

Newsletter

Dear Parents, Carers and Students

As you will see from this newsletter, despite all of the challenges that COVID-19 has presented, life does not stop at BFS and we continue to provide enriching and engaging activities for our students. This week has been action-packed with the Year 10 geography field work at Holford River, the Year 7 Clifton College activity days, the Year 8 Energy Live Science shows and lots of music and sport extra-curricular every day. This weekend we have both gold and bronze Duke of Edinburgh going out on their practice expeditions too. A big thank you to all staff who have provided such a wide range of opportunities for students after a long challenging year.

YEAR 11 LEAVERS ASSEMBLY

Last Thursday was the Year 11 Leavers assembly and shirt signing, which was a wonderful event and an emotional closure of five years at BFS.

Well done Year 11, you have been such a credit to the school and great role models to the younger students. Thank you to Mr MacBlain for organising the afternoon.



SPORTS DAY

Today we have written to you about Sports Days which will also be a little different this year and has been adapted slightly to stay within the guidance and safety protocols provided by Public Health. However, it is sure to provide as much fun and competitive laughter as always!

This year students will be competing for points for their house (Ashton, Blaise, Canford and Durdham) so students should wear their house colours. Which house will win Sports Day this year? Exciting...



CANFORD



BLAISE



ASHTON



DURDHAM

ANNUAL AWARDS

With the summer holidays fast approaching, we still have a lot to look forward to. One of the highlights next week is our Annual Awards Evening when we reflect on the school year and award prizes to deserving students. This year has been exceptional and deciding who deserved the prizes was extremely hard. If your child is to receive an award this year we will write to you in advance and the virtual ceremony will be live from 4pm Thursday 8 July.

TWITTER & INSTAGRAM

If you have not already done so we recommend that you sign up to the BFS Twitter account as a way to keep connected to what is going on at BFS on a daily basis.

@Bristol_Free



Finally, if students or families have any recipes with a photo they would like to share, please email into us at newsletter@bristolfreeschool.org.uk We want to use food and cooking as a way to celebrate our wonderful diverse community of which we are so proud. We have our tenth anniversary next year so a commemorative recipe book can be one of our lasting legacies.

I hope you have a good weekend and thank you for your continued support.



MRS S KING

REMINDERS

BOOK AMNESTY

The LRC are holding an amnesty on all overdue books.

Please take a little time over the next two weeks to check under beds and behind sofas for any items that have been borrowed and forgotten about. We would love to have our shelves bursting with fabulous resources for the start of the new school year!

Thank you for your continued support.

The LRC Team.



KEY DATES

- 5-7 July - Y12 Pastoral days
- 8 July - Annual Awards
- 7 July - Y10 Careers day
- 12-13 July - Sports day (school only)
- 13 July - STEM day

BFS TRANSITION



Thursday 1 July would have been our induction day for our new Year 6 students (all 200 hundred of them!) However as with 2020, we have had to go virtual with all information being available through the BFS students.

We have some wonderful letters from our Year 7 students, telling Year 6 what to expect when they arrive in September. There are welcome videos from the new Year 7 tutor team, key staff, and students as along with a wealth of key information. Find our more here:
<https://www.bristolfreeschool.org.uk/year-6-transition.php>

We are disappointed not to have seen our new Year 7s in person, but are looking forward to welcoming them all on Monday September 6. To quote one of our current Year 7's:

'YEAR 7 ISN'T AS SCARY AS YOU MIGHT THINK. BFS IS AN AMAZING SCHOOL AND HELPS YOU TO LEARN A LOT OF GREAT THINGS TO HELP YOU IN THE FUTURE'.

HEAR FROM OUR CURRENT Y7'S

<https://www.bristolfreeschool.org.uk/year-6-transition.php>



TRIPS ARE BACK!

CLIFTON COLLEGE ACTIVITY DAYS

This week, many of our Year 7 students were able to travel to Abbots Leigh Sports Ground to take part in their Clifton College Team Building day in their tutor groups. A fantastic opportunity to build and develop relationships with peers and try out a range of new and exciting activities. A well-needed trip after the year our students have had! Students worked their way around activities such as problem solving, archery, bush craft and shelter building, axe throwing and trebuchet. It was fantastic to see so many getting involved, finding new skills they never knew they had and having plenty of fun.

