

Dear Parents, Carers and Students

LOTS TO CELEBRATE THIS WEEK!



ESFA NATIONAL SCHOOLS' CUP DRAWS

MONDAY 6 FEBRUARY 2023
VIEWING SCHEDULE

17:00 - 17:20: U12 Competitions
17:25 - 17:45: U13 Competitions
17:50 - 18:20: U14 Competitions
18:15 - 18:35: U15 Competitions
18:40 - 19:00: U16 Competitions
19:05 - 19:25: U18 Competitions



6 - 12 February 2023

Schools' Football Week
in partnership with
PRO-DIRECT SPORT



INDUSTRIAL ACTION

I have received several questions about the Industrial Action next Wednesday, so I am outlining the plan for Wednesday 1 February.

- Subject teachers who are not striking will be scheduling their lessons for the day between 8.30 and 8.55am.

- Students will not have tutor time that day so will need to check Microsoft Teams at 9.00am to see which lessons they will attend. It is likely that this will vary from student to student and depends on their subject teachers.

- Students should join the lessons that appear on Teams by clicking on the link. We ask that students keep their cameras off and use the mic and chat when asked to do so from the teacher. Registers will be taken at the start of every lesson that is scheduled.

- Teachers will follow the behaviour policy used in school. Rewards will be given for good attitude and good progress as house points. One formal warning will be given if a student is not meeting expectations and they will be removed from the live lesson if the poor behaviour continues.



DURHAM



ASHTON



BLAISE



CANFORD

- When a teacher is absent due to the strike, students can work independently or have free time.

- Year 11 are expected to use the day wisely by completing NEA work or revision tasks that have been set via Teams/Class Charts. Year 10 can revise for their Religion and Philosophy short course GCSE mock examination which is on 27 February.

- Year 13 will have revision tasks in preparation for mock 2.

- We are not able to cover lessons for striking teachers. We will not know who is striking until 8.25am on Wednesday 1 February.

I hope you find this guidance helpful, and this is a productive day despite the obvious disruption.

Have a good weekend!



MRS S KING

KEY DATES

- Thursday 2 February - Y9 Subject Evening
- Thursday 2 February - BEP Food Sustainability Towards Net Zero Event
- Saturday 4 February - Cyberfirst Competition Finals
- Thursday 9 February - Y11 GCSE History Trip to E5 Conference Centre
- Thursday 9 February - Young Green Briton Challenge
- Friday 10 February - End of Term



BFS CAREERS

MR PARRY

HEAD OF BUSINESS AND CAREERS LEADER

BUSINESS APPRENTICESHIPS AT BURGESS SALMON

Burgess Salmon are offering apprenticeships in Finance, Digital Marketing, Project Management, IT and within their People team.

Their presentation evening will consist of a welcome presentation from the Emerging Talent team, a talk on 'life as an apprentice' at the firm, and information on the application process. You will have the chance to network with some of their apprentices and ask questions following the talk.

Please register your interest no later than Monday 30 January 2023.

GOODBYE TO MS LOMBARD!

Ms Lombard has been a member of staff at BFS for almost 10 years. Prior to her role as a Curriculum Learning Mentor within the Science Department, she was involved in the early consultation process of the school.

She has undertaken several roles, supporting both students and teachers. More recently, she worked within the LRC, developing literacy and reading for pleasure strategies.

We wish her all the best in her new endeavour, training and working within the NHS!



#BeMoreSalmon

Burgess
Salmon

BUSINESS APPRENTICESHIPS PRESENTATION EVENING

Our next presentation evenings will take place during National Apprenticeships Week 2023:

Tuesday 7 February 2023 – Bristol office
One Glass Wharf Bristol BS2 0ZX

Thursday 9 February 2023 – virtual event

Everyone welcome – students, parents, teachers, career advisors

HOW TO CELEBRATE CHINESE NEW YEAR IN BRISTOL

BRISTOL MUSEUM & ART GALLERY LUNAR NEW YEAR FESTIVAL 28-29 JANUARY

Catch vibrant song and dance performances, marvel at the martial arts demonstrations, and learn about Chinese and Korean culture. There are plenty of craft and traditional activities, and look out for the roving pandas! You can also buy beautiful Chinese goods for sale in the shop.

