



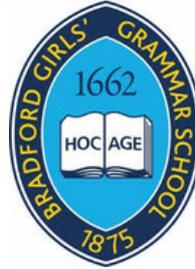
#WEAREBGGS

March 2025  
Issue 14



# BRADFORD GIRLS' GRAMMAR SCHOOL

**ASPIRE - SUCCEED - LEAD**



Welcome, once again to the wonderful world of BGGS, as we showcase our community spirit, comradery and unequivocal desire to be one of the best schools in Bradford! Over the last week our girls have participated in sessions from external services around Prevent, continued to get ready for hustings week and maximised every second of their learning as they prepared for internal assessments and mock exams. As the early signs of spring engulfed the quaint and rural gardens of our beautiful site, our girls basked in the sun as they congregated in the communal gardens to gather together and celebrate friendships, shared goals and wonderful stories of becoming our future leaders as we continue to teach them how their "self-determination is the greatest will power" they will ever have... (Lilah Gifty Akita)

As we approach the month of Ramadhan and Lent with Easter fast approaching, our girls have been reflective and contemplative about how hunger impacts millions around the world, they are using this time to exercise gratitude, empathy and, ultimately become the best version of themselves. The Ramadhan committee met this week to organise our annual Iftaar; discussing nasheeds, food and community spirit - again comradery and self-improvement was at the heart of these discussions.

## Key events

Year 11 Mock Exams continues  
Monday 10th March - Year 10 CSI workshop  
Bookings for year 9 parents evening remain open

## ATTENDANCE MATTERS

**Congratulations to Year 8 for having the highest attendance last week at 91.3%**

**Congratulations to 11F for having the highest form attendance last week 96.4%.**

## Ramadhan Mubarak

We are currently offering Ramadhan boxes that can be purchased through parent pay. The menu for the boxes can be found below. The boxes will be given the girls on Tuesdays and Fridays.

### BGGS RAMADHAN SPECIALS - TUESDAYS AND FRIDAYS ONLY

BOX DEAL 1  
MEAT SAMOSA, ONION BHAJI & CHICKEN KEBAB £5.00

BOX DEAL 2  
VEGETABLE SAMOSA, ONION BHAJI & ALDO TIKKI £4.50

BOX DEAL 3  
CHANNIA CHAT £3.00



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## TOP ACHIEVEMENT POINT EARNERS LAST WEEK

- Year 7** Huda H
- Year 8** Hooria B
- Year 9** Meerab C
- Year 10** Sofia B
- Year 11** Raagd A

## SEND FOCUS

As exams approach, Year 11 students may start to feel anxious. This can affect their performance and relationships when the anxiety becomes overwhelming. Coping skills are important as they help teens manage their emotions and succeed in everyday life.

There are several helpful strategies to calm anxiety, and resources like Kooth offer additional support.

### Mindfulness Techniques

Mindfulness is about staying focused on the present moment without distractions, whether it's during sports, chores, or simply noticing your feelings.

### Stress Management Strategies

Stress is common for teens, especially with anxiety. While some stress is unavoidable (like before a big test), activities such as exercise or journaling can help manage it and reduce anxiety.

### Cognitive Restructuring

This involves recognizing negative thoughts that cause anxiety and replacing them with more positive, helpful ones. It's about changing how we think to reduce stress and improve how we feel.

### Breathing Exercises

Anxiety can cause fast, shallow breathing. Breathing exercises help calm this physical response. One useful technique is box breathing: breathe in for 4 counts, hold for 4, breathe out for 4, and hold again for 4. This helps regulate breathing and manage anxiety.

Online support for students can be found on [www.kooth.com](http://www.kooth.com)

## April Teacher Training Days Important update for year 11



As part of our ongoing commitment to support your daughters to prepare for their GCSE examinations, we wanted to communicate our expectations for the teacher training days on Wednesday 2 April and Thursday 3 April. Although the school is closed to most students, we expect Year 11 to attend school on these days and lessons will be running as normal. Attendance is mandatory.

Please ensure your daughter come fully equipped and in the correct uniform so we can maximise these learning opportunities.



## PUNCTUALITY REMINDER

***Punctuality to school is really important, during form time there are scheduled activities each day and the chance to share any important information or changes for the day.***

***Please ensure that your daughter arrives on site at the latest at 8:35am to ensure that they can get to form on time. If a student is not in their seat in their form room by 8.40am each day, they will have an after-school Reflect detention on the same day.***

## ORIGAMI CLUB

**This week Origami Club started making animals to populate our new library zoo. We made foxes in a range of colours and also linked in some literacy by finding the collective noun for a group of foxes. Thank you to Mrs Ali, Miss Grant and Miss Sutcliffe for joining us. If you would like to join us next week, please speak to Mrs Crowther and come to the Library after school on Tuesday.**

