

Words from the Headteacher

Dear Parents/Carers

I do hope you are managing to stay cool in this extremely hot summer weather! More positive news this week has come with the further easing of lockdown and the possibility of some wider family options for the upcoming summer holidays. We all deserve some carefree family fun this summer!

This week we have taken part in Well-being Week, which has been supported by the NHS, focusing on the five principles of well-being:

- Be active
- Connect
- Learn something new
- Take notice of others
- Be mindful

We hope all students took advantage of their well-being day and engaged in some of the activities suggested to them. I am delighted that staff have also got involved and sent in their photos of how they look after their own well-being. We need to think about the small changes we can make and moments we can find to look after ourselves even when moving forward.

Year 10 and Year 12 lessons started this week and it has been great to see such high attendance with both of these year groups. I would like to thank all the staff who have been involved in making this such a successful first teaching week back. Next week we have the Year 10 option subjects which is slightly more complicated to organise – but here at BFS we are always up for a challenge!

A big thank you to the Music Department for their fantastic Live Lounge that was broadcast yesterday evening. If you were not able to see it, please check out the link in this newsletter. Mr Pate and Mrs Giblin have been so impressed with the many recordings students have sent in of their musical pieces during the lockdown. Music at BFS is such an inspiration and features in all our celebrations!

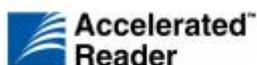
I have sent the parents of Year 7, Year 8 and Year 9 a letter today regarding academic mentoring on Friday 10 July. Please note that the Key Worker and vulnerable student in-school provision will be closed for the day to facilitate the space and staff that is required.

Hope you enjoy this week's newsletter.

Mrs S King

Headteacher

Key Diary Dates	
Wednesday 8 July	Current Year 11 Sixth Form Induction - Virtual
Thursday 9 July	Annual Awards - Virtual
Friday 10 July	Current Year 7 - Year 9 Academic Mentoring Day
Wednesday 15 July	Virtual Sports Day
Friday 17 July	Last day of term
Thursday 13 August	A Level Results Day
Thursday 20 August	GCSE Results Day and Sixth Form enrolment
Wednesday 2 September	INSET Day
Thursday 3 September	INSET Day
Friday 4 September	New Year 7 and New Year 12 Induction day only
Monday 7 September	Start of term - all year groups



School: Bristol Free School

Accelerated Reader update

Although only a couple of weeks have passed since we sent out details of Accelerated Reader our Year 7 and 8 students have already been reading and quizzing. This is great to see and highlights the ambition of our students. In Year 7 the following students have all completed at least 1 quiz:

Josh H, May L, Lilly-Rose T, Elliot S (top of the leader board for Year 7 with 8 quizzes completed!), Freddie B, Jacob C, Hermione F, Zoe H, Neil S, Maya W, Tom T, Belle B, Grace F, Caitlin O, Alex C, Katie F, Kate M.

Year 8 really have risen to the challenge with some students completing more than 5 quizzes. All the students listed below have completed at least 1 quiz:

Grace A, Keturah B, Mia B, Chloe C, Alex G, Freddie H, Kate M, Carl R, Lily B, Jacob C, Megan M, Harry M, Edward P, Alifie W, Annabelle W, Theo H, Sam H, Jacob L, Isobel P, Romy W, Ben M, Darius O, Elen R, Joe S, Amber P, Jess S, Sophie Y.

Special mention needs to go to Jia C in Year 8 who has completed more than 20 quizzes, and is certainly embracing reading.

I look forward to even more students quizzing over the next week. Details of how to access Accelerated Reader for students in Years 7 & 8 can be found on the website.

Mrs Jenkins, Assistant Head

Uniform Shop Relocation

Our uniform supplier, Famous School Branches, is relocating from Henleaze and will be opening their flagship North Bristol store on Monday 29 June at Stoke Gifford.

Please see the attached New Store flyer and Parent Plan for further details.



Parent Notice

Unless your child is booked into the Keyworker/vulnerable student provision or is scheduled to come in for Y10/Y12 lessons that day please do not use the absence line or studybugs app to report non attendance.

