



the bbg bulletin



It could be said that rugby runs through the veins of Lily Trotters family. Lily's dad, Malcom, who has worked with the girls' rugby team here at BBG, used to take Lily along with him whilst he was coaching, and Lily says it never occurred to her not to play; she just joined in.

Lily plays her club games at Cleckheaton, and last September the club put her forward for Yorkshire Centre of Excellence trials. This consisted of a 6 hour selection process, and Lily, despite being only 15 years old, was actually selected for the under 18 squad. This is a phenomenal achievement anyway, but even more so as only 30 players in the whole of Yorkshire were selected.

The Centre of Excellence squad train twice a week at various rugby grounds across Yorkshire, focussing on strength and conditioning and drill/skill work. They play matches once a month, and this weekend was a tournament at Sheffield Hallam University. This was the first time Lily had been called up to play in the team, and she was the only player of her age to play in every game of the tournament. The final results were three wins and one loss, leaving the Yorkshire team in second place overall.



Lily's favourite part of the tournament was gaining the experience of playing alongside members of the England team (and getting to wear a really nice, long coat between matches!).

Lily would like to continue to progress in Rugby as far as she can, and has already set herself the goal of one day playing for the England team. With Lily's determination, we are sure she will make it, and we can't wait to organise a trip to go and watch her England debut!

Well done Lily! We are incredibly proud of you!

A day in the life of Mrs Luffman

We all know Mrs Luffman! She is a really active part of BBG Academy and we see her smiling, greeting pupils at the start and end of the day, at lunchtime and she can also be seen at the side line at netball and rugby matches. I thought it would be really interesting to ask Mrs Luffman some questions and find out a little bit more about the person behind our Principal.

1) What is the best thing about being a head teacher?

"There are just so many, where do I start? Being even a small part of a child's life is an enormous privilege and one I take very seriously. I enjoy being part of Team BBG and everything that it brings. I think the very best thing about being a Head teacher at BBG is being part of an incredible team of students, parents, colleagues, and community"

2) What is the hardest thing about your job?

"This is a very tough question as there are different elements that I find difficult and there are parts that make me very sad. I think the hardest parts to deal with are those elements that are linked to children's well-being".

3) Who inspired you to become what you are today?

"This is a question many people ask teachers and quite often it is down to being inspired by other teachers in their lives. My answer is very different. I, for as long as I can remember, wanted to be a teacher. Before I even attended school, I remember lining my teddy bears and dolls up and taking a register. As a child, I went to many schools both in the UK and abroad as I grew up in a military family. Whilst this was tough at times, it was, on reflection, a fantastic opportunity to experience so many different education systems. My experiences just reinforced my desire to teach. I think it is a great privilege to be a part of a young person's life. I never really had a big plan to become a Head teacher, I have just been very fortunate to have leaders who have been great coaches and have given me opportunities to develop"

4) What one thing is the most important about BBG Academy?

"I feel blessed every day to work at BBG. I am so lucky to work alongside the most incredible committed colleagues who go the extra mile for students. The way in which our students and our community buy into our ethos and the TeamBBG 'brand' is incredible. I love the 'go get them' attitude of students and their genuine desire to do their best. I sometimes forget that it is a job, I enjoy it so much. The single most important thing to me is that we give the best possible life chances to the young people we serve and that school is a safe happy place to come to"

5) What would you be if you weren't a head teacher?

"I honestly cannot think of another job would love so much. I have so much admiration for people who work in medical care and the police and the military but don't think I have what it takes to be in those roles. If pushed I think I would like to do something that involved being outside, maybe an outdoor education instructor"

6) What is your favourite song?

"Hmmm had to think about this one. I think I would have to say Angel by Sarah McLachlan."



Reporter:
Cerys Barson



A day in the life of Mrs Luffman continued ...

7) What do you do to relax?

"I love to be outside and I live very close to moorland. I like to walk on the moor. I also love the gym".

8) What advice would you give to your teenage self?

"Seize the day... take every opportunity afforded to you and throw everything into it. Cherish family and friends, and don't take yourself too seriously".

9) What is one thing not many people know about you?

"I am quite a private person outside of work and I try to keep a low profile. Honestly, there isn't a whole lot that is very interesting. Maybe that I can play the recorder with my nose! Gross I know"

10) What three words would your colleagues use to best describe you?

"I have cheated a little on this one and asked the senior leadership team what they would say. Some of their answers made me laugh... such as 'tall' and 'blonde', and 'particular' (I need to work on this... I think I can be very inflexible with my expectations). Mr Wootton kindly offered 'Face for radio'. They also came up with some that also some that made me feel very humbled such a caring, understanding, driven, relentless, resilient, and human". I think I would like to be seen as loyal, conscientious and kind"

It was so interesting to find out some of the experiences that have led Mrs Luffman to where she is. An in-person inspiration at our Academy, who was destined to be a teacher or Principal from an early age. So good to get behind the scenes of some of the staff at our school.



Reporter:
Cerys Barson

Discrimination against LGBTQ+

LGBTQIA+ people can be anything from homosexual to being transgender or even non-binary. They are often discriminated against for being who they are and expressing themselves. In some countries, such as Nigeria, there are still many restrictions that do not even allow LGBTQIA+ people, and you can receive up to 14 years in prison! However, what surprised me most was that there is no protection for LGBTQIA+ members in some states in the US. Why do people still discriminate? They are still people who can make their own choices and if who you are is a crime then we should take another look at the world because everyone has the right to be themselves.

Lawmakers in Arizona introduced a LGBTQIA+ anti-discrimination bill. Discrimination is mainly based on their sexual orientation or their gender identity in workplaces, housing, and places of public accommodation, which covers most businesses selling goods and services to the public.

Sometimes it can be intimidating or scary to people of the LGBTQIA+ community when they hear that their family do not support LGBTQIA+, and they are forced to stay hiding from who they really are if you need to support the staff at the school can help you with any worries.. All BBG students are welcome at the Rainbow Club every Friday at 7:45 in G 51, breakfast is provided.



Reporters:
Jaiden Robinson,
Olivia Payne and
Elissa Kilburn

The Battle of Eylau

Monday 7th of February marks the 215th anniversary of the 'Battle of Eylau', a bloody and violent battle in which Napoleon Bonaparte's French Empire faced off against the Russian Empire, led by Levin August von Bennigsen, which was brought to a crushing defeat (despite outnumbering the French's soldiers and heavy weapons).

Who is Napoleon?

Napoleon Bonaparte was a French king who reigned for almost ten years (May 1804- April 1814), taking the throne a decade after Louis XVI was executed for treason in 1793. After the end of the French revolution, the people believed they would get a king who wasn't as selfish (Louis XVI didn't care about his people – he was executed for ignoring the government, who demanded that he stayed in Paris, and instead fled to the border where he was caught by a postman and later killed) or arrogant (Louis' symbol was a sun, which meant that he thought he was more important than the people of France) as the last person who was in control of their lives. Despite crowning himself in his coronation, Napoleon wasn't as hated and unpopular as his predecessor. In fact, the French citizens thought that he was a great king.



Reporter:
Dexter Hughes

How did the battle start?

The battle of Eylau took place in the Napoleonic wars, a 23 yearlong conflict between several European armies. At the time of the battle, Napoleon's army had already beaten the Austrian army.

Where was it?

The battle took place in [Bagrationovsk](#), a Russian town 37km south of Kaliningrad. Side note: The weather conditions were freezing, making the battle even worse.

How did Napoleon's army win?

Like any great general, Napoleon had plenty of battle tactics and efficient ways to overcome his enemies.

On the first day of the battle, both sides suffered 4,000 casualties and Bennigsen withdrew some of his troops from the frontline, Napoleon's army taking the lead.

The following day, Napoleon was taking heavy losses, and his plan of action was to charge the enemy with his 11,000-cavalry reserve, led by the courageous French commander Murat.

After 14 hours of violence and blood, the battle ended, and the French emerged victorious.



International Women in STEM Day

Every year on February 11th, the International Day of Women and Girls in Science seeks to promote equal access for both genders to participate in science. It is also a day to recognise the role that women play in science and technology.

The shocking truth is that only 35% of all students involved in Science, Technology, engineering, and maths (STEM) are women. Recent studies have shown that women who work in these fields are actually paid less than men. Although there are fewer women in these fields than men, their discoveries and research is as important. These women have rocked the STEM world:

Marie Curie – this physicist and chemist was the head of the physics lab at a European University who went on to win the Nobel Prize in 1903 with her husband.

Mae C. Jemison – She was a medical doctor and astronaut, who in 1992, became the first African American woman in space.

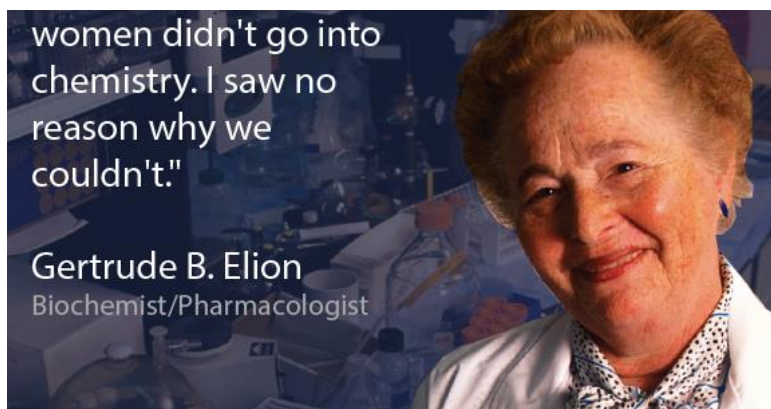
Gertrude Elion – Born in 1918, she was a Nobel winner who developed drugs to treat leukemia and prevent kidney transplant rejection.

What can we do?

We can give women equal opportunities to pursue STEM careers, help narrow the gender pay gap, enhance women's economic security, ensure a diverse and talented STEM workforce, and prevent biases in these fields and the products and services they produce.



Reporter:
Maja Kacprzak



Postcards for Kindness

To celebrate kindness month students at BBG are being asked to design a kindness postcard that can be sent to residents of local care homes.

This is a national organisation set up by Age UK to help combat loneliness. It started during the lockdowns of the pandemic and has continued as numbers of visitors to care homes is still being monitored.

"Postcards of Kindness is an initiative that asks people to write and send postcards to residents of care homes. And while it's a small gesture, the resulting deliveries bring a great deal of joy and spark lively conversations among the older people who receive them." ([Postcards of Kindness](#) | [Discover](#) | [Age UK](#))

The design will be the front graphic of the postcard, its purpose should be to make the recipient smile.

All entries should be submitted to Mrs Bettney in F25 no later than 1:15pm on Friday 18th February.

The winner will be announced Friday 4th March.





Over the next few weeks we will be highlighting information for parents regarding revision tips to help students manage their revision time before the next set of mocks. It's a good way to remind ourselves of what works, and also give us ideas on how to support our #BBGGalaxy through the depths of winter, when the outcome and impact of all this studying seems so very far away!

