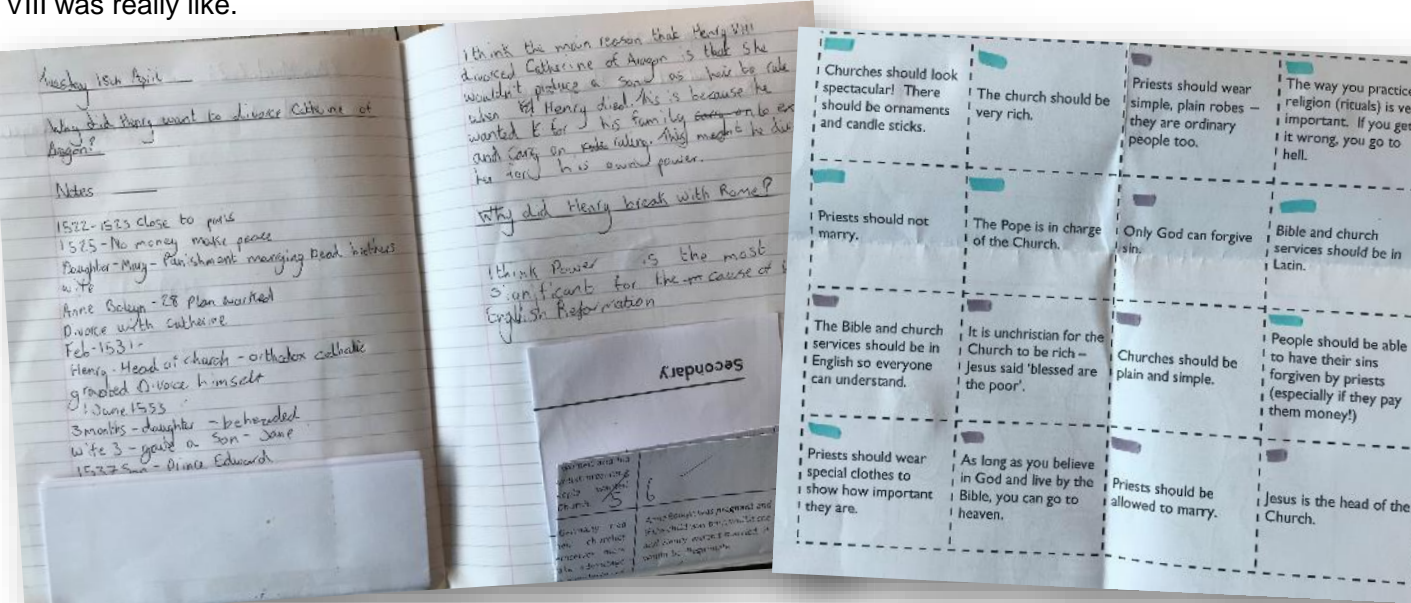
Final stop: dinner time!





Year 7 History: Henry VIII and The Reformation

As Year 7 students continue their 'crash course' of British history, they have now moved on from the Middle Ages to Tudor and Stuart times. Students began with the question of 'Why did Henry VIII divorce Catherine of Aragon, which enabled development of this investigation into the reasons for the break from Rome. The Reformation was the context of this and will serve as a one of the key building blocks for later GCSE study. Students were also then able to evaluate how radical these religious reforms were and use their source skills to judge what Henry VIII was really like.



BBG Year



STARS OF THE WEEK



JAYDEN COOPE
Always tries his best and
is making great progress



ARABELLA COUBROUGH
A fantastic work ethic and
shows tremendous care to
her peers



MUNIBA MAHMOOD
Lots of nominations in
celebration assembly



JAMIE DURRANT
Brilliant progress and
always up for trying new
things

**CONGRATULATIONS
TO YOU ALL!**



LEXIE BROWN-HAIGH
Amazing progress and a
wonderful friend to
others



MASON HARRISON
Working really hard in
lessons and a great
behaviour record



COOPER CRICK
Awesome enthusiasm
and confidence



CERTIFICATES AWARDED TO



Oscar Hills

Oscar has had a fantastic restart to the half term. He is becoming more confident and this has been seen in lessons as well as around school. Well done!



