

Newsletter

Dear Parents, Carers and Students

It has been wonderful watching students settling back into school life this week. Please congratulate your daughter/son as we are so impressed by their maturity and how they have come back to the school environment ready to learn. It is so important to have everyone back as school is not a school without students.

Yesterday our Test Centre completed the final Lateral Flow Tests (we completed over 3000 tests this term!) and we will finish issuing the home test kits today. We now dismantle the Test Centre and open up our Sports Hall for its intended use, PE lessons. We have included some photos to go in the history books – when school halls were transformed into testing centres.

I would like to thank Mrs Conway and the amazing team below for their hardwork, dedication and service to our community.

Mr Wiczorek, Mrs Stevens, Mrs Richer, Mr Blandy, Mrs Tucker, Miss Board, Mrs Andrews, Miss Davies, Mr McCarter, Miss Hussey, Mrs Day, Mrs Mills, Mr Vincent, Mrs Thomas, Mr Walker, Miss Hastings, Miss Grant, Miss Tanner, Ms Lombard, Mrs Foster, Miss Billing, Miss Millard, Miss Morgan and Mrs Conway



Year 11 and Year 13 students will start the evidence gathering process for their GCSE and A level grades next week. I urge them not to worry and focus on each stage at a time. As a school we will ensure no student will be disadvantaged from achieving the grade their efforts deserve.

I would like to thank parents and carers for their support as we have returned to face to face teaching. This demonstrates the strength of our community and I would like to politely remind you that there is no expectation for staff to answer emails/queries unless they are of a safeguarding nature outside of the working day. Please be mindful that staff have families and other commitments and we must ensure their wellbeing too

I wish you all a very enjoyable weekend



Mrs S King, Headteacher

KEY DATES

- 1 April - Last day of Term
- 7 June - Revised INSET Day

BFS MFL THE LANGUAGE AMBASSADOR SCHEME

HAVE A LOOK AT WHAT SOME OF OUR LANGUAGE AMBASSADORS HAVE BEEN UP TO!



KPOP

Kpop is a genre of music that, in recent years, has taken over the world. It originated in South Korea and has become a huge part of their culture today. Kpop, also known as Korean popular music, first became known in other parts of the world after Psy's "Gangnam Style" blew up around the globe, attracting more attention to the genre. Today, some popular groups include BTS, Blackpink, Twice, SF9 and Big Bang. Kpop has now grown to more than just a genre of music, now including clothing, makeup, skincare and many other things. Many slang words have also come out of Kpop, including bias (your favourite member of a group), visual (the 'face' of the group) and maknae (the youngest member of the group). It has become a way for South Korea to express and share their culture with the rest of the world.

Kpop has also expanded across other entertainment sectors, and now includes things such as k-dramas. These are TV series, often based on popular webtoons, filmed in Korea and often including actors from kpop groups. For example, BTS' Kim Taehyung was in Hwarang: The Poet Warrior Youth and SF9's Rowoon was in Extraordinary You. Netflix currently has a wide variety of K-dramas, including Start-Up, Love Alarm, Extraordinary You, Hotel del Luna, Who are you: School 2015, School 2017 and many more, all with English subtitles.

Netflix also currently has the documentary BLACKPINK: Light Up the Sky. This explores some of the difficulties Kpop trainees and idols face as they try to make it to the top. Many people audition for Kpop training schools, as many as 500,000 every year. Only a very few of them are actually chosen to train, as little as 10 per year in some cases. If chosen, they then must sign a contract that lasts for a minimum of 2 years. This means that if they quit half way through the contract, they must pay the company for the money they spent on training them, which can be as high as \$100,000. Many are told to change their personalities for the camera, and many are even told to get plastic surgery so they fit the Korean beauty standards more closely. Even if they complete their training, there is no guarantee that they will make it big as a Kpop idol or group. It is a very stressful and demanding process that could result in nothing except a debt of thousands to the companies that put them through all the pain.

Overall, Kpop is the part of South Korea's culture that allows them to express themselves to the rest of the world. Kpop is more than just a genre of music, it is a main part of the country's culture and means something different to everyone. There are many different aspects of it, with something for everyone to enjoy. By just searching 'Kpop' on Youtube, you will instantly see the variety of music that comes under this topic.



