



Dear Parents, Carers and Students

I hope this newsletter finds you well.

WELCOME BACK

I hope you all enjoyed the half term break despite the very distressing news last Thursday of the Russian invasion into Ukraine. We will be spending some time in tutor lessons discussing and deepening students' understanding of this complex situation and conflict.

Our thoughts, hopes and support goes to the people caught up in this attack. The people of Ukraine who have spoken about their experiences on the national news have been an inspiration and BFS will do whatever it can over the coming weeks.

YEAR 11 & YEAR 13 MOCKS

Year 11 and Year 13 have completed the second week of their mock exams with great focus and maturity. I would like to thank Mrs Treherne and Mrs Mendez, our exams team, for doing such an amazing job. Next week we will start the final weeks of preparation for the summer exams with the benefit of the boards' adjustments. For further updates please check the school website exam area.

WORLD BOOK DAY

Yesterday we celebrated the 25th World Book Day with a range of reading activities including a 'readathon' and a virtual author visit by Zana Fraillon. The reading for pleasure is such a wonderful habit and something that, once discovered, stays with you for the rest of your life. Here at BFS we pride ourselves on being 'a reading school', we expect students to read regularly and we have many staff and student leaders who can help students pick books and will make recommendations.



LRC

Our LRC is the thriving hub of the school and Ms Currie is always keen to have volunteers to help her organise the LRC and book displays. Reading has so many benefits for all of us – alongside the pleasure of being immersed in a fictional world of your choice you improve your concentration span, vocabulary and communication skills. In modern life there are so many distractions and smart phones encouraging us to multi-task so it is becoming harder to focus on a good book. Don't let this happen – keep reading!

Remember Dr Seuss' famous words....



We look forward to another busy and productive term 4 and hopefully some better weather!

Best wishes,



MRS S KING

KEY DATES

- Tuesday 8 March - International Women's Day
- Thursday 10 March - Year 7 Subject evening - virtual
- Monday 14 March - Sixth Form Pastoral Day
- Friday 18 March - Red Nose Day
- Mon 28 March - INSET Day
- Saturday 2 April - Ramadan starts
- Friday 8 April - End of Term 4
- Monday 25 April - Start of Term 5

ATTENDANCE MATTERS

Now that Covid-19 restrictions are easing, you may be thinking of booking a holiday!

Please note that term-time holidays are not routinely authorised, unless there are exceptional and unavoidable circumstances.

If you are thinking of booking a term-time holiday, please email admin@bristolfreeschool.org.uk for an 'Absence Request Form' and return it to the same address as soon as possible. Your request will then be considered.

Taking a term-time holiday may result in a Penalty Charge Notice from Bristol City Council. This is currently £60 per child per adult. So, if a two parent family take three school-aged children on holiday, this would mean that each adult could receive 3 x £60 fines, taking the total penalty cost for the family to £360! This could then be increased, if the fine is not paid promptly or if prosecution is deemed appropriate by the local authority.

PARENT INFORMATION SESSION

CHILD SEXUAL EXPLOITATION AND SOCIAL MEDIA

WHEN? - MONDAY 21 MARCH 6:30-7:30PM

WHERE? - ONLINE VIA TEAMS



Link to the session will be sent out via parent pay during the week before the event.

As part of the pastoral support within the school, we have formed a partnership with Avon and Somerset Police to offer parents the chance to attend an information event on Child Sexual Exploitation and Social Media.

The session aims to help parents identify risk factors where a young person might be vulnerable to this and provide them the next steps in accessing support. It will also provide parents with valuable information on different social media apps and how they can be misused.

The session will be delivered by Androulla Nicolaou, Child Exploitation Officer for Avon and Somerset Police's TOPAZ Child Exploitation team.

Child Sexual Exploitation is happening

Exploited children are led to believe they are in a loving relationship, or feel too scared to tell anyone about the abuse they are suffering.

Ask me. Ask me again. Keep asking...

Child Sexual Exploitation is happening

Exploited children are led to believe they are in a loving relationship, or feel too scared to tell anyone about the abuse they are suffering.

Ask me. Ask me again. Keep asking...

www.avonandsomerset.police.uk/cse



HAPPY MAHA SHIVRATRI



MRS PARASKEVA

Maha Shivaratri is a famous Hindu festival celebrated each year in reverence of Lord Shiva, the Hindu god of destruction and regeneration.

