

BGS BEES

BELIEVE · EVOLVE · ENRICH · SUPPORT ·

KEEPING BGS BUSY!

PE CHALLENGE

For the last week of lockdown challenges, we are going to revisit some of our favourite activities that were set!

Monday's Challenge: Just Dance - Hips Don't Lie. <https://www.youtube.com/watch?v=QwYqMzg6LQ&feature=youtu.be>

Tuesday challenge: Best of 3 Squat Stare Challenge. Hold the squat position (knees at 90 degrees) facing a family member. Have a staring contest, the first to blink, smile or come out of the squat loses. On your own? A mirror will do just fine! Complete 3 times. The winner picks an exercise for you both to complete and selects how many reps to do.

Wednesday's Challenge: Madfit - Lose yourself. <https://www.youtube.com/watch?v=OXHX-H5w388>

Thursday's Challenge: Stack up 6 plastic cups and get hitting! You have 5 attempts to get as many cups knocked down as possible. Re-stack each go and combine how many cups are knocked down for your total score. Use a pair of rolled up socks.

Friday's Challenge: Set up a slalom in your garden or a room in your house. Balance a toilet roll on your head and complete the slalom as quickly as possible. 10 second time penalty every time it falls off. Make the slalom as hard or easy as you like.

THANK YOU!

From its first issue to now, BGS Bees has grown and developed with the help of staff and students. So, to all the staff who have contributed their ideas and the students who have submitted their photos and ideas, thank you for making BGS Bees possible. To Ms Currier, Miss Kirby, and Miss Bradley, thank you for your dedication and ideas, from the very first issue to now. To Mr Bunker and Mr Brooker, thank you for supporting BGS Bees, and for proof-reading each and every issue. I have loved working on BGS Bees each week. By far the best part of working on BGS Bees has been working with so many talented and kind members of the BGS community, both staff and students. As we reach the final issue of BGS Bees this year, we turn to thinking about what BGS Bees will become going forward. If you have any ideas of how BGS Bees should evolve in September, please email bgsbees@bourne-grammar.lincs.sch.uk, we would be grateful for your suggestions.

- Ms Atkinson

JOKE

Where do sharks go on holiday?

Fin-land!



PEEL GOOD MUSIC

Ms Dundee's 'Rainbow' playlist:

The Lady in Red - Chris De Burgh
Yellow - Coldplay
Fields of Gold - Eva Cassidy
Getaway Green - All Time Low
Mr Blue Sky - Electric Light Orchestra
Purple Rain - Prince
Rose-Colored Boy - Paramore

Find all the BGS Bees songs here: <https://open.spotify.com/playlist/4Cbnlp0ysBrxUAIFARK3wM?si=KXNmVXCdQ5JGJWgdwmamXw>



SUMMER BUCKET LIST

1. Have a picnic outdoors
2. Read a book you wouldn't usually choose
3. Write a story
4. Make homemade ice cream
5. Build an indoor fort
6. Go on a family bike ride
7. Play a new board game
8. Fly a kite
9. Make a bird feeder
10. See how many times you can skip a rock on water
11. Catch a butterfly with a net (and release it!)
12. Learn to hula hoop
13. Camp outdoors
14. Make homemade jam
15. Go fishing
16. Go bird watching
17. Mail a letter to someone special

CELEBRATING KINDNESS

Year 7 and Year 8 have been sharing the acts of kindness they are grateful for, here are just a few of the fantastic ways they have been helping each other...

"During lockdown, Bella has helped me with a lot of my work and has set up a few calls to help me with my loneliness."

"She has always been willing to help me and has given me different tips and timings, she has also told me about my mistakes. When we were still at school she helped me learn to play bridge."

"Freddie has helped me a lot throughout lockdown with work and as a friend. He has offered an explanation to a question I didn't understand and helped me write a piece of code. He has also been a good friend and cheered me up during lockdown with memes and funny videos, or just a chat!"

INSPIRATION

Nicholas James Vujicic, is an Australian preacher and motivational speaker born with tetra-amelia syndrome, a rare disorder characterised by the absence of all four limbs. As a child, he struggled mentally and emotionally, as well as physically, but eventually came to terms with his disability and, at the age of seventeen, started his own non-profit organisation, Life Without Limbs. Vujicic presents motivational speeches worldwide, on life with a disability, hope, and finding meaning in life. You can watch Nicholas speak here: <https://www.youtube.com/watch?v=8jhcxOhlMAQ>

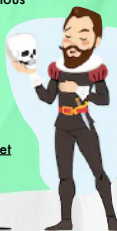
DON'T LIKE SHAKESPEARE?

