



# the bbg bulletin

# Crufts THE KENNEL CLUB



We reported last week that three of our students were competing at Crufts. Charlotte Robertshaw, Adam and Isla Boocock are no strangers to the event having had success in previous years.

Charlotte's 3<sup>rd</sup> place success this year with Golden Retriever Herbie was bittersweet as it is the last year she can compete as a junior. Charlotte and Herbie will be competing in the senior competition next year.

Adam and Isla had an incredibly early start on Saturday competing with Connie in the Flyball. Connie was the fastest dog in the team taking just 4.02 seconds to complete her leg. The Northern Young Guns team secured their Crufts PB with a time of 16.65 seconds. Winning two games and losing one placed them 5<sup>th</sup> in the prestigious competition.

Incredible success for all three of our students, and what a wonderful experience.



# STUDENT ACHIEVEMENTS



## NORTH LIGHT FESTIVALS

Year 10 students Alexie Hulley and Olivia Baker have achieved more success, this time at TDCI Pennine Championships in the North Light Dance Festival.



Alexie was crowned Champion of the Senior Song and Dance and Olivia achieved a fabulous sixth place in the Senior Modern Championship. We think they are going to need a bigger trophy cabinet! Well done girls, we do not underestimate the commitment required to maintain such an excellent standard, we are very proud of you both.





**Disappointment and How to Manage It**

Now that the mocks are done and the results are starting to trickle in, we are seeing more and more students struggling to cope with their disappointment. We hear things like:

- *'I did so rubbish!'*
- *'I can't do History!'*
- *'I'm failing at everything.'*



It can be heartbreaking to hear such despair from such young people – convinced that because they didn't get what marks they were hoping for, that their lives (as they know it) are over.

Some students even feel disappointment when they get the marks that they wanted! Sigmund Freud wrote about this in an essay in 1916 – discussing people who were 'wrecked by success'. He said that these people who experienced success were devastated because they believed that what they had achieved wasn't special – that it wasn't deserved. This kind of 'imposter syndrome' then led them to disappointment because they didn't believe they'd done anything worth celebrating.

I mention this only because disappointment can be such a complex and convoluted thing – and no matter WHY you're feeling let down after the mocks, the most important part of all of this is what you do NEXT.

Will you let this galvanize you to bigger and better things?

Will this disappointment spur you to action, seeking to understand what went wrong and how you can improve it?

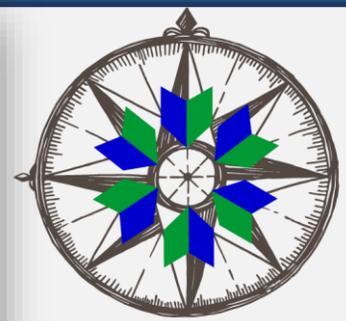
Will you use this time effectively to move on from, and put behind you, the disappointments of the mock season?

Take a deep breath. Consider how you're feeling, and re-assess the situation you find yourself in. Turn that disappointment into a challenge – and make improvements based on the things you got wrong the first time. With a clear head, an honest assessment, and ideas about how to improve – you're going to find that you've got a clear path in front of you.

The mocks are not the end – they are just the beginning!

Desire and determination must overcome disappointment.

# BBG PATHFANDERS



#LEADTHEWAY

PiXL   
Power  
to Perform

## PORK CHOP, SAGE ROASTED APPLES



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

### 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,

#### 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

## Holi: The Festival of colours



**Reporter:  
Cerys Barson**

Holi is a Hindu festival of love and new beginnings and marks the end of winter. It also celebrates the victory of good over evil. The festival usually takes place over two days, this year it was on the 8<sup>th</sup> march. Hindus all over the world gather in crowds, throwing coloured powder into the air. Many also use water balloons to make the powder stick. Each colour has a different, special meaning. For example, the God Krishna is represented by blue powder, while red is for love and yellow signifies healing and cooking. The whole festival isn't just about throwing powder though!

On the first day of Holi, many Hindus light bonfires, as they believe it purifies the air of anything evil. Offerings such as corn, coconuts and chickpeas are burnt on the bonfires to thank their god for the crops. Like many other Hindu festivals, Holi is a time for families to be together, eat delicious food and dance traditional dances.

These traditions may vary throughout the world, but all of them are based on Indian mythology. In many places, the festival is associated with the legend of Hiranyakashipu, a demon in ancient India.

Hiranyakashipu was an evil King, he had special powers that made him invincible, and he wanted everyone in his kingdom to worship him. He was so powerful, that he started to act like a god and punish or kill anyone who disobeyed him. Hiranyakashipu had a son called Prahlad. He disobeyed his father and worshiped the God Vishnu instead of him, so his father planned to kill him. The king asked his sister Holika to help kill Prahlad. Holika had a special cloak that would protect her from fire. She planned to trick Prahlad by taking him into a fire. However, because she was using her powers for evil, the plan failed, and the cloak flew from Holika and covered Prahlad. He was safe, and Vishnu defeated the king. That is why Hindus light bonfires on Holi to represent the triumph of good over evil.

In other parts of the world, the story of Krishna and Radha is central in the festival. Krishna fell in love with a milkmaid but was embarrassed that he had dark blue skin and hers was fair. To change this, Krishna playfully

coloured Radha's face during a game. This is thought to be one of the origins of the water and powder throwing.

In this country, devotees gather at temples to light holy fires and give offerings to God. It is a time of reflection, to cleanse any untoward thoughts and to reinforce the strong message of good over evil, which presides in many aspects of the Hindu faith.

