



the bbg bulletin

THE GREAT BBG BAKE OFF

It is that time of year again when we welcome the best of our budding bakers to join the Great BBG Bake Off. The Class of 2023 have already blown us away with their confident bakes in 'Dessert Week'. It has been absolutely wonderful to see so many Year 7s join this year, and lovely to see Connie back from last year. Connie impressed our professional judge, Sally Denwood with her tempered chocolate balls, winning star baker in round one. It is a good job there were no marks for keeping your apron clean!!

The technical challenge next week is under wraps so no preparation can be planned... watch this space!



THE GREAT BBG BAKE OFF



THE GREAT BBG BAKE OFF

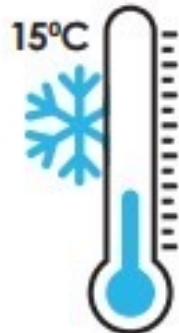




West Yorkshire
Fire & Rescue Service

Do you know that anything below 15°C is defined as cold water and can seriously affect your breathing and movement, so the risk is significant most of the year.

If you get into difficulty in the water:



- **Take a minute.** The initial effects of cold water pass in the less than a minute so don't try and swim straight away
- **Relax and float** on your back to catch your breath. Try to get hold of something that will help you float
- **Keep calm** then call for help or swim to safety if you're able

If you see someone
in difficulty in the water
call 999 ask for FIRE

#BeWaterAware
westyorksfire.gov.uk

Mental Health



Reporter:
Cerys Barson

We all will experience problems with our mental health at some point in our lives. Mental health includes our emotional, social and psychological well-being. It can affect how we feel, think, act and handle stress. Your mental health has both positive and negative sides, and can fluctuate depending on the situation you find yourself in. Having good mental health enables you to have healthy relationships, be productive, be physically healthy, cope with stress and much more. Sometimes though, our mental health can become negative; this is completely normal.

Stress is a constant factor in our lives, but sometimes situations become more stressful than others. For example, students who are currently sitting their GCSEs will have higher stress levels. Many students at the moment may be feeling stressed or nervous but it is important to know the different ways you can relax and improve your mental health at times like this.

- Relax and take time away from stressful environments. Use this time to do things for yourself and do things you enjoy.
- Spend time outdoors- it has been proven that spending time surrounded by nature can reduce stress levels.
- Get enough sleep- getting at least eight hours of sleep a day is important. Getting a good night's sleep improves your brain performance, mood and physical/mental health.
- Spend time with friends- go out with friends and do the things you love. This can help you forget about the stressful situation you are in.



These are just a few ways you can naturally improve your mental health. It is important that you are able to recognise when you need a moment to yourself and take time to relax.

Stress isn't a bad thing; it can be good. It can motivate you, encourage you to challenge yourself and can make you happier. Good stress is vital for being healthy, mentally and physically.

If you are struggling with your own mental health or need someone to talk to, then there are many members of staff you can talk to who will be able to help.

You could even talk to a friend or look at various websites with information on too. Here are a few examples:

<https://www.mentalhealth.org.uk/>
<https://www.headspace.com/>
<https://www.verywellmind.com/>
<https://www.betterhelp.com/>

Creative Writing Club



Reporter:
Dexter
Hughes

Have you ever had an inexpressible urge to create something? Whether that be a piece of writing about your thoughts or feelings on a particular subject, a diary entry, a poem or just a great story, I'm sure this urge of which I speak applies to many of you reading this. The vital things many lack, however, are the means to do so. Perhaps they want the motivation to write, perhaps their workload is too much, perhaps they can't find a suitable place or a suitable group to write with; perhaps they fear being mocked or ridiculed for what they wish to write about.

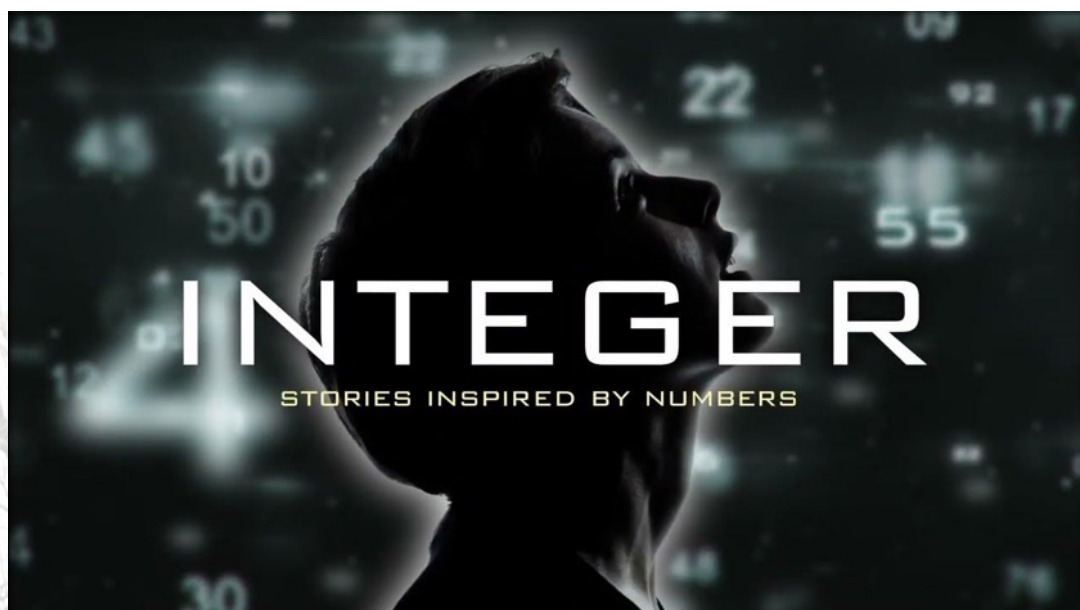
Creative Writing Club, taking place after school on Wednesdays, in G45 (On the English corridor) and run by Mr. Young and Mr. Alam, knocks down all these barriers and, in their place, plants seeds of opportunity. Opportunity to improve, to succeed, and to rid yourself of those toxic emotions which, otherwise, would fester in the back of your mind until they'd finally be released, through writing or other means. With the CWC, abbreviated, come opportunities to win competitions and be featured in a book compiling all the best entries.

Anyone who joins, also, will find themselves in the company of like-minded lovers of writing; though our numbers are few at the minute, everybody has something interesting to say, and something brilliant to write, and almost everything we do is a collaborative process, in some way or another – though we end up writing different things, most of the time (though the pass-the-keyboard game is a thing), we all share ideas initially before we embark on our respective vessels of creativity. Returning from our metaphorical voyages, we tell each other our stories, and it's a brilliantly rewarding experience: not only getting to share your stories, but hearing others' and discussing them.

At the minute we have both entered and won two competitions (from youngwriters.co.uk): *The Power of Poetry*, where we wrote poems about world issues (mine was named 'The Fish Wish They Weren't In Your Dish' and was about unsustainable fishing and the impact it has on the lives of fish and, if they felt emotions and spoke as we do, how they'd put it in a poem), and *Integer*, where we wrote 100-word stories based around a particular number (mine was called 'Martian Warfare', if you care, and is about how the war between aliens and humans ended. Silly, I know, but it was fun writing it.). We've also entered the Martha Mills young writers' competition, with the theme of *The Stranger*, and we entered a second *Power of Poetry* competition last Wednesday, and my poem was about robots taking over the world...



