

# Newsletter

Dear Parents, Carers and Students

This has been a beautiful week. The sun has shone giving us the chance to be outdoors more and students have taken advantage of the new Tumps social space. It has been great to see them eating picnics, sitting chatting and the younger ones chasing each other around the trees.

Autumn is still being kind weather wise, but soon students will need to think about wearing cosy school jumpers and coats.



## NATIONAL APPLE DAY

Did you know that next Thursday is National Apple Day? This was an important harvest festival enjoyed by rural communities across the West Country centuries ago. To acknowledge this legacy from our past it would be great if we had some apple recipes for our regular feature 'BFS cooks' feature next week.

## YEAR 7 TEAM BUILDING TRIP

Once again, I would like to thank Ms Hammond and her tutor team this week for making the Year 7 Clifton College team building trip so enjoyable. Next Monday is the last of these trips for TG 6 and TG7. I hope to pop over and see what they are getting up to on Monday.



## SHOW RACISM THE RED CARD

Next week is always exciting because we are approaching the half term break. On Thursday we have a non-uniform day to support the charity 'Show Racism the Red Card'.

## HOUSE TOTALISER

We will also be sharing our first House Totaliser the number of points earned by the end of term 1 and which house is in the lead. House points can be earned in a number of ways – in lessons teachers can award ambition house points, involvement in extra-curricular earns opportunity house points and their tutors and Year Leaders can also award community house points. Another way students can earn house points is getting involved in house competitions, fund raising and house projects. We have three values cups, Community, Ambition and Opportunities which count towards the ultimate House Cup which is awarded twice a year, at the end of Terms 2 and 6.



## FIRST HOUSE COMPETITION

Next week is the first house competition which has been organised by our Student Parliament – this one is going to be such fun! Welly Wanging is on the top field at lunch times next week so do check the poster for details. Blaise are the current house cup winners – surely it is time for a comeback from the other houses. Of course, as the Headteacher, I have no favourites – let the best house win!



On that very competitive note - I wish you a lovely weekend.

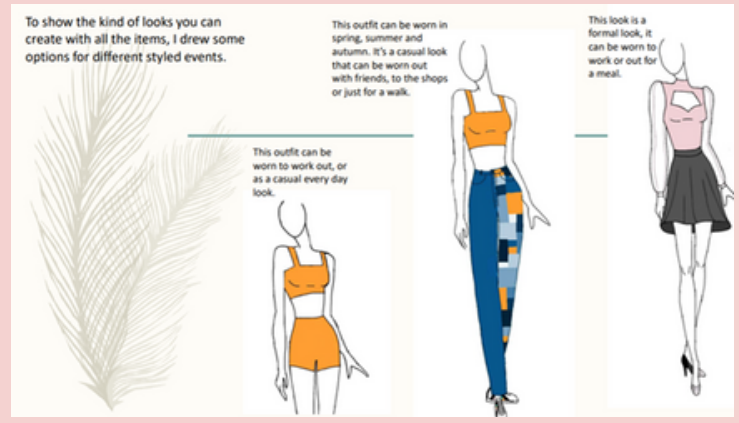
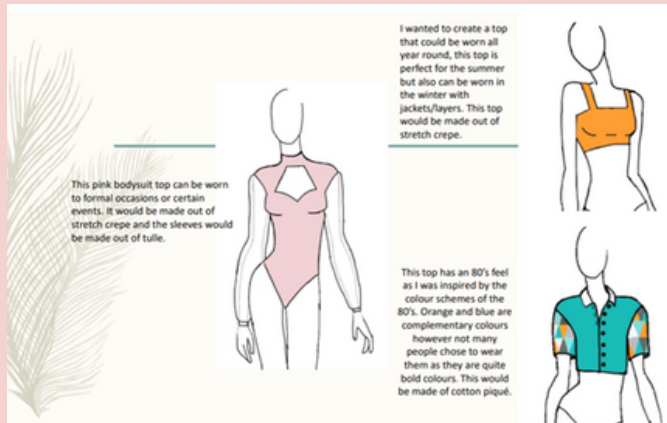
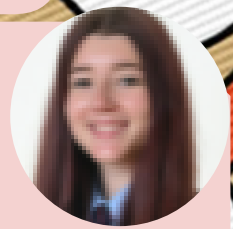


**MRS S KING**

# CONGRATULATIONS TO KATY, Y11

A massive congratulations to Katy Evans in Year 11 for getting through to the final of the Burberry Creative Challenge!