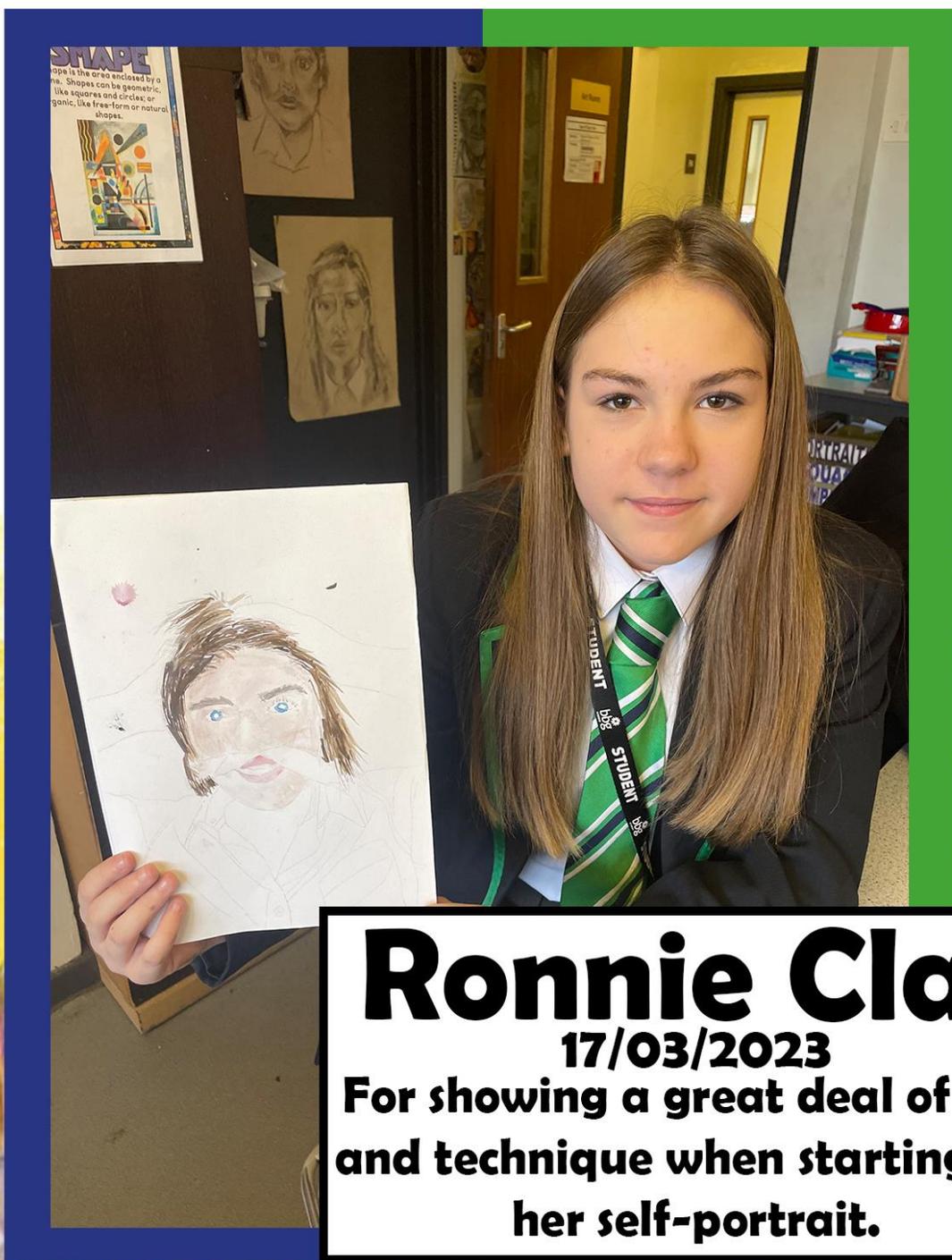


# Year 7

# Artist



# OF THE WEEK



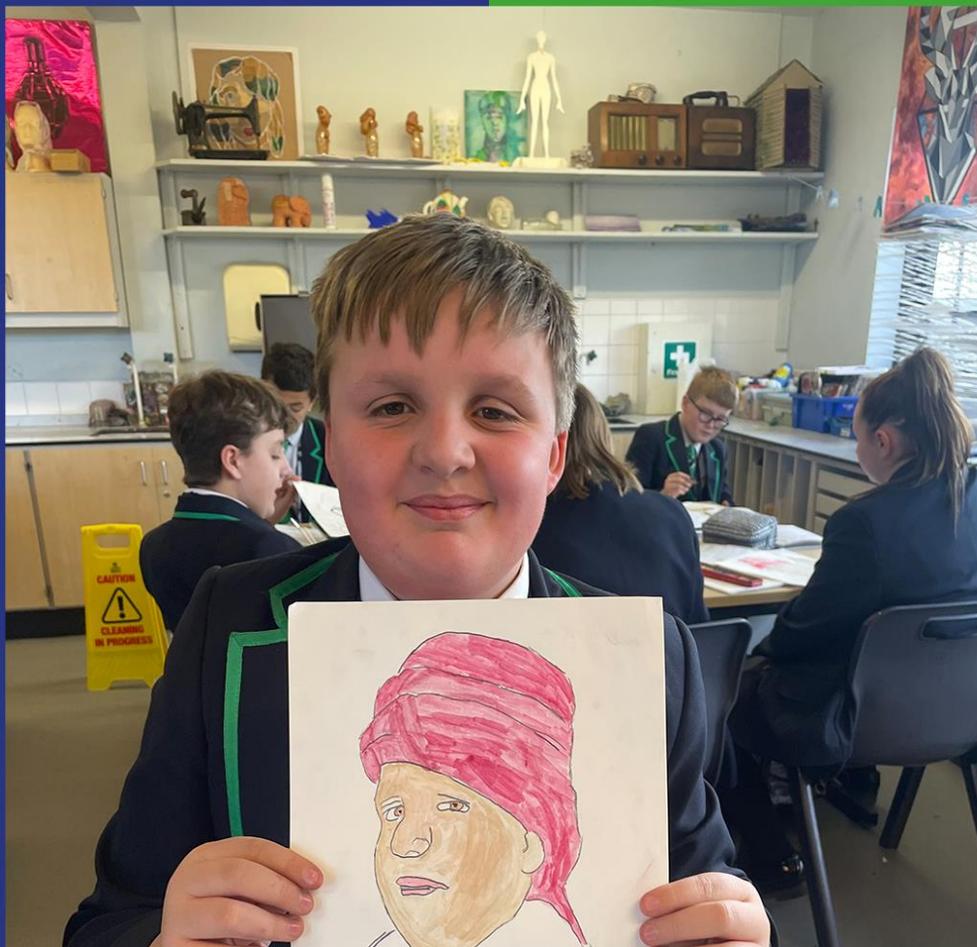
## Ronnie Clay

17/03/2023

For showing a great deal of skill and technique when starting out her self-portrait.

**Year 7**

**Resilience Artist  
OF THE WEEK**



**Spencer Wilkins**

**17/03/2023**

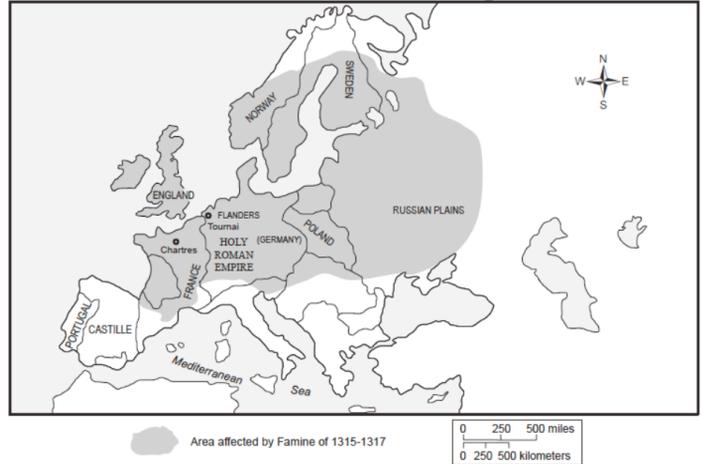
**For an excellent start to his self-portrait, keeping his painting incredibly neat and accurate.**

# Contextual Curriculum

Year 8



Europe at the time of the Famine of 1315-1317



From a historical perspective Year 8 students have continued to explore the question of 'How did we get here?' in the study of our Contextual Curriculum topic 'The Burning Planet'. Previous lessons have told the story of a historical climate crisis in the form of 'The Little Ice Age'. This week, we analysed the impact of this in the Great Famine of 1315 and developed our source enquiry skills!



From a geographical perspective, students have started to look at climate protests such as 'Stop Oil' and Greta Thunberg's school protest. This followed examination of electric vehicles and why we need them!

Catastrophic Impact Hazards  
 Help Humanitarian Rebuild  
 Prepare Society **DISASTER** Tragic  
 Services **RELIEF** Flood  
 Hurricane **PLAN** Property  
 Suffer Communities Response Emergency  
 Money Natural Disasters  
 Tornadoes Drought Risk  
 Government Management Support



In religious studies, students have been learning about charities that help the victims of natural disasters and those living in absolute poverty.

# ENGLISH

Snow Day doesn't stop Year 11 students preparing for summer examinations – 34 lessons to go!!!!

**LANGUAGE PAPER 1**  
EXPLORATIONS IN CREATIVE READING & WRITING

SECTION A: READING  
Q1: LIST 4 DETAILS  
Q2: LANGUAGE  
Q3: STRUCTURE  
Q4: EVALUATE

SECTION B: WRITING  
Q5: WRITING TO NARRATE OR DESCRIBE

**MONDAY 5 JUNE AM**

**Romeo and Juliet**

**LANGUAGE PAPER 2**  
WRITERS' VIEWPOINTS & PERSPECTIVES

SECTION A: READING  
Q1: SHADE 4 STATEMENTS  
Q2: SUMMARY  
Q3: LANGUAGE  
Q4: COMPARE VIEWPOINTS

SECTION B: WRITING  
Q5: PRESENT YOUR VIEWPOINT

**MONDAY 12 JUNE AM**

**Hudson Rowan**

**LITERATURE: ROMEO & JULIET**  
**WEDS 17 MAY AM**

**Georgina Baldwin**

**LITERATURE: A CHRISTMAS CAROL**  
**WEDS 17 MAY AM**

**LITERATURE: P&C POETRY**  
**WEDNESDAY 24 MAY AM**

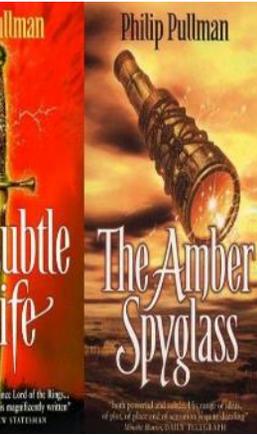
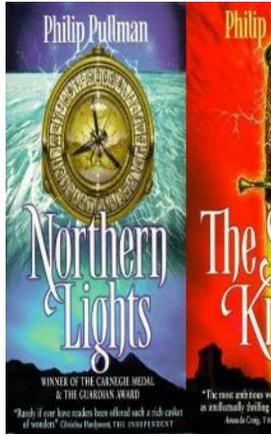
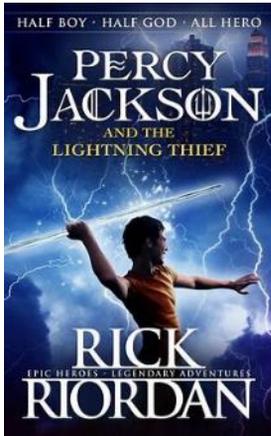
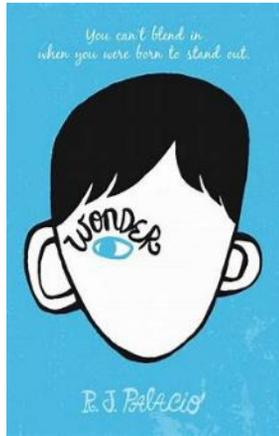
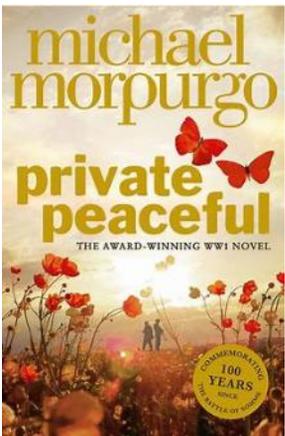
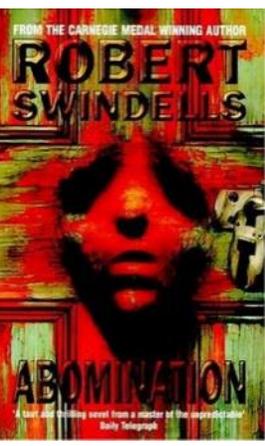
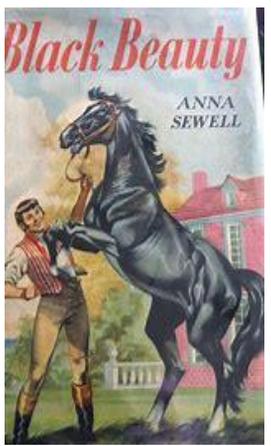
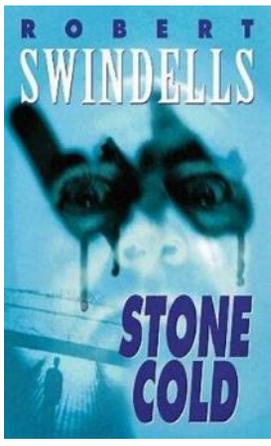
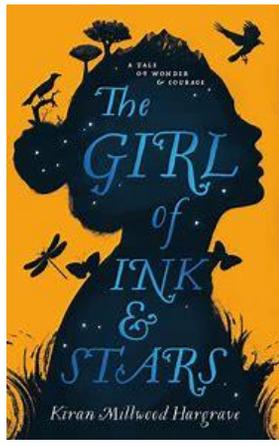
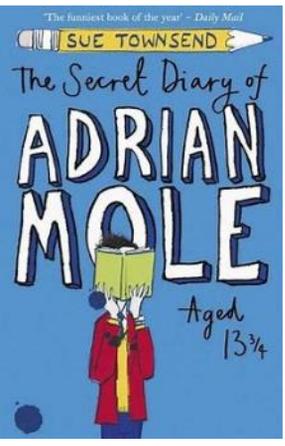
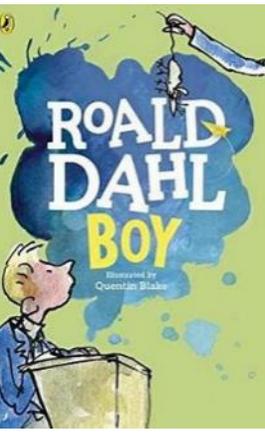
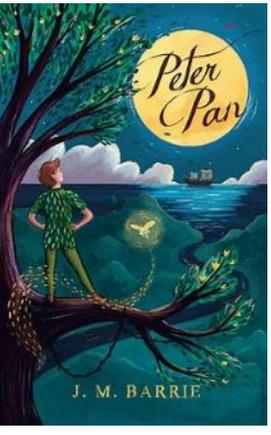
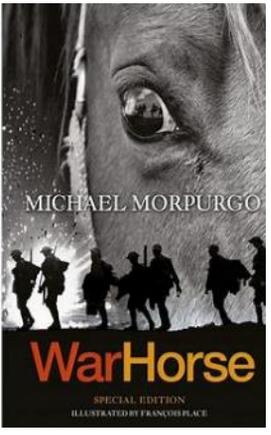
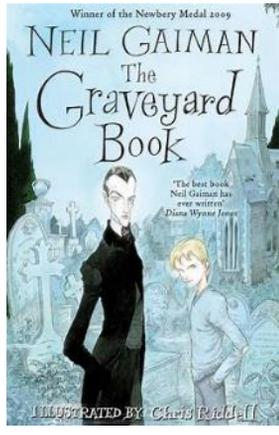
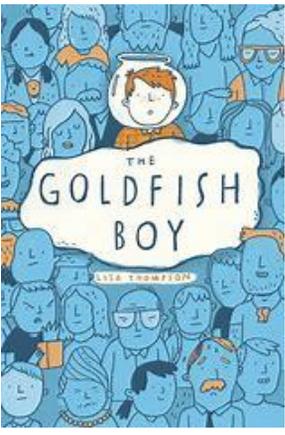
**Mrs Joyce's Year 11 Class**