CHINESE NEW YEAR BANQUET AT WONG'S 16 FEBRUARY

Join Cllr. Paula O'Rourke, Lord Mayor of Bristol, in celebrating the Chinese New Year of the Rabbit at Wong's highly popular banquet. During the event, you will have an authentic experience of Chinese food and hospitality, and will get the chance to learn what the Year of the Rabbit is all about. As usual, there will also be some extra surprises for all the guests!

LUNAR NEW YEAR AT WAI YEE HONG SUPERMARKET 28 JANUARY

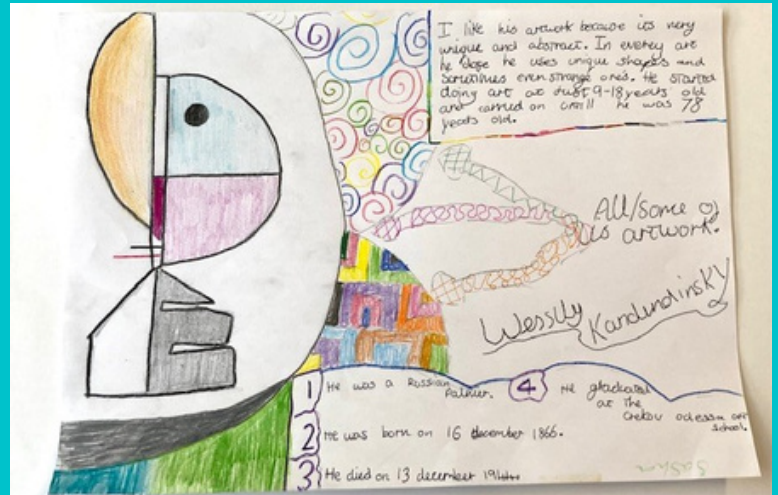
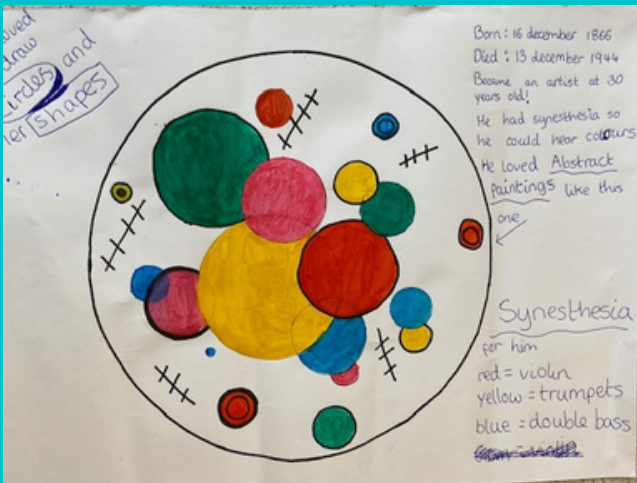
This annual event is free to attend and features a festive New Year market, as well as many fantastic acts by local performers, including dancing, musical performances, kung-fu demonstrations and a traditional lion dance for good luck!



THIS WEEK IN ART

MRS KINNERSLEY

Some amazing work from Year 7 who are studying Kandinsky, mixing sounds, music and art.



SAVE THE BEES POSTERS FROM YEAR 8





BFS SPORT



MS BALLARD



CONGRATS ANASTASIA!

Congratulations to Anastasia in Year 8 for being selected for the Regional Synchronised Swimming Team. We wish her the best of luck for upcoming events!