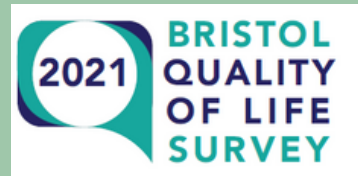
The challenge was to design a capsule wardrobe collection, which has amazed the judges and led to her being invited to an online event, where she will meet some of the employees at Burberry and learn more about the fashion industry. Katy is a wonderful design student, and I can't wait to see what else she produces! Well done Katy!!



## KEY DATES

- 22-23 October - DofE Y10 Bronze Qualifying Expedition
- 22 October - Inset Day & End of Term
- 22 November - 2 December - Year 11 & Year 13 Mocks

## MAKE AN IMPACT: TELL US ABOUT LIFE IN BRISTOL



Bristol City Council want to make sure that your voice is heard in the annual Bristol Quality of Life Survey. This survey helps the council to decide what money to spend on services, including health, sports, children's services and housing. Young people aged 16-24 and Black, Asian, and ethnic minority people are under-represented in the responses we have so far.

Complete the survey by visiting [www.bristol.gov.uk/qol21](http://www.bristol.gov.uk/qol21) The survey is anonymous and you can skip questions that are not relevant. Closing date is 24 October 2021.



# Y7 & 8 NETBALL V ST BEDE'S:

Year 7 and 8 had their first friendly fixture against St Bede's on Thursday. An exciting day for most players, being their first ever netball game at Bristol Free School and all performed exceptionally well.

Year 7 dominated all four quarters, showing fantastic attacking and shooting skills throughout. Year 7 ended with a strong win scoring 15 goals against their 2. Player of the match was awarded to Sophia S.

Year 8 showed significant improvement in each quarter and scored a few goals to close the gap. The game ended in a 3-7 defeat, but again showed promising improvement, especially in defence. Congratulations to Isla W who was nominated as Year 8 player of the match.

Well done to both teams, BFS are proud!



## PLAYERS OF THE MATCH



SOPHIA, Y7



ISLA, Y8



# YEAR 10 NETBALL FESTIVAL

This week it was the turn of the Year 10s to enter the Clifton College indoor bubble and play in the North Bristol Netball Festival. Despite going 2-0 down in the first two minutes of the first game against Cathedral (and giving Mrs Ballard heart palpitations!!), we comfortably won 14 - 3 with a deserving player of the match vote given to Chloe C. We came up against an extremely strong Redland Green side for our second group game and lost 12 - 3. However, we finished our group matches strongly, with a very convincing 9-4 win over Cotham to finish second in our group. Well done to Eva G who received player of the match for both Redland Green and Cotham games.

Montpelier were our semi - final opposition and with a combination of a strong defending from Keira, Elen and Emily, accurate passing through the centre third from Chloe and Annabelle and finished off with superb shooting from Kate and Eva, we beat them 11 - 6 to reach the final.

In the final, our opposition was Redland Green. Having suffered a heavy defeat from them in the group stages, the performance of the whole team was phenomenal drawing with them 6-6 at the end of normal time. 5 minutes extra time was played and unfortunately, we lost 5 - 1. Annabelle W was given player of the match.

I am extremely proud of the whole team, of how they conducted themselves, representing the school in such a positive manner and for their team spirit and performances throughout the afternoon. Please congratulate the following on becoming North Bristol Netball Runners - Up: Annabelle W, Eva G, Kate M, Mia B, Elen R, Chloe C, Emily L, Keira T and Lucy B.