# ENGLISH

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**



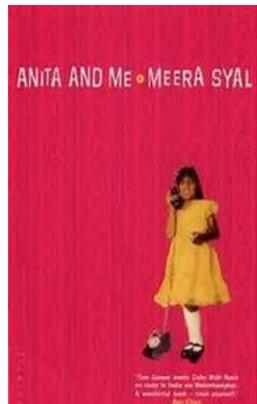
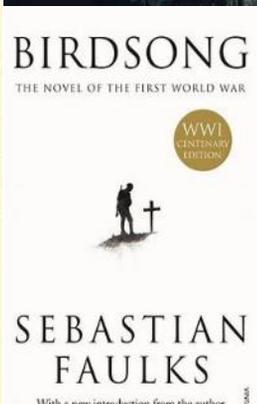
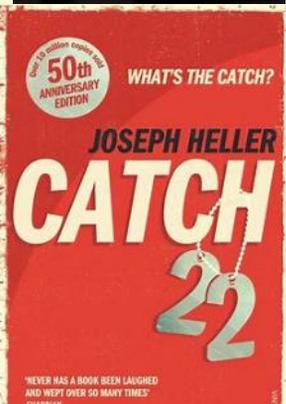
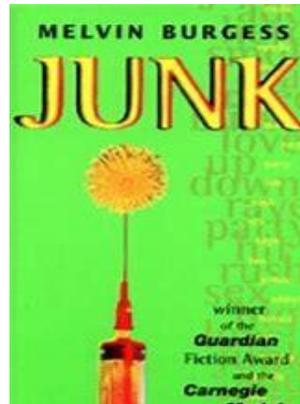
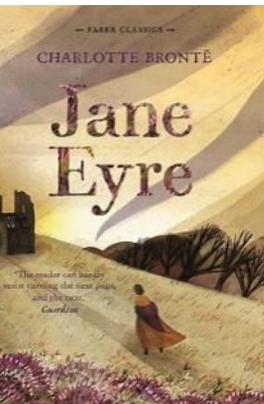
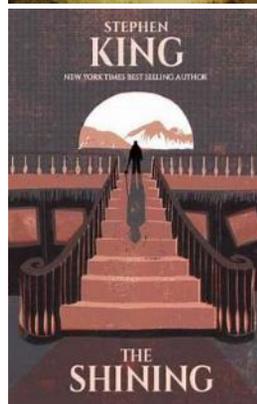
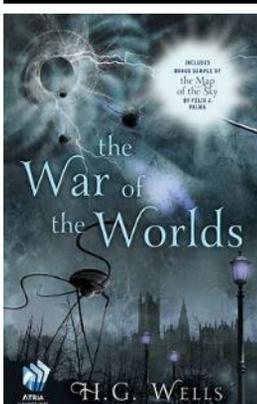
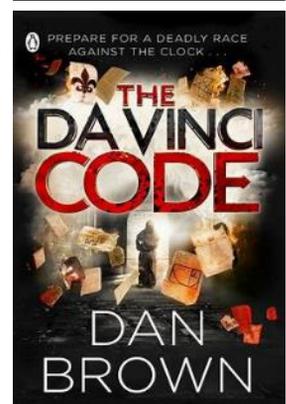
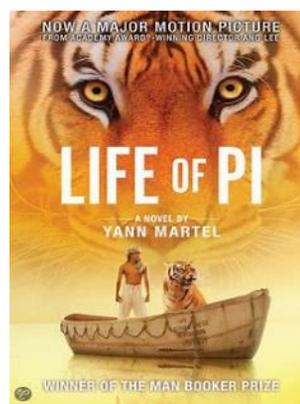
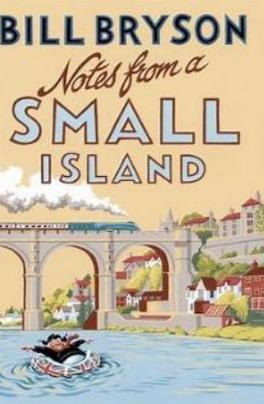
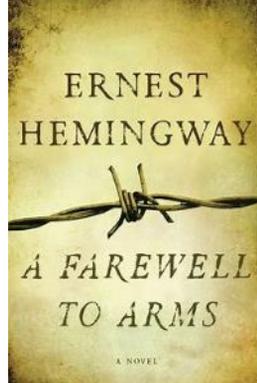
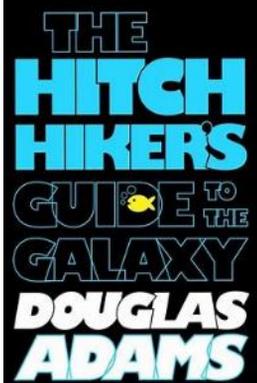
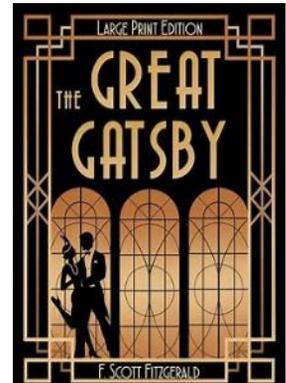
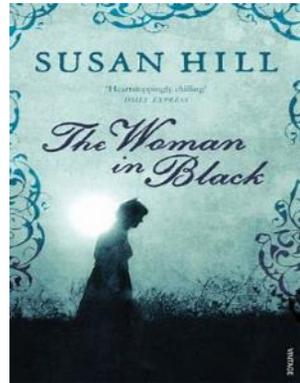






# ENGLISH

Year 11

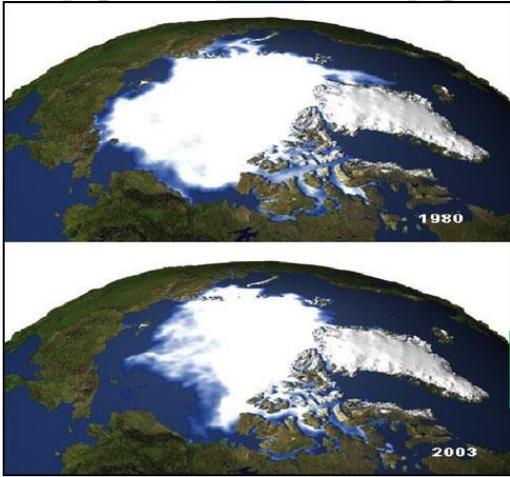


# BBG BOOKCASE



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 are still on with exploring the extreme conditions found in Antarctica. This week they are focusing on looking at why the ice is shrinking and what evidence there is of this. This includes investigating who the 'Ice Man' was and how he died! His body was preserved under the ice so students have been trying to work out how he died.

## Year 9

## Year 10



Year 9 and 10 are both looking at coastal processes and this week are starting to explore The Holderness Coast, the fastest eroding coastline in Europe! The year 10 students will be visiting here at the end of April on their first fieldtrip. In lessons both year groups are getting to see places close to home which are at risk of coastal erosion.

