

Newsletter

Dear Parents, Carers and Students

We have reached the end of an extraordinary year unlike anything I have experienced in my many years of working in education. Summer is here for BFS. I wish all students, families and staff a well-deserved break. The time away from school will give everyone the opportunity to stand back objectively, appreciate the year we have lived through and how well we have coped as a community. Our young people have been amazing in the way they have adapted calmly to every gear change made over the last 18 months. I wish I could say everything will be back to normal in September. Whatever happens over the summer with COVID rates, we are well positioned to do whatever is necessary to open up school safely.

BRISTOL COVID RATES

I attended a headteachers' briefing earlier this week and were told that Bristol COVID rates are rising very rapidly amongst the younger age groups. It is important that you are all aware of this local context as we approach a summer with fewer restrictions. I have written to you separately today to explain the government requirement for schools to reopen their Lateral Flow Testing centres at the start of the new school year.

To register your child, we need you to complete consent forms by the 10 August so we can plan for this additional challenge. The demand on school's resources will be very high at the start of term. We will have a staggered start for each year group (see letter).



GOODBYE TO STAFF

Sadly, at this time of year we will be saying goodbye to staff who will be leaving BFS. I would like to thank the staff who are leaving this year for their dedication and commitment. We wish them every success in the next stage of their career. You will see details of these staff in the newsletter.

FANTASTIC ENRICHMENT OPPORTUNITIES

This week's newsletter is full of photos of this week's fantastic enrichment opportunities.

Sports Day luckily went ahead after Monday's wet weather and was a lovely day, full of competition and fun. Every student participated for house points and the big reveal for the winning house was made today.

**CONGRATULATIONS
BLAISE HOUSE!**



Year 7 and Year 8 spent Tuesday thinking about the importance of celebrating diversity and working in teams on STEM activities.



Our Music Department held another LIVE LOUNGE on Wednesday, which was a showcase of our students' musical talents. Please check it out on You Tube if you missed this event.

A big thank you to all the staff who supported these enrichment experiences and to Ms Bonnici, Mrs Sherman and the PE department for masterminding the organisation of these events.

Finally, I would like to wish you all a safe and happy summer holiday. The sun is shining and we can reflect on a successful year at BFS despite the challenges.

I look forward to seeing students back in the week of 6 September, looking smart in their full school uniform.



MRS S KING

GOODBYE & GOOD LUCK



Mrs Sherman - Head of D&T
Mr Vincent - Cover Supervisor
Mrs Richer - Science Technician
Mrs Lavis - Teacher of Science
Ms Collis - Teacher of MFL
Ms Yahaya - Teacher of Physics
Mr Stevens - Teacher of English

Thank you for all your support and hard work over the years, we are so sad to lose you but wish you all the best for the future -
Keep in touch!

KEY DATES

- 6 September - Start of Term 1 2021/22
- 10 August - Alevel Results day
- 12 August - GCSE Results day



THANK YOU!

BFS Staff are fortunate enough to have a Parent Group who showed us their appreciation by showering us with lots of lovely treats. Thank you for your kind generosity, we really appreciate it!



UNIFORM



MR EAST

Thank you to parents and families who have worked with us during the pandemic, responding to the raft of changes this has brought us all. Given that we are expecting an ease in restrictions for the September return to School, it is important that the School re-establishes the expectations regarding a number of school policies and particularly with regard to uniform and mobile devices.

Please ensure that your children return to School in the appropriate uniform and footwear and that they follow the School rules with regard to makeup, piercings, jewellery and hair colour.

Allowances had been made for PE uniform during the pandemic given issues surrounding changing facilities but September expectations are that all students will wear the correct PE uniform. If you are unsure of anything or are buying new uniform over the summer please do check that it meets the uniform standards found on our website:
<https://www.bristolfreeschool.org.uk/uniform.php>



Please be aware that Monkhouse's Stoke Gifford store unfortunately due to a positive covid-19 case has had to close.

Their team will contact and re-arrange appointments with all parents who have booked during this period.

JEWELLERY

Additionally, please be reminded that jewellery is not permitted in PE lessons. If a student has jewellery (including earrings) that they are unable to remove then they will be participating in an alternative role in PE lessons until the jewellery is removed. We recommend that if a student has difficulty removing their own earrings, that they remove them before school on PE days.

For those joining in Y7 please note that shin pads and gumshields are going to be a compulsory part of PE kit for KS3 students. This will give us more options as we develop our KS3 PE offering at BFS.



MOBILE PHONES

Mobile phones are not permitted around school during the school day. Whilst we understand students may travel to and from School with devices the expectation is that they are turned off and away once on site. Using devices will lead to them being confiscated and we appreciate your support in reiterating this to your children.

