



There's a whole lot more than lessons going on at BGN!

(Parents, you can join in too!)



For more information:
<https://www.childrensmentalhealthweek.org.uk/>

Children's mental Health Week 1st –Feb

How can I look after my mental health?

Avoid stress.

Avoiding stress, does not mean avoiding work, that will only add to stress. Sticking to your usual school time routines is the key to enjoying good mental health during lockdown.

1. Go to bed on time and get up on time.
2. Follow your timetable for the day. This includes the break and lunchtime slots. This will avoid you getting stressed about keeping up with work and gives you the chance to do some physical activity. Healthy body and healthy mind go together.
3. Speak to your Tutor in Form Time. Communication is key to feeling well and avoiding stress. If you feel overworked, let someone know.
4. Take part in the extra- curricular activities that are going on. This is your chance to be creative and have lots of fun. There is an array of scientific evidence which proves that using the creative part of your brain can promote good mental health.

The Great BGN Bake Off



Week 1: the ingredient to be used was *white chocolate*. Congratulations to our first ever Star Baker **Adrian Zygmuncik** from **7 Devereux** for his 'Zebra Cake with White Chocolate Drizzle' He has won 150 points for **Devereux**.
Week 2: the key ingredient is *cinnamon*. **Ready, Steady, Bake!**

Fitness February

Squat, lunge and jump your way through February with this fabulous fitness calendar. There is just one challenge a day and when you complete it, you can load up your points on the spreadsheet.

CAFOD Walk for Water

Coming soon! Keep your eye out for how you can become involved in this campaign.

There are more activities coming soon – watch this space!
 Years 8 & 9: More information will be given out in tutor time this week about a BGN poetry competition.

Lunchtime Mass 12:00-12:30

From Monday 22nd February, Fr John will be live streamed from St John's Church celebrating Mass for us. Everyone is welcome to join.
<https://www.mcnmedia.tv/camera/st-john-the-evangelist-banbury>

Do you have a laptop switched off and gathering dust at home? If so, BGN would welcome your donation.