Temporarily and during Covid-19 partial shut down, there is no requirement for contacting regarding absence where children are not expected to attend school.

Mr East, Deputy Headteacher

"Live Lounge" Concert

Last evening was our first ever "Virtual Live Lounge" concert broadcast live on YouTube. A range of students from across the year groups filmed themselves performing at home which included a wide variety of different instruments and musical styles. Amazing singers including Ailie, Liv, Jake, Max, Diana, Lily and many more impressed us with their dynamic performances. We had some wonderful instrumental pieces including a Sax solo from Hugh, clarinet pieces from Felix, flute from Sam and many more. Music technology was also on show with compositions from Dario and Evan, launchpad from Jamie and Darius and some brilliant pieces from multi-instrumentalist Jamie. Around 150 people watched live on the night, but just in case you missed it or would like to watch the event again it is still available to watch on youtube here:

<https://www.youtube.com/watch?v=DzwjkY4iWwc>



Votes for Schools Feedback 'Does Pride month inspire unity?'

Once again, we have had some really thoughtful and considered comments in response to this question. A selection are below.

I believe that it does inspire unity as lots of people do believe in the cause and they all have almost a togetherness about them and all march to one cause, so through this they can become friends and brothers and be unified. FH

I agree with F and believe that the whole point of pride month is to raise awareness and unity. This can allow them to talk to each other and get to know each other, which will stop any discrimination. As for the brands possibly exploiting pride, I disagree, as they are still supporting pride and raising awareness and, in turn, would get a lot more money (which they deserve). TD

I think pride month inspires unity because for many years those who are part of the lgbtq+ community have been separated and are finally being accepted in society, so, yes, I think it does inspire unity because we are coming together to share and accept everyone. GJ

I think that pride encourages and inspires unity because it's about not trying to change to fit or ignore our differences but about fully accepting them and realising that we are all amazing because of our differences. This brings together people from not only the LGBTQ+ community but also any other people to celebrate acceptance and love. LO

I think Pride Month does inspire unity because it encourages the LGBTQ+ community to come together and feel they are able to express themselves however they wish without being judged. Although I think, the anti-pride protests do provide tension; overall most people support the Pride community and encourage their LGBTQ+ friends and family to be involved. HC

"Pride is a fun way to celebrate everyone's differences, no matter who they are." JP

I think pride does inspire unity because it is an example of people who in the past and, sadly, still today are often discriminated, coming together and celebrating, which may inspire people to feel proud of their differences rather than feel self-conscious about them or trying to hide them. PL

I believe that pride month does inspire unity, since it allows us to celebrate differences together with other people. However, I disagree with what Tom said about brands supporting pride, since I believe that they are simply exploiting people to make more money. While you could argue against this by saying that they are still supporting Pride Month, I believe that they often put in the minimal effort required in order to give the impression that they aren't simply trying to make money. JL



Staff Wellbeing

We are very pleased to share with you some of the things that our staff do to manage their own wellbeing.

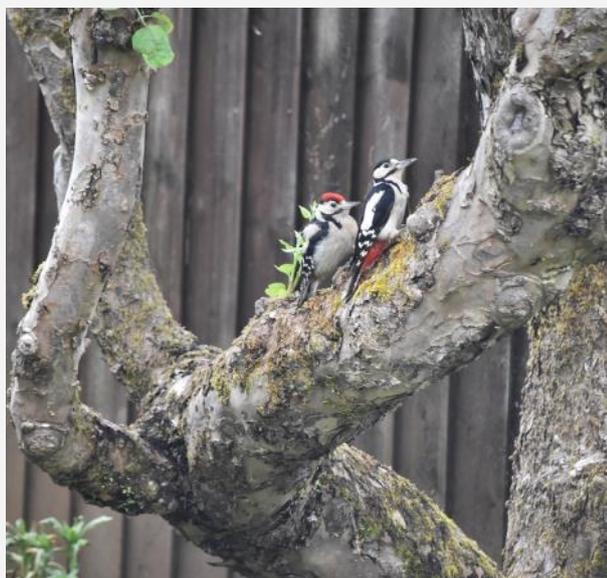
'Half Grasshopper'

I still have a long way to go with this pose (I hope to be able to lift my leg higher off the ground) but it's my new favourite pose to practise! I am really enjoying my zoom yoga sessions. They are great for my mental and physical well-being. I enjoy learning new and challenging moves as well as refining moves I've been practising for a while.