Keeping active during Revision

Information for parents and carers



Research shows that physically active students have more active brains. Even walking for just 20 minutes can significantly increase activity in the brain. This means that it is really important for students to take regular breaks in their learning.

Exercise triggers the release of various hormones and chemical compounds in the body and has many benefits to learning:

- It improves cognitive brain function
- It improves students' ability to focus for longer periods of time
- It can reduce stress levels
- It can improve memory retention

Studies have shown that exercise helps to oxygenate the brain and release tension, helping students to keep calm, mentally relax and study more efficiently. Productive people often work smarter rather than harder and exercise has a huge part to play in this.



What can you do?

Support your child to take regular breaks so they are less likely to get distracted whilst revising. It's much better to spend 60 minutes revising well and 10 minutes on a break than for your child to spend longer half revising and half playing with their phone! Suggest to your child that they take breaks every 60-90 minutes when revising.

Encourage your child to do something active with their break, such as getting some fresh air, playing sport, going for a walk or a run, or doing housework. Remind them that exercise doesn't have to last for hours to count.

Work with your child to help them work efficiently and find a routine that works for them. They need to be flexible to work around their timetables and could do some exercise early in the morning, at lunchtimes or early evenings. Alongside exercising, help your child to take care of themselves by eating well, sleeping well, relaxing, socialising and having some down time.



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



PiXL 
Power
to Perform

HERBY CHICKEN THIGHS WITH PESTO

WATCH
THE
VIDEO!

HERBY CHICKEN THIGHS WITH SMASHED SEED AND SPINACH PESTO, ROASTED COURGETTES AND PEPPERS. SERVES 4.

FOR THE SEED AND SPINACH PESTO:

1 small (100g) bag mixed seeds (sunflower, melon, millet etc)
200g spinach
1 lemon, zested and juiced
½ clove garlic
50ml olive oil
100g grated Parmesan

METHOD:

Put all the ingredients except the lemon juice and olive oil in a food blender. While whizzing slowly add the oil until a chunky paste is formed. Taste before adding any lemon juice, then add salt and pepper to taste. (This keeps well in a sealed container or jar in the fridge for up to a week).

4 skin on chicken thighs or breasts
2 teaspoons dried oregano
1 white onion, peeled and roughly diced
2 cloves garlic, peeled and crushed
300ml good chicken stock, fresh is best, if using a cube, watch the salt!
200g chopped tomatoes
2 tablespoons tomato puree
Juice 1 lemon
1 bay leaf
1 red pepper, roughly chopped
1 yellow pepper, roughly chopped
2 courgettes, sliced lengthways, about 3mm thick
½ bunch parsley, roughly chopped
3 tablespoons of olive oil

METHOD:

Mix the olive oil, dried herbs and tomato puree together and then rub all over the chicken and place in the fridge for 4 to 6 hours. Brown the chicken in a frying pan, or pan large enough to take all the ingredients, with a little olive oil, once well browned remove and keep warm. Add the onion and cook over a medium heat for 4 to 5 minutes until golden, then add the garlic, bay leaf and peppers. Cook the peppers for 5 to 6 minutes until coloured, pour in the tomatoes and stock,



replace the chicken, cover and cook over a medium heat for 18 to 20 minutes for breasts and 35 to 40 minutes for thighs. For a thicker sauce remove the lid half way through the cooking time. Before serving, remove the bay leaf, squeeze in half the lemon juice and stir in the chopped parsley. Using a ridged griddle pan, pass the courgette through some olive oil and griddle the courgette over a high heat until those signature bar marks are achieved, toss in a bowl with sea salt, parsley, lemon juice and cracked black pepper to make the best warm salad to go with this dish.

EAT THIS DISH AND GAIN THESE BENEFITS:

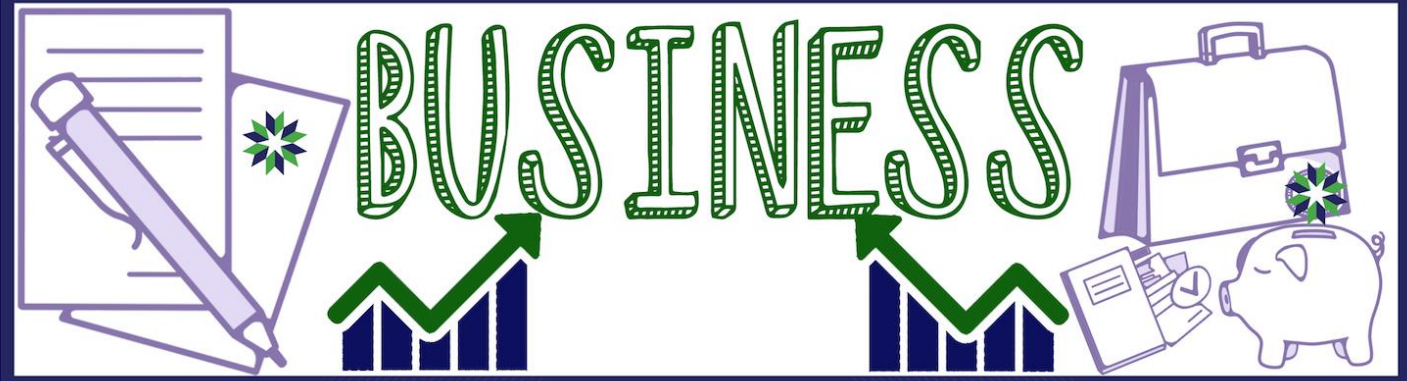
Helps regulate mood, enhances mental wellbeing and motivation.

The best time to eat this dish: Midweek during exams.

Reason: Oregano and courgettes help to lower your blood pressure and improve your moods. Spinach and lemon will both strengthen your immune system.



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



Mock Exams March

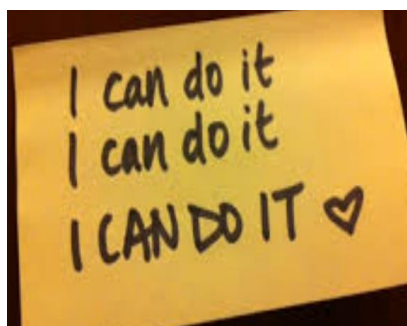
Students in year 10 and 11 will be sitting mock exams on the following dates:

Paper 1 (Theme 1): 90 Minutes – Tuesday 8th March – Starts 1.40pm

Paper 2 (Theme 2): 90 minutes – Tuesday 15th March – Starts 1.40pm

Tips to Exam Success

- Keep up to date with current affairs – crucial to impart knowledge and add context into exam questions
- Look, read, write cover. To help learn definitions of key terms and business calculation formulas.
 - Ask for help
 - Practice exam questions
- Set a specific amount of time/day to focus on business studies
 - Have regular breaks
- Ask parents/carers to ask you questions
- Use the revision guide which all students have been given from school

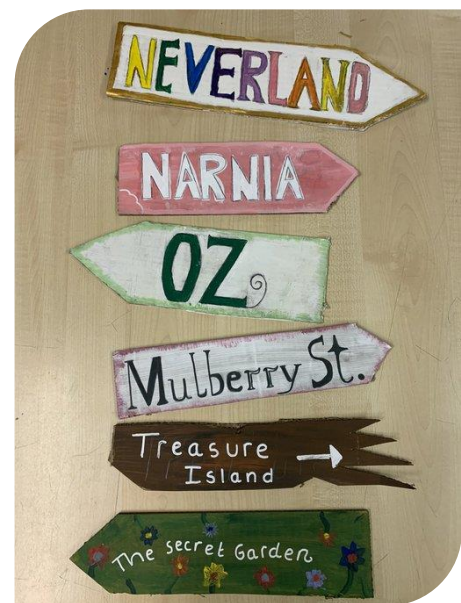


This week Mrs Chew's class started up their own production ... of dice! Students were exploring the different methods of production in business; Job, Batch and Flow. It was a great lesson, not only did we learn some new business knowledge ... some students really had their resilience tested making the dice!

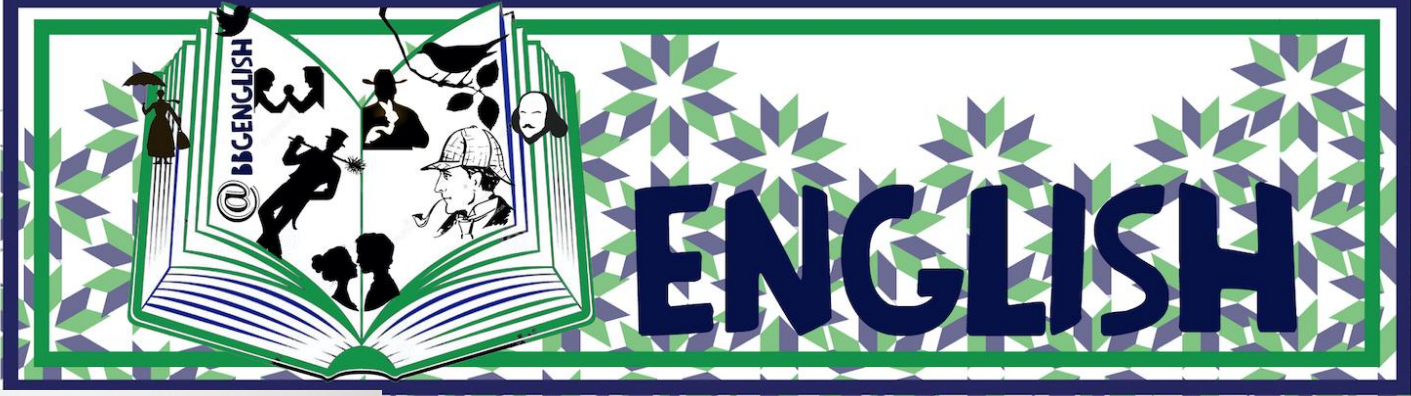




Year 9 Applied Resilience have made a beautiful job of these letters for the library. We can't wait to get them on display!



We are so excited that the revamp and reopening of the LRC has been based on the students ideas and their hard work. A place for our students... by our students!



Competition Reminder!!!

Students are invited to take part in a competition in which you design your own bookmark for use in the new Library.