ELOISE, Y10





WORDS WE GOT FROM THE GREEKS



ISAAC, Y9

All of these words originated from the Greeks! For example diamond came from adamas which mean the hardest substance known to man, which it is. Even the more modern of words like Meme came from mimemas meaning imitated. Some of these words come as no surprise and some can make people speechless, but all words in this list have benefitted the English Language in one way or another.

- 
- Dinosaur
 - Music
 - Galaxy
 - Acrobat
 - Sarcasm
 - Panic
 - Phobia
 - Idiot
 - Hippopotamus
 - Planet
 - Metaphor
 - Rhinoceros
 - Dialogue
 - Economy
 - Democracy
 - Alchemy
 - Diamond
 - Surgeon
 - Eureka
 - Kinetic
 - Acolyte
 - Comedy
 - Tragedy
 - History
 - Nephew
 - Cipher
 - Triumph
 - Meme
- Philosophy
 - Ecstatic



RWANDA



LORRAINE, Y8



Rwanda is a country located in the East of Africa. Its capital is Kigali and the main spoken language is Kinyarwanda.

USEFUL PHRASES:

MURAHO: HELLO

AMAKURU?: HOW ARE YOU?

NI MEZA: I'M GOOD

WITWA NDE?: WHAT'S YOUR NAME?

NITWA...: MY NAME IS...

MVA MU: I'M FROM

MURAKOZE: THANK YOU

OYA: NO

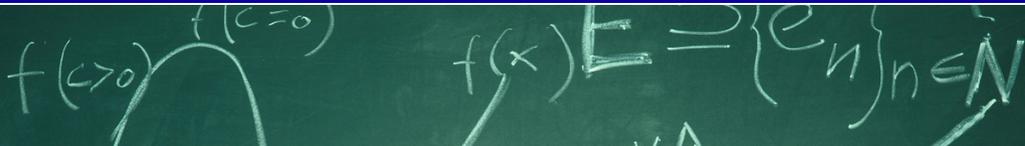
YEGO: YES



Rwanda

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| E | M | E | A | N | A | Y | E | G | O | I | U | W | N |
| R | K | Z | A | N | I | U | I | O | I | A | A | O | G |
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AMAKURU
YEGO
NITWA
MURAHO
OYA
KINYARWANDA
NI MEZA
WITWA NDE
MURAKOZE

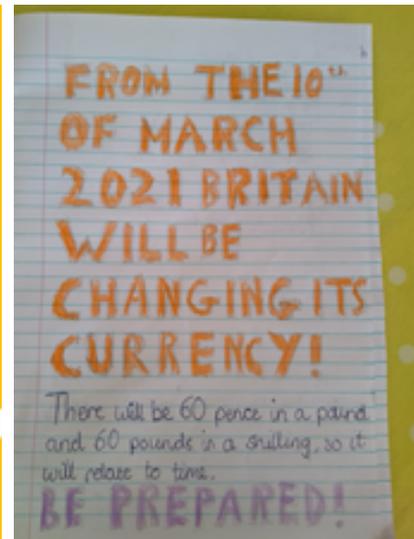
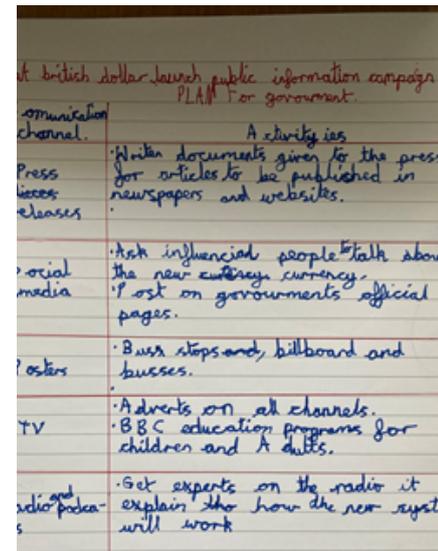


Do you remember the days of 12 pennies in a shilling and twenty shillings in a pound? Or, like me, do you just remember receiving shillings as part of your pocket money and wondering why they were different from the 'new pence'?

2021 is the 50th anniversary of the decimalisation of our currency and, as part of the celebrations run by the Royal Mint Museum in South Wales, all Year 7 students enjoyed an online presentation all about the different money systems and the government's campaign to help people make the shift and understand the new fangled system. They were shown the decimal money Y fronts, as well as many other artefacts from the museum, and were regaled with tales of different kinds of money and even the story of where the ha'penny and farthing came from (see pictures below).