I recommend yoga to everyone of all abilities, ages and fitness levels. It's a time to remove yourself from life's stresses and uncertainties, and focus on YOU!

If you haven't already got a yoga session in your workout diary I challenge you to submit one this week! Yoga with Adriene (as referenced in your home workout PowerPoint) is a great place to go for your yoga fix!

Enjoy!
Mrs Wynne-Jones



"Since lockdown began I've carried on kettlebell training using Zoom. It has been a focus, a distraction and given me a routine at points when we couldn't even remember what day of the week it was! It's kept up my fitness levels and it's been lovely to see everyone from the classes online. Some of us are now taking part in a fundraiser this month - aiming to complete 10,000 kettlebell swings each during June. I'm fundraising for the North West Bristol Foodbank and have raised £330 in donations so far which is amazing. I still have over 1,000 swings to go.... www.totalgiving.co.uk/mypage/erikaglanville" Mrs Glanville enjoys her garden too and recently spotted some new visitors to the garden—a pair of woodpeckers



Mrs Street walks her dog for an hour every morning. She doesn't wear headphones so her mind can switch off and wander. It's just Mrs Street, her dog and the great outdoors.

Mrs King connects with her family by being active!



Miss Board walking in the woods with her dog Foxy. "Dog walking is definitely my best activity for my wellbeing and mental health."



I've written in my gratitude book for many years. Especially since lock down, I've found it a great comfort. I find that looking for the positives around me, especially when life is tough, dissolves negative thoughts. There is always a positive angle to be found around us. *Mrs Day*



Mrs Ramandi and son practise yoga.

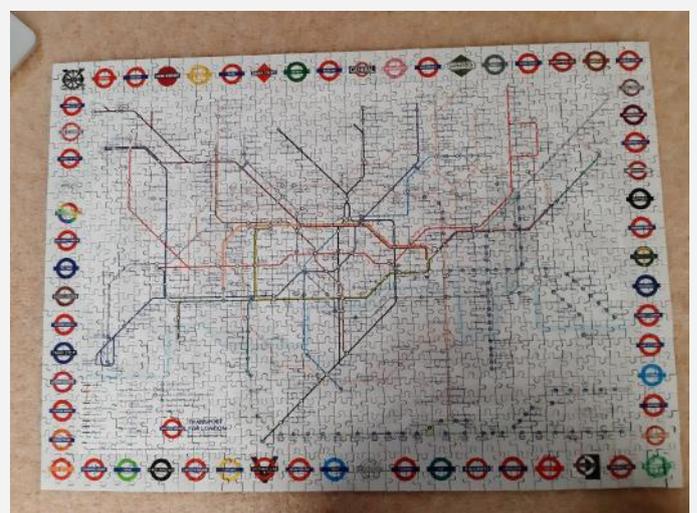


Mrs Clifton went for a run and paused to take a photo of the beautiful surroundings of the Avon Gorge and even spotted a goat!

“For my wellbeing, running and cycling with my daughter are so important - including conquering the bike ramps near where I live! All my running events this year have been postponed and for a while I lost motivation. Doing the charity challenge in April reignited the flame and I love how exercise and spending time with my daughter gets my endorphins going - running early morning before work (6am!) always sets me up for a brilliant day!” Mrs Sherman



Mr Lam takes time out on his wheels!



“I've been completing 1000 piece jigsaw puzzles to help with my wellbeing!” Miss Roberts

Staff Wellbeing



Mr Hamilton's 'Happy Place'



As well as undertaking various crafts at home, Mrs Gordon uses cycling as a way to switch off and re-energise; road cycling, adventures with her children on the tandem, or fun with the BMX!



Mr MacBlain took time out to dig out his old Italia '90 sticker album from when he was 10 and is aiming (with the help of eBay) to finally complete it. Anyone got any swaps?



