

## **Headteacher**

Students and colleagues have just returned from the two week half term break. It was well deserved and hard earned; allowing students the time to reflect on their work in the first half term – and especially in Years 11 and 13, to take time to consolidate their learning as they approach the final six months of their two year courses. The weeks have flown by since we returned after the Summer in September. We are delighted with the way students in all years have settled to work—particularly those students who have joined us in Year 7 and Year 12. Colleagues are now beginning to produce the first sets of assessments of students' progress. As we generate these across the year groups, this will enable us to identify where further intervention and support will help secure more progress.

In addition to students' academic work the items in this bulletin provide a flavour of the wide range of extra-curricular and enrichment activities that students have been engaged in. I am pleased to see the number of pieces that are written by the students themselves. We have also included

some dates for the diary regarding upcoming events. Reading through the Bulletin I am struck by how lucky we are to have students so interested in exploring these opportunities and challenges and at the same time how fortunate our students are to have staff prepared to dedicate so much time and effort to provide such a range of activities.

As I write the first chill of winter is noticeable on the wind. As we were reminded earlier this year, winter brings the potential for disruption if the weather is inclement. As the thermometer drops we will monitor weather forecasts carefully—particularly in relation to snowfall. Decisions in relation to closure are governed by considerations of safety for staff and students moving around the site, and also in relation to travelling to and from school. In the event of any potential closure to the school or changes to arrangements, all announcements will be communicated via the website.



A poster for the Bullers Wood Christmas Craft Fayre. The background features a sketch of a large, multi-story building with a clock tower. Overlaid on the image are several text elements in stylized, colorful fonts:

- Gifts** (red)
- Carols** (green)
- Crafts** (purple)
- Mince Pies** (red)

The text for the fayre details is as follows:

**Bullers Wood**  
**Christmas Craft Fayre**  
**Saturday 24<sup>th</sup> November**  
**12-4pm**

At the bottom, it says: **Stall enquiries: friendsofbullerswoodgirls@gmail.com**



## Bullers Wood School for Boys Open Morning

Saturday 13<sup>th</sup> October, eight-thirty am, a handful of students and dedicated staff were getting ready for the impending Open Morning for Bullers Wood School for Boys. By nine, there were already many parents waiting to come in and find out more about the school. Throughout the day I was positioned on the gate, welcoming people to the school, and handing out the prospectus. There was a constant flow of people throughout the morning. There were sixth formers positioned around the school helping to direct anyone who was unsure of where they were going. We had three main talks during the Open Morning, with staff and students on hand to ensure that they went smoothly. As well as there being sixth formers from the girls' school, there were a variety of year seven students

from the boys' school, who also did various jobs throughout the morning. Some were giving demonstrations in subjects such as Science and PE, others were speaking in assembly and one or two were also helping welcome and answer any other questions from the parents. All of the boys had a big smile on their faces and seemed to really enjoy showing off everything they knew about the school. Overall the Open Morning was a huge success—there was a huge turnout with over nine hundred people attending the school to have a look. Many of the parents expressed how friendly and helpful everyone was, with one parent saying on the way out "you have one very happy mum here"

By Zoe Hemming Clark

## Remembrance

This week a Year 9 Art class focused on mono-printing World War photos from old magazines and publications as part of their theme this year: Art, Society and Interaction. They loved the process of creating them and were proud of the outcomes they achieved. Grouped together as cylindrical shapes the prints became poignant markers of remembrance.

Ms Noble, Art Department





## ***How Yoga Can Transform Your Life—and Your Grades***

During my GCSEs last Summer, I was weighed down by my school work, worried about exams and anxious about my future, as I knew I had a lot more work to come in the sixth form. Everything felt a little overwhelming - until I found yoga. I had heard about the YouTube channel, 'Yoga With Adriene' and how the '30 Days of Yoga with Adriene' series are a great beginners guide to getting into yoga. I started practicing yoga in my bedroom in front of my phone propped up by books. All my misconceptions about yoga drifted away when I realised you don't need to be flexible, you don't need to be a pro at meditation and you don't need any special equipment or sportswear to reap the benefits of the practice, just your mind and the willingness to escape. Not only can yoga transform your physical health through muscle strengthening and toning, the benefits to my mental health were astronomical at a time I needed it most.