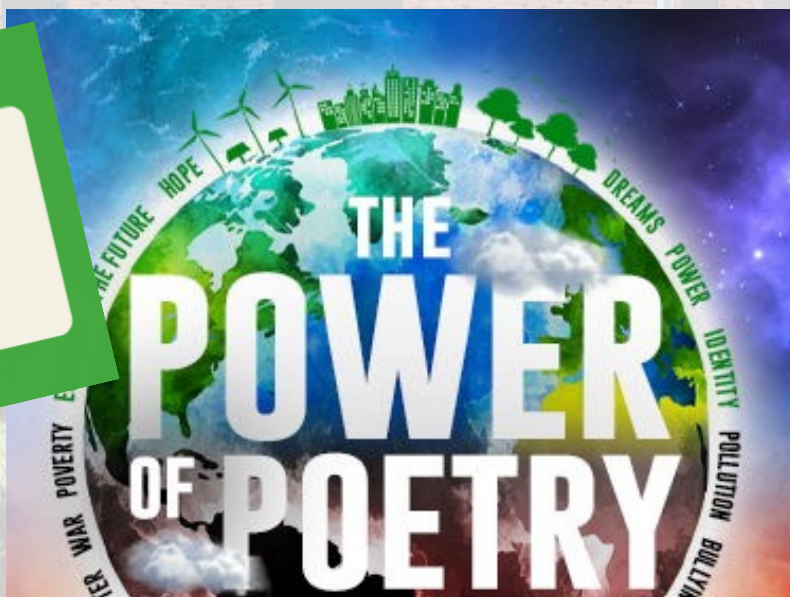
Creative Writing Club



Reporter:
Dexter
Hughes

Not only do we enter competitions, but we also complete writing challenges we find, such as the 10-word story inspired by an image of ghostly-looking figures sitting around a table we did last time, for example, and there will be many more challenges in the future. Also, the members of the Creative Writing Club are very open to other members sharing their stories with the group. We're interested in anyone's stories they want to share, and have shared stories with the group before, so don't be too embarrassed to share yours, if you choose to join.

In conclusion, I would heartily recommend the Creative Writing Club to any of you, and would encourage any parents reading this to see if their children want to join. Though this article has been short, I hope it's inspired you or pushed you to join, or, otherwise, taught you something. I won't keep you any longer – think about it, while you're gone! If you've got any questions, email Mr. Young or Mr. Alam, if they're okay with that... are you? I'm sure they are. Thanks for reading! Bye!



Eleanor Worthington Prize 2022/23

Evan Hirstwood

Will they accept me? .



Gemma Davies-Carr

Shared Space.



STUDENT ACHIEVEMENTS



Hudson Rowan has been juggling GCSEs with Cricket this week, captaining Bradford MCC Under 16s. It was fantastic to be able to watch Hudson yesterday playing at Drighlington Cricket Club. Two wins from two so far against Wakefield and Sheffield. We are excited to see where this team goes!