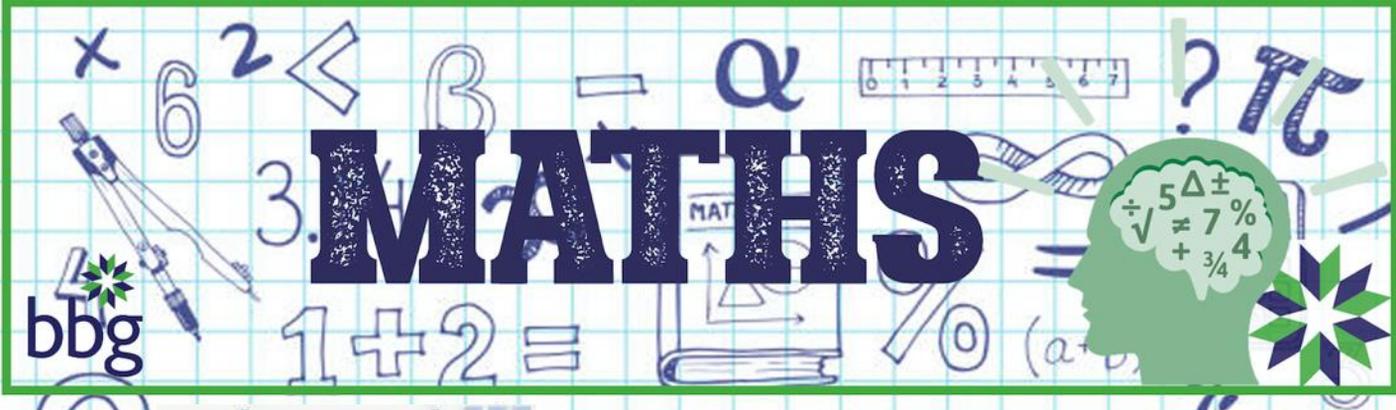


### Holderness Coast

## Year 11

Year 11 are building up for their final fieldtrip which was today! (pictures to follow next week!). This week in lessons they are revisiting key fieldwork skills before going to Leeds where they will complete an environmental survey and a questionnaire. The focus is on the regeneration of parts of the city and whether or not they have been successful.





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advancing learning, changing lives

**Year 11 Revision Websites**

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

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

**GCSE Maths Exam Dates 2023**  
Paper 1 19<sup>th</sup> May  
Paper 2 7<sup>th</sup> June  
Paper 3 14<sup>th</sup> June

*Maths Genie*

**Mathsgenie**

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

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



**onmaths**

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

This website has practice papers that you can complete online.

**ExamQ**  
by Mr Watts

**ExamQ**

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

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



**Corbettmaths**

**CorbettMaths**

<https://corbettmaths.com/>

This website has all sorts of resources and great videos.



**The GCSE Maths Tutor**

@TheGCSEMathsTutor

166K subscribers

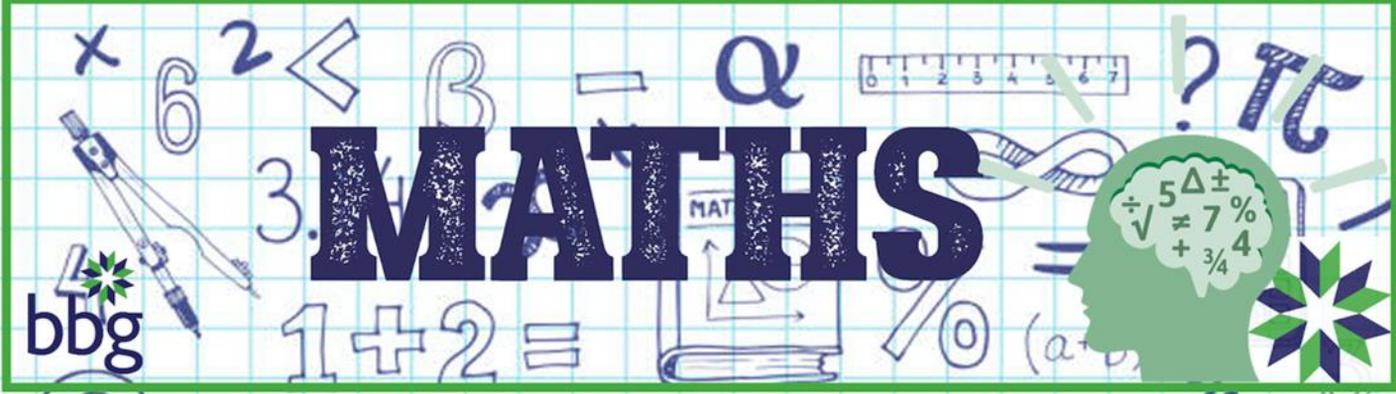
**The GCSE Maths Tutor**

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

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

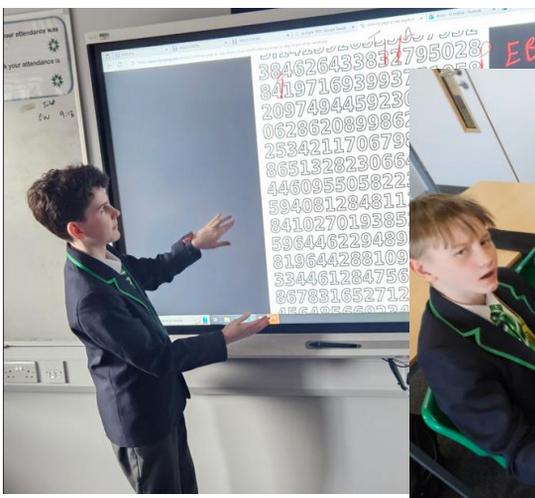


In addition, there are Sparx and Hegarty (whichever your teacher uses) which have many videos and practice questions.



Pi Day is celebrated on 14<sup>th</sup> March each year because if it was written numerically in the USA order, the date would be 3/14 or 3.14

In Mrs Shahid's lesson, Dexter Hughes in year 9 could recall Pi to 47 decimal places in 35 seconds and year 8 celebrated Pi Day by discovering the first 17 decimal places through games.

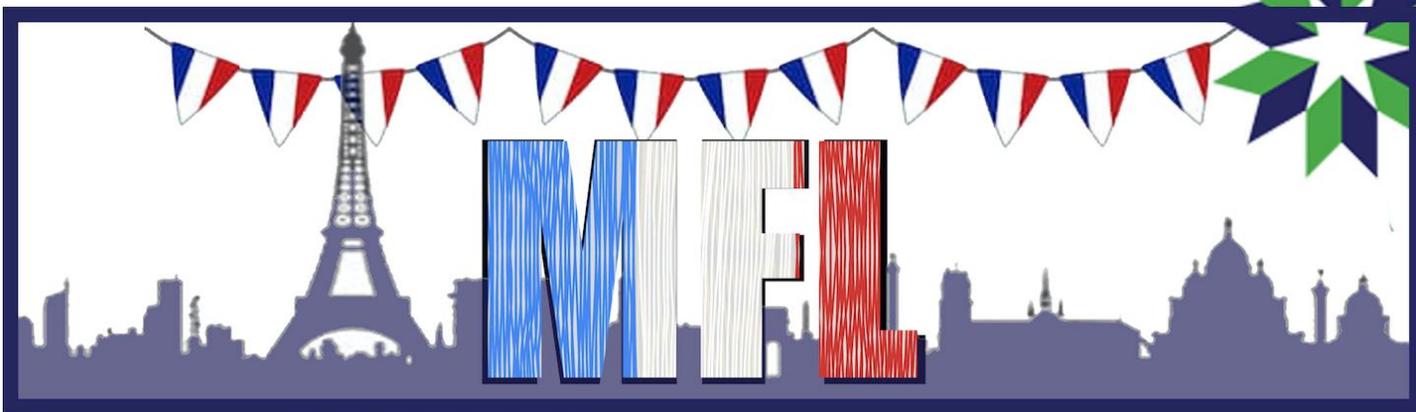


Proud to be a **Sparx Maths School**

Student Name	XP Level
Poppy Taylor	1
Lexie Pennington Hunter	1
Poppy Drewett	1
Jason Catton	1
Ethan Gallagher	1
Skye Tobin	1
Olivia Dunne	1
Jack McMillan	1
Mae Barbor	1
Bradley Giles	1
Arran Tobin	1
George Walker	1
Rosa Hepworth	1
Christopher Taylor	1
Muhammad Ali	1
Allegra Podesta-Atkin	1
Lily Metcalfe	1
Lucy Rogerson	1
Jessica Britton	1
Leah-Mae Mitchell	1
Scarlett Greenwood	1
Phoebe Nolan	1
Alfie Harrison	1
Lucas Stead	1
James Hirst	1
Gracie Revell	1
Dexter Mitchell	1
Sophie Haigh	1
Joshua Lupton	1
Ethan Harrison	1
Warren-Jack Cox	1
Lily-Mae Cox	1
Oliver Mungovin	1
Gabriel Boselli	1

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

**Sparx Superstars**



## Recipe of the week...

### Cheesy French toast with ham & grilled vine tomatoes

#### Ingredients

- 5 eggs, beaten
- 4 tbsp milk
- 140g gruyere cheese, grated
- 1 tbsp chopped chives
- knob of butter
- 1 large baguette, thickly sliced
- 250g cherry tomatoes on the vine
- olive oil, for grilling
- 250g sliced ham -
- watercress, to serve

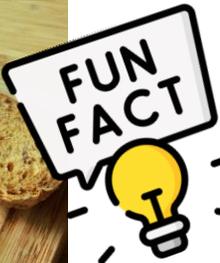
#### Method

**STEP 1:** Heat the grill to high. In a shallow bowl, whisk together the eggs, milk, cheese and chives. Melt the butter in a large non-stick pan over a medium heat. Dip slices of bread into the egg mixture, then place them in the pan. Cook for 3-5 mins on each side, or until golden and crisp, then keep warm in a low oven if you need to.