Shakespeare's name is familiar to most people, we study his sonnets and plays, and learn to decipher his language. Yet, despite his fame, some people fervently claim they "just don't like Shakespeare!" The BBC has released a series of Shakespeare's plays onto the iPlayer platform, and these modern and exciting versions of his classic stories might make you think again about Shakespeare.

Hamlet is a good place to start, as it's one of the most famous literary works of all time. The story has it all, ghosts, drama, and revenge. Here's a plot summary from the Shakespeare Birth Place Trust to whet your appetite...

Hamlet sees his dead dad's ghost, pretends to go crazy with revenge, actually goes crazy with revenge (debatable), and everyone dies.

Watch Hamlet here: <https://www.bbc.co.uk/iplayer/episode/p089zfr/culture-in-quarantine-shakespeare-hamlet>



THE GREAT BGS BAKE OFF

It's the final of the Great BGS Bake Off! Here are the final results. There have been some spectacular bakes every week, and this week is no different. Congratulations to all who entered, but especially to our final Star Bakers - Bella, Mamina, Amelia, and Charlotte.



Y8: Bella's Star Bake



Y9: Mamina's Star Bakes



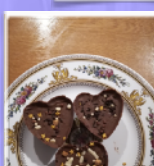
Y10: Amelia's Star Bake



Y10: Charlotte's Star Bake



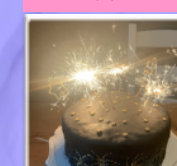
Y8: Ema's brownie stack



Y8: Maddy's chocolate hearts



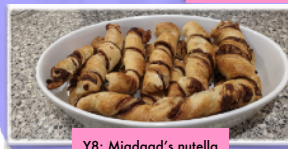
Y9: Emily's end of year cake



Y9: Megan-Jayne's celebration cake



Y9: Bella's celebration cake



Y8: Miqdaad's nutella twists



Y8: Emily's movie night selection



Y10: Charlotte's gluten free vegan apple tart



Y9: Abbie's ocean cake

FACTFULNESS

In his book, Factfulness (ten reasons we're wrong about the world - and why things are better than you think), Professor Hans Rosling seeks to prove that the world is a better place than we are sometimes led to believe. He says "When asked simple questions about global trends - what percentage of people around the world are living in poverty or how many girls finish school - we systematically get the answers wrong. It turns out that the world, for all its imperfections, is in a much better state than we might think. But when we worry about everything all the time, instead of embracing a world view based on facts, we can lose our ability to focus on the things that threaten us most."

I enjoyed reading this book, because it gave me some much-needed perspective on the world and how often we seem to hark back to days gone by when actually, in many ways, the world is a better place to live now, than it was then. I feel like it is even more important to have this 'Factfulness' view during the current climate to help us to take the time to appreciate our world. In a time where lots of opinions are given to us via the media, it is a good reminder to focus on those with supporting facts! At the beginning of the book, he provides a questionnaire about global trends.

Have a go here https://kahoot.it/challenge/05299384?challenge-id=20de8d6b-bc68-480d-830e-alcfc1bed74_1594912904172. See how many answers you get right, and how many you are shocked at the answer to! Miss Bradley



YEAR 8 ART

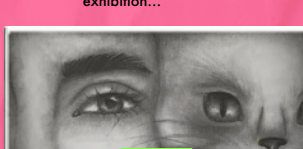
The theme for Year 8 Art Club's first exhibition was the connection of humans and animals. We were blown away by the standard of art produced! Here are a few pieces from that exhibition...



Sanjani



Ruby



Emma



Lottie

FREE RICE

If Yemen were made up of 100 people...

- 76 would need some form of humanitarian assistance
 - 62 would have almost nothing to eat
 - 10 would be extremely malnourished
- But there aren't just 100 people in Yemen. There are 29 million. 8 million people on the edge of famine - that's almost as many as all the people living in New York City. It is clear Yemen will require aid on a global scale if it is to even remotely recover. The World Food Programme (WFP) has set up a free app called Freerice, striving to combat global hunger through learning. The app contains several "categories" which you can choose from such as chemical symbols, world landmarks, and Spanish vocabulary. Each question contains multiple choice answers, and, for every correct answer that is selected, a payment is generated to the WFP via sponsors. This payment is equivalent to ten grains of rice which is then donated to help countries in crisis (such as Yemen) all over the world. Our outgoing Head Girl - Lauren Gapper - has set up a group on the app, and so far the group has raised over 30,000 grains of rice. If you would like to join the BGS group, the code is HSNZCABX. Alternatively, you can use the app individually. To find out more about the crisis in Yemen, visit <https://www.youtube.com/watch?v=AkyXDDXzPyw>

"IT IS NEVER TOO LATE TO BE WHAT YOU MIGHT HAVE BEEN." —GEORGE ELIOT