

# Newsletter

Dear Parents, Carers and Students

I hope this newsletter finds you well. Advent is here and the beginning of the Christmas countdown begins! BFS has a number of celebrations to enjoy over the next two weeks.

## NON-UNIFORM DAY

One I want to flag is Friday 10 December our optional Non-Uniform Day to support the Bristol homeless charity called North Bristol Food Bank.

We are asking for contributions towards their food bank and seasonal food and gifts instead of a monetary contribution that we usually collect for charity. This is a small act of kindness that we know will mean a great deal to those less fortunate.

I want to thank the Sixth Form Leadership Team who have been the driving force behind this project and will deliver our donations personally. Watching young people grow and actively participate in local society is a privilege and I know that the whole of our community will support this fantastic campaign.

## YEAR 11 & 13 MOCKS

I would like to commend Year 11 and Year 13 on their mature attitude and hard work. They have worked incredibly hard over the last two weeks and we are all exceptionally proud of how they have approached their Mock Exams.



## BFS COOKS

I do hope you enjoy the article BFS Cooks this week. It features the results of a staff competition that we ran to see if staff could cook a meal with 10 types of fruit or vegetables. It was a closely fought competition with a good number of entries. Being a competitive person and keen cook I entered, being well beaten by Mr Harris and Ms Hutchings who were awarded joint winners for their healthy dishes.

Well done to everyone who got involved. Maybe students can have a go over the coming weeks and send in their photos with a list of the ten fruit and vegetables they managed to incorporate into their dish.

## BFS SOCIAL MEDIA

Are you following BFS on social media yet? We post almost every day and it is a quick and easy way to get a snap shot into life at BFS. Yesterday we posted a wonderful video clip of students saying goodbye to the season of Autumn on a new Tump social area.

Check it out -

[https://twitter.com/bristol\\_free](https://twitter.com/bristol_free)



## PARENT SURVEY

I would also like to thank you for taking the time to respond to our parental/carer questionnaire last week and I will share the results of the survey with you in the coming weeks.

Finally, we are aiming to keep the recent covid restrictions announced by the government both proportionate so students' opportunities are not reduced, yet mindful of how quickly things can change. We are maintaining school day to day activities like clubs, extra-curricular, catch up sessions and assemblies with the mitigation of face masks, good ventilation, hand sanitising and cleaning. I am sure I will need to write to you again before the holidays regarding covid; for now let's enjoy this special time of year.

Thank you for your continued support



**MRS S KING**



## MEDICATION IN SCHOOL

Due to an update in guidance, all medication held in school for Students must now be:

- In the original packaging, with the guidance leaflet;
- Accompanied by a signed Administration of Medication Form - available by emailing BFS.

If a Student already has medication in school that does not meet these requirements, you will be contacted in the next few weeks. Please return any forms as quickly as possible.

## 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. 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.

## LOST PROPERTY

We have lots of lost property, especially water bottles. Please name them!

Please send students in with water bottles every day. It is very important that they keep hydrated during the day.

Taking regular rapid tests is one key tool in our fight against coronavirus and will help protect yourself and others around you.

♥ WE ARE KIND  
♥ WE ARE SAFE  
**#WeAreBristol**

## 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
- Tuesday 14 December - Robin Hood at Bristol Old Vic Trip - Year 7 TG1-3
- Wednesday 15 December - Sixth Form Christmas Social
- Thursday 16 December - Last Day of term – school closes 12.30pm



**EMMA, Y13**

We don't think anyone in our community should have to face going hungry. That's why we are supporting North Bristol Food Bank on 10 December 2021. North Bristol Food Bank provide three days' nutritionally balanced emergency food and support to local people who are referred to them in crisis. They are part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK.

Join us on Friday 10 December for an non-uniform day in aid of North Bristol Foodbank. Instead of asking for a money donation, students are asked (if they are able) to bring in an item(s) of food or toiletries. These will be taken to North Bristol Foodbank who will distribute them directly to local families in need.