**STEP 2:** Place the vine tomatoes on a baking tray, drizzle with a little oil and season with salt and pepper.

Grill until they start to soften and blister. On a large platter, pile up the cheesy French bread, grilled tomatoes, sliced ham and a pile of watercress, and let everyone dig in.

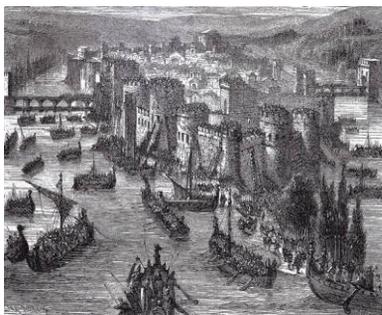


France produces over 1,500 types of cheese and more than 95% of the French population eats cheese. French cheeses have several defining characteristics such as how long they age, the process of making the cheese, and how mouldy they are.

*Epoisses* is an unpasteurised cow's milk cheese which is banned on French public transport because of its pungent aroma!

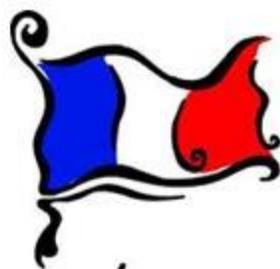
29<sup>th</sup> March 845 - Paris is sacked by Viking raiders, probably under Ragnar Lodbrok, who collects a huge ransom in exchange for leaving

13<sup>th</sup> March 1634 - First meeting of what would become the Academie Francaise in Paris at the house of Valentin Conrart. The Académie is the official authority on French language and publishes the official dictionary.





# KS4 French speaking club



*parlez-vous  
français?*

- Who? *Y10 and Y11 students of French*
- Where? *G49 – chez Mme Clough*
- When? *Thursdays 2:30-3:30 p.m.*
- Why? *To build confidence in speaking skills in a relaxed and supportive environment*





# TABLEAU D'HONNEUR



Miss Easby:

Hannah Peace, Zaid Patel and Emily Onyszko for being quietly awesome every lesson.



Mrs Clough:

Maisie Pye, William Nicholson and Emily Boyce for improved effort and attainment in French.



Miss Jones:

Darcey Arnold and Hannah Norrington for your achievements in the 150-word writing.

Bravo!



# TABLEAU D'HONNEUR



Miss Easby: Sam Robertshaw, Logan Pinder and Owen Sheard for being fully engaged and participating in lessons.



Mrs Clough: Sam Whitely and Spencer Hartley for completing topic-based tasks on Seneca.



Miss Jones: Georgia Watts for improvement in writing. Jacob Jones for rising to the challenge of translating a poem from French into English thereby winning himself an early Easter egg, well done!

Mrs Santry: Unique Ball and Amber Smith for increased confidence and participation



# Performing Arts

## Year 8 Social Media Performance

This half term's Year 8 Performing Arts lessons are on the theme of social media, and students are exploring the benefits and pitfalls of social media platforms for young people. They are creating a whole class performance which shows both the positive and negative aspects of social media.

These are some of the pros and cons that students highlighted in our class discussions:



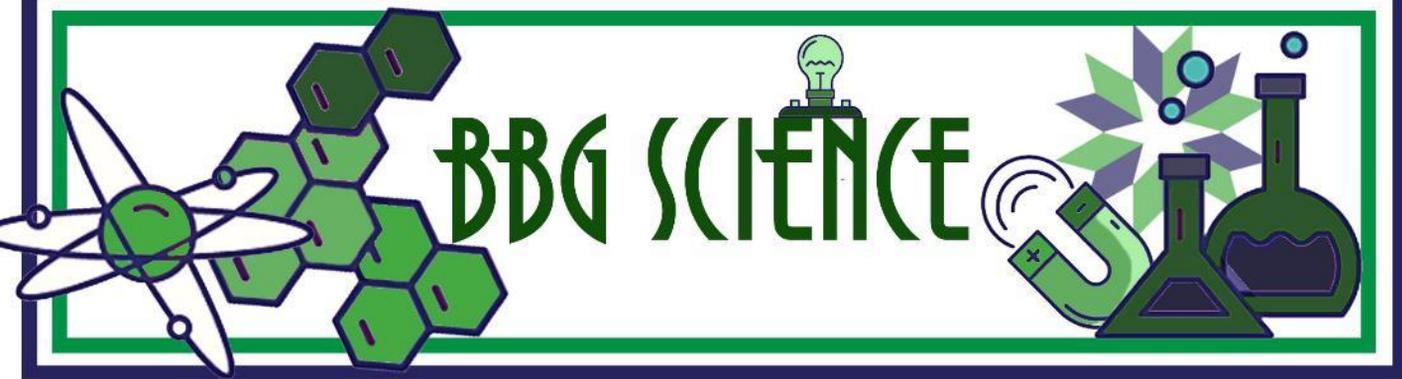
### Positives:

- Social media is great for staying in touch with friends. This was particularly important to young people during lockdown.
- Gaming against other people is so much more fun than playing alone
- It can be good for self-esteem if someone likes your post or makes positive comments.
- It's great for sharing your news or arranging to meet up with friends.
- Targeted advertising means that shopping is so much easier.
- It can help to build community links and create a sense of belonging.
- It is entertaining
- It can raise awareness of important issues.
- Platforms such as YouTube enable people to share their creativity and gain publicity.

### Negatives:

- It can become addictive
- You don't always know who you are talking to.
- It can lead to cyber-bullying
- If someone makes negative comments it can reduce self-esteem
- It can lead to gossip and spread rumours
- It can spread fake news, and people believe everything they read.
- It can lead to peer pressure

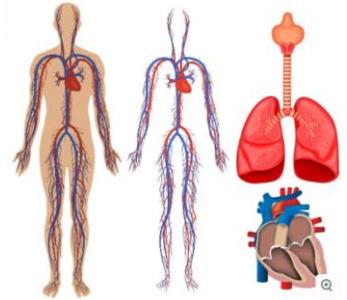




We were delighted to be invited to Birkenshaw CE Primary School to support practical science, specifically the circulatory system.

The Year 6 teachers of Triton and Europa came to our open evening in September and saw us dissecting. They asked if we could come into school and help deliver some transition science lessons.

Students learnt about what organs are in the circulatory system, what is in blood and what these things do (function).



### What is in Blood?



**Red Blood Cells**  
Carry oxygen to all body cells

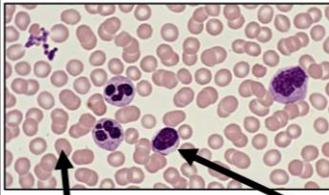


**Platelets**  
These are cell fragments which are important in blood clotting and forming scabs.



**Plasma**  
- Liquid part of blood.  
- Carries digested food and waste materials e.g. carbon dioxide.

### What is in Blood?



**Red Blood Cell**

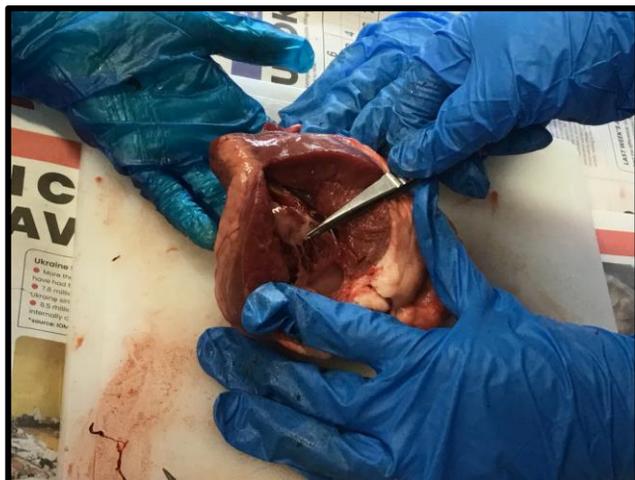
**White Blood Cells**

- White blood cells help to defend against microbes.

**White Blood Cell**

Year 6 were amazing and learnt that the heart is made up of 4 chambers. We modelled with our hands where the blood entered the heart (veins) and where the blood left the heart (arteries).

We used the words VA VA to help us remember where the blood came in (veins), what chambers it flowed through (atrium, then ventricle) and the name of the blood vessels, where the blood came out (away) from the heart (arteries). We chanted: Vein, Atrium, Ventricle, Artery (away). Both Triton and Europa were very enthusiastic!



Students were shown how to dissect a heart. Working in small groups they safely used scissors, scalpels and tweezers to dissect their own hearts. They discussed the difference in the thickness of the 2 sides of the heart, the 4 chambers, the blood vessels and valves.

# BBG SCIENCE

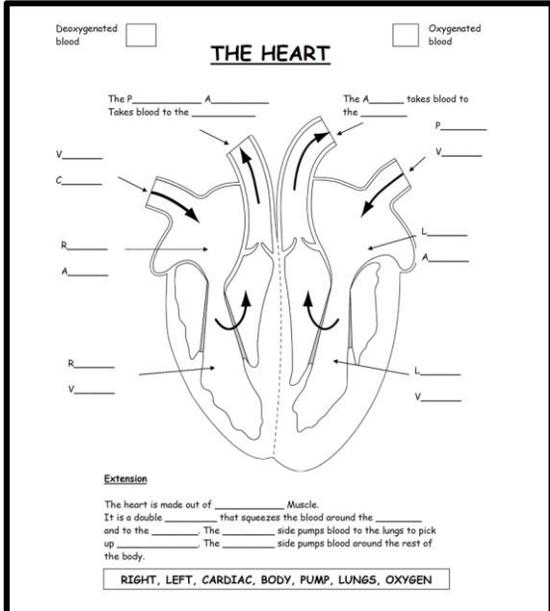


BBG colleagues were so impressed by their willingness to try something new, and out of their comfort zone.