Designers OF THE WEEK

**Roisin Sugden
Year 7**



**Mariia
Semyrykova
Year 7**

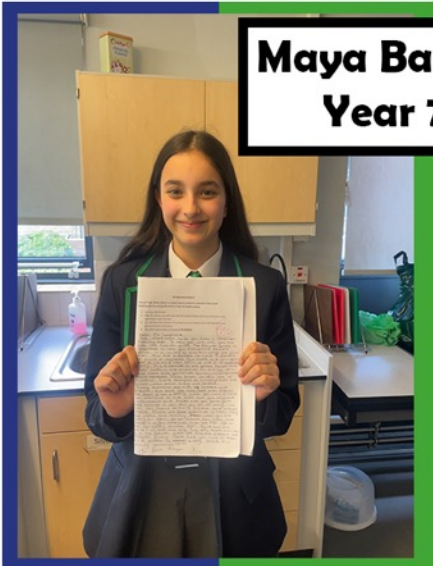


**Isla Wood
Year 8**

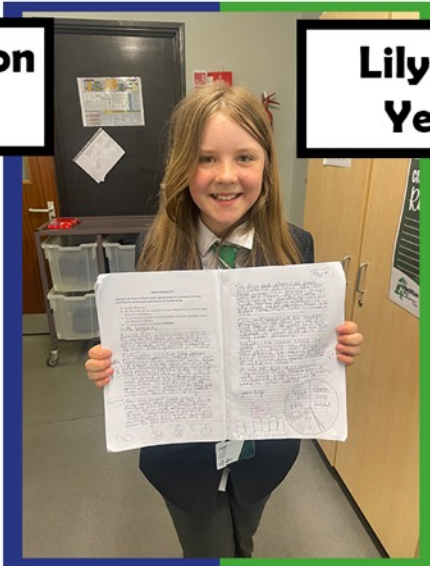


Star Bakers OF THE WEEK

**Maya Barson
Year 7**



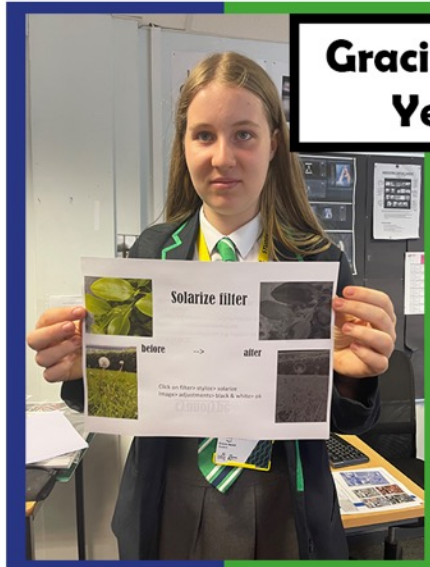
**Lily Rush
Year 7**



Photographers OF THE WEEK



Charlie Turpin
Year 8



Gracie Revell
Year 8

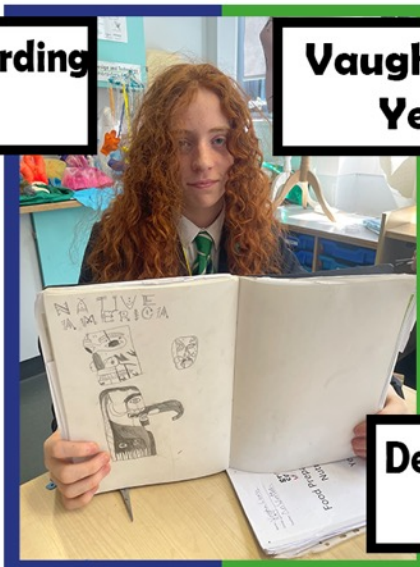


Bella Stephenson
Year 8

Artists OF THE WEEK



Charlotte Harding
Year 8



Vaughn Lewis
Year 8



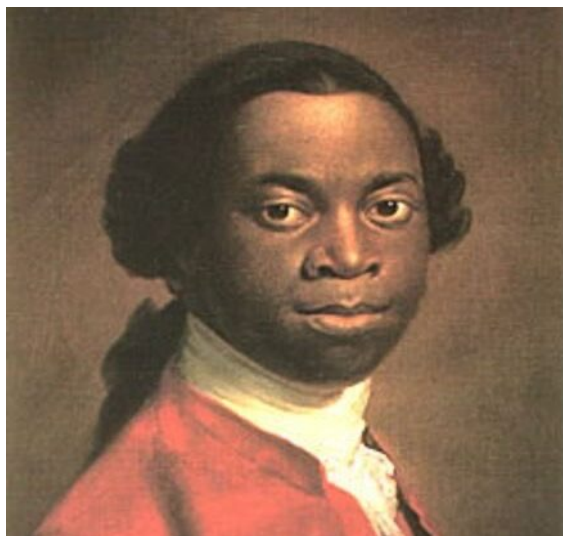
Declan Hammond
Year 8



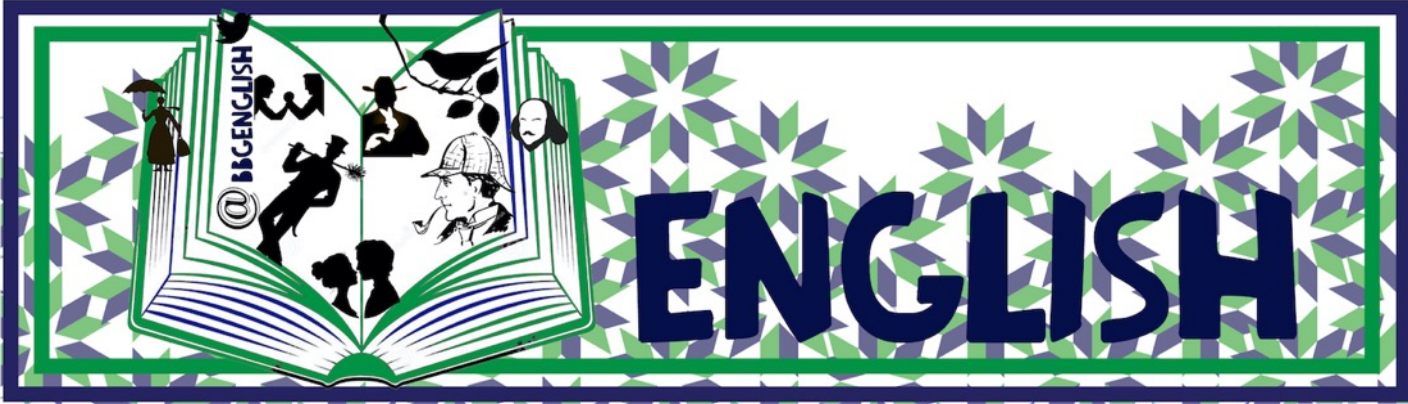
This week Year 8 have continued their various enquiries into their topic of Migration...



It's been a busy few lessons in the Geography side of Contextual Curriculum. In these lessons students have been examining recent disastrous events from around the world and explaining how these can lead to migration. For example, both the war in Ukraine and recent earthquakes in Turkey and Syria have led to an increase in the number of refugees, themselves a type of migrant. Students have also been examining how these migrants can impact the country that they arrive in as well as the country they have left behind, such as economic differences between Mexico and the USA



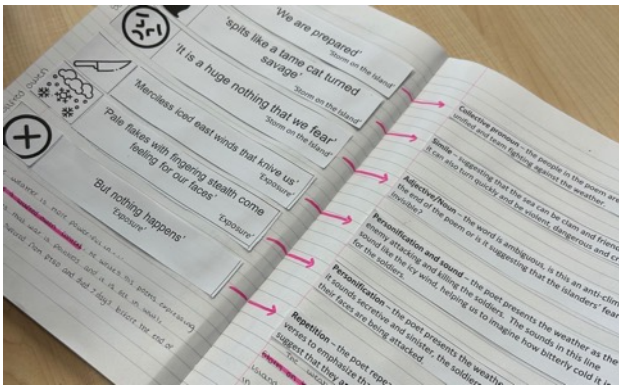
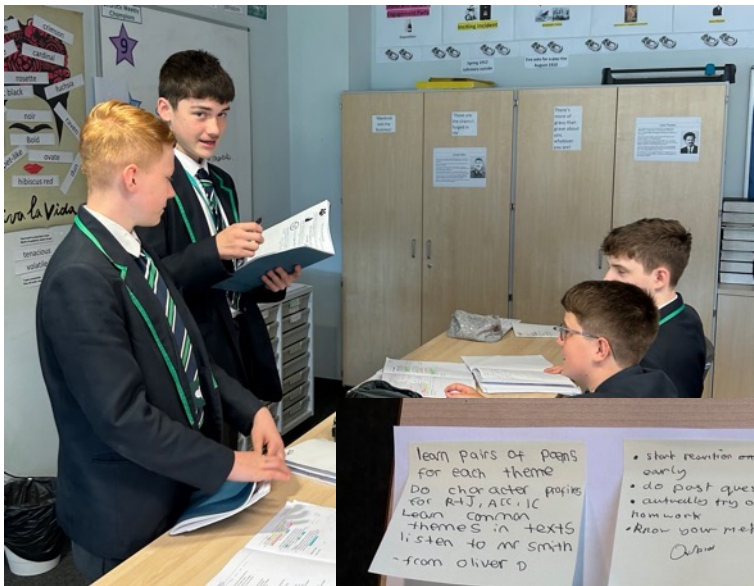
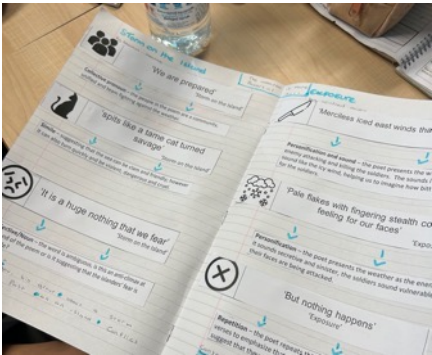
In History students have started to examine Afro-Caribbean migration. Students have been examining the causes behind Windrush migration, as well as the difficulties these new Brits faced once they arrived here. Students have also looked at various stories of migrants from Africa, many of which serve as powerful examples of Black history that is to be celebrated. For example, the immigrant and ex-slave Olaudah Equiano wrote a best-selling book, became a leading voice in the London worker's community, and a fierce advocate for the abolition of slavery. Next week students will move on to more impacts of Afro-Caribbean migration, such as within the NHS.