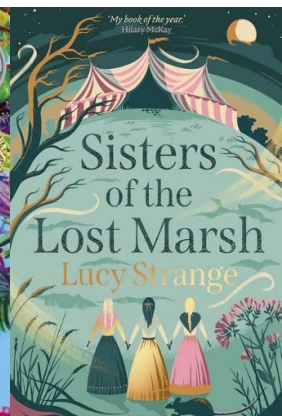
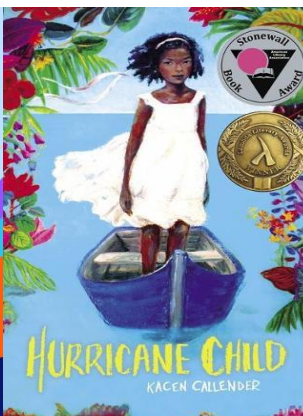
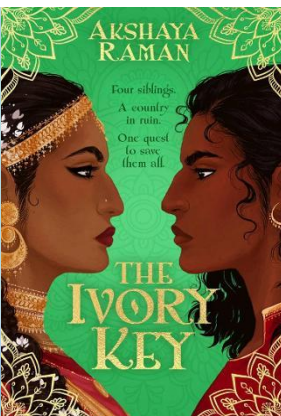
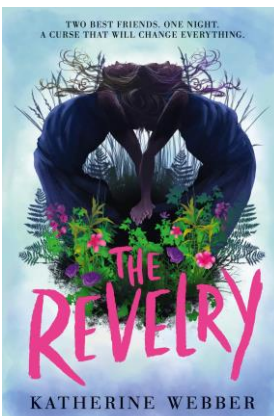
Show your creative side and your bookmark design could be printed on mass for all students accessing the Library – prizes to be won!

The only stipulations is that the design must have space for the BBG and the Rodillian Multi-Academy trust logos.

Mr Goulty himself has agreed to judge the entries and we plan to reveal the winner when we open the library for the first time in nearly two years!

Please submit all entries to Mrs Fitzsimons (by hand or via email) by Friday 18th February.

More of the new books that we are ordering for the library – any take your fancy?



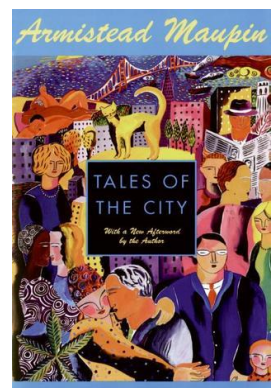
Congratulations to the Bedrock stars of the week – keep up the good work guys. This week, we are celebrating those students who have made EXCEPTIONAL progress. Very well done everyone, we are so proud of you.



Ellie Mae Mundy	113%	Poppy Thackray	48%
Ruby Woodcock	100%	Eva Lau	48%
Elissa Kilburn	75%	Ethan Harris	46%
Trev Fewster	67%	Oliver Laurenson	44%
Freddie Davis	64%	Amber Smith	44%
Samuel Tempest	61%	Elianna Harper	43%
Mia English	61%	George Walker	43%
Malachai Taylor	58%	Oliver Henstock	43%
Ivy Soames	54%	William Smith	43%
Edith Fawthrop	52%	Caden Hunter	43%
Olivia Pearce	52%	Jude Cain	43%
Mae Evans	52%	Jayden McLaughlin	42%
Seth Pierpoint	50%		



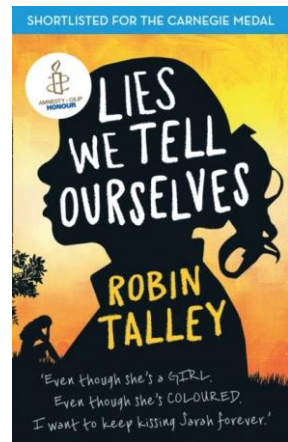
LGBTQ themes in literature: Teacher recommendations



Tales of the City #1- Armistead Maupin

San Francisco, 1976. A naïve young secretary, fresh out of Cleveland, tumbles headlong into a brave new world of laundromat Lotharios, pot-growing landladies, cut throat debutantes, and Jockey Shorts dance contests. The saga that ensues is manic, romantic, tawdry, touching, and outrageous.

Suggested by: Mr Suggitt
4/5 Stars



Lies We Tell Ourselves -Robin Talley

In 1959 Virginia, the lives of two girls on opposite sides of the battle for civil rights will be changed forever.

Forced to work together on a school project, Sarah and Linda must confront harsh truths about race, power and how they really feel about one another.

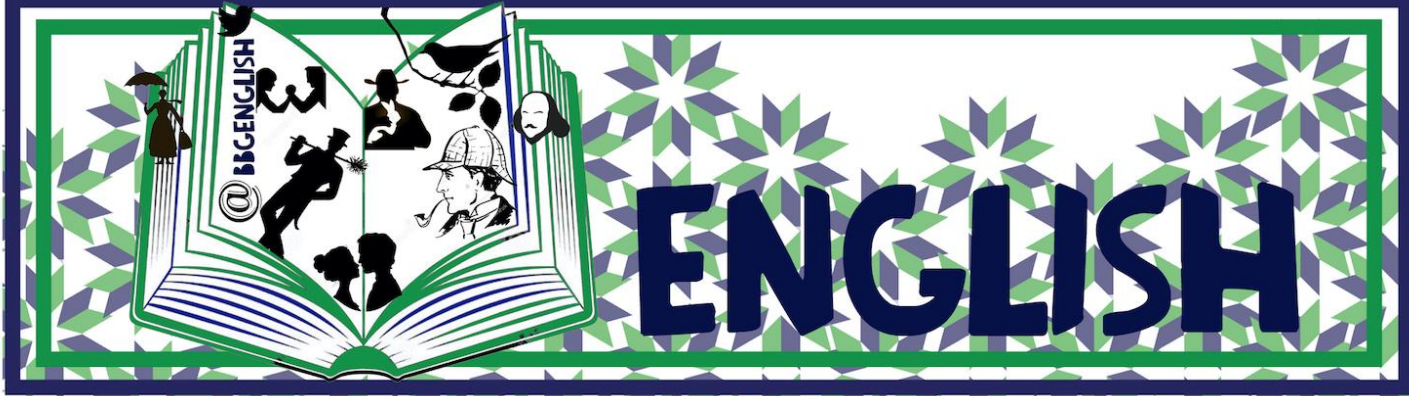
Suggested by: Miss Grace
4.5/5 Stars



Literature Lecture

The second in the series of Literature lectures was on Wednesday this week. It was very well attended and was led by Mrs Fitzsimons. Entitled 'Fire, Fred and Fear', Yr10 and Yr11 students aiming from grades 7 and above were given the opportunity to learn about advanced and theoretical analysis in order to help them with the wider understanding of the novel itself. Keep your eyes peeled for the next lecture! Oh yes, and there were doughnuts...





A Christmas Carol Quiz

Question 1:

Which of the spirits does not speak to Scrooge?

- A) The Ghost of Christmas Yet to Come
- B) The Ghost of Christmas Past
- C) The Ghost of Christmas Present
- D) All of the spirits speak to Scrooge

Question 2:

What is Jacob Marley forced to drag about as a result of his sinful life?

- A) A huge safe full of lead
- B) A ox cart piled with gold
- C) Heavy chains forged from ledgers and lockboxes
- D) A cross made from gold

Question 3:

Why does Scrooge like darkness?

- A) It helps him sleep
- B) It helps him forget his past
- C) It hides the ghosts from his eyes
- D) It is cheap

Question 4:

Where does Martha work?

- A) At a seamstress'
- B) At a laundress'
- C) At a blacksmiths
- D) At a milliner's

Question 5:

Who is in the grave in Stave Four?

- A) Ebenezer Scrooge
- B) Jacob Marley
- C) Bob Cratchit
- D) Tiny Tim

Question 6:

Which Character is Fred's mother?

- A) Mrs. Cratchit
- B) Fan
- C) Belle
- D) Fezziwig

Question 7:

Why does Belle end her engagement to Scrooge?

- A) Because she falls in love with Fred
- B) Because she falls in love with Peter
- C) Because Scrooge is too poor for her
- D) Because Scrooge is consumed by greed

Question 8:

What is the Ghost of Christmas Present's throne made from?

- A) Food
- B) Gold
- C) Pine needles
- D) Fur

Question 9:

Which one of the spirits has a glowing head?

- A) The Ghost of Christmas Present
- B) Jacob Marley
- C) The Ghost of Christmas Yet to Come
- D) The Ghost of Christmas Past

Question 10:

What is the Ghost of Christmas Present's throne made from?

- A) Food
- B) Gold
- C) Pine needles
- D) Fur

Question 11:

Who asks Scrooge for a charitable contribution?

- A) Two merry gentlemen
- B) Two portly gentlemen
- C) Two obsequious gentlemen
- D) Two angry gentlemen

Question 12:

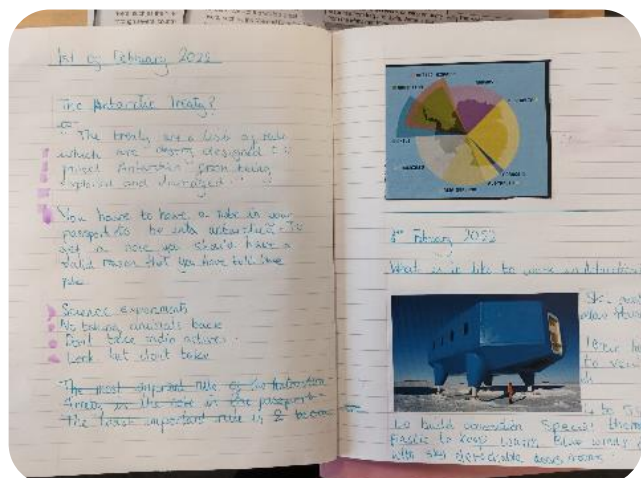
What is Scrooge's typical response to 'Merry Christmas'?

- A) Bah! Nonsense!
- B) Pah! Life's too short!
- C) Bah! Humbug
- D) Oh, fiddlesticks!

Geography

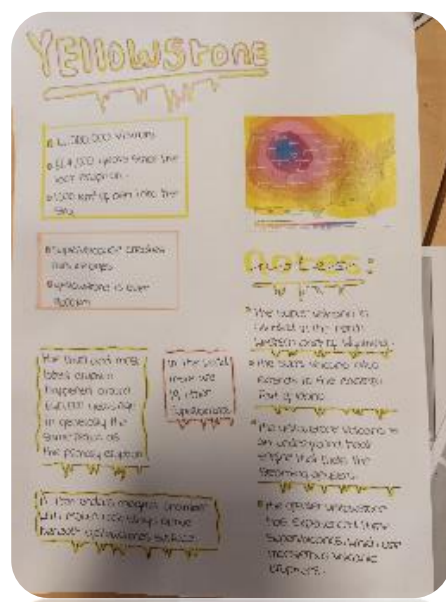
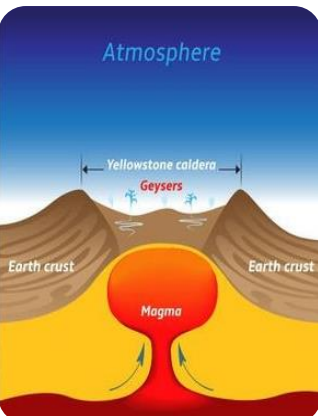
Year 7

Year 7 are currently doing a great job of designing Antarctica scientific research bases. They learnt how the British have developed a magnificent self-contained base which incorporates science labs, living quarters, dining areas, exercise gyms and sleeping areas. The brief is to consider materials and manoeuvrability of the base as well as the functionality. It's nice to see Y7 working in small groups and testing their powers of collaboration.