The students showed great resilience, fantastic group work skills and amazing oracy!

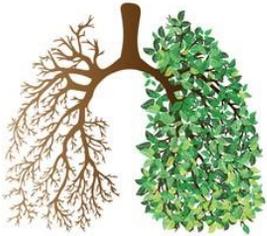
All students could label up the heart and explain which side of the heart pumps the body and which side pumps to the lungs.

A big thank you to Mrs Eyes for taking the time to work with the students at Birkenshaw, we know she enjoyed it very much.

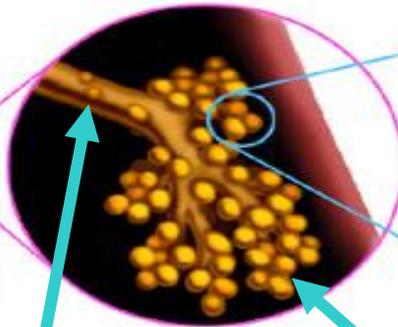
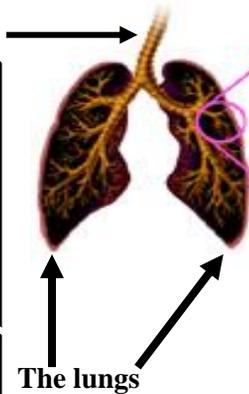
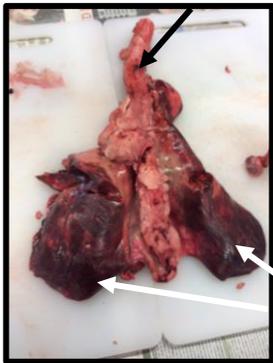


# BBG SCIENCE

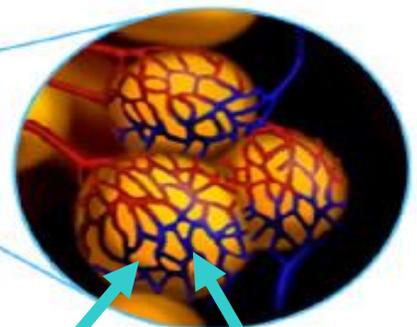
Year 6 also learnt about the structure of the lungs.



If we could look inside the lungs, you would see a network of tubes branching out and getting thinner and thinner. This is a bit like an upside down tree! The trunk is the trachea, the branches are the bronchi and the twigs are the bronchioles. The alveoli are like bunches of grapes.

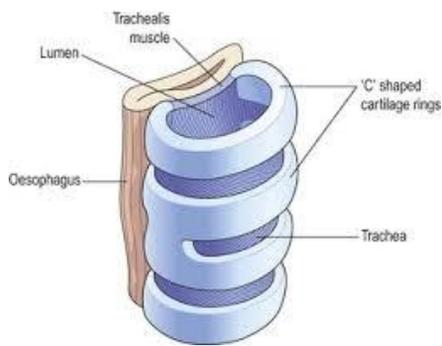


Bronchioles



Alveoli (Air sacs)

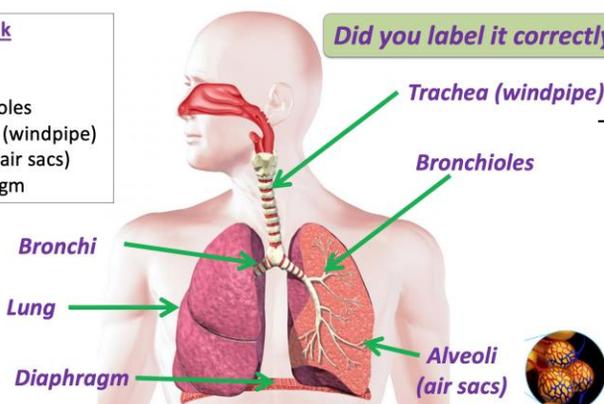
Blood capillaries



**Word Bank**

- Bronchi
- Lung
- Bronchioles
- Trachea (windpipe)
- Alveoli (air sacs)
- Diaphragm

*Did you label it correctly?*



The students also learnt about the structure of the lungs. Triton and Europa classes should be very proud of themselves. Their behaviour, effort and enthusiasm was outstanding.

We can't wait to teach you at BBG!

# Travel & Tourism



**Daisy Hallam**  
Great focus on Customer service tasks



**Holly Kershaw**  
Great focus on Customer service tasks



**Niamh Hutchison**  
Working independently and in her own time to catch up on coursework.



**Chloe Dewhirst**  
Working independently and in her own time to catch up on coursework.



**Cameron Burston**  
Great focus when researching his organisations.



**Gemma Davies-Carr**  
Working independently and in her own time to catch up on coursework.



**Emily Taylor**  
Great focus when researching her organisations.



**Phoebe Strang**  
Working independently and in her own time to catch up on coursework.

# BBG Year



## STARS OF THE WEEK



**SOPHIE HAIGH**  
A fantastic student who supports and cares for others



**SAMUEL CUNNINGHAM**  
For awesome effort in online learning



**SUMMER PEARSON**  
For working hard and doing the right thing



**MILLER PALMER**  
A great start to a new school. Welcome to the team, Miller!

**CONGRATULATIONS  
TO YOU ALL!**



**IMOGEN DALBY**  
For outstanding effort in everything she does



**WILLOW PEASLEY**  
For fighting and standing up for issues that matter to her and others



**HENRY WHARTON**  
For his cheerful and hardworking approach to everything



## CERTIFICATES AWARDED TO



### **Imogen Barnes**

Imogen has a tremendous work ethic which means she is making great progress in all her lessons. She is polite, well-mannered and mature. Imogen is a pleasure to have in the year group.



### **Sofia Briggs Gonzalez**

Sofia has made fantastic progress. She has received some great feedback from different lessons, and she is becoming a role model to her peers. Well done, Sofia, keep up the good work.



### **Kaden Newsome**

Kaden has had a great week. I have seen the noticeable change in effort and attitude around school meaning he has been making progress inside and outside of lessons. Well done on a good week Kaden, keep up the good work.

# YEAR 9



# STARS OF THE WEEK



**ADAM  
BOOCOCK**

for participating at Crufts last weekend, achieving 5th place in one of the rounds!



**OLIVIA ADGIE**

for continuing to try her hardest each day



**JESSIE  
BROWN**

for being quietly awesome



**TOM BROWN**

for always completing his Maths homework, without fail, to the best of his ability



**LUCAS  
MURRAY**

for being amazingly kind and helpful to other students during break times



# MISS BLACKBURN'S STARS OF THE WEEK YEAR 10

Consistently working well in English and always looking to improve

OLIVIA HAWKSHAW



Lovely, polite member of Year 10 who is always working hard

ETHAN WILLIAMS



## ALEXIE HULLEY

WINNING THE TDCI SENIOR  
SONG AND DANCE  
CHAMPIONSHIP

Improved dedication and attitude towards learning in English

OLIVIA DOCHERTY



Finishing 6th in the TDCI Senior Modern Championship

OLIVIA BAKER



Always getting things right in lessons

SAM ENGLISH



Showing great independence in his learning in English

BRANDON HUDSON



Fantastic effort levels and attitude in PE

EMILIA STOCKHILL



WELL!  
Done!