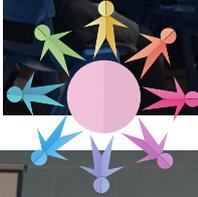




BFS DIVERSITY DAY

On Tuesday this week Y7s and Y8s had a specially planned morning focussing on equality and diversity. The School has a hugely diverse group of students, families and experiences and is proud of this. The focus of this morning was made even more relevant by the recent football result and racist treatment of black players.

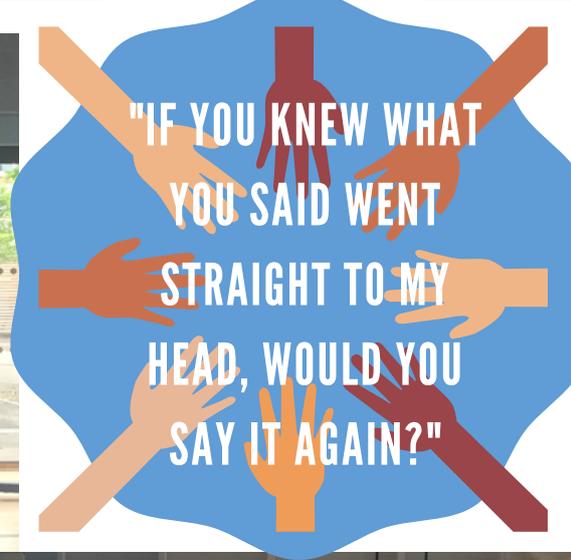
The assembly was given sharp focus by three of our current students all of whom talked powerfully about their own experiences regarding inequality and how it affected them. Throughout the morning the students were fantastic - they got involved in everything and had really mature conversations about really important issues. Some of the images from the morning are shown here:



"PUT YOURSELF IN SOMEONE ELSE'S SHOES TO UNDERSTAND THEIR PERSPECTIVE"

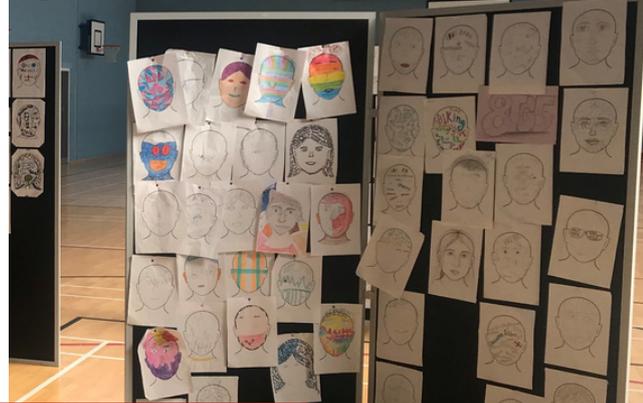


FATIMA, EMILY & AMEER

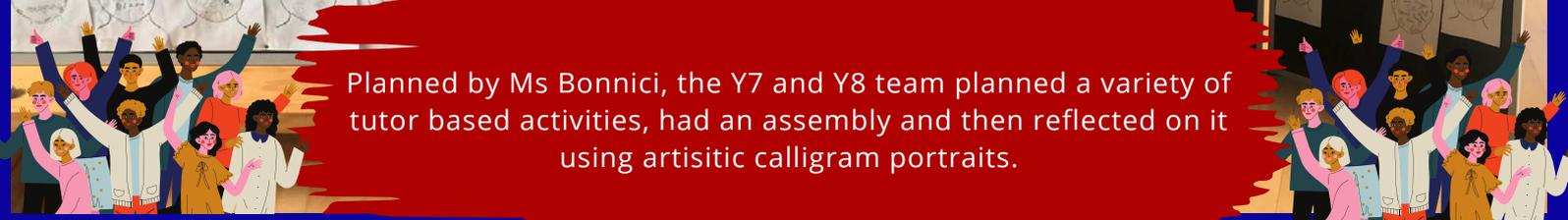


"Inclusion is within our BFS community"

"Challenge, Ask questions"



Planned by Ms Bonnici, the Y7 and Y8 team planned a variety of tutor based activities, had an assembly and then reflected on it using artistic calligram portraits.



YEAR LEADER TERM 6 ROUND UP



**MISS HAMMOND,
HEAD OF Y7**

We have finally reached the end of Year 7's first academic year at BFS, and what a year it has been! Many ups and downs (lockdown related) but students have been truly exceptional throughout. Year 7 have fully settled into Bristol Free School life and I have thoroughly enjoyed supporting their growth and celebrating their successes as their Year Leader this past year. I am incredibly proud of this group of students, who have had to cope with a disruptive first year of secondary school, yet have continued to meet expectations, support each other, and make positive contributions to BFS.