Maha Shivaratri means "the Great Night of Shiva". It takes place just before the arrival of Spring, usually in February or March in the UK.

Maha Shivaratri is the night when Shiva is said to have performed the Tandava Nritya, or the dance of creation, preservation and destruction. According to believers, this saved the world from destruction. Therefore, Maha Shivratri is observed to mark a remembrance of 'overcoming darkness and ignorance' in life and the world.

In Hinduism, this is a solemn festival marking the overcoming of darkness and ignorance in life. It is reserved for introspection and leaving behind things that come in the way of success and growth. It is a day where one can work towards letting go of sins and embarking on a journey of righteousness.

Maha Shivaratri is an extremely sacred day to Hindus across the world.



10TH ANNIVERSARY GARDEN PLANS

To celebrate a whole decade of BFS, Jolly Green Gardeners Club and helpers are overhauling the back fields on the school site! Our preliminary plans include a wildlife garden, wellbeing area, outdoor seating, a new dipping pond, allotments, and fruit trees donated by Her Majesty The Queen herself. The bulk of the project will be carried out in Term 5, so keep an eye out for updates.

If you have any expertise in ecology, conservation, outdoor building, carpentry, or gardening, please send a message to admin@bristolfreeschool.org.uk



WORLD BOOK DAY



MISS LUDWELL

What a fantastic week we have had at BFS. It has been jammed packed with World Book Day activities and a very exciting virtual Q+A with Zana Fraillon, The Bone Sparrow author.

On Wednesday, 16 Year 7's were invited to a Q+A with Zana Fraillon whose book we are currently studying. The students came prepared with questions to ask and were eager to speak to her. The session was a huge success and I couldn't have been more proud of the students' questions, their enthusiasm, how they listened and engaged.

A number of times, Zana said she hadn't been asked that question before and she particularly liked Louis F's question about which character would she want to be stuck in a lift with and why? You may be surprised to hear that she said it was Eli!



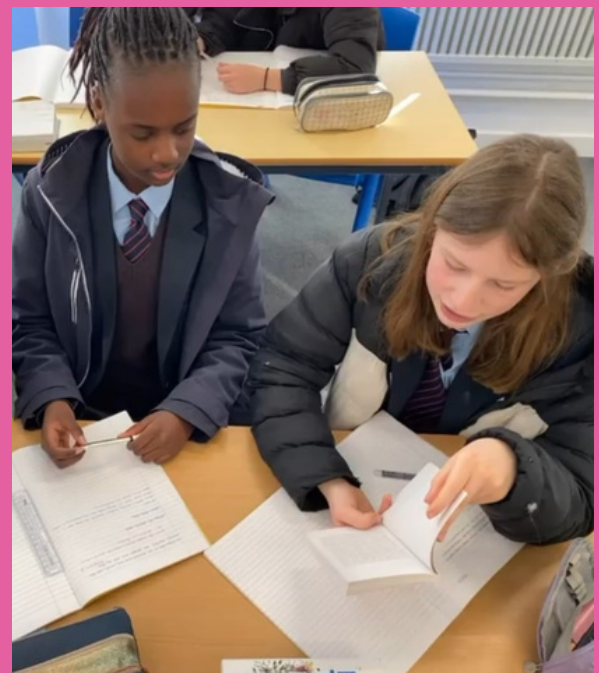
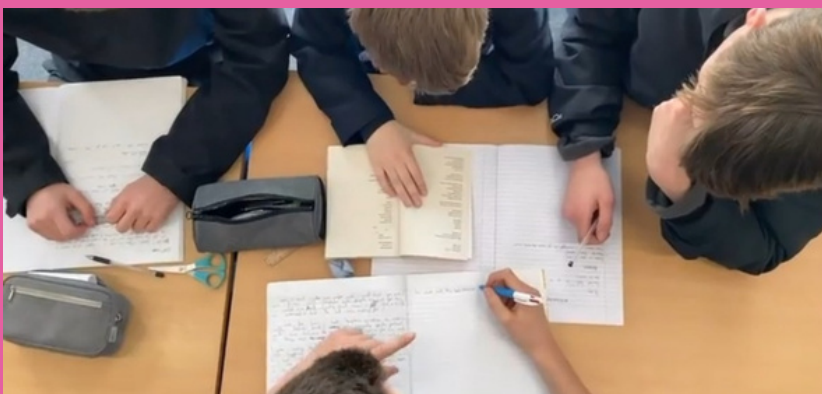
ZANA FRAILLON VISITS US VIRTUALLY!



