

## Words from the Headteacher

Dear Parents/Carers

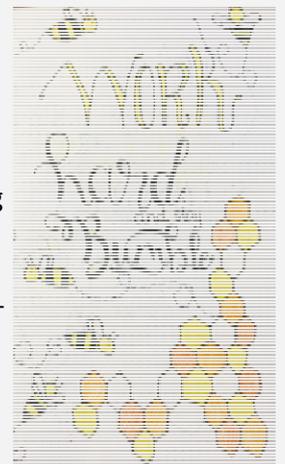
I hope our students, families and wider community are still keeping safe and in good spirits.

The beautiful weather last weekend meant that families were able to stop and commemorate 75 years since VE Day. It has been lovely to hear about how many families enjoyed cream tea, socially distanced street parties and decorated their homes with Union Jacks (the photo is just one example). There are many comparisons we can make when reflecting back on VE Day last Friday and hearing the memories from people who remember the joy, hope and camaraderie of that day. I am sure we will have our equivalent of VE Day in the near future and we can meet each other again.



Well done and thank you to Patrick Y7, Matthew Y8 and Mrs Sherman who have completed personal challenges and raised money for the 2.6 charity this month. You are an inspiration to us all!

On this page we have included a helpful resource from a charity called Action for Happiness. I think there are some lovely ideas that are very helpful, practical and accessible for everyone in this extended time of school closure.



Finally, thank you to one of our Year 8 students who has sent me through some of her journaling pages. She agrees with my recent assembly that journaling for her does help creativity, so I would love to receive some more photos of any students who are giving journaling a go. These journals, if kept safe, will be a fascinating memory trigger later in life for what has been unprecedented time in the world.

Thank you for your continued support with the remote learning of children.  
Mrs S King, Headteacher




## ACTIVE COPING CALENDAR: APRIL 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl</b></p>			<p><b>1</b> Make a plan to help you keep calm and stay in contact.</p>	<p><b>2</b> Enjoy washing your hands. Remember all they do for you!</p>	<p><b>3</b> Write down ten things you feel grateful for in life and why.</p>	<p><b>4</b> Stay hydrated, eat healthy food and boost your immune system.</p>
<p><b>5</b> Get active. Even if you're stuck indoors, move &amp; stretch.</p>	<p><b>6</b> Contact a neighbour or friend and offer to help them.</p>	<p><b>7</b> Share what you are feeling and be willing to ask for help.</p>	<p><b>8</b> Take five minutes to sit still and breathe. Repeat regularly.</p>	<p><b>9</b> Call a loved one to catch up and really listen to them.</p>	<p><b>10</b> Get good sleep. No screens before bed or when waking up.</p>	<p><b>11</b> Notice five things that are beautiful in the world around you.</p>
<p><b>12</b> Immerse yourself in a new book, TV show or podcast.</p>	<p><b>13</b> Respond positively to everyone you interact with.</p>	<p><b>14</b> Play a game that you enjoyed when you were younger.</p>	<p><b>15</b> Make some progress on a project that matters to you.</p>	<p><b>16</b> Rediscover your favourite music that really lifts your spirits.</p>	<p><b>17</b> Learn something new or do something creative.</p>	<p><b>18</b> Find a fun way to do an extra 15 minutes of physical activity.</p>
<p><b>19</b> Do three acts of kindness to help others, however small.</p>	<p><b>20</b> Make time for self-care. Do something kind for yourself.</p>	<p><b>21</b> Send a letter or message to someone you can't be with.</p>	<p><b>22</b> Find positive stories in the news and share these with others.</p>	<p><b>23</b> Have a tech-free day. Stop scrolling and turn off the news.</p>	<p><b>24</b> Put your worries into perspective and try to let them go.</p>	<p><b>25</b> Look for the good in others and notice their strengths.</p>
<p><b>26</b> Take a small step towards an important goal.</p>	<p><b>27</b> Thank three people you're grateful to and tell them why.</p>	<p><b>28</b> Make a plan to meet up with others again later in the year.</p>	<p><b>29</b> Connect with nature. Breathe and notice life continuing.</p>	<p><b>30</b> Remember that all feelings and situations pass in time.</p>	 	

ACTION FOR HAPPINESS







[www.actionforhappiness.org](http://www.actionforhappiness.org)

**Keep Calm · Stay Wise · Be Kind**

30 actions to look after ourselves and each other as we face this global crisis together

## 2.6 Challenge

Congratulations to Patrick F (Y7) , Mathew L (Y8) and Mrs Sherman, who have all completed a 2.6 Challenge to raise funds for charity. Great achievements to be proud of. Well done!