Tom Ewart

Tom helped with candidate tours with complete strangers, and acted with maturity, knowledge and professionalism



Georgia Coulson

Outstanding attitude since returning from the half term. She has improved around school and in a number of lessons. Well done Georgia, very proud. Keep up the great work!

YEAR 9



STARS OF THE WEEK



CHARLIE WALMSLEY

For overcoming his fear of heights during climbing



CERYS BARSON

For helping with the candidate tours for a new teacher, and her mature approach to meeting with the principal



FREYA WRIGHT

For always being an attentive member of the form. Quietly awesome



OLIVIA PAYNE

For helping with the candidate tours for a new teacher



MISS BLACKBURN'S STARS OF THE WEEK YEAR 10

FOR WINNING THE SPEN
VALLEY TOURNAMENT!

OLIVER WRIGHT ALFIE DAVISON HARRY SWAIN BRANDON HUDSON



ALFIE SMITH-PROSSER SEB BARTOCHA

EVAN McMILLAN ARLO COUBROUGH

SAM BOOTH JAKE SAVILLE LOUIE SYKES OLLY FARRAR JACK DAWSON

YEAR 9 ASSISTANCE
THEO DUFTON ISAAC DALE

Well done!



STARS OF THE WEEK

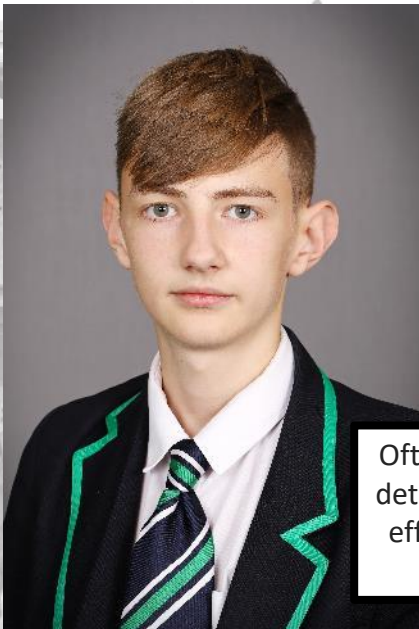
ELLA O'BRIEN, EMMA RATHMEL AND OWEN McGENN
NOMINATED BY MR ELCOCK



Ella has developed massively in confidence in science over the last half term. Her attitude to her learning is outstanding and I often catch her teaching and coaching her peers too, amazing to see. It is brilliant to see and hear how proud she is of her revision and her increase in knowledge



Emma exemplifies what we have come to term 'quietly awesome'. Her work ethic is outstanding and she appears to have struck the perfect work-life balance. I am very proud of her progress to date and can see too that she is proud of herself



Often very quiet in lesson but working exceptionally hard. He seems determined to succeed in his GCSEs and it is clear he is putting every effort into his revision. I am proud of the successes he has had this far and cannot wait to share in his success in the summer

DO YOU KNOW A CHILD WITH

PASSION FOR FASHION

DO THEY HAVE STAND-OUT

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their ideas to the fashion world?

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College Open Event

Sat 20 May 2023
10AM - 1PM

Leeds
College of
Building_

TWEETS of the WEEK



Kim Leadbeater MP @kimleadbeater · Apr 23

Huge Congratulations to the brilliant @ClareSanderson on completing the @LondonMarathon today 🏆 What an absolute superstar 🌟 Well done Clare & many thanks for fundraising for @JoCoxFoundation 🙌 Doing @BBGAcademy #Birkenshaw & #BatleyAndSpenningsdale proud 🎉 🎊 🎊

BBG Academy @BBGAcademy · Apr 23

We have a London Marathon 2023 finisher! Not even a runner 5 years ago, a true example of resilience. Super proud of you @ClareSanderson @JoCoxFoundation

[Show this thread](#)



GRAPH

SPLITS

100%

SPLITS (MI)	TIME (HH:MM:SS)	TIME OF DAY (HH:MM:SS)	PACE (MIN/MI)
START	00:00:00	11:11:37	N/A
3.11M	0:29:58	11:41:34	09:38
6.21M	1:00:54	12:12:31	09:48
9.32M	1:33:33	12:45:09	10:02



Mr Laycock @LaycockArt · Apr 24

Amazing news for Henry who won his tournament with the Manchester United Academy in Malta over the half term break, even scored his first European goal. @BBGAcademy @BbgYear7



Liz Durrant @lizwhitaker · Apr 24

Coaches Award for Jamie Durrant's first rugby game at Birkenshaw Blue Dogs this weekend @BBGAcademy @BbgYear7 @BBGAcademyPE



BBG Academy @BBGAcademy · Apr 26

Year 7 working hard on their Claes Oldenburg projects.