Yoga combines gentle but sometimes challenging postures with a meditative approach to connecting to your breath. An important component of yoga is focusing on the present - something we should all improve upon as our modern lives are constantly occupied by what we need to do next or we are stuck dwelling on the past. By taking 20 minutes out of my day to myself while focussing on only my breath and my body, made me so much more aware of my inner emotions and helped me reflect on my personal growth. During exam season, this was extremely useful as doing this the night before or the morning of an exam allowed all my thoughts to be filtered, so I went

into the exam hall with a positive outlook and feeling confident that I knew everything I needed to know. As students, we could gain even more benefits that could dramatically improve our academic performance. Studies have found that regular yoga practice improves coordination, reaction time, memory, and even IQ scores. It also regulates your adrenal glands and can lower the stress hormone, cortisol, which at high amounts can falter our immune system and is linked to depression. I can confidently say that yoga helped me through my GCSEs and as I have continued to practise yoga since, the benefits have stretched beyond my school life. I am generally happier, more positive, more confident in myself and appreciate the little things in my day as I've become more mindful.

Research for yourself the outstanding benefits of yoga and how they can change your life, and why not give yoga a try for yourself? Your grades will thank you too!

Hollie Meyers 12B



## ***Message to Parents from Lead Practitioner, Shanti Healy***

This year I will be working on raising pupils' achievement through the use of homework and by strengthening the school's partnership with parents/carers. Homework clubs are being run every lunch time for Year 7-11 and all students are welcome so please encourage your daughters to make use of these. Parent workshops were held in October for Year 7 and Year 12 parents to help students with the challenging transitions from primary to secondary school and from GCSE to Sixth Form. These workshops provided parents and carers with simple yet effective strategies they can implement at home to help their child make a smoother transition between key stages. PowerPoints from the October workshops can be accessed on the school website (under Parents/ Parent workshops).



## Imperial College, Friday 26th October

The start of Year 11 is behind us, and the countdown begins to the last few months left to prepare yourself for GCSEs...

Today at Imperial College, our first session was Maths. We discussed the different types of graphs and the scenarios related to them. For example, a car leaves a rest stop only to be stuck in stand-still traffic a few miles down the road, what would be the graph representing this? It would look something along the lines of this:



After lunch we moved onto the Physics session. Little did I know we were going to make models of rockets. By forming a cylindrical shaped tube, making it air tight and adding a touch of personalisation we created a 'rocket'. We went outside and placed it on a pressure pump, and after pressing green it shot 35ft into the air, right in the centre of campus ... possibly causing a distraction to students studying.

Finally, at the end the day, we had our Biology session. Here we took part in DNA extraction. To do this we swabbed our cheek cells after chewing them, collecting as many cells as possible onto our tongues. After dying them blue and placing them onto a slide we observed them under our microscopes. The outcome was very impressive as I got to view the nucleus of the cell. An exact picture of my observation is below...



**Identified, nucleus.  
Subcellular structure that obtains  
the genetic information of the cell**

By Elle-Mae Wood 11 Blackman



## Teacher Interview: Mr Parsons talks about the Music Department

The Music Department holds many events throughout the year to encourage students to take part in extra-curricular activities and to reach their full musical potential. The main event that the Music Department is running this year is the Music Tour, which will be taking place in Belgium in a coastal town called Ostend in Flanders. Around 30-40 students from the Chamber Choir and the Concert Orchestra as well as 4-5 members of staff will be partaking in this trip during the first week of July 2019. There will be three concerts during the trip: one in an open air bandstand, another in an open air café in the town centre and one in a retirement home because during the tour, the department felt like they should give something back to the community. As part of the trip a range of activities have been organised as a reward to the students who give up their time every week to take part in orchestra or choir.

