

Dear Parents, Carers and Students

I do hope you are all well and staying safe at this very challenging time for our country.

We will continue to send out our newsletter every week as we normally do and would encourage you all to send in photographs and articles to share with our community, a way of celebrating the achievements of the BFS family.

Please note that Mr East is our Designated Safeguarding Lead. Our safeguarding team also includes Deputy Safeguarding Lead, Mrs Jenkins, and our newly appointed Safeguarding and Mental Health Manager, Mrs Townsend, and Medical and Mental Health Officer, Mrs Foster. Students and parents can contact the team directly via the email [tellsomeone@bristolfreeschool.org.uk](mailto:tellsomeone@bristolfreeschool.org.uk) if they have any concerns or need any advice. We are yet again all facing difficult and challenging times.



I am incredibly proud of all my staff; yet again their professionalism, resilience and commitment is inspiring. Everyone is working tirelessly to provide the best educational experience we can for your children. I would like to thank you all for your feedback and you will see that we have taken it into account with adjustments as we move forward.

In particular, following feedback about our staggered lunchtimes, we have changed the timings this week. Period 4 has changed to become one continuous 50 minute lesson with a longer lunch break. We have managed to combine Y7, Y8 and Y9 lunch timings to be the same from 11.40am to 12.30pm. Y10 to Y13 will have the same lunch time of 12.35pm to 1.20pm. As a school we still need to stagger year groups' lunchtimes to enable social distancing at social times whilst some students attend the keyworker/vulnerable provision in school. I hope this will support home schooling and give students a break from screen time in the middle of school day.

During this period of remote learning we will be setting students homework to complete as we would normally do if they were in school. The students have demonstrated time and again that they are amazing young people and I am incredibly proud of all of them; I know they will embrace every opportunity offered to them. Please support us in supporting your child's education by ensuring they are engaging with their remote learning and if you have any concerns do contact your child's tutor. The current situation we find ourselves in is unprecedented and I would like to assure you that every decision we make as a school will always be made in the best interests of students.

I must apologise for the inconvenience caused by the postponement of the Year 11 subject yesterday. We have been in contact with the company and many schools experienced the same technological difficulties. We plan to reschedule this critical parents evening for Thursday 28 January and will be contact with you regarding appointment times. Thank you for your understanding. Let us take each day as it comes, embrace what opportunities we can and take care of each other.

Best wishes

Mrs S King



The next deadline for applications to the Sixth Form Bursary Fund 2020-21 is **Friday 12 February 2021**.

The Sixth Form Bursary Fund is designed to help and support any student who faces financial barriers to participation in education and training. Further guidance, eligibility criteria and application form can be found on the Sixth Form website at <https://www.bfs6thform.org.uk/bursary.php> 

## Key Dates

Monday 18 January	Year 12 Exams Week
Thursday 21 January	Year 13 Subject Evening
Thursday 4 February	Year 9 Options Evening
Monday 8 February	Provisional Year 9 Option Taster Day



## **END THE DIGITAL DIVIDE**

# **WE NEED YOUR HELP!**

Please help us to end the digital divide at Bristol Free School.

The impact of limited access to technology at home has been widely documented nationally and we know that it is affecting families within our own school community.

Can you help us to support all our families?

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[VIRGINMONEYGIVING.COM/FUND/BFSENDTHEDIGITALDIVIDE](https://VIRGINMONEYGIVING.COM/FUND/BFSENDTHEDIGITALDIVIDE)

# END THE DIGITAL DIVIDE AT BFS



**To our amazing school community, we need your help.**

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We know that school closures are necessary to prevent the spread of the COVID-19 pandemic, but there is no doubt that lockdown is impacting all of our students' learning and particularly those who have limited or no access to a computer/laptop at home. Lack of access to appropriate technology and Wifi is proving an insuperable barrier to online learning for many of our young people. We want to be able to maximise access to online education, wellbeing and mental health support across our community.

BFS is an ambitious school for all our community. We are fully committed to all of our young people and continue to do everything we can to support them through this difficult time. Providing our families with digital devices and internet data will make a huge difference to every child's education and help minimise the impact of the digital divide. We know that currently there are some families whose children simply cannot access the full curriculum because of limited technology at home. We have already given out 50+ laptops but this is nowhere near enough for a school of over 1100 students. Please help us, to help our community further.