Archery and axe throwing were definitely the highlights and favourites of the day. The instructors from Clifton College were very impressed by the behaviour, engagement and curiosity of our students. A fantastic two days; so great work and well done to the students who have been so far. A huge shame for most of 7TG6 who were unable to go on the day, but we will make sure to make it up to you as soon as possible! 7TG4 and 7TG5 can look forward to their turn on Monday!



MISS HAMMOND



MR MACBLAIN





7TG2



7TG3





7TG5/6

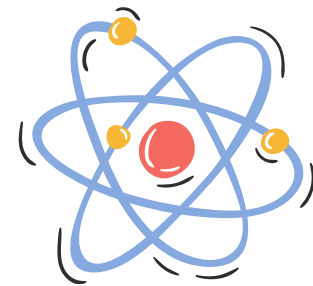


GEOGRAPHY TRIP TO RIVER HOLFORD

Our Y10 Geography students were walking the River Holford yesterday from source to mouth measuring the stream velocity and depth, plus the size and shape of the bedload! Doesn't it look stunning?



BFS SCIENCE



MISS HAWES,
HEAD OF BIOLOGY

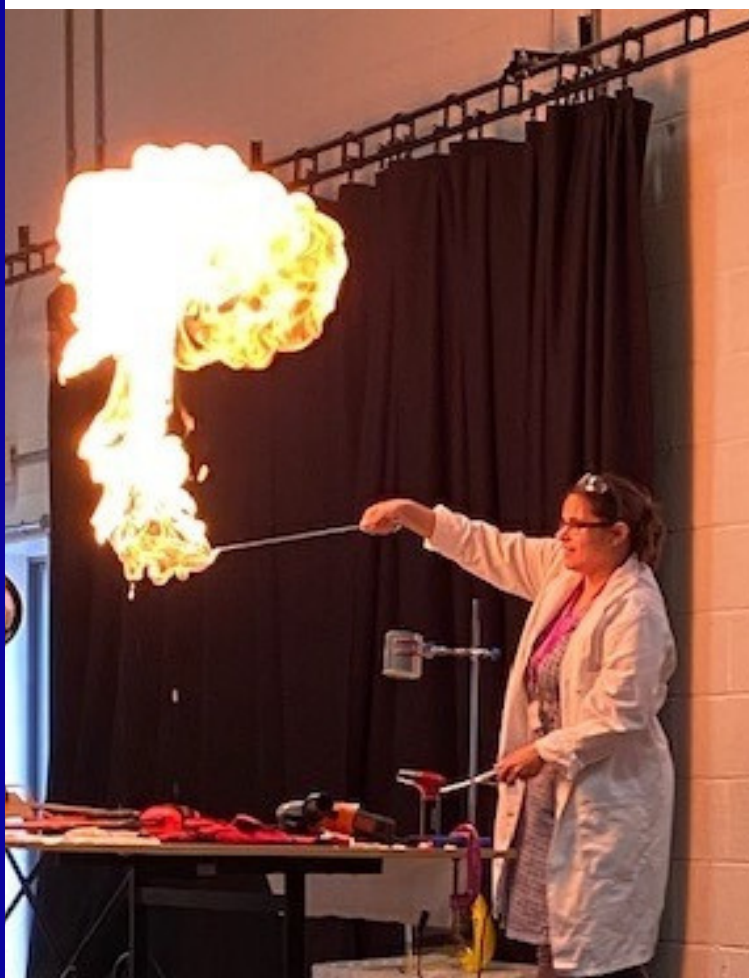
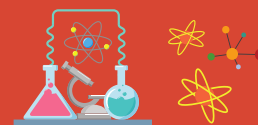


On Monday 28 June we received a visit from the Royal Institution. Nerys presented 'Energy live!' to Year 7 and 8 students. There were lots of cool scientific experiments such as butane bubbles, a van der Graaf generator and a radioactive banana. Students were treated to a truly awe inspiring lecture taking them through the different types of energy and energy transfers. Rockets firing, balloons whizzing and bouncing eggs ensured this was an event to remember. The 'ohhhs' and 'ahhs' of students were truly a welcome sound.