# DIGITAL AMBASSADOR PROGRAM

We're looking for digital ambassadors who will use their talents and insight to help Bristol Free School to support our community with various programs.

- As a Digital Ambassador you will support people to go online and provide digital resources related to e – safety. You will help people to connect with others and access the resources they need to build the lives they wish to lead.

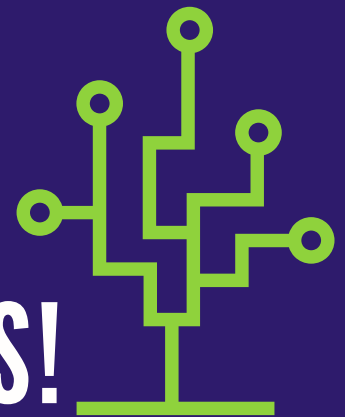
- This includes delivering workshops to parents, care homes, primary schools and going out into the community and could consist of working with small groups or co-delivering workshops. You will be an ambassador for Bristol Free School in our local community.

- You will also get an opportunity to deliver assembly at BFS and in other primary schools.

- For more details please contact Mrs. Ramanandi at CG14



**MRS RAMANANDI**



## PROGRAMMING CLUBS!

### KS3

#### WEDNESDAY 3-4PM

- Each term programming club will have different theme.
- Term 2 is Physical Computing.
- Students will be working with Microcontroller based Hardware board.
- Students will implement programs on the microcontroller based hardware, interface sensor, I/O to Microcontroller based board and make applications like Temperature sensor and LED Display program.

### KS4 & KS5

#### WEDNESDAY 3-4PM

In this programming club students will be implementing advanced programming in following domain.

Students will learn one of the following languages based on their interest. Focus will be to develop game using Unity or desktop based application using C#.

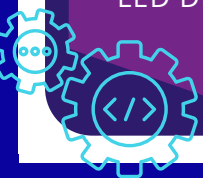
- Unity
- C# using Visual Studio
- C++
- Advanced Python

### GIRLS PROGRAMMING

#### THURSDAY 3-4PM

**WE'RE ON A MISSION TO CLOSE THE GENDER GAP IN TECHNOLOGY IN THE UK**

- Join the club and learn fun online coding tutorials, learn about role models in tech, and design solutions to real-world problems.
- Join a supportive environment of peers and role models where girls learn to see themselves as computer scientists





# BFS CHESS CLUB



**ARE YOU A KEEN CHESS PLAYER WHO WOULD LIKE TO  
JOIN A CHESS CLUB?**

Starting after October Half Term  
on Wednesday 3-4pm in DF17!  
All ages and abilities (beginners  
too) welcome!







## **DAY OF THE DEAD SKULL DESIGN COMPETITION**

**ENTRIES TO: YOUR LANGUAGES TEACHER'S CLASSROOM**

**DEADLINE FOR ENTRIES: FRIDAY 5<sup>TH</sup> NOVEMBER 2021**

**COMPETITION INFORMATION:** As Day of the Dead will be taking place very soon, we want lots of creative sugar skulls to decorate the MFL department's classrooms! Please be as creative as possible! You could draw, make, colour... as long as it is a creative entry that fits the brief, anything goes! The winner(s) will be announced on the 12th of November. ¡Buena suerte!



# YEAR 9 SPECIAL OCCASION COOKING CLUB

Starting next term we will be bringing back the Seasonal cooking club for year 9 that we will be calling - Year 9 Special occasion cookery club.

This will focus on dishes prepared around the world to celebrate different occasions in different cultures.

If students would like to sign up to this club, the sign-in sheet will be on the food room door, at lunch on Monday 18 October. Spaces are limited however if there is a huge interest, we will run a second one in the New Year (Term 3).



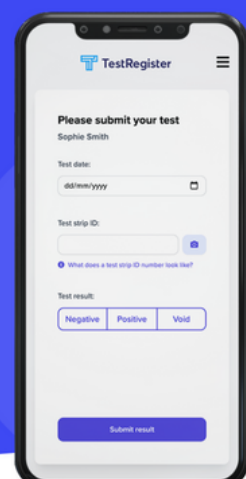
## Year 9 Special Occasion Cooking Club



# COVID TESTING REMINDER

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. Our students should continue to complete their twice-weekly lateral flow test and report results to [www.testregister.co.uk](http://www.testregister.co.uk).