There have been many highlights including Clifton College Team Building Days, Sports Day and STEM/Pastoral Day to name a few. The majority of our students were able to gain wonderful memories and experiences, as well as find and develop new skills and attributes that can be transferred into all aspects of their lives. Year 7 have been a credit to the school and have shown the rest of the year groups what commitment, enthusiasm and inclusiveness are all about. Sports Day was a celebration of sport and physical activity, encouraging inclusion and participation as well as competition - congratulations to Ashton House on the win! Year 7 have also been the role model year group in terms of attendance, house points and extra-curricular activity participation. A fantastic achievement which I hope will continue in to Year 8. Show the new Year 7s how it is done!

Over the summer holidays, take the time to reflect on the year gone by. Spend quality time with friends and family, follow our government's guidelines and keep you and others around you safe. Learn a new skill, pursue your hobbies and look after your physical and mental well-being.

It has been a pleasure being their Head of Year this year and I wish all students the best of luck moving forward into Year 8 with Mr. MacBlain. Have a safe, restful, and happy summer break. I look forward to seeing you back at BFS in September!





**MS BONNICI
HEAD OF Y8**

What an excellent term to round off the year it has been for Year 8! From excelling in end of year assessments to impressive speeds in the 100m dash, I've been blown away by all the enthusiasm and resilience across the term and year.

A real highlight for me this year was the time spent thinking about diversity; a great way to embed our school value of community. It was great for Year 8s to hear from some other BFS students and begin to share their own stories to help each other learn more. Here are some pictures of the day, and the Calligram portraits the Art department helped us to make, which will be displayed all together as a collaborative artistic expression of our diversity. Thank you to everyone that helped make this morning happen.



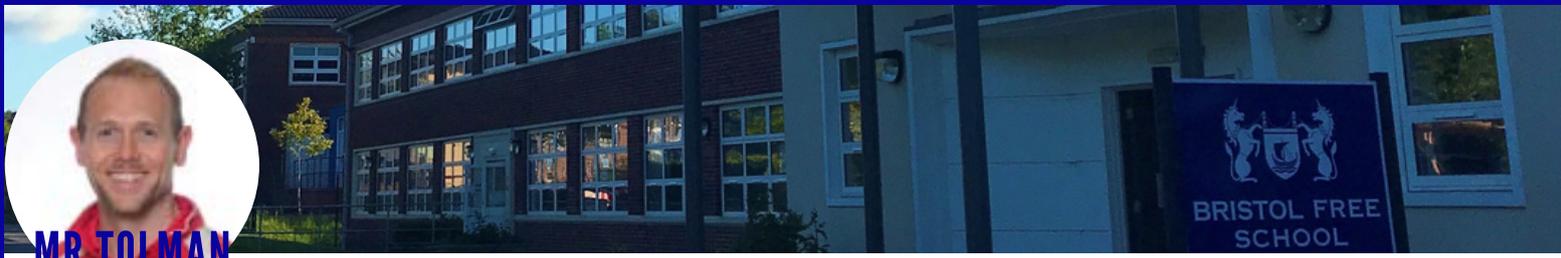
Students also had a fantastic time taking part in the amazing range of STEM activities organised brilliantly by Mrs Sherman. There's been lots of successes within subjects, and Year 8s were given well-deserved Subject Leader Awards and it was great being able to nominate others for across school contributions. As we round off the year I also want to recognise the following students for gaining the highest number of house points over the year. Well done all of you!

Lucas, Martha , Jiya , Freddie, Alex, Mila, Tiffany, Carys, Angus and Jacob.

We will miss the Year 8 tutors who are moving on this year: Ms Yahaya, Mr Stevens, Miss Dawson and Mrs Sherman. I'm thankful for all their efforts going above and beyond to support their tutees. We wish them all the best in their various new roles and look forward to welcoming some new faces to the Year 8 team in September: Mr Blance, Ms Horton, Mr Milstead, Ms Clavel and Ms Shah.

I am really proud of the Year 8 cohort for persevering through an unusual year, adjusting to all the changes and stepping up to the challenges given to them. I hope everyone has a well-deserved rest over the summer and comes back ready to take on the responsibilities of being a Year 9. Well done everyone!





MR TOLMAN

HEAD OF Y9

This term has been an exceptionally busy one for Year 9, with a huge number of positive highlights.

We have seen our options choices for GCSE finalised, with the majority of students receiving their first choice subjects. This sets us up well as we move into a very welcome break and the start of Year 10.