Ri The Royal Institution
Science Lives Here

More fun lectures can be found online here:

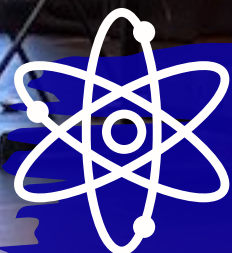
<https://www.rigb.org/christmas-lectures/watch>



Gravitation
Elastic
Magnetic
Electrostatic



The Royal Institution
Science Lives Here



The Royal Institution also provide lots of experiments you can do at home:
<https://www.rigb.org/families/experimental>
Make sure you ask an adult first! And send in your photos/results to the science department. We love to see your home experiments!



BIOLOGY COMPETITION

The Nancy Rothwell Award

Draw, paint, sketch or digitally create artwork capturing plant and animal anatomy

Open to pupils aged 7 to 18 years old

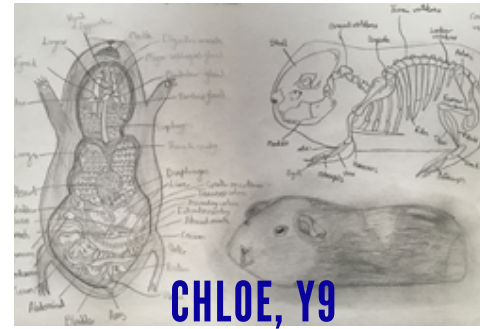
Closing date: 30 July 2021



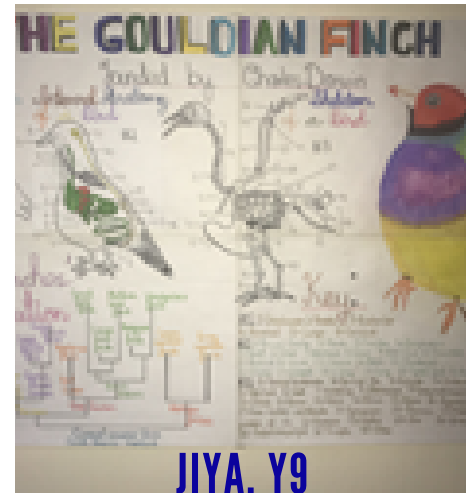
rsb.org.uk/nancy-rothwell-award



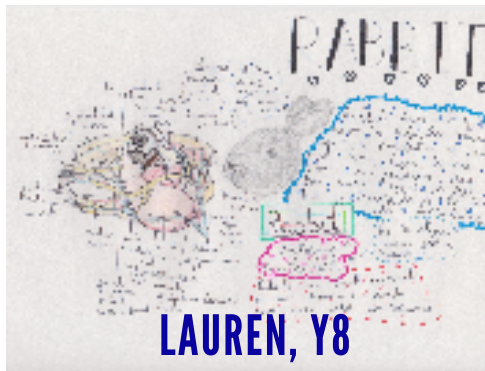
PREVIOUS BFS ENTRANTS:



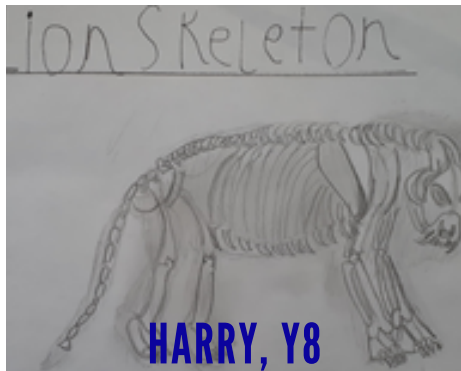
CHLOE, Y9



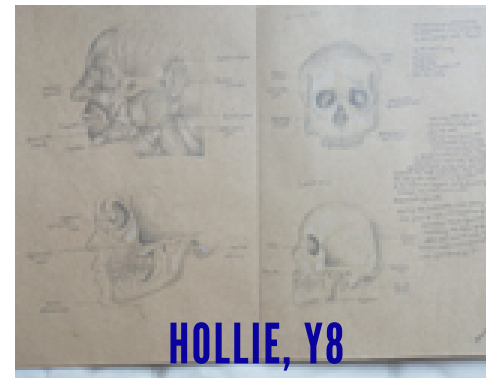
JIYA, Y9



LAUREN, Y8



HARRY, Y8



HOLLIE, Y8



WRITTEN IN THE STARS!