Year 10

Power and Conflict Poetry

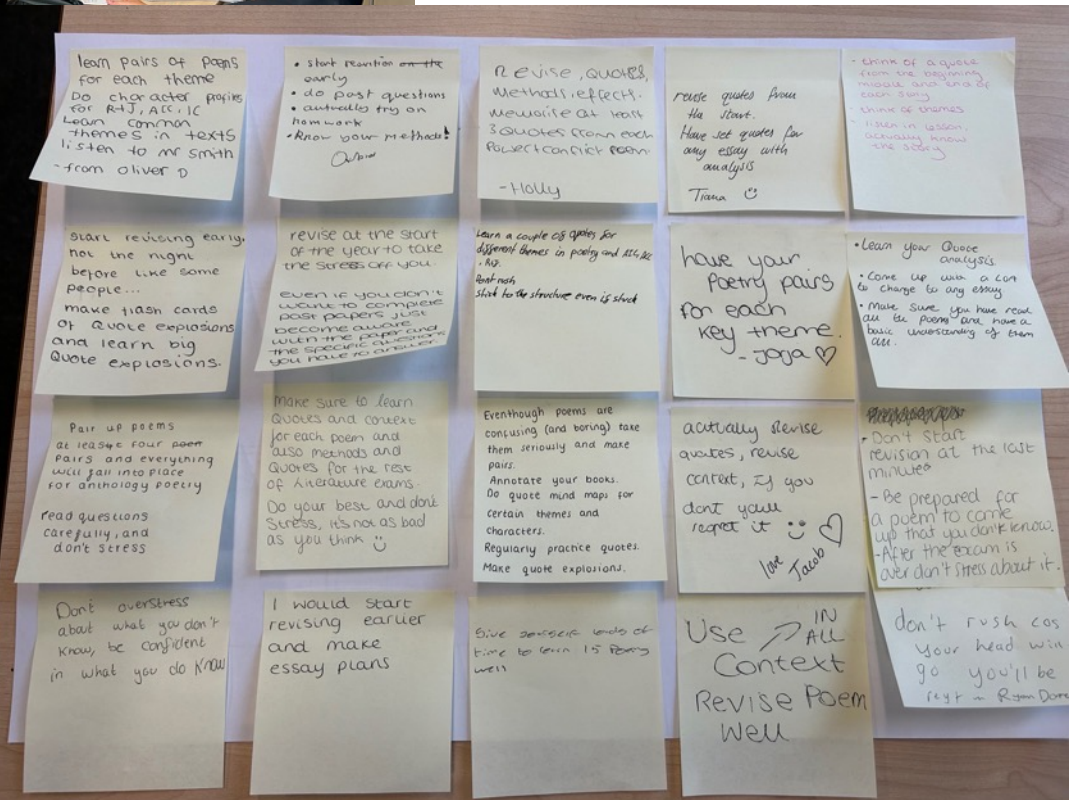
Students have excelled this half term engaging with GCSE poetry from the Power and Conflict anthology. Students were taught five of the 15 poems that explore the theme of Humanity and Trauma, before moving onto five more that explore Humanity and Place. Here students were comparing the language in Wilfred Owen's poem: Exposure and Seamus Heaney's poem: Storm on the Island. Students were taking part in mini debates about which poet presented the weather as more powerful. Students will finish the term exploring the final five poems which explore Humanity and Power.



Year 11

Students sat their final Literature exam on Wednesday, here are 11Q2's pearls of wisdom for next year's class of 2024!

A lot of them gave advice about revising sooner rather than later!





Year 7 are just finishing off their topic about settlements, learning about different land zones and what would make a good place to live. We have also looked at squatter settlements in cities around the world. In Dharavi, people are thought to be very happy living in these conditions. Some are even millionaires!!



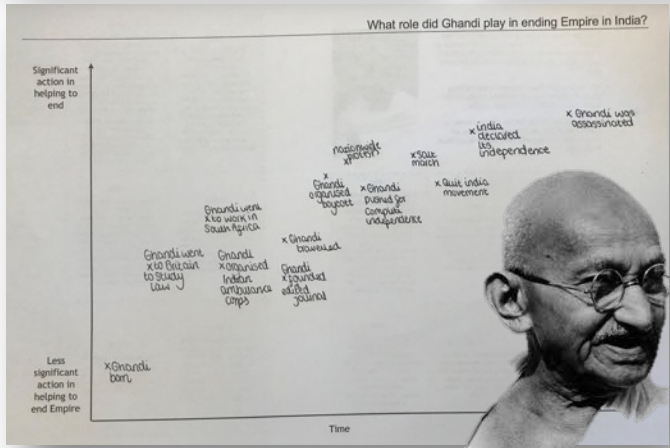
Year 9 are starting hazards, which will lead those who selected Geography, into Year 10. We are looking at how they happen and also which countries experience devastating events which add to their 'already' haphazard living conditions.



Year 10 are finishing off coasts and rivers completing their assessment within the next two weeks. This has been a busy topic including a day out at the Holderness coast. After their test they will be starting their topic of natural hazards and continuing this into the start of year 11.

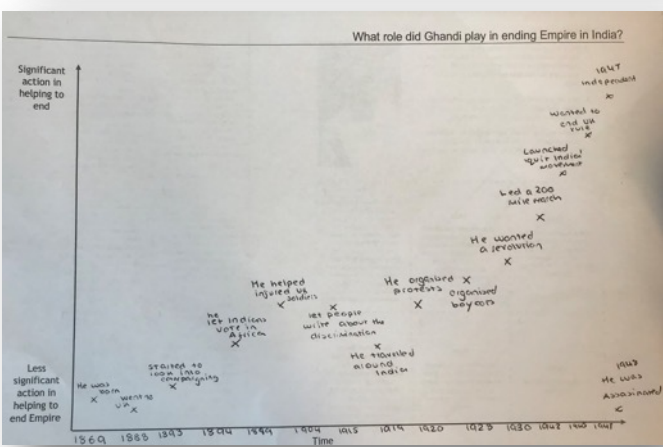
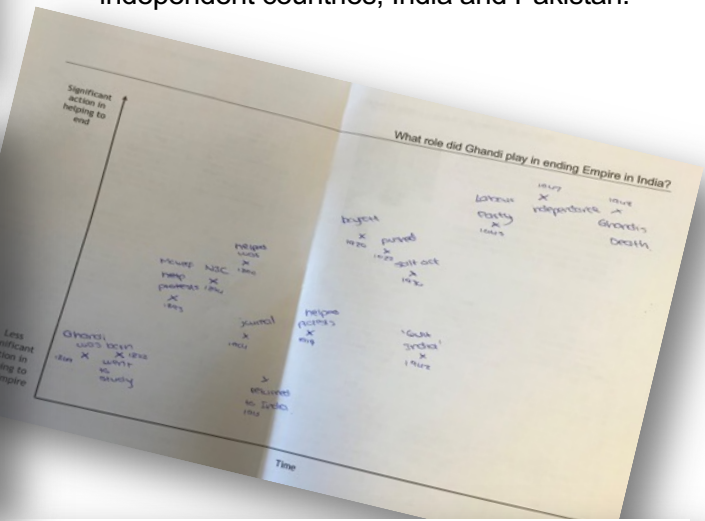


Year 11 are one down, two to go with their Geography exams, having done Paper 1 this week. We wish you all the best with your remaining exams and remember that our doors are always open should you need us. Well done everyone for your efforts so far and keep up the good work. Good luck and not long to go now!!



Year 9 World History: Indian Independence

Year 9 have arrived at the conclusion of their 500-year study of India. In this week's lessons, students investigated the contributions of Gandhi and the World Wars to the Indian independence movement. Students discovered that despite the success of this campaign, the partition of India followed. On 14 August 1947 the British government handed over control to two new, independent countries, India and Pakistan.



THE TIMES OF INDIA

BIRTH OF INDIA'S FREEDOM

NATION WAKES TO NEW LIFE

Mr. Nehru Calls For Big Effort From People

"INCESSANT STRIVING TASK OF FUTURE"

Assembly Members Take Solemn Pledge

WILD SCENES OF JUBILATION IN DELHI

From Our Special Representative

NEW DELHI, AUGUST 14. ENTIRE DELHI KEPT AWAKE TO WITNESS THE HISTORIC EVENT OF SHERING IN THE FREEDOM OF INDIA AT THE HOUR OF MIDNIGHT.