## **Do you have a laptop at home that you no longer use ?**

If so please do contact us [admin@bristolfreeschool.org.uk](mailto:admin@bristolfreeschool.org.uk) to arrange drop off at school. We will happily receive them as donations and our fantastic IT department will prepare them for distribution to our families in need. We are in need of laptops no more than 7 years old with a fully functional keyboard, no cracks on the screen and a power supply/charger. Our dedicated IT staff will happily build the laptops ready for our students to use, so all you need to do is wipe your data and drop it off at school. We will do the rest to make sure it gets to our families in need.

If you work for a company that refreshes its IT/technology every few years and is looking for a way of offloading their replaced laptops, please put them in touch with us via [admin@bristolfreeschool.org.uk](mailto:admin@bristolfreeschool.org.uk)

Alternatively if you would like to make a donation to help us raise money to buy more IT equipment to help our families with remote schooling, we would be very grateful. We will use any money raised to buy more laptops as we want no one to be left behind by digital poverty. Thank you




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[Virginmoneygiving.com/fund/BFSEndTheDigitalDivide](https://virginmoneygiving.com/fund/BFSEndTheDigitalDivide)

# SUPPORTING OUR COMMUNITY



***I would like to say thank you to BFS for supplying me with both Laptops and Internet connection for my 3 children.***

**This has definitely made things a lot easier for me and has been a huge benefit for the children as I don't have either at home. The process of getting the equipment and the way the school handled the process was fast and easy. Thankyou.**

**PARENT**

*At Bristol Free School*



## ***Donations***

**We are so grateful for the donations we have already received. We are proud to be part of a fantastic community that wants to support our students.**



# STUDENT SUMMARY



What is happening at the moment? I must admit, it feels as though the world's in disarray with nobody quite sure how to tell apart truth from rumour.

As many of you may already know from the headlines, we are expecting a vaccination for those at high-risk to be distributed by mid-February, meanwhile we must all remain in our third national lockdown in order to action Boris's slogan 'stay home to save lives'. It's true, COVID dominates the headlines and most day-to-day conversations, but its important to break away from it every once in a while. It can become very overwhelming once you get stuck in a hole, reading about the myths surrounding the new vaccinations, new rumoured symptoms to the different strains, and especially what may or may not happen with our examinations.

So I challenge you to take the time to separate yourself from the negativity in the news and to try focus on something more positive, such as the marine sanctuary discovered in Africa: an "area that could become an incredibly important sanctuary where marine species big and small will flock to find refuge from climate change," said coral scientist, Dr Tim McClanahan, of the Wildlife Conservation Society.



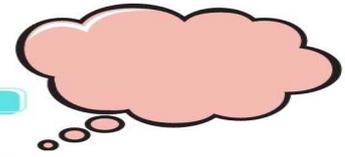
There's no denying it: 2020 was filled with disaster and a diverse range of difficulties. From the pandemic to the backwards views of some politicians, leading to protests all across the world. Hopefully, this year we will make a step forward to better and brighter places, without the shackles of lockdown.

2021 has already been filled with hope, as the vaccine spreads further across the world in an advance against the virus; many believe this is the year that will right all of 2020's wrongs.

In 2021, there are dozens of upcoming events to look forward to, such as the Tokyo Olympics, the UEFA Euro championships, travelling more, and just being able to leave the house without that fear in the back of your mind about catching the virus. Whilst many of these events are worldwide, there are various exciting upcoming events right here in Bristol too: this year marks the 50th anniversary of the Bristol Harbour Festival, the legends festival will (hopefully) take place in August, along with many other festivals and concerts. Along with these, the Sixth Form Summer Ball is due to go ahead, and many students will be starting university or leaving to start other new activities or apprenticeships. However, despite all these vibrant events on the horizon, it can still be tough at the moment with online learning and a new lockdown. However it is important to look forward to this flowering horizon, and know that contrary to how it may feel, you are not alone. 2021: the year we bounced back.



# STUDENT SUMMARY



## MOLLY'S SOLIDARITY STUDYING TIPS



### TIPS AND TRICKS FOR SURVIVING REMOTE LEARNING



Studying from the four walls of your bedroom, dining room, or parent's study can be extremely hard to get to grips with; especially at a time that remains so unpredictable and often polarising. It can be hard to find the motivation to join that Teams session, work alone or do that extra bit of reading to push your grades when the value of those grades often seem so far away.