Astronomy and Astrophysics Virtual Careers Event

Join Aerospace Bristol for a series of short inspiring talks from the University of Bristol's astronomers and astrophysicists. Discover the amazing work they do and how they became interested in exploring the secrets of universe. Ask them questions about their work and what inspired them to do what they do. This free Zoom event is aimed at Year 9 to Year 11 students and will take place from 10.00am to 12.30pm on Monday 12 July.

Register online and we will email you the Zoom link to use with your class.

[https://aerospacebristol.org/written-in-the-stars?](https://aerospacebristol.org/written-in-the-stars?utm_campaign=1846333_Written%20in%20the%20Stars&utm_medium=email&utm_source=Aerospace%20Bristol&dm_i=447C,13KN1,4U31EO,5095P,1)

[utm_campaign=1846333_Written%20in%20the%20Stars&utm_medium=email&utm_source=Aerospace%20Bristol&dm_i=447C,13KN1,4U31EO,5095P,1](https://aerospacebristol.org/written-in-the-stars?utm_campaign=1846333_Written%20in%20the%20Stars&utm_medium=email&utm_source=Aerospace%20Bristol&dm_i=447C,13KN1,4U31EO,5095P,1)

BFS ENGLISH



MISS LUDWELL

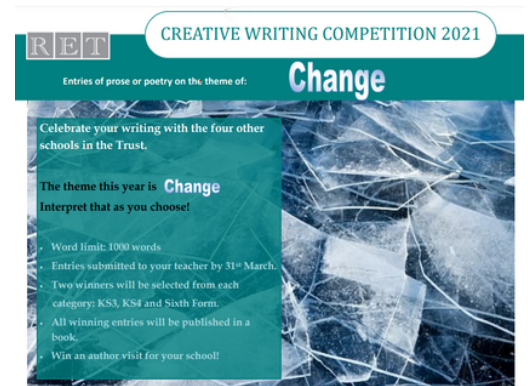
The RET Trust Wide creative competition 2021 (five schools in total) competed against each other to create an outstanding piece of writing that focused on this year's theme, "Change". The winners would receive a phenomenal prize... for their work to be published in the RET Winner's Anthology. Tilly and BFS will each receive a copy of this book.

As an English teacher, it was more than a privilege to read the many submissions from across the year groups and submit an excellent selection across to the Trust. If anything, I was exposed and educated to how Covid has impacted our gifted students at BFS.

After a strange year of ups, downs, curves and uncertainties, our very own Tilly (yr7) found a creative way to share her understanding and feelings towards Covid, through her insightful poem, "A Different Time."

I am immensely proud of Tilly and she is no doubt a worthy winner for the KS3 category as her poem will unanimously make us all reflect on the past few years and consider how far we have all come and adapted.

I had the chance to ask Tilly a couple of questions about her poetry journey:



RUSSELL EDUCATION TRUST



TILLY, Y7

What inspired you?

I was inspired by Covid and how things are more complicated and difficult for people than before and I wanted to share how there's light at the end of the tunnel.

How did you find the poetry writing process?

I knew instantly what I wanted to cover which made the process of structuring my stanzas easier. When I was writing, I would review what I had as I wanted to focus on the theme of empathy and togetherness.

Why do you think that your poem was successful?

I think that my poem was successful because it is relatable. The poem is about our universal journey through Covid.

What are the benefits of writing poetry?

I think writing poetry can be good when there is something on your mind as it can be a subtle message without being seen as a direct response from you.

BFS MFL THE LANGUAGE AMBASSADOR SCHEME



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

On Wednesday 30 June, a number of our Language Ambassadors engaged brilliantly with the fascinating German taster session which Mrs Sherman delivered. We started off by checking our knowledge of German's context and where it is spoken. We then moved on to learn some key conversational phrases in German which will be very useful to communicate with native speakers! Mrs Sherman has even set the Language Ambassadors a listening challenge and there will be a small prize for anyone who manages to fill in all the German gaps and produce an accurate English translation for each!

