



What's coming up ...

Year Group	Date & Details
Year 7	All Week – Year 7 EAL Assessments Thursday 8 th October – Year 7 Parent Information and Meet the Tutors Evening
Year 8	No additional events this week
Year 9	Friday 9 th October – WOW Speed Mentoring on the London Eye (selected students)
Year 10	Wednesday 7 th and Thursday 8 th October – History trip to Eltham Palace (selected students) Friday 9 th October – WOW Speed Mentoring on the London Eye (selected students)
Year 11	Monday 5 th and Tuesday 6 th October – Geography Urban Study trip to Stratford (selected students)
Year 12	Thursday 8 th October – Year 12 Parent Information Evening Friday 9 th October – WOW Speed Mentoring on the London Eye (selected students) Saturday 10 th October – Sadler's Wells, Acosta Danza, Cuban Baroque (selected students) Saturday 10 th October – MUN Conference, Alleyn's School (selected students)
Year 13	No additional events this week

Message from the Headteacher

Our Open Morning for Prospective Parents, Carers and Students for Year 7 September 2027 this past week was really successful. Our guests spoke of our calm, focused environment, engaging lessons and outstanding learning behaviours of our students. Our final Open Morning is taking place on Monday.



I also really enjoyed meeting parents and carers of Year 10 and Year 11 for our **Information Evenings**. Having a shared understanding of the journey, expectations and supportive resources is so important for the success of our young people. I am very much looking forward to meeting parents and carers of our Year 7s and Year 12s at our Information and Meet the Tutors Evening taking place on Thursday.

This week our Year 10 GCSE historians are at Eltham Palace as part of their curriculum trip and Year 11 geographers are in Stratford as part of their Urban Study. These curriculum trips are an essential part of their course and core to the GCSE program.

We very much wish our **Model United Nations** student team the very best for the conference on Saturday 10th October at Alleyn's School. They are a formidable debating team and represent Bullers Wood so very well!

Advance Notice: Monday 2nd November 2026

Monday 2nd November is a Staff Development Day so school will be closed to all students.

Designated Safeguarding Lead – Mrs German (mgerman@BWSG.lumero.org)

Deputy Designated Safeguarding Lead – Mrs Hemmings (mhemmings@BWSG.lumero.org)

Sixth Form Open Evening – Thursday 19th November

Bullers Wood Sixth Form

Open Evening: 19th November



Year 11 students, parents and carers, please join us for Bullers Wood Sixth Form Open Evening on 19th November!

Discover our wide range of A Level subjects through subject talks, hear from the Headteacher, and gain first-hand insight from our current students about life in our thriving Sixth Form community.

We look forward to welcoming you!

Respect, Engage, Aspire.

Safeguarding and Wellbeing

Designated Safeguarding Lead – Mrs German (mgerman@BWSG.lumero.org)

Deputy Designated Safeguarding Lead – Mrs Hemmings (mhemmings@BWSG.lumero.org)



How social media shapes your feed

Mind Your Feed is based on research from the NIHR School for Public Health Research about how social media algorithms affect young people. An **algorithm** is basically a set of rules that decides what shows up in your feed as we know that young people can be vulnerable online with regards to their feed being infiltrated by algorithms that perpetuate harmful content. Please find time to read the below and discuss the way that these algorithms are created linking with different aspects of our identity. The school Personal Development curriculum supports our education of young people regarding their online habits.

ALGORITHM SURVIVAL GUIDE: Learn how to take back control



Q Algorithm

Because social media algorithms are designed to keep you watching (not to protect your well-being), it's important to learn how to take back some control.

- Pay attention to how content makes you feel: If videos leave you feeling anxious, angry, insecure, or upset, that's a sign the algorithm might be pushing content that isn't good for you, even if it's popular.
- Remember: the algorithm is not neutral: It shows content that gets attention, not content that is fair, true, or healthy. This means stereotypes, arguments, and extreme views can be boosted because they get more clicks.
- You can use tools to shape your feed: Use options like 'Not interested,' 'mute,' 'block,' or follow positive accounts to teach the algorithm what you do and don't want to see. Small actions can make a big difference over time.
- Be careful what you linger on: Even pausing on a video counts as interest. If something is upsetting or harmful, scrolling past quickly helps stop it from being shown again.
- Question what you're being shown. Ask yourself: Who benefits from me seeing this? Is this trying to sell me something, provoke me, or make me compare myself to others?
- Take breaks and mix up your time: Algorithms are designed to make it hard to stop scrolling. Setting time limits or going offline can help protect your mental health.