In response, Y7 students have created their own ad campaigns in response to what they heard last week.

I was so impressed with work sent in over the course of the week, and particularly enjoyed watching an animation by Shiloh telling the story. Credit also to Maddie who has made a short film. Here are just a few of the pieces sent in during the week.



Finally, here's a picture sent by Ms. Williams from the Royal Mint Museum of one of their original ha'pennies, dating from the thirteenth century.

One student asked how many coins the Royal Mint produces. This is the answer I received from Ms. Williams in response to the question; We have 30 striking machines in our factory and each machine can strike 12.5 coins a second, which is 750 coins a minute. If our machines were running full pelt for 24 hours a day, how many coins can they strike in a week?



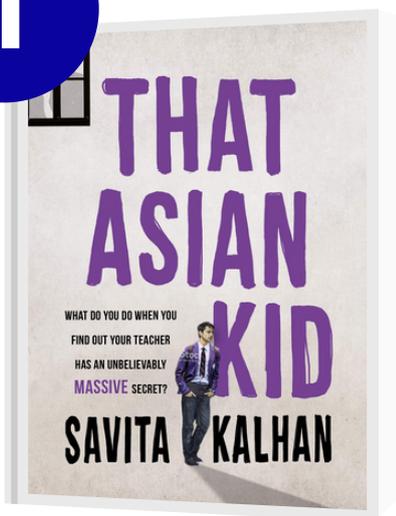
THE BRISTOL TEEN BOOK AWARD SHORTLIST



This award celebrates diversity and promotes the voices of characters not frequently heard in teenage literature. The novels are classed as young adult and are therefore aimed at older teenagers as they do contain some serious, adult themes.

Below are the six books that have made it on to the shortlist, available to buy online. Please let LRC staff Mrs Spear and Mrs Lombard know which books you have read and give each one a score out of 10. Email us or leave a note in the LRC.

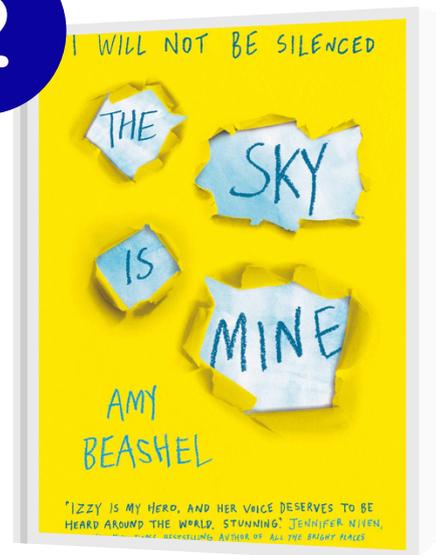
1



That Asian Kid By Savita Kalhan

Despite his hard work and brains, Jeevan, is doing badly in his GCSE English literature class. His teacher, Mrs Greaves, dislikes him intensely and Jeevan is convinced that he is the victim of racial prejudice. Can he stand up for what's right? When he comes upon her in the woods outside school in a compromising situation. Jeevan can't help but film the scene on his phone. With this secret new ammunition at his fingertips - dare he upload it to social media?

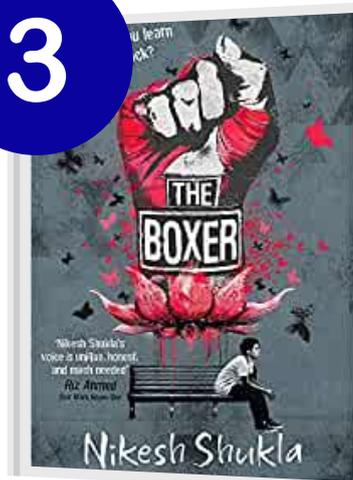
2



The Sky is Mine by Amy Beashel

No one has ever asked Izzy what she wants. She's about to change all that...
In a house adept at sweeping problems under the carpet, seventeen-year-old Izzy feels silenced. As her safety grows uncertain, Izzy know three things for sure. She knows not to tell her mother that Jacob Mansfield has been threatening to spread those kinds of photos around college. She knows to quiet the grief that she's been abandoned by her best friend Grace. And, seeing her mother conceal the truth of her stepdad's control, Izzy also knows not to mention how her heart splinters and her stomach churns whenever he enters a room. The Sky is Mine is a powerful exploration of rape culture and domestic abuse, and a moving story of women learning to love themselves enough to demand to be heard.