Thank you so much, Mrs Sherman! Tschüß! (Bye!)

Next week, we will be trying out some Russian...! Details below.



RUSSIAN WITH MISS CURRIE

Wednesday 7 July
3:45pm-4:15pm



Hören Sie Mrs Sherman zu. Wie viel verstehen Sie?

- Guten Tag die Klasse!
- Ich heiße _____ und ich wohne in _____.
- Ich habe zwei Brüder. Sie heißen _____ und _____.
- Sie haben braune Haare und blaue Augen.
- Ich habe eine _____.
- Sie heißt _____ und sie ist _____ Jahre alt.
- Für die Arbeit, bin ich eine _____.
- Ich spreche Deutsch, _____ und ein bisschen _____.

Challenge 1: Underline the VERBS. What do you notice about the verb in sentence 7?

Challenge 2: Write a short bio about yourself in German.

Auf Wiedersehen!

Tschüß!

Guten Tag!



Hallo!



TEST YOUR KNOWLEDGE

Richtig oder Falsch?

- 18 million people speak German
- German is an official language in 4 countries.
- Berlin is the Capital of Germany.
- the German football team meet in the Reichstag in Berlin.
- The area of Bavaria is called *Bayern* in German.
- English and German come from the same language (Germanic), so there are no Cognates!

GERMAN QUIZ



ANSWERS

Richtig oder Falsch?

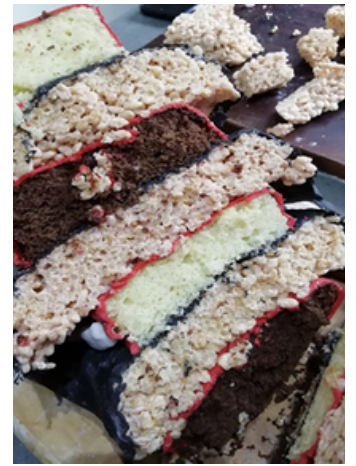
- Falsch!**
→180 million people speak German
- Falsch!**
→German is an official language in 6 countries: Germany, Austria, Switzerland, Belgium, Luxembourg and Lichtenstein
- Richtig!**
- Falsch!**
→The German **government** meet in the Reichstag in Berlin.
- Richtig!**
- Falsch!**
→English and German come from the same language (Germanic), so there are **lots** of Cognates!



This term, the Language Ambassadors have been set the challenge of producing a cake (or a baked item) that is either from or represents a different language or culture of their choice.

Lucy (Y10) and Eloise (Y10) have produced an amazing design in the shape of a traditional Japanese temple. Together they used four sponge cakes (two vanilla sponges and one chocolate) and three Rice Krispie layers. They made all of these layers themselves and then put them together to construct the temple! They then covered each layer in butter cream and fondant and made the dragon on top out of sugar paste.

Finally, they moulded the Rice Krispies together to create the upward curve of the temple roof. A fantastic effort and it looks delicious! Really well done Eloise and Lucy!

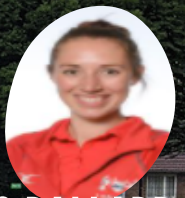


ITALIAIN WORDSEARCH!

- | | |
|-------------|------------|
| ARRIVERDE | ERANO |
| BUONESERA | DESIDERANE |
| LUI | BENE |
| SONO | OTTO |
| CON | UNO |
| ESSI | PICCOLO |
| ESSERE | METTERE |
| QUERE | CASO |
| CIAO | LEGGRE |
| QUESTO | MANO |
| NOI | PORTO |
| LATTINA | GRANDE |
| PROVARE | ANCHE |
| BISOGNO | SEQUINE |
| CAMBIAMENTO | |



