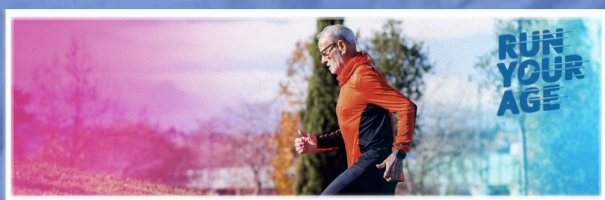


BGS BEES

2021-1

GET ACTIVE

Start 2021 with a new goal, and join in with Age UK's 'Run your age' challenge. It's your challenge, so you decide if you will run your age in kilometres, metres, miles, or even laps of your local park/garden. To find out more or get involved, visit <https://www.ageuk.org.uk/get-involved/fundraise/sporting-events/run-your-age/>



THIS WEEK IN HISTORY

On the 4th January 1809, Louis Braille was born in France. Blinded as a boy, he later invented a reading system for the blind using punch marks in paper.

On the 5th January 1925, Nellie Tayloe Ross of Wyoming became the first female governor inaugurated in the U.S.

On the 8th January 1935 Elvis Presley was born in Tupelo, Mississippi.

JANUARY WILDLIFE

In winter, life can be hard for wildlife – days are short and for many creatures finding enough food to survive takes up almost every hour of daylight. There's still lots of wonderful wildlife to see, and you can find things to do and see in nature this winter here: <https://www.wildlifewatch.org.uk/seasonal-wildlife/winter>



NEW YEAR AROUND THE WORLD

In Brazil, particular foods are eaten to invite good luck for the coming year. Seven is the lucky number on New Year's Eve, so seven pomegranate seeds are eaten to keep the purse full, and seven grapes ensure abundance in all areas of life. Some Brazilians also jump over seven waves in the ocean and make seven wishes for the new year as they leap.



READING PROMPTS

All readers know the feeling when they've finished a really great book and can't seem to find something new to read. If you're looking for something to read next, challenge yourself to find books relating to these 4 reading prompts this January.

- 1) A book with a snake on the cover
- 2) A book recommended by a family member
- 3) A book set in a major city
- 4) A book with a title that starts with the same letter as your first name

You can find a New York Times bestsellers list for 2020 Young Adult fiction here: <https://www.nytimes.com/books/best-sellers/young-adult-hardcover/>

RECIPE

In Greek mythology, bees were supposed to be the messengers of the gods and honey to be a source of wisdom and poetry. Honey was rumoured to provide unbelievable powers. Therefore, in the Iliad and Odyssey of Homer it was mentioned, that the gods of Olympus lived on honey (nectar) and honey wine (ambrosia). In Greek the word "nectar" means "victory over death" and Ambrosia stands for "immortality". Aphrodite, the Greek goddess of beauty, used honey and beeswax for her beauty masks. Honey is said to ensure sweetness for the coming year, a belief that dates at least to Ancient Greek times. You can find a recipe for honey cake here: https://www.bbc.co.uk/food/recipes/honeycake_67599



MINDFULNESS

Mindfulness practices can help us feel more grounded, calm and present during the challenges of the Covid-19 pandemic. Headspace have a large collection of resources to help when you are feeling worried or stressed. Start with their 'Weathering the Storm' materials which can be found here: <https://bit.ly/2WZ3fvs>

"Your present circumstances don't determine where you can go. They merely determine where you start." –Nido Qubein