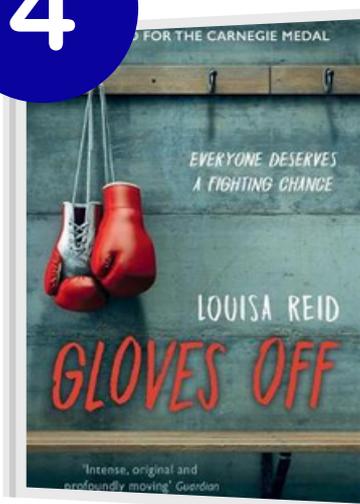
3



The Boxer By Nikesh Shukla

Told over the course of the ten rounds of his first fight, this is the story of amateur boxer Sunny. A seventeen-year-old feeling isolated and disconnected in the city he's just moved to, Sunny joins a boxing club to learn to protect himself after a racist attack. He finds the community he's been desperately seeking at the club, and a mentor in trainer Shona, who helps him find his place in the world. But racial tensions are rising in the city, and when a Far Right march through Bristol turns violent, Sunny is faced with losing his new best friend Keir to radicalisation. A gripping, life-affirming Young Adult novel about friendship, radicalisation and finding where you belong.

4

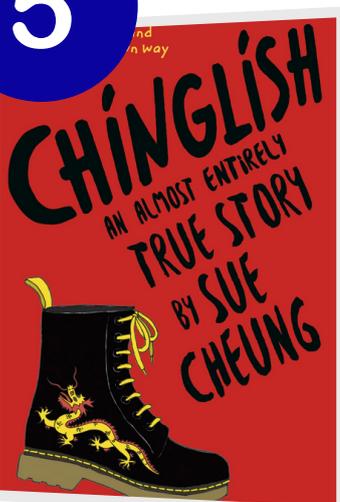


Gloves Off by Louisa Reid

A page-turning and immersive young adult novel in verse, telling the story of Lily who is mercilessly bullied at school and who turns to boxing in an attempt to fight back; a story of hope and resilience breaking through even the most difficult situations.

Lily turns sixteen with two very different sides to her life: school, where she is badly bullied, and home with her mum and dad, warm and comforting but with its own difficulties. After a particularly terrible bullying incident, Lily's dad determines to give his daughter the tools to fight back. Introducing her to boxing, he encourages Lily to find her own worth. Meeting Rose, and seeing that there is another world out there, enables her to live her own life fully and gives her the knowledge that she is both beautiful and worth it.

5



Chinglish by Sue Cheung

It is difficult trying to talk in our family cos:

- Grandparents don't speak English at all
- Mum hardly speaks any English
- Me, Bonny and Simon hardly speak Chinese
- Dad speaks Chinese and good English – but doesn't like talking

In other words, we all have to cobble together tiny bits of English and Chinese into a rubbish new language I call 'Chinglish'. It is very awkward. Jo Kwan is a teenager growing up in 1980s Coventry with her annoying little sister, too-cool older brother, a series of very unlucky pets and utterly bonkers parents. Jo lives above her parents' Chinese takeaway, and things can be tough – whether it's unruly customers or the snotty popular girls who bully Jo for being different. Even when she does find a BFF who actually likes Jo for herself, she still has to contend with her erratic dad's behaviour. All Jo dreams of is breaking free and forging a career as an artist.

Told in diary entries and doodles, Jo's brilliantly funny observations about life and family make for an honest portrayal of life on the other side of the takeaway counter.



Wolf Light by Yaba Badoe

Born in wolf light, the magical dusk, in Mongolia, Ghana and Cornwall, Zula, Adoma and Linet are custodians of the sacred sites of their homelands.

When copper miners plunder Zula's desert home in Gobi Altai, and Adoma's forest and river are polluted by gold prospectors, it is only a matter of time before the lake Linet guards with her life is also in jeopardy. How far will Zula, Adoma and Linet go to defend the well-being of their homes? And when all else fails, will they have the courage to summon the ancient power of their order, to make the landscape speak in a way that everyone will hear?

Rich in elemental magic, myth and the mysterious magical dusk, Wolf Light is Yaba Badoe's defiant call to protect our environment, to conserve our heritage and to hear the ancient power that connects us.