I'm not writing to reinforce the doom and gloom that can be seen in the empty streets, the news, or even in your wavering mental health. Instead, I wanted to bring a little bit of guidance - having now experienced two long stints of remote learning across my Sixth Form life - to help you continue to find the motivation to climb out of bed, pop the kettle on and smash those online lessons.



#### 1. Hydration = Happiness

Although it might seem like a futile tip, what has really helped me to stay engaged is feeling as though I am remaining healthy. To help this, I have a glass of water beside me every lesson or study time, or coffee if I have fallen victim to a late night, to ensure that my brain remains energised for the day.

#### 2. Get Dressed!!!



Again, this may seem silly given that you can write a sentence just as well in pyjamas or a suit, but it has certainly helped me to achieve a sense of productivity. Once I am dressed, I am ready to sit down, as I would in school, and get on with my day, limiting the feeling that I am two feet from my bed...

#### 3. Be realistically organised

Organisation is key in any avenue of life, but right now I would strongly encourage sitting down and planning your day (including meals) to ensure that you can remain motivated.

However, as aforementioned, this is not easy to do, so I urge you to also be realistic about how you feel that day - whether you need to exercise for clarity, take more breaks as things prove just that little bit more difficult or factor in more chores and family situations. Stay on top of things, but taking breaks is vital.





## KEEP MOTIVATED AT HOME

A creative guide to staying inspired and productive



### CREATE PLAYLISTS FOR EVERY TYPE OF MOOD

Having playlists for every type of mood can set the tone for whatever output you're creating. Instead of playing songs on shuffle, curate mood playlists that flow well.



### FIND TOPICS YOU'RE INTERESTED IN AND IMMERSE YOURSELF

Are you into film, psychology or art? Gather interesting articles, videos and content online about topics that interest you and learn about them.



### DO QUICK AND SIMPLE WORKOUTS

Exercise keeps you fit and gives you that much needed endorphin rush to make you more productive doing school work.



### KNOW WHEN TO CONNECT AND UNPLUG

Staying at home can lead to hours of screen time. Set times that you should be focused on working and set times for rest.



### DON'T STAY INSIDE FOR TOO LONG

Once in a while, before and after school, go outside to freshen up your perspective and get some fresh air.

The beautiful thing about learning is that no one can take it away from you.

B.B. King



Learning is never done without errors and defeat

VLADIMIR LENIN



A PERSON WHO NEVER MADE A MISTAKE NEVER TRIED ANYTHING NEW

ALBERT EINSTEIN

# THANK YOU!

To all parents and carers, we wanted to say thank you for supporting our students with remote learning whilst managing a full time job and other commitments. It's a really challenging time and we appreciate your cooperation through it! If you have any queries please email [admin@bristolfreeschool.org.uk](mailto:admin@bristolfreeschool.org.uk). Our IT department have enjoyed supporting you through this transition with all the issues you have faced. Please see their comments below!

## MEET KODY AND NICK



I'm enjoying the challenges being put to me during the new lockdown, from supporting parents over the phone to guide them through issues they may be facing, to meeting parents and students and providing them laptops to make sure they can maximise their learning and I would like to ensure that no one is going into this lockdown with their education at a disadvantage to other students.



It's been really rewarding helping all parents through this change. It's extremely important that we are available to support you through this process, however long it takes! I understand that this is a really difficult time for all parents and students so the IT support is crucial to make sure our students have access to the excellent teaching.





# BFS Remote Learning



I have been so proud of our students and amazed by what they can do, under such strange circumstances.

This is where I feel Art plays a crucial role for our students and their families. It allows them time to escape and view their world in creative ways. It gives them a voice and a space to experiment and create, to take risks and build their resilience.

I get such joy seeing the work come through and I want to encourage them all to carry on making Art and making the world a better place.