I have had the immense pleasure of choosing 4 students to receive Year Leader awards. This was so nice to be able to recognise the hard work of a few students. However, I agonised over leaving out so many incredible students. After a tough choice, with plenty of deserving candidates, well done to Kate, Theo, Jia Hao and Pearl. In addition, we had 6 nominees for the Spirit of Bristol Free School Award. Again, choosing just 6 from our wonderful year group was a challenge, but congratulations to Alex. We have so many students who epitomise BFS spirit in their behaviour and attitude around school. I am so proud to lead such a fantastic group!

Duke of Edinburgh Award was another highlight of the term. A number of students have been busily building tents and honing their navigational skills over the last few weeks. It is a credit to them that all feedback from anyone who encounters the group is wholly positive, with a number of DofE instructors hugely impressed.

It has been a brilliant term. Thank you Year 9 for being such stars! Enjoy the break and the good weather. See you in September!



The end of what has been a year like no other! Year 10 is always a tricky year, as students get to grips with the idea of GCSEs, BTECs, coursework and exams, and with all the other difficulties, it has made me particularly proud of how so many of our students have risen to the challenges they have been thrown! Reflecting on my own first year here I have been amazed with the diverse range of personalities that have made themselves known to me and despite our many obvious challenges, I feel that there is a real desire amongst the year group to be successful and make the most of everything school can offer. I want to particularly praise the work of the Language Ambassadors who have thrown themselves into supporting other year groups, as well as our team of house leaders who took so much care over their applications. These are examples of things that will set students apart and I want to firmly encourage all of Year 10 to contribute to our community, whether that is volunteering, attending additional subject sessions, or extra-curricular clubs. We recently undertook a Careers day and had speakers who highlighted the importance of being more than a set of grades. I really urge Year 10's to heed that message.



MR WHITFIELD

HEAD OF Y10

As we all move into Year 11, this is a really exciting time. Look to the future and see the potential that you have. Use school as a vehicle to get you to your next destination and have a great summer!

BFS SPORTS DAY!



MRS BALLARD

MRS WYNNE JONES

A new format, a new venue, Covid restrictions but none of these diminished the true spirit of a Bristol Free School Sports Day (or two in our case this year!). After an initial postponement on Monday, Tuesday and Wednesday didn't disappoint with glorious sunshine and a fantastic display of participation and competition.

It was our first Sports Day with the house system and the added element of healthy rivalry did not disappoint with an extremely close and tense end to the points on day 2!



★ CONGRATULATIONS ASHTON HOUSE ★

THANK YOU!

Thank you and well done to all students that took part in races, cheered for their house and worked as a team.

Secondly a massive thank you to our Sixth Formers - Emily, Zoe, Will P, Lucy, Will L, Theo, Jacob, Tayla, Martha, Hope and Ameer who did an exceptional job of helping out over the two days.





ASHTON





Finally, thank you to the staff involved whether they were providing energy and enthusiasm whilst running and organising their events, or designing and creating our fantastic new scoreboard, or helping with admin and first aid behind the scenes (both at the venue and back at school). It would not have been possible without them!

Look out for an updated display in the Sports Hall with the times from the track and photos from the day. Have a great summer and keep active!



MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

SUMMER HOLIDAYS SUPPORT

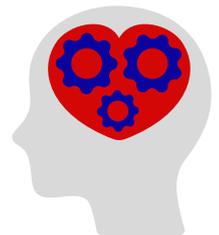
tellsomeone@bristolfreeschool.org.uk

There are a lot of outreach charities and companies that continue to work with children and families over the summer holiday period. If you would like to take advantage of these please see the attached links and documents that will give you all the information you need to make summer as easy a time as possible.

We will be back in September, continuing to work with children who need additional support with their mental health and safeguarding. But in the meantime, the Mental Health & Safeguarding Team would like to wish you a safe and happy summer.



SIRONA SCHOOL HEALTH NURSE WEBINAR SERIES - AUGUST 2021



Healthy Eating

Monday 2 August
10:30-11:30am

<https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-healthy-eating-tickets-159615168265>



Keeping your Child Happy and Healthy

Tuesday 3 August
11:00 - 12:00pm

<https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-keeping-your-child-happy-and-healthy-tickets-159615637669>



Understanding Your Child's Wellbeing

Wednesday 4 August
09:30 - 11:00am

<https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-understanding-your-childs-wellbeing-tickets-159615802161>



Eating Disorder Awareness

Thursday 8 July
10am - 11am

<https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-eating-disorder-awareness-tickets-159481853517>

Helping Your Child With Sleep

Friday 6 July
10:00 - 11:00am

<https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-helping-your-child-with-sleep-tickets-159616068959>



Eating Disorder Awareness

Tuesday 10 August
13:00- 14:00pm

<https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-eating-disorder-awareness-tickets-159619826197>



Continence in Children and Young People

Tuesday 10 August
10:30—11:30am

<https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-eating-disorder-awareness-tickets-159619826197>



SUMMER HOLIDAYS SUPPORT - OUTREACH PROGRAMMES

CREATIVE YOUTH NETWORK.