The Jo Cox Foundation @JoCoxFoundation · Apr 23

What an incredible achievement by @ClareSanderson, who ran the #LondonMarathon today! 💜

Thank you Clare for your brilliant fundraising and to everyone who has donated so far.

THOUGHT OF THE FORTNIGHT

Beginning 18 April 2023

There are no passengers
on Spaceship Earth.
We are all crew.
— Marshall McLuhan



Discussion points

This fortnight celebrates Earth Day. The theme for it is 'Invest in our Planet', but what does that actually mean?

It could mean only buying clothes from sustainable companies instead of 'fast fashion', or litter picking instead of dropping it, growing a garden rather than covering it with concrete. These small acts can all form part of a bigger picture.

Watch this spoken word piece [MAN vs EARTH](#) it was originally created seven years ago. Do you think humans have increased their investment in the planet or not?

How does your response match this video [Earth Day 2023: Tipping Points?](#) More people are actively trying to reduce their carbon footprint and protect the planet. What school/local/national incentives can you think of that help us to invest in our planet.

Marshall McLuhan was a Canadian philosopher what does he mean in his quote above? How does it link to Earth Day?

FORTNIGHTLY EVENTS

National Early Years Teachers Day
Earth Day
Scream Day
Allergies Awareness Week
National DNA Day

EVENTS HAPPENING THIS MONTH

Stress Awareness Month
Parkinsons Awareness Month
Jazz Appreciation Month
IBS Awareness Month
Bowel Cancer Awareness Month