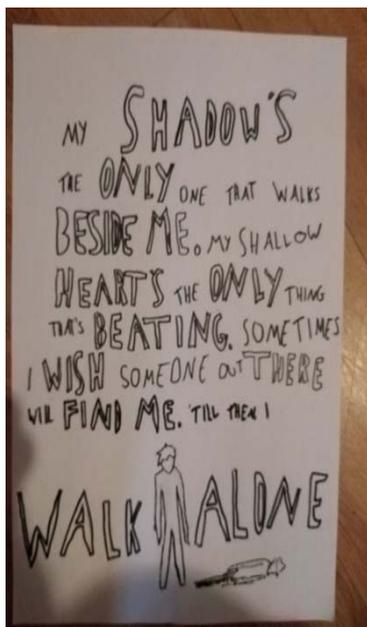
Ms Kinnersley, Head of Art



## Year 7, Art

have been given a wonderful task and that has been to illustrate their favourite song in the style of their choice, they can use words or just images, drawn or painted.

Here are some wonderful examples – Well Done Pantea, Freddie and Philippa, Milly, Joe and Ame-





# BFS Remote Learning

## Year 8, Art



have been set the challenge of creating a bug using found objects. They can use craft materials or objects that would be recycled. We are looking forward to seeing these creatures.... Here are some that have just been coming in.



## Year 9, Art

have been creating portraits of people who inspire them most. This could be celebs, sports-stars or family and friends. Here are some lovely examples from our BFS artists.



## Year 10, Art

are doing a Photography project this term and exploring the beauty of our natural world. They have been looking at textures to start with and learning some new skills using editing devices. Great work coming through.





# BFS Remote Learning



Live lessons for Y10-13 have been going very well with fantastic attendance and engagement across GCSE, Cambridge National, BTEC and A Level courses. Students have been working hard across a range of revision and coursework sessions.

In Y7-11 core PE we have already seen evidence of some wonderful workout diary entries!

The PE department have been very impressed so far.

Keep up the excellent work. Stay active! Stay healthy!



Mrs Wynne-Jones, Head of PE



Y10, 11 and 13 have been working extremely hard in their live lessons on their coursework for their GCSE, BTEC, Cambridge National and A Level PE courses.

They have been taking on board whole class feedback and asking excellent questions to improve their work.

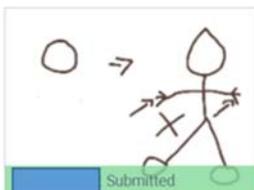
Y12 have been preparing for their upcoming mocks with interactive revision activities.

Engagement and attendance for our live lessons has been fantastic so far. Keep it up!

Y7-11 core PE have started completing their workout diaries – we have had some lovely emails from students enjoying particular sessions. Keep up the excellent work! Please continue to let us know how your sessions are going.

Remember to keep an eye out for Mrs Ballard's challenge of the week in the newsletter! Also – follow us on our new Instagram page (@teampebfs) for lots of workout ideas, challenges and well-being tips. Mr Whitfield has been posting about mental well-being this week following the NHS: '5 steps to mental wellbeing'.

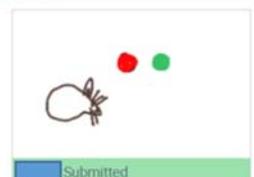
Y13 had a break from coursework to do some revision through a game of Pictionary. How do you think they did?



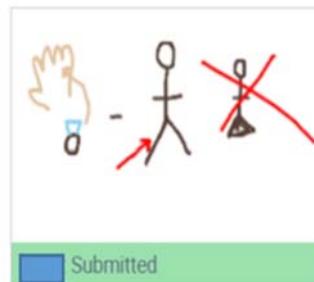
**Zero Transfer** (when the learning of one skill has no impact on the learning of another) – e.g. swimming arm action and foot placement in rock climbing



**Popular Recreation** (the sport and pastimes of people in pre-industrial Britain) – limited transport and communication have been illustrated here.



**Operant Conditioning** (the use of reinforcement to ensure that correct responses are repeated) – this image is based on the 'Skinner box' – where Skinner (1948) observed rats in a cage as they learned to hit a mechanism for a reward.



**Ringlemann effect** (When group performance decreases with group size – e.g. tug of war – easy to not work as hard when you know you have a big team working with you)



# BFS Remote Learning

I continue to be inspired and impressed by how students have adapted and engaged so well with remote learning in Computer Science and DT. Students are clearly determined not to let changes to the delivery of their education stop them achieving their dreams and it is certainly not limiting their ambitions.

I am so glad they are our future. They make me proud every day.