Our huge range of targeted services and youth club nights across Bristol as well as what's available in the South Glos area mean there is something for everyone - wherever you live, whatever your interests, whenever you're free

https://www.google.com/search?q=creative+youth+network&sxsrf=ALeKk03b0FWrKl56x-ljyYAwZ388nS81lw:1626376739391&source=ms&tbn=isch&sa=X&ved=2ahUKewi-xsm-5eXxAhU0lFwKHwdeCxEQ_AUoA3oECAEQBQ&biw=1440&bih=787#imgsrc=GD_www_wpDxAaxM



OTR is a mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire. Getting free support couldn't be easier. Come along to one of their regular Hubs

<https://www.otrbristol.org.uk/>



KEEPING SAFE THIS SUMMER



The summer holidays can be a great chance to spend time with friends and have some time off. But sometimes it can feel a bit lonely. Or you might miss the routine you have when you're in school.

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/>

FREE EVENTS - WHAT'S ON



<https://visitbristol.co.uk/whats-on/free>

ChildLine

0800 1111



Online & Mobile Safety - REMOVE A NUDE IMAGE SHARED ONLINE

It can be scary finding out a nude image or video of you has been shared online. But we can help. Follow the link below to get your image or video removed from the internet.



<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/>



YOUNG WOMEN'S GROUP

Southmead Youth Centre
Every Wednesday, 5-6:30pm
11-19 year olds who identify as women

Book your spot by getting in touch with Tallulah by email, text or call:
tallulah.upton@creativyouthnetwork.org.uk
07435 758 157

www.creativyouthnetwork.org.uk/young-womens-group

Delivered by:

Funded by:



LOCKLEAZE ADVENTURE PLAYGROUND



**WEDNESDAYS
4-6PM
11-17 YEAR OLDS**



**MUSIC MAKING,
SPORTS, COOKING,
SKATEBOARDING,
ART AND CRAFTS.**

SIGN UP:

www.creativeyouthnetwork.org.uk/join-the-adventure
or get in touch with Luke
luke.wareham@creativeyouthnetwork.org.uk |
07467 915 522



Take 5



Need a break? Join a relaxed group and learn about the five ways to wellbeing.

Each month we'll focus on one of these topics. Take part in activities, have a cuppa and a good chat.

Take Notice

Connect

Be Active

Learn

Give



Thursdays
4.30pm - 6pm
at Southmead
Youth Centre.

For 11-19 year-olds

Sign Up!

www.creativeyouthnetwork.org.uk/take5
or contact Bethany on
Bethany.moran@creativeyouthnetwork.org.uk
or 07734366378



REG NO: 01099684 | REG CHARITY NO: 266318 | VAT NO: 110992037

proud to be

Join our group sessions in a safe and supportive space for LGBT+ young people.

Our trained youth workers provide information, advice and guidance and are always on hand for a friendly chat.

We play games and do fun activities, arts and crafts and sports.

**Mondays
5.30pm - 7pm
Southmead Youth
Centre
11-19 year-olds**



Sign Up:

www.creativeyouthnetwork.org.uk/proud-to-be
or get in touch with Bethany:
Bethany.Moran@creativeyouthnetwork.org.uk
07734 366 378

CREATIVE
YOUTH
NETWORK.



Caring for someone?

Join our weekly sessions for 11-19 year old young carers

Make new friends, have some fun and share some of your worries with trusted youth workers and other young people.

**Southmead Youth Centre
Every Tuesday
5-6:30pm**

Our sessions are for anyone who is affected by caring responsibilities. You don't have to be on the official young carers register to access this service.

Get in touch with Lisa on 07741 660521
or Jon on 07741 659 830

www.creativeyouthnetwork.org.uk/caring-for-someone



CREATIVE
YOUTH
NETWORK.

REG NO: 01099684 | REG CHARITY NO: 266318 | VAT NO: 110992037

OTR PROJECT ZAZI

An exciting opportunity for Young People in the Bristol area created by OTR Bristol. The group is called "Speaker's Corner" and it is a group that exists exclusively for Black people and People of Colour between the ages of 16-25 and was created through Project Zazi ("Know Yourself, Know Your Strength") which sits within OTR and is concerned with providing safe and brave atmospheres where you can explore your identity and culture and share your opinions and thoughts with others like you.

The mission at Speaker's Corner is to be a space for ourselves to discuss our identities in all their confusing, unfinished and beautiful glory. Topics that will be discussed go something like this - where do we feel like we belong? How can we feel safe?