WE HAVE HAD SO MUCH FUN CELEBRATING WORLD BOOK DAY

I am obviously going to sound biased but World Book Day should be every day and because we are a bit greedy in English we celebrated it over two days.

Mr Gowen and I put together a lesson where the students would be investigating 20 incredible books sent by Lit in Colour (300 fiction and non-fiction books!!) then present their finding to the class and we decided which would fit in a school setting and why.



THE CROSSING IS BEING INVESTIGATED HERE!

WORLD BOOK DAY



MISS LUDWELL

As you can already guess, the lessons were a triumph across the department and the students' engagement with the books and enthusiasm in the lessons made it a successful celebration.

The discussions that the students were having about the covers, blurbs and the potential message of the novels and poems were insightful and well-thought out. I particularly like what Skye K in Year 9 said about All Boys Aren't Blue (quick Instagram plug: watch on BFSMissLudwell) focuses on acceptance within yourself and the journey it can take to there.

All in all, this week has been fantastic to witness the keenness, team work and engagement from our students.



YEAR 9 DOING AN AMAZING JOB



THE DISCUSSIONS THAT THE STUDENTS WERE HAVING ABOUT THE COVERS, BLURBS AND THE POTENTIAL MESSAGE OF THE NOVELS AND POEMS WERE INSIGHTFUL AND WELL-THOUGHT OUT.



WORLD BOOK DAY



EXCELLENT TURN OUT FOR OUR WORLD BOOK DAY QUIZ!

It's amazing to see so many students celebrating the love of books and reading!



BFS HISTORY



FRONT LINE LIVING HISTORY COMES TO BFS!

On the 24 March, students studying History in Year 10 have a fabulous opportunity to take part in a revision workshop for their exam paper - Medicine on the Western Front. The workshop is delivered by an external company – Front Line Living History – and will be an interactive audio and visual display of life as a soldier during the Great War.



MR MACBLAIN

**FRONTLINE
LIVING HISTORY**

Content delivered will link directly to the skills needed for this exam paper. We are very much looking forward to welcoming them to BFS. Specific details of the day will be shared via history teachers to their classes.

All staff are welcome to come along too!



BFS SPORT



MRS BALLARD

The U14 football team kept their 100% win rate this week with two very convincing wins against St Bede's and Montpellier. We beat St Bede's 8-0 (scorers: Chloe 4, Emily 2, Isla 1 and Jas 1) and Montpellier 9-0 (scorers: Imogen 3, Emily 2, Chloe 2, Izzie 1 and Jas 1). The entire squad played exceptionally well with a special mention to Isla L who deservedly got selected as player of match for both games. Well done girls.



BFS SIXTH FORM



MISS BARNES

THINKING ABOUT A CAREER IN MEDICINE?

Thinking about a career in medicine? Then sign up using the link below to join an exciting conference from the University of Bristol. The talks will help you gain a deeper insight into studying Medicine at University, including what you need to do to get there! This talk will be delivered in collaboration with medical students from two medical societies from the University of Bristol.



BME Medics BRISTOL **MUSLIM MEDICS** BRISTOL

So you want to be a Doctor?

- GRADES NEEDED?
- UCAT OR BMAT?
- WHICH UNIVERSITY?
- INTERVIEWS?
- ALTERNATIVE ROUTES
- MONEY MANAGEMENT
- ANY QUESTIONS!

9TH MARCH
ZOOM
6.30PM

BME Medics x Muslim Medics invite you to come find out how you can apply to medical school

THERE WILL BE A SERIES OF MINI-PRESENTATIONS

- What is UCAS? What GCSE's/A-levels are required? What work experience do you need?
- How best to prepare for the additional admissions exams - UKCAT and BMAT?
- What is the best way to choose the right University for you?
- Interviews - how best to prepare? what does this entail?
- Alternative routes to medicine if you don't get the grades
- Tuition fees, student finance, and bursaries
- Q&A - Menti-meter for any questions you have

HOW CAN I GET INVOLVED?