**ITEMS NEED TO BE NON-PERISHABLE AND IN-DATE. SUGGESTED ITEMS ARE:**

- Breakfast cereals
- Long life/ UHT milk
- Rice
- Pasta sauce
- Tinned meat/ vegetables/ fruit
- Tea, coffee and sugar
- Squash/ long life juice
- Biscuits and other sweet treats
- Sponge puddings
- Toilet rolls, washing-up liquid, deodorant etc.
- Crisps and other savoury snacks

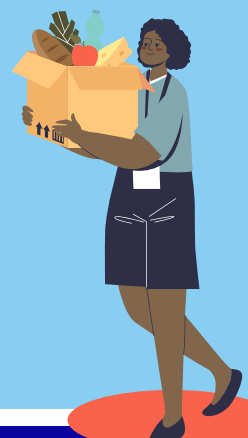


**NORTH BRISTOL FOODBANK  
HELPING LOCAL  
PEOPLE IN CRISIS**

**1 IN 5**  
of the UK population live below the poverty line

Students should please bring their donations to their tutor room on Friday 10 December.

Thank you for your support of this worthwhile cause.



# CONGRATULATIONS BROGAN



MR WHITFIELD



Congratulations to Brogan who recently represented Bristol Bears Academy Developing Player Group in a fixture against Gloucester Rugby. The match was played at the home of Gloucester Rugby, Kingsholm Stadium, which rugby fans will know is an iconic venue.

We have a number of students represented within the Bristol Bears Academy programmes and it is fantastic to be able to celebrate their achievements. If you have done something amazing then we want to celebrate that! Come and let a member of the PE team know!

TO INSPIRE OUR COMMUNITY THROUGH RUGBY SUCCESS



MRS BALLARD

## Y9 NETBALL FESTIVAL

It was finally the turn of the Year 9 Netball team to compete in their Netball festival. With only 6 schools competing, we were met with a round robin tournament and the winning team would progress to the next round.

In our first game, we comfortably beat Montpellier 7-1 with some efficient passing moves through Martha and Isabelle in the centre court. We unfortunately lost 6-11 to a very strong St Bede's team. The team momentum was regained in match 3 against Cathedral, winning 14-4 with some excellent shooting from Caitlin and Kacey. We played Redland Green in game 4 and lost 11-5 despite numerous interceptions from Grace.

### PLAYERS OF THE MATCH



CAITLIN, Y9



KACEY, Y9

In our final game we beat Cotham 13-5 with a strong performance from Tia in defence and Amelie in attack.

A special mention to Caitlin, Kacey (2 games), Isabelle and Grace who all received player of the match nominations from the opposition teams.

We went to the tournament with no substitutes due to unfortunate last minute injuries, which meant our girls had a tough task of 5 games back to back, with each game lasting 15 minutes.

All 7 girls demonstrated excellent resilience, effort and fitness throughout all 5 games and represented the school exceptionally well. Well done girls.



# BFS COMPUTER SCIENCE

## UK BEBRAS COMPUTATIONAL THINKING CHALLENGE 2021



**MRS RAMANANDI**

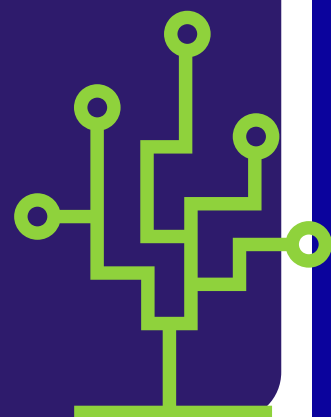
Congratulations for huge success in Bebras Competition!

Students from all around the world participated in Bebras Competition this year.

More than 87000 students participated in Junior category, 155000 in Inter category, 29000 and 10000 students participated in Seniors and Elite category respectively in the UK.

More than **650** students participated from BFS in Bebras competition this year. 65 BFS students are in the top 10% in the UK and all 65 students will be awarded Gold certificates. They will participate in next round of Bebras competition known as The Oxford University Computing Challenge in February 2022. Congratulations to all Gold winners.

In the Junior category 50 students achieved distinction. In Inters, 95 students achieved distinction and in Seniors and Elite 20 students achieved distinction.