What does a healthy relationship look like? What are the impacts of expectations from others? How does gender play a role in our identity? Is it okay to forgive? How can we heal? This group hopefully will be a place of truth and trust and safety for many of us to discuss and question things which we would have never had the opportunity to do in other spaces either at home or in institutions that we belong to.

The group's first session will be on Tuesday 3 of August at 6:30pm till 8pm via Zoom and will continue to be on Zoom for all nine sessions. A short summary of schedule is below:



**BELONGINGNESS
AUGUST 3RD**

**MENTAL HEALTH
AUGUST 10**

**RELATIONSHIPS
AND BOUNDARIES
AUGUST 17**

**MASCULINITY AND
FEMININITY
AUGUST 24**

**PRESSURES AND
EXPECTATIONS
AUGUST 31**

**ROLE MODELS
SEPTEMBER 7**

**FORGIVENESS AND
HEALING
SEPTEMBER 14**

**OPEN DISCUSSIONS
SEPTEMBER 21**

**OPEN DISCUSSIONS
SEPTEMBER 28**



BFS ENGLISH

HAVE A LOOK AT WHAT SOME OF OUR Y8 ENGLISH STUDENTS WROTE FOR THEIR END OF YEAR ASSESSMENTS



CATIE, Y8

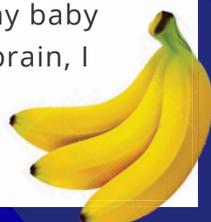
A yellow, curved fruit, surely it can't be too hard. It is. They may not look like much however their luminous yellow coating is enough to send my heart into overdrive. The soft, squishy, velvet like feel of their outer wrapper is enough to send my heart charging into my mouth. My body is protesting with all its might for me not to go near them, and my brain is telling me they taste as they smell, like a piece of faeces wrapped in another one of my least favourite things - Cabbage.

All my family, friends and total strangers say they are not that bad and 'what have they ever done to you'. But it's not like that. They don't understand. If I tried to eat one, my heart is telling me that my throat will close up and all the gelatinous goo will seep into my brain and control me. I will become a walking zombie. The rational part of me knows that will not happen but my head is over-riding it and forcing me to imagine all the horrible things that might happen if I even so much touch this cruel, evil, despicable fruit.



One day, I decided that I had had enough of this silly little phobia so I made the decision to eat a piece of the dreaded yellow food to prove, once and for all, that I would not let a fruit defeat me. My plan of action was to take a banana, and so as not to overwhelm myself, cut it into pound coin sized pieces that it couldn't be that hard or do anything to me. But I was not convinced one bit. The fear clung around like a newborn puppy, growing bigger every minute to petrify me more and more. By the time I was downstairs the dog had gotten so big it was preventing me from even walking into the kitchen. The plan of action was aborted and my fear just kept growing and growing.

Many moons later, I was enjoying my banana free breakfast when my sister casually asked if I wanted a piece of banana. At first I declined, I couldn't. What would it do to me? Would it cause my airways to seize up? Or my heart to give in under the pressure? I was unsure but I did truly believe that I wouldn't survive it, whatever it was. My brain then decided that I needed to get over my baby like fear and I should instead accept this banana. In a lapse of control of my banana hating brain, I said that I would eat some banana because nothing would happen to me. Right?





It was probably the worst ten seconds of my life. Telling my nose the banana did not smell that bad; telling my fingers the fatty texture would not infect my brain. Telling the irrational part of my head I was not going to die. When my fingers eventually picked up the miniscule wedge of fruit, my panic attack started. Swiftly, I put the fruit in my mouth and although detesting the flavour, I was going to swallow, whatever it took.

That was when it started.

I felt my throat close up, couldn't feel my toes and was becoming light headed. When I think about it now, I realise that I thought my airways were closing up because of the banana but it was in fact the result of my panic. I also thought the loss of sensation to my feet was due to the neon fruit but it was, in fact, a consequence of the ice cold floor.

To this day, this experience and all of my other terrifying ones still prohibit the consumption of this funny fruit. I will never eat a banana, not even if it will save my life. In my mind, bananas are the enemy and we must do everything in our power to illegalise their consumption. The velvety feel of the coating still makes me gag, I will not buy anything described as 'banana yellow' and if anyone is eating a banana in the vague vicinity of me, I am sure to run far away and refuse to return until not only has it been eaten, but everything that has touched it has been thoroughly cleaned and disinfected. They are still a phobia of mine and I don't think I will ever get over their luminous yellow coating, their velvety skin and their cabbage wrapped faeces smell.

The light shone brightly in all of our faces, surprising everyone, but especially me. They said that we would be safe when we arrived, but now even the adults looked panicked. I faintly heard everyone shouting to get out of the bus; but my eyes were trained on the light.