There are many fundraising events planned throughout the year for this trip, including busking at a fete in December and a stall at the school Christmas Fayre on Saturday 24<sup>th</sup> November.

Throughout the past few years there has been a radical change within the Music Department, with the teachers placing a larger emphasis on music making within the lessons. The Music Department has a GCSE uptake that has almost doubled since last year, with a class of 23, and Mr Parsons is anticipating more students will choose Music GCSE next year. Another change within the department is that they are now running Music A Level, which they hadn't done the year before.

The department has also had a change in one of their classrooms, with no more tables in the classroom, and with a stage being built as well. Mr Parsons believes that it is "nice to make a bigger deal out of performing," and built a stage in his classroom to give the students an enhanced performance space to take their music seriously and to have a more engaging environment to make music and to learn about it.

Throughout the year the Music Department provides many musical opportunities for the students, including the Concert Orchestra which is open to anybody who plays a musical instrument, and two choirs: Chamber Choir on Wednesdays and the whole school choir, called *Minor Details*, which runs on Tuesdays. If you are interested in joining the school choir (*Minor Details*) you can go and see Mr Parsons in the Music Department. If a student would like to join the Chamber Choir you have to already be in a choir and interest would have to be shown as normally members of the choir are invited.

The Christmas Concert will be on 20<sup>th</sup> December and this is where the whole of Year 7 will be singing as it gives them the opportunity to do something within the school community. A Year 7 form will also be singing at Elmstead Woods Retirement Centre and some music students will be taking part in the Remembrance Day service in November. Many events are happening this year for students to partake in and for the parents of these students to see the excellent array of music that the department has to offer.

By Alice King Y12



A GCSE student practising her piece for the composition section of her GCSE



## CERN, GENEVA 2018

### WHAT AN EXPERIENCE, HARD TO PUT INTO WORDS...

Despite the early start and tired eyes; arriving at school for 3:30am, everyone was in high spirits, excited for such a wonderful experience. Our journey out ran smoothly and once in Switzerland we managed taking public transport the entire 3 days, through the brilliant guidance of Mr Akman who knew exactly where to go.

As soon as we arrived, we had some time to kill before checking into the hostel, so after dropping our bags we walked down to the other side of Geneva across the lake. Concentrated with high end designer shops, money-made individuals and beautiful monuments, we had time to explore this side to Geneva, grabbing some

food as we were all very hungry and the early start began to catch up on us. I was soon awakened by the prices—the charge for just a toastie and drink reaching nearly 20 Swiss francs! Excuse me? Hence, as a result of this shocking experience I think we all were very cautious with how we spent our money.



**The UN site**

Later in the day we visited the United Nations where we were able to listen in on conferences taking place with different countries.

The day's events soon came to a close as dinner and an early night were at the forefront of everyone's minds.



**Lake Geneva**

After an early start and a quick breakfast, we were ready to visit a museum, where we enjoyed lunch looking over the lake. Many photos were taken as this was such a beautiful site. The water was crystal clear and settled surrounded by rocks just above.

Mid-morning, we visited a chocolate factory, witnessing exactly how they made chocolate, and were able to taste all the different types: dark, milk and white.

Later that day we visited the Red Cross Museum. There were several exhibitions that we could walk around, hearing about so many traumatic events experienced by individuals that were greatly impacted.

Our final day was the BIG day to visit CERN, the particle physics centre. After a brief introduction we headed to various parts of the sites based at the main centre. We had talks from people who work there, for example, we learn about CERN'S accelerator complex and the different individual parts involved in the LHC (large hadron collider). We visited one of the magnets involved in controlling the electron beams along a specific direction. These magnets are so big, it really puts into perspective how strong they have to be to control such a 'small but mighty' subatomic particle.