Mrs Sherman, Head of Computer Science

Y11 and Y13 are showing such resilience and adaptability in the face of uncertainty and challenging situations. Online lessons have shown that students understand the importance of continuing with a positive approach to learning, working hard and making the effort to engage with lessons by asking questions and communicating with their teachers.

KS4 and KS5 students in Computer Science, DT and Food Preparation and Nutrition have continued to focus on the practical elements of their courses as well as having the opportunity to engage in interactive lessons to master the theory content.

KS3 Computer Science lessons have been taking a variety of approaches and we are pleased that we are able to engage with practical programming activities as well as design and theory. It has been lovely to see some of the KS3 DT work being submitted as students complete a design life cycle over a two-week rotation.



## What do we weigh on the moon?

Your science teacher asks you to make a program that reads the user's weight on Earth and calculates how much the user will weigh on the moon.

You do some research and find out that gravity on the moon is a sixth ( $\frac{1}{6}$ ) of what it is on Earth.



Source: Pixabay

# BFS Food Tech

# COMMUNITY CARE PACKAGE



A free food delivery service for our community during the current crisis, for anyone who can't get out or afford fresh fruit and veg.

Donate now:

<https://www.fundsurfer.com/crowdfund/community-care-package>

IF YOU NEED A BOX : Fill in this online from <https://forms.gle/sSfbzHNp6VFDMUs46>

## Virtual tour of the Bristol Old Vic



Access the film:

<https://vimeo.com/bristololdvic/take-a-tour> and enter the password tourbov2020.

Year 10 Food and Nutrition students have been making fresh pasta with homemade sauces and fresh pastry dishes at home this week!

They have shown excellent dedication to their studies and should be very proud of their final dishes.

Well done! We have potato dishes coming up next!





# ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

1 Find three good things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help to brighten their day

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something physically active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at [www.actionforhappiness.org/happier-january](http://www.actionforhappiness.org/happier-january)

Happier · Kinder · Together

# BFS PE WEEKLY CHALLENGE



TO ALL STUDENTS AND STAFF,

EACH WEEK WE ARE SETTING YOU TWO CHALLENGES AND A YOGA POSE TO PRACTICE!



## COMPETITION 1:

### HOW LONG CAN YOU HOLD THE PLANK



## COMPETITION 2:

### WHO CAN MAKE THE TALLEST TOWER WITH TOILET ROLLS!

## YOGA POSE OF THE WEEK: WARRIOR

(THREE DIFFERENT LEVELS OF DIFFICULTY)



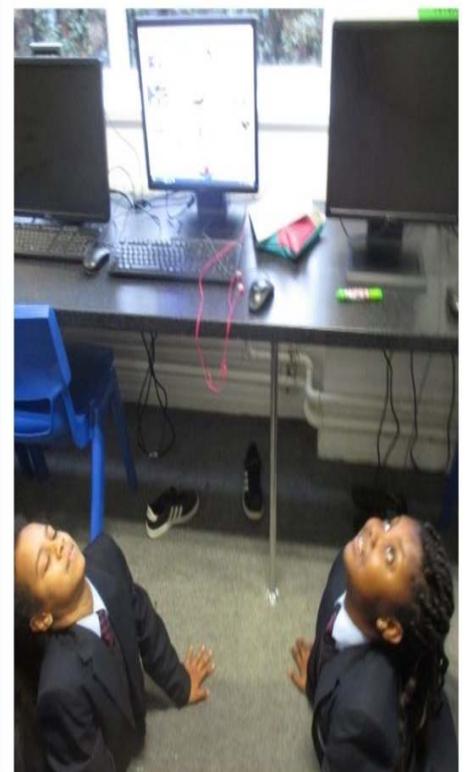
PLEASE LET US KNOW HOW YOU GET ON BY SENDING YOUR TIMES AND IMAGES TO MRS BALLARD:

[L.BALLARD@BRISTOLFreeschool.org.uk](mailto:L.BALLARD@BRISTOLFreeschool.org.uk)

WE WILL FEATURE AS MANY AS WE CAN IN THE UPCOMING NEWSLETTER.



# Our Year 7s Keeping Active!



# A VIEW FROM MY WINDOW



As a way of checking that they can upload files to Teams, I asked them to take a photo out of the window of the room they are working in. It's surprising how different the views are. What has struck me is the resilience of so many students, especially the youngest. It is such a steep learning curve for everyone, but they have embraced the challenge with good humour and patience. Running virtual lessons is getting a little easier every day, and, when we are isolated at home, being able to interact in real time with students is making all the difference.