bbg year

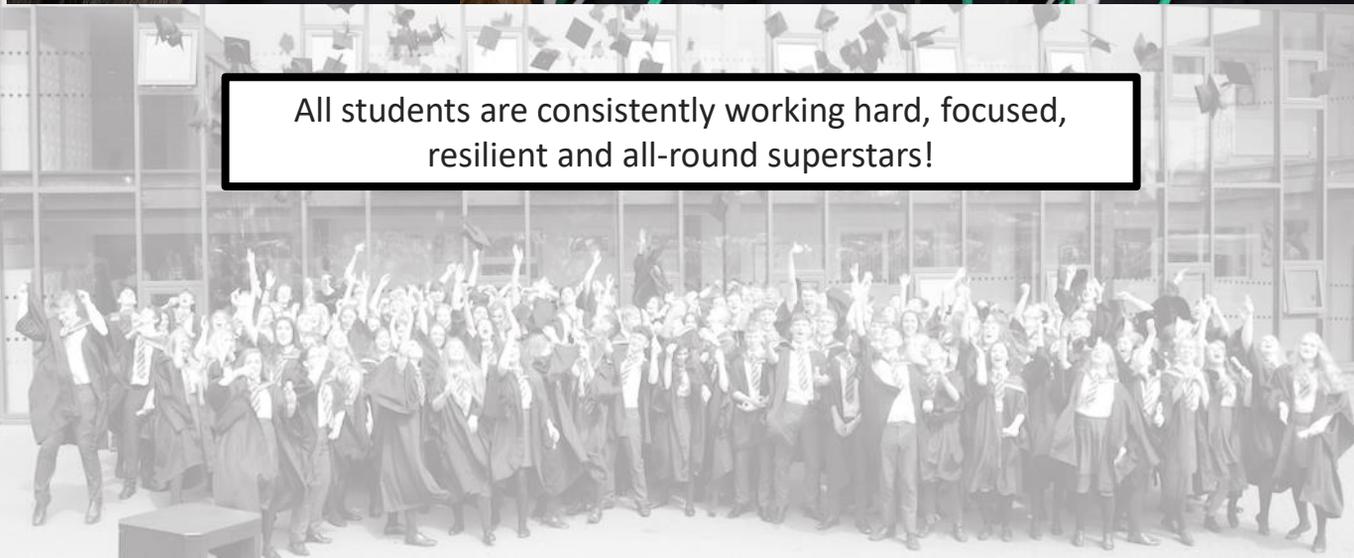


## STARS OF THE WEEK

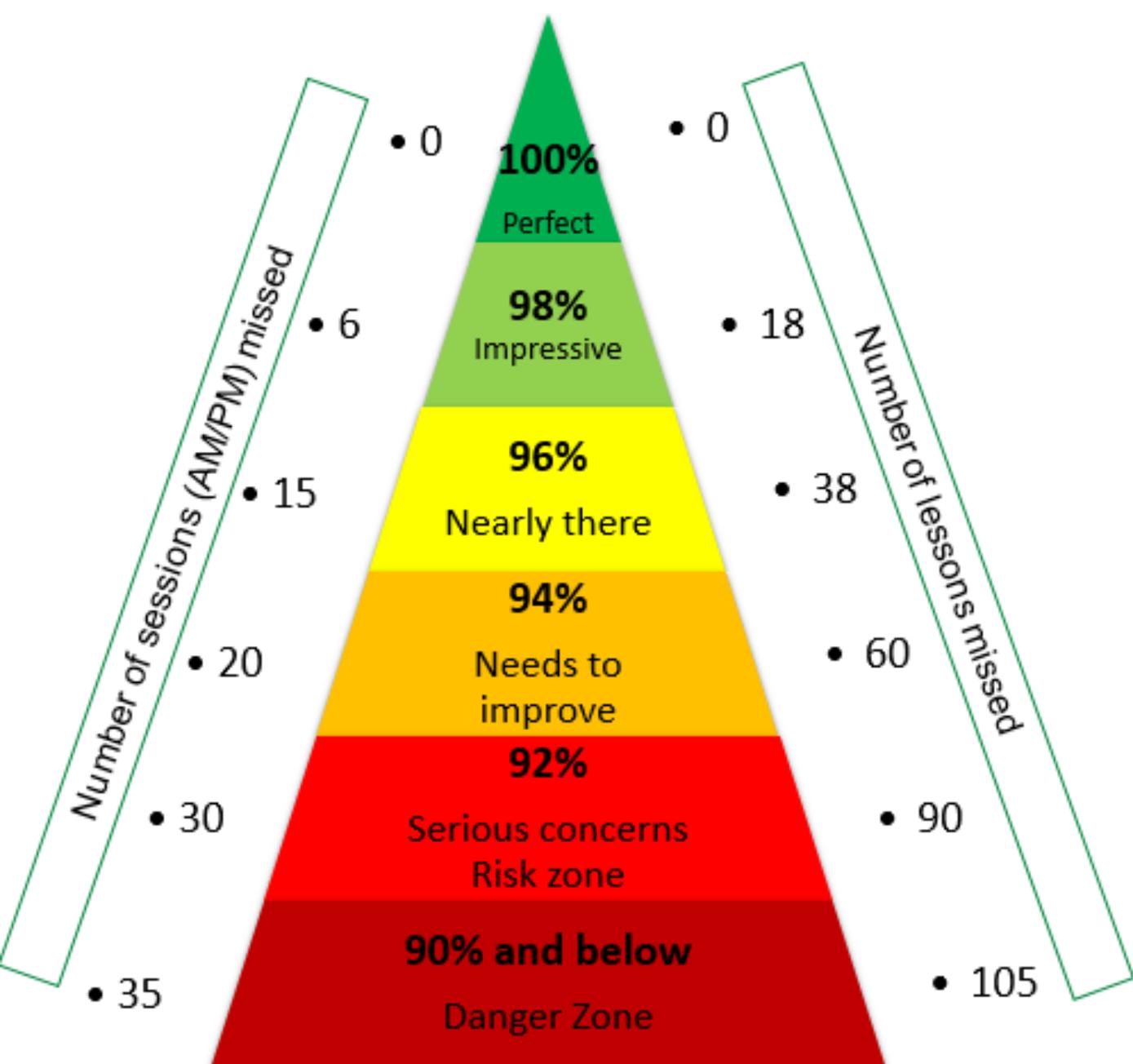
GEORGINA BALDWIN, LEAH BLAKEWAY AND HUDSON ROWAN  
NOMINATED BY MR SMITH



All students are consistently working hard, focused,  
resilient and all-round superstars!



# 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**

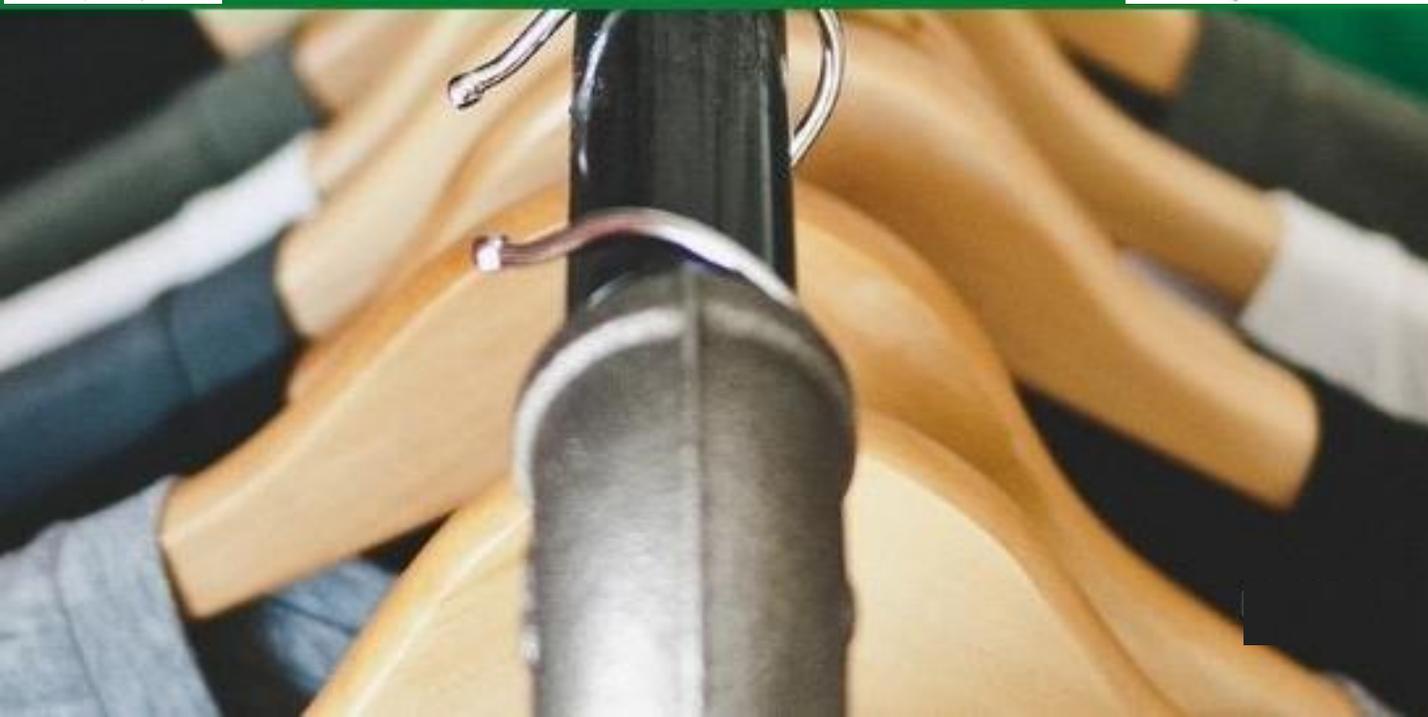
**Available to all students  
Fully washed and ironed  
Please contact reception**

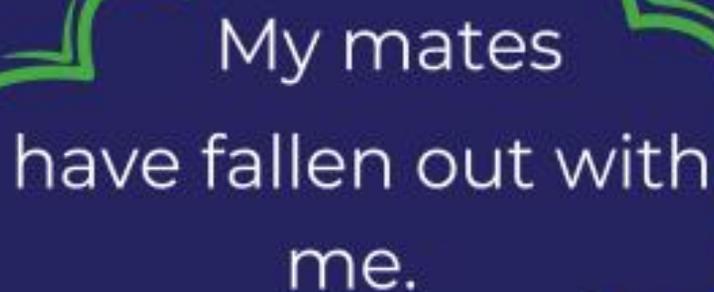
**Options:**

**Get new (used) items**

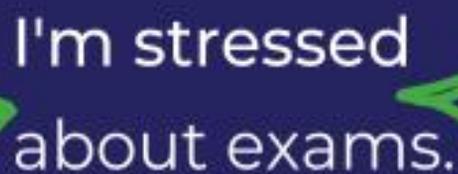
**Swap for a larger/smaller size Donate old  
uniform**

**Please email: [uniform@bbgacademy.com](mailto: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](mailto:Tellsomeone@bbgacademy.com)**

**#TEAMBGG**



# TWEETS of the WEEK



**BBGYear7** @BbgYear7 · 4h

When I said there would be bonus points for getting members of the family involved, I wasn't expecting a pet rat! Well done Lily and Blu!