Society

- Pick 1 or 2 trusted news accounts and use those, rather than letting the algorithm decide.
- Set a time limit (e.g., 10-15 minutes) or a **Focus mode** so news doesn't take over your whole scroll.
- If you want to help without doomscrolling: Donate/share once, then **hide/show** less similar posts so your feed doesn't turn into constant crisis.
- Avoid echo chambers. If you only see one viewpoint, follow one calm account with a different perspective.

Artificial Intelligence

- If something looks unreal, assume it might be AI. For big claims, check a trusted source outside the app (official news sites, NHS pages, school resources).
- Use 'Why am I seeing this?' tools: Some platforms let you see why it was recommended. Use that to decide if you want to **Show less** or **block**.
- If AI content feels creepy or confusing, hit **Not interested** quickly.

Body Image

- Clean up your Explore/For You: Use **Not interested** on any body image or beauty content that feels negative.
- Add keywords that might feel triggering to **hidden words**.
- Follow body positivity accounts: Choose creators who show unedited bodies, talk about filters, or focus on strength/skills.
- Mute/unfollow accounts that don't make you feel good about yourself.

Identity

- Follow creators who make you feel seen, and **mute/unfollow** accounts that leave you tense or upset, even if they're popular. Muting is a good way to take a break if you're not ready to unfollow.
- Turn on **hidden words/keyword filters** for anything offensive, bullying terms, and phrases that annoy you.
- Use **restricted mode, privacy settings, and comment approval** (where available) to limit who can reach you and reduce random hate.
- Don't feed conflict. Arguing in comments can make the app show you more of the same. If it's harmful, **report, block, move on**.

Mental Health

- If you notice your mood dipping, switch to a **Following** tab (people you have chosen to follow), or search for a positive topic (e.g., music/animals/sport).
- Tap **Not interested** or **Show less** the moment something feels triggering, even if it's relatable. Many apps have 'Clear watch history / Reset For You / Clear search history' functions. Use it to reset your recommendations if needed.
- If you need to talk to someone, save local/national support links in your phone (or speak to a trusted adult), and use **mute words** for mental health-related terms.

Entertainment

- Turn on **app timers** or **downtime** so scrolling doesn't steal your evening.
- Disable **autoplay** (if possible) to stay in control.
- Save genuinely uplifting videos to a playlist/collection that you can watch on purpose instead of endless scrolling.
- Swap one scroll for one thing: After 10 minutes, do one small non-scrolling action (drink water, stretch, message a friend, step outside).

Consumerism

- Look for "sponsored", discount codes, affiliate links, "link in bio", or creators repeatedly showing products.
- If something is basically an advert, use **Not interested / Show less**, and unfollow accounts that mostly sell.
- Pause before you save. Saving/liking tells the app to show more of the same. In settings, look for **Ad preferences / Interests** and remove topics you don't want (e.g., "beauty", "shopping").

Wellbeing Webinars

For Young People

Stress & Worry Management

Mon 13 July @ 5:00pm
Mon 28 Sept @ 5:00pm
Sat 14 Nov @ 10:00am
Fri 11 Dec @ 5:00pm



Managing Academic Stress: Developing Healthy Study Habits

Fri 18 Sept @ 5:00pm
Sat 17 Oct @ 10:00am
Mon 9 Nov @ 5:00pm

For Parents & Carers

Helping Your Child With Fears & Worries (Primary)

Fri 31 July @ 10:00 am
Fri 25 Sept @ 12:00pm
Fri 20 Nov @ 10:00am

Helping Your Child with Fears & Worries (Secondary)

Fri 17 July @ 10:00am
Fri 23 Oct @ 10:00am
Mon 14 Dec @ 10:00am

Changing from Primary to Secondary School

Fri 3 July @ 10.00am
Mon 20 July @ 10:00am
Mon 3 Aug @ 10:00am
Fri 14 Aug @ 10:00am
Sat 5 Sept @ 10:00am

Helping Your Child With Sleep (Primary)

Mon 6 July @ 12:00pm
Fri 11 Sept @ 12:00pm
Mon 26 Oct @ 12.00pm
Sat 5 Dec @ 10.00am



Emotionally Based School Avoidance

Fri 28 Aug @ 10:00am
Mon 14 Sept @ 10:00am
Fri 6 Nov @ 10:00am

Visit our [Eventbrite page](#) to book your place



bromley-y.org



@bromley_y_



@bromley_y_



@bromleywellbeing

Please click [HERE](#) to book your place.