Over the 3 days we all loved sharing this experience and would like to thank our teachers for their organisation of this trip. Thank you, Ms Lenihan, Miss Shade and Mr Akman! Geneva is one of the cleanest and most sustainable countries I have ever been to, I can't wait to visit it again in the future.



**Computing department based at this site**

By Elle-Mae Wood 11 Blackman



## Trampolining Competition

On Friday 19<sup>th</sup> October Bullers Wood trampolining team took part in the Bromley Schools Competition at Hayes School. We had been training since the beginning of the term and been working hard on perfecting our sets and voluntary routines, adding in new moves and neatening up some of the basics. Overall it was a good competition with many medals, and everyone enjoyed it even if it was just for the experience.

Sophie Birch Year 8



Results as follows:

### Year 7 A team 1st

Olivia Inman, Kitty Smith, Zara Turkel



## PE Department Twitter

The PE Department now has a twitter account. You can follow @BullersPE. You will be able to get up-to-date information on news, fixtures and results, after school clubs and any cancellations. We would also love to hear about any weekend sporting success so we can share, please send us an email [PE@bwggirls.org](mailto:PE@bwggirls.org).



## National Poetry Day

National Poetry Day took place on 4th October and this year's theme was 'Change'. We held two lunch time library events on the day, open to all staff and students. The aim was to promote a love of reading and writing poetry. During October we also ran a poetry competition open to all staff and students. Poets could write either on Change or on a topic of their choice. Some students received professional advice from our five visiting poets during the *Poetry Take Away Van* event on October 18<sup>th</sup>.

Over 300 entries were received for the competition. Many of the poets explored the concept of Change - some through conventional ideas such as the seasons or starting a new school. There were also many moving poems on break up or death, and some writers tackled difficult personal issues around depression and identity. Those who did not focus on Change often used class topics as a starting point, for example many Year 8 students wrote colour poems in response to Rossetti's '*What*

*is Pink?*', or poems about being homeless in London, linked to Robert Swindells' '*Stone Cold*'. Year 9 have been studying First World War poetry in English, and a number of students based poems on this, linked to the centenary, or looked at other war issues, such as being a refugee.

Most of the entries were from Y7 and 8 students. There will be prizes and certificates for each house in these year groups. We also received entries from students in Y9, 11 and 12. We plan to publish a selection of the poems in the forthcoming newsletters, and with Remembrance Day at the forefront of our minds, this month we are including poems on the theme of war and refugees.

There will be another competition in February, on the theme of Love.

Ms Gowing, English

## The Letter

By Angeliki Georgiou, 9PK

He received his letter aged nineteen years old,  
When life was bright and the sun beamed gold.  
He left for war the very next day.  
That day he threw his life away.

In the trenches, they trudged through the mud,  
Their uniforms smeared with scarlet blood.  
Bombs and guns boomed all around,  
And by their feet, bodies could be found.

The people don't know and they never even think  
About the war, but they just need to blink.  
Then they would see how getting the letter,  
Would change a man's life, and not for the better.

**Christmas Music Concert**

**20th December 2018**

**7pm**

**Tickets on sale now via  
School Gateway**





## Factory or War

By Holly Boult, 9LV

In the factory or in the war?  
Thread machines or shoot some more?  
Little pay with loads of hours,  
Coming home to red, red flowers.

A message from the one I loved,  
The best of the best, nobody above.  
Shot in the arm, bomb in the leg,  
But luckily not in his head.

Coming home to red, red flowers.

A tear shed in the eye,  
A little cry, hope no goodbyes.  
A bit of fright,  
Won't make it right,

Coming home to red, red flowers.

The reality of war is unknown to some,  
But everyone wants it to soon be done.  
One wish, one hope,  
Some more can't cope.

Coming home to red, red flowers.