All reviews provided by www.goodreads.com



MRS SHERMAN'S CHARITY CHALLENGE

Mrs Sherman is taking part in a team charity challenge on behalf of SR2 (Socially Responsible Recruitment), the organisation behind the group Technology Volunteers who kindly supported the donation of 25 laptops for our students during lockdown. Their goal is to cover enough miles running, cycling, walking to get from Bristol to Berlin and back - that is 1595.56 miles (2567.9km) Mrs Sherman has covered 65km so far with 2 weeks to go until the end of the challenge (the photos are from a recent 16k run to contribute to the total powering up the hills of North Bristol!) SR2 are raising money for Jessie May children's Hospice and Young Bristol. As a company they have raised over £45k in 3 years and believe that at a time when the demand for services that these charities provide is at an all-time high, it is important that those that can help, do. Many thanks in advance for your kind donations that will make such a difference to young people and their families. The Just Giving link <https://www.justgiving.com/fundraising/sr2-bristol-berlin-ybr>

Young Bristol is a youth-driven charity that works to offer a choice of opportunities and experiences for all young people. From their open access youth club through to long term development programmes such as their outdoor employability programme, they support young people from the ages of 8-25 by providing a safe, fun, and supportive environment.

Jessie May is a wonderful charity that provides hospice at home care for terminally ill children in Bristol and the surrounding area. Jessie May nurses provide vital respite care, emotional support, end of life care and bereavement support alongside family events that help create treasured memories.



WELCOME

BFS CAREERS



MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

CAREER EVENTS AND OPPORTUNITIES

Fund University with the British Army virtual event - 31 March

The Army has many different ways to help you fund your degree, whether you are wanting to join as an officer or a soldier. Join us for this look at the different funding options, including: Scholarships, Bursaries, Medical Bursaries, Music Bursaries and fully funded in-service degrees.

If you are interested in this event then please register here:

https://events-emea3.adobeconnect.com/content/connect/c1/3956621110/en/event-s/event/shared/default_template_simple/event_registration.html?scoid



**FIND WHERE YOU BELONG
VISIT ARMY JOBS >**



**SPEAKERS
for schools**

SPEAKERS FOR SCHOOLS

Speakers for Schools has a vast array of talks and also have live talks where students can sign up. If any students wish to 'virtually' attend these live talks when they are meant to have a lesson they must email their subject teacher to seek permission as our normal school curriculum would take priority. The live talks are also recorded so students can always access the talks at a later date. Please see the schedule for next week and details below:

<https://www.speakersforschools.org/inspiration/vtalks/upcoming-vtalks/>



SPEAKER: Lord Mayor of London
Green Skills Week Broadcast

DATE: Thursday 18 March

TIME: 16:00 - 16:45

YEAR GROUP: KS4 - 5 /S4-6



SPEAKER: Millie Banerjee CBE, Chair of NHS Blood and Transplant

Experience Nursing Broadcast

DATE: Thursday 18 March

TIME: 17:00 - 18:00

YEAR GROUP: KS4 - 5 /S4-6



SPEAKERS
for schools



SPEAKER: Luke Ellis, CEO, Robyn Grew, Group COO and
General Counsel, Man Group
Green Skills Week Sponsor Broadcast
DATE: Monday 22nd March
TIME: 17:00 – 18:00
YEAR GROUP: KS3 – 5 / S2 – 6

SPEAKER: Sarah Coleman, Illustrator, Inkymole
DATE: Wednesday 24 March
TIME: 17:00 – 18:00
YEAR GROUP: KS 3 – 5 / S 1- 6



Speaker: Dr. Rhian-Mari Thomas, CEO, Green Finance
Institute
Green Skills Week Broadcast
DATE: Thursday 25 March
TIME: 17:00 – 18:00
YEAR GROUP: KS 4 – 5 / S4 – 6



SPEAKER: Kingsley Ben-Adir, Actor
In Partnership with IntoFilm
DATE: Friday 26th March
TIME: 11:00 – 11:45
YEAR GROUP: KS3 – 5 / S1 – 6



JOIN GREEN SKILLS WEEK

5th – 9th April 2021

#GreenSkillsWeek • www.greenskillsweek.org



Supporters



YEAR 11 FOOD PRACTICALS

Year 11 have really pushed themselves today and completed 2 dishes in a double lesson to showcase their skills in the Food room. Have a look at some of our standout stars of the day, all students should be very proud of themselves.