FREE EVENT

Fun, games and information
for all the family at the
SEND Local Offer Live!

**29 OCT 26
10am - 2pm**

Bishop Justus School
Magpie Hall Lane
Bromley
BR2 8HZ

**POP-UP
ARCADE**

**CREATIVE
ARTS**

ADVICE & SUPPORT



Scan to register
your interest



NHS
South East London



Bromley Parent
Carer Forum

yvhsc

Some useful links ...

Please do look into the support available for families if you have neurodivergent children and would like some support - [Parenting neurodivergent children online parenting course](#) | [Family Lives](#)

Dyslexia - [Dyslexia Association of Bexley Bromley Greenwich & Lewisham - DABBGL](#)

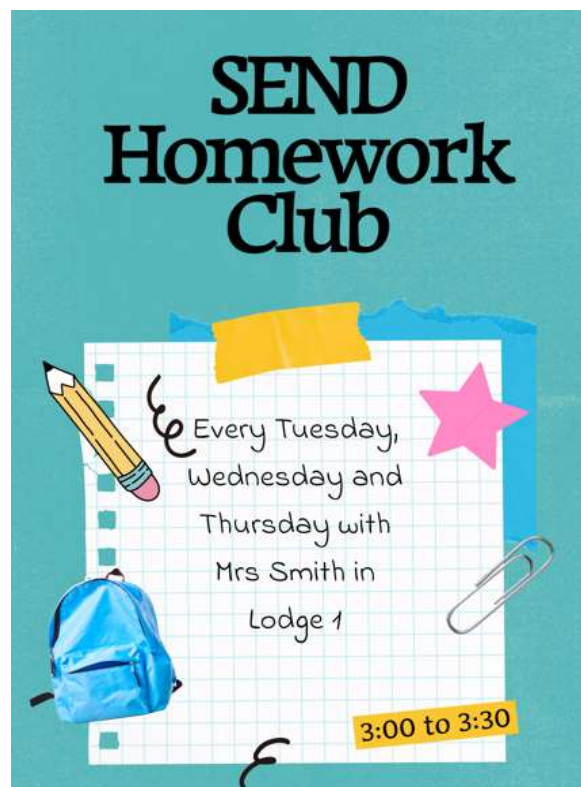
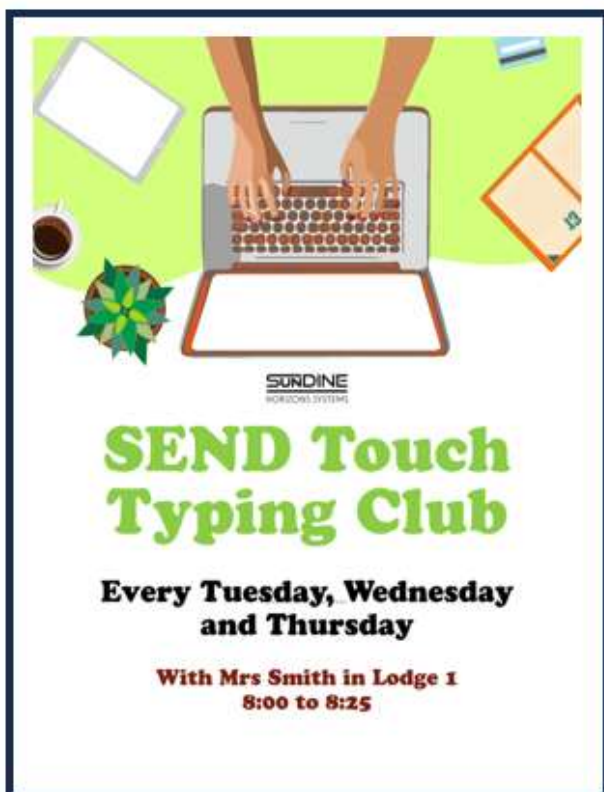
Quizlet - [Study Tools & Learning Resources for Students and Teachers](#) | [Quizlet](#)