Thank you to everyone who has engaged with the testing programme so far.



# 7TG4 & 5 CLIFTON COLLEGE TEAM BUILDING

Another successful Clifton College Team Building trip went out on Monday, this time with 7TG4 and 7TG5. A fantastic and exciting day for all, taking part in a range of outdoor team activities. Well done and thank you to the students for behaving and engaging so incredibly well. Once again, our lovely Year 7 students have made Miss Hammond, tutors and BFS proud.



## WELLY WANGING

WISH TO COMPETE FOR WELLY DOMINANCE, AND GIVE YOUR HOUSE SOME POINTS ALONG THE WAY? THEN HEAD ON OVER DEAR WELLY WANGLER TO: 'FEEL THE THRILL AND PROVE YOUR SKILL!'

IF YOU THINK YOU GOT WHAT IT TAKES, THEN DROP BY THE FIELD DURING LUNCH ON THE SPECIFIED DATES: \*

\* WEDNESDAY:  
YEAR 7, 8, 9  
THURSDAY:  
YEAR 9, 10, 11

SIXTH FORM AND STAFF  
MAY JOIN IN ON THURSDAY.  
DATES BETWEEN 18-21  
~ OF OCTOBER ~

ADMINISTERED AND PRODUCED BY:





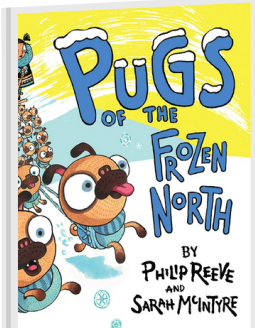
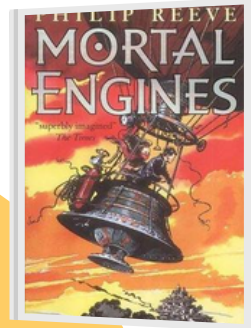
# BFS ENGLISH



MR GOWEN

The Bristol Free School English Department were delighted to welcome the authors and illustrators Philip Reeve and Sarah McIntyre on a Friday afternoon. Philip Reeve, author of acclaimed novels such as the Mortal Engines Universe and Railhead series, provided valuable insights and advice for promising writers (always keep your sketches and ideas!) Sarah McIntyre ensured that all students were confident pug illustrators and the duo were able to lead the students in creating a pug based story that featured a failed moon landing to Uranus.

Both writers then kindly stayed as eager students had their books signed. A big thank you to Max Minerva, a local independent bookstore, who helped organise the event and gave students the chance to purchase the author's works at a discounted price.



"I FOUND THE INTERVIEW WITH PHILLIP REEVE AND SARAH MCINTYRE VERY INTERESTING. I ESPECIALLY ENJOYED LEARNING HOW TO DRAW A PUG AND TURNING IT INTO A COMIC STRIP."  
NOAH 7TG1

"WE HAD THE CHANCE TO TALK ABOUT BOOKS AND PHILLIP REEVE READ US AN EXTRACT FROM ONE OF HIS FAVOURITES. SARAH MCINTYRE TOLD US ALL ABOUT THE PUGS OF THE MAGICAL NORTH, A COLLABORATION THEY MADE, AND WE LEARNED HOW TO DRAW OUR OWN. IN THE END, WE WERE VERY SAD TO SEE THEM GO BUT STARTED THE WEEKEND FULL OF ENTHUSIASM." CHLOE 7TG1

# BFS MFL THE LANGUAGE AMBASSADOR SCHEME



THE LANGUAGE AMBASSADORS HAVE BEEN RESEARCHING UNIQUE AND UNUSUAL LANGUAGES THIS WEEK. HERE ARE A FEW WE'D LIKE TO SHARE WITH YOU!