Mr Ellis, Science Teacher



## LANGUAGE AMBASSADOR SCHEME UPDATE

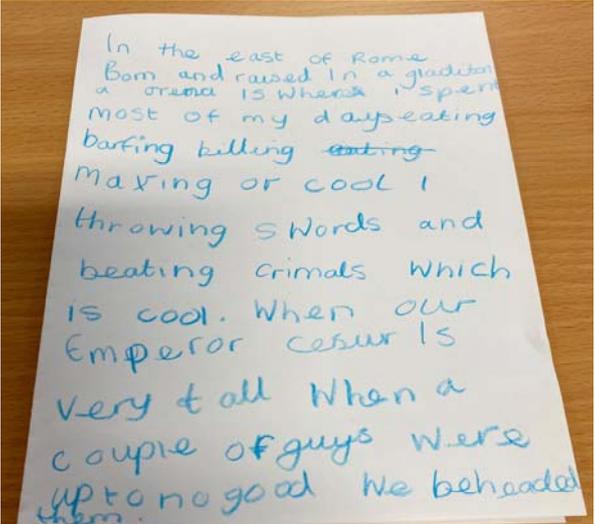


The Language Ambassadors have been fortunate to still be able to meet and discuss ideas remotely. We held our second language Ambassador meeting via Microsoft Teams on Wednesday 13th January after school. This was an opportunity for Miss Rowden to set the Language Ambassadors some remote tasks for Term 3 and an opportunity for students to share resources and ideas for how to keep their language skills up whilst we are not in school at present.

Language Ambassadors will embark on some exciting tasks this term! They will be carrying out some research projects into areas of their choice, learning some new phrases and how to count to ten in a new language and there will also be a Language Ambassadors Duolingo competition to see who can score the highest 'XP' on a weekly basis. A big 'thank you!' to Amber (Year 7) and Keziah (Year 10) who have offered to monitor and log the Duolingo leader board to help Miss Rowden

Miss Rowden is greatly looking forward to seeing what the Language Ambassadors manage to achieve this term!

## Year 7 Theo's Rap



**Performed to  
the Fresh Prince  
of Bel Air theme!**



# FRIENDS OF BRISTOL FREE SCHOOL

A huge thank you to all who attended the first ever online AGM for FoBFS. The technology worked well and it was great to see and speak with members of the School community. ★

This year, the school provided an update on their plans and we reviewed our activities over the 2019/20 period. Our finances are in a healthy position, despite being unable to run our usual events due to COVID-19. The events we were able to run seem a long time ago now, but included a Y7 BBQ, quiz night and our support of the School Christmas Extravaganza with refreshments and snacks, and with your generosity these raised a total of £2000 for the school.

FoBFS uses its money to provide additional resources and treats that cannot be funded from the school budget. Last year, we funded the vouchers for the annual student awards and more recently the Christmas tree in the Dining hall and items for the School Wellbeing room (bean bags, sofa throws, fridge, and Bluetooth speaker). We also have funding set aside for the construction of the "Tumps" social area. ★

Help raise funds simply by doing your everyday online shopping with over 4,000 big name retailers like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S. Every time you shop, we receive a small donation to say 'thank you' and it's completely free too! ★

We support two fundraising platforms, <https://www.easyfundraising.org.uk/causes/fobfs> and <https://smile.amazon.co.uk>, and the sign up process is really easy.

FoBFS wish you and your families well, please keep safe and we look forward to seeing you at one of our events sometime soon!



**HOW TO RAISE FUNDS FOR FOFBS**

YOU CAN RAISE FREE DONATIONS FOR FOFBS WHEN YOU PURCHASE PRODUCTS OR SERVICES ONLINE.

EASY FUNDRAISING - OVER £1000 RAISED BY 73 SUPPORTERS  
AMAZON SMILE - NEW FOR 2020. 31 SUPPORTERS HAVE SIGNED UP SO FAR

## SIGN UP FOR FREE!

It's Simple! Please visit the below links to help raise money for BFS

<https://smile.amazon.co.uk/>

<https://www.easyfundraising.org.uk/causes/fobfs/>