Ms Kinnersley

I have enjoyed walking in my local area and discovering new hidden places. The cycle track had an abundance of yellow flowers the other day, which was stunning to see.

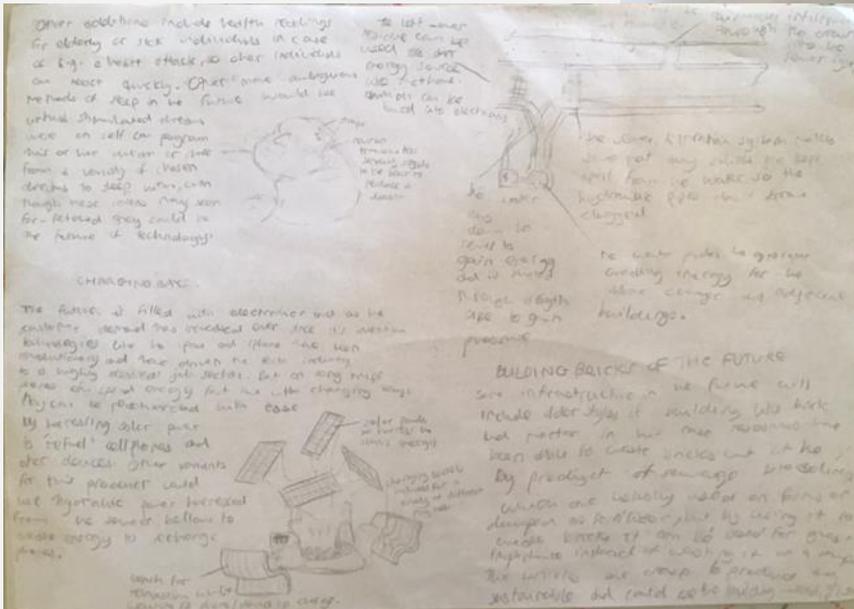
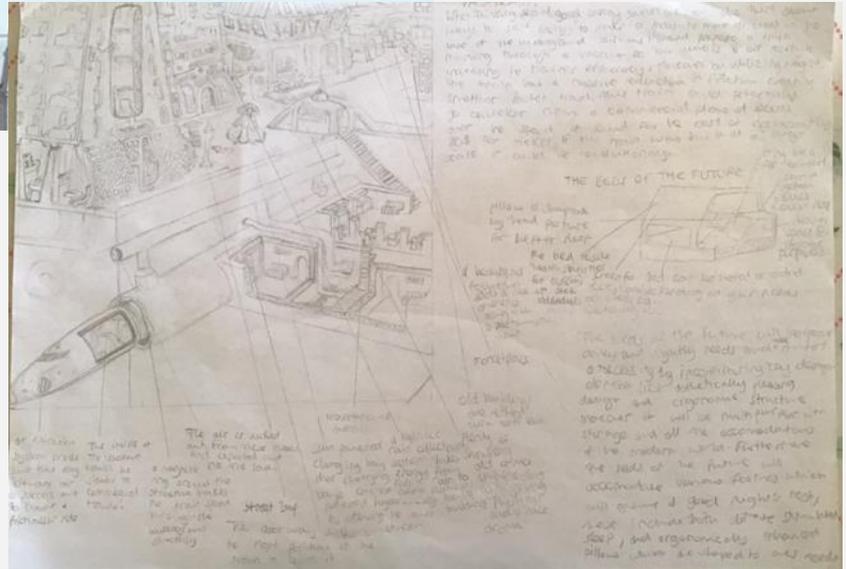
I have also been gardening with my daughter and we have enjoyed quiet times in the garden, growing strawberries and tomatoes and lots of bee friendly flowers. It has really helped us cope with lockdown!