THIS WEEK IN HISTORY



1906

The Great San Francisco earthquake topples buildings, killing thousands

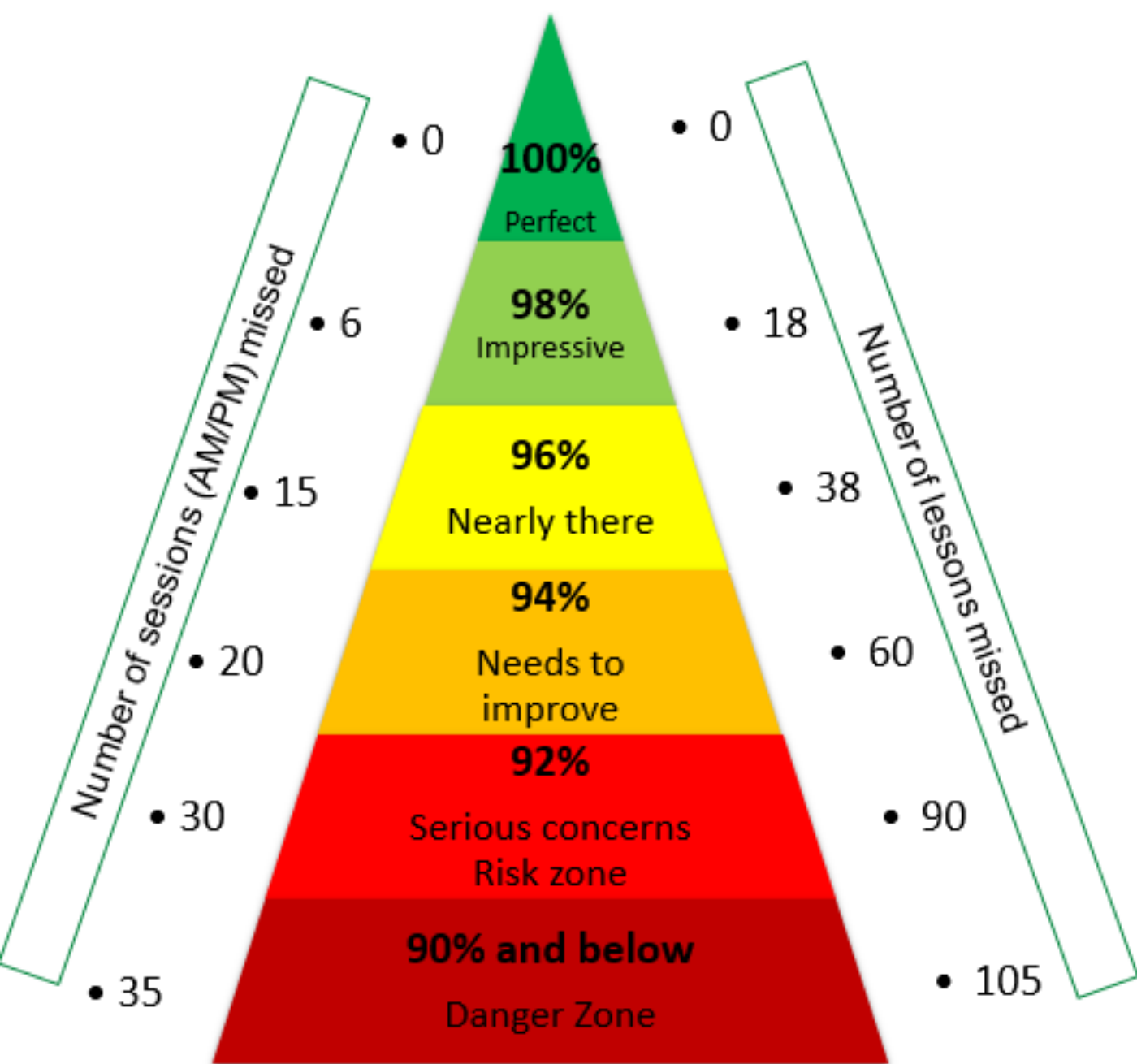


2018

Kendrick Lamar becomes the first rapper to win the Pulitzer Prize

**INVEST IN OUR PLANET SO
YOU CAN HAVE A FUTURE**

Attendance Matters



Maximise your potential – attend everyday

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

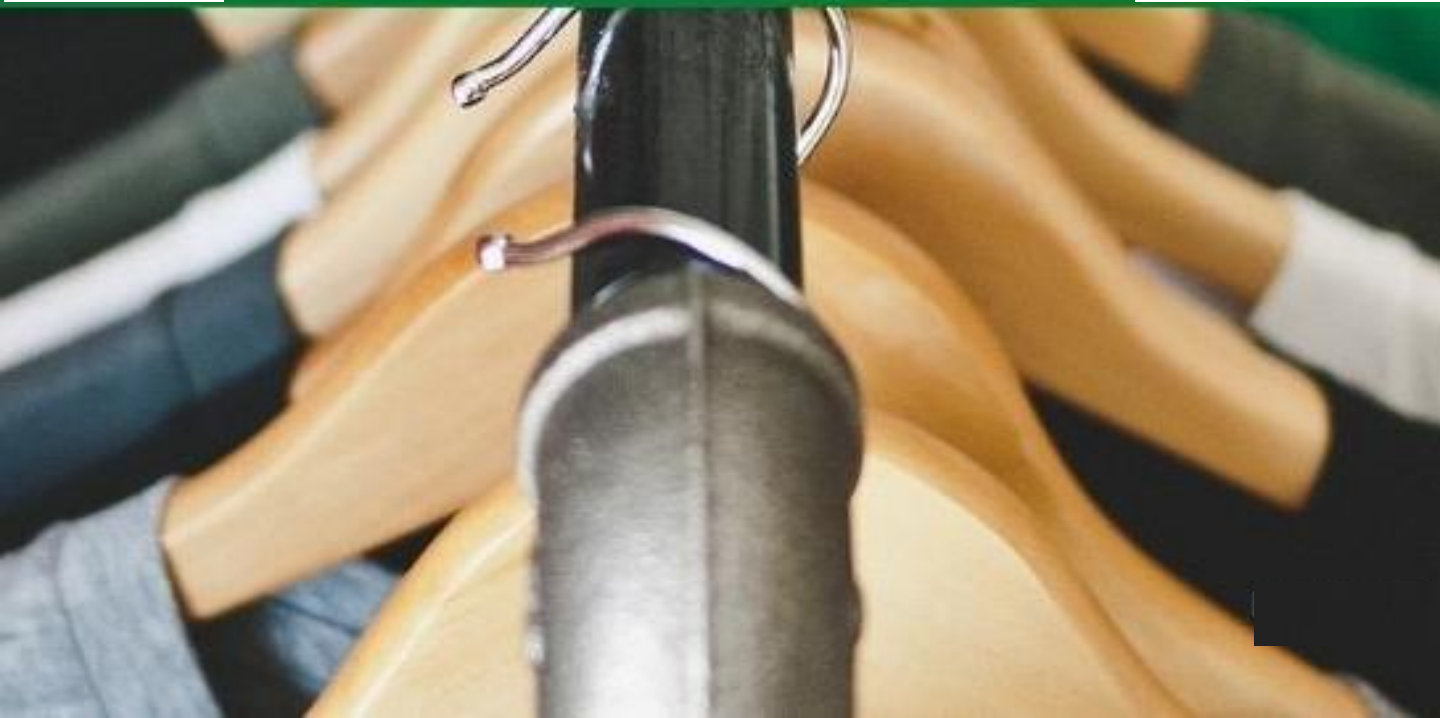
Significantly above national average progress
Above national average progress
National average progress
Below national average progress
Significantly below national average progress
Very significantly below national average progress