Year 8

Year 8 have been sitting their end of topic assessment on Power of the Earth. This visual topic has included study of Plate Tectonics, volcanoes and earthquakes. Students love this topic so have thrived in learning all Aspects, which also include how we humans adapt to living in the world's danger zones. We are pleased how well Year 8 have done this half term, especially in deepening understanding of natural hazards. We finished the topic with the study of the supervolcano at Yellowstone in the USA. Let's hope this beast never fully awakens in our lifetime or we are all doomed!





Year 9

Year 9 have finished studying global citizenship and achieved their scores in their end of topic assessments. We were particularly pleased how aware our students have become on the environmental aspects of geography such as preservation of our Oceans. This week Year 9 have moved onto the new Social Justice topic and learnt about the power of the world global supermen such as Jeff Bezos of Amazon and Bill Gates and Microsoft (and medical interests). Students have been astonished at just how influential global corporations have become in our everyday lives from the products we buy to social media we endlessly use. Students are now becoming increasingly aware of 'personal data' is the new gold!

Title: How do global supermen affect our lives?

10 February, 2022

Learning objectives

- To know the world's most influential people
- To describe what these people do and how they affect us
- To explain how these global supermen are more powerful than you initially thought



Can you name these highly influential people?

Challenge – What are they famous for?

Challenge 2: Why are they all men?



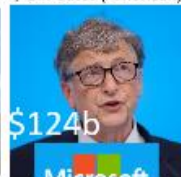
These 4 horsemen of the apocalypse are....

Jeff Bezos (American)

Elon Musk (South African)

Bill Gates (American)

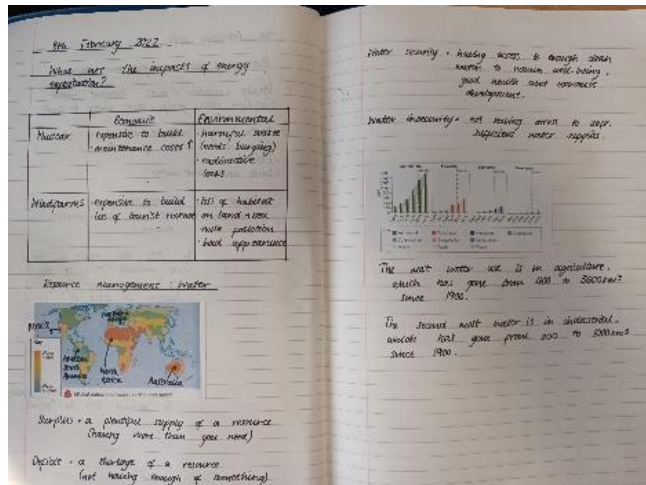
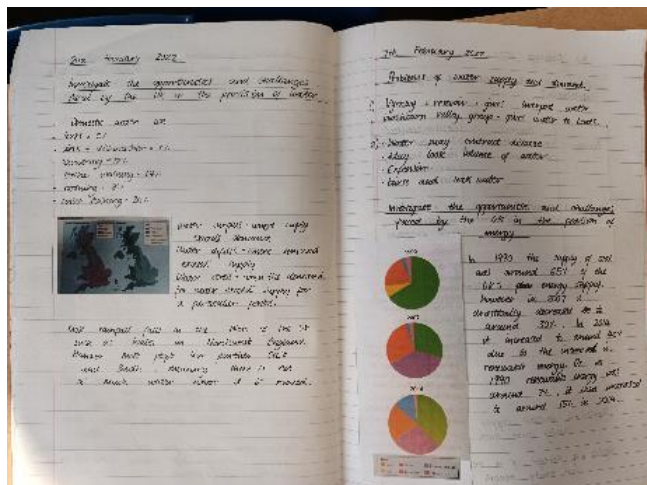
Mark Zuckerberg (American)



They are 4 of the 6 richest men on the planet (3rd – Bernard Arnault – 5th is Warren Buffet). If you add up their wealth it makes \$562b – which is richer than the country of Nigeria, the 26th biggest economy on the planet.

Year 10

They have progressed efficiently on the Resources topic, which includes food, water and energy. This week we've put them through their paces learning about our water supplies on a UK and global level. As our population grows ever larger we are pushing our world into greater water deficit. Year 10 are now well aware how advanced lifestyles like that of the UK are hugely wasteful of water in our everyday existence. Did you know 2400 litres of water is required to produce the beef of one hamburger?!





Mrs Sullivan's History group have been busy making Castles. A number of students chose Minecraft and it was amazing to see how technology could recreate Norman Motte and Bailey Castles. It is clear every student worked hard on their castle design and there were some very creative and tasty cakes.

A number of students also looked at castles made using recycled materials which looked amazing. Well done to all students as it was really good to see you using your knowledge and understanding from the lesson to create a replica of the first wooden motte and bailey castles.



Heather Millaird



Isla Wood



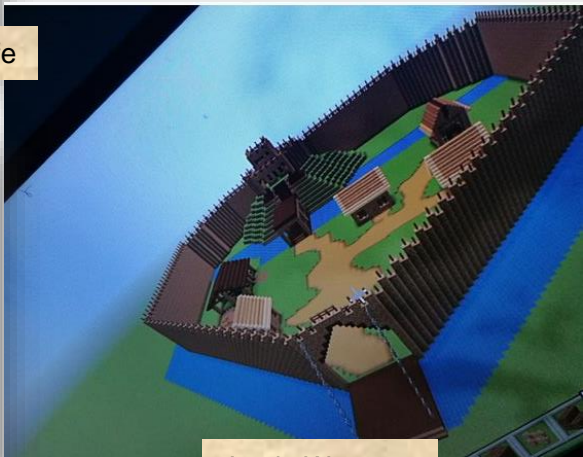
Ruby Skukowski and Mia Wilby



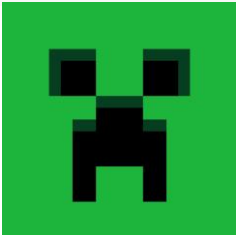
Matthew Shields



Edith Fawthrop and Bracken Ratcliffe



Jamie Worsnop



Jasmine Rhodes



Haniya Faisal



Erin Pugh



Esther Thornton

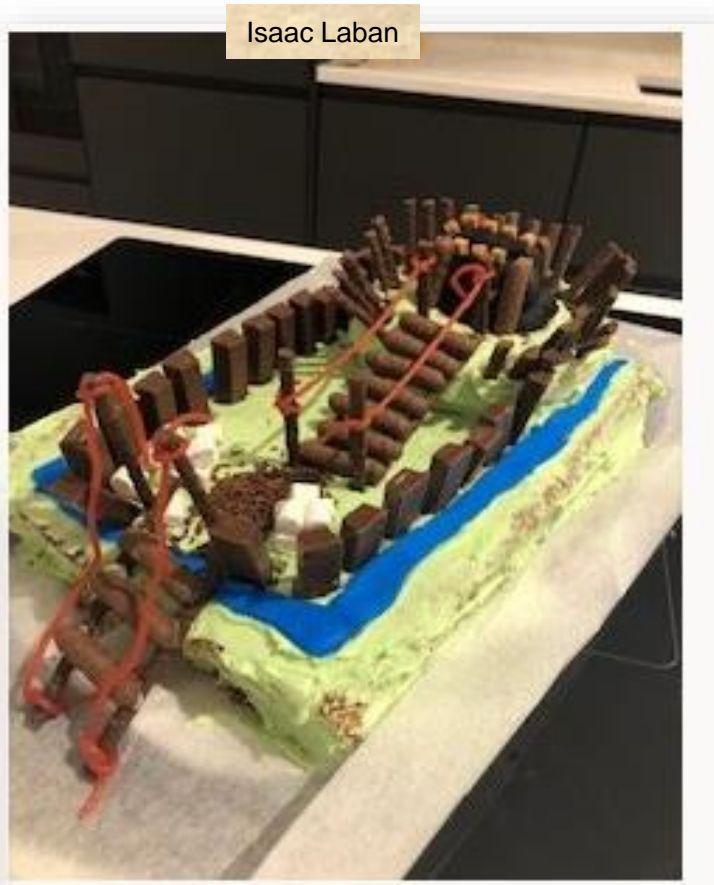


Lola Ward

HISTORY



Lilly Crowther-Hulme-Hill



Isaac Laban



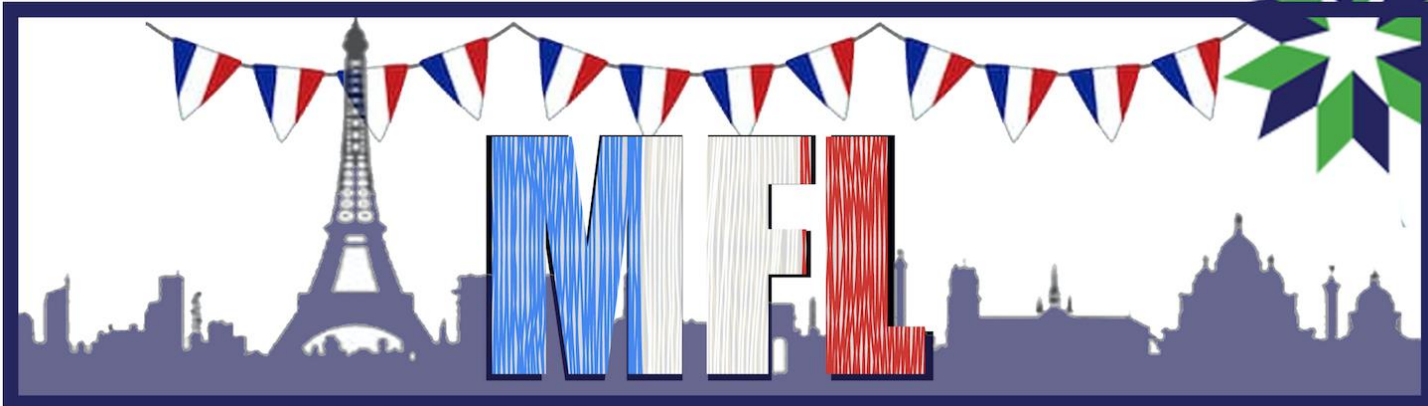
Alfie Maloy



Oliver Mealor-Normington



Emily Onyszko and Lilleigh Wright



SIX



NATIONS®

Tournoi des Six Nations 2022 - Six Nations Championship 2022

Isn't it nice when things start to come back to as they were – pre-Covid time? When big tournaments are start again? This is the case for the Six Nations championship in Rugby!!!

The **2022 Six Nations Championship** (known as the **Guinness Six Nations** for sponsorship reasons) is the 23rd Six Nations Championship, the annual rugby union competition contested by the national teams of England, France, Ireland, Italy, Scotland and Wales, and the 128th edition of the competition (including all its previous incarnations as the Home Nations Championship and Five Nations Championship).