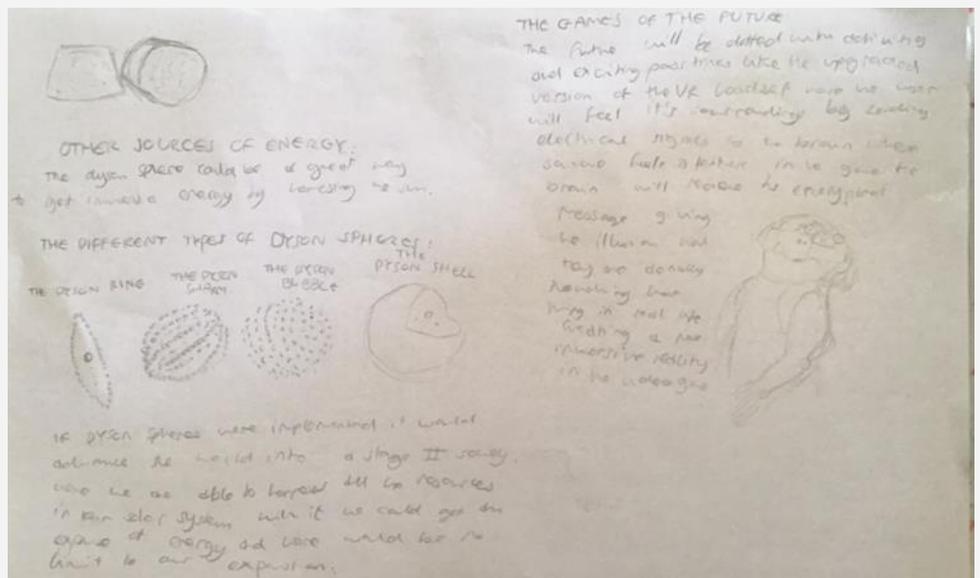
THE BRIGHT IDEAS CHALLENGE



A huge thank you to those students who entered The Bright Ideas Challenge. We wish all our entrants the best of luck.



Dario Y8



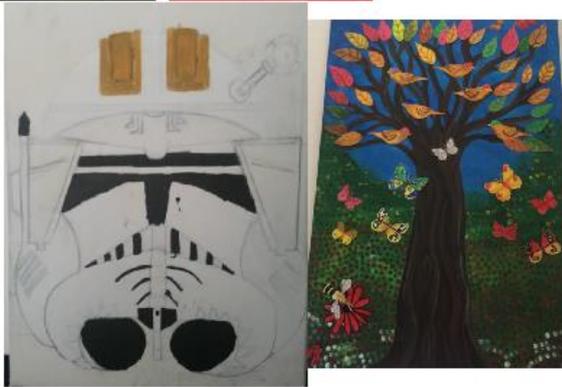
BFS ART

KS3 Artists of the week

It is wonderful to see more students using there spare time to be creative. Well done Ethan in year 8 for your wonderful Star wars inspired pieces. As well as Amber in Year 8. Who painted this stunning painting for a Dad for Father's day.



Ethan 8TG7



Amber 8TG7

KS3 Art



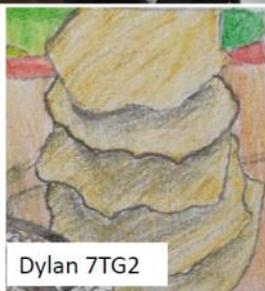
Eleanor 7TG1



Layla 7TG7



Katie 8TG4



Dylan 7TG2



Lucy 8TG7



Antione 8TG2

BFS ART



Well done to Ellie B in 7TG1 for her amazing artwork! Ellie has been working very hard on these pieces throughout lockdown!

Year 9 Artists

Sarah Graham Artist Copy: Coloured Pencils - Process



Sarah Graham Artist Copy: Coloured Pencils - Result



For our end of year assessment, we had to copy a Sarah Graham painting. I chose the watermelon Chupa Chup, as I felt that it would be challenging, and would show what I can achieve.

I am really happy with how it turned out, and think that the colours work really nicely.



WELL DONE MATTHEW Y9

Matthew has been creating outstanding work at home. Y9 students who have opted to take Art GCSE have been working on a mini GCSE Art project, based on Food. Here is Matthew's timed art piece – a 5 hour pencil copy of a Sarah Graham painting. What amazing skill.... We are so thrilled with the work being produced.

BFS ART

More GCSE Transition work



Alex 9TG3



Anna 9TG2



Matthew 9TG6

the best digital initiatives to feed your need for art

- <https://www.list.co.uk/article/115563-virtual-tours-of-museums-and-galleries-to-experience-on-lockdown/>



Play free games and quizzes, find art activities, explore homework help and share your art with Tate Kids. The best art website for kids.