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





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



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Scan to download on
Google Play Store

or search for 'National Online Safety' in the store



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Call: 0800 368 8061
Facebook: /nationalonlinesafety

Email: hello@nationalonlinesafety.com
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TOO MUCH TECH TIME?

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

JOIN THE CONVERSATION
TEENSLEEPHUB.ORG.UK

#TEENSLEPMATTERS

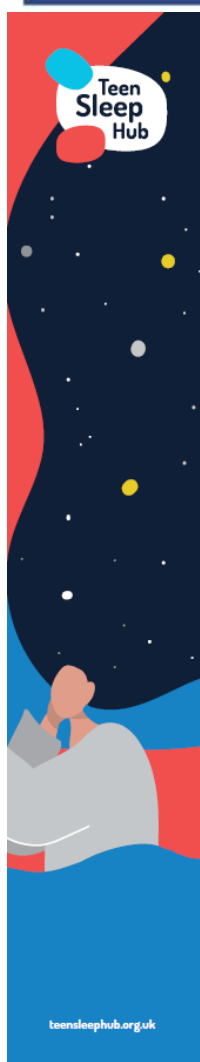


POWERED BY



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.



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

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What Parents & Carers Need to Know about

WIZZ

AGE RESTRICTION
12+

12+ App Store
Teen Google Playstore

WHAT ARE THE RISKS?

Wizz is a networking app which allows users to connect and chat with other people around the world. Its principle is similar to a dating platform: users have a profile with up to three photos, along with optional interests and hobbies tags. This allows other like-minded people to be recommended in searches. If a user likes what they see on someone's profile, they can initiate conversation through the instant message feature; otherwise they swipe on. The app does use age verification technology when an account is created and groups users by age.

OVER-SHARING

Immediately after setting up an account, users start receiving friend requests (mainly from the opposite gender). For many young people, this will be exciting and a boost to their confidence. As young people tend to be more trusting online and may believe what others tell them, however, this can lead them into dropping their guard and revealing personal information to strangers.

CATFISHING AND PREDATORS

Wizz uses Yoti, a digital ID system, to verify users' age. The AI only detects approximate age, though – so an older person who looks younger could be grouped with teens (or vice versa). Also, profile pics on Wizz don't have to match the face of the person who did the initial age verification: it would be fairly easy to create a fake account using another person's photos with a made-up name and age.

EXPLICIT CONTENT

During our research, conversations on Wizz very quickly turned sexual. Users frequently suggested 'taking it to Snapchat' (Snapchat's disappearing image feature can make it conducive to sharing explicit selfies), connecting on other social media, swapping nude or semi-nude pictures, or holding sexual chats. These users created an impression of the platform being sleazy and unsafe for young people.

INTIMATE IMAGES

It's not unheard of for young people to be coerced into sending suggestive images of themselves over apps of this kind. Given that Wizz connects users with strangers, who may not be honest about their real intentions, a teenager might conceivably be persuaded to share sexually suggestive selfies by someone who they believed they had a trusting relationship with.