## MIXTEC:

The Language belongs to the mixtecan group of the Oto-manguan language family. Mixtec is mainly spoken in Mexico. The language is closely related to triaue and ciucatec. The different variety of Mixtec are spoken by over half a million people. Mixtec is actually written in Latin. Ta-ku-ní is a common way to say hello. Sa-na-k-a'aha-yo means talk to you later. It doesn't actually mean they will speak later but just a way to say goodbye. It was spoken by hunters and gatherers over 10,000 years ago. The Mixtec language is so unique, only certain communities can understand and speak it.



SHILOH, Y8

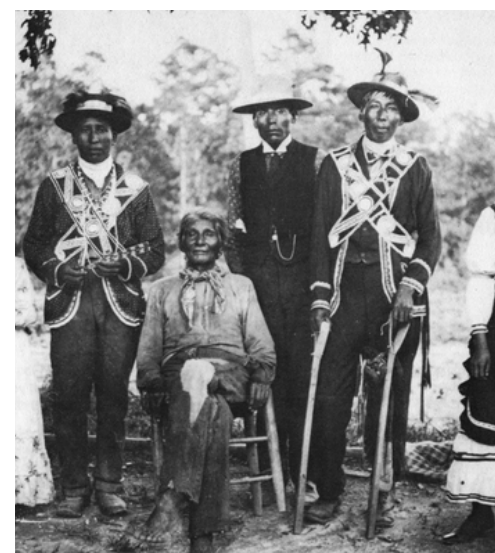
## NENETS:

Nenets is a pair of closely related language spoken in northern Russia by the Nenets people. They are often treated as being two dialects of the same languages, but they are very different. The language has 21,926 speakers and is 91 years old. Andorovo or Nani torova is Hello and Nyarya Bada is thank you. The Nenets language was not written before 1930, and it is sometimes used in elementary school for educational purposes.



## CHOCTAW:

The Choctaw language is traditionally spoken by the Native American Choctaw people of the southeastern United States. It has 9,600 native speakers and 80% of the tribe (there is 10,000 people in the tribe) speak the language fluently. Halito, chim achukma? Means hello, how are you? Or Hello, you good/well? And Yvmmvt achukma means that's good. Choctaw is the traditional language of the Mississippi band of Choctaw Indians. Henry Herbert, a historian, suggest that their name is derived from the Choctaw phrase Hacha hatak (river people).





## DIEGUEÑO:

Diegueño is a Native American language spoken by the Kumeyaay people of southern San Diego and imperial counties in California. It has 500 native speakers in Mexico and 40-50 in the United States. Howka means Hello and as of May 2014, there are now online Diegueño language lessons available. The Diegueño language has been a known language in published documentations since 1999.



## ACCELERATED READER PROGRAMME



**MISS CURRIE**

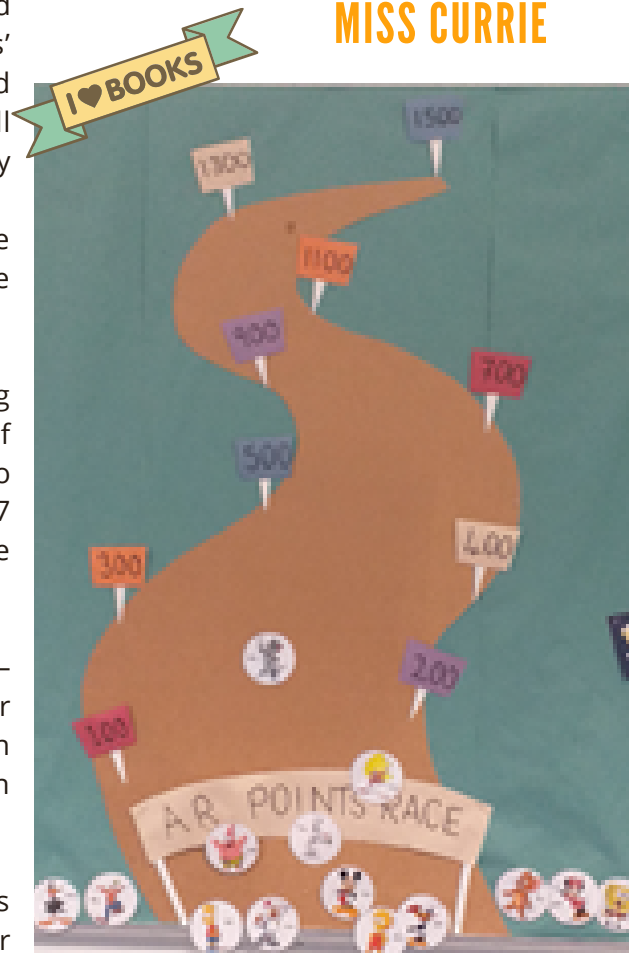
At BFS in Year 7 and 8 all students take part in the Accelerated Reader programme, which is designed to build up students' reading skills, motivate them to read, and create confident and independent readers. The STAR tests are in full swing and all students should receive their book level in their first library lesson after half term.