Patrick F (Y7)

“I decided to challenge myself and to help a local charity that has missed out on donations this year because of the Coronavirus. I chose the Wallace and Gromit Grand Appeal because it is a Bristol charity and it helps sick children. My challenge was to run a marathon over the course of a week. I enjoyed it but it was tough on some days.”



Mathew L (Y8)

Mathew reached his target of running over 26 miles, 30 to be exact, in two weeks. He has raised £100 in sponsorship for The Break Charity.



Mrs Sherman completed her challenge of running 26.2 miles over two weeks. She raised £475 for The Pahar Trust Nepal which will help the school in Singdi complete their school kitchen and dining hall.

# Student Workout Diaries

All students in KS3 and KS4 have been set the task of creating a workout diary to send to their teachers at the end of each week. Students across Years 7-11 have been working extremely hard at keeping active when at home, with some very creative ways of exercising (Zoom land training sessions for swimming, badminton over washing lines, socially distanced tag(?!), Kung Fu(!), with Just Dance and PE with Joe Wicks proving very popular.

Please keep your workout diaries coming in! We love reading them and seeing how you're all keeping so active whilst at home. Check SMHW for your google classroom log in if you haven't already. Don't worry if you haven't submitted a workout diary yet - you can start this week. It is recommended that we participate in 30 minutes of activity per day. That includes going for a family walk. The PowerPoint on SMHW has a LOT of ideas and websites for you to visit for different kinds of workouts.

Any questions please email [b.wynne-jones@bristolfreeschool.org.uk](mailto:b.wynne-jones@bristolfreeschool.org.uk)

Check out the wonderful Y7 workout diaries below from Joshua H and Lamis S.

April						
		1  30 mins	2  30 mins	3  30 mins	4  30 mins	5  30 mins
6  30 mins	7  30 mins	8  30 mins	9  30 mins	10  30 mins	11  30 mins	12  30 mins
13  30 mins	14  30 mins	15  24.5 mins 4km	16  30 mins	17  24.5 mins 4km	18  30 mins	19  30 mins
20  30 mins	21  24.5 mins 4km	22  30 mins	23  30 mins	24  30 mins	25  1 hour 30 mins	26  1 hour 30 mins
27  30 mins	28	29  30 mins	30			

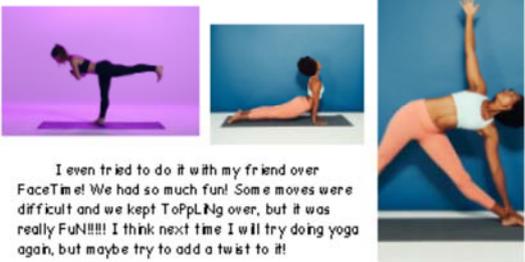
Joshua H Y7

May						
				1  30 mins	2  60 mins	3  90 mins
4  30 mins	5  30 mins  20 mins	6  30 mins  20 mins	7  30 mins	8  30 mins	9  30 mins	10  30 mins
	11	12	13	14	15	16
	17	18	19	20	21	22
	23	24	25	26	27	28
	29	30	31			

Lamis S Y7

### Workout Diary - Week 3

I have done YoGa this time! FINALLY! It was so so relaxing, it really helped me relax and have a bit more time to myself, it helped massively as it was such a stressful week!



I even tried to do it with my friend over FaceTime! We had so much fun! Some moves were difficult and we kept ToPpLNg over, but it was really FuN!!!! I think next time I will try doing yoga again, but maybe try to add a twist to it!






Thankyou, Lam is 7TG5 :)

BFS Art Dept

The beauty of a sketchbook Journal

Keeping a personal sketchbook or journal is a fantastic thing. It can offer such joy in doodling and keeping precious pictures or inspiring quotes and pictures. Many artists do this, and their sketchbooks become works of Art themselves.

'An art journal is a notebook that you fill with drawings, paintings, thoughts, words, lyrics, photos, magazine cut-outs and memories from your life.'

We encourage you to look at this website and see some inspiring work. Start to create your own art journal – get doodling, writing and be creative.