Exuberant scenes of enthusiasm were witnessed at both ends and within the Constituent Assembly Chamber, where members, wearing kurtas and dhotis, sang the national anthem, and the Indian national flag was hoisted.

From Our Staff Correspondent

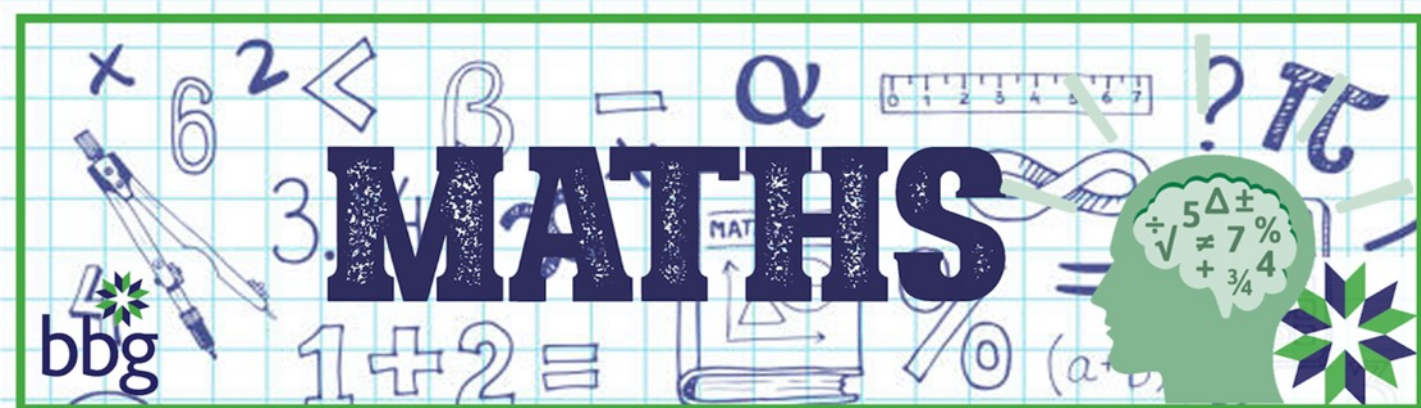
RAJAHMUNDRAM, August 14. "TODAY, the new Sovereign State will take birth. It is the British Government of India, and young India has been to old and proud traditions," said Lord Mountbatten, addressing the meeting of the Provisional Constituent Assembly.

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Proud to be a

Sparx Maths School

This week on Sparx these students have moved up an XP level.

Well done & keep up the hard work.

Student Name	XP Level
Cerys Barson	2
Hannah Norrington	2
Freddie Paver	2
Spencer Wilkins	2
George Hoare	1
Maisie Morley	1
Ajani Sodeyi	1
Joshua Stevenson	1
Jessie Brown	1
Lexi Hudson	1
Mia English	1
Lillie Ramm	1
Olly Burnett	1
Lennon Morris	1
Samuel Haley	1
Marlie Parker	1
Kaydence Carroll	1
Alexander Rushworth	1
Evelyn Brack	1
Teagan Bryant	1
Riley Valentine	1
Lilly Crowther-Hulme-Hill	1
Sofia Briggs Gonzalez	1
Alfie Shuttleworth	1

**Sparx
Superstars**

Mrs Brazier's Year 7 class had great fun this week completing a Fractions of Quantity Relay Race. Here are some of the questions students were asked to solve; can you solve them?

Oliver Sykes and Noah Hendry did a fantastic job of checking answers and handing out new questions.

5

Who won this javelin competition?



$\frac{3}{4}$ of Jeremy's throw is 75m.

$\frac{3}{5}$ of Tom's throw is 66m.

$\frac{6}{7}$ of Sally's throw is 48m.

$\frac{9}{14}$ of Louise's throw is 45m.

$\frac{13}{9}$ of Jo's throw is 143m.

7

Anne ate $\frac{1}{4}$ of the sweets she bought.

After Anne, Josh ate $\frac{1}{6}$ of the sweets that were left.

Tony ate $\frac{2}{3}$ of the sweets that were left after Josh.

Sal left $\frac{3}{5}$ of the sweets but ate the rest.

Sal ate 16 sweets.

How many sweets were there to start with?

4

There was \$360 in a safe.

A robber stole $\frac{3}{4}$ of the money.

Afterwards, another robber stole $\frac{5}{9}$ of the money.

How much was left in the safe?

There was \$1260 in a safe.

A robber stole $\frac{3}{7}$ of the money.

Afterwards, another robber stole $\frac{9}{12}$ of the money.

How much was left in the safe?



BBG Year



STARS OF THE WEEK

THIS WEEK WE CELEBRATE THE QUIETLY AWESOME!



MIKEY GARFORTH



FLORENCE BLISS- FISHER



ISLA SEWELL



MAX HOWARTH

CONGRATULATIONS
TO YOU ALL!



OLIVER SIMPSON



MEGAN GALLACHER



RAYNA PATEL



CERTIFICATES AWARDED TO



Gracie Revell

Gracie is a pleasure to have in Year 8. She is selfless, kind and polite to others. Gracie regularly helps other students and is becoming a role model within the year group. Well done Gracie!



Lucy Bracewell

Lucy is a polite and well-mannered student. She is making great progress around the academy in all of her lessons. Well done Lucy, keep up the good work.



Seb Burnett

Seb is a polite young man, who consistently makes progress around school. Seb is a pleasure to have in Year 8 and I have no doubt that he will continue to do well in school. Well done Seb.

YEAR 9



STARS OF THE WEEK



DARCIE BURGHAM

The hard work is paying off and being rewarded with stamps. Fantastic – well done



CHARLOTTE ROBERTSHAW

Always going the extra mile and deserving of the number of stamps she has amassed this year. She just gets on with whatever is required. Well done!



AMBER RAMM

Quietly awesome at everything that she does



COLE WATERS

Really settled down in preparation for Year 10, working hard in all lessons and striving to get things right. Well done Cole



MISS BLACKBURN'S STARS OF THE WEEK YEAR 10

Always working
hard in school.

MILO BOSTOCK



Brilliant effort
levels around
school this term.

BRANDON HUDSON



MILLIE CRICK

FANTASTIC RESILIENCE IN
LESSONS THIS WEEK

Improved work rate
in lessons.

TAYLOR GREEN



Fab effort levels in
PE this week.

AOIFE SUGDEN



Fab effort levels in
PE this week.

LYDIA HOLDSWORTH



Always working hard and
doing the right thing.

SAM ENGLISH



Working hard in
lessons.

EMILY CROWTHER



WELL!
Done!

C+K



An invitation to our
Get Inspired Events 2023

Thursday 5 October

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

Wednesday 11 October

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

4.30 -

7.30pm

Apprenticeships Bradford College



- Construction • Dental Nursing • Engineering • Hairdressing & Barbering • Healthcare
- Motor vehicle • Pharmacy • Plumbing & Electrical • Professional Services

Apprenticeship Recruitment Fair

Are you interested in starting an apprenticeship?

Come along to Bradford College's recruitment fair and speak to local employers who are actively recruiting about their apprenticeship vacancies!

Did you know there is no age limit on who can complete an apprenticeship?

Speak to our experts on the day!