The conference will take place on March 9th online via zoom from 18:00-20:00. The talk is aimed at students considering medicine in Years 10-12, however, we welcome other year groups.

If you're interested in using this great opportunity to learn more about the overall process, but also ask any questions you may have to people who have gone through it all before, then sign up - <https://bit.ly/SoYouWantToBeADr>



BFS SIXTH FORM



MISS NORTON

YEAR 12 WORK EXPERIENCE - W/C 27 JUNE

Now that covid restrictions are easing, we are pleased to be able to calendar a work experience week for Y12 this year. Students will be strongly encouraged to find a work experience placement to attend for the week beginning 27th June. As we are launching this later than we would have usually, and with the changes businesses and settings will have made due to covid, we are expecting that it may be a challenge for some students to find a placement. We would therefore really appreciate your support in helping our students source placements. If you think you or any family/friends may be able to provide a placement for one of our students during this week, please email sixthform@bristolfreeschool.org.uk. We really appreciate any help you can give.



BENEFITS OF COMPLETING WORK EXPERIENCE

- To explore career options (including finding out what you don't want to do!)
- To make you more employable
- Networking - you may even be able to secure future employment!
- To gain an understanding of working environments and what employers expect from their employees
- To develop self-confidence, maturity, and independence
- To develop work related competencies and skills
- To develop soft skills such as problem solving, teamwork and communication
- It is essential for some courses and jobs (medicine, veterinary science, nursing)



LESSONS WILL STILL GO AHEAD AS NORMAL FOR STUDENTS WHO ARE UNABLE TO FIND A PLACEMENT. LESSONS DURING THIS WEEK WILL THEREFORE FOCUS ON REVISION AND CONSOLIDATION (NO NEW LEARNING).



THIS WEEK IN GEOGRAPHY



TRAVELLING THROUGH DIFFERENT AFRICAN BIOMES

MISS GOODBODY

Year 7 have been busy creating excellent Geography homework about travelling through the different African Biomes. There are brilliant descriptions describing how diverse the biomes are.

Desert

Africa is home to the largest desert in the world - The Sahara. Even if the Desert looks barren it is full of life. It can get up to temperatures of 38°C in the day and -3.9°C at night.

Mediterranean

Next - The Mediterranean biome. It has very long dry Summers and short wet winters. Its animals have become very quick and agile so that they can jump from rock to rock. The average temperature there is about 17°C.

Savannah

The African Savannah is a vast grassy plain with lots of low trees and shrubs. There is a hugely varied range of animals and plants on the savannah.

THE Rainforest Biome!

There are two types of rainforest, tropical and temperate. The tropical rainforest biome is hot and moist receiving 2000 to 10,000 mm of rain per year! Temperate rainforests are slightly cooler than the tropical rainforests because they are much further away from the equator. They receive very heavy rain. The rainforest biome remains warm all year and never stays frost free. The average daily temperatures range from 20°C and 25°C!

Rainforest plants
There are so many incredible and strange plants living in this biome. One of the largest is the Kapok tree, which grows up to four metres tall! It has very strong roots to stabilize it and it provides shelter for animals. The Kapok fruit has an outer fibre which is used in shipping for holding and the seeds can be made into soap. Some other popular plants are mangrove trees, banana trees, orchids, water lilies, pitcher plants and raffia.

150 million species of animals known to humans and over half of them call the rainforest home.

Homework

Dear Diary,

I have just got back from a long trip to Africa, and it was so much fun! I got to see all four biomes: Rainforest, Savannah, hot desert, and the Mediterranean! And that is exactly what I am going to be explaining about...

First off, I happily visited the rainforest. It was very very humid, but as well as that I got to see the stunning tree tops over lapping the waterfall! They were awesome, I can't forget the tropical animals: Mountain Gorilla, Blue Morpho Butterfly, Jaguar and of course the poison dart frog! The frogs sound was like a rock getting dumped in a river...

Next I travelled to the Savannah! It was hot and surprisingly didn't rain. I could see gigantic mountains from a view... This biome was definitely one of my favourites because I saw elephants roaming the grass land, there were even BABYS! There were also other animals such as Zebras, kangaroos, mice, sq weevils, snakes and lions. An interesting fact about the Savannah is that its 65% of Africa!