# INDIVIDUAL SUCCESS & HIGHEST ACHIEVERS IN VARIOUS CATEGORIES

## WHOLE SCHOOL HIGHEST ACHIEVERS

1st: Allen, Y7 -200/200 score

2nd: Keturah, Y10 - 189/200 score

3rd: Tom, Y7 & Seb, Y10 - 183/200 score



## JUNIOR CATEGORY HIGHEST ACHIEVERS

1st: Allen, Y7 -200/200 score

2nd: Tom, Y7 - 189/200 score

3rd: Callum, Y7 & Peter, Y7 - 168/200 score

## INTER CATEGORY HIGHEST ACHIEVERS

1st: Jennifer, Y8 -157/200 score

2nd: Emily, Y9 - 155/200 score

3rd: Jasper Y8 & Pippa, Y8 - 146/200 score

## SENIOR CATEGORY HIGHEST ACHIEVERS

1st: Keturah, Y8 -189/200 score

2nd: Seb, Y10 - 183/200 score

3rd: James, Y10 - 176/200 score

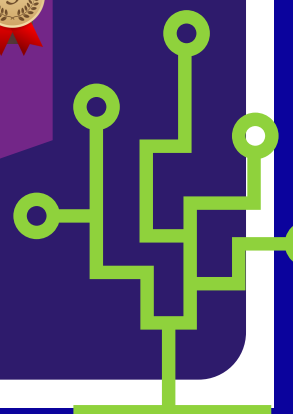


## ELITE CATEGORY HIGHEST ACHIEVERS

1st: James, Y12

2nd: Heath, Y12

3rd: Edward, Y12



# BFS ENGLISH

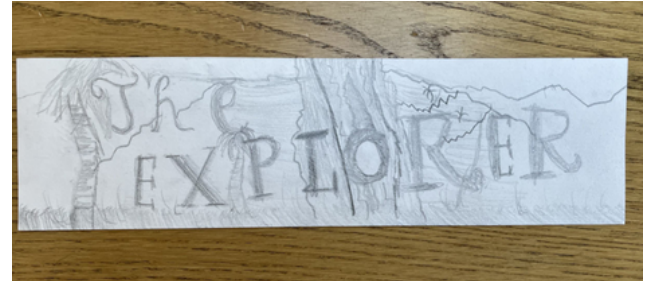


MR GOWEN

## KEY STAGE 3 READING HOMEWORK

All students at BFS are expected to be reading their own literature for at least 20 minutes per day; this can take place across a variety of forms such as novels, playscripts, graphic novels, newspapers and non-fiction texts.

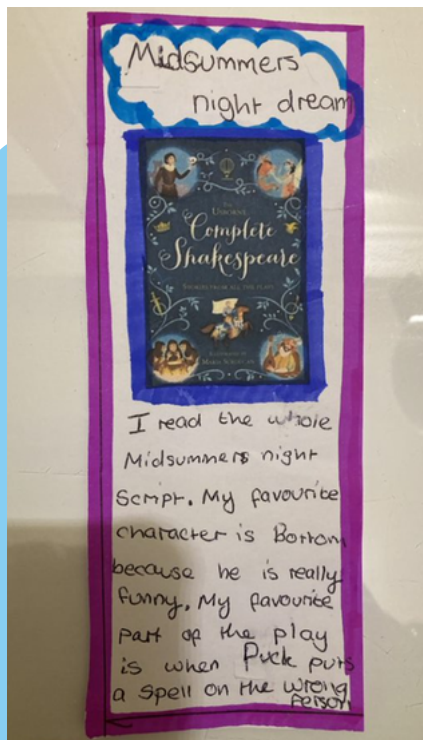
Every two weeks, students are asked to submit evidence of their reading to their Microsoft Teams English class to allow teachers to track which students are actively engaging with reading. Students have been encouraged to record their love of reading in a variety of ways; there are far too many entries to list all of them here but here are some of the ones that stood out.