- **Friday 30th June 2023**
- **12.00pm - 5.00pm**
- **Bradford City Football Stadium (McCall Suite), Valley Parade, BD8 7DY**

For further information please contact our team on: 01274 728316 or email: apprenticeships@bradfordcollege.ac.uk

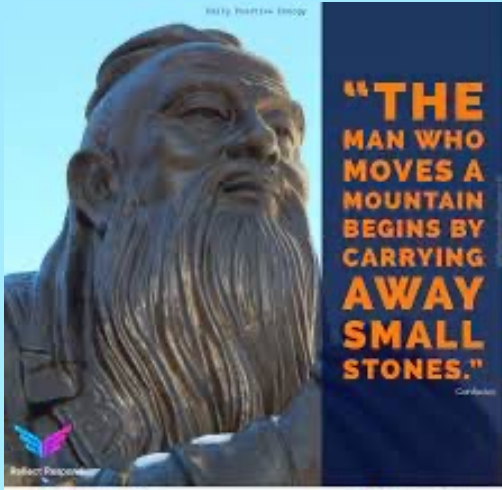


**APPRENTICESHIP
PROVIDER
OF THE YEAR**



THOUGHT OF THE FORTNIGHT

Beginning 15 May 2023



Discussion points

This week is Mental Health Week. The focus for it is anxiety.

As some of you enter exams or as you prepare to move into the next year at school it is likely you will experience some level of anxiety.

A small amount of anxiety is perfectly normal and to be expected if our normal way of life is being altered. However do we know how to spot when it stops becoming normal? When it takes over a person's life?

Watch this [video](#) to see how stress and anxiety affect people.

Anxiety can affect anyone at any stage of their life; adults struggling through the cost of living crisis; young people about to leave primary school. What is important is that friends and peers know how to help each other navigate through this. Use the Mind [website](#) to investigate ways in which you can help someone suffering from anxiety.

Look back at this week's quote. How is it relevant?

**REASSURANCE MEANS
MORE THAN SAYING
"YOU'LL BE OKAY"**

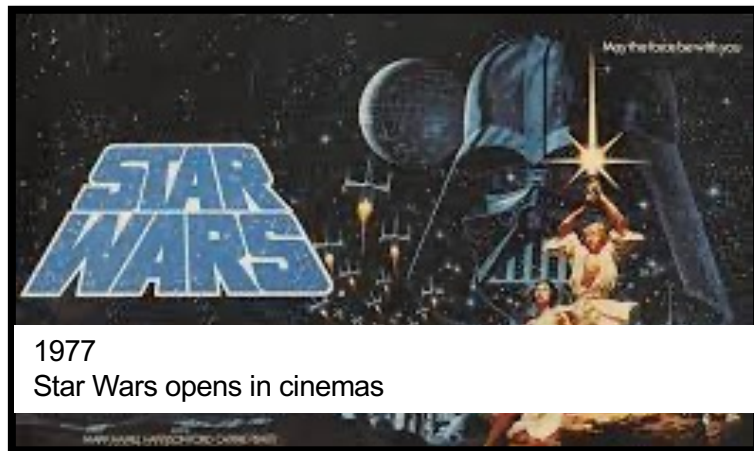
FORTNIGHTLY EVENTS

Mental Health Week
Food Allergy Week
Water Saving Week
Foster Care Fortnight
Dementia Action Week

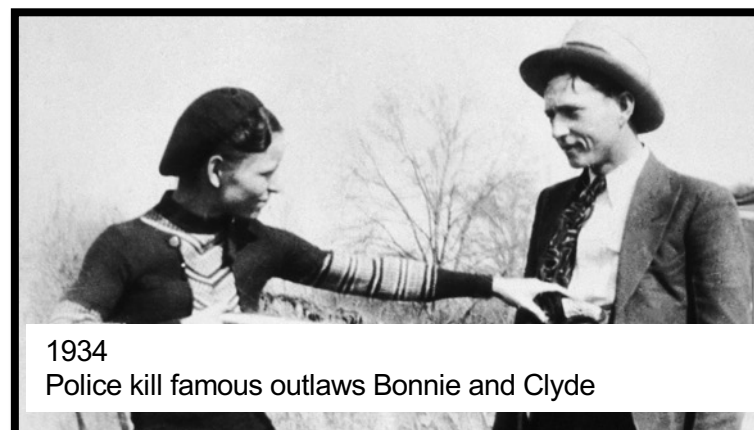
EVENTS HAPPENING THIS MONTH

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

THIS WEEK IN HISTORY



1977
Star Wars opens in cinemas



1934
Police kill famous outlaws Bonnie and Clyde

TWEETS of the WEEK

Kirklees Democracy @kirkdemocracy · 20h
397 people have taken part in Listening to Birkenshaw, sharing how you feel about life in the area now and sharing ideas for the future. The activities were organised by Birstall and Birkenshaw ward councillors, with our support.
howgoodisourplace.org.uk/2023/05/18/lis... #PlaceStandard
THREAD 

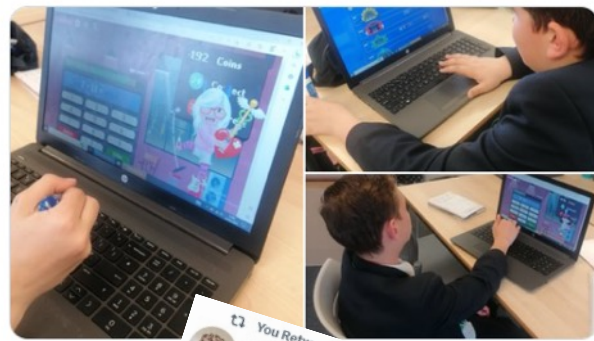


You and 5 others

You Retweeted

Keyleigh Littlemore @missklittlemore · 19h
TT rockstars to practice our multiplication 

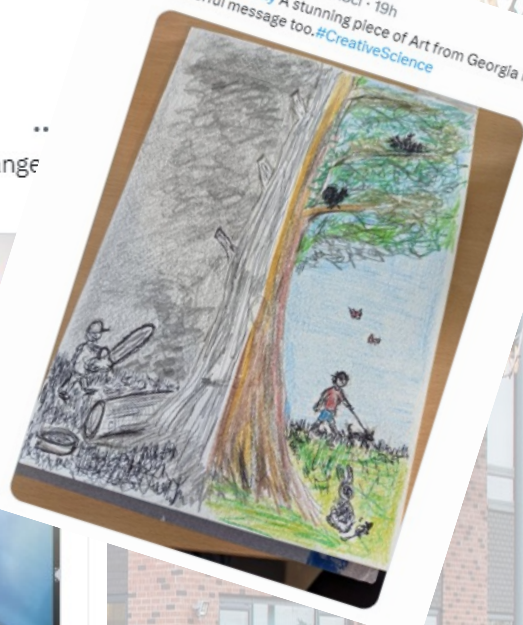
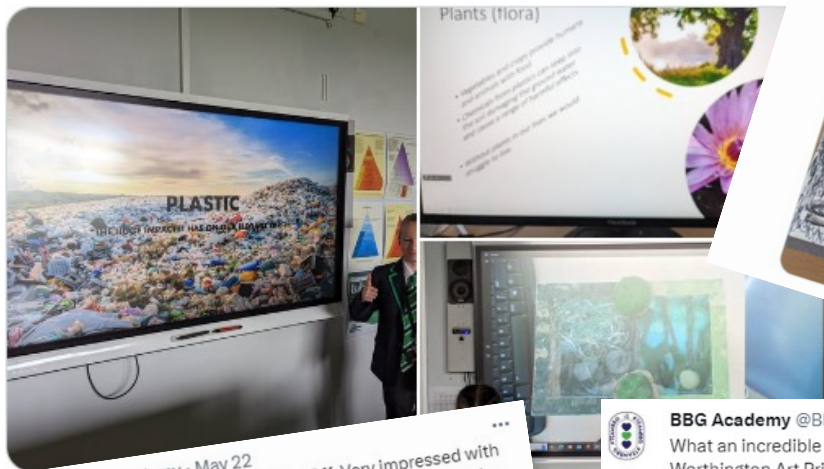
@BBGAcademy #teambbg








You Retweeted

Luke Elcock @Mr_ElcockSci · 19h

@BBGAcademy Y7 presenting their Ecology homeworks. A diverse range of formats and topics, they've all done superbly well.