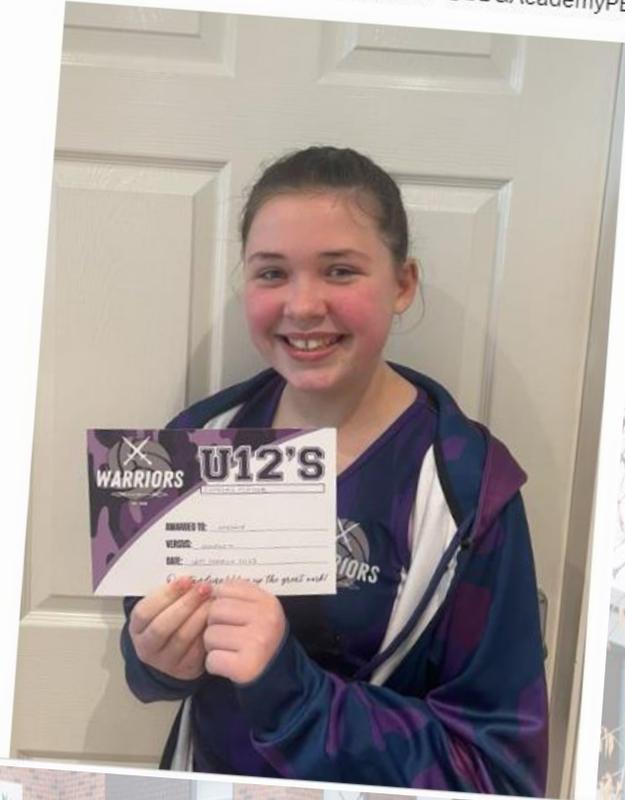
**BBG Performing Arts** @BBGPerformance · 4h

Online learning body percussion challenge, with bonus points for including her pet rat, Blu! Well done Lily (watch out for Blu's disappearing act!) 🎵🎶



**Kate Dalby** @kate2411 · Mar 12

Coaches player this morning @BbgYear7 @BBGAcademyPE



**BBG Science** @BBG\_Science · Mar 14

Trust students taking part in a RMAT masterclass on astrophysics at UTC @BBGAcademy @Rodillian\_Ac @braytonacademy1 @FeatherstoneAca



**BBGYear7** @BbgYear7 · Mar 12

This girl never stops!!!! Well done J- I'm so glad you were happy with performance! VERY proud of you! #TeamBBG💙💚💙

**Authenticceltic** @authenticceltic · Mar 12

J has played on the LTA North Tour u14's tournament today. She's new to competing and the youngest in the age group, but happy with her performance today. Says reading @MarcusRashford 's book is helping her think like a Champion 🏆 @bbgyear7



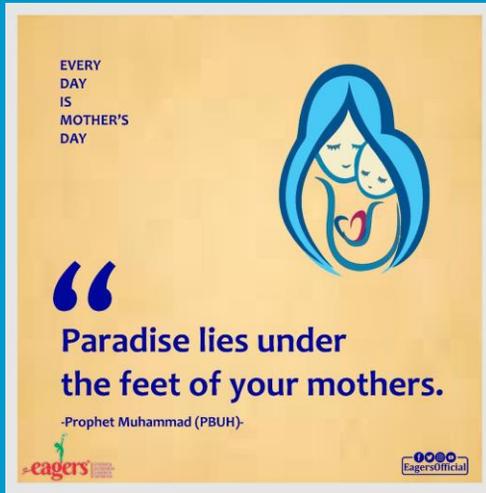
**BBG Academy** @BBGAcademy · Mar 15

A beautiful morning at BBG 💙💚💙



# 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?

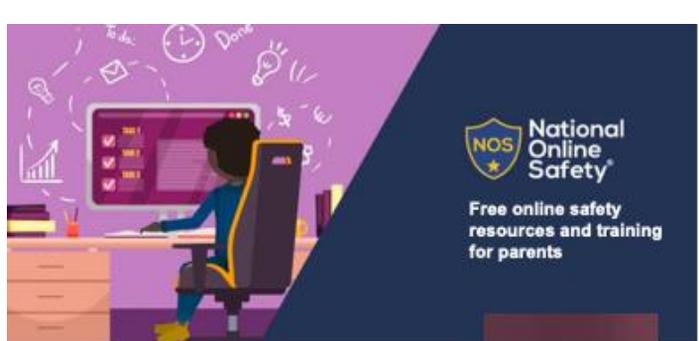
Are there any careers or sectors of employment where being female is still male dominated? Why do you think that this is?

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

**EVERYONE DESERVES TO BE TREATED THE SAME**

## THIS WEEK IN HISTORY





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.



**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

Download on the App Store | GET IT ON Google Play

**10 Top Tips for Keeping Children Safe From Cyber Crime**

Published: 16th February 2021

This week's free online safety guide focuses on 10 top tips for keeping children safe from cyber crime. We all want to ensure being informed and inspired by the ever-changing capabilities of the internet. This guide takes a look at a range of top tips such as backing up your data, how to spot phishing text and how to recognise warning signs.

VIEW THE GUIDE | VIEW ALL TRAINING

**7 Top Tips for Supporting Children to Express Themselves Safely Online**

Published: 3rd February 2021

This week's free online safety guide focuses on supporting children to express themselves safely online. The past year has left many children feeling uncertain and unsure, so this year's Children's Mental Health Week has adopted the theme of 'express yourself'. The guide takes a look at a range of top tips on cultivating their identity, supporting their interests and enabling emotional expression.

VIEW THE GUIDE | VIEW ALL TRAINING

**What Parents Need to Know About WeChat**

Published: 27th January 2021

This week's free online safety guide focuses on WeChat. WeChat is an all-in-one communications app for text, messaging, voice and video calls, photo sharing and games. The guide takes a look at how to enable a range of parental risks such as adult content, strangers and drug dealing.

VIEW THE GUIDE | VIEW ALL TRAINING

www.nationalonlinesafety.com | Call: 0800 368 8061 | Email: hello@nationalonlinesafety.com  
Twitter: @natonlinesafety | Facebook: /nationalonlinesafety | Instagram: @nationalonlinesafety

# TOO MUCH TECH TIME?

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

JOIN THE CONVERSATION  
[TEENSLEEPHUB.ORG.UK](http://TEENSLEEPHUB.ORG.UK)  
#TEENSLEPMATTERS

POWERED BY

# 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

Kyle Lodge, Woodfield Park, Tidmill Road, Bally, Doncaster DN4 6DN  
info@the-sleepcharity.org.uk | the-sleepcharity.org.uk | +44 (0) 1302 751 405  
Copyright © 2021 The Sleep Charity. All rights reserved.

[teensleephub.org.uk](http://teensleephub.org.uk)

The Sleep Charity, a charitable incorporated organisation registered with the Charity Commission under registration number 1155065.

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



## REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.



# SPORTS STAR OF THE WEEK



**Ryan Parkin**

For being the Blooket champion on snow day



**Hudson Rowan**

Revising 6 markers independently. Fantastic resilience!



**Libby Metcalf**

Revising 6 markers independently. Fantastic resilience!



**Kiera Voyce**

Revising 6 markers independently. Fantastic resilience!



# SPORTS STAR OF THE WEEK



## Isaac Graham

Great effort and attitude in PE this week. Isaac not only pushed himself but encouraged others during our fitness competition. Fantastic work.



## Finley Supple

Great effort and attitude in PE this week. Finley not only pushed himself but encouraged others during our fitness competition. Fantastic work.



## Noah Jackson

Great effort and attitude in Health and Fitness this week



## Jack Dawson

Great effort when refining skills in GCSE PE



# SPORTS STAR OF THE WEEK



**Junior Alton**

Shows great resilience in PE and attending afterschool sports clubs



**Matilda Finn**

Continued hard work and great commitment towards her GCSE PE



**Stevie Fisher**

Constantly working hard to improve his knowledge in GCSE PE



**Aoife Sugden**

Great contributions in GCSE theory lessons along with great progress in 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](http://www.kirklees.gov.uk/cost-of-living)

**Kirklees  
COUNCIL**

**EAST BIERLEY COMMUNITY  
SPORTS ASSOCIATION**

**Blue Dogs**

# EXTRA-CURRICULAR HIGHLIGHTS



Congratulations to the Year 9 Netball team who won the Spen Valley Tournament hosted at BBG. They were unbeaten throughout the evening. BBG Team 2 also came 3rd. Massive congratulations to all the amazing Academy girls involved!

This week the Year 10 and 11 GCSE PE students went to the John Charles Centre for Sport to complete their athletics assessments. Although it was not quite the weather for Athletic events, the students enjoyed their afternoon out and put in some great work to contribute towards their GCSE marks.



#TEAMBGG



# SPORTS STAR OF THE WEEK

Evie Smales had her 2nd 'Skills' fight at Bradford Hotel on the 25th February.

A skills fight is for the early stages of boxing, and usually boxers have up to 6 skills fight before bouts start to occur.

Evie has been boxing since lockdown, so around 3 years, and boxes down at the Training Cave.

We think it is brilliant that Evie is found a new sport that she loves, and we are really excited to see her in future skills fights, and maybe even bouts!





# FIXTURES AND RESULTS



Year 8 v Whitcliffe @Home  
Friday 17th March

Year 11 v MFG Away Monday  
20th March



Year 9 & 10 Ilkley Rugby 7's  
Tournament Wednesday 29th  
March



20th March - Year 7, 8 & 10 Vs  
South Craven (A)

22nd March – Year 8 Vs Spen  
Tournament (A)

23rd March – Year 7, 8 & 9 Vs  
Skipton (A)



Year 10 v Heckmondwike  
Won 3-1



Year 9 Spen Tournament – 1st &  
3rd

# SPORTS IN THE COMMUNITY

RECRUITING NOW



Year 3 to Seniors  
[birkenshawbells@outlook.com](mailto:birkenshawbells@outlook.com)



Under 12s to Under 18s  
[www.gffc.co.uk/contact](http://www.gffc.co.uk/contact)



Under 7s to Under 18s  
[www.cleckheatonruffc.com/contact](http://www.cleckheatonruffc.com/contact)

**WE'RE RECRUITING**

**JOIN US**

Batley 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

Batley Girls ARLFC Batley girls

**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