

Bulletin



MISS NORTON

YEAR 12 PASTORAL DAY

On Wednesday 11 January, Year 12 had their first pastoral day in the sixth form. We welcomed staff from the widening participation team at the University of the West of England (UWE) to run sessions with our students about their post-18 options and how to build a skills portfolio to help them succeed in applying for future jobs, apprenticeships and university courses. This gave them a greater awareness of all the options they have available to them when they leave the sixth form, and more knowledge on the qualifications required for particular jobs and differing levels of apprenticeships.

We also welcomed medical students from the University of Bristol to run sessions with our students about contraception, sexually transmitted infections and consent in relationships, as well as Jo Mallinson from the BE Project to talk about drugs and alcohol. Students found it useful to hear about these topics from very knowledgeable outside speakers and engaged very well in all sessions.

Ms Norton, Ms Tovey and Mr East also ran a session focused on violence against women and sexual harassment. This included lots of useful discussions around appropriate and inappropriate actions and language. We were really impressed with students' maturity and engagement in this session.

We look forward to our next pastoral day in the summer term. Well done Year 12!



KEY DATES

- Wednesday 25 January - Year 9 Options Evening
- Wednesday 25 January - Y7 Aerospace Workshop
- Thursday 26 January - Y8 HPV1 Vaccinations
- Thursday 2 February - Y9 Subject Evening
- Saturday 4 February - Cyberfirst Competition Finals
- Thursday 9 February - Y11 GCSE History Trip to E5 Conference Center
- Thursday 9 February - Young Green Briton Challenge
- Friday 10 February - End of Term

TAKE UP YOUR FREE SCHOOL MEAL!

There are some students who are entitled to Free School Meals that aren't regularly using their allowance. If you are eligible, you have a daily £2.50 allowance. This doesn't have to be used all at once or used for a whole meal, but can be used just for snacks. We strongly encourage those entitled to make the most of their Free School Meals.



MR PARRY

HEAD OF BUSINESS AND CAREERS
LEADER

BFS CAREERS



Today we were delighted to host representatives from LanciaConsult for our employer talk about careers in the management consultancy industry. LanciaConsult is a management consultancy firm with offices in Belfast, Hamburg, Bristol and Singapore. They work across industries, helping organisations navigate complex problems and change.

The talk focused on what life is like as a management consultant and the students were taken through what a typical day and week is like as a management consultant. The students were also told about the exciting degree apprenticeship that the company offers. This is a great opportunity where students can work for LanciaConsult and they will also pay for their university degree. For more information, please see the website link below:

<https://lanciaconsult.bamboohr.com/jobs/view.php?id=30&source=lanciaconsult>

<https://www.lanciaconsult.com/join-us>

If you would like to work with the school offering employer talks to the students, then please get in touch with the Careers Department.



DRAMA WORKSHOP WITH BRISTOL OLD VIC

Some of the cast of Tuesday working hard in a physical theatre workshop with Bristol Old Vic.



POETRY BY HEART



The English Department were delighted with the efforts of Bristol Free School students for our first poetry recital competition. Students were asked to learn and memorise a poem to perform by heart - with some students even writing their own.

Students performed their poems in class, with English teachers having the tough job of whittling them down to 50 performers to compete in the BFS final. After a tense semi-final, with poems ranging from a diverse set of eras and identities such as Jabberwocky, The Charge of the Light Brigade, Checking Out Me History, and The Language of Cat, we able to narrow it down to just 16 finalists.

A huge well done for our eventual winners: Mark B, Emily R, Awura A, Bella P, Max F, Lauren R, Daisy P, Jacob C, and Elle R. These students will be practicing more poetry and polishing their performances in the hopes of qualifying for the National Poetry by Heart competition - with winners being given the opportunity to perform poetry live at Shakespeare's Globe!

Thank you to all the staff who helped organise and supervise the competition. It's safe to say that the students at Bristol Free School rose to the challenge; it was extremely rewarding to see so many young minds dedicate themselves to poetry.



BFS SPORT



MRS BALLARD

U13 CRICKET FIXTURE

This week our U13 Girls Cricket team played in Lady Taverners Indoor Cricket Competition against Redmaids High School. They lost the first innings 127-57 however, they played outstanding during the second innings to bowl Redmaids' all out for 56. In the third and final innings unfortunately, we narrowly lost 56-52. Bethan was voted player of the match for her fielding. Well done girls. Our U15 Girls team play in the Lady Taverners competition on 21 February.





MRS BALLARD

CONGRATULATIONS CHLOE!



The ESFA concluded their search for the best schools' footballers that England has to offer last Sunday with the final England U15 Schoolgirls' Pro: Direct trial taking place at Shrewsbury Sports Village. The successful girls have progressed through a rigorous selection process from October until January to be finally selected to represent their country.