You Retweeted
Luke Elcock @Mr_ElcockSci · 19h
@BBGAcademy A stunning piece of Art from Georgia in Y7
powerful message too. #CreativeScience

BBG Academy @BBGAcademy · May 22
An incredible first day for our annual BBG Bake Off. Very impressed with the quality of the independent bakes but even more impressed with the ambitious bakes! #TeamBBG     This stage winner was Connie with incredible tempered chocolate balls. 



BBG Academy @BBGAcademy · 22h

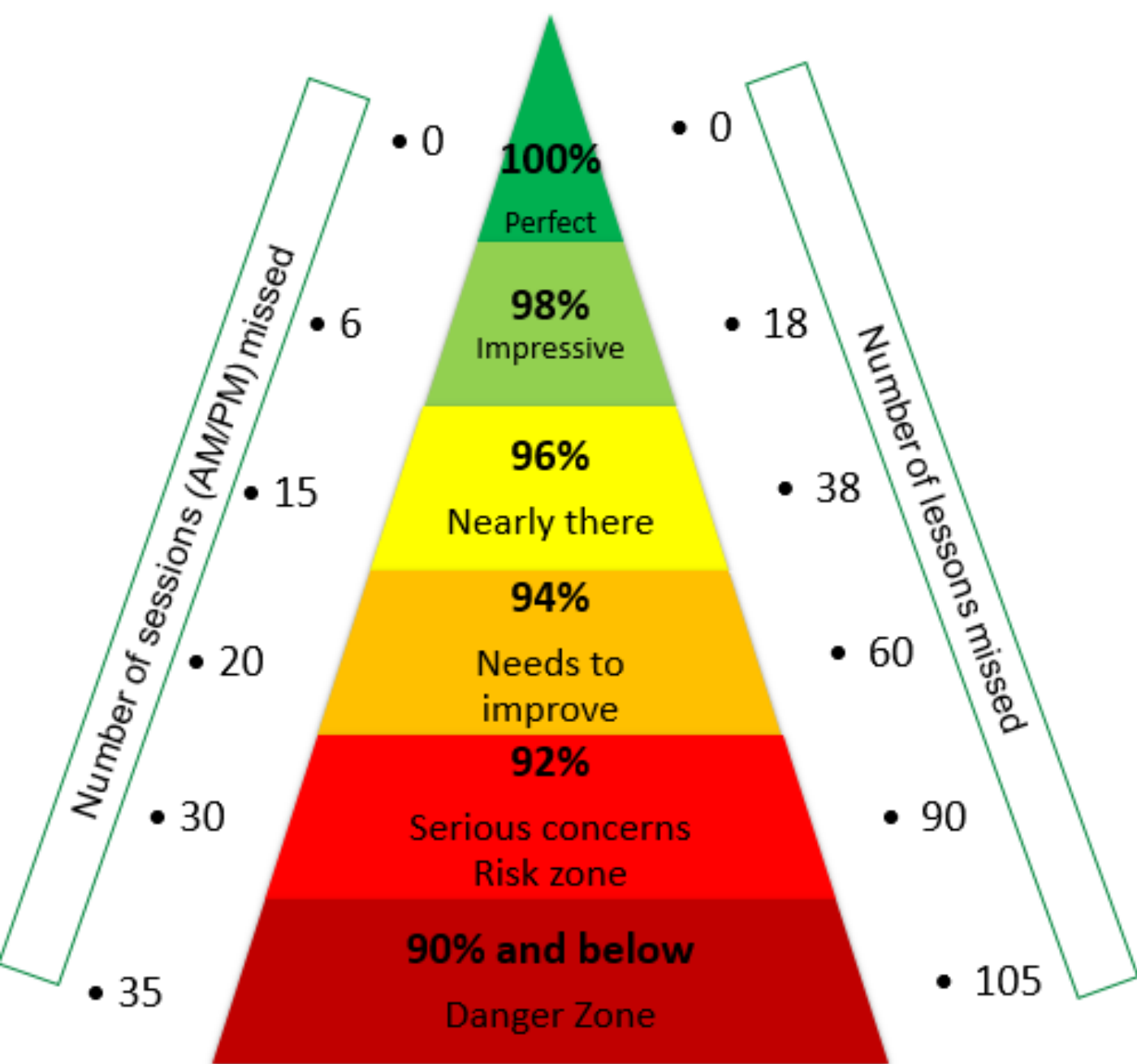
What an incredible experience to be part of the prestigious Eleanor Worthington Art Prize, and to take part in the presentation via video link to Italy. Well done to all our participants, our winner Happi and Gabriel and Mrs Clough for speaking so beautifully in Italian!