The Six Nations is the successor to the Home Nations Championship (1883–1909 and 1932–39), played between teams from England, Ireland,

Scotland, and Wales, and the first international rugby union tournament. With the addition of France, this became the Five Nations Championship (1910–31 and 1947–99), which in turn became the Six Nations Championship with the addition of Italy.



Rome (Italie)

Stade olympique
72 698 places



Londres (Angleterre)

Stade de Twickenham
82 000 places



Saint-Denis (France)

Stade de France
81 338 places



Dublin (Irlande)

Aviva Stadium
51 700 places



Cardiff (pays de Galles)

Millennium Stadium
73 931 places



Édimbourg (Écosse)

Murrayfield Stadium
67 130 places



England and Wales have won the championship the most times, both with 39 titles. Since the Six Nations era started in 2000, only Italy and Scotland have failed to win the Six Nations title.

Wales enter the tournament as defending champions. They topped the table despite losing to France at the Stade de France in their final match of the 2021 tournament.

The women's tournament started as the Women's Home Nations in the 1996 season.



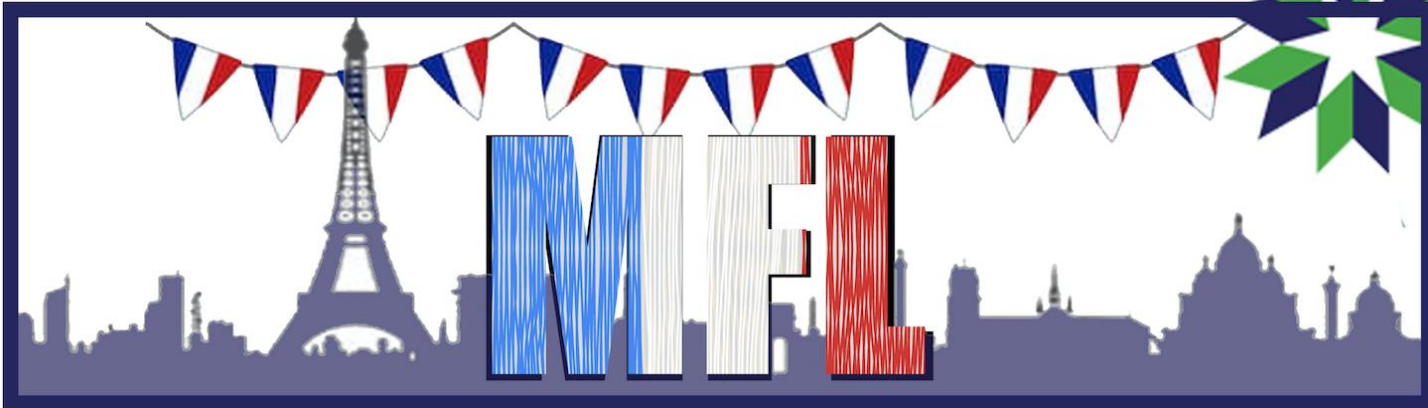


TABLEAU D'HONNEUR

Teacher: Mme Djokovic

Adam Kettlewell (Year 11) - much improved focus and good enthusiasm in French

Brandon Hudson (Y9) – good focus and great enthusiasm in French

Teacher: Mrs Clough

Hudson Rowan and Thomas Keating (Year 10) - for throwing themselves into 'Group Talk' – discussing and giving opinions in French on various stimuli

Teacher: Ms Jones

Alex Horsman, Archie Wilson and Tom Swain (Year 11) - your extra effort with our 'if and when' sentences was really nice to see, well done!

Teacher: Mrs Santry

Harley Glover (Year 8) - involvement in the lesson and enthusiasm

Poppy Thackray. (Year 8) - pleasing focus and a lovely French accent



Performing Arts

Year 7 students are working on physical theatre in their drama lessons at the moment, and have made a great start to their re-telling of a legend about the crocodiles of Paga, near Navrongo in Northern Ghana.



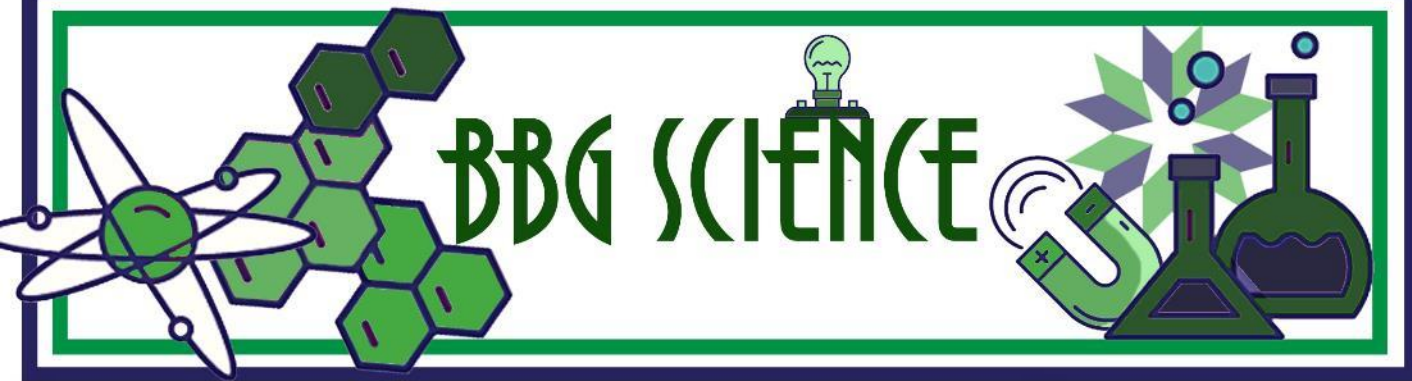
According to legend, a man from Paga was hunting for food in the bushlands. As he hunted he realised that he was being followed by a hungry lion, so he ran and tried to flee for home.

As he ran, he found himself stuck with the lion on his one side, and a river full of crocodiles on his other side. In his desperation to get home safely to his family he pleaded with the crocodiles to let him cross the river safely. The crocodiles let him cross, and as a thank you, the man's tribe made a vow never to kill a crocodile for meat or skins again.

In the village of Paga, to this day, humans and crocodiles live side by side. Crocodiles wander the streets, and if a crocodile arrives on your doorstep you open the door and let it in. It is said that each member of the tribe is linked in spirit to a crocodile, and when that person dies, their spirit crocodile crawls up to their doorstep and passes away too.

The tourist trade in Paga has tapped into this legend, and at Paga Pond, for a fee of a few Cedis, a tourist can pat a crocodile on the head, or even sit on its back for a photograph. Miss Sanderson did it in 2001, and lived to tell the tale!

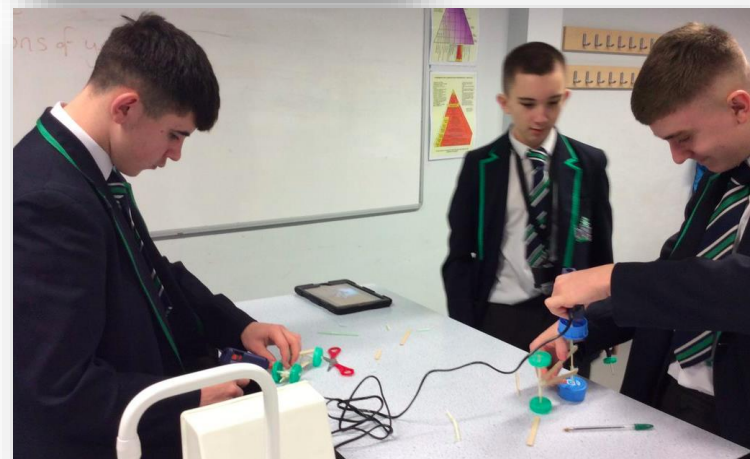


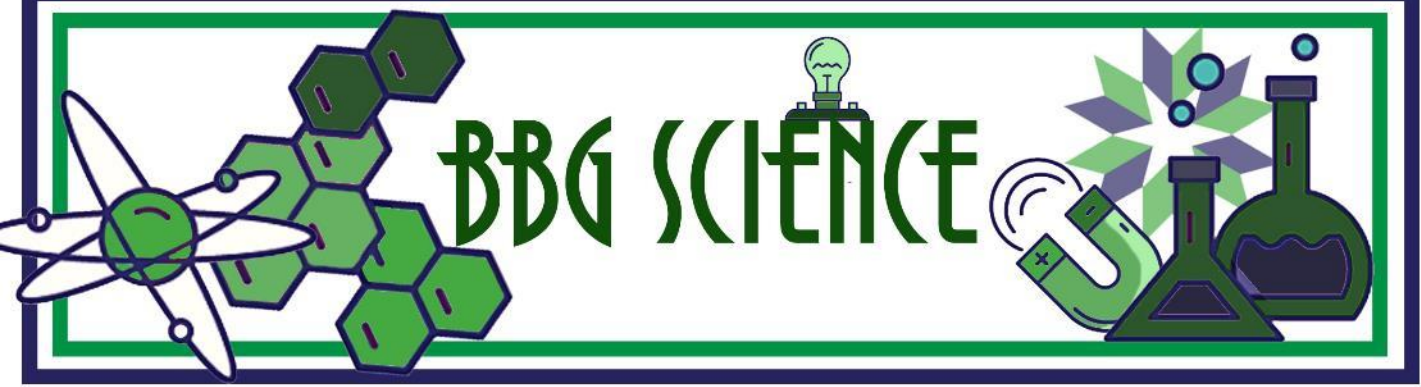


Science club have been making loads of great models recently and then experimenting to improve them. This week we made elastic band powered cars. It was real test of resilience, but we did it. We then looked at energy changes and discussed how to find speed. We experimented with different tyres and made a fair mess.

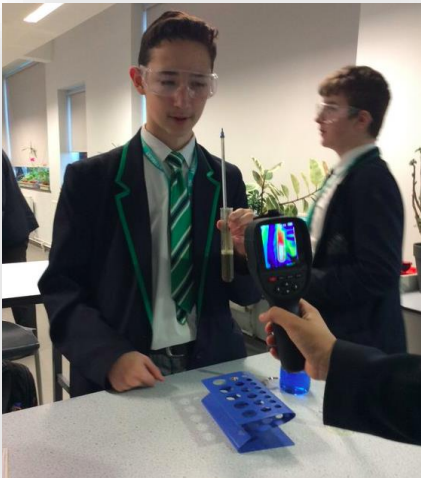


Some Year 11 students decided to have a go at the cars and used them to investigate how the mass loaded onto the car affected the distance travelled. Energy transfers and stores were discussed but also how to do a great science experiment with independent, dependent and controlled variables being decided.