Anki - [Anki - powerful, intelligent flashcards](#)

Memrise - [Learn a language. Memrise is authentic, useful & personalised.](#)

Supermemo - [SuperMemo - language courses](#)

Flashcard Deluxe - [Flashcards Deluxe App - App Store](#)



Friends of Bullers Wood

We have been busy this week selling preloved uniform. If there is anything particular you are looking for, please let us know.

Our Christmas raffle will run online this year to open ticket sales up to a much wider audience, therefore raising even more money for school projects. If you own a local business and are able to donate a prize or if you have been holding on to something suitable at home, please send an email to: friendsofbullerswoodgirls@gmail.com

Upcoming Events

- **Friday 16th October 2026** – Krispy Kreme glazed ring donuts are back! We are celebrating the end of GCSE mock week and the start of the half term break. Donuts will be sold outside the food cube and outside Inglewood at 3.00pm. Each donut is £2.00 or buy 3 for £5.00 or a whole tray (12) for £15.00. Cash is preferred but we hope to be able to take card payments too. While stocks last.
- **Friday 11th December 2026** - Year 7 disco, further information to follow

If you are able to commit to a monthly donation, please do so by completing this short form: [FoBW donation form](#)

Many of us are speedily heading towards the end of our time at Bullers Wood. If you are interested in joining the team, please come along to our next meeting, *date tbc*.

A very BIG thank you to all of the volunteers who have supported the Friends of Bullers Wood!

Kind Regards
Veronica Huxtable
Chair On behalf of the Friends of Bullers Wood

Extra Curricular Activities

We have a wide variety of extra-curricular activities and after school clubs for all year groups so please do keep an eye on our website which is regularly updated: [Extra Curricular Activities](#)

All Clubs run from 3.00pm to 4.00pm (unless stated on the list) and students can just turn up unless otherwise stated on the list. The Club's list is updated on the website on a regular basis. When Paid Clubs are available information will be sent out as to how places will be allocated and how to apply for a place.



COMMERCIAL DANCE CLUB

TUESDAY: YEAR 7 & 8 CLUB
3:15PM - 4:15PM

THURSDAY: YEAR 9 - 11 CLUB
3:15PM - 4:15PM

BOOKINGS NOW OPEN!
Trial lessons are available upon request

FOR FURTHER INFORMATION OR TO BOOK, PLEASE CONTACT US USING ANY OF THE OPTIONS BELOW:

WWW.PERFORMR.CO.UK INFO@PERFORMR.CO.UK ☎ 07533043615

PerformR

Key Dates

Please click [HERE](#) to see our Term Dates

Staff Development Days

- Tuesday 1st September 2026
- Wednesday 2nd September 2026
- Monday 2nd November 2026
- Wednesday 13th January 2027
- Monday 22nd February 2027
- Friday 28th May 2027
- Friday 25th June 2027

Parent/Carer Evenings

- Year 7 - Thursday 3rd December 2026 (Online)
- Year 8 - Tuesday 12th January 2027 (In School)
- Year 9 - Wednesday 10th February 2027 (Online)
- Year 10 - Thursday 22nd April 2027 (In School)
- Year 11 - Thursday 28th January 2027 (In School)
- Year 12 - Thursday 18th March 2027 (In School)
- Year 13 - Thursday 26th November 2026 (In School)

Information Evenings (In School)

- Year 7 SEND Information Evening - Thursday 24th September 2026
- Year 7 Parent Information and Meet the Tutors Evening - Thursday 8th October 2026
- Year 9 Options Evening - Thursday 4th March 2027
- Year 10 Information Evening - Thursday 1st October 2026
- Year 11 'GCSE Ready' Information Evening - Thursday 1st October 2026
- Year 12 SEND Information Evening - Thursday 24th September 2026
- Year 12 Parent Information Evening - Thursday 8th October 2026

Careers Events

- Year 9 Careers Day – Friday 5th February
- Year 10 Work Shadow Day – Monday 19th July
- Years 10-13 Careers Fair – Wednesday 17th March
- Life After Bullers – Thursday 13th May

OPEN EVENINGS FOR ENTRY SEPTEMBER 2027

Year 7 Open Evening - Thursday 17th September 2026. Headteacher talks at 5.45pm, 6.30pm and 7.15pm. Booking is not necessary.