1 1 6 640

BBG Academy @BBGAcademy · 22h

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**

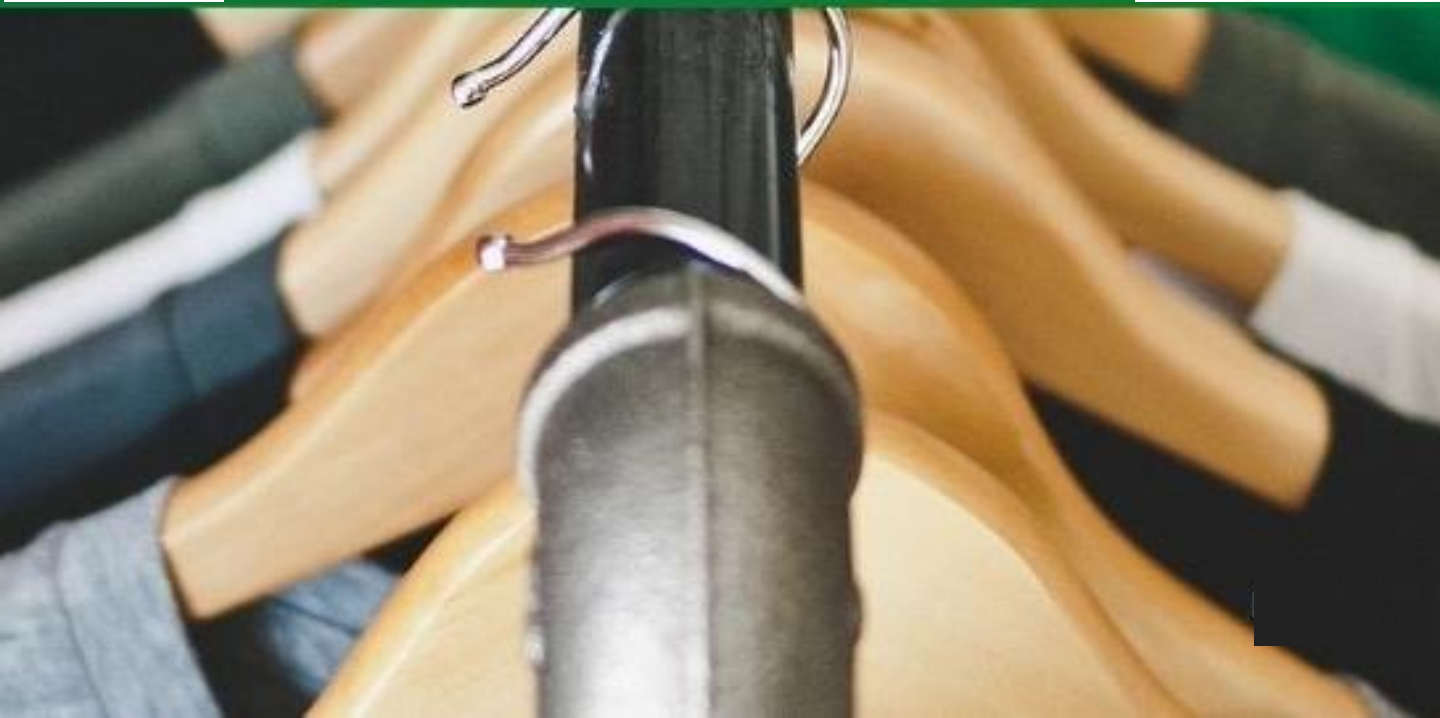
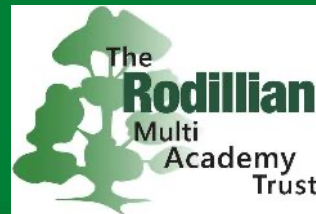
Options:


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

#TEAMBBG





**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.

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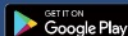


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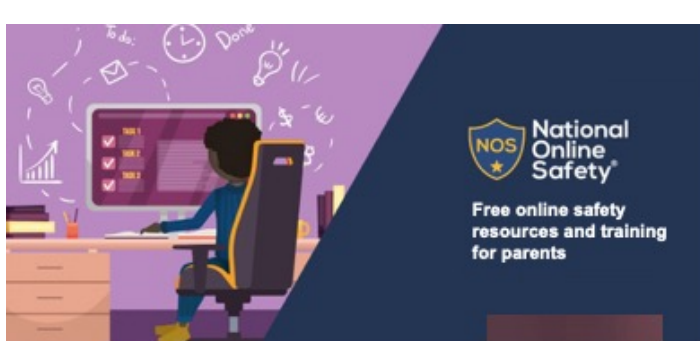
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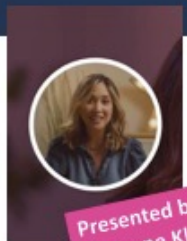
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**Presented by
Mylene Klass**



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**

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teensleephub.org.uk

What Parents & Carers Need to Know about INFLUENCERS

In today's digital age, social media influencers play an increasingly significant role in shaping the opinions, interests and behaviours of our children. While many of these individuals can have a positive effect, influencer culture can also present certain risks – such as encouraging consumerism, affecting self-esteem and blurring trustworthiness. To help ensure a safe online environment for young people, it's vital to maintain open communication, set sensible boundaries, promote a healthy self-image and teach digital media literacy. Our guide delves deeper into all of these.

WHAT ARE THE RISKS?

HEIGHTENED CONSUMERISM

A major way that influencers make money is through brand partnerships and sponsored content. As a result, children who follow them may be exposed to a steady stream of advertising; this can lead to materialistic attitudes, unrealistic expectations and an increased desire to have the latest products. Many influencers have built huge brand empires around their large, impressionable following.

THE SOFT SELL

Some influencers aren't always transparent about the motivations behind their posts, blurring the lines between genuine recommendations and paid-for promotions – and young people sometimes find it difficult to distinguish authentic content from advertising. Many major social platforms have taken steps to make sponsored content and ads easier to identify, but it remains an area of concern.

PRIVACY CONCERNS

Inspired by their favourite influencers, children may start sharing more of their own lives online – which could reveal personal information or details about their daily routine. This openness can put them at risk of cyberbullying or even predatory behaviour. This is exacerbated by live streaming, which gives young people no time to consider the potential consequences of saying too much.

UNDERMINING SELF-ESTEEM

Many influencers share images and videos of themselves and their activities, which are often painstakingly curated and edited to present an idealised version of their life. Children who follow these influencers may develop distorted expectations about body image and the concept of beauty, which can potentially lead to negative self-esteem and even mental health issues.

Advice for Parents & Carers

KEEP TALKING

Chat to your child about the content they consume on social media and the influencers that they like. Encourage them to think critically about what they see and hear online, and listen to any concerns they might have. Maintaining this line of open, honest communication can help your child to make informed decisions about which individuals they follow and what content they engage with.

SET SOME BOUNDARIES

Agree age-appropriate boundaries for your child's social media use, including time limits and privacy settings (the two major operating systems on mobile devices, Android and iOS, have these controls baked in). Try to keep an eye on your child's online activity and discuss it regularly with them – including reminding them of the potential risks that can arise from following influencers.

SUPPORT A HEALTHY SELF-IMAGE

Reinforce your child's awareness that real life isn't usually as picture perfect as it may appear on social media – and how some content (particularly that of influencers) is often curated, staged or edited to look more glamorous. If possible, highlight examples of other influencers who share authentic, relatable material which acknowledges their imperfections and struggles as well.

PROMOTE MEDIA LITERACY

Talk to your child about the concepts of sponsored content, advertising and potential influencer bias. Teach them to critically evaluate the information they're presented with online and to consider the possible reasons behind content creation. This can help young people develop the skills to make healthier decisions about the influencers they choose to follow and the content they consume.

Meet Our Expert

A former director of digital learning and currently a deputy headteacher and DSL, Brendan O'Keefe's experience and expertise give him a clear insight into how modern digital systems impact the experience of children, young people – and also encourages him to ensure that the online world remains a useful educational resource rather than a source of risk.



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#WakeUpWednesday



SPORTS STAR OF THE WEEK



Ben Davis

Ben has had a brilliant start to cricket in PE. He clearly loves PE and his attitude reflects that. Great work Ben, keep up the great work.



Jacob Riach

Jacob has an outstanding attitude to PE. He has been making great progress regardless of the sport we are focusing on. Great work, well done.



Billy Blockley

Always giving 100% in every PE lesson and showing good sportsmanship.



William Crossley

Fantastic effort in softball during PE this week



SPORTS STAR OF THE WEEK



Savana Bailey-Chamberlain

Fantastic guidance to others during javelin.



Tegan Bryant

Good engagement with helping others in javelin



Lily Pailing

Fantastic progress in javelin



Sadie Carney

Fantastic progress in javelin



SPORTS STAR OF THE WEEK



Arabella Coubrough

Fantastic effort in PE.



Roshni Chatha

Great demonstrations in
rounders



Olivia Adgie

Great progress in
hockey



Tommy Flanagan

Fantastic progress in
hockey

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