BASKETBALL CLUB

Basketball club will be starting on a Tuesday with Mr Sheppard and Ms Jetullaji. Due to its popularity, we will be running Year 7,8, & 9 on a red week and Year 10 & 11 on a blue week.

Only 30 students are allowed in the Sports Hall for the club so there will be a sign-up form posted on class charts today as well as at the bottom of this message. If you are not in the first 30 to sign up, you will be added to the list for your year groups' next week. The club will run for the last two weeks of term and return in week 3 of term 4 after the mock exams.

<https://forms.office.com/e/hxBVPg13kW>





BFS SPORT



U14 FOOTBALL TEAM SUCCESS!

MS BALLARD



There is nothing stopping this team! This week they played in the round of 16 (round 6 of 9) against Kings of Wessex Academy in Cheddar. The stakes are getting higher as the knock-out competition progresses. The girls were particularly nervous, having looked at their opposition's previous impressive scores in the prior rounds.

Despite this, as always, the team took to the field with confidence; wanting to win every ball. It took 5 minutes to break the deadlock, with Polly slotting home the first goal from just inside the box, and then adding a second goal 5 minutes later! Despite being 2-0 up after 10 minutes, the opposition were still very physical and trying to play clever balls over the top of our defence. However, with Imogen D in goal, we had nothing to worry about; controlling the play from the very back. We went into half time 6-1 up, with two goals each from Emily and Chloe. We gave away a penalty just before half time and despite Imogen getting fingertips to it, it just slotted past her.

The girls continued to battle for every ball in the second half and the final score was 12-1! Second half goal scorers were Polly, Emily (3), Isla and Chloe.

Our back line of defence, Rosie and Imogen G, won everything and confidently dismissed any attempts at the opposition scoring, while our midfield controlled the game both in the middle and out wide. Emily's precision up top on her own, scoring 5 of the 12 goals, is definitely worth applauding.

Now it's getting serious; we are through to the quarter-finals and we're the last remaining team in the whole of the South West of England!!



The draw for the next round will be streamed over the English Schools FA's YouTube channel, ESFA TV, from 5pm on Monday 6th February, with West Bromwich Albion's Hawthorns stadium as the backdrop. Our draw is being shown between 17.50 and 18.20.

I keep saying it, but I am so proud of the entire team; the resilience and hard work they have shown throughout every game has been matched with such a positive manner and respect to all officials and oppositions - you're all amazing, well done!

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Providing Football for Schools since 1954

@SchoolsFC



6 - 12 February 2023

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in partnership with
PRO:DIRECT
SPORT





BFS SCIENCE



MS BOARD

YEAR 7 STEM AEROSPACE TRIP

This Wednesday, we were treated to a workshop and tour of Aerospace Museum. After arriving, we were whisked off to our workshop about composite materials and how they are used in aircraft. In groups, we were challenged to create a bridge from a humble cracker, strengthened with our choice of materials. Each group used slightly different designs but all performed well, with the winning team holding 800g!

Everyone spent the next hour looking around the many exhibits, learning how Bristol has been such an important city in the history of transportation and aviation, as well as workers and civil rights.

After lunch, we had our tour of Concorde with the staff filling us in on all the history and facts. Everyone was fascinated by the speed and design of the plane!

We were just in time to have a peek around the conservation workshop, where the amazing volunteers have been working on the repair and reconstruction of WW2 and Vietnam war era aircraft, including some that were recovered from people's back gardens. They were incredible!

A big thank you to Aerospace for providing us with the visit and well done to all the students for their enthusiasm and engagement; you were great ambassadors for BFS!



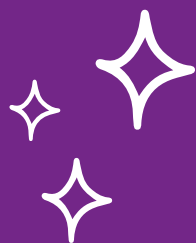
BFS COMPUTER SCIENCE

CYBER CAREERS EVENT AT UWE

Our KS4 and Sixth Form computing students really enjoyed their trip to the Unlock Cyber Careers event. They heard from employers and companies about careers in cyber-security and routes into different jobs, coming away with a new insight into how businesses run and how recruitment happens. Students got the opportunity to meet eight different employers, such as Amazon, Leonardo, Nationwide, Immersive Labs, OVO Energy, BAE Systems and CACI International.