C	K	S	Z	N	W	Z	S	E	Q	U	I	N	E
A	B	I	S	O	G	N	O	A	N	C	H	E	P
M	A	A	L	I	F	G	N	C	A	S	O	D	O
B	A	R	R	I	V	E	R	D	E	R	C	I	R
I	C	E	S	S	I	G	R	A	N	D	E	D	T
A	I	L	B	U	O	N	A	S	E	R	A	E	O
M	A	A	M	A	N	O	Q	O	T	T	O	S	M
E	O	T	X	I	E	C	U	E	J	L	Q	I	E
N	C	T	S	O	N	O	E	S	E	U	U	D	T
T	O	I	B	E	N	E	R	S	R	I	E	E	T
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Z	U	N	O	R	F	W	O	R	N	G	T	A	R
U	P	W	L	E	G	G	R	E	O	U	O	N	E
Y	J	B	U	O	N	G	I	O	R	N	O	E	S



MRS BALLARD

CLASSROOM TO 5K

Over the last 4 weeks over 300 Key Stage 3 students have taken part in Classroom to 5k!! I am so impressed with the positivity and drive that students have brought each week to improve their cardiovascular endurance! Next week will be the final week of Classroom to 5k due to end of term activities including Sports Day during the last week of term 6.

Thank you all so much for taking part and I look forward to running with all for one more session next week!



BFS END OF YEAR ART EXHIBITION

A celebration of all the amazing artwork produced by our students this year

Work will be on show in the Drama Studio
Tuesday 6 July – Thursday 8 July

A gallery tour will be filmed and shared in the newsletter and on Instagram
[@BFS_ART_DEPT](#)





BFS COOKS

Year 10 Food Preparation and Nutrition completed a high skill practical this week creating a fruit meringue pie from scratch. This included making their own pastry, filling and meringue. Lemon meringue pie and a seasonal strawberry and rhubarb flavour were the two options chosen. The students were very proud of their final pies and looked forward to taking them home to try!

A busy but fantastic effort from both groups.



MARIKA, Y10



SHANIQUA, Y10



LUKE, Y10



SAM, Y10

WANT TO GIVE IT A GO AT HOME?

Fruit meringue pie

Ingredients

For the pastry (both recipes)

175g plain flour
100g cold butter, cut in small pieces
1 tbsp icing sugar
1 egg yolk

For the meringue (both recipes)

4 egg whites, room temperature
200g golden caster sugar
2 tsp cornflour



Method for pastry

STEP 1

Put 150g plain flour and 75g unsalted butter in a bowl and rub together with your fingertips until it resembles breadcrumbs.

STEP 2

Mix in 50g icing sugar and a pinch of salt followed by 1 egg yolk. If the pastry feels too dry to form a dough, add 1 tbsp water.



STEP 3

Tip the pastry onto a lightly floured surface, gather together until smooth, then **roll out** and line a 23 x 2.5cm loose-bottom fluted flan tin. Trim and neaten the edges. The pastry is quite rich, so don't worry if it cracks, just press it back together. Prick the base with a fork, line with foil, shiny side down.

Cover in cling film and label with your name. Chill in fridge until next lesson.



Lemon meringue pie

Put a **baking sheet** in the oven and heat the oven to 200C/180C fan/gas 6. Bake the pastry case 'blind' (filled with dry beans) for 15 mins, then remove the foil and bake a further 5-8 mins until the pastry is pale golden and cooked. Set aside. Lower the oven to 180C/160C fan/gas 4.

While the pastry bakes, prepare the filling. Pl.

Method for filling

- Mix the cornflour, golden caster sugar and lemon zest in a medium **saucepan**.
- Strain and stir in the lemon juice gradually.
- Make the orange juice up to 200ml with water and strain into the pan.
- Cook over a medium heat, stirring constantly, until thickened and smooth.
- Once the mixture bubbles, remove from the heat and beat in the butter until melted.
- Beat** the egg yolks (save white for meringue) and stir into the pan. Return to a medium heat.
- Keep stirring vigorously for a few minutes, until the mixture thickens and plops from the spoon. (It will bubble, but doesn't curdle.
- Spoon the filling into the pre-baked pastry case(s) and smooth the surface evenly.



Method for meringue

- Put the egg whites in a large **bowl**. Whisk to soft peaks, then add 100g of the golden caster sugar a spoonful at a time, whisking between each addition without overbeating. Whisk in the cornflour, then add the remaining 100g of sugar as before until smooth and thick.
- Spoon on top of the filled pastry case and spread the meringue to completely cover the lemon filling. Then create a swirl on the top of the meringue.
- Return to the oven for 25 mins until the meringue is crisp and slightly coloured. Let the pie sit in the tin for 30 mins. Eat the same day.

