

75

VE DAY

75TH ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

8-10 MAY 2020

- BELIEVE - EVOLVE - ENRICH - SUPPORT -

BGS BEES

KEEPING BGS BUSY!

HISTORY OF VE DAY

The 75th anniversary of VE Day is fast approaching. On Friday we will acknowledge and celebrate the day when, in 1945, the German forces unconditionally surrendered to the Allies, ending the Second World War in Europe. The Second World War was one of the costliest wars in history, whatever scale you use to judge that cost. In terms of human life, it is estimated that 75 million people died between 1939-45; the war also destroyed homes, families and cities; and brought suffering to the populations of entire countries. On VE Day in 1945 euphoric crowds flocked into the streets to celebrate the end to the violence and bloodshed. This year, on Friday 8th May, the nation will commemorate that moment when the fighting stopped, albeit in very different socially distant ways. However, after the euphoria of the 8th May came sombre reflection: a thirty-day period of mourning. For those who had lost loved ones this was a time to reflect on the sacrifices made and to grieve for those killed. Importantly, VE Day did not mean an end to the Second World War as fighting still continued for the Allies against the Japanese Empire and it was not until 2nd September 1945 that the Second World War ended completely. Even then, the war continued to impact people's lives – for example, food rationing did not end until 1954.

GOOD NEWS

On Thursday 30th April, Colonel (he's been promoted from Captain!) Tom Moore celebrated his 100th birthday in spectacular style. This included 140,000 birthday cards and the knowledge that his efforts have raised over £30 million for NHS charities. In an interview, he spoke of his service during the Second World War in India and Burma, before discussing his pride at seeing a Spitfire and Hurricane – fighter planes used extensively by the Royal Air Force in the Second World War – fly over his house. He said, "I'm one of the few people here who've seen Hurricanes and Spitfires flying past in anger. Fortunately, today they're all flying peacefully."

PE CHALLENGE

Every day, a different PE teacher has set you a challenge. Your aim is to beat it! Have as many attempts as you like, and good luck! Check out MILK/BGS PE on Instagram to watch the videos.

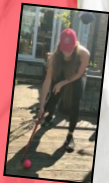
Gravesy Challenge - Can you do more than 40 keepy uppies in 30 seconds?



Bowers Challenge - Can you throw and catch the ball against the wall more than 30 times in 30 seconds?



Bradley Challenge - Can you do more than 69 side-to-side hockey taps in 30 seconds?



Chamberlain Challenge - Can you do more than 30 press ups in 30 seconds?



Bowtell Challenge - Can you put a t-shirt on whilst doing a handstand against a wall? Can you do it faster than 34 seconds?!



DID YOU KNOW?

As Winston Churchill announced the end of the war in London, crowds filled the streets from Trafalgar Square up to Buckingham Palace. Princess Margaret and her sister Elizabeth, the future Queen Elizabeth II, were among the crowd taking part in the celebrations.



RATIONING RECIPES

In order to cope with reduced supplies, the Government introduced food rationing in 1940. This is a typical weekly food ration for an adult (2oz is around 56g and 1 shilling in 1940 is equal to approximately £2 today):

| | |
|-------------|---|
| Bacon & Ham | 4oz |
| Other meat | Value of 1 shilling and 2 pence |
| Butter | 2oz |
| Cheese | 2oz |
| Margarine | 4oz |
| Cooking fat | 4oz |
| Milk | 3 pints |
| Sugar | 8oz |
| Preserves | 1 lb every 2 months |
| Tea | 2oz |
| Eggs | 1 fresh egg (plus allowance of dried egg) |
| Sweets | 12 oz every 4 weeks |

To celebrate VE Day, why not throw a 'tea party' for your family, and try some authentic rationing recipes, making do with what you have. If you're able to get hold of plain flour, you can try these simple jam tarts:

Ingredients

Jam, 8 oz of plain flour, 3 oz of butter or margarine.

Method

Rub the fat into the flour in a large bowl. Add water to form a pliable dough. Lightly flour the surface and rolling pin and roll out fairly thinly, enough to cut out 12 round shapes to place in a greased patty tin. Place a heaped teaspoon of jam into each pastry case. Just dollop it in the middle but do not overfill. Place in a pre-heated oven at 180 C for about 20 minutes until the jam is bubbling and the pastry looks golden. Remove from the oven and set aside the tin until it is cool enough to touch and then remove the jam tarts (still be careful as the jam might be very hot!).

Find more rationing recipes here: <https://the1940sexperiment.com/2020/04/28/10-great-1940s-ration-book-recipes-to-celebrate-ve-day/>



TOAST TO THE HEROES

Though many events commemorating the 75th anniversary of VE have been cancelled, there will be a Nationwide toast at 3pm on Friday 8th May, to join together from the safety of our own homes in celebrating and paying tribute to the many millions, home and abroad, who gave so much during the Second World War. So, invite your families to join with the nation at 3pm with the toast, "To those who gave so much, we thank you."

The Royal British Legion is also calling on people across the country to join in a two minute commemorative silence at 11am on Friday 8th May, a chance for us all to pause, reflect, and remember.



LEARN TO JIVE

With the outbreak of the 2nd World War thousands of American G.I.s were stationed throughout England and with them they brought their own style of music and dance – Swing Jive! In England the jive dancing craze soon took off from the mid 1940s onwards and slowly turned into what we nowadays refer to as Rock & Roll as the 1950s decade rolled around. The two styles of jiving have very similar/identical moves (just known by different names) the only real difference being that Rock & Roll is normally danced at a slightly higher and more energetic tempo. Learn the basic steps from 2 Strictly professionals here: <https://www.youtube.com/watch?v=V3ucBTI-f5s>



CHECK THIS OUT

The BBC have put together a 'make your own VE Day bunting' guide, to allow you to decorate your home to commemorate VE Day. Find out more here:

<https://www.bbc.co.uk/programmes/articles/4TrqYDyf4PMdLypxzyTwGdG/great-british-bunting>



"CONTINUOUS EFFORT, NOT STRENGTH OR INTELLIGENCE, IS THE KEY TO UNLOCKING OUR POTENTIAL."

– Winston Churchill