MRS RAMANANDI



UWE
Bristol | University
of the
West of
England

CYBER CHOICES CHALLENGE 2023

Take the Cyber Choices Challenge 2023! Compete against players across the UK for a place at the top of the leader-board and be in with a chance to win awesome prizes. Save your progress and repeat game play as often as you like to develop your knowledge about cybercrime and the Computer Misuse Act 1990.

This is a UK wide challenge sponsored by the National Crime Agency and developed by Cyber Security Challenge UK.

Register early to score bonus points! (Registration opened on the 16 January) The competition is open from 30 January - 26 February 2023. See rules & eligibility: www.nationalcrimeagency.gov.uk/?view=article&id=2723&catid=2

For any further details, contact Mrs. Ramanandi at n.ramanandi@bristolfreeschool.org.uk or meet at CG14 during lunch and break time.

CYBERFIRST EVENTS FOR STUDENTS

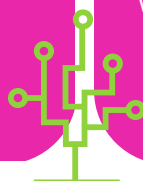
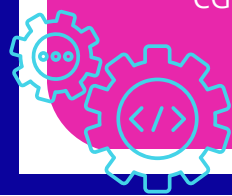
UWE Unlock Cyber is hosting 2 free half-day events at their Frenchay campus on Saturday 4 March.

CyberFirst Trailblazers is an event created for Year 8 students, and **CyberFirst Adventurers** is an event created for Year 9 students.

Pupils can register on an individual basis and can attend with their parents. Teachers are not required to attend unless you want them to come along. There will be staff on site to meet and greet and take you to the activity.

Further Details Registration for the Trailblazer and Adventurer events is now open. Please go to the website below, click 'reserve your place' and scroll down to the Bristol events.

www.qa.com/training/courses/cyber-security/cyberfirst/trailblazers-and-adventurers/





BFS SOCIOLOGY

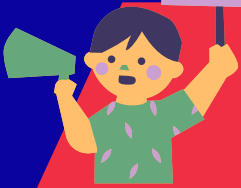


MS TOVEY



SOCIOLOGY COMPETITION!

In Sociology, we often have to tackle tricky topics and questions which divide opinion amongst students, but also, sociologists themselves. The best sociologists are those who construct evidence-based opinions, argue them effectively, but are also willing to consider alternative viewpoints. Therefore, we would like to pose a viewpoint which will surely divide opinion.

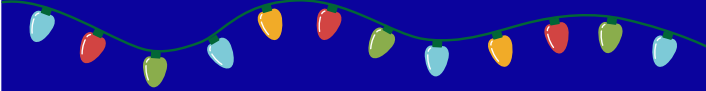


We are asking you to write a 500-word response (up to 750 words is acceptable) weighing up the statement: 'There should be women-only carriages on trains'.

You should give arguments for and against the statement, as well as an overall conclusion in which you give an evidence-based response. The best entries will show research has gone into the writing process, and that the statement has been thought about deeply from both sides of the debate.

Please email entries to a.tovey@bristolfreeschool.org.uk, or drop them to DG16.

Best of luck budding sociologists!





MENTAL HEALTH & SAFEGUARDING

Mental Health & Safeguarding Support, Advice & Information



Ms Townsend, Mental Health & Safeguarding Manager



Miss Hastings, Medical and Mental Health Officer

As we hurtle towards Children's Mental Health Week, we are encouraging our young people to keep themselves mentally healthy. We deliver support and guidance to each of our year groups in school, in various different ways.

Y7 MENTAL HEALTH PROGRAMME



The Year 7 students have now completed their mental health programme, giving them lots of ways to self-assess and self-regulate. If they haven't spoken to you about it, please do ask them to show you some square breathing or EFT (tapping technique).