<https://getmessyart.com/class/how-to-start-art-journaling/lesson-1/>



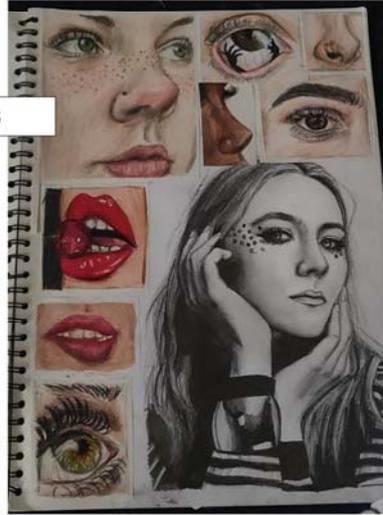
# The beauty of a sketchbook Journal

15 May 2020



Taylor L B

Year 10 ART

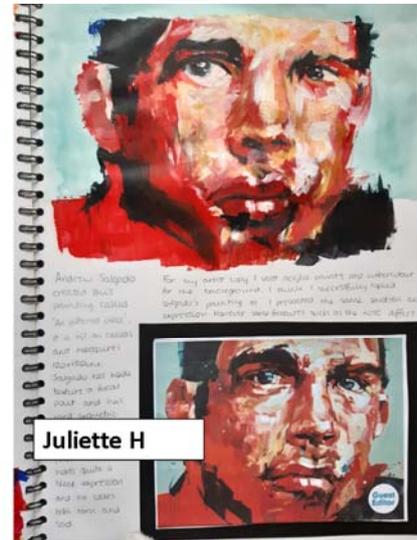


Our Year 10 GCSE Artists are working hard, building up their GCSE coursework portfolios.

They are studying Portraiture or Urban Life and we are amazed at the quality of work coming through.



Teya C



Juliette H



Boroka F



Chiharu F



# RGS YOUNG GEOGRAPHER OF THE YEAR 2020

## 'THE WORLD BEYOND MY WINDOW'

During this period of school closure, the geography department are encouraging students to participate in the 2020 young geographer of the year competition.

<https://www.rgs.org/schools/competitions/young-geographer-of-the-year/2020-competition/>

The competition is divided into 3 categories for secondary age pupils: KS3, KS4 & KS5.

The organisers are interested in entries that explore the human and physical geography of places that exist beyond a young person's window, be it locally or further afield. They want to know how young people's lives are connected to and influenced by these places - be the connections physical, digital or emotional. We also want to understand how geographical processes in the physical and human worlds have created these places and might be changing them.

Mrs Jenkins will be providing more information through SMHW this weekend, including entry criteria and further guidance. It really is a fantastic opportunity to think creatively and critically about your wider world. Good luck!

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# Young Geographer of the Year Competition 2020

**Royal  
Geographical  
Society**  
with IBG

Advancing geography  
and geographical learning

**Geographical**

## The world beyond my window



This year's Young Geographer of the Year competition gives young people the chance to explore the potential that geography holds. Although we might all be confined to our homes, and doing #geographyathome, we are asking young people to explore their wider geographical horizons by providing entries to our Young Geographer of the Year competition and explore the geography of:

*"The world beyond my window"*

We are interested in entries that explore the human and physical geography of places that exist beyond a young person's window, be it locally or further afield. We want to know how young people's lives are connected to and influenced by these places – be the connections physical, digital or emotional. We also want to understand how geographical processes in the physical and human worlds have created these places and might be changing them.

### Entering the competition

The competition has four categories.

- Key Stage 2 (pupils aged 7-11)
- Key Stage 3 (pupils aged 11-14)
- Key Stage 4 or GCSE (pupils aged 14-16)
- Key Stage 5 or A Level (pupils aged 16-18)

Students should enter the Key Stage category which they will be in as of 30 June 2020.

The deadline for receipt of all entries is **Tuesday 30 June 2020 at 5.00pm**. Entries received after this time will not be accepted. Due to the volume of entries we receive, we will only contact you/your student if you are selected as one of our winners.

All winners will be announced by the end of the summer term. All entries must include an Entry Form. Submissions can be

made by individual students or teachers. Teacher and school contact details must be provided. If you are a teacher sending in entries, please note how many students took part in the competition. Given the COVID situation entries can **only** be submitted as an electronic copy, scan or photo and must be accompanied with an entry form. They should be sent to [YGOTY@RGS.ORG](mailto:YGOTY@RGS.ORG) (or entered via WeTransfer).

We cannot accept or judge any entries by post.