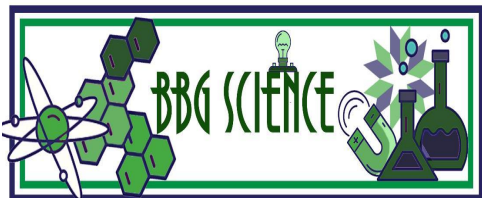
Year 10 carried out reactions and checked the temperature before and after to see if they were exothermic or endothermic. We also looked at the reactions using a thermal imaging camera which showed us just how much energy was being given out or taken in.



Year 7 looked at how plants reproduce. We looked at a real flower and studied some diagrams and watched videos but then decided it was time to make a model of the flower. This was quite tricky as they have more parts than you think and we had to learn their botanical names, but everyone did a great job.



We also discussed the importance of bees as pollinators and how climate change may adversely affect pollination of our food sources.



Travel & Tourism

Excellent contributions in lesson



(l-r) Daniel Walker, Alfie Chalmers

Using class time well to develop assessments



(l-r) Sienna Coleman, Beth Davis

Independent work at home to finish an assignment.



Sienna Frain

Great ideas when preparing for itinerary task.



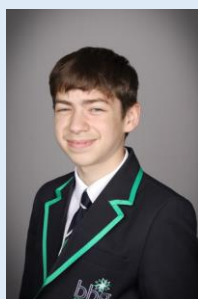
Casey-Leigh Robinson

For maturity and ability to work independently at all times.



(l-r) Thomas Thresh, Preston Fish

For being interested and enthusiastic.



For being mature and focused.



Great IT research skills.



Working so hard to complete appeal task.



TWEETS of the WEEK

You Retweeted



Fiona Dixon @MissFDNartDT · 8h

Maya made all of these for the Library 🥰@BBGAcademy



BBG Academy @BBGAcademy · 5h

We are very proud to have donated a total of £750 @getbeautosloan to help this brave little girl get her lifesaving treatment. Thank you to all the BBG community for helping to raise such a fantastic amount.



You Retweeted

Yorkshire Centre of Excellence @GirlsPathway · Feb 9

The first EVER CoE North festival. What an experience! We can't wait for the Nationals! @soil_eng @OneBishopBurton



9 38

@BBGENGLISH @bbgenglish · Feb 9

English Literature Lecture Series number 2! A Christmas Carol and Charles Dickens with Mrs Fitzsimons #krispykreme #countdown #lectureseries @BBGAcademy @BBGAcademyTL



BBG Academy @BBGAcademy · Feb 8

Some super valentines biscuits in KS3 baking club this evening. A big thank you to Mrs Denwood our catering manager for showing us the ropes. 💙💚



BBG Academy @BBGAcademy · Feb 8

A Yorkshire Pudding theme for bake off and they were amazing; from traditional to sweet! They all tasted so good and looked fabulous!



Principal

Praise goes to.....

Owen Sheard	Rosie Cowan	Rose Hodgson	Freddie Davis	Abbie Wilkinson
Sam Durrant	Kaydee Wakerley	Marnie Butterfield	Samuel Tempest	Cerys Barson
Evie Smales	William Pennington	Isabelle Goulding	Seth Pierpoint	James Fisher
Chloe Holmes	Eliza Kosarewicz	Ben Lee	Jaydon McMahon	Lily Metcalfe
Lydia Palmer-Williams	Mia Wilby	Ashton Firth	Riley Valentine	Mia Bostock
Oliver Thornton	Phebe Firth	Polly Wragg	Evie Sykes	Elissa Aveyard
Lauren Poutney	Jack Jones	Megan Williams	Gemma Davies-Carr	Ella O'Brien
Kate Maleham	Rosie Lamb	Freya Sutton	Hakima Alade	Nathan Fisher
Oscar Wajdner	Isabel Holding	Thomas Swain	Caitlyn Bates	Maya Wood
Lucy Dodsworth	Emily Wright	Jacob Jones	Abi Makin	Olivia Wilkinson
Jessica Wright				



Praise goes to.....

Robert Lowe	Maisie Morley	Darcy Stead	Timothy Walker	Olly Burnett
Jack Breakwell	Olivia Cunningham	Ella Burton	Josiah Hargreaves	Logan Thorpe
Ava Heddon	Sonny Ibbetson	Finley Stockhill	Junior Alton	Erin Pugh
Joshua Ward	Seb Burnett	Lelan Lister	Brooke Mercer	Joshua Harper
Isobel Healey	Christopher Taylor	Jessie Brown	Maya Bull	Luke Hatherly
Logenn Brown-Hache	Isaac Prouse	Mercedes Trott	Adam Boocock	William Coles-Mitchell
Trev Fewster	Crystal Bastow	Frankie Ereira	Pheobe Mortimer	Olivia Adgie
Dexter Farmer	Libby Hoodless	Theo Dufton	Harry Johnson	Mary Turpin
Reaveley Laws	Jack Milner	Amber Smith	Adam Cameron-Hackett	Oliver Dorsey
Billy Sampson	Estelle Williams	Evie Burrows	Lewis Harvey	Joshua Rhodes
Cason Haynes	Niamh Hutchison	Harry Swift	Qabid Alade	Cameron Burston
Thomas Keating	Christopher Bumhira	Perdy Midgley	Charlie Patrick	Olivia Tyson
George Walker	Jacob Wynn	Millie-Mae Pickles	Alie Shah	Jadann Shaw
Daniel Jackson	Evie Schofield	Abigail Taylor	Sophie Bairstow	Emily Colling
Gracie Mae Coubrough	Ellis Dixon	Samuel Booth	Daisy Watts	Leon Whitaker
Alfie Duree	Bronwen Gibson-Fenton	Charlie Hoare	Olivia Docherty	Alexie Hulley
William Nicholson	Louie Sykes	Rosemary Warrington	Olvier Wright	Izzy Dawson
Maisie Pye	Olivia Powles	Hannah Norrington	Lily Pugh	Ruby Woodcock

Bronze

Awards go to.....



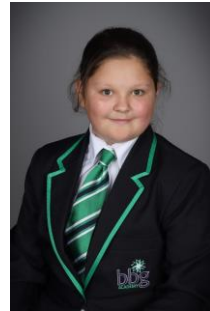
Dougal Trotter



Heather Millaird



Julian Ostrowski



Mia Owen



**Alasdair
Robinson**



Alfie Bates



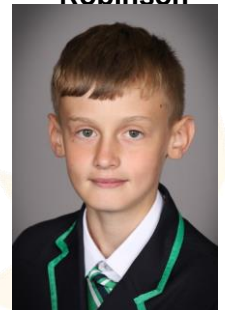
Bella Kerr



Jess Hill



Caeran Barlow



Coby Sayer



Lucas Barrett



**Harry Smart-
Raine**



**Kaydan Hudson-
Wood**



Lucas Murray



Malachai Taylor



**Matilda
Thompson**



Ruby Lovell



Sam Whiteley



Teagan Bryant



Thomas Blamires

Bronze

Awards go to.....



Thomas Brown



**Tommy
Flannagan**



**William Coles-
Mitchell**



William Eklid



Alfie Davison



**Bronwen Gibson-
Fenton**



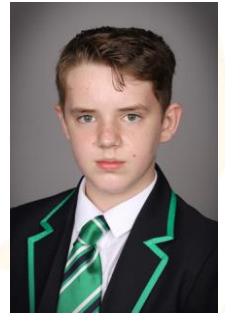
Caleb Rhodes



Emily Woodrow



Evan Schofield



Gabriel Cain



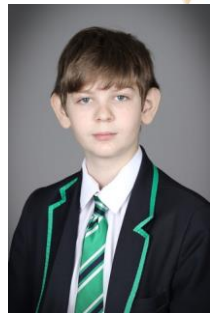
**Gracie Mae
Coubrough**



Hannah Preece



Jensen Cook



Joshua Wilson



Kara Healy



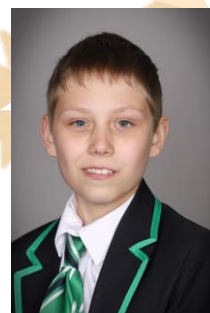
Lola Thompson



Milo Bostock



Olivia Baker



Paul Wiedmann



Ruby Hirst

Bramble

Awards go to.....



Zohaib Imran



Adam Ajmal



Ali Shah



Asiya Mayet



Charlie Mitchell



Clark Blockley



Dalton Healy



Dylan Hamill



Dylan Oldfield



Elliot Sereika



Evan Popple



Evie Coulson



Evie Liley



Georgia Marsden



Isobel Smith



Isobel Watson



**Jonathan
Needham**



Kayne Steel



Lauren Poutney



Mia Bostock

Bramwell

Awards go to.....



Oliver Thornton



Qais Hussain



Ryan Dorree



Sam Revell



Adam Kettlewell



Amelia Haley



Chloe Blamires



**Cymbeliegh
Huddleston**



Isabel Holding



Jacob Hustler



Jake Williams



**Jessica
Widdowson**



Kai Carroll



Liam Wood



Liberty Pearson



Tegan Bramwell



Thomas Thresh



Tida Gibba



Zak Munday

Shew

Awards go to.....



Alfie Maloy



Amelia Birkenshaw



Caelan-Kole Cadamarteri



Connie Voyce



Daisy Twite



Emily Onyszko



Ethen Gartside



Finley Stockhill



Brooke Mercer



Georgia Coulson



Gracie Revell



Happi Ainsworth



Isabelle Goulding



Jack Horsfield



Jack Leck



Jayden Keenan



Jessica Tracey



Leah Hallas



Lennon Scholfield



Lilleigh Wright

Shower

Awards go to.....



Maisy Austin



Matthew Addison



Matthew Shields



Megan Walker



Noah Locke



Oakley Powles



**Rebecca
Docherty**



Riley Valentine



Ruby Skukowski



Spencer Hartley



Thomas Ellis



Timothy Walker



Zac Caesaar



Zachary Barrow



**Ashton Robinson
Bulmer**



Connor Irwin



Ellie Mae Mundy



**Emmie-Leigh
Hepworth**



Gita Dey



Harley Glover

Shew

Awards go to.....



Jake Crane



Lillie Ramm



**Annabelle
Russell**



Nathan Bromley



Ryan Parkin



Scarlett Rothwell



TJ Housecroft



Abi Makin



Bradley North



Charlie Hoare



Elliot Harris



Luisa Hannam



Georgia Watts



Hannah Norrington



Isla Heddon



Jake Judge



Joe Lingard



Lucy Rogerson



**Middison
Goldthorpe**



Millie Crick

Shew

Awards go to.....



Murtatha Aden



Musa Mayet



Ruby Woodcock



Sophie Bairstow



Steffan Lewis



Stevie Fisher



William Schofield



Alfie Parkin



Gemma Davies-Carr



George Walker



Joshua Gartside



Libby Kershaw

Gold Awards go to.....