PEER TO PEER MENTORING

Year 8, 11, 12 & 13 have peer to peer mentoring running for a number of students that have been identified as benefiting from some student support. This type of mentoring is great as it gives young people a chance to connect with the older students, having had the lived experiences recently. It is also great for our mentors to gain experience of this type – great for the UCAS personal statements!



Mental health assemblies, open door drop ins and tutor messages are available to those facing exams season again. Next on our list are Year 9 & 10 looking at relationship building, communication and resilience programmes.



PARENT/CARERS - WE CAN SUPPORT YOU!

As we look after and support the mental health of your children, who is looking after you and your mental health?

www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers

www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/cope-with-your-teenager

www.youngminds.org.uk/parent

STUDENTS - WE CAN SUPPORT YOU!

Please encourage your young people to seek support when they start to feel wobbly. This helps us to put the right interventions in place before things become too overwhelming.

All students have access to the mental health team either via tutor, year lead, home referral or through tellsomeone@bristolfreeschool.org.uk

Mental Health Matters



'HELP YOUR TEENAGER MANAGE STRESS USING POSITIVE PSYCHOLOGY' WEBINAR WITH DR AMY SUCH - TUESDAY 28 FEBRUARY 2023, 18.00-19.00

This webinar for parents of students at BEP partner schools will provide a basic overview of the psychology behind stress, looking at the positive and negative impacts of stress on the body. It will address strategies for managing stress, thinking specifically about how parents can support their young people during moments of increased stress (such as the exam season). Approaches from Positive Psychology will be introduced to provide practical examples of ways to implement a mentally healthy lifestyle.

Dr Amy Such is an Educational Psychologist and director of Learning & Wellbeing Psychology, a Community Interest Company committed to supporting the needs of children, young people, their families, schools and communities.

Tickets are free and can be booked [here](#).



HOW TO STRESS LESS – ONLINE WORKSHOP FOR YOUNG PEOPLE WITH DR AMY SUCH - THURSDAY 2 MARCH 2023, 17.00 – 18.00

This online workshop for school students will introduce what stress is and how it effects our bodies. It will discuss some of the positive aspects of stress as well as when we experience too much stress.

Strategies will be provided around how to manage moments of increased stress (such as the exam season) and there will be the chance to practise some approaches from Positive Psychology for following a mentally healthy lifestyle.

Dr Amy Such is an Educational Psychologist and director of Learning & Wellbeing Psychology, a Community Interest Company committed to supporting the needs of children, young people, their families, schools and communities.

Tickets are free and can be booked [here](#).



Get involved

Help us plan for the opening of the
YTL Bristol Arena

Tell us about your travel habits and your parking needs.

Please fill in our travel and parking survey by 6 March 2023.



Scan the QR code to go straight to our survey

The survey and more information is also available at:

www.southglos.gov.uk/arenaparking



If you have any questions or would like to request a paper copy of our survey,
email transportservices@southglos.gov.uk or call **01454 868009**



on  **site**

**New
date!**

Bristol

OPEN EVENING 2023



Monday 6 March 5.00pm – 7.30pm

The Create Centre, Smeaton Road, Bristol, BS1 6XN

ARE YOU INTERESTED IN A CAREER IN CONSTRUCTION?

- **On Site Bristol offer Apprenticeship Training Programmes in 7 key construction trades – Electrical, Carpentry, Bench Joinery, Plastering, Gas Engineering (inc. Plumbing), Bricklaying and Painting & Decorating**
- **Come along to find out how, and when to apply for our apprenticeship programmes**
- **Meet our team and get advice on trades, wages, qualifications and securing employment**
- **Meet some of the employers and apprentices that we work with**
- **Find out more about the exciting opportunities in the construction sector**



**To book your place please visit our website
www.onsitebristol.co.uk**