After that I went to an incredible

desert in Africa, and it was boiling! An interesting fact is that it is the largest hot desert in the world, also it is 9.2 million km², which is an EXREMELY long way! One of the reasons why I liked being at the desert was that I got to climb all the hills and then roll down them! It was very fun. I also got to see bunches of animals including a camel...

Last but not least I visited the Mediterranean! It was awesome, and the view! It was incredible, I got to see all these amazing creatures in the LAND such as sperm whale, puppers and blue sharks. A cool fact is that it was at the End of the Nile!

Well done Shannon! What an exciting diary entry explaining the different African Biomes!

THIS WEEK IN GEOGRAPHY



TRAVELLING THROUGH DIFFERENT AFRICAN BIOMES

MISS GOODBODY

THE Savanna biome

This biome is rolling grassland scattered with shrubs and isolated trees. Not enough rain falls on a savanna to support forests. Savannas are also known as tropical grasslands - in the dry season only about 40 inches of rain falls.

Savanna biomes have two distinct seasons - a wet season (summer) and a dry season (winter). There is very little rain in the dry season - in the wet season, vegetation grows, including lush green grasses.

In the dry season, temperatures vary from 10°C to 20°C. In a wet season, temperatures rise to between 20°C and 30°C!

Savanna Plants:
The baobab tree has adapted to the savanna biome by only producing leaves during the wet season. Another adaptation that enables the baobab tree to survive the months of drought is its ability to store water in its large trunk. The tree can grow up to 25 metres tall!

Savanna Biome

Animals:
The African savanna is home to a wide and extremely diverse variety of animals. A great list of some of these animals include: elephants, zebras, rhinos, gazelles, lions, cheetahs, warthogs, hyenas, ostrich and more.

THE Desert biome!

Deserts are areas that receive less than 250mm of water a year. When it does rain it often comes down in downpours. This causes flooding before the water is lost into the sandy soil.

The average temperature during the day in this biome is 38°C! At night, the temperature can drop to an average of -3.4°C!

Desert plants:
Desert plants must keep moisture and store it for times when no rain falls. Some have adapted to have a network of shallow roots that helps them to absorb any drop of moisture that falls onto the soil. Others have very deep roots that helps them to reach water far below the surface. Some popular desert biome plants are: cacti, succulents and shrubs, all of which store water and use it sparingly.

Desert Biome

Animals:
More than half of desert animal species spend the majority of their time underground and only come out at night. The insects, arachnids, snakes, lizards and small mammals burrow underground during the scorching desert day to escape the heat and conserve water.

MEDITERRANEAN BIOME FINISH

My journey ended in Tunisia, North Africa, which is in a Mediterranean biome. It has very long hot, dry summers and mild rainy winters making it the perfect place to relax and enjoy a holiday.

DESERT BIOME

As I reached Libya, I had visited a desert, nearly half of the Sahara (the largest desert biome in the world). It has less than 10 inches of rain each year. I spotted cacti and crotchet bushes and lots of lizards, oryx and snakes. The temperature in the day was about 38°C but at night it was freezing!

GRASSLAND BIOME

I travelled northwards, through the grassland biome of Chad. The weather turned from a humid zone dry heat. Barotab and oryxia trees added the large expanses of grassland and giraffe, zebra and lions roamed freely.

RAINFOREST BIOME

I started my journey in the DRC in Africa, travelling through its beautiful tropical rainforest. This is the wettest biome with 10 metres of rainfall each year. Rainforests are home to over 50% of the world's plant and animal species. I saw acres of gorilla, elephants, tigers and meerkats.

START

GEOGRAPHY AWARDS

CONGRATULATIONS TO THE STUDENTS BELOW WHO WON THE GEOGRAPHY AWARD LAST TERM FOR EXCELLENT WORK AND CONTRIBUTION IN CLASS!



FIONA, 7TG7



ARTHUR, 10TG3



ELEANOR, 8TG4



FRANKIE, 11TG3



MIA, 13TG2



KARIM, 9TG3



JESS, 12G3



MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

EATING DISORDER AWARENESS WEEK - 1-7 MARCH

Eating disorders are complex mental illnesses. Anyone, regardless of age, gender, ethnicity or background, can develop one. Learn about different diagnoses and signs to look out for in yourself or someone you know.

