

# Bulletin

## PARENT GOVERNOR ELECTION - SPRING 2021



### Parent Governor Election - The Result!

The Local Governing Body of Bristol Free School is pleased to announce that Nick Hester has secured the position as Parent Governor.

There were three nominations for one position so it was necessary to go to election. The deadline for parent/carer votes was midday on Friday 30 April and Nick was elected by Parents as a result of this ballot. Nick was previously a primary school governor and runs a small recruitment company. He is also a qualified youth football coach.

We would like to thank all three candidates for standing and all the parents who returned their ballot papers.

We welcome Nick to the Governing Body and look forward to working with him in the future.

## REMINDERS

### LOG YOUR LATERAL FLOW TEST

It is extremely important for students, parents and staff participating in lateral flow testing, to report test results. Reporting your result helps the NHS monitor the spread of the virus, combat the virus and save lives. It also enables support to be given to communities across the UK.



### KEY DATES

- 10- 16 May - Mental Health Awareness Week
- 7 June - Revised INSET Day

### WATER BOTTLE REMINDER

We are seeing more and more students presenting themselves to Student Services complaining of headaches.

Please do remind them of the need and benefits of drinking water regularly throughout the day in order to function properly and perform to their full potential.





# MENTAL HEALTH & SAFEGUARDING

*Mental Health & Safeguarding Support, Advice & Information*



*Ms Townsend, Mental Health & Safeguarding Manager*

## NEXT WEEK IS MENTAL HEALTH AWARENESS WEEK

Mental Health is something very close to my heart and that of Bristol Free School. We are seeing a growing number of students struggling with their mental health in school and know that there is a wider number of students who have yet to surface.

5 Ways to Wellbeing is a great way to encourage those that are struggling to self-help and build positive mental health.



### CONNECT

Connection is about relating to one another and feeling understood. Speak to the people in your life, be it friends, family, colleagues or neighbours. Build new connections to expand your circles – this could be at work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Developing these connections will support and enrich you every day.



### GIVING

Giving includes many things – from showing goodwill and generosity of spirit to giving presents and giving up our time. Evidence suggests that ‘giving back’ or helping others promotes wellbeing for all ages. Why not do something nice for a friend, or a stranger. Thank someone. You could even volunteer your time with a charity or join an online community to give and receive peer support. The key to giving is to look outwards, as well as inwards. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



### BE ACTIVE

Engaging in regular physical activity is known to go hand in hand with lower rates of depression and anxiety across all age groups. Not everyone needs to be a fitness fanatic to boost wellness through activity. Simply step outside, exercise your green fingers or organise a games night. You could go for a walk or run, cycle or dance. Exercise releases hormones that make you feel good. Most importantly, being active is about discovering a physical activity you enjoy and that suits your level of mobility and fitness.



### TAKE STOCK

Take stock of your surroundings, be curious, catch sight of the beautiful. Being in a state of ‘mindfulness’ has been shown to be associated with a positive mental state. Greater awareness of the world around us helps us see the unusual and notice simple pleasures like the changing seasons. Savour the moment, whether you’re walking to work, eating lunch or talking to friends. Be present to your feelings and environment. Reflecting on your experiences will help you appreciate what matters to you.





# KEEP LEARNING

Learning something new is good for your brain and often exciting for the learner. Trying something different, rediscovering an old interest or signing up for that course you've always wanted to do can also improve confidence and widen your skillset. Take on a new responsibility at work, do some arts and crafts or pick up an untried recipe. The challenge and enjoyment of learning new things gives a sense of fulfilment that is second to none.



Please also feel free to contact us at school or via [tellsomeone@bristolreeschool.org.uk](mailto:tellsomeone@bristolreeschool.org.uk) email address

Happy Mental Health Awareness Week!



#MentalHealthAwarenessWeek2021

Mental Health Awareness Week 2021

## Take Action Get Active

30 minutes a day, your way.



#ConnectWithNature

# BRISTOL WALKFEST



This year, Bristol Walk Fest has adapted its programme of walks to make more available online and to download for free via the walking app Go Jauntly, encouraging Bristolians to get out safely with friends and family, reconnect with their city after lockdown and benefit from the improved physical and mental wellbeing that walking brings.



With nearly 100 walks showcasing the Best of Bristol for everyone to enjoy on their own or with others, there is something for all ages, interests and abilities across the city.

Bristol City Council is also marking the occasion with the launch of more than 60 curated Bristol walks on the Go Jauntly app. The council's new partnership with the app will allow Bristolians to uncover walks and enjoy the outdoors from their doorstep, using a variety of routes that can be downloaded and previewed. Based on your location, simple photo guides lead you around urban areas and surrounding wildlife, from green spaces to historical sites to community gardens.