NO PARENTAL CONTROLS

The app claims to provide a secure and inclusive environment, but our researcher couldn't find any parental controls or safety features in evidence. If you report another user for inappropriate behaviour, you are offered the option to block them – but there's no indication as to whether the block has actually been successful, and there was no follow-up contact from the developers.

SECRETS AND SUBSCRIPTIONS

Wizz sent our researcher occasional 'mystery' friend requests from a blurred-out profile. To discover the sender's identity, users can either watch a video (usually an ad for a game or app) or take out a monthly subscription. Cynics might suggest this could be a way to exploit young people's curiosity into making them pay for the app, and that the 'secret admirers' are bots rather than real people.

Advice for Parents & Carers

TALK IT OUT

If your child has downloaded Wizz, talk to them about why they like it and who've chatted with. Have they shared any personal details with this person or connected with them on other social media platforms? Refresh your child's memory of the various risks that can arise from engaging with strangers online and get them to consider using a similar app with more robust safety features.

EMPHASISE CAUTION

Young people are far more inclined to see the good in others; they often overlook the fact that scammers set up fake accounts on apps like this with the intention of getting money or personal data. Remind them that not everyone online is who they claim to be, how easy it is for someone to create a bogus profile, and why it's vital to think twice about sharing anything on networking apps.

BE SUPPORTIVE

When connecting with strangers on apps like Wizz, seemingly innocent chats can quickly progress to become sexually explicit and lead to nudes being sent. Make sure your child knows to come to you if they're uncomfortable about anything they've been sent or been asked to send. If they've already shared something that they now regret, reassure them that you'll support them no matter what.

KEEP THINGS TRANSPARENT

It might feel awkward, but regular chats about your child's online life can be beneficial. If they seem suddenly anxious or secretive around their phone or tablet, they may have something they need to get off their chest. You could also consider not allowing digital devices in their bedroom, especially overnight – that's when a lot of the riskier conversations on apps like Wizz tend to take place.

Meet Our Expert

Dr Claire Pemberton is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National
Online
Safety®

#WakeUpWednesday

Source: https://play.google.com/store/apps/details?id=info.wizzapp&hl=en_GB&gl=US | <https://www.met.police.uk/advice/advice-and-information/sexual-offences/sexting/>



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



Hayden Hartley

Outstanding performance at the Spen Valley finals. Great resilience that lead to a great team performance.



Jacob Shuttleworth

Great show of resilience and overall performance in the Spen Valley final. Great effort! Well done.



Hudson Rowan

Player of the match in the Spen Valley Cup final



Harrison Taylor-Mell

For being a leader for the year 8 football team in their cup final



SPORTS STAR OF THE WEEK



Olly Farrar

Fantastic attitude towards
moderation.



Stevie Fisher

Fantastic attitude towards
moderation.



Alexie Hulley

Fantastic attitude towards
moderation.



Matilda Finn

Fantastic attitude towards
moderation.



SPORTS STAR OF THE WEEK



Olivia Baker

Fantastic attitude towards
moderation.



Aoife Sugden

Fantastic attitude towards
moderation.



Cameron Moss

Fantastic attitude towards
moderation.



Dalton Healy

Fantastic attitude towards
moderation.



SPORTS STAR OF THE WEEK



Estelle Williams

Fantastic attitude towards
moderation.



Finlay Hubbard

Fantastic attitude
towards moderation.



Tiana McCue

Fantastic attitude towards
moderation.



Sienna Kilner

Fantastic attitude
towards moderation.



SPORTS STAR OF THE WEEK



Imogen Atkinson

Fantastic attitude towards
triple jump'



Alicja Wypych

Fantastic attitude towards
triple jump



Isabella Smith

Brilliant resilience in high
jump'



Taryn Sykes

Brilliant resilience in high
jump'



SPORTS STAR OF THE WEEK



Mary Turpin

Good attitude towards
pre-option PE



Elle-May McIntyre

Good attitude towards
pre-option PE



Skye Tobin

Fantastic attitude
towards PE



Beth Garside

Brilliant resilience in high
jump'

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