Eating disorders. Know the first signs?



Lips

Are they obsessive about food?



Flips

Is their behaviour changing?



Hips

Do they have distorted beliefs about their body size?



Kips

Are they often tired or struggling to concentrate?



Nips

Do they disappear to the toilet after meals?



Skips

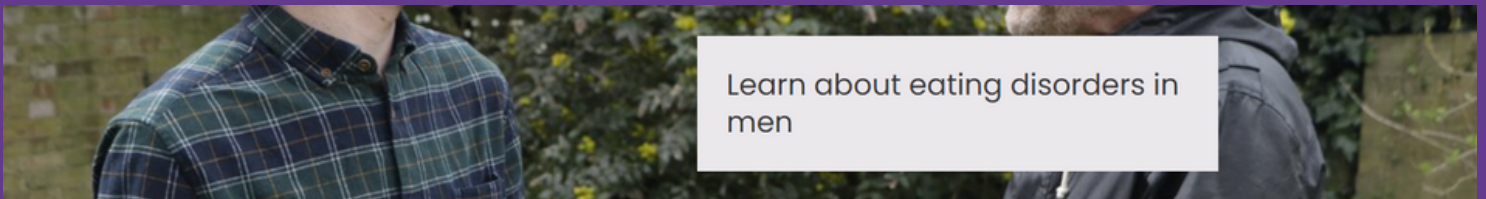
Have they started exercising excessively?

beateatingdisorders.org.uk



I'm worried about someone with an eating disorder...

Talk eating disorders with Beat.



Learn about eating disorders in men

SUPPORT IS AVAILABLE, DO NOT SUFFER ALONE

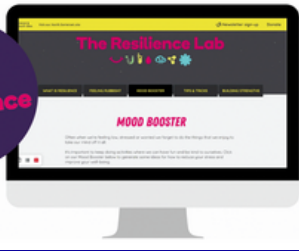
[https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/`](https://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/)

TELLSOMEONE@BRISTOLFreeschool.ORG.UK



WHATS GOING ON AT OTR? WHATEVER IS GOING ON, WE ARE HERE TO HELP

ENTER
The
Resilience
Lab



There's been a lot of research into what resilience is – most people describe it as our ability to 'bounce back' from the challenges we face. Resilience is a quality that anyone can develop to help them learn, grow and cope in tough times. At its core, being resilient is when we learn from the adversity we've faced and take that learning with us to help next time we face something difficult.

Learn about it here:

<https://www.otrbristol.org.uk/the-resilience-lab/>



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/>



ART WORKS

Spike Island

Join our 6 week short course at Spike Island. These courses are for everyone, whether you love painting, photography, film, printing, sculpting, you name it! There's absolutely no pressure to have tried any of these skills before, just bring yourself.

Find out more here:

https://www.otrbristol.org.uk/what-we-do/spike-island-x-art-works/?mc_cid=efd43e32d0&mc_eid=7cea3912fe

HUBS

Our Hubs are the best place to find out more about mental health, and what they do at OTR, particularly if you are not sure where to start.

OTR's Hubs are a safe and relaxed space you can simply drop into for a chat – no appointments needed. They are there for you to meet our team and discover more about what we offer. You'll find they are a great place to learn about mental health and self-care too.

Find out more here:

https://www.otrbristol.org.uk/what-we-do/hubs/?mc_cid=efd43e32d0&mc_eid=7cea3912fe

Are you a young Black or Minoritised person interested in Green Entrepreneurship?

Earn while you learn!

Receive **8 days of paid training** with all travel expenses covered!

- Access career advice, coaching and mentoring
- Learn how to set up an ethical business or social enterprise
- Develop leadership and networking skills
- Receive a small pot of funding to grow your business idea

Find out more and apply here:



In Partnership with:

GREEN SKILLS
FOR JOBS & ENTREPRENEURSHIP



Funded by:



HM Government



WE ALL GET ANGRY SOMETIMES

READ THE UPDATED OTR GUIDE TO
RESPONDING POSITIVELY TO ANGER

https://www.otrbristol.org.uk/wp-content/uploads/2017/08/OTR-Resource-2022_Anger.pdf?mc_cid=efd43e32d0&mc_eid=7cea3912fe