Allegra Podesta-Atkin



Bella-Leigh Duncan



Esther Thornton



Georgia Bolton



Jessica Scarborough



Junior Alton



Oliver Henstock



Oliver Ward



Sam Lingard



Samuel Haley



Kaydee Wakerley



Lily Knowles



Mary Turpin



William Pennington



Izzy Dawson



Jacob Jones



Matilda Finn



Olivia Dunne



Ruby Forsdike



Jack Jones

Platinum

Awards go to.....



Caden Hunter



Neve Whittaker



Erin Pugh



Evie Roberts



**Sofia Briggs
Gonzalez**



Aneesha Moyo



Logan Pinder



**Sebastian
Bartocha**



**William
Nicholson**

BBG Year



STARS OF THE WEEK



OLLY BURNETT
For representing BBG at
cross country in
horrendous conditions



JULIAN OSTROWSKI
For amazing
improvements in his
behaviour and learning



SEB BURNETT
For representing BBG at
cross country in
horrendous conditions



MILES SHARP
For representing BBG at
cross country in
horrendous conditions

**CONGRATULATIONS
TO YOU ALL!**



DARCY STEAD
For always having a
smile and a kind word



LEAH HALLAS
An attitude of pure
sunshine! A joy to have
in Year 7



CHRISTOPHER TAYLOR
For always getting it
right!



CERTIFICATES AWARDED TO



Annabelle Russell

for receiving her silver
stamps certificate



Isaac Dale

for mature responses in
RSE lessons



Ruby Lovell

for just coming in and
quietly getting on with
form activities – every
day



Paddy Austin

for being a good friend



Romeo Dixon

for always being positive



MRS SULLIVAN'S

STAR OF THE WEEK



JASON CATTON

Always trying his best and working hard



MIA HUTTON

No comments and over 1600 Stamps



JACK PICKLES

Working hard and getting over 1300 stamps

JAKE JUDGE



No comments and 100% effort in all subjects



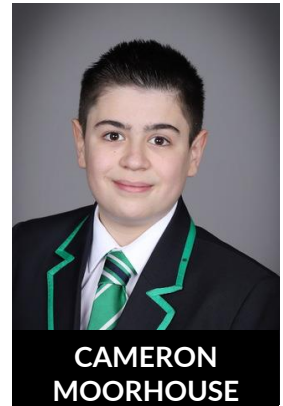
HANNAH NORRINGTON

Superb efforts in Bake off lessons



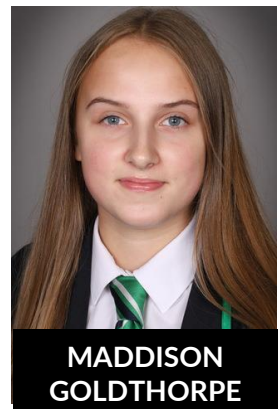
OLIVIA POWLES

No comments and 100% effort in lessons



CAMERON MOORHOUSE

Working hard in History with some great contributions



MADDISON GOLDTHORPE

Positive attitude to learning



BBG Academy Year 10



Billy Sampson

For brightening up my morning every day! Billy is a charming, funny and kind young person. He is always willing to help out during form time and always has something to share in class discussions. What a star!



Nominations by Miss Cracknell

Amelia Lavin

Thanks for making me laugh with your dry sense of humour and contributing during form time. I can always rely on you to share how you feel about the topics we are exploring!



Zaid Patel

Zaid is conscientious in everything he does and is always so polite. I really appreciate his presence in 10.8!





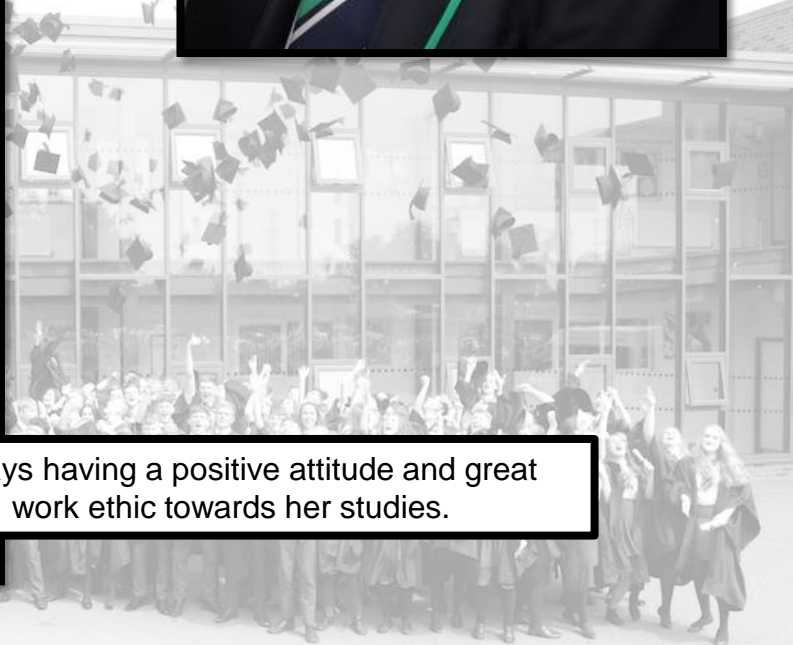
STARS OF THE WEEK

JUDE BAILEY AND MEGAN TAYLOR

Great determination to make progress in his studies.



Always having a positive attitude and great work ethic towards her studies.



BBG SUPPORT

We want you to feel there is always someone to talk to.

We will always listen to you.



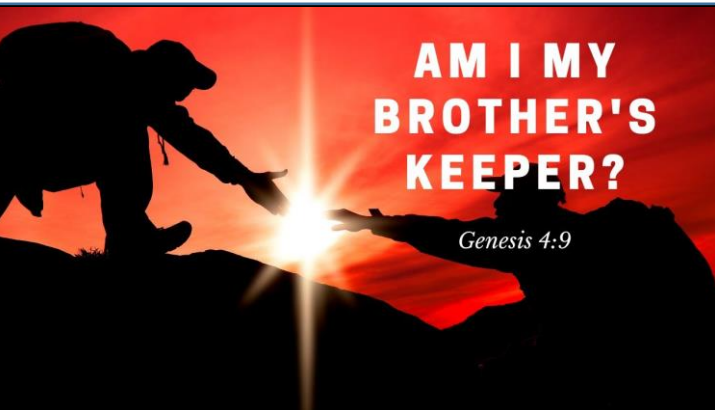
New email alert

Tellsomeone@bbgacademy.com

11 February 2022



THOUGHT OF THE WEEK



EVENTS THIS WEEK
8 February – Safer Internet Day

EVENTS HAPPENING THIS MONTH

- LGBTQ+ History Month
- Kindness Month

Discussion points

What does the above quote mean? Do you know where it comes from?

This quote is from the Bible. It is a reference to the story of Cain and Abel. It is generally understood to mean being responsible for the welfare of a sibling or, by extension, for other human beings in general.

Do you think we should look after each other and help each other out, all the time?

Do all friendships or kinships stay positive all the time? Do you have friends who do not always look out for you? Sometimes ending a friendship is the kindest thing to do
[8 Signs You're With The Wrong Friends – YouTube](#)

How can other people help if they can see a friendship is becoming toxic?

**LOOK AFTER OTHERS
EVEN IF THEY ARE
NOT YOUR FRIENDS**



THIS WEEK IN HISTORY





Post 16 and Careers Information



Start an online careers platform, designed to connect 11-18 year olds with their future career potential.

Help your child to explore their future

As part of our commitment to prepare students for a rapidly changing world, we are delighted to announce that we are using an innovative online resource called **Start**.

Start will help your child to connect with their future career potential, develop their employability and help them to explore future career and study options at school or at home.

How should my child use it?

We have asked students to log on to their own account for **Start**, but it is accessible anytime on computers and compatible mobile and tablet devices.

Your child will personalise their profile on **Start** with details about their skills, qualities, interests and work preferences. This provides a starting point for them to explore information matched to their personal preferences and interests. As they update their profile, **Start** will personalise this information, helping them to navigate the thousands of jobs, courses, providers and opportunities available. **Start** will help students to understand where they are on their journey and what is important as they make their choices at GCSE, post-16 and post-18.

We encourage you to use **Start** with your child at home. Encourage them to rate jobs, qualifications, colleges or universities so that we can see their preferences in order to support them better.



How to Register: Parent Guide

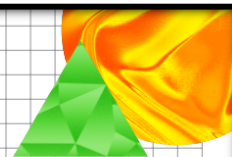
- Go to www.startprofile.com and click **Register**
- Enter your first name, surname, email address, postcode and gender
- Tip:** if you forget your username or password we will use the email address you provide to send you a reminder
- Choose a memorable username and a secure password and click **Get Started**
- Click **Login** and enter your username and password. Click **Login**

The first time you log in you will be required to complete the following:

- Select "I am a Parent and would like to use Start with my children."

What if I want to use Start myself?

Parents can also use **Start** to find out more about jobs, training and study opportunities for yourself. Please do not log in using your child's user details and instead register yourself using the steps outlined above, creating your own username and password.

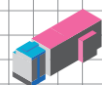


SEE WHAT YOUR FUTURE HOLDS



QUARRY HILL CAMPUS

- School of Creative Arts
- School of Social Science



PARK LANE CAMPUS

- School of Applied Science
- School of Events, Enterprise & Employability
- School of Sports Science & Exercise



PRINTWORKS CAMPUS

- School of Business
- School of Digital & IT
- School of Engineering
- School of Hair, Beauty & Media Makeup
- School of Land & Animal Sciences
- School of Travel, Food & Drink

JOIN US AT AN OPEN EVENT

23 March 2022, 4-7pm | 24 May 2022, 4-7pm

Book now: leedscitycollege.ac.uk



KIRKLEES APPRENTICESHIP EVENT

for young people and their parents/carers

Wednesday 16 March 2022

4.00 - 8.00pm

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



Drop in and:

- + check out apprenticeship vacancies
- + talk to employers and training providers
- + chat to apprentices
- + get careers advice and guidance

For further info email: events@ckcareers.org.uk

MyDirections.co.uk

Sponsoring us



KIRKLEES COLLEGE

OPEN DAYS

ALL HUDDERSFIELD CENTRES

SATURDAY 6 NOVEMBER 2021

10.30AM - 1PM (LAST ENTRY 12.30PM)

SATURDAY 22 JANUARY 2022

10.30AM - 1PM (LAST ENTRY 12.30PM)

WEDNESDAY 16 MARCH 2022

5.30PM - 8PM (LAST ENTRY 7.30PM)

ALL DEWSBURY CENTRES

WEDNESDAY 10 NOVEMBER 2021

5.30PM - 7.30PM (LAST ENTRY 7PM)

WEDNESDAY 26 JANUARY 2022

5.30PM - 7.30PM (LAST ENTRY 7PM)

SATURDAY 19 MARCH 2022

10.30AM - 12.30PM (LAST ENTRY 12PM)

www.kirkleescollege.ac.uk





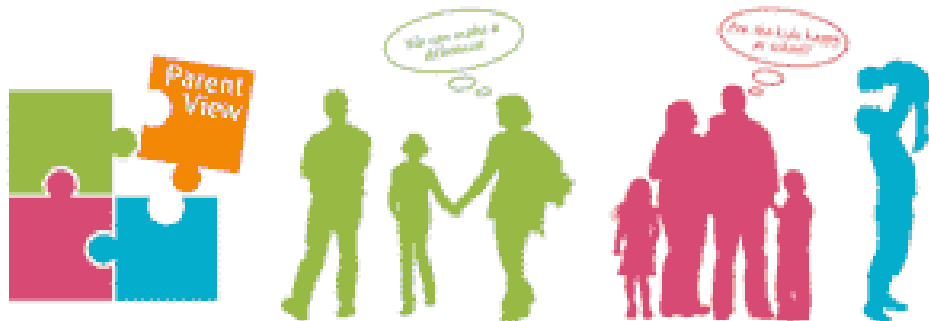
don't let hate win

A confidential 24-hour support service for
young people under 18 experiencing or
witnessing a Hate Crime

Call: 0808 801 0576

Text: 07717 989025

For other ways to contact us visit:
callhateout.org



Introduction

Ofsted Parent View is an online survey that allows parents to give their views about their child's school. Parents can complete the survey at any time. By 'parents', we mean any person with parental responsibility for a child at the school.