MOMO, Y8

A shove broke me out of my reverie, bringing me back to existence as I looked over to see who it had been; I saw nothing but a hand of air slapping me across the face. Hurriedly I hopped out feeling a vast, spindly tree, which looked as if it were an octopus with its branches zooming out onto the fresh air.

I decided to just run into the thicket, twigs snapping at me and pushing me, teasing me. Venturing further, I tiptoed into the space crawling with leaves and roots, until I ended up in the middle; it suddenly went dark. What was I doing here? A snap sounded behind me. Then a crunch.



Running furiously in the direction away from the noise, I slammed into something. It was huge. The head of it grabbed around me, forcing a stream to erupt from inside me. The arms twisted and turned forcing me in, as I tried to push. I felt like all the air had left my lungs; like I was shouting above the ground. as light as one of the leaves on the dusty floor.

At that moment, the arms loosened and I broke free of its grasp. Run. That was my first instinct. Run. Run. Run. So, that's what I did. My legs pushed off the ground, harder each time, carrying me through the depth of the woodland; my feet were screaming at me, telling me to stop, but I never did. Arms swinging to each side of me, I picked up momentum and soared through the air, like I was flying.

I stopped. I turned. My breath caught in my throat. I was shrouded by darkness, not a single light to give me comfort. Crumpling to the root of an octopus, I thumped hard on the ground. I kept hitting it until my hand started to bleed. Wiping it with a single, shiny leaf, I thought about my options: I either stayed here and waited for help, ran for my life, or stayed calm and found a way out. I picked the last option. Walking as calmly as I could, I hopped up from my spot, dragging my feet along the soil.

I felt very sad and depressed. In that exact moment, I saw it. A flicker of light, peeling through a large opening amongst the leaves. Telling myself to stay calm, I walked slowly but surely, towards the light, plodding along step by step. I was approaching the end of the forest; I willed myself to not smile just yet, but quickened my pace, with my foot stepped out, back into the safe zone of the world.

My face lightened up in delight when I saw them; it was my class gathering tools and setting up a barbeque. My grin appeared before I could stop it. I saw my friend running towards me and I embraced her with welcoming arms, joining everyone else, As I took one last look behind me at the forest and the creature I left, who was peering through the edge of the opening.



As I gingerly wiped the sticky contents of the can from my face, I scanned the room, taking in the severity of the damage, calculating the severity of my punishment. I was too shocked to even move: all I could think about was how much trouble I was in. Everything within a one-metre radius had been instantly drenched in brown soda from my can of coke.



ELEANOR, Y8

The whole disaster had only taken about two seconds, but it'd be an eternity before I stopped fretting over the pale brown splashes on the wall next to my desk. One second, I'd been adjusting the plate of food in my lap, the next... pure chaos ensued. I'd only meant to move the wire of my headphones but it was as if I'd pulled the pin of a hand grenade: it all seemed to happen in slow motion, seeing the straw yanked from the can, which violently rocked tilting precariously on the edge of my desk... and a single pen, rolling directly into the can, showing it over the edge. As it hit the floor, I only had time to think a single thought: "That's just my luck". Then the can exploded.



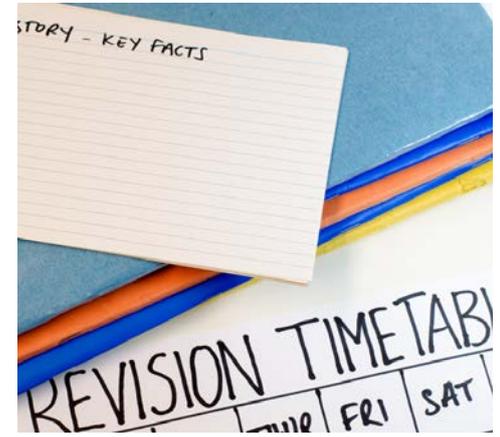
After the initial explosion, I made a quick inventory of the casualties, my heart sinking further into my stomach with each one: my desk, my bed, my gaming chair, the wall, the carpet - each one drenched in muddy brown soda. It was only when I moved that I realised that I, too, was soaking wet.

"Oh well," I thought miserably, "there was no avoiding a shower tonight anyway". Cleaning it was a nightmare.

I vaguely remember rushing to the bathroom, snatching armfuls upon armfuls of towels, toilet paper and tissues of every brand before stumbling awkwardly back into my room, on the verge of a mental breakdown. It wasn't like I had to do much, only clean every drop of coke from my room in ten minutes, eat my dinner, take a shower, get rid of any evidence or traces of my little 'accident' and do revision (because of course this had to happen during my end of year exams week), all in complete secrecy.