### General entry criteria

KS2, KS3 and KS4 students will produce an **A3 size** entry. This can be hand-made (then sent in electronically via a scanned copy or photograph) or using PowerPoint, word, publisher or PDF, etc. KS5 students will produce an **Esri Story Map** containing no more than 1,500 words.

All entries should address this year's theme and must meet the following criteria:

- Excellent attention to spelling, punctuation and grammar
- Use of accurate geographical terminology
- Clearly labelled and appropriately acknowledged sources, including diagrams, charts, maps or images
- Accurate use of symbols, scales and keys,
- Original and independently produced—class sets of identical entries will not be accepted or entries which have copied information from other sources, such as the internet
- If produced electronically, please use a minimum font size of point 10

### Key Stage 2 criteria

- Describe one or more geographical ideas
- Use at least one annotated image, diagram, chart or map

### Key Stage 3 criteria

- Describe two or more geographical ideas
- Use at least two annotated images, diagrams, charts or maps

### Key Stage 4 criteria

- Describe three or more geographical ideas
- Use at least three annotated images, diagrams, charts or maps

### Key Stage 5 criteria

- Describe and discuss multiple geographical ideas
- Demonstrate a strong use of annotated images, diagrams, charts or maps.



Calling year 7-9.....The Science Department Needs Your Help!  
We want you to enter The Bright Ideas Challenge!

## THE BRIGHT IDEAS CHALLENGE



Please submit all entries to Miss Hawes by  
Thursday 18 June:

[j.hawes@bristolfreeschool.org.uk](mailto:j.hawes@bristolfreeschool.org.uk)

Good luck!

### The Bright Ideas Challenge

What will cities look like in 2050? How will they be powered to be vibrant, healthy and clean places to live? The Bright Ideas Challenge, Shell's cross-curricular schools' competition, invites young people aged 11-14 to use their creativity, problem solving and STEM skills to devise innovative solutions that could power cities of the future. With fantastic STEM prizes up for grabs, there's every reason to think big!

The Bright Ideas Challenge 2019-20 is still going ahead. In light of the nationwide school closures, we've made some adjustments:

We have extended the competition deadline to **5:00pm on Friday 19 June** to give students more time to work on their entries.

We have changed the entry criteria to allow students **to enter the competition individually**, rather than only in groups.

We have **increased all our cash prizes and doubled the top prize compared to previous years!**

To get started:

- 1) Decide on an energy source
- 2) Try to describe how you would make your preliminary investigations.
- 3) What issues might you have in scaling up the project?
- 4) How might it be funded?
- 5) How might you maintain/expand the resource for future years?

There are lots of resources on SMH and The Bright Ideas Challenge website:

<https://www.shell.co.uk/sustainability/society/supporting-stem/bright-ideas-challenge.html>

## Creative Youth Network



### **Keeping young people connected during lockdown**

Lockdown is having a devastating effect on thousands of young people, not least those without things that many of us take for granted – the internet and a tablet, for example.

Working closely with Bristol City Council, and with generous support from a funder, we recently bought and distributed tablets to over 70 of the most isolated and vulnerable young people in the city. Just about managing before, they'd lost connection to friends, advice, support and schoolwork, not to mention virtual youth clubs and provision popping up from Creative Youth Network and our many partners.

**For the disadvantaged and marginalised, a crisis like the current pandemic further increases inequalities, but we're doing everything we can to flatten this curve before it blights young lives even more.**

That's why we've moved all of our one to one and small group work online, as well as our open access youth sessions. Creative Courses are proving just as popular virtually as face to face, and for those interested in photography, we're running a 3-session workshop: [Seeing Lockdown](#), 12-14<sup>th</sup> May.

**WHAT'S GOING ON AT EMPIRE FIGHTING CHANCE EACH WEEKDAY**

We're fighting back against Covid-19 and have responded to what young people are telling us they need. Our range of support options help build young people's physical health and mental resilience during this difficult period. Keep fit, learn new skills and discover new possibilities for the future, so we can come out of this even stronger!

All our services are FREE during this period. To book onto any of the sessions, call the team on 0117 4523333, email [info@empirefightingchance.org](mailto:info@empirefightingchance.org), or send us a message on social media.

**Boxing and Mentoring (age 10+)**

Our coaches are online offering 1-1 workouts combined with intensive personal support.

**School hub support**

Our excellent coaches are going above and beyond by working with young people face to face who are still attending school whilst social distancing.

**Online group boxfit sessions**

Join us for a virtual junior group boxfit session!

**Family boxfit sessions**

Get the whole family moving with a boxfit session with one of our coaches.