Wesport Virtual Summer School Games 2020

Well done to all those who have participated in the Wesport Virtual Summer School Games as organised by Miss Hammond over the last few weeks. Here are a few photos from a couple of the challenges so far. It would be great for you to share photos with us for the next newsletter.



Max T Y7—Gymnastics Challenge



Josh D Y7—Tennis Challenge



Chloe C Y8—Gymnastics Challenge

Wesport Virtual Summer School Games 2020



School Games Schedule

- 1st June: Athletics (Speed Bounce Challenge)
- 8th June: Netball (Around the World Challenge)
- 15th June: Gymnastics (Tuck In, Tuck Out Challenge)
- 22nd June: Tennis (Tap Up Challenge)
- 29th June: Cricket (Catch and Clap Challenge)
- 7th July: School Games Celebration!

Each week we will post a new challenge video on a Monday at 10.00am.

Our Young Leaders will demonstrate the activity and let you know the rules. All you need to do is practice the activity and get a member of your family or teacher to record your results of the challenge and submit your best score by 11.59pm on the Sunday.

We would love to see any pictures or videos of your challenge attempts! Tag us on Social Media @WesportAP #WesportVirtualGames

The virtual challenge is an activity that you can do in your home, yard or garden or at school and gives you the chance to achieve your personal best and take part with other children from across the West of England!

Developed in association with your local School Games Organisers and Young Leaders from Ashton Park School, and supported by our School Games Ambassador- Simran Kaur, Great Britain Para Athlete!



We will be releasing a new challenge each week via our website: www.wesport.org.uk/active-education/school-games and on social media @WesportAP



Active Schools Are Stronger Schools



Virtual Summer School Games 2020

In collaboration with our local School Game Organisers we are excited to announce the Virtual Summer School Games launching on 1 June!

For 5 weeks leading up to the original planned Summer Multi-event on the 7 July, Wesport will be launching simple weekly challenges, inclusive for all to take part in. **Please see attached flyer**

The 60 second challenges will be linked to 5 sports: Athletics, Netball, Gymnastics, Tennis and Cricket with local sporting athletes and young leaders demonstrating videos and explaining the rules. Each challenge will be accompanied with a challenge card for download.

- Designed so children can take part at home or at school, with little or no equipment needed (eg. socks instead of a tennis ball).
- Focusing on personal best and the school game values which will be celebrated on 7 July by sharing entries and videos/pictures.
- Videos/ pictures are not a necessity for entry - they are pushing the honesty value for those who choose to just submit a score.
- Awarding a prize to the most active school!** For every child that takes part (whether at home/at school) our school will be awarded a point.
- This will also be announced as part of the online celebration day on the 7 July.
- Personal Best certificates will be downloadable from the website each week.

Entry is simple. All details can be found on the webpage here (<http://www.wesport.org.uk/active-education/school-games/2020-summer-virtual-school-games/>), along with the terms and conditions.

Parents are asked to enter the child's score by completing the [google form](#) and any videos or pictures of challenges can be sent to schoolgames@wesport.org.uk.

We would love for you to take part so that we can continue to get as many of you engaged with physical activity as possible and be inspired by the sporting stars that will feature throughout.

Please follow Wesport on **@WesportAP** across Instagram, Twitter and Facebook and use **#WesportVirtualGames** and **@YourSchoolGames** for any posts you make.

Thank you everybody and good luck!

WEEK 5 CHALLENGE - (w/c 29 June) - Cricket (Catch and Clap Challenge

We hope to see you all engaging online

Miss Hammond and the PE Department

Any questions please email e.hammond@bristolfreeschool.org.uk

WATER IS UNPREDICTABLE!

4 THINGS YOU NEED TO KNOW:

**STOP AND THINK –
what dangers can you see?**

**Don't be caught out on
your own – STAY TOGETHER**

**If you fall in, stay calm and
FLOAT to live**

**Someone in trouble?
CALL 999 OR 112 and tell them that
someone's in trouble in the water**

BE SAFE AND HAVE FUN