Some students have started quizzing on the books they have finished already which is fantastic and the 2022 Points Race has begun!

This year all English classes in Years 7 and 8 will be competing to win the race. Every book on AR is worth a certain amount of points. When the quiz is completed, these points are added to your class's total score. 8Y4 is in the lead on a whopping 257 points. Coming in second is 7TG6 with 107 points. Keep up the good work!

All students should now have seen the 'Accelerated Reader - How to Quiz' presentation in their English classes or Tutor groups so they can get quizzing asap. If they haven't, they can ask their teachers or visit me in the LRC so that we can explain it.

So far, the classes of Year 7 and 8 have read 1,818,845 words and I have been so impressed with everyone's enthusiasm for reading this year. I can't wait to see the progress over the coming months!



# BFS CAREERS



**MR PARRY**

HEAD OF BUSINESS AND CAREERS LEADER



Join us for an

## OPEN EVENT

Upcoming Open Days  
25th October 4:00pm/6:00pm  
27th November 10:00am/12:00pm

Book your place online  
[accesscreative.ac.uk/open-events](https://accesscreative.ac.uk/open-events)

Music+Events  
Media+Design  
Games+Computing



## GET SET TO EXPERIENCE OCTOBER HALF TERM



Speakers for School's mission is to give all young people access to the top. By connecting our national network of schools with industry leading employers, we open young people's eyes to the possibilities ahead of them. Have a look at the attached pdf for more information.

<https://www.speakersforschools.org/>





# MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

## FEELING ANXIOUS?

Anxiety is something everyone experiences at times, and feeling anxious is a perfectly natural reaction to some situations. But sometimes feelings of anxiety can be constant, overwhelming or out of proportion to the situation and this can affect your daily life. The good news is there are plenty of things you can try to help cope with anxiety. Please read more here: <https://www.nhs.uk/every-mind-matters/mental-health-issues/anxiety/>

### Top tips to cope with anxiety



#### Shift your focus

Some people find relaxation, mindfulness or breathing exercises helpful. They reduce tension and focus our awareness on the present moment.

[Try NHS-recommended relaxation exercises](#)



#### Understand your anxiety

Try keeping a diary of what you are doing and how you feel at different times to help identify what's affecting you and what you need to take action on.



#### Challenge your anxious thoughts

Tackling unhelpful thoughts is one of the best things we can do to feel less anxious. Watch the video to find out more.

[Video: Reframing unhelpful thoughts](#)



#### Make time for worries

If your worry feels overwhelming and takes over your day, setting specific "worry time" to go through your concerns each day can help you to focus on other things. Watch the video for more advice.

[Video: Tackle your worries](#)



#### Face the things you want to avoid

It's easy to avoid situations, or rely on habits that make us feel safer, but these can keep anxiety going. By slowly building up time in worrying situations, anxious feelings will gradually reduce and you will see these situations are OK.



#### Look at the bigger picture

If we feel anxious about a situation, we might get stuck on the details and stop seeing things rationally. Thinking about your problem or situation from someone else's view can make it easier to come up with a plan. What advice would you give to a friend or family member?