## Change

By Rebecca Kearney 8BL

This time it's not a drill,  
This time it's real,  
Kicked out of our now empty home,  
We were wrongly left to roam.

Days and days with no food,  
Always in one strange mood,  
Never knowing, never quite sure,  
If it's worth living any more.

Not quite sure of what I've become,  
Where is my loving mum?  
The pain is everywhere,  
Too much burden to bear.

My little brother is moaning again,  
We had to leave our little den,  
It kept us warm,  
It was the norm.

I'm not sure how long my brother has got,  
I don't know what I'd do if... I care about him a lot,  
An hour went past,  
It was my brother's last.

Tears stream down my face,  
I pick up the pace,  
Got to find her, got to try,  
What the... is that... oh my.

Can that be?  
Yes, finally,  
My mother and me.



## School Uniform

As winter approaches we would like to remind parents and carers of our expectations regarding uniform and to thank you for your ongoing support with our school dress code. The vast majority of our students look superb in their Bullers Wood uniforms and are proving to be excellent ambassadors of the School, both on and off site.

- Please check that your daughter's skirt is of knee length or below. Your daughter's skirt should fit around the waist and should not need to be rolled up at the waistband in order to fit properly. This not only shortens the length of the skirt but also breaks the zip on the garment.
- School coats should be of a plain black fabric with long sleeves. Large logos, denim, leather, suede, PVC and fur coats/jackets are not permitted.
- Shoes or low ankle boots should be black, sensible, low-heeled and of a traditional style (with black laces if appropriate). No trainers, canvas shoes, open-toes, flip flops, sling-backs or casual style footwear are permitted.
- Your daughter should have a strong, waterproof, black school bag large enough for A4 books and files.
- Jewellery, make-up, false and /or painted nails and eyelashes are not permitted. One pair of small, plain silver or gold stud earrings for pierced ears (one earring in each lower ear lobe) only is permitted. Other body jewellery, including any form of facial, helix or body piercing (other than earrings in the lower ear lobe) are not permitted.

**OFF AND AWAY**  
before the school gates

Please check that your mobile device e.g. phone, Smart watch, tablet, iPod, MP3 player and headphones, are off and away, out of sight in your school bag.

If your mobile device is seen or heard it will be confiscated.



## ***Safeguarding Update***

Please have a look at Bromley's Safeguarding website for important information and advice:

<http://www.bromleysafeguarding.org/articles.php?id=589>

This is a useful list of tips to help keep your child safe online:

<http://www.bromleysafeguarding.org/articles.php?id=617>

We would encourage you to read the digital parenting magazine on the parent zone site. This gives lots of helpful ideas and guidance to help you and your child navigate the digital and social media minefield:

<https://parentzone.org.uk/system/files/attachments/Digital%20Parenting%206%20NEW.pdf>

If you have any concerns or would like to discuss these issues further please contact Mrs Carter, Designated Safeguarding Lead at [dcarter@bwsgirls.org](mailto:dcarter@bwsgirls.org).

## ***Term Dates 2018-19***

### **Autumn Term 2018**

Wednesday 5th September—Friday 19th October

*Half Term Monday 22nd October—Friday 2nd November*

*(Please note—two week half term break)*

Monday 5th November—Friday 21st December

### **Spring Term 2019**

Monday 7th January—Friday 15th February

**School will start for students on at 10.30am on 7th January—School will be open and breakfast available from 10.00am. 10.30-10.50am will be registration and form period followed by normal timetable commencing from Period 3 at 10.50.**

*Half Term Monday 18th February—Friday 22nd February*

Monday 25th February—Friday 5th April

### **Summer Term 2019**

Tuesday 23rd April—Friday 24th May

*(School will start for students on at 10.30am on 23rd April)*

Monday 3rd June—Friday 19th July

School will be closed to students due to Staff Training days on Friday 1st March 2019 and Friday 28th June 2019