Some of the new walks available for 2021 include:

- A Black History Tour in Bristol - Discover some local black history on this wander through the Montpelier and St Pauls neighbourhoods in Bristol.
- Bristol Wanderlust Walk - A stroll through Bristol taking in some of the best instagrammable spots in the city. Great for getting that perfect travel shot!
- Bristol Street Art Tour - Explore some of the amazing, colourful street art of Bristol. Includes pieces by Banksy and many other well-known artists.



## PE EXTRA CURRICULUM



Please complete this form to register your child for Extra Curriculum PE provision.

<https://forms.office.com/r/7Gxh7NhRVF>



# BFS MFL THE LANGUAGE AMBASSADOR SCHEME



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

Language Ambassador badges have started being distributed by Miss Rowden! All Language Ambassadors should wear these badges with pride on their blazers and should be proud of their engagement and enthusiasm with the scheme so far. If you have been involved regularly with the scheme and have not yet received your badge, Miss Rowden will be in touch with you soon! Otherwise, feel free to drop in to DF15 to pick one up.

Miss Rowden (MFL Teacher)



MISS ROWDEN, MFL  
TEACHER



## PORTUGUESE!

Portuguese is one of the most spoken languages around the world, and is spoken in many places including: Brazil, Mozambique, Angola, Portugal, Equatorial and many more! The language is influenced heavily by Arabic. In the Portuguese alphabet, there are 23 letters meaning the letters k, w and y are missing because they only appear in foreign words (they were finally added in the alphabet in 2009). It would take you approximately 600 hours of studying, for six months, to speak fluently in Portuguese. Did you know that “exceção” (which means exception) is hard to say because the letter “x” is a big problem for the people who want to learn Portuguese



MILA, Y8



Here are some words in Portuguese!

- Obrigado = Thank you
- Olá= Hello
- Eu sou um menino/uma menina= I am a boy/girl
- Eu falo português= I speak Portuguese
- Ele não come pão= He does not eat bread

Numbers 1-10

- 1=Um
- 2=Dois
- 3=Três
- 4=Quatro
- 5=Cinco
- 6=Seis
- 7=Sete
- 8=Oite
- 9=Nove
- 10=Dez
- Or, 1=Uma,
- 2=Duas for feminine





