

Bulletin



WE ARE CELEBRATING ALUMNI SUCCESS

KEY DATES

- Friday 3 December - INSET day - school closed for students
- Thursday 9 December - Robin Hood at Bristol Old Vic Trip - Year 7 TG4-7
- Friday 10 December - Non Uniform Day & Y10/12 Photography trip to Arnolfini
- Tuesday 14 December - Robin Hood at Bristol Old Vic Trip - Year 7 TG1-3
- Wednesday 15 Decemember - BFS Music extravaganza & Sixth Form Social Y12 & Y13
- Thursday 16 - December - Last Day of term – school closes 12.30pm

COVID AND FLU DROP-IN CLINIC FOR ADULTS AND 12-15 YEAR OLDS

If you or your child have yet to be vaccinated against Covid and/or receive your Flu immunisation, there is an opportunity to do this on Saturday.

Details are as follows:

Location: The Mosque, 246 Greystoke Avenue, Southmead, Bristol BS10 6BQ

Date: Saturday 27 November 2021

Timing: 10.00am to 4.00pm

This is a drop-in clinic so no appointments are necessary.





ALUMNI SUCCESS



THE PRIDE OF BFS

DEAGO BAILEY



Deago is the first of 2 former BFS students who have gone on to represent local professional sports teams. A determined and headstrong student, whose love for sport and rugby in particular was evident from a young age, Deago is a charming young man and was a real character, much loved during his time at BFS.

He has made a huge impact on the rugby world after leaving school. This includes being a regular member of the Hartpury Team playing in the Championship and winning the U20s Six Nations with England recently. It is no surprise he has gone on to represent his country as well as the Bears given his passion for sport and his unwavering self-confidence.

Last weekend saw the second Bristol Bears start for ex-BFS student Deago Bailey. Involved 2 weeks ago against Exeter in the Premiership Cup, he again started on the wing against Worcester. Hopefully we will see more of him in a Bear's jersey this season!

We look forward to Eddie picking up the phone!!



MR TOLMAN





ALUMNI SUCCESS



AYMAN BENAROUS



Number 38 on your programmes, number 1 in our hearts!

Another of our professional sports stars is Ayman Benarous. He has swiftly risen from the dizzy heights of the MUGA at Bristol Free School to holding down a starting place in midfield for Bristol City FC first team.

A comprehensive write up of his full debut for City can be found here...

<https://www.bristolpost.co.uk/sport/football/ayman-benarous-bristol-city-debut-6241799>

Ayman has risen through the ranks at City and is a promising young prospect, catching the eye of a number of football enthusiasts. Fighting off interest from Algeria national first team while still in Year 11, he has gone on to represent England U17s. However, his feet remain firmly on the ground.

Ayman was a very studious young man during his time at BFS and worked hard to ensure academia did not take a back seat to his sporting excellence. It is no wonder he has progressed as rapidly as he has given his attitude to bettering himself. All coach accounts are that Ayman is incredibly coachable and has a real appetite to be the best player he can.

We look forward to seeing just how good he can be!



MR TOLMAN



COVID-19 TESTING

Taking a rapid COVID-19 test twice a week, even if you do not have symptoms, will help us stay ahead of the spread of the virus, particularly as new strains appear. Please continue to test twice-weekly. The result of a rapid test could be positive, negative or even void. But whatever it is, it should be reported straight away, every time. Recording all test results helps scientists stay ahead of the virus by spotting new outbreaks quickly and advising how to respond.

Please continue to log your test via Test Register
www.testregister.co.uk

If your child has symptoms

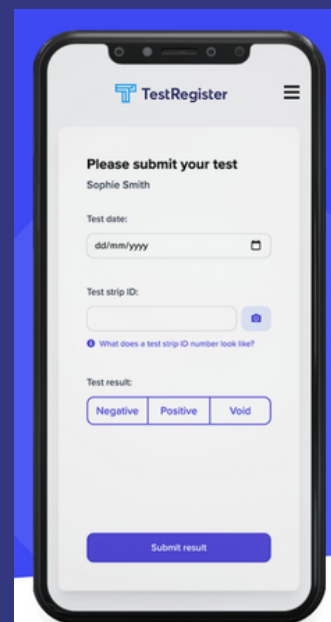
Get a PCR test as soon as possible if you or your child has any of these symptoms:

- a high temperature
- a new, continuous cough
- a loss or change to your sense of smell or taste

You and anyone you live with should stay at home until you get your test result. Only leave your home to have a test.

Get a free PCR test to check if you have coronavirus by clicking on this link <https://www.gov.uk/get-coronavirus-test>

Please send a copy of the PCR test results to admin@bristolfreeschool.org.uk, lateral flow results can be reported as usual through TestRegister.



CHEMISTRY CLUB

What is Chemistry Club?

Chemistry Club is an innovative and interactive online platform that explores our everyday lives, showcasing the breadth and depth of Chemistry as a subject and a career.

Interactive content will be released every weekend at 8am. You can explore monthly themes and weekly sub-topics. You will need to be verified by the school at the point of registration to be able to access the content. This is to ensure the platform's safeguarding protocols.

HOW DO I JOIN?