Strawberry and rhubarb meringue pie

Put a **baking sheet** in the oven and heat the oven to 200C/180C fan/gas 6. Bake the pastry case 'blind' (filled with dry beans) for 15 mins, then remove the foil and bake a further 5-8 mins until the pastry is pale golden and cooked. Set aside. Lower the oven to 180C/160C fan/gas 4.

While the pastry bakes, prepare the filling.

Method for filling

- Place the cut rhubarb, strawberries and lime juice in a large saucepan and gently heat until **simmering**, stirring frequently, until the fruit releases its liquid, becomes soft and breaks down.
- Remove from the heat and push the cooked fruit through a sieve to separate the liquid from the fibrous pulp. Discard the pulp.
- You should now have approximately 460 ml fruit puree. Pour this back into saucepan and add the sugar.
- Mix the corn flour with about 1 tablespoon cold water to make a paste in separate bowl and add this to the pan, stirring to combine evenly.
- Heat gently, stirring continually until the mixture comes to a simmer. Continue to stir over a low heat for about a minute until the mixture thickens. Remove from the heat.
- Beat the egg yolks (save the whites for the meringue) into the fruit mixture one at a time using a whisk and then beat in the butter until smooth.
- Spoon the filling into the pre-baked pastry case(s) and smooth the surface evenly.



Method for meringue

- Put the egg whites in a large **bowl**. Whisk to soft peaks, then add 100g of the golden caster sugar a spoonful at a time, whisking between each addition without overbeating. Whisk in the cornflour, then add the remaining 100g of sugar as before until smooth and thick.
- Spoon on top of the filled pastry case and spread the meringue to completely cover the lemon filling. Then create a swirl on the top of the meringue.
- Return to the oven for 25 mins until the meringue is crisp and slightly coloured. Let the pie sit in the tin for 30 mins. Eat the same day.

SEND US YOUR FAMILY FAVOURITE RECIPES!

NEWSLETTER@BRISTOLFreeschool.ORG.UK





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager

INTRODUCING OUR NEW MEDICAL AND MENTAL HEALTH OFFICER

Ms Hastings has joined Ms Townsend in the Mental Health team at Bristol Free School. It is a very exciting appointment, given the passion and dedication that Ms Hastings brings with her.

Having worked in the Behaviour team at Bristol Free School for some time, many students will already know Ms Hastings from her duties on call out, break / lunch as well as her time in IE.



Visit me in DF29

SIRONA SCHOOL HEALTH NURSE WEBINAR SERIES - JULY 2021



tellsomeone@bristolfreeschool.org.uk

<p>Dental Health</p> <p>Tuesday 6 July 11am -12pm</p> <p>https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-dental-health-tickets-159472952895</p>	<p>Continenence in Children and Young People</p> <p>Wednesday 7 July 10:00 -11:00am</p> <p>https://www.eventbrite.co.uk/e/sirona-school-nursing-webinar-continenence-in-children-young-people-tickets-159476920763</p>	<p>Understanding Your Child's Wellbeing</p> <p>Wednesday 7 July 10am - 11.30am</p> <p>https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-understanding-your-childs-wellbeing-tickets-159481267765</p>	<p>Eating Disorder Awareness</p> <p>Thursday 8 July 10am - 11am</p> <p>https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-eating-disorder-awareness-tickets-159481853517</p>
<p>Keeping your Child Happy and Healthy</p> <p>Friday 9 July 11am - 12pm</p> <p>https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-keeping-your-child-happy-and-healthy-tickets-159482407173</p>	<p>Healthy Eating</p> <p>Monday 12 July 2pm - 3pm</p> <p>https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-healthy-eating-tickets-159482694031</p>	<p>Helping your Child with Sleep</p> <p>Tuesday 13 July 10am—11am</p> <p>https://www.eventbrite.co.uk/e/sirona-school-health-nursing-webinar-helping-your-child-with-sleep-tickets-159483187507</p>	





THE AIM GROUP - FREE COURSES FOR PARENTS



MISS GOODBODY

Due to Government Funding in the Adult Education Budget, The Aim Group have offered Bristol Free School several Free online Level 2 Accredited Courses available to Parents to help better understand some key issues around young people's mental health and wellbeing.