Sixth Form Open Evening - Thursday 19th November 2026, 5.45pm to 8.00pm. Booking is not necessary.

Term Dates 2026-2027

Term 1

Start: Tuesday 1st September 2026
Finish: Friday 16th October 2026
Autumn break: Monday 19th October 2026 to Friday 30th October 2026
Staff Development Day Tuesday & Wednesday 1st & 2nd September 2026

Term 2

Start: Monday 2nd November 2026
Finish: Friday 18th December 2026
Christmas break: Monday 21st December 2026 to Friday 1st January 2027
Staff Development Day Monday 2nd November 2026

Term 3

Start: Monday 4th January 2027
Finish: Friday 12th February 2027
February break: Monday 15th February 2027 to Friday 19th February 2027
Staff Development Day Wednesday 13th January 2027

Term 4

Start: Monday 22nd February 2027
Finish: Thursday 25th March 2027
Spring break: Friday 26th March 2027 to Friday 9th April 2027
Staff Development Day Monday 22nd February 2027

Term 5

Start: Monday 12th April 2027
Finish: Friday 28th May 2027
Early May Bank Holiday: Monday 3rd May 2027
May break: Monday 31st May 2027 to Friday 4th June 2027
Staff Development Day Friday 28th May 2027

Term 6

Start: Monday 7th June 2027
Finish: Wednesday 21st July 2027
Staff Development Day Friday 25th June 2027

IMPORTANT AND REGULAR REMINDERS

COMMUNICATION – Communication and contact with the school are extremely important to us. For details of how to contact the school please see the communications letters for each year group: [HERE](#)

These have been updated and include all the key contact information you need such as form tutor and safeguarding contacts as well as contacting the school regarding subject queries. For general queries, please email office@BWSG.lumero.org. Staff will endeavour to respond to all parent and carer emails/calls within two working days.

FIRST AID – If your child regularly suffers with ailments such as headaches or any other pain/discomfort, we can only provide medication you have sent in for your child. In those instances, we kindly request you complete our online form: [Consent for Medication](#) and return it to First Aid via office@bwsg.lumero.org. We will not provide pain relief medication to any student unless we have a completed form and the medication provided with their name on. If your child is unwell at school and requires pain relief, we will contact you and ask you to either collect your child or ask you to bring some medication to school for them.

PARKING - Can we please remind all parents and carers to **not** park or wait in cars on St Nicolas Lane **at any point during the school day**. Parked vehicles disrupt deliveries to school as well as our neighbours.

REQUESTS FOR LEAVE OF ABSENCE – An excellent attendance record is essential for students to be able to perform to the best of their ability at school. Should you need to request a leave of absence from school for your child, there is a form you should complete that is available on our website: [Request for Leave of Absence Form](#). Requests by email will not be accepted. This form should be sent to your child's Head of Year.

SEND

If any parents/carers need to contact our SEN department, please use this contact form:

[Bullers Wood School for Girls SEND Request for Communication](#)

SEVERE WEATHER PROTOCOL – please review our [Severe Weather Protocol](#) available on our website.

STUDENT ABSENCE – If your child is unwell and has to stay at home, please contact the School Office **before 8.30am** each day of absence using the School Gateway app. If you are unable to use the App, please email office@BWSG.lumero.org.

SCHOOL CALENDAR AND TERM DATES

[School Calendar](#)

[Term Dates 2026-2027](#)

SCHOOL OFFICE & RECEPTION HOURS

Please note, the school office is open from **8.00am until 4.00pm**. If you need to collect something, such as a confiscated phone or uniform, please call during these times only.

VISITS TO THE SCHOOL – We would like to ensure we are able to work with our families and will always aim to meet with family members as arranged. If you would like to speak with a member of staff in person, please do arrange a suitable time by contacting the school office at office@BWSG.lumero.org or if you have the relevant Head of Year/Form Tutor details please do email them directly. We ask that parents do not walk around the site after the school day has ended in order that we can safeguard our site.