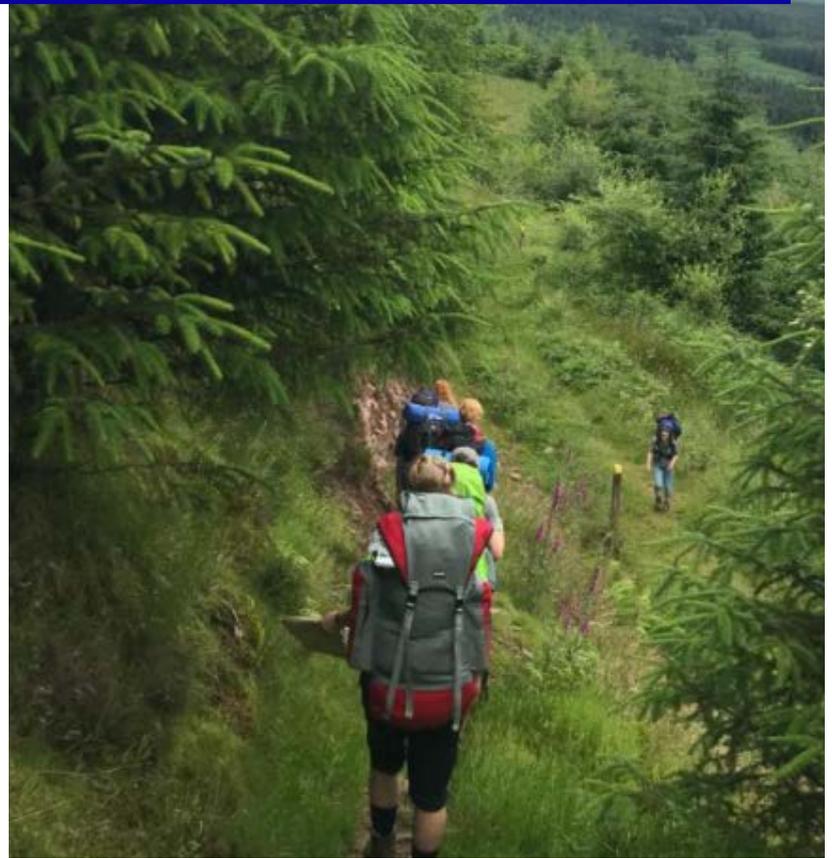
Easier said than done.

Scrubbing the soda out of the carpet was easily the hardest part of my mission, because - as you most likely know - Coke stains anything it touches, including carpets and walls. I stumbled anxiously around for about twenty minutes, alternating between shoving tiny spoonfuls of rice into my mouth, desperately attempting to sponge Coke out of my room (and my pores, for that matter), and obsessing over the weight of life's problems. By the time I'd somewhat cleaned my room - and myself - of Coke, my food was cold and I hadn't even done my revision for the two tests tomorrow.



I think it's fair to say I did not enjoy my Monday evening.

DUKE OF EDINBURGH HIGHLIGHTS





BFS COOKS



MR NAGA HOT WINGS

AMEER, Y12

I mastered this recipe over lockdown and has now become a staple of my easy-to-cook and easy-to-impress mental catalogue of dishes to serve when I'm hosting. Although on the hotter side, the Mr Naga can easily be replaced with a milder alternative (for example Frank's Red Hot Sauce). Overall, this dish is definitely one to try, and also one that you'll definitely revisit afterward.

CELEBRATE YOUR CULTURE WITH US BY SHARING A FAMILY FAVOURITE RECIPE !



INGREDIENTS

- Chicken wings (separated)
- Salt
- Pepper
- Garlic
- Oil
- Flour
- Hot sauce of your choosing (e.g. Encona, Nando's Peri Peri etc)
- Mr Naga hot peppers

INSTRUCTIONS

- First put all your raw chicken wings in a bowl to then mix with salt and pepper. Ensure all wings are coated evenly.

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- Next, add crushed garlic to the wings as well as an oil. Mix together till all are coated.
- Then heat the oven to gas mark 7.
- Dredge the chicken wings in the flour, shaking off any excess.
- Once done to all, place them on a baking tray with baking paper or an alternative to stop sticking.

- Place in oven for 20 minutes. Once this time is done, take them out, flip them over and place back in the oven for 20 minutes or until golden brown.
- Whilst this is cooking, proceed to mix the hot sauce of your choice with the Mr Naga in a bowl. Add however much hot sauce is needed to coat the amount of wings and around 2 teaspoons of Mr Naga.
- Rest for 30 seconds, and then dump the wings into the hot sauce bowl.
- Make sure all wings are coated, and then serve!



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VENUE:

Cotham School, BS6 6DT

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Dates - Monday 2nd, Friday 13th, Monday 16th & Friday 20th August

Time - 9.00am - 4.00pm

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- Price: £22.50 - Discounts available
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