Here's some of our most popular subjects available:

Children and Young Peoples Mental Health
Understand factors which may affect Young Peoples mental health, the impact that they have and how to support them with these issues

Understanding Autism
Learn how individuals process sensory information, understand characteristics, conditions, and how speech, language and communication differ in people with Autism

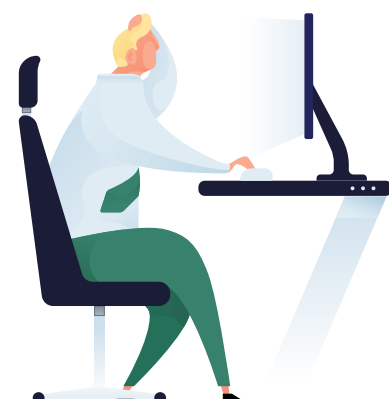
Understanding Behaviour That Challenges in Children
Supporting positive behaviour, effective communication & how to manage challenging behaviour

Bullying in Children and Young People
Develop your understanding of bullying, including how to recognise that bullying is taking place and how to take action to stop it

Special Educational Needs and Disability
A detailed understanding of Special Educational Needs and Disabilities, including equality and diversity in the context of SEND

On average the courses can take between 20-40 hours to complete (dependent on everyone's learning ability) within in a 6-week window and are completed on a laptop or computer at the learner's home. No Exams, end point assessments are involved, the courses are purely Q&A based and are available to you 24/7. You can do as many as you like, however you can just do one at a time. The only criteria the learner must meet to be eligible, is the following..

- Aged 19 or over on or before 31st August 2020
- Have lived in the UK/EU for 3+ years
- Not already on a Government funded course (Apprenticeship for example)



The course is completely free, but the learning provider reserves the right to charge a drop out fee in the event a learner enrolls but then drops out without providing a reason (please note this is down to the individual and NOT the school - this will be highlighted when I call them once registered). That said, the college will grant extensions if the learner has a reason as to why they won't be able to complete it within the 6 weeks.

Please note: under the college request any learners accessing a fully funded level two will be required to complete a simple BKSB around English, Maths, and ICT (this is estimated to take 45 mins)

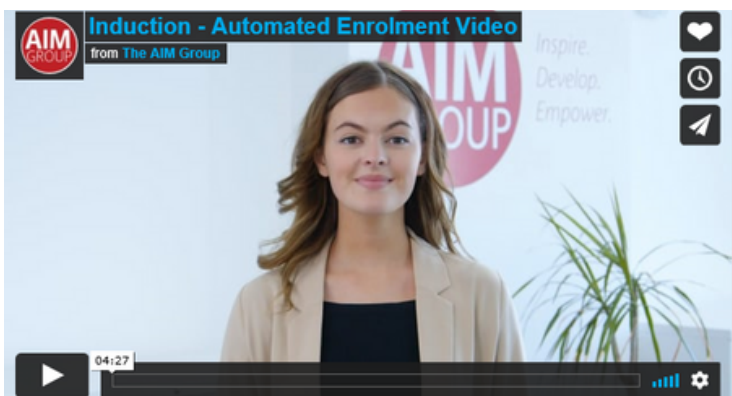
If you are interested in undertaking one of these Free Online courses, then please complete the following link asap. This will then allow me to contact you and send over the relevant Enrolment details and of course, answer any questions you have.

Bristol Free School - Parent registration link -

https://formstack.io/TyZSZjXRWndR4L6rW7HXEpqpL8_drGsA9XWS0F15Xgj56D1utKVODIduJM61p1nhLCSt1ozv8uw8vZHfhvq6QA

We need to have heard back from you by 12th July to ensure we get you set up and enrolled on your chosen course

Any questions you may have Chris Greenfield will be in touch once you are registered to walk you through everything and make sure you are happy.



**ASPIRE. LEARN.
PROGRESS.**

START YOUR FREE ONLINE SHORT COURSE WITH US TODAY