Ofsted Parent View is also the main mechanism for parents to give their views to inspectors at the time of a school inspection.

You can access the survey directly from the [Ofsted Parent View site](https://parentview.ofsted.gov.uk/) or from the homepage of [Ofsted website](https://www.ofsted.gov.uk/).

Schools can encourage parents to use Ofsted Parent View to give the views on a school either during an inspection or at any other time of the year.

<https://parentview.ofsted.gov.uk/>

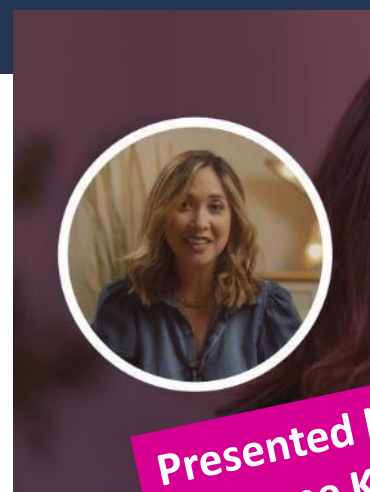
Ofsted Parent View questions

My child is happy at this school	My child feels safe at this school
The school makes sure its students are well behaved	My child has been bullied and the school dealt with the bullying quickly and effectively
The school makes me aware of what my child will learn during the year	When I have raised concerns with the school they have been dealt with properly
Does your child have special educational needs and/or disabilities (SEND)?	The school has high expectations for my child
My child does well at this school	The school lets me know how my child is doing
There is a good range of subjects available to my child at this school	My child can take part in clubs and activities at this school
The school supports my child's wider personal development	I would recommend this school to another parent (yes or no)



**National
Online
Safety®**

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



**Presented by
Myleene Klass**

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.



Privacy & Security Online Information
Technology

10 Top Tips for Keeping Children Safe From Cyber Crime



Published 10th 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 continue being informed and inspired by the ever-expanding capabilities of the internet. The guide takes a look at a range of top tips such as backing up your data, how to spot phishing bait and how to recognise warning signs.

[VIEW THIS GUIDE](#)

[VIEW ALL TRAINING](#)



Mental Health Online Identity
Social Media

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 worried. 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 tips such as celebrating their identity, supporting their interests and enabling emotional expression.

[VIEW THIS GUIDE](#)

[VIEW ALL TRAINING](#)



Online Platforms Privacy & Security
Social Media

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 free text messaging, voice and video calls, photo sharing and games. The guide takes a look at how to tackle a range of potential risks such as adult content, strangers and drug dealing.

[VIEW THIS GUIDE](#)

[VIEW ALL TRAINING](#)



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 world's 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 Myleene Klass;
- ✓ A user-friendly interface with increased functionality – find exactly what you need, when you need it;
- ✓ The option to get notifications to your phone as soon as new content becomes available – so you can stay up-to-date with the latest online crazes (and risks);
- ✓ An in-app voting system so you can help determine the subjects you'd like us to cover in future;
- ✓ 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



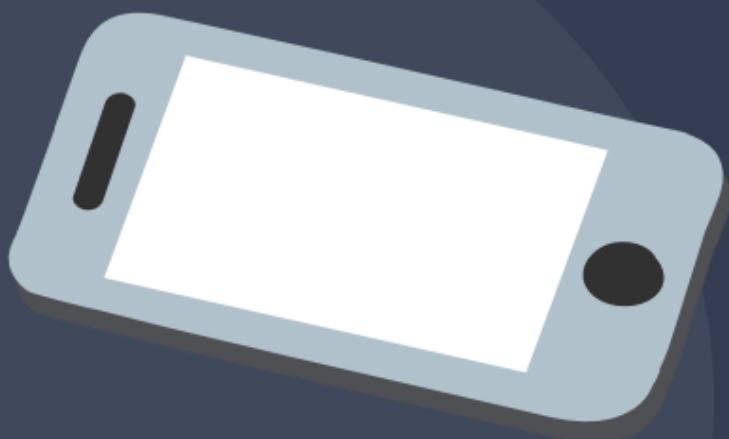


TOO MUCH TECH TIME?

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

JOIN THE CONVERSATION
[TEENSLEEPHUB.ORG.UK](https://teensleephub.org.uk)

#TEENSLEEPMATTERS



POWERED BY



CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.

BE A GOOD
LISTENER

ASK HOW
YOU CAN
HELP

SHOW
EMPATHY

SEND A
NICE
MESSAGE

BE KIND

★ BE ★
SUPPORTIVE ★

IF YOU ARE WORRIED ABOUT A FRIEND
**TELL A
TRUSTED
ADULT**

I SAW THIS AND
THOUGHT OF YOU!

WANTED TO LET YOU
KNOW I'M THINKING
OF YOU!

I'M HERE WHEN YOU
NEED ME.

MISSING YOU AT
SCHOOL TODAY.
EVERYTHING OK?

NOS
National
Online
Safety®
#WakeUpWednesday

WELCOME

HOW TO IMPROVE THE SLEEP OF YOUR STUDENTS

In Autumn last year, we launched our new Teen Sleep Hub, as part of our Teen Sleep Matters campaign, and it has been an amazing success so far with so many of you getting involved in sharing the information we supplied. We have also had lots of support from the Mental Health Foundation and Royal Society for Public Health.

Covid-19 continues to impact on the health and wellbeing of young people, in particularly around their sleep and mental health. Even with the return to school, we are still living in uncertain times and young people are still suffering with isolation, learning at 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 normality resumes, can be printed and put up in classrooms, toilet facilities and other communal areas
- Social media graphics that you can use on your social channels and website to direct students and parents to the Teen Sleep Hub

As a reminder, the Teen Sleep Hub is a hive of information around sleep aimed at teens (not their parents) and includes a downloadable eBook and a series of top tips videos. We were supported on this project by our amazing Youth Advisory Panel, made up of young people aged between 13 and 19, across the country. It has been a great success so far with 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
Deputy CEO
The Sleep Charity



SPORTS STAR OF THE WEEK



Jessie Mae Wood

Amazing effort and contributions in core PE!



Joseph Colling

Great effort and attitude in football this week showing some excellent dribbling skills



Jacob Cartwright

Great progress made with his shooting skills in handball this week.



Bronwen Gibson-Fenton

Excellent effort in hockey this week.

EXTRA CURRICULAR TIMETABLE**MONDAY**

Times	Club/Activity	Year Group	Teacher	Venue
2.30-3.30	Netball	Year 8-11	All PE colleagues	Changing room meet
2.30-3.30	Boys Football	Year 10 -11		
2.30-3.30	Cross Country	Year 7-11		
2.30-3.30	KS3 Book Club	Years 7 - 9	Mrs. Fitzsimons	G55 (Twice per half term starting 20 th September)
2.30-3.30	KS3 Performing Arts	Year 7 - 9	Miss Sanderson/Miss Roumelioti	Drama Room G29
2.30 - 3.30	Art Club	Years 7 - 11	Mrs. Gill	Workshop
2.30 - 3.30	Chess Club	Years 7 - 8	Mrs. Luffman	Heart Space
2.30-3.30	Homework club	Year 7 - 11	Mrs. Morland	F13
2.30-3.30	Prep	Year 11	Rotation	F15

TUESDAY

2.30-3.30	Homework club	Year 7 - 11	Mrs. Morland	F13
2.30-3.30	Baking club	Year 7	Mrs. Denwood (Catering Manager)	Main school kitchen
2.30-3.30	Boxing Club	Girls	Training Cave	Gym
2.30-3.30	Prep	Year 11	Rotation	F15

WEDNESDAY

7:15-8:00	Netball Strength and Conditioning	Year 7 - 11	All PE colleagues	Changing room meet
2.30-3.30	Girls Football	Year 7 - 11		
2.30-3.30	Boys Rugby	Year 7		
2.30-3.30	Homework club	Year 7 - 11	Mrs. Morland	F13
2.30-3.30	Computer Club	Years 7 - 8	Mr. Suggitt	F13
2.30-3.30	Prep	Year 11	Rotation	F15

THURSDAY

2.30-3.30	Boys Football	Year 8 - 9	All PE colleagues	Changing room meet
2.30-3.30	Boys Rugby	Year 10 - 11		Changing room meet
2.30-3.30	BBG Press	Years 7- 9	Mr. Smith	F13
2.30-3.30	Students for Social Change (SFSC)	Years 10-11	Miss Cracknell	G50
2.30-3.30	Science Club	Years 7 - 8	Science Colleagues	F34
2.30-3.30	French Speaking	Year 10 - 11	Mme Djokovic	G47
2.30-3.30	Homework club	Year 7 - 11	Mrs. Morland	F13
2.30-3.30	Prep	Year 11	Rotation	F15

FRIDAY

2.30-3.30	Basketball	Years 7-11	PE colleagues	Changing room meet
2.30-3.30	Boys' Football	Year 7		
2.30-3.30	Netball	Year 7		
2.30-3.30	Choir	Years 7 - 11	Miss Sanderson/Miss Roumelioti	Drama Room G29
2.30-3.30	Homework club	Year 7 - 11	Mrs. Morland	F13
2.30-3.30	Prep	Year 11	Rotation	F15
2.30-3.30	Boxing Club	Girls	Training Cave	Gym

* Please note there are number restrictions in these activities due to risk assessment/facility. Students will be placed on a rota if maximum numbers are exceeded.

* If students wish to attend more than one on the same day, they should inform the teachers and rotate alternate weeks.

* Further activities will be added throughout the term