Our very own Chloe G has been selected as part of the team - huge congratulations to Chloe. Making the final stage of the trials is a huge personal achievement for all the girls who attended and something Chloe can be very proud of.

These girls will first get together in February for their preparatory training camp where they will be presented with their brand new England shirts before a three day training camp, preparing the girls for the season ahead.

Huge congratulations to Chloe and we wish her well throughout the training camp and into their season.

SUPPORT OUR U14 FOOTBALL TEAM!

**GOOD
LUCK**

Our U14 Girls' football team will be playing in the round of 16 of the English Schools' Football Competition on Thursday vs Kings of Wessex School. If we progress to be in the quarter final draw, you will be able to watch the draw live over the ESFA's YouTube channel, ESFA TV from 5pm on Monday 6 February, with West Bromwich Albion's Hawthorns stadium as the backdrop. Please wish the team good luck for the next game.



MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, *Mental Health & Safeguarding Manager*



Miss Hastings, *Medical and Mental Health Officer*



On the run up to Children's Mental Health Week, we in the mental health team continue to support our young people in school. Whether it be with individual interventions (counselling, online CBT, school nurse, OTR, CYN etc) or drop ins when things are feeling too overwhelming during the day. We have had over 250 student visits already since the new year with issues ranging from low level worries through to high level mental health needs.

The best part of our delivery at BFS is communication. Being able to talk about what is bothering our young people, what is going on for them or what concerns they have really makes a difference. The old adage 'a trouble shared is a trouble halved' certainly rings true as young people live in the moment with little hindsight or prior experience to refer back to.

When we talk to young people we really want to listen to their concerns, understand from their perspective what is going on for them, finding solutions if that is what the child wants.

Between myself, Ms Hastings and Ms Mills we are able to run the offering from 8am every school day so students are able to visit during their time here. We are lucky enough to have a wide range of external professional support to tap into, which is coupled with drop in and 1-2-1 pre-arranged meetings with the team that encompasses our offering.

Please do encourage your young people to get in touch if they feel they need additional support. As parents / carers you are also welcome to raise any concerns you have around your young person's mental health via the usual channels through Tutor and Head of Year and email: tellsomeone@bristolfreeschool.org.uk

LINKS TO SUPPORT



Off the record
www.otrbristol.org.uk



Creative Youth Network
www.creativeyouthnetwork.org.uk



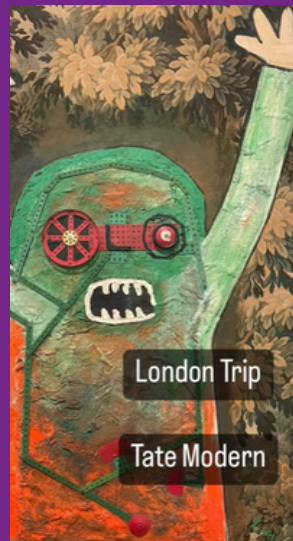
Sirona
www.sirona-cic.org.uk

THIS WEEK IN ART

TRIP TO TATE MODERN

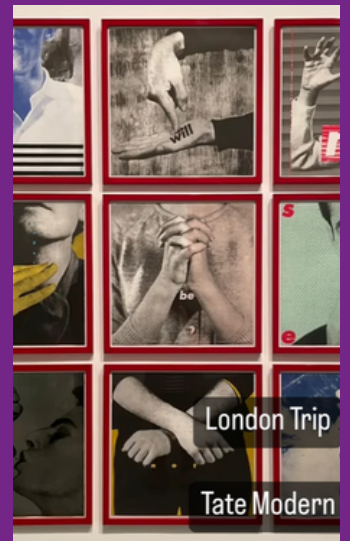
MRS KINNERSELEY

A-level Art and Photography students soaking up the creative atmosphere at Tate Modern on Monday. Have a look at some highlights below. Thanks to Mrs Stokes and Ms Board for organising.