**Hello Future Careers Mentoring (age 13+)**

Our Careers Coach will help you discover your passions, skills, career options and mini-goals to get you there – all while keeping fit!

**Education Support (Yr7+)**

1-1 remote support to motivate students to complete schoolwork and remain engaged with learning, plus our AQA awards for Personal Development.

**ASDAN Sports & Fitness short course (age 13+)**

Our virtual Sports and Fitness qualification to do from home. 4 hours of exercise, 2 fun research projects, and a certificate to put on your personal statement or CV!

**Online Content hub**

Resources, activities and workouts to help you keep fit and engaged.

**HEAD OVERLEAF FOR MORE DETAIL ON OUR VIRTUAL TIMETABLE »**

**VIRTUAL TIMETABLE**

Monday - 10AM  
30 Minute Boxfit

Tuesday - 10AM  
Live Workout

Tuesday - 1PM  
Careers Q&A

Wednesday - All day  
Coaches Challenge

Wednesday - 3PM  
Coach Q&A

Thursday - 9AM-12PM  
Virtual drop in  
Ask us anything!

Thursday - 5PM  
Live workout

Friday - 10AM  
Friday Forum

INFO@EMPIREFIGHTINGCHANCE.ORG

RING 0117 4523333

OR MESSAGE US ON SOCIAL MEDIA  
TO BOOK.**MONDAY - 10AM: Virtual BoxFit - Zoom Video Conferencing**

Join us for a weekly boxfit session using Zoom, a great way to start your week off with a positive 30minute routine - tailored for all fitness levels. Grab a bottle of water and some space at home or outside, and get ready to sweat.

All you need to do is download the Zoom app, then our team will send you a link to the virtual session via email, WhatsApp or text message. Use the contact details above to book in!

**TUESDAY - 10AM: Live Workout - YouTube Live / Instagram Live**

Join our coaches as they take you through a weekly live workout. Our workouts are suitable for all fitness levels. We will showcase a full version and a modified, easier version of all your favourite exercises. Grab your water and get ready for our livestream at 10AM sharp on YouTube Live and Instagram Live.

**TUESDAY - 1PM: Careers Q&A Session - Instagram**

Careers Coach Aaron will answer all your questions on Instagram from 1PM every Tuesday. We're on hand to help you through this uncertain time, when there are lots of young people who might be struggling to get a job or worried about how their career prospects will be affected. Send us your questions using contact details above.

**WEDNESDAY - All Day: Coaches Challenge - Instagram**

We'll be setting a choice of challenges for our coaches to tackle online - they put you through your paces and now it's time to get your own back! Always wanted to play coach and get your mentor to take on 50 squats? Maybe Matt should try 100 of those mountain climbers he's always challenging you to do?

We'll share options for you to vote on each Wednesday morning on Instagram, and the coaches will share their videos of them taking on the challenge with the most votes!

**WEDNESDAY 3PM: Coach Q&A - Instagram**

Following on from the coaches' challenge, our coaches will be discussing some of the key issues that young people have been facing, and answering questions about any topic. Our community is there for all to support each other, and this is a great opportunity to seek further advice anonymously and share knowledge!

Contact us with your questions, and we'll do our best to answer!

**THURSDAY - All Day: Virtual Drop In - Instagram**

Join us for a personal development workshop, where we discuss mental/physical well-being. Based on our 'Training with the Champions' programme, you'll learn about Gratitude, Kindness, Action Not Outcome, The Magic of Mini-Goals and other ways to help better manage your mood and mentality.

We'll also cover subjects like cutting-edge workout routines and exercises, nutrition advice, because healthy body = healthy mind! Ask us your questions on social media and we'll come back to you.

**THURSDAY 5PM: Live Workout - YouTube Live / Instagram Live**

Coaches, Jamie and Sara will be taking you through their already popular live workout, mixing it up each week. No need to book, just look out for the YouTube Live / Instagram Live links on our social media channels, and get ready for a fun and challenging workout!

**FRIDAY - All Day: Friday Forum - Twitter**

Friday Forum is our boxing focused Twitter takeover from our Head of Business Development and #Breaking-DownBoxing host, Jamie Parry. He's talked you through boxing technique over the last few weeks, and now's your chance to have a conversation around anything boxing related. Who was your favourite boxer? What was their best fight? Who would you have loved to see matched up against each other?

We'll be setting you challenges throughout the day as well, so make sure your eyes are peeled on our Twitter feed!