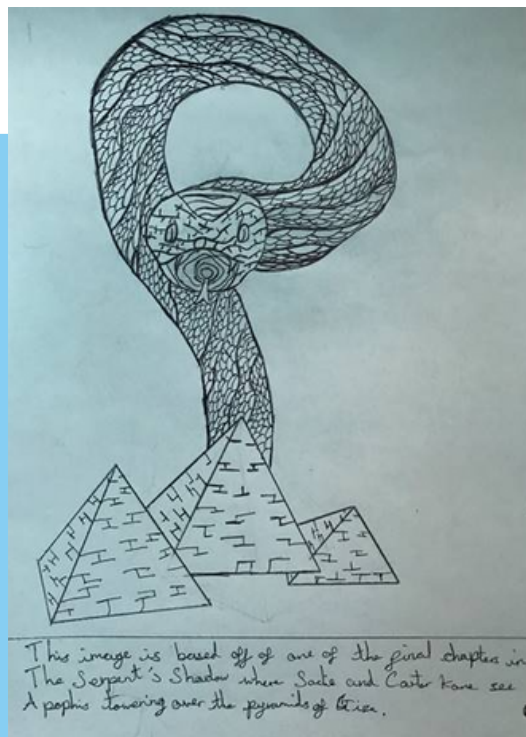
BOOKMARK BY BAILEY, Y7



BISCUITS BY JOSEPH, Y7



BOOKMARK BY FIONA, Y7



DRAWING BY WILL, Y8



CAKES BY AVA, Y8



NINA-MAE'S BOOKSHELF, Y7

## A MONOLOGUE FROM 'THE STAR OF KAZAN' – EVA IBBOTSON



LAURA, Y8

Everything was in place, and I was content, I was, right?

But as hard as I tried, a pestering part of my brain just couldn't stop thinking of Vienna, of Ellie and Sigrid, of the professors, and the endless days I spent just walking down the streets and being happy. But this is what I wanted, to be with Mother. I was happy. And I would get used to the musty smell in every room, the cold damp corners everywhere I went, my toes constantly being frozen. It was all part of becoming my real family. I would get used to the hours of darkness, the sound of gunshots each morning because I was happy, I was.

But the whole meaning of the word love was different here. It's funny how geography makes it that in one place the love is from the heart, here it's from my head, I love Hermann because I HAVE to, I don't really love him. My mother, of course, is something else altogether I'll always love her with all my heart, always.



## LITTLE WOMEN BOOK REVIEW

Little Women is a book based in the late 1800s, talking about a family of 5 girls and a mother all working together to live off the little money they get. Despite being in poverty, the family manages to work with one another and be the happiest they can be. The oldest, Meg is kind, sweet and caring, aged 16. Next comes Jo, aged 15, taking after her father who's in the war. She's quick witted, has a temper and always says things on her mind. After Jo is Beth, aged 13, and although being young she is her father's favourite and loved by all. And last but not least is Amy, aged 12, and being young means wanting a lot of things. She loves all the newest fashions but can't afford it, and having to live with what she's got she is still happy.

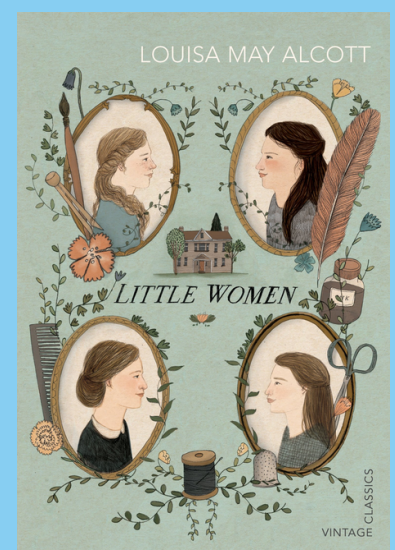
The girls all live in unison and try to make their mother feel proud. After meeting their neighbours, Laurie and Mr Lawrence, they all become good friends and well known acquaintances. At the end of the book, each and every girl has a different happy ending, even if it means losing a loved one for their wellbeing.

There is also a movie adaption which is quite different from the book but still symbolises the book quite well. I really enjoyed this book and hope to read more classics as they are quite interesting and are based on more real life situations.

I give this book a 4/5 as it's my first classic and sometimes they're hard to read because of the way it's written.



LORRAINE, Y9







# BFS COOKS



## BFS VEG PLEDGE CHALLENGE

### What is The Veg Pledge 2021?

The Veg Pledge is an Initiative set up by Cancer Research UK which asks you to "Take the Veg Pledge" and ditch meat for a whole month. There is growing evidence to suggest that we should be having 10 portions of fruit & veg in our diet a day. For our staff competition in support of Cancer Research UK, we cooked one meal that includes 10 portions of vegetables.