READING WELL

## READING WELL

Reading Well for mental health provides helpful information and support for managing common mental health conditions, or dealing with difficult feelings and experiences. Some books also include personal stories from people who are living with or caring for someone with mental health needs.

Visit here: <https://reading-well.org.uk/books/books-on-prescription/mental-health>

## YOUR MIND PLAN

Answer the 5 questions in this interactive quiz to get top tips and advice that work for you

<https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

TELLSOMEONE@BRISTOLFreeschool.org.uk



## HEAR FROM KEZ ABOUT HER BRONZE DUKE OF EDINBURGH EXPERIENCE

D of E will be a bit of a challenge. Of course that's what everyone said when they learnt that finally after 2 years we were going to do our Bronze DofE on the one weekend when it was going to rain the entire time. I thought it would just be showers. Instead I found myself walking in the pouring rain for two entire days. Despite the rain we still managed to have a good time. Luckily most of our stuff was dry when we arrived at the campsite but I have no idea how! We put up our tents and ate our food and then still had 3 hours to kill before we had to be in our tents. So as teenagers do we stood and chatted as the rain continued to come down. Day 2 was not much better weatherwise but we marched through, our route energised by the thought of being dry. My group ended up wandering around a farm in circles for an hour but finally we made it out. Overall it was a very fun experience; even the rain couldn't dampen our spirits.



**KEZIAH, YR 11**





**MRS MEECH**

# NAVARIN OF LAMB

I'm a big fan of stews and casseroles as we go into the autumn and winter. This is a French dish – navarin meaning lamb stew with vegetables – and is a hearty, warming meal for the colder days. It makes use of the cheaper cuts of meat which are well-suited to slow cooking but you can also make it with diced leg or shoulder of lamb. It's a really good dish to make in a slow cooker if you have one, just pop it in in the morning and you have a super tasty meal in the evening. It also works well casseroled in the oven but won't take as long to cook



## RECIPE

### INGREDIENTS

- 900g/2lb lamb neck fillet cut into 2 ½ cm chunks
- 1 tbsp olive oil
- 2/3 large carrots, sliced
- 1 large onion, thinly sliced
- 3 turnips or you can use swede cut into 1 cm cubes
- 350g/12oz potatoes – can use small new potatoes cut in half or old potatoes cut into 1 cm cubes
- 1 ½ tbsp plain flour
- 450ml or ¾ pt lamb or beef stock (increase the quantity of stock if you are cooking in the oven)
- 2tsp sugar
- 3 tbsp tomato puree
- 2 tsp dried mixed herbs
- Salt & ground black pepper to season

### METHOD

- Season the lamb with salt and pepper. Heat the oil in a frying pan and brown the meat in batches quickly to seal it. Transfer to the slow cooker or casserole dish.
- Add the vegetables to the pan and cook for about 5 minutes, stirring occasionally, until they begin to turn golden brown.
- Stir in the flour, then gradually stir in the stock and all the remaining ingredients. Bring to the boil, stirring continuously and then transfer to the slow cooker or casserole and stir well. Cover and cook in the slow cooker for 6-8 hours, or 2 hours at 150C in the oven. Season to taste just before serving. Serve with a green vegetable.

**ALL GOLDS RUGBY  
LEAGUE PLAYER  
DEVELOPMENT CENTRE**

PRACTICES ARE OPEN TO 13-17  
YEARS OLD (YEAR 8-11)



**Marlwood  
School**

**Skills, Games & Conditioning**  
delivered by performance pathway coaches  
**Nutrition & Wellbeing advice**

**RUGBY LEAGUE  
TALENT ID SESSION**

**SIGN UP  
TODAY!!!**

28TH OCTOBER AT  
MARLWOOD SCHOOL  
(BS35 3LA)  
**4PM - 6PM**

**TO SIGN UP, PLEASE CONTACT:  
SIMON.MARTIN@ALLGOLDSRUGBY.CO.UK**

