

## Newsletter

STAND WITH UKRAINE

Dear Parents, Carers and Students

I hope this newsletter finds you well.

#### **SPRING**

It was a tonic having the bright, sunny Spring weather over the last two weeks. It was so lovely to see students enjoying the tumps and field during social time after what has seemed like a very long winter!





#### INSET

Monday's INSET day for staff was very productive and our Duke of Edinburgh students were on site having essential expedition training from H5. Mr Wieczorek and Mr Ellis were delighted with how well the students behaved and focused during the training day. We look forward to the practice expeditions in term 5

#### WESTONBIRT ARBORETUM

I would like to thank Ms
Kinnersley, Ms Stokes, Mr
McCarter Mrs Day for taking Y10
Art Students to Westonbirt
Arboretum on Tuesday. Being out in nature has provided students with lots of inspiration for their new art projects next term.

## FRONT LINE LIVING HISTORY

Mr MacBlain organised a fascinating presentation for Year 10 historians on the First World War. The presenters from Front Line Living History were very entertaining, telling students personal stories from the war and allowing them to pick up a range of artefacts, including artillery, from the time. As a student said, 'It was brilliant!'



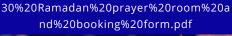
#### RAMADAN

I have written to parents/carers and students regarding our prayer room for their use over Ramadan.

Students need to book into the prayer room using the linked form and the letter explains how the room will be managed to ensure it fulfils its purpose.

Please read here:

https://bristolfreeschool.org.uk/docume nts/letters/2022-03-30%20Ramadan%20prayer%20room%20a





#### **END OF TERM 4**

Next Monday we begin the last week of term 4 and I am sure everyone is looking forward to the Easter holidays. We are conscious that Year 11 and Year 13 are preparing for their summer exam series over Easter so further details of the supported study programme will be sent out next week via Mr Fernandes. Year 10 will also be revising over Easter as their mock exams start on Monday 25 April. Lots of helpful information can be found in this newsletter.

I hope you all enjoy your weekend. We send special best wishes to our Muslim families.



## **KEY DATES**

- Saturday 2 April Ramadan starts
- Tuesday 5 Wednesday 6 April A Level Biology & Applied Science trip to Folly Farm
- Friday 8 April End of Term 4 & Year 12 Geography Field Trip
- Monday 25 April Start of Term 5 & Y12 Geography Field Trip



#### **HPV VACCINATION CATCH-UP CLINICS**

HPV vaccination catch-up clinics are available for Year 8 and Year 10 students who did not receive their vaccination at school.

Please book an appointment at https://imms.sirona-cic.org.uk/hpv/2021/book If you have any queries please contact the Immunisation Team directly on 01275 373104 or email sirona.sch-imms@nhs.net

#### **ATTENDANCE MATTERS**

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 takes 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.

# SCHOOL ATTENDANCE FROM 1 APRIL 2022 TESTING POSITIVE FOR COVID AND OTHER ILLNESS

## Should my child still go to their education setting if they test positive for Covid (even if they are feeling well)?

No. From 1 April, anyone with a positive COVID-19 test result will be advised to try to stay at home and avoid contact with other people for five days, which is when they are most infectious. For children and young people aged 18 and under, the advice will be three days. NB The first day of symptoms, or the day when the test was taken is day 0.

#### What should I do when my child is unwell?

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend.

### Will my child's school still be taking measures to prevent Covid?

We continue to have in place baseline infection prevention and control measures that will help to manage the spread of infection:

- ·Ensuring all eligible groups are enabled and supported to take up the offer of national vaccination programmes including COVID-19 and flu.
- ·Ensuring occupied spaces are well-ventilated and let fresh air in.
- ·Reinforcing good hygiene practices such as hand washing and cleaning.

#### **Can my child still get a Covid-19 vaccine?**

From 1st April the in-school COVID-19 vaccination programme will come to an end. However, 12 to 15 year olds will still be able to access the vaccine outside of schools at a vaccination centre, pharmacy or walk-in centre. Parents can book a Covid-19 vaccination appointment online or by speaking to their GP or calling 119. Alternatively, they can find a walk-in Covid-19 vaccination site.

COVID-19
Schools Update



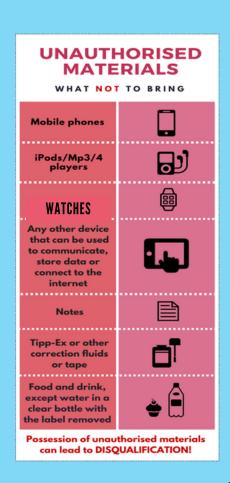


Y10 exams start immediately after Easter and Y11 from 16 May. Easter is an important time for students to get organised and start revising. With the school break for the Easter holidays approaching next week, we have set out some exam revision top tips and reminders to help you get the most out of the Easter holidays.

## EQUIPMENT & UNAUTHORISED MATERIALS

Before the exam season starts, please make sure that you have all the equipment you will need. You are responsible for bringing your own equipment to all your exams.

#### **EXAMS** EQUIPMENT CHECKLIST WHAT TO BRING Clear pencil ase or plastic bag Black pens (not gel pens) Pencils Ruler, marked in Inteledated about cm and mm Rubber Pencil sharpener FOR MATHS: Protractor and compass FOR MATHS (Paper 2), SCIENCES and GEOGRAPHY: Calculator FOR DT: Coloured pencils





If you do struggle, and are worried in any way – just reach out. Talk to your tutors and they can always let me know if you are finding things tough. At Bristol Free School we are all here to support you, you just need to let us know.

Tellsomeone@bristolfreeschool.org.uk



## **REVISION TIPS**

#### **TIMETABLE**

Try breaking it up into chunks and creating a daily timetable so you know what you want to study when. This can make revision feel less overwhelming and much more manageable.



#### **BE REALISTIC**

Be realistic about what you can achieve in a day
An unrealistic revision plan won't help you and will put you under unnecessary stress.



#### TAKE BREAKS

Make sure you take regular breaks from studying. Your brain cannot concentrate for hours at a time.



#### DO WHAT WORKS FOR YOU

Not everyone studies the same way

Some people prefer to read, others find it helpful to make notes or draw diagrams, while others prefer to talk things through. Do what works for you.

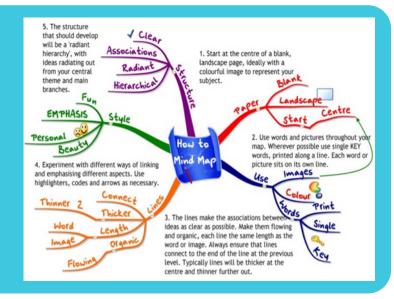
#### FACILS ON YOU

Focus on you and don't compare yourself to others It can be really stressful when you think everyone is doing better than you, spending more time on revision than you, or just not stressing out as much as you. But we're all different and that's ok.



### MIND MAP YOUR TOPICS

ONCE YOU HAVE BUILT OUT YOUR NOTES AROUND THE TOPICS YOU ARE THEN ABLE TO GO BACK THROUGH PAST EXAM QUESTIONS AND FIND COMMON THEMES THAT MAY WELL COME UP FOR YOUR EXAM. TAKE THESE QUESTIONS AND BUILD OUT MIND MAPS OF HOW YOU WOULD GO ABOUT ANSWERING THE QUESTIONS. USING YOUR FLASHCARDS AND TOPICS AS TOPICS FOR EACH OF YOUR POINTS. KEEPING EACH POINT ON YOUR MIND MAP AS ONE CLEAR PARAGRAPH OR SECTION TO YOUR PROPOSED RESPONSE.





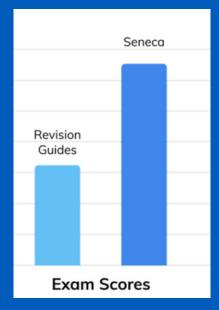


## **SENECA**

Senca's smart learning algorithms are proven to make you remember topics better. If you get a question wrong, they will show you the content again but in a different format. They will even do it at a time when it's optimal for you to learn it.

All our Y10 and Y11 Students have premium access to an online learning platform called Seneca https://senecalearning.com/en-GB/You can log in using your school Microsoft 365 accounts





JOIN 6,500,000 STUDENTS USING SENECA AS THE FUNNEST WAY TO LEARN AT KS2, KS3, GCSE & A LEVEL. AND IT'S FREE!

## **GET SUPPORT NOW**

#### Tips on preparing for exams -

https://www.nhs.uk/mental-health/children-and-youngadults/help-for-teenagers-young-adults-andstudents/tips-on-preparing-for-exams/

#### Exam Stress - A guide for young people -

https://www.youngminds.org.uk/young-person/copingwith-life/exam-stress/?acceptcookies=

Talk to us - Ms Townsend and Miss Hastings are available in DF29



#### 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-mindmatters/mental-wellbeing-tips/yourmind-plan-quiz/

## TELLSOMEONE@BRISTOLFREESCHOOL.ORG.UK





### **HEAR FROM OUR SIXTH FORMERS - REVISION TIPS**



"I WOULD RECOMMEND BEING CONSISTENT WHEN REVISING, HAVING A REVISION SCHEDULE HELPS YOU BE CONSISTENT WHEN REVISING AND FOCUSED. IT ALSO MEANS THAT YOU WILL BE MORE LIKELY TO FOLLOW IT AS IT PROVIDES STRUCTURE. I WOULD RECOMMEND WORKING THE HOURS YOU KNOW YOU WILL BE MORE PRODUCTIVE IN, FOR EXAMPLE AT GCSE I WORKED BETWEEN 8AM-4PM EACH DAY IN THE CHRISTMAS AND EASTER HOLIDAYS, REVISING 4 SUBJECTS A DAY WITH EITHER 15 MINUTE BREAKS (IF I HAD WORKED FOR 45 MINUTES) OR 30 MINUTES BREAK (IF I HAD WORKED FOR 1H 30 MINUTES). BUT THEY KEY IS TO BE CONSISTENT WHEN REVISING AND TO STAY MOTIVATED."



IBRAHIM, Y12

"I THINK ONE GOOD REVISION RESOURCE
TO USE FOR YEAR 11S TO USE IS SPACED
REPETITION. THIS IS WHEN YOU REVISIT
SOMETHING ONE HOUR, ONE DAY, ONE
WEEK AND THEN ONE MONTH AFTER
YOU'VE LEARNED IT. THIS CAN BE DONE
AUTOMATICALLY BY ANKI, WHILE ALSO
DISPLAYING THE ONES YOU STRUGGLE
WITH MORE THAN THE OTHERS." -



"AS THERE ARE ONLY A FEW WEEKS
UNTIL EXAMS START, MY ADVICE IS TO
JUST GET OVER THE FACT THAT YOU'RE
GOING TO BE REVISING FOR A LOT OF
YOUR SPARE TIME. CREATE A
REVISION TIMETABLE AND STICK TO
IT. AT THE END OF THE DAY, IT'S ONLY
A FEW WEEKS AND IT WILL BENEFIT
YOU MORE THAN YOU THINK." - JOJO
PICKERING, YEAR 13.



"I THINK THAT A GOOD REVISION FOR YEAR 11
TO USE WOULD BE THE USE OF FLASHCARDS
AND THE USE OF SPACED REPETITION. I
WOULD RECOMMEND THE APP ANKI AS IT
ENABLES YOU TO MAKE FLASHCARDS AND
WILL DECIDE HOW OFTEN YOU REVISIT A
FLASHCARD DEPENDING ON HOW WELL YOU
REMEMBERED IT."



"PAST PAPERS ARE VERY USEFUL, GOOD FOR DEVELOPING EXAM TECHNIQUE, ESPECIALLY IN ESSAY SUBJECTS. QUIZLET IS ALSO A GOOD SITE FOR REVISING KEY TERMS/QUOTES/FIGURES/EQUATIONS, IT TARGETS YOUR WEAKER AREAS, AND PRIORITISES FOCUS ON THEM"

"I RECOMMEND SCHEDULING
REVISION FOR STRAIGHT
AFTER SCHOOL EVERY DAY SO
THAT YOU DON'T FEEL GUILTY
ABOUT NOT REVISING FOR
THE REST OF MY FREE TIME".
- FLO, YEAR 13.



JOSEPH, Y13

"MAKE FLASHCARDS EARLY SO YOU CAN ACTUALLY USE THEM TO REVISE. ONLY INCLUDE RELEVANT CONTENT" - JOSEPH WARREN, YEAR 13.



Ramadan is the ninth month of the Islamic calendar, and marks the time when the Quran is said to have been revealed to Prophet Muhammad by God with a month-long fast. Muslims are required to spend a period of 30 days abstaining from food and drink, including water, during daylight hours, as a means of celebrating and reflecting on their faith.

### HEAR FROM FATIMA, Y9 STUDENT

SO FATIMA WHAT AGE DID YOU START FASTING?
"I STARTED FASTING AT THE AGE OF 11.

WHAT DOES IT MEAN TO FAST?

"FROM SUNSET WHICH IS ALSO PRAYER FAJR, YOU DO NOT EAT OR DRINK UNTIL SUNSET, WHICH IS PRAYER MAGRIB. AFTER SUNSET YOU BREAK YOUR FAST WITH A MEAL AND IT IS NORMALLY A MEAL YOU EAT WITH YOUR WHOLE FAMILY AFTER SAYING YOUR PRAYER. WE USUALLY WAKE UP BEFORE OUR FIRST PRAYER AND WE EAT A MEAL BEFORE WE FAST KNOWN AS SUHUR".

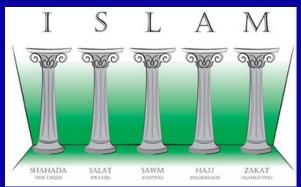
WHY DO YOU FAST DURING THE MONTH OF RAMANDAN?
"I FAST TO GET CLOSER TO ALLAH AND FOR CHARITY. IT IS ALSO
FOLLOWING IN THE FOOTPRINT OF PROPHET MUHAMMAD (PBUH). THE
PROPHET MUHAMMAD (PBUH) WAS THE LAST MESSENGER OF ALLAH.
FASTING IS ALSO ONE OF THE 5 PILLARS OF ISLAM".

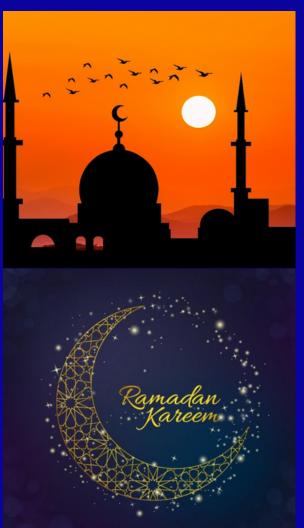
WHAT DO YOU MEAN BY CHARITY? HOW IS THIS LINKED TO FASTING?
"FOR LIKE HOMELESS PEOPLE WHO DON'T GET MEALS. FASTING GIVES
US AN UNDERSTANDING OF WHAT IT IS LIKE FOR PEOPLE WHO DO NOT
GET THEIR DAILY REQUIREMENTS".

HOW DO YOU FEEL ONCE YOU HAVE COMPLETED YOUR FAST?

FATIMA "I FEEL LIKE A GOOD PERSON, IT IS HARD TO EXPLAIN. I FEEL

PROUD AND I FEEL CLOSER TO ALLAH".





## **SHOWCASE CONCERT**

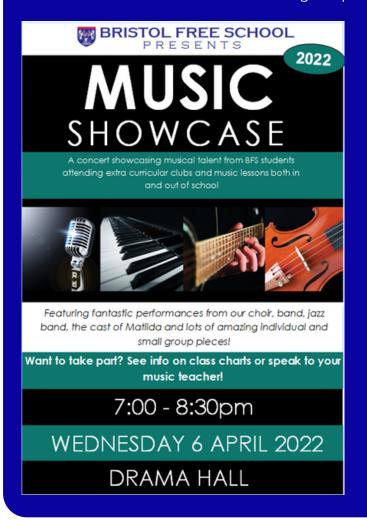
MR PATE

On Wednesday 6 of April the Performing Arts Department are putting on a concert - our first for two years! It will take place in the evening after school (7pm - 8:30pm) and will feature performances from our music and drama ensemble groups, as well as individuals and bands. This will be a great opportunity to share the music and drama pieces that you've been working on with friends and family, and celebrate all of the fantastic talent at BFS!

If you are in a music or drama club then you will be performing in the concert, so make sure you attend rehearsals over the next couple of weeks to practice your pieces (Band, Jazz Band, Dynamics Choir, Matilda, KS3 Drama Club). There are also lots of opportunities for individual performances - this is great for if you have been working on any music at home that you would like the opportunity to perform! This might be songs you've enjoyed singing or instrumental pieces (piano, drums, guitar, flute, violin... any instrument!) that you've been working on in music lessons or learning at home. You might even have written some original music yourself! We are also looking for bands - maybe you've been working on a song in your music lessons, or playing music with friends outside of school? We'd love to hear from all musicians, no matter how long you've been playing.

To take part, please come and see a music or drama teacher to get a letter with more information about the concert. This includes a slip you need to return to Student Services by Monday. If you have any questions please come and ask us!

We can't wait to hear lots of great pieces from all the talented students at BFS!







## BFS SCIENCE



It's a gas! Or is it? Year 12s collaborated with Badminton School to deliver four fun-filled cryogenic science shows. Year 7 and 8 had a chill time exploring the cool powers of liquid nitrogen. We saw the curious substance boil kettles, ring bells, pop balloons, and even smash bananas! A huge thank you to Mr Williams and students of Badminton School for sharing their expertise; and a massive round of applause to our very own Ibrahim A, Hanad M, Hugh C, Juliette H, Hebe S, Sam S, Julian M, Oscar W, and Leo T for jumping on stage and showing off their new-found skills!



## POP BALLOONS!





## BFS CAREERS





#### **EMPLOYER TALKS**

Today we were delighted to host Philip Donoghue for our employer talk about careers in the geoscience industry. Philip Donoghue is a professor at the University of Bristol and spoke to the students about the various careers and employment opportunities available to students. It is a sector where there is a global workforce shortage, but there are many interesting and varied employment opportunities. Philip also spoke about his career working for Bristol University and the many exciting field and research projects he has undertaken.

The talk was inspiring and it gave the students information about the many different roles and opportunities that are available in the geoscience industry. I particularly enjoyed the question and answer session afterwards where the students asked some excellent questions.



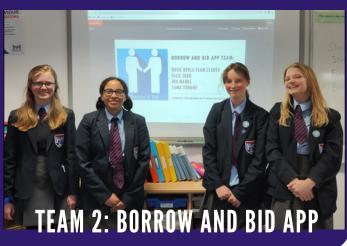
## BFS COMPUTER SCIENCE

#### THE AMAZON AWT GETIT COMPETITION

Congratulations to all the amazing girls who participated for the Amazon AWT GetIT competition. Both the teams have worked very hard and came up with most creative and innovative App idea. Both the teams will continue to develop their unique App in coming days. Both the teams completed their first round of presentation on 24\03\22.









## **BFS SPORT**



## **CELEBRATING SPORTING SUCCESS**

MS URCH

Last Friday morning, the year 7 netball team travelled to Filton Wise campus for the long awaited final of the regional netball championships. The team were up against one of the South Gloucestershire schools Wellsway. The game started and the two teams could not be separated by more than 2 goals during the first two quarters. The squad of 11 put up a good fight but found themselves 11-18 down starting the final quarter. With nothing to lose, the team went out with passion and commitment and the score was soon 17-19 with 2 minutes to go. Unfortunately the clock just ran out and the girls missed out on the win, losing 18-20. An amazing team effort and coached fantastically well by our two sixth formers. We see no reason why next year the girls can't go one better and be crowned champions. The future is looking bright for this team!



## **WELL DONE ROSIE!**



WELL DONE TO ROSIE IN YEAR 8 WHO REPRESENTED
BFS AT THE AVON SCHOOLS GOLF CHAMPIONSHIP AT
BRISTOL & CLIFTON GOLF CLUB ON 29 MARCH. ROSIE
PLAYED REALLY WELL AND FINISHED 19TH OUT OF A
FIELD OF 88 GOLFERS!

### **U13 GIRLS FOOTBALL**



LAST FRIDAY AFTERNOON, THE UI3 GIRLS FOOTBALL TEAM TRAVELLED AROUND THE CORNER TO COOMBE DINGLE FOR THE CLIFTON HIGH FOOTBALL TOURNAMENT. THE GIRLS PLAYED REDMAIDS, CLIFTON HIGH AND CLIFTON CATHEDRAL SCHOOLS WINNING, 4-0, 5-0 AND 9-0. THE FINAL WAS PLAYED BETWEEN US AND REDMAIDS AND THE TEAM SCORED FOUR TIMES AND WERE CROWNED CHAMPIONS. THE GIRLS PERFORMED AS A TEAM THROUGHOUT AND ISLA CAPTAINED WITH POSITIVITY AND AUTHORITY. THIS TEAM ARE VERY TALENTED AND WE HOPE NEXT YEAR TO ENTER SOME NATIONAL TOURNAMENTS AS THE TEAM ARE MORE THAN CAPABLE OF COMPETING AGAINST SOME OF THE BEST SCHOOLS IN THE COUNTRY. WELL DONE TO THE WHOLE SQUAD.



## **BFS SPORT**



## **CELEBRATING SPORTING SUCCESS**

The under 13s cricket team became county champions in the finals of the Gloucestershire County Indoor Cricket Championships. Beating teams from as far away as Cheltenham, they didn't lose a single game and were comprehensive victors in a very competitive tournament. More importantly students demonstrated fantastic support, teamwork, independence and compassion as they became popular winners, with organising staff commenting on the positive culture that they demonstrated. Congratulations to all students involved



### Y7 FOOTBALL!



THE YEAR SEVEN FOOTBALL TEAM HAVE HAD A MIXED YEAR WITH CANCELLED FIXTURES AND STRUGGLES WITH TRANSPORT DUE TO COVID. IN THE TWO GAMES THEY HAVE HAD THEY HAVE PLAYED BRILLIANTLY WELL AND REPRESENTED THE SCHOOL IN THE HIGHEST REGARD. NO DOUBT THEY WILL BE A FORCE TO BE RECKONED WITH IN THE BRISTOL SCHOOLS LEAGUE IN YEARS TO COME.

- MR WALKER

### Y10 FOOTBALL VS BRISTOL CATHEDRAL

ON TUESDAY, THE Y10 BOYS FOOTBALL TEAM CAME UP AGAINST BRISTOL CATHEDRAL SCHOOL IN THE SEMI-FINALS OF THE NORTH BRISTOL CUP. WE STARTED EXTREMELY STRONGLY WHEN ALISTAIR (WHO, TOGETHER WITH RILEY, DOMINATED THE MIDFIELD THROUGHOUT THE ENTIRETY OF THE GAME), LOOPED IN A PERFECTLY WEIGHTED BALL TO ANTOINE UP TOP WHO HEADED IT PAST THEIR KEEPER TO PUT US 1-0 UP WITHIN THE FIRST 3 MINUTES. CATHEDRAL THOUGH, RESPONDED QUICKLY, AND POSSESSION SOON EVENED OUT. HOWEVER, OUR STOIC AND STRONG DEFENCE OF SAM, CIAN, ED AND DEXTER WERE IMPENETRABLE MEANING ALEX IN GOAL DIDN'T HAVE A SINGLE SAVE TO MAKE FOR THE WHOLE OF THE FIRST HALF. SO WITH LITTLE ACTION AFTER OUR BLISTERING START, THE TEAMS CAME INTO HALF TIME WITH THE SCORE AT 1-0.

THE SECOND HALF REMAINED QUIET UNTIL AN INGENIOUS SUBSTITUTION BROUGHT KAELEN ON OFF THE BENCH. HE MADE AN IMMEDIATE IMPACT. WITH BLAZING PACE, HE DARTED DOWN THE WING, LEAVING THE CATHEDRAL DEFENDERS IN A PLUME OF DUST. SKILFULLY, HE BLASTED A LOW CROSS INTO THE PENALTY AREA THAT WAS FINISHED SUPERBLY BY ADAM — THE SCORE NOW 2-0 TO BFS. FINALLY, IN THE DYING MINUTES OF THE MATCH, SID WHIPPED IN A CURLING CORNER THAT, ONCE AGAIN, FOUND THE HEAD OF ANTOINE WHO DEFTLY GUIDED IT INTO THE BACK OF CATHEDRAL'S NET WITH PRECISION AND STYLE TO BRING HIS TALLY FOR THE GAME TO 2 AND LEAVE THE FINAL SCORE AT 3-0 TO BFS.

THIS RESULT CONTINUES OUR 100% WIN RECORD FOR THE SEASON AND MEANS WE HAVE PROGRESSED INTO THE NORTH BRISTOL FINAL! - ALEX M, Y10



### FRONT LINE LIVING HISTORY COMES TO BFS!

Students who study History in Year 10 had a fabulous opportunity to take part in a revision workshop for their exam paper - Medicine on the Western Front. The workshop was delivered by an external company – Front Line Living History – and was an interactive audio and visual display of life as a soldier during the Great War. Content delivered linked directly to the skills needed for this exam paper.



MAHA, Y10

MR MACBLAIN









## FRONTLINE LIVING HISTORY

THE WORKSHOP WAS FUNNY AND ENTERTAINING. THE PRESENTERS KNEW WHAT THEY WERE TALKING ABOUT AND HOW TO CONVEY IT TO AN AUDIENCE. WE GOT TO HANDLE A LOT OF ARTEFACTS FROM THE FIRST WORLD WAR, LIKE THE OLD HELMETS OF SOLDIERS, HAND GRENADES, AND OTHER WEAPONS. THEY ALSO TAUGHT US EXAM TECHNIQUES AND MATERIAL FOR OUR GCSES, WHILST KEEPING UP A STEADY STREAM OF JOKES. I LEARNT A LOT AND ENJOYED IT, SO I WOULD DEFINITELY RECOMMEND THIS WORKSHOP TO ANYONE WHO ASKED.





## **EXAM INVIGILATORS**

- FLEXIBLE SHIFTS FOR MAY, JUNE, NOVEMBER & DECEMBER
- £10.48PH INCLUDING HOLIDAY PAY

Send your CV:

EXAMS@BRISTOLFREESCHOOL.ORG.UK



**U11's** (Years 5&6)

(Years 7&8)

For more info: bishopston.play-cricket.com bishcc1897@gmail.com

Bishopston Cricket Club, Westbury Fields, Cricket Lane, Bristol BS10 6TN

Free play

## Easter Hols The Ranch!

Tuesdays, Wednesdays & Thursdays

11am - 3pm

for ages 8 - 13 (under 8s must be accompanied by an adult at all times)

STAY & PLAY, a FREE hot meal for everyone, plus:

#### Tues 12th:

- Wild food activity in Badock's Wood with Steve England –
   then back to make wild garlic bread on the fire pit
  - Food learning activity with Travelling Kitchen

#### Weds 13th:

- 10:00am to 12:00pm Level 1 Bikeability\*
- Food learning activity with Travelling Kitchen
- 1:00pm to 3:00pm Level 2a Bikeability\*

#### Thurs 14th:

- Footy tournament
- Food Learning activity with Travelling Kitchen

#### Tues 19th:

- EASTER EGG HUNT!
- Foods from around the world taster session

#### Weds 20th:

- 10:00am to 12:00pm Level 2b Bikeability\*
- Grow your own food planting session
- 1:00pm to 3:00pm Level 2c Bikeability\*

#### Thurs 21st:

- Easter Seagulls Circus Activities
- Face Painting
- Healthy Food Bingo

\*Bikeability with Life Cycle\*
please book online https://bit.ly/LifeCycleUK





For more info email: info@southmead.org, tel: 0117 950 3335 Southmead Adventure Playground, Doncaster Road, BS10 5PP



Department for Education