This was an excellent opportunity to enjoy the health benefits of a vegetarian diet and make steps towards living a healthier lifestyle.

Have a look at some of our staff entries! Why not give it a go yourself? Send us your entries via

[newsletter@bristolfreeschool.org.uk](mailto:newsletter@bristolfreeschool.org.uk)





# AND THE WINNERS WERE...



**MS HUTCHING'S VEGETABLE LASAGNE**



**MR HARRIS' VEGETABLE SUSHI & PEANUT MARINADE STIR FRY!**



## HAVE A GO AT COOKING MS HUTCHINGS' VEGETABLE LASAGNE!

### INGREDIENTS

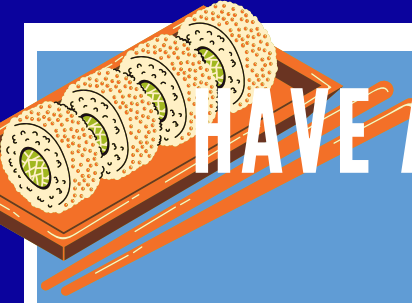
- 450g spinach
- 1 garlic clove, crushed
- 1 onion chopped
- 300g mushrooms sliced
- 1 aubergine
- 200g lasagne sheets
- 350g jar tomato and basil pasta sauce
- 300g peppers, sliced
- 250g mascarpone
- 175g light cream cheese
- 1 tbsp milk



### METHOD

- Put the spinach and garlic into a bowl and microwave on high for 4 mins
- Heat the oil in the pan, add the onion and fry for a few mins. Stir in the mushrooms and cook for a further 4 mins to soften.
- Spoon the mushroom mixture into an ovenproof dish. Top with a layer of aubergine, lasagne sheets and half each of the tomato sauce and peppers. Add another layer of aubergine and lasagne sheets, followed by the rest of the tomato sauce and the spinach. Finish with the final layer of aubergine, lasagne sheets and the remaining peppers.
- Mix the mascarpone and cream cheese with the milk and spread over the top of the lasagne
- Place on baking tray and cook for 30 mins at 200C/Gas 6.





# HAVE A GO AT COOKING MR HARRIS' VEGETABLE SUSHI

## INGREDIENTS

- Sushi rice 380g
- Sushi seasoning vinegar 80ml
- Sushi seaweed wraps 1 packet
- Pickled ginger (comes in a jar, you won't need loads)
- Soy sauce (to taste)
- Wasabi paste (optional)
- Eggs x 2
- Carrot x 1 large
- Yellow pepper x1
- Red pepper x 1
- Cucumber x 1/2
- Spring onions x 1 or 2
- PLUS a sushi rolling mat. It would be very difficult to make without one of these!

## BRINGING IT ALL TOGETHER

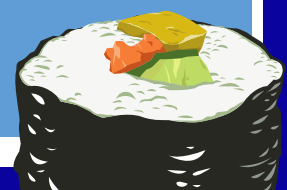
- Lay a seaweed sheet on your rolling mat.
- Use the back of a wooden spoon to gently spread a thin layer of sushi rice over the wrap. This should be thick enough that you cannot see the seaweed through the rice. Leave a border of about 1 cm along 1 LONG side of your wrap.
- Layer your ingredients lengthways along the middle of your rice. I normally use two "rows" of each of the egg and vegetable fillings, plus pickled ginger to taste. Also drizzle some soy sauce if desired.
- Use your mat to gently roll the wrap into a cylinder. You may want to re-roll it more tightly once it's in the right shape.
- Easier said than done, a quick Youtube recommended!

<https://www.youtube.com/watch?v=40MiH9-FQ5w>

- Leave to "firm up", I normally put them in the fridge for about an hour.
- Use your sharpest knife to cut your sushi cylinders into those gorgeous rounds.
- Serve with soy sauce and wasabi paste if desired.