FOCACCIA WITH PESTO CHICKEN AND CHOCOLATE PROFITEROLES



SOFIA, Y11



RENICO, Y11

ACKEE AND SALTFISH WITH DUMPLING & MARINATED CHICKEN BAGUETTE WITH HOME MADE SLAW



DAISY, Y11

STICKY CHICKEN BAO BUNS & PARIS-BREST





MIKEY, Y11

FRUIT TART AND CORNISH PASTY



LAMB KOFTA & HOMEMADE CRUMPETS AND JAM



HEBE, Y11



ADAM, Y11

SHAKSHUKA ON FLAT BREAD





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information

SLEEP AWARENESS WEEK 2021

ZZZ

Sleep is something that we all know we need but most of us dismiss as something that is done without thought. Teenagers especially struggle with sleeping, due to outside interference or hormonal changes. It is important to establish strong sleep regimes or hygiene to allow the body and mind time to rest, recharge and be ready for the next day.

We have attached some key and clear aspects of positive sleep hygiene that most take for granted, but few actually do. Please have a read and a click on the links to get further information. It takes approximately a week to reprogramme our sleeping patterns, so although not a quick fix it is something that once in the routine makes life feel a whole lot better.

Electronic interference has a huge impact on our young people; the phone is an integral part of their being. Whether an addiction or not, it is something that connects them more so than ever to the outside world. That being, it also has the largest impact on their positive sleep patterns. Having strict routine around no electronics an hour before bed, tried for a week, will show results.

As part of the wind down perhaps a bath, or relaxation exercises to start to prepare for bed. Listening to calming music or reading a book allows the brain to slow down, quieten and stops any negative impact of the day to interfere with our sleep.

If you feel your child is struggling with sleep and would like to talk further do get in touch, or ask them to visit DF29 for a chat.

tellsomeone@bristolfreeschool.org.uk 01179597200



Ms Townsend, *Mental Health & Safeguarding Manager*



Mrs Foster, *Medical & Safeguarding Officer*





SLEEP TIPS AND SUPPORT



Sleep tips for teenagers

How to make sure your teen is getting enough sleep to stay healthy and be well rested for school.

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>



10 tips to beat insomnia

Simple lifestyle changes can make a world of difference to your quality of sleep. Follow these 10 tips for a more restful night.

<https://www.nhs.uk/live-well/sleep-and-tiredness/10-tips-to-beat-insomnia/>



The Teen Sleep Hub - Getting the support you need to achieve a good night's sleep

<https://teensleephub.org.uk/>



Happy Maps

Help for sleep problems in teens and young adults

<https://www.happymaps.co.uk/age-group/secondaryschool/secondary-sleep>



All about sleep

NHS

Signs of sleep deprivation



When it's dark our bodies produce a hormone called **melatonin** which tells our bodies it's time to sleep.



A good night's sleep has a positive impact on the **brain** and body, improving performance and productivity.



11-16 year-olds are recommended to get **8 to 10 hours sleep a night**.



It is recommended to not use any **screen technology** one hour before bedtime.



Physical activity during the day improves your sleep.



Sleep affects your **physical appearance** as well as your mood, **mental health** and your memory.

Decreased communication

Performance deterioration

Poor concentration/ easy distraction

Poor cognitive assimilation and memory

Poor mood/ inappropriate behaviour

Greater risk-taking behaviour

Inability to make necessary adjustments

Increased intake of caffeine/energy drinks

Increased sickness/ sickness absence

Better health every mind matters

8



WHAT HAPPENS WHEN TEENS DON'T SLEEP



When teens don't sleep enough (or don't experience a normal sleep cycle), it can...

1 ...Affect cognitive performance.

Teens who have four or more technological devices in their bedroom are 2x more likely to fall asleep in school or while doing homework.

3 ...Increase risk of obesity.

Teens who lose sleep may experience long-term effects on their physical health, including a higher risk of developing diabetes later in life.

5 ...Put teens at risk of injury.

Teen athletes are 1.7x more likely to suffer an injury if they have not slept eight hours a day.

2 ...Lead to mental health issues.

Teens who sleep six or less hours a night are 3x more likely to suffer from depression.

4 ...Create changes in mood.

Younger teens who don't get enough sleep are more likely to be inattentive, impulsive, hyperactive, and oppositional.

6 ...Make them turn to substances.

Sleep deprivation increases the risk of alcohol and drug abuse, especially among teens who are prescribed sleeping pills.