London Trip

Tate Modern



London Trip

Tate Modern



London Trip

Tate Modern

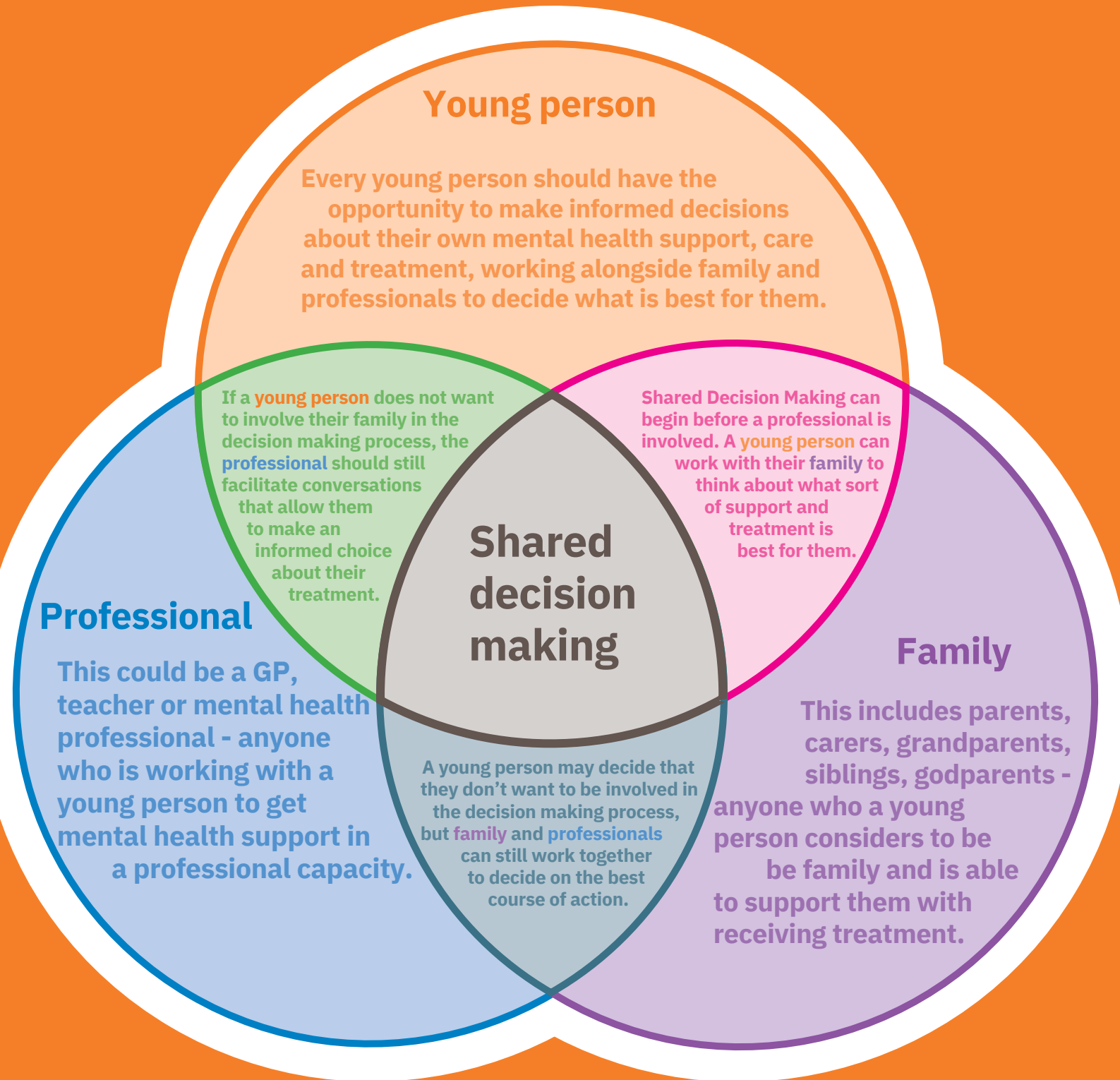


Unwanted Cameras!

Do you have an old digital camera at home you no longer want? The BFS Photography Department are after any working cameras to add to their collection for students to use in lessons. Any donations would be gratefully received.



Shared Decision Making is a collaborative process where a young person works together with their family and professionals or service provider to make an informed decision about the treatment or care option that is best for them.



For Shared Decision Making to take place, information, evidence, options and preferences should be exchanged and discussed. All voices should be respected and concerns shared within a safe space. For more advice and guidance on Shared Decision Making, please visit www.onmymind.info.



Flu vaccines still available



For children in
Reception to
Year 9

If your child is in Reception to Year 9 It is not too late for your child to receive their Flu vaccine.

Community clinics are still running offering both nasal flu and the injectable (gelatine free) vaccines and can be booked at imms.sirona-cic.org.uk/flu/2022/bookflu or by calling **0300 124 5515** or emailing sirona.sch-imms@nhs.net



A photograph of three girls in white cricket uniforms and green helmets. The girl in the center is holding a cricket bat and a red ball, ready to bat. The girl on the left is also in a batting stance. The girl on the right is standing and looking on. The background is a green field with falling green confetti.

CALLING ALL GIRLS

**We are looking for girls to join
Bishopston Cricket Club**

U11's
(Years 5&6)

U13's
(Years 7&8)

U15's
(Years 9&10)

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

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

Three young boys in white cricket uniforms and helmets are celebrating on a green field. One boy in the foreground is holding a cricket bat and has his arms raised. Another boy behind him is also celebrating. The background is a dark green field with confetti falling.

CALLING ALL BOYS

**We are looking for boys to join
Bishopston Cricket Club**

U15's

U17's

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

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