## METHOD

- Wash Rice : Measure out the rice and put it into a saucepan or use a bowl at this stage. Add plenty of water to the pan/bowl then gently stir and mix the rice with your hand. When the water becomes cloudy with starch, pour the water away, keeping the rice in the pan/bowl. Repeat this step up to 3-5 times or until the water becomes clear. After washing the rice soak the rice for at least 30 mins. Then drain after 30 mins.
- Boil Rice : Add the rice and 390ml of fresh water to your saucepan. Put on the stove, and bring to the boil. Once boiling, turn the heat down to low and let the rice simmer for about 15-20 mins. (Make sure to keep the lid on the sauce pan at all times).
- Steam Rice : Once it has simmered, remove the saucepan from the stove and leave the rice to steam for a further 10-15 mins.
- Once the rice has finished steaming, mix through the sushi seasoning vinegar and leave to cool. I normally spread it out on baking paper to speed up the process!
- While the rice is cooling, beat your eggs and fry in a wide, shallow pan. Get it crispy on both sides, like a big pancake.
- Cut the egg pancake into narrow strips, about ½ cm wide. Leave to cool
- Whilst everything else is cooling, prepare your vegetables:
  - Peel carrots and cut lengthways into square-ish strips about 2.5mm wide and high. Try and keep them as long as possible.
  - Cut the cucumber lengthways and remove the pulpy middle. Cut the firmer flesh into square-ish strips as above.
  - De-seed the peppers, then try and cut into long, thin strips. Again, about 2.5, wide if you can manage.
  - Cut the root off the spring onions, then cut vertically. Try and separate into long strips, as thin as possible.



# BFS CAREERS



**MR PARRY**

HEAD OF BUSINESS AND CAREERS LEADER



## APPRENTICESHIP INFORMATION

There are number of apprenticeship opportunities in Bristol and the local area, which we will promote to students and parents through means such as tutorial sessions, virtual employer talks and the newsletter. It is a dynamic changing job market, which provides great opportunities for our young people.

Apprenticeships are a way of gaining work experience whilst also achieving qualifications. During an apprenticeship, a student would work for a company but can also go to college/university to study a related subject.

For more information about apprenticeships, please see a useful guide to apprenticeships:  
<https://www.gov.uk/become-apprentice>



## MORE INFORMATION

We also recommend the following websites (links are also on the school website)

- Apprenticeship search website - <https://www.gov.uk/apply-apprenticeship>
- National apprenticeship- <https://www.apprenticeships.gov.uk/>
- Careerpivot- <https://www.careerpilot.org.uk/>



Apprenticeships

Careerpivot

# BFS CAREERS



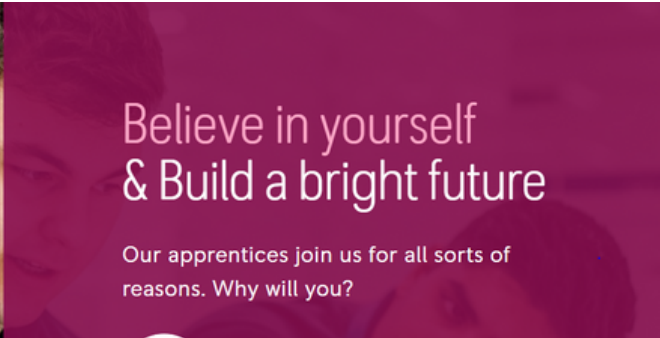
**MR PARRY**  
HEAD OF BUSINESS AND CAREERS LEADER

## CAREERS EVENTS AND OPPORTUNITIES

### Rolls Royce- School Leavers and apprenticeship programmes

- Rolls Royce offers a good array of school leaver and apprenticeship programmes that are a great career route for some of our students. Please see more details and some informative videos about the different career routes on the website below:

<https://careers.rolls-royce.com/students-and-graduates/apprenticeships-and-school-leavers>



### Burgess Salmon- Legal Apprenticeships

For more information: <https://www.burgess-salmon.com/careers/apprenticeships>



### PWC- School and College Leaver opportunities

The School and College Leaver opportunities give students the chance to earn while they learn, and start their career straight from school. For more information:: <https://www.pwc.co.uk/careers/student-careers/school-careers.html>



### Airbus- School Leavers and apprenticeship programmes

For more information : <https://www.airbus.com/en/careers/apprentices-and-pupils/apprenticeship-in-united-kingdom>



### Hargreaves Lansdown- School Leavers and apprenticeship programmes

For more information:  
<http://www.hargreaveslansdownjobs.co.uk/departments/apprentice>