# BLAISE HOUSE



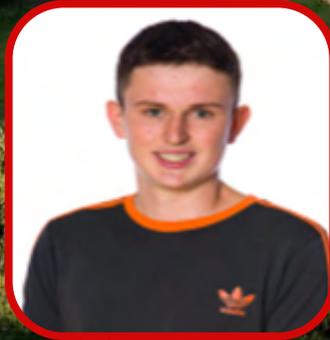
Senior Leader:  
Mr East

Student Head of  
House: Jacob

Sixth Form House  
Leaders:  
Emma, Stacey, Lily  
and Will



Mr East, SLT



Jacob, Head of House

#TeamBlaiseHouse

## INTRODUCING BLAISE HOUSE CHOSEN CHARITY:



### WHAT DO THEY DO?

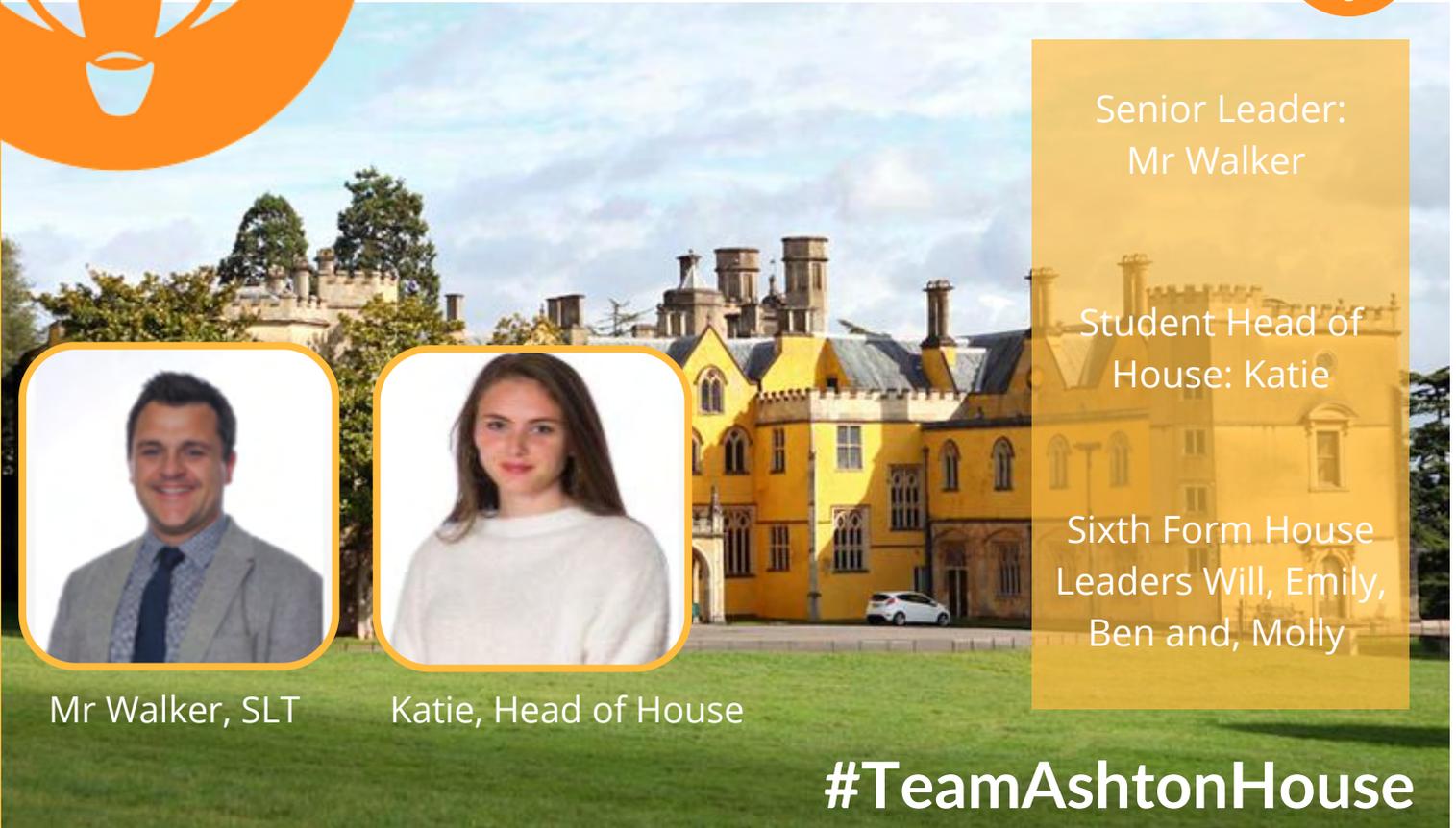
Children's Hospice South West cares for children with life-threatening conditions by providing children's hospice and professional family support services. They are dedicated to making the most of short and precious lives through the provision of the best possible hospice care for children and young people with life-limiting conditions. The care is not just about medical and nursing support for sick children, but enriching lives of the children and their whole family.

### WHERE ARE THEY BASED?

Wraxall



# ASHTON HOUSE



Mr Walker, SLT



Katie, Head of House

Senior Leader:  
Mr Walker

Student Head of  
House: Katie

Sixth Form House  
Leaders Will, Emily,  
Ben and, Molly

## #TeamAshtonHouse

## INTRODUCING ASHTON HOUSE CHOSEN CHARITY:

St Peter's Hospice is a local charity that provides care and support to adults who are living with a progressive life-limiting illness (including cancer, heart failure, lung disease and neurological illnesses) in the Bristol area. The Hospice aims to improve the patients' quality of life by supporting the physical, psychological, social and spiritual issues that can arise as a result of serious illness.



## WHERE ARE THEY BASED?

Brentry

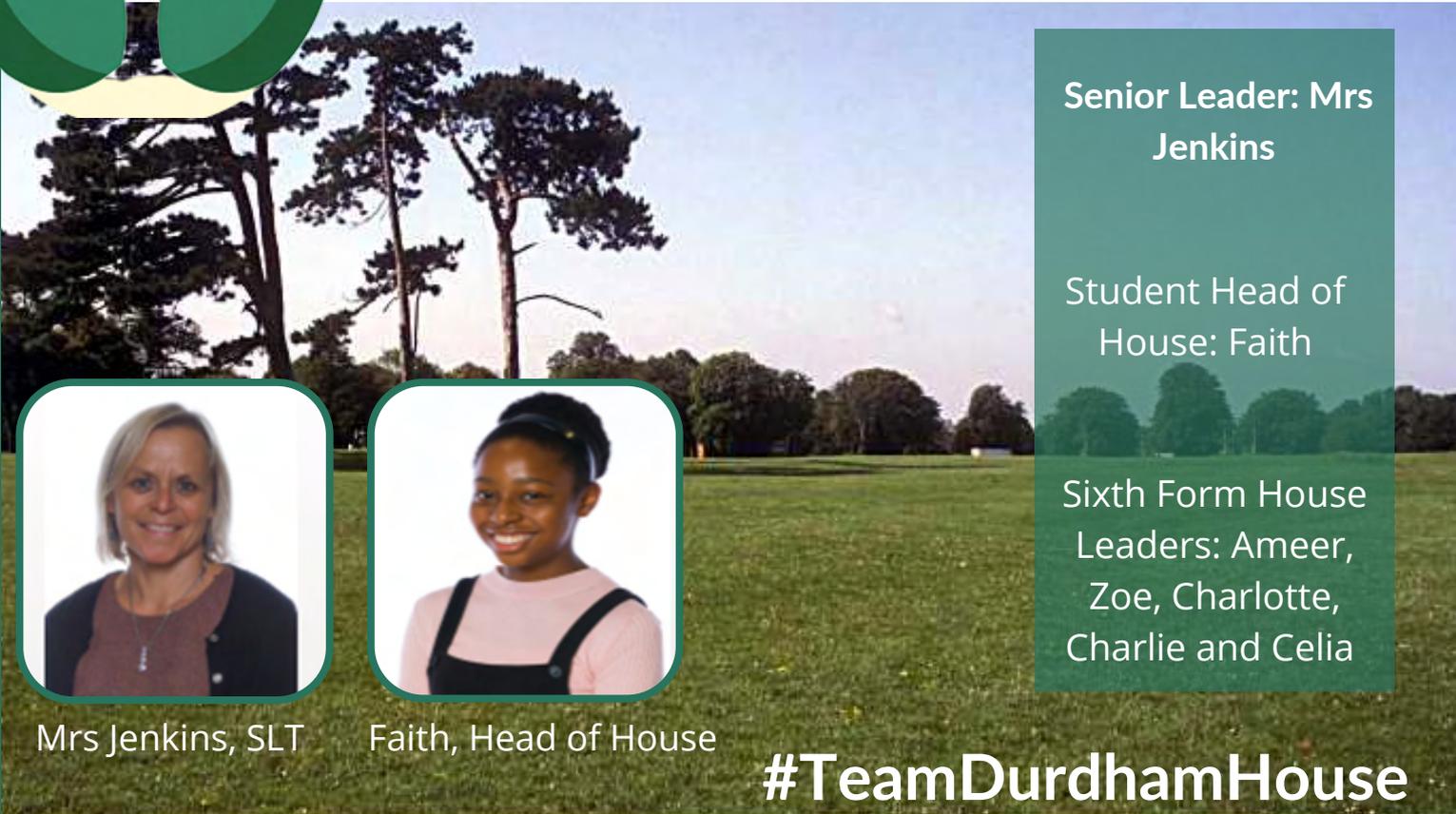


Registered Charity: 269177





# DURDHAM HOUSE



Mrs Jenkins, SLT



Faith, Head of House

Senior Leader: Mrs Jenkins

Student Head of House: Faith

Sixth Form House Leaders: Ameer, Zoe, Charlotte, Charlie and Celia

## #TeamDurdhamHouse

## INTRODUCING DURDHAMS HOUSE CHOSEN CHARITY:

### WHAT DO THEY DO?

The RNLI is an essential life saving service. Unlike the NHS, Police and Fire Services, these everyday heroes are not funded by the Government and rely on the generosity of the public to keep this essential service going.

### WHERE ARE THEY BASED?

Portishead Lifeboat station



Registered Charity: 209603

# Lifeboats

# CANFORD HOUSE



Senior Leader: Mr Fernandes

Student Head of House: Mya

Sixth Form House Leaders Charlie, Eloise, Saber and Will



Mr Fernandes, SLT



Mya, Head of House

#TeamCanfordHouse

## INTRODUCING CANFORDS HOUSE CHOSEN CHARITY:

### WHAT DO THEY DO?

Bristol Black Carers is a charity that has supported and empowered carers across the whole of Bristol for the last 25 years by providing sensitive and culturally appropriate services. There are over 500,000 BAME carers in the UK, yet, many do not even identify with the term "carer". It's natural and expected within those communities for families or friends to look after loved ones. Active outreach is needed to provide them with the assistance they undoubtedly need.

### WHERE ARE THEY BASED?

Broadmead

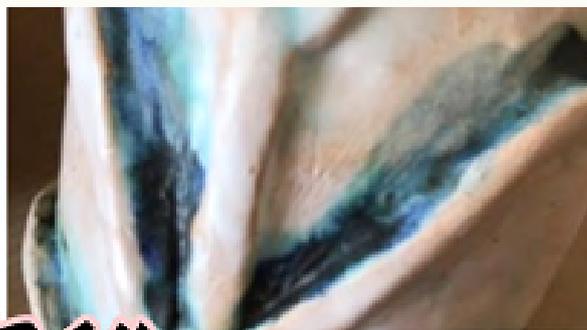
Registered Charity: 1084980



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FOLLOW US FOR DAILY UPDATES!



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TWITTER: @BRISTOL\_FREE  
FACEBOOK: @BRISTOLFreeschool1



**FOLLOW US ON  
INSTAGRAM TO SEE ALL  
THE WORK HAPPENING  
FROM OUR WONDERFUL**



**ART STUDENTS  
@BFS\_ART**