Follow the link below to the Chemistry Club website

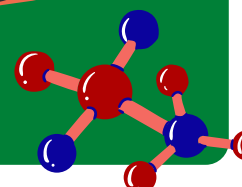
<https://www.salterschemistryclub.co.uk/login>

Fill in the short form and please use your school email address.

CHOOSE
CHEMISTRY

CHOOSE
CHEMISTRY

CHOOSE
CHEMISTRY



BFS COMPETITIONS

The Language Ambassadors present...



The BFS Christmas card competition!

Simply create a Christmas card and submit your entry to Mr Nouas in DF19 for a chance to win prizes!

Prizes will be awarded to the top 5 cards – the more festive, the better! Bonus points if it is in a foreign language too!

Submissions must be made by 10 December.



YOUNG WILDLIFE PHOTOGRAPHER OF THE YEAR

Calling all budding Photographers, the Natural History Museum has a Young Wildlife Photographer of the year competition. Go to their website for more details. Let Ms Kinnersley and Ms Stokes know if you enter this and show us your photos.



WILDLIFE
PHOTOGRAPHER
OF THE YEAR

The competition is open. You can submit up to 10 images into your age category. For more information, please follow the link below.
<https://www.nhm.ac.uk/wpy/competition/young-wpy>

Images can cover any aspect of wildlife and the natural world, whether wild plants or animals, or their natural environments, or illustrate our interaction with nature, good or bad.

Submission closes on 9 December 2021 at 11:30am



SPORTS HALL ATHLETICS COMPETITION

Mrs Wynne-Jones and Mr Whitfield took 29 Year 9 and 10 students to compete in the Sports Hall Athletics Competition at RGS this week.

The determination, resilience and ambition demonstrated by all involved was impressive. It was a pleasure to witness so many great displays of sportsmanship and fair play.



WELL DONE! YOU DID BFS PROUD





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

kooth
Free online counselling support for young people!
Discover everything Kooth has to offer

DISCUSSION BOARDS
FREE COUNSELLING
KOOOTH MAGAZINE
HELP ARTICLES
JOURNAL
SELF-HELP TOOLS

Sign up for free at Kooth.com

OTR SATURDAY HUB

To celebrate the return of Project Zazi's Girl Talk group, we're hosting a session at Saturday Hub on the 27th November!

Girl Talk is a girls/women identifying group, exploring topics such as relationships, health and education through the eyes of women of colour.

Drop in to make pancakes, chat and get to know how Project Zazi can support you!

WHEN: 10am - 1pm on 27th November

WHERE: 8-10 West Street, Bristol, BS2 0BH

SIGN UP HERE OR JUST SHOW UP - WE'D LOVE TO SEE YOU THERE!

tickettailor.com/events/otrbristol

Are you a parent or carer? Would you like to know more about Kooth and how it supports children and young people in your area?

Kooth provides anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, we provide end to end support whatever the need.

With no referrals or waiting lists, Kooth can be accessed on any web-enabled device 24 hours a day with counselling support from 12pm-10pm weekdays and 6pm-10pm on weekends.

What our community is saying

"I really like how you can share your problems anonymously and have help from others. It makes me feel accepted and that people will not judge me."

SOUTH WEST & CENTRAL KOOOTH PARENT & CARER INFORMATION SESSION - 8 DECEMBER AT 16:00

This session will explain: How to open up conversations with your children about mental health; What what Kooth is and how it supports young people and where it is commissioned in your area.

<https://www.eventbrite.co.uk/e/south-west-central-kooth-parent-carer-information-session-tickets-198299648587>

If you have any questions about this event please email lfinn@kooth.com

TELLSOMEONE@BRISTOLFreeschool.org.uk



LET'S TALK PERIODS

Here at Bristol Free School, we are very pleased to be able to offer students who have periods access to free period products if they need them. This includes, for example, where students:

- have forgotten their products
- have started their period unexpectedly
- struggle to afford products

Products obtained via the Government's Free Period Product Scheme are readily available to anyone that needs them and are located throughout the school in Student Services, Mental Health and Safeguarding Team, PE Changing Rooms, Sixth Form Admin Office and Main Reception. There are products to suit all. Just look for the pink boxes.

If your child is not already benefitting from this scheme and needs period products at short notice, please do encourage them to obtain readily available products from any of the above locations. If you are struggling to afford period products for your child, please do get in touch via admin@bristolfreeschool and we will help you discreetly and in the strictest of confidence.

At Bristol Free School, we want to eradicate the stigma traditionally associated with periods. **We want our students to be confident to talk about periods, to own and be proud of their periods.** Together, we've got this!

WHAT IS PERIOD POVERTY?

'Period Poverty' is associated with the inability to access sanitary products, and having a poor knowledge of menstruation often due to financial constraints.

It is a global issue

- As many as 1 in 10 young people who have periods cannot afford to buy menstrual products, and
- Many more struggle to afford them and are forced to wear them for longer than is hygienic as a result.
- As a result of the COVID 19 pandemic the number of people facing period poverty has risen sharply.

Interested in helping?

If you are interested in helping tackle 'Period Poverty', your local food bank or shelter would welcome donations of menstrual products



BFS MOVEMBER MUGSHOTS- IN SUPPORT OF MEN'S MENTAL HEALTH!



We are celebrating all the moustaches for the Movember charity. At BFS staff have been raising money for Men